



SENIOR CHATTER

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

Hello everyone! It is my honor and privilege to be your new Director of the Office of Aging Ministry for the Archdiocese of Galveston-Houston. I am delighted to have this opportunity to make contact with you through the Chatter. You are all doing amazing things in your parishes! I've loved learning about what is happening in our Catholic family and community and I look forward to even more opportunities for visits and communication. I hope you will join me in creating the vision, mission and purpose that has emerged for the Office of Aging Ministry. We invite you to join us for one of our events this month. The Senior Senates are organized by region, Northern, Central and Southern and all seniors are invited to attend any senate events.

In my first two months in this role, I have met many lovely people. Under the guidance and direction of Sr. Maureen O'Connell, Secretariat for Social Concerns, I have been working very closely with the Office of Aging Ministry team – myself, Olga Najjar, Gina Pasket and Blanca Cruz to build our team and establish our vision, mission and purpose and make plans for the future. This Office of Aging Ministry exists for YOU! We are here for older adults 50 years and beyond and all those who love and care for older adults. We invite you to join us in making our vision a reality, in carrying out our mission and living purposefully aligned with the purpose to which we've been called. You can count on us to be listening and opening channels of communication so we can know you, know what you need and know how you want to be involved in this ministry and the ministries you have created.

Vision

We envision a world where all older adults are seen, heard, valued and loved.

Mission

We identify the needs and gifts of older adults and provide programs and services to meet those needs and engage the gifts of our seniors.

Purpose

Jesus tells us in John 15:17, "This is my command: Love each other." Pope Francis describes the church saying, our mission is love. Our purpose in the Office of Aging Ministry is to extend love to older adults by seeing the image of God in each person we meet and reflecting the love of God to all.

YOU are at the center of everything that we do and we welcome your communication and we want to get to know you and continue to deepen our connection with you. Feel free to send us a note or reach out by phone and let us know how you are doing. I look forward to hearing from you! Kkerlin@archgh.org, 713-391-2678.



KRIS KERLIN, LPC-S
Director of the Office of Aging Ministry

Kris Kerlin, LPC-S, comes to her role as Director of the Office of Aging Ministry after many years of work and service in the nonprofit sector and private practice. She is a licensed professional counselor with a master's degree in marriage, family and child counseling and bachelor degrees in psychology and theology. Her areas of professional focus include stress management, caregiving, dealing with the impact of pain and illness and cancer support. Born in Findlay, Ohio, she lived overseas in Jakarta, Indonesia and Perth, Western Australia prior to returning to the United States where she lived in California and Texas. She has called Houston home for the last 23 years. Kris is the first born of six children, lives in Katy with her daughter and she is a member of St. Faustina Catholic Community in Fulshear. She enjoys music, travel and celebrating everything so look for fall decor in her home and office.

MEET YOUR TEAM

We love what we do!

Kris Kerlin, LPC-S Director

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SENIOR SENATES

The senior senates are communities for faith, fellowship and fun, for all seniors led by seniors.

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. Monica Church - 10 a.m.
8421 W. Montgomery Rd., Houston, TX. 77088

SOUTHWEST SENIOR SENATE-2024

President - John Johnson
Meeting: Quarterly meetings—10 a.m.
St. Cyril of Alexandria Church
10503 Westheimer Rd.- Houston, TX 77042

Send Chatter articles to:
[Chatter @archgh.org](mailto:Chatter@archgh.org)

Please limit articles to
125-150 words.
All submissions are
subject to editing based
on space available. Be
sure to visit the Office of
Aging on the web at:

www.archgh.org/aging

**NEXT CHATTER DEADLINE:
JANUARY 15, 2024**

**COMUNIDAD
DE ALDUTOS MAYORES**



Envía un mensaje de
texto con la palabra
"SABIO"
a 202-765-3441 o
Escanear código QR

**OFFICE OF AGING
COMMUNITY**



text "AGING" to
84576
or
Scan QR Code

CENTRAL SENATE

UPCOMING GATHERINGS

OCTOBER 7th

NOVEMBER 4th

MAIN EXERCISES FOR SENIORS

MEMORY CARE

Speaker: Sin Ying
Chan, MPH

Speaker: Sally Davis
- Amazing Place

TIME
10:00 AM - NOON

LOCATION

ST. DOMINIC AUDITORIUM
2401 Holcombe Blvd., Houston, TX 77021

NORTHERN SENATE

UPCOMING GATHERINGS

OCTOBER 14th

NOVEMBER 11th

HEALTHY SLEEP SLEEP CYCLES AND STRATEGIES

MASS FOR DECEASED MEMBERS

Speaker: Dr. Michael
Landry

Presider: Fr. Ebin
Christopher

TIME
10:00 AM - NOON

LOCATION

ST. MATHEW THE EVANGELIST
9915 Hollister Street, Houston, TX 77040



SENATE NEWS

SHARING OUR ROOTS



*Senate events are open to all Seniors and their loved ones.
And, for more information about Senate events, contact:*

Gina Pasket

Phone: 713-391-2671

Email: gpasket@archgh.org

SOUTHWEST SENATE

UPCOMING GATHERINGS

OCTOBER 23rd

HEART HEALTHY AWARENESS

Speaker: Dr. Patricia Horace

TIME
10:00 AM - NOON

LOCATION

ST. CYRIL OF ALEXANDRIA
10503 Westheimer Rd. . Houston 77042

RECOGNITION EVENTS

SAVE THE DATE!

INFORMATION COMING SOON!

CENTRAL - DECEMBER 4TH
RECOGNITION
& CHRISTMAS LUNCHEON

NORTHERN - DECEMBER 3RD
RECOGNITION & CHRISTMAS LUNCHEON

SOUTHWEST NOVEMBER 2ND
RECOGNITION



NORTHERN SENIOR SENATE

Like so much of our northern area the hurricane Beryl impacted our July meeting which was cancelled. We were scheduled to have Spiritual Advisors from multiple parishes available for the program so this will be rescheduled.

Things are humming for the Northern Senior Senate. The FUN day in August was hosted by St Ignatius. The attendance was close to 300 with great BINGO and a wonderful meal from Hickory Hollow Restaurant. Twelve parishes from our Northern Senate were represented. Thanks to St Ignatius for a great hosting effort. We were also able to meet the new Director for the Office of Aging, Kris Kerlin. We also hope that following the example of Kolbe Seniors who loaned the Bingo cards and all the centerpieces to St Ignatius other groups will reach out and share when appropriate.

The Northern Senior Senate met again on September 9th. The presentation was by Dr Marisela Caceres and Serena Valentine from Cities for Better Health. This Institute for the Spirit and Better Health is doing amazing work in many areas including outreach in the Diabetic community. We were not aware of this program and of all the value it has to our community. We have exciting plans for the coming months of 2024.

Mary Ann Harvey
Northern Senior Senate



SOUTHWEST SENIOR SENATE

Southwest Senior Senate

Our July meeting was at Game Day. The day included Vernita Metoyer speaking on "Nutrition, Eat right for life," a catered lunch, bingo, a raffle, the 'Split the Pot' game, and door prizes. Everyone enjoyed a day of education, food, fellowship, and fun.

For October, we plan a potluck lunch with a presentation by Dr. Patricia Horace on heart health awareness.

We have been planning our recognition event for November 2-- an opportunity to recognize those among us who have been working hard to enhance our experiences as seniors while also being active in our parishes and communities.

Fall is here and we are looking forward to a major change in our weather--lower temps!

Gwen Reinke



CROSSWORD PUZZLE



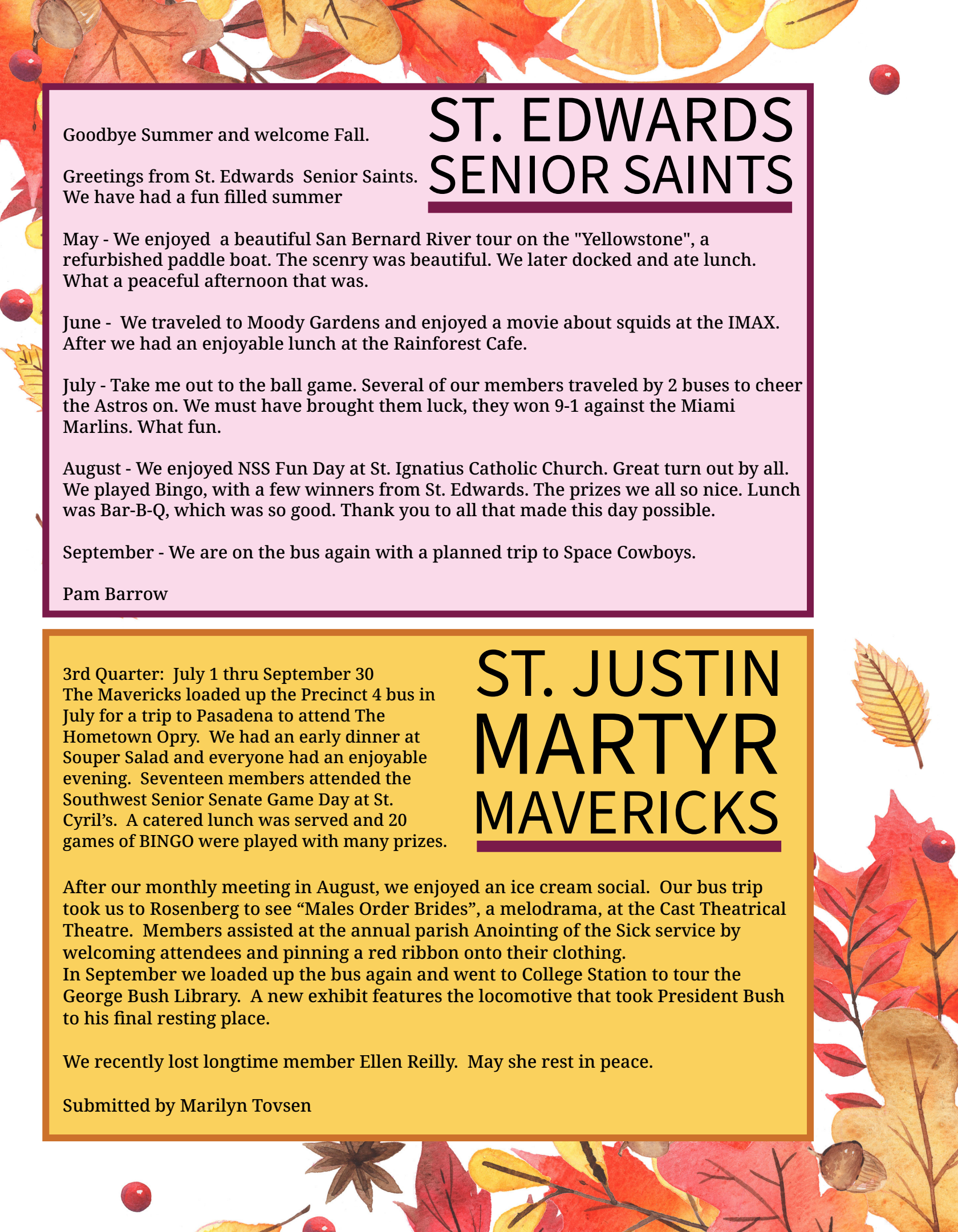
Solve the crossword puzzle using the questions below.

ACROSS

- 1 Goodbye wish given to a traveler (2 words)
- 8 An annoying interruption to a TV program
- 10 Halloween is Hallow's _ _ _
- 11 Tid_ _ _
- 12 Military personnel
- 13 Abbr. for type of engineer
- 14 Negative
- 16 I turned the light _ _
- 17 The new director for the Office of Aging in the Archdiocese of Galveston-Houston
- 22 _ _ - re - mi - fa - so - la - ti - _ _
- 23 Abbr. for Boston's state
- 24 Opposite of a hero
- 26 An agenda item for the Southwest Senior Senate's October meeting
- 31 Spanish for river
- 32 A span of time
- 33 Abbr. for an autoimmune disease causing inflammation of joints
- 34 Abbr. for state whose capital is Dover
- 35 Harbinger of spring
- 36 TV series that had George Clooney in it
- 37 Favorite winter sport

DOWN

- 1 Name for a person who tends insects who are responsible for the production of a sweet product.
- 2 _ _ _ _ and under
- 3 Abbr. for US state north of Kansas
- 4 Porker sound
- 5 " _ _ C, easy as 1-2-3."
- 6 "That _ _ _ _" is a TV series starring Marlo Thomas
- 7 Early movie for Drew Barrymore
- 8 A long time _ _ _
- 9 Galveston-Houston Archdiocese Cardinal
- 15 Abbr. for one that produces complex equipment from components usually bought from other manufacturers
- 18 What you need in order to vote in an election
- 19 Plants need rich _ _ _ _ in order to thrive
- 20 What you do to the balls on a pool table before you begin to play.
- 21 Close by
25. To put in harm's way, to be at _ _ _ _
- 27 Spanish for gold
- 28 Famous 50's and 60's movie star, _ _ _ Hunter
- 29 An ornamental vase
- 30 Abbr. For state where Au was found in 1848
- 34 Abbr. for a Medical practitioner



Goodbye Summer and welcome Fall.

Greetings from St. Edwards Senior Saints.
We have had a fun filled summer

ST. EDWARDS SENIOR SAINTS

May - We enjoyed a beautiful San Bernard River tour on the "Yellowstone", a refurbished paddle boat. The scenery was beautiful. We later docked and ate lunch. What a peaceful afternoon that was.

June - We traveled to Moody Gardens and enjoyed a movie about squids at the IMAX. After we had an enjoyable lunch at the Rainforest Cafe.

July - Take me out to the ball game. Several of our members traveled by 2 buses to cheer the Astros on. We must have brought them luck, they won 9-1 against the Miami Marlins. What fun.

August - We enjoyed NSS Fun Day at St. Ignatius Catholic Church. Great turn out by all. We played Bingo, with a few winners from St. Edwards. The prizes were all so nice. Lunch was Bar-B-Q, which was so good. Thank you to all that made this day possible.

September - We are on the bus again with a planned trip to Space Cowboys.

Pam Barrow

3rd Quarter: July 1 thru September 30
The Mavericks loaded up the Precinct 4 bus in July for a trip to Pasadena to attend The Hometown Opry. We had an early dinner at Souper Salad and everyone had an enjoyable evening. Seventeen members attended the Southwest Senior Senate Game Day at St. Cyril's. A catered lunch was served and 20 games of BINGO were played with many prizes.

ST. JUSTIN MARTYR MAVERICKS

After our monthly meeting in August, we enjoyed an ice cream social. Our bus trip took us to Rosenberg to see "Males Order Brides", a melodrama, at the Cast Theatrical Theatre. Members assisted at the annual parish Anointing of the Sick service by welcoming attendees and pinning a red ribbon onto their clothing. In September we loaded up the bus again and went to College Station to tour the George Bush Library. A new exhibit features the locomotive that took President Bush to his final resting place.

We recently lost longtime member Ellen Reilly. May she rest in peace.

Submitted by Marilyn Tovsen

ST CYRIL SAVVY SENIORS

Blessings to all in the new Fall Season. Savvy Seniors are making plans for the 2024 Recognition Banquet on November 2. We have selected our honoree for this year, Andrea Gonzales who serves as our president. She has served several years as our president.

We have scheduled Richard Ford from BBB to give us a presentation on scams. They have new ones every day and we like to stay informed.

We welcomed a Fr Christopher Shackerford in June and bid goodbye to Fr. Mario Arroyo in his retirement. We also celebrated the retirement of Sr Rosalie Karstedt, she was active in Savvy Seniors for seven years.

Gayle Naar

ASSUMPTION CATHOLIC CHURCH HARVEST YEARS SENIOR GROUP

Our Harvest Years Group traditionally does not meet during the summer months. Many members are taking vacations or having family visit them during this time. We did decide to have an informal meeting of members that could attend at a local restaurant for June, July and August. It was fun getting together and catching up with everyone.

Several members of our Group attend weekly Mass and Adoration on Thursdays. Everyone is looking forward to our kickoff for the year with our first meeting on Sunday, September 15, 2024. We will be making plans for speakers and trips for the new 2024-2025 year,

Judy Hoya

KOLBE SENIORS ST. MAXIMILIAN KOLBE COMMUNITY

July 10 a bus load of Kolbe Seniors were off to see the Astros defeat the Marlins. And sitting across the aisle was a large contingent of Seniors from St Edwards. It was great to see our friends from another church in our Senate.

Our July meeting was such fun--Chair Yoga led by Jo Hewett. It was great seeing our male members try yoga for the first time. Do we have budding Yogi at St Maximilian?

In fact, the Northern Senior Senate groups are into sharing and building relationships within our Senate. St Ignatius hosted the Fun Day on August 14, 2024 this year but the centerpieces for the tables and the Bingo cards are on loan from our St Max Kolbe Seniors. We are glad that St Ignatius can use from our supplies and hope that other senior groups will be networking and sharing.

For the actual FUN Day Kolbe Seniors filled a bus and set off for some exciting Bingo. And the lunch from Hickory Hollow Restaurant was outstanding, and the 50/50 was a big pay out. It was extra special that the new Director of the Office of Aging, Kris Kerlin, was present and introduced. The attendance was close to 300 seniors. This is a big event!

September 10th the bus was loaded and we were off to another Astro game. Kolbe Seniors wear the orange and support our team. And we love going on Dollar Hot Dog night too. It was a long game with 12 innings and the Astros lost but still a great time.

Mary Ann Harvey
Kolbe Seniors
St Maximilian Kolbe Catholic Community

SAINT ANGELA MERICI'S SAM SENIORS MINISTRY



Our ministry “is committed to providing encouragement and information, helping other seniors navigate the unique challenges and blessings of aging with faith and grace”. At our last meeting, on September 5, we talked about being a ministry that brings others “from isolation to inclusion”, thus, our ministry is “a community where seniors are empowered to live their lives fully, embracing each day as a gift from God. We want to grow in the love of God and service to humanity, [in which we] journey together in faith, hope, and love, this fall. Our parish is planning a trip to the Painted Churches, on October 4, 2024, check our website

(<https://stamericigh.com/>) if there is still space and you want to join. In the past months, our parish group participated in our senate’s game day and had a trip to the health fair.

By Francis Jacobs, edited by Claudia Sereno



GOLDEN FRIENDSHIP GROUP HOLY FAMILY CATHOLIC CHURCH MISSOURI CITY

Been such a hot summer , thought we would cool it up a bit by discussing our Fall Fest on October 13. There were sign up sheets for those who could help with different tasks such as selling tickets , in charge of games , etc.

Some of our members attended Game Day at St Cyril and commented that they really enjoyed it.

We also discussed our Thanksgiving Luncheon. We will have a caterer and members will bring desserts. We all look forward to this luncheon.

Aside from our regular meeting/luncheons, we have a "get together " At different restaurants on one Wednesday of the month, in August we had lunch at Larry's Mexican Restaurant in Richmond and the month will be at Super 6 Chinese Food on Highway 6 for anyone able to come.

By Clara Lyons

ST. LAURENCE PARISH

J . O . Y . (JUST OLDER YOUTH) C L U B

The seniors of the J.O.Y. (Just Older Youth) Club of St. Laurence Parish gathered in September after a hot summer break for a grown up show and tell with the theme of "Passing on Your Legacy."

Thanks SW Senate for that idea. We had a representative from the Office of Aging speak to us about "Planning for the End of Life Issues" in cooler October.

In November, after counting our blessings and expressing gratitude, plans are to work on a service project for our Social Concerns department with lots of fun and games and good food to follow.

Leslye Henderson. 281-773-8013

ST. MONICA SILVER STEPPERS

Hello everyone, we're doing well as a group and are planning for 2025. We're in the process of getting information for a possibility of having 2 trips next year. We attended the Fun Day at St. Ignatius of Loyola Catholic Church in August and we were about 17+ strong in attendance. We all had a wonderful time and St. Ignatius was a fantastic host. We have received the information about the Christmas party in December and are getting things together to sign people up. The year is coming to an end and we wish you all a Blessed Holiday season. Stay safe and God Bless.

June Boutte
St. Monica Silver Steppers



ST MICHAEL SOCIABLE SENIORS



This is a sample basket for our Gabriel Project, donated by seniors.



We love our Pct4 buses! Good drivers and so many places around the area to see and experience. On a hot day in August we had two buses of us to do a cool river cruise on San Bernard River and then lunch at the nearby Dido's.

Our group praised the performance of Chitty Chitty Bang Bang at Brazos theater in July.

We are doing a short trip in September to the Guild and Blue Bird shops and lunch at Ouisies. In October we are going to Texas Wendish Heritage Museum and a homemade lunch.

One of our special projects has been to support our parish Gabriel Project. We have assembled some wonderful and very useful baskets with products for needy mothers of newborns. Thirteen have been donated so far and working on more. We also supported CCSC Back to School Project in many ways in August.

Margaret Fuller, Treasurer

ST. IGNATIUS OF LOYOLA SENIOR FRIENDS



St. Anthony Cathedral Basilica in Beaumont

St. Ignatius of Loyola hosted a Bingo party for the Northern Star Senate groups on August 14th. We had about 300 guests from the different parishes attend. Such a great turn out and lots of fun. The lunch was provided by Hickory Hollow BBQ, which was delicious. Our President, Mary Lou Helminiak did an awesome job organizing this event.

Our first meeting of the season was on September 11th, we welcomed all our old and new members. Our guest speaker was our President, Mary Lou Helminiak and she spoke more in-depth about her mission trip to The Little School in Guatemala. Mary Lou, her husband Stan, along with other volunteers from our parish spent a week in Chiche Village meeting with the school administrators, parents, teachers and the students. Everyone in the village was excited to have visitors and volunteers willing to help in whatever capacity was needed.

Our first day trip of the season was on September 5th to visit St. Anthony Cathedral Basilica in Beaumont. The beautiful stained glass windows and architecture were a sight to behold! The cathedral is designed in the Early Christian Romanesque style and it is worth the trip to explore.

We have upcoming trips to Naskila Casino, a Neil Diamond Tribute Concert by Matt Vee, and a full day visiting the Aquarium Downtown. We also attended Holy Mass at Sacred Heart Co-Cathedral and had lunch at Treebeard's.

Please pray for all Seniors, our Veterans and those currently serving in the Military. Pray for Peace in all the World.

Sarah Doyle, Senior Friends of St. Ignatius of Loyola Catholic Community

Diversity in Senior Populations

Written by: Olga Najar

The population of seniors in Texas is expected to increase by 390 percent. In the USA, by 2050, an estimated 89 million people will be aged 65 and older. The Census Bureau estimates that more than 20 percent of Texas's population will be over 60 by 2030. With the increasing number of older adults, the population of Houston, one of the largest cities in the world, will also become more diverse. Houston has diversity in geographic and cultural background, race and ethnicity, age, preferred language, religion, neurodiversity, and cognitive, sensory, and physical abilities. Recognizing and honoring this diversity is beneficial and essential to open communication channels, share faith, enlighten and inform us all. Our demographic evolution is a rich tapestry of race, ethnicity, language, gender, socioeconomic status, physical abilities, education, and religion. This diversity, far from being just a matter of statistics, is a source of strength that allows us to appreciate and celebrate our differences. It plays a crucial role in combating the loneliness and isolation often accompanying aging. Recognizing that we age differently, and that each diverse group has its unique needs, can create better access to medical care and foster social relationships that prevent loneliness and isolation. Moreover, promoting mental well-being contributes to a better quality of life, empowering older adults to develop their identities, become more compassionate, and embrace the diversity within the older adult community.

A great multitude from every nation, tribe, people, and language stands before the throne and the Lamb. Revelation 7:9

Diversidad en las Poblaciones de Adultos Mayores

Escrito por Olga Najar

Se espera que la población de adultos mayores en Texas aumente en un 390 por ciento. En los EE. UU., para el año 2050, se estima que 89 millones de personas tendrán 65 años o más. La Oficina del Censo estima que más del 20 por ciento de la población de Texas tendrá más de 60 años para el año 2030. Con el aumento del número de adultos mayores, la población de Houston, una de las ciudades más grandes del mundo, también se volverá más diversa. Houston tiene diversidad en antecedentes geográficos y culturales, raza y etnia, edad, idioma preferido, religión, neurodiversidad y capacidades cognitivas, sensoriales y físicas. Reconocer y honrar esta diversidad es beneficioso y esencial para abrir canales de comunicación y fe, iluminándonos e informándonos a todos.

Nuestra evolución demográfica es un rico tapiz de raza, etnia, idioma, género, estatus socioeconómico, capacidades físicas, educación y religión. Esta diversidad, lejos de ser solo una cuestión de estadísticas, es una fuente de fortaleza que nos permite apreciar y celebrar nuestras diferencias. Desempeña un papel crucial en la lucha contra la soledad y el aislamiento que suelen acompañar al envejecimiento. Reconocer que envejecemos de manera diferente y que cada grupo diverso tiene sus necesidades únicas puede crear un mejor acceso a la atención médica y fomentar relaciones sociales que eviten la soledad y el aislamiento. Además, promover el bienestar mental contribuye a una mejor calidad de vida, empoderando a los adultos mayores para que desarrollen sus identidades, se vuelvan más compasivos y acepten la diversidad dentro de la comunidad de adultos mayores.

Una gran multitud de todas las naciones, tribus, pueblos y lenguas está de pie delante del trono y del Cordero. Apocalipsis 7:9