

The Senior Chit-Chat

A Publication for
Precinct2gether
from
Commissioner
Jack Morman

A Cure For Loneliness

As we approach another holiday season, while many people are looking forward to celebrating with family and friends others are planning to spend the time alone. Precinct2gether exists to make sure no one has to spend the holidays, or any other time of the year, alone. Our goal is to be a cure for loneliness by consistently developing programming and creating an environment where seniors can remain active, engaged contributors in their communities.

Everybody needs somebody. No man or woman is an island. As humans we are designed with the need for human contact and interaction. It turns out loneliness may be one of the easiest conditions to cure since it just involves connecting with others. To combat loneliness, Precinct2gether has designed all kinds of opportunities for people to enjoy life with others while participating in activities that help keep the mind sharp, the body strong and provide a chance for seniors to continue to make a difference in the world. No need to have a meal alone. Just take a trip to your local Precinct 2 community center to find people from all walks of life who would love nothing better than to share a meal with you. These folks are building new friendships, living life to the fullest and inviting you to do the same.

Some ailments require you to take medicine that you might not enjoy even though it helps you feel better. But the cure for loneliness can be an enjoyable treatment that you get to prescribe for yourself. Taking the initiative may seem difficult but it is a matter of you making the decision to get out in the community and meet people. To eradicate loneliness you will need to take the bold step of opening yourself up to interaction with others. You might join a book club, volunteer at a food pantry or take some classes. Any one of these activities will allow you to spend time with other people who share some of your interest and you can do all of them at your local Precinct 2 community center. Perhaps you can help plan a Precinct 2 outing or event. Maybe you can go on the yearly bus trip to see the famous Texas bluebonnets. You could even participate in the annual Olympics or Adopt-A-Resident program to give somebody else the gift of human touch. Yes, it means that you will have to be open to meeting new people and perhaps doing some things that take you out of your comfort zone, but it is so worth it.

Precinct2gether welcomes you to spend your holidays sharing lunch & a movie at East Harris County Activity Center, playing bingo at San Jacinto or having a Thanksgiving feast at Flukinger. Sharing yourself with others is a pleasure for you and for those you allow into your heart. Being open to others and making yourself vulnerable to interaction lessens the struggle you might experience in connecting on an emotional level with those around you. Precinct 2 is here to help you enjoy the varied events in the community so you don't have to be alone.

Some may find it difficult to move away from a solitary lifestyle but the rewards far outweigh the rigor that it may take to get there. In many instances the cure for being alone, though it may seem simplistic, is choosing to engage with others in an effort to maintain human interaction. This can be just what the doctor ordered. During this season of giving and thanksgiving, if you are looking for companionship, get involved with the Precinct2gether community and give yourself the gift of a cure.



See inside for
information on how
to vote for our Texan
Plus Champion
Mr. Stephen Coycault

Fall 2017

Check out what's inside...

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Things to Know



Ultimate Bean Bag Baseball Playoffs

Shout out to all our participants for the Precinct2gether Ultimate Beanbag Playoffs. The winners of the North Channel, Inner City, South Channel and North by North Senior Olympics Bean Bag Baseball competition brought their winners to compete against each other for the 2017 playoffs trophy.



1st Place Grand Champions– Inner City Seniors

Tips to Avoid Scams During the Holidays and Beyond

Scams targeting seniors are more prevalent during the holiday season but here are a few tips to help you navigate tricksters who call or visit attempting to have you part with your money:

- Beware of callers who ask you not to share your conversation with others. Never allow anyone to discourage you from seeking information, verification, support and counsel from family members, friends or trusted advisers prior to making any financial transactions.
- There is no harm in investigating. Before you donate to a charity, call the charity directly and ask if it is aware that someone has contacted you asking for donations.
- Don't be bullied: Government agencies including the IRS do not make phone calls or insist you use a specific payment method such as a prepaid debit card. They will also never threaten you with arrest for not paying. Feel free to hang up on anyone who calls you in this manner.
- Go with your first mind: If something feels wrong then it probably is wrong. Should you feel uncomfortable about making a financial transaction or donating money, take some time to investigate before you go down that road.

Staying safe and financially secure during the holidays and beyond will guarantee you can enjoy them.

Adopt-A-Resident

Beginning in October and through November 2017 Precinct2gether Nursing Home Adopt-a-Resident Program will begin assigning residents and accepting donations. This is the nineteenth year Precinct 2 will provide holiday gifts for residents of the twenty nursing homes within our community. Please contact Shelly Cooper at (281) 864-9028, to obtain names and wish lists for the residents. Your donation will make sure no resident is forgotten this holiday season.

Fall Festival & Pumpkin Patch

On Saturday, October 7, 2017, from 10:00 a.m. until 3:00 p.m. the May Center will be enjoying it's Fall Festival and Pumpkin Patch. The festivities will take place at 2100 Wolf Road in Huffman, Texas 77336. Wristbands are \$5 and will allow children up to 12 years old to participate in all the day's activities. If you need more information please call (713) 274-2434.



Veteran's Day Luncheon

Precinct2gether is hosting a Veteran's Day Luncheon on Wednesday, October 25, 2017 to honor those who have fought for our country and our freedom. On this day, Veterans, spouses & widows of veterans in Harris County Precinct Two are invited to join us for lunch. You can sign up at your local community center or the VA services office in Highlands.

Annual Boo Bash & Pumpkin Patch

Crosby Center is hosting its annual Boo Bash and Pumpkin Patch fundraiser on Saturday, October 28, 2017 from 10:00 a.m. until 3:00 p.m. at 409 Hare Road, Crosby, TX. Children up to 12 years of age will need a wristband, which can be purchased for \$8, to enjoy the many activities. To purchase wristbands or to obtain more information, you may contact (281) 462-0543.

Hometown Opry

Classic Country & Traditional Christmas songs just in time for the holidays! The Hometown Opry presents live country western music year round with occasional specials, like our Christmas Hometown Opry Show, which will be held Friday, December 9, 2017 at the East Harris County Activity Center located at 7340 Spencer Highway in Pasadena from 7:30 p.m. until 10:00p.m. Admission is \$10 and concessions will be available for purchase as well. For more information contact East Harris County Activity Center at (281) 479-4232.

PAD

According to the American Heart Association Peripheral Artery Disease (PAD) is a condition in which the arteries in the legs, arms, head or stomach gradually become narrow due to plaque build-up. This can result in sores or ulcers and pain making it difficult to walk. In severe cases, the lack of adequate blood flow due to PAD can lead to gangrene and amputations.

People often think leg pain is a normal part of

aging. Subsequently, PAD is often misdiagnosed because it causes pain in the legs that persists when walking or exercising but goes away with rest. The significant difference between common leg pain and PAD related pain is PAD related pain is in the muscle and not the joints. There are some other symptoms that may be a sign a person is experiencing more than just normal aches and pains.

- Pain in the legs that doesn't go away with rest
- Wounds on the legs or foot that have difficulty healing
- Diminished hair growth on the legs or nail growth on the feet.

As with any medical concerns, if you think you are experiencing these symptoms, please see a medical professional immediately. Left untreated PAD can lead to heart attack or stroke. To learn more about Peripheral Artery Disease <http://www.heart.org> and type PAD in the search bar.

Helpful Websites

- If you are interested in planting a fall vegetable garden check out <https://agriflifeextension.tamu.edu/browse/featured-solutions/gardening-landscaping/fall-vegetable-gardening-guide-for-texas/> to get information that will help your green thumb.
- AmazonSmile is an easy and automatic way for you to support Precinct2gether, Inc. Every time you, your family or friends shop at Amazon, Amazon will donate 0.5% of the purchase price directly to Precinct2gether. Simply go to (and bookmark) the following link so all eligible purchases made at Amazon will benefit Precinct2gether: <http://smile.amazon.com/ch/74-2065589>



Here's Looking at You!

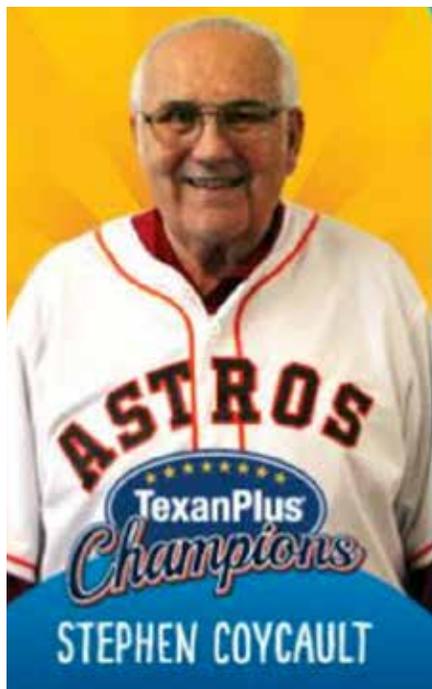


Like us on Facebook!



Precinct2gether wants you to know that we see you and all you do to support senior programming. Thank you for showing up, volunteering, fundraising and making this precinct great!





Texan Plus Champions Campaign

Stephen Coycault has made a difference in the lives of senior citizens with Precinct2gether by working to impact policies that affect them. For his contribution to the success of our seniors he has a once in a lifetime opportunity to be honored during a Houston Astros™ game and Precinct2gether has the chance to win \$25,000.

We're excited to invite the Precinct2gether family to partner in the "TexanPlus Champions" campaign. By cheering and voting daily for our representative Mr. Stephen Coycault, we can win \$25,000 which will benefit programming for seniors and youth. To do this, please visit the following website daily to vote for Stephen Coycault:

<http://www.Texanpluschampions.com/Stephen>

The campaign began July 31st and will go thru September 18th. You can vote once daily from the same device, but are allowed to vote from multiple devices such as cellphones, tablets, desktops, or laptops too. If texting, text to 81010 and type @tpchamps in the message to receive a daily reminder to vote.

No Bake Pumpkin Gingersnap Parfait

Ingredients:

- 1-1/3 cups canned pumpkin
- 1 package (8 ounces) Mascarpone cheese
- 1/3 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon grated orange peel
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 1/3 cup spiced rum or Amaretto, optional
- 1 cup heavy whipping cream
- 1/4 cup confectioners' sugar
- 1 teaspoon vanilla extract
- 1 cup crumbled gingersnap cookies (about 20 cookies)

Directions:

1. In a large bowl, combine the first seven ingredients. Refrigerate, covered, for at least 2 hours.
2. In a small bowl, beat cream until it begins to thicken. Add confectioners' sugar and vanilla; beat until soft peaks form.
3. Just before serving, spoon half of the pumpkin mixture into six parfait glasses. Top with half of the whipped cream and half of the crumbled cookies. Repeat layers. Yield: 6 servings.



FALL Calendar

Mark your calendars for these fun events for seniors taking place during September, October and November. Events hosted at one of Harris County Precinct Two's community centers are followed by the center's name. An * indicates this event is not at a Precinct Two community center.

SEPTEMBER

September 7 Gospel Night, FCC
September 8 Black & White Ball, Sylvan Beach
September 13 IC Fiesta Party, NECC
September 13 Fiesta Patrias Lunch, May CC
September 14 Bingo & Concessions, FCC
September 19 Bingo & Concessions, SJCC
September 20 IC Tejano Dance, NECC
September 20 Grandparents Day Party, FCC
September 22 Salad & Spud, Crosby CC
September 22 Hometown Opry 50's Show, EHCSC
September 22 Hamburger Fundraiser, Grayson CC
September 23 Rummage Sale, Grayson CC
September 26 Health Fair, BACC
September 28 IC Network Meeting, RCM
September 28 Hispanic Heritage Breakfast, EHCAC
September 28 Bingo & Concessions, FCC
September 29 IC Bingo, NECC

OCTOBER

October 2 SC Council Meeting, EHCAC/BACC
October 2 N/N Network Meeting, May CC
October 3 Bingo & Concessions, SJCC
October 3 SC Craft Class, EHCAC
October 4 NC Network Mtg., FCC/SJCC
October 5 Gospel Night, FCC
October 6 SC Fun Day, BACC
October 7 Fall Festival/Pumpkin Patch, May CC

October 10 IC Fun Day, Leonel CCC
October 10 Lunch & Movie Day, EHCAC
October 12 Bingo & Concessions, FCC
October 13 Hometown Opry, EHCAC
October 13 Halloween Party, Crosby CC
October 17 Bingo & Concessions, SJCC
October 18 Halloween Party, May CC
October 18 Hobo Stew Costume Party, FCC
October 18 Think Pink Breast Health Event, Walker CC
October 19 IC Network Meeting, RCM
October 26 Bingo & Concessions, FCC
October 28 Boo Bash, Crosby CC
October 31 Community Fall Fest, Walker CC
October 31 IC Halloween Party, BACC
October 31 Halloween Party, Grayson CC
October 31 Halloween Party, Riley/Barrett CC

NOVEMBER

November 2 Gospel Night, FCC
November 3 Lunch & Movie Day, BACC
November 7 SC Sr. Game Day, EHCAC
November 7 Bingo & Concessions, SJCC
November 8 Veterans Day Luncheon, May CC
November 9 Bingo & Concessions, FCC
November 10 Hometown Opry, EHCAC
November 10 Veterans Day Luncheon, Crosby CC
November 10 Thanksgiving Luncheon, Baldree CC
November 15 Thanksgiving Celebration, FCC
November 16, Thanksgiving Dinner/BD Party, Walker CC

November 16 IC Network Meeting, Leonel CCC
November 17 Lunch & Movie Day, EHCAC
November 21 Bingo & Concessions, SJCC
November 30 IC Fall Party, EHCAC



Monthly Birthday Celebrations

Second Tuesday: San Jacinto
Third Thursday: Barrett, Walker
Last Wednesday: Flukinger, Grayson, North East

Community Center Dances

Proceeds benefit Precinct2gether, Inc.:
Third Tuesday: Bay Area (ballroom)
Second Thursday: Grayson (C&W dance 1-4 p.m.)

About the Chit-Chat:
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Precinct2gether, Inc. is a 501 (c) (3) non-profit organization that serves Harris County Precinct Two seniors in Atascocita, Barrett Station, Baytown, Channelview, Clear Lake, Crosby, Deer Park, El Lago, Galena Park, Highlands, Houston, Huffman, Jacinto City, La Porte, McNair, Morgan's Point, Nassau Bay, North Shore, Pasadena, Seabrook, Sheldon, Shore Acres, South Houston, Taylor Lake Village and Webster.



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Grayson
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