

SENIOR CHATTER

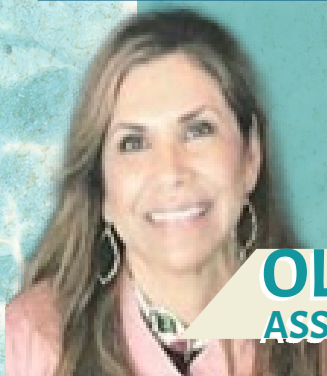
A PUBLICATION OF THE OFFICE OF AGING ARCHDIOCESE OF GALVESTON-HOUSTON



SUMMER
2024
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MEET OUR STAFF

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SENIOR SENATES

ARCHDIOCESE OF GALVESTON-HOUSTON

CENTRAL SENIOR SENATE 2024

President - Barbara Murray

Meeting: 1st Monday of each Month

St. Dominic Auditorium - 10 a.m.

2403 Holcombe Blvd. Houston, TX 77021

NORTHERN SENIOR SENATE 2024

President - Mary Jo Butler

Meeting: 2nd Monday of each Month

St. Matthew the Evangelist - 10 a.m.

9915 Hollister St. Houston, TX 77040

SOUTHWEST SENIOR SENATE 2024

President - John Johnson

Meeting: Quarterly meetings

St. Cyril of Alexandria Church- 10 a.m.

10503 Westheimer Rd. Houston, TX 77042

Next Chatter Deadline:

September 15, 2024

Send Chatter articles to:

Chatter@archgh.org

Please limit articles to 125-150 words.

**All submissions are subject to editing
based on space availability. Be sure to
visit the Office of Aging on the web at :**

www.archgh.org/aging

ST. HELEN - SUPER SENIORS

It has been a busy three months for the Seniors. We have had some interesting speakers. Director Kim Brown from Dickenson Renewal Center was a great speaker and highly informative. Our Trip Coordinator Roark has scheduled a trip every month to the Pasadena Opry. The Seniors do look forward to this trip each month, lots of music and meeting new people. In May we visited Camp Hope. Camp Hope is a faith-based organization that helps Veterans dealing with PTSP. This was an extremely rewarding trip. In June, we will go to Golden Corral for our Spring luncheon. Of course, we are always looking forward to this.

Ginger Shea

ST. MAXIMILIAN KOLBE - KOLBE SENIORS

Our April 19, 2024 Kolbe Seniors meeting featured a speaker from Boys and Girls country in Hockley, Texas. As part of our ongoing service outreach we collected a large donations of items needed by this children's home. Over 86 members enjoyed another great meal from Luby's.

Saturday April 20 we loaded up in the Precinct 3 bus for a trip to Rosenberg to see The Dinning Room at WM Long Theater. It was another great performance given by a small local theatre company and a great meal at a local restaurant. May 1st the bus headed to the Astros game. We lost in overtime but seeing the two new Astros on the field made the game very special. May 17 was to be a Bingo event for our group but the May 16th storm left our church and neighborhoods without power. Our Bingo cards will be used at a later date.

Kolbe Seniors had one couple, Shirley and Jesse honored for 50 years of Marriage at the Northern Senior Senate Wedding Anniversary Celebration on May 13. Congratulations to this special couple. The NSS event was very special and one of the memorable events of each calendar year.

On June 3 we loaded up the bus again and headed off to Monument Inn for a wonderful social time and lunch. The bus was totally full as going to Monument Inn is always fun.

Mary Ann Harvey

ASSUMPTION - HARVEST YEARS SENIORS

Our monthly meeting for April was a pre-tribute to Cinco de Mayo with a delicious Mexican luncheon prepared by members.

Brian Lopez, a Board Member from the Alley Theater shared information on group rates and upcoming performances at the Alley. He also presented information on discount rates for medical assistance equipment. Forms were provided.

We kicked off May with a trip to the Lavender Farm in Chappell Hill. We learned a lot of interesting information on growing lavender. Many members brought back plants to try their hands at growing at home. This was followed by a delicious lunch at the Lone Star Southern Grill. To complete the day, we took a tour of the Blue Bell Creamery and of course, enjoyed a cup of our favorite ice cream.

For our May meeting, we had planned a games day for our members. However, because of the storms, many members were left without electricity for several days, so the meeting was cancelled.

Stay safe and hydrated during the upcoming summer months.
Judy Hoya

PRINCE OF PEACE - KEENAGERS

Prince of Peace Keenagers took a break from meetings during the summer and as our group continues to grow, we enjoyed faith and fellowship through parish and group activities in June and July. Several members attended the Northern Senior Senate meeting in June. We attended the 12 Stations of the Most Holy Eucharist and volunteered at the AGAPE congress at Prince of Peace. Our group enjoyed Tuesday movie outings including a movie about the Eucharist and attended First Friday mass in July followed by breakfast at local eatery. We are blessed to have a trip committee who was busy selecting trips for the Fall and Spring. A newly formed speaker input team is excited about the topics to be presented when meetings resume in September.

Gloria Sequeira

CHRIST THE GOOD SHEPHERD

Spring is in full swing and we're headed into summer. Time for some fun! Our first adventure for April was our annual trip to the Sam Houston Racetrack. Great crowd, good food and lots of races - betting ??
Next day was the eclipse ! WOW! An event to be remembered - the entire world still in anticipation - Hope you were able to see at least part of it. Another exciting event was our tour of the Transtar Emergency Service Center . Absolutely outstanding! We learned so much. Saw how information was gathered and disseminated and were told Houston is the only city in the world with this capability. With so many storms coming our way, we
Are extremely lucky to have this. We ended April with a celebration of Texas Independence Day . With BBQ on the menu, how can you not enjoy!

May seemed quiet after our busy April schedule. We did have a fun trip to Texas Mattress Maker for a tour. Nothing like seeing everything first hand. June began with a wedding anniversary potluck. Those married 50-70 years, in increments of 5, were acknowledged .There were 10 couples that shared their pictures , their stories of how they met and what their secret was. Each couple had their picture taken, presented with a bottle of bubbly and a rose. Outstanding food with celebratory cake to Finish. We enjoy pictures from our parties at our monthly meetings as they are posted on our Pixstar. Celebrating love....

Finishing June with a trip/tour to PBS Channel 8 . To be continued.....

Respectfully submitted,
Helen Moorman

ST. CYRIL - SAVVY SENIORS

Have had a very interesting spring and looking forward to summer, We did not have our program meeting in January due to bad weather. In February we had Gonzalo Murrilo from Harris County Health who gave a presentation on Heart and Stroke Symptoms. It was a great presentation enjoyed by our club.

Gayle Naar

SAINT ANGELA MERICI - SENIOR CLUB



The Senior Ministry at Saint Angela Merici parish is a new ministry. We are now nameless, but soon we'll have a name. In our first meeting on 5/2/2024, there was a breakfast waiting for the members to refresh their bodies after they had refreshed their souls with the Holy Eucharist. Father John, our pastor, warmly welcomed everyone present and offered his support. He also stressed the impact each member of this Senior Ministry can create, not only in their own families but collectively to the Parish community by committing to live out the parish' Mission. We then played "Mingle Bingo" in which we found out a lot of personal and professional information about participants. Information was shared about the archdiocesan committee for seniors, and we learned of other parishes with a senior ministry and their activities. We met again on June 6 and will meet again on August 1. More info can be found at <https://stamericigh.com/>.

Francis Jacobs - Secretary and Historian



ST MATTHEW THE EVANGELIST - 50+ CLUB

The 50+ Club consists of 91 members ranging from 50 to 99 years old. We have had a good attendance of Club members at the Northern Senior Senate meetings to listen to their wonderful speakers.

On February 7th, we had an evening out with dinner at Spaghetti Western and Stages Theater to see "Sister's Irish Catechism: Saints, Snakes, & Green Milkshakes!". A fundraiser for the Club was held on February 29th at Theater Suburbia, with tickets sold to the play "Over the River and Thru the Woods" along with participating in the concessions. The play was wonderful and the treats and drinks were yummy. Our February 13th meeting was Italian themed with Spaghetti Bolognese, Italian Wedding Soup and plenty of side dishes.

On March 13th, our meeting luncheon was centered around St. Patrick's Irish meal with a Shepherd's Pie with roast, soda bread & side dishes. Our highlight was hearing from our Club sponsored Seminarian, Wesley Henry. His speech told us about his calling and current journey at St. Mary's Seminary. Wesley is our Priest Father Chad's brother. Our 2nd fundraiser for the Club was a Lenten Dinner on March 22nd and was successful through the hard work of Club members. These fundraisers help defray the cost of the Christmas party and EOY party.

On April 19th, we, along with a sold-out stadium, went to Tudor Fieldhouse Rice University to the Priests vs. Seminarists Basketball game. We had 2 brothers/players we were rooting for. Our very own, MVP Father Chad Henry #11 and our Club sponsored Seminarian Wesley Henry #8. The Priests stole the show. Proceeds went to support St. Mary's Seminary. It was an exciting evening. Our club also donates to St. Mary's Seminarian.

On May 8th, we finished the year with an all you could eat Seafood luncheon that had catfish, shrimp, fries, coleslaw, baked beans and desserts. Our president, Linda Williams coordinated a fantastic guest speaker. Ms. Lily Ramirez is a Rehab Liaison and is a parishioner at St. Matthews. She informed the group regarding her knowledge on Medicare Advantage, Medicare Supplements and other resources. Very informative for Seniors. A great year of events and meetings!

ST. MICHAEL - SOCIABLE SENIORS



Getting through our Spring storms in Houston managing to stay dry. We even visited the Harris County Emergency response center, TRANSTAR, just before the big storm of May 16. It is an impressive center for the technology linking together cameras all over town and many communities and information sources.

We had a great response of 40 bags of food for CCSC clients at our June meeting. Sue Bowers delivered all for their critical summer needs.

Our June trip went to La Grange, TX to see several updated sites and learn more about our Texas history. See photo of group in front of an extensive WWII veterans memorial.

Looking forward to many summer monthly trips and various activities: Mah Jongg, Mexican Train, book club, "coffee&chat", and of course our regular monthly meetings.

See our page on the parish web site: <https://www.stmichaelchurch.net/sociable-seniors>

Margaret Fuller, Treasurer

ST. IGNATIUS OF LOYOLA - SENIOR FRIENDS



Our April meeting almost didn't happen due to the sudden and severe storms that morning. When the power was firmly staying on, we were able to meet although we had canceled our guest speaker, Lisa May, from the Archdiocese. Our beloved President, Mary Lou Helminiak stepped up and spoke about her mission trip experience to Chiche, Guatemala to visit Our Lady of Guadalupe School, or "The Little School". This is a community that is near and dear to our hearts at St. Ignatius of Loyola.

Our April trip was to the Railroad Museum in Galveston. So much history and a must-see if you are a train enthusiast. We also spent the day shopping on The Strand and had lunch at "Shrimp & Stuff". It turned out to be a perfect weather day and was a great experience.

We took our last trip of our 2023-2024 season to Schulenberg for a tour of the Painted Churches. We had the pleasure of visiting four churches. The guide, Gerry, was so helpful with his knowledge and answering all our questions. Each church was breathtaking and left us in awe. We had a delicious lunch at the "Schulenberg Smokehouse".

Our final meeting of the season took place on May 8th and was catered by the Rib Tickler BBQ restaurant. Our entertainment was our own Senior Friend, Joanne Schroeder and her Puppet Show, it was a lot of fun! Our President, Mary Lou Helminiak, thanked all the outgoing Board Members and kindly gifted them a rose or a gift card. Our Senior Friend of the Year was Sarah Doyle (it was a surprise and honor).

Pray for all our Seniors, Service Members of the Military and Peace in Ukraine and Israel. Have a safe and happy Summer!

Sarah Doyle, Senior Friends of St. Ignatius of Loyola

GOLDEN FRIENDSHIP/HOLY FAMILY - MISSOURI CITY



We have been having fun and interesting meetings during this period. Two members shared their legacy items. Theresa Collins showed a picture of her and Sidney Poitier and told us about her meeting with him. Janet Scofield shared a Kingston Trio song with us.

Members have enjoyed our monthly luncheons. So far this year we have gone to Eduardo's Mexican Restaurant, Baytown Seafood, Luby's, Los Tios, Denny's and Olive Garden. We look forward to these luncheons each month, no meeting, just eating.

Also, members have been reminded of Game Day at St. Cyril on June 24, Registration fee is \$13.00.

Submitted by Clara Lyons.



SENIOR SENATES



SUMMER



**Get it & take
back to your
parishes**

Central Senior Senate

First half of the year had lots of great things happening. Lot's of education & awareness on fall prevention, oral hygiene and much more. The day of prayer was filled with enrichment for our souls. Game day-wow what an amazing day, the room was filled with laughter & excitement.

July and August no meetings.

CSS See You in the FALL





Are you ready for the "Next Half"
New adventures awaits!
Lots of exciting things planned for you.
Don't Miss Out!



Northern Senior Senate
Have you been part of the excitment!



➤➤➤➤ Awareness & Education; from Health to Law
Care; Day of Prayer; 
 Anniversary Celebration;
Taking better care of oneself -
Spiritually, Healthwise, Planning Issues



Southwest Senior Senate
Exciting to see new members that came to the April quarterly meeting.
Ready for Game Day! You still have time to register..

NSS & SWS Parishes See You in JULY



We look forward to seeing everyone and wish everyone a great summer!

NORTHERN SENIOR SENATE

April 8 the NSS met for an educational presentation by Attorney Jan Pickett. The topic was Legal Affairs and Documentation. Our members had a multitude of questions which she answered during the Q&A session. A complicated world is always made easier by knowledge.

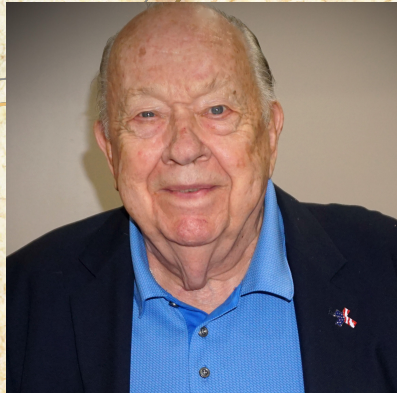
May 13 the Senate honored those who celebrated wedding anniversaries. Mass and lunch and a presentation by Valerie Sweeten, an internet influencer who gave a very funny presentation on the positive ways we can use the internet. Couples who married before cell phones and the internet were given a presentation on about what is happening in Houston and how the information is spread. MS. Sweeten posted pictures from our meeting on her page Facebook page "Hot IN Houston Now" making the NSS a happening group.

Our next NSS meeting on June 10 will featured a Dietician from HEB to teach us about healthy meals. The Northern Senior Senate will be hosting the FUN Day in August at St Ignatius Of Loyola. We are expecting around 300 to attend.

Mary Ann Harvey



Wedding Anniversary
Celebration Photos



HABITS FOR STRENGTHENING OUR MEMORY

The Bible acknowledges aging as a natural and normal part of life. It honors the aging process as it often brings about wisdom and experience. My passion has always been to explore and understand the human mind. Having worked as a health worker before, studying memory has been especially intriguing and challenging, particularly as a Latina and Hispanic woman. The prevalence of Alzheimer's disease has been increasing, with the number of people living with it expected to reach nearly 14 million by 2060, according to the Alzheimer's Association.

Did you know that almost two-thirds of Americans with Alzheimer's are women? Out of 6.9 million people aged 65 and older with Alzheimer's dementia in the United States, 4.2 million are women, and 2.7 million are men. Based on data from Medicare beneficiaries aged 65 and older, it has been estimated that Alzheimer's or other dementia has been diagnosed in 10.3% of White older adults, 12.2% of Hispanic older adults, and 13.8% of Black older adults. Preventing memory diseases is crucial. Follow these healthy habits to avoid them:

1) Engage in mentally stimulating activities, such as crossword puzzles, Sudoku, brushing your teeth with your opposite hand, reading, learning a new language, new skills, or playing an instrument. 2) Treat or manage metabolic conditions such as diabetes, obesity, hypertension, and hyperlipidemia. 3) Eating a healthy diet can protect your cognitive health. The MIND diet includes vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil, and Resveratrol, a red wine supplement. 4) Being active with half an hour or 45-60 minutes of exercise, such as aerobics, cycling, walking, swimming, yoga, and tai chi, will prevent Alzheimer's or dementia. 5) Social Connections: develop strong relationships with family and friends. Be a volunteer in organizations, join a social group, take classes, join a church group, and go to movies, parks, museums, and libraries. 6) Quality Sleep: good sleep may help clear out beta-amyloid, a sticky brain-clogging protein for your brain. Studies have demonstrated that people who suffer from insomnia or poor sleep will have an increased risk of dementia and Alzheimer's. 7) Adequate stress management, breathing exercises, prayer, meditation, yoga, reflection, and religious practice will help prevent nerve cell decline or even death and shrinkage of memory areas in the brain. 8) Quit smoke or drink alcohol.

One of the most concerning aspects of aging, especially in cultures that highly value individualism, is the increasing cases of senile dementia as life expectancy rises. It doesn't seem fair that affected individuals should lose their intellectual, emotional, and social vitality while their physical bodies continue to survive. Let us ask God for strength and wisdom for those people affected by memory loss and their caregivers. If you need assistance or information with group presentations, please don't hesitate to contact Olga Najjar, associate director, via email at onajar@archgh.org or by phone at 713-391-2615.

"A crown of honor is old age that is found in the path of justice" (Proverbs 16:31)

HÁBITOS PARA FORTALECER NUESTRA MEMORIA

La Biblia reconoce y honra el envejecimiento como una parte natural y normal de la vida, ya que a menudo aporta sabiduría y experiencia. Mi pasión siempre ha sido explorar y entender la mente humana. Habiendo trabajado antes como trabajadora de la salud, estudiar la memoria ha sido especialmente intrigante y desafiante, particularmente como mujer latina e hispana.

La enfermedad de Alzheimer ha ido aumentando y se espera que el número de personas que viven con ella alcance casi 14 millones para 2060, según la Asociación de Alzheimer.

¿Sabías que casi dos tercios de los estadounidenses con Alzheimer son mujeres? De los 6.9 millones de personas de 65 años o más con demencia de Alzheimer en los Estados Unidos, 4.2 millones son mujeres y 2.7 millones son hombres. Según datos de beneficiarios de Medicare de 65 años o más, se ha estimado que se ha diagnosticado Alzheimer u otra demencia en el 10.3 % de los adultos mayores blancos, el 12.2 % de los adultos mayores hispanos y el 13.8 % de los adultos mayores negros. Prevenir las enfermedades de la memoria es crucial. Sigue estos hábitos saludables para evitarlos:

1) Participar en actividades mentalmente estimulantes, como crucigramas, sudoku, cepillarse los dientes con la mano opuesta, leer, aprender un nuevo idioma, nuevas habilidades o tocar un instrumento. 2) Tratar o controlar enfermedades metabólicas como diabetes y obesidad, hipertensión e hiperlipidemia. 3) Llevar una dieta saludable puede proteger su salud cognitiva. La dieta MIND incluye verduras, nueces, bayas, frijoles, cereales integrales, pescado, aves, aceite de oliva y resveratrol, un suplemento de vino tinto. 4) Estar activo con media hora o 45 a 60 minutos de ejercicio, como aeróbicos, andar en bicicleta, caminar, nadar, hacer yoga y Tai Chi prevendrán el Alzheimer o la demencia. 5) Conexiones sociales: desarrolle relaciones sólidas con familiares y amigos. Sea voluntario en organizaciones, únase a un grupo social, tome clases, únase a un grupo de la iglesia y vaya al cine, parques, museos y bibliotecas. 6) Sueño de calidad: dormir bien puede ayudar a eliminar el beta-amiloide, una sustancia pegajosa del cerebro. obstruyendo proteínas para tu cerebro. Los estudios han demostrado que las personas que sufren de insomnio o falta de sueño tendrán un mayor riesgo de demencia y Alzheimer. 7) El manejo adecuado del estrés, los ejercicios de respiración, la oración, la meditación, el yoga, la reflexión y la práctica religiosa ayudarán a prevenir el deterioro de las células nerviosas o incluso muerte y reducción de áreas de memoria en el cerebro. 8) Dejar de fumar o beber alcohol.

Uno de los aspectos más preocupantes del envejecimiento, especialmente en culturas que valoran mucho el individualismo, es el aumento de los casos de demencia senil a medida que aumenta la esperanza de vida. No parece justo que los individuos afectados pierdan su vitalidad intelectual, emocional y social mientras sus cuerpos físicos siguen sobreviviendo. Pidamos a Dios fortaleza y sabiduría para aquellas personas afectadas por la pérdida de memoria y sus cuidadores. Si necesita ayuda o información con presentaciones grupales, comuníquese con Olga Najjar, directora asociada, por correo electrónico a onajar@archgh.org o por teléfono al 713-391-2615.

"Corona de honor es la vejez que se halla en el camino de la justicia" (Proverbios 16:31)Page