

# Nada/Garwood Gadabouts

The Nada/Garwood TEEA Gadabouts met at the Garwood Community Association Building Sept. 19 at 2 p.m. As President Anita Meisner was caught up in Houston traffic, Berger called the meeting to order and led the group in the club prayer and the pledge of allegiance.

Nine members answered roll call by naming their favorite teacher.

Berger read the minutes of the last meeting; they were approved as read.

Treasurer Helen Noteboom gave the treasurer's report.

It was noted that the Club was to tour the beautiful gardens of Susan and John Stacy today, but due to inclement weather, we will attempt to do the tour at our next meeting.

In the absence of Hospitality Chairman Regina Scheffler, Noteboom reported that Scheffler had sent three get well cards and three sympathy cards this month.

Sick Chairman Leona Wesselski reported that Emma Hawkins is improving; Ordell Powell is recuperating from recent knee surgery; and Evelyn Driik is still hospitalized.

**Green Thumb Committee report:** Wesselski reported she has many vegetables up in her garden, but the recent rains have hurt the tender plants. More vegetables will be planted soon.

The Gadabouts reported 51 volunteer hours and expenses incurred of \$44, which will be reported to the

Club.

Under new business, the Club voted on their representative for "Woman of the Year", to be announced at the December Achievement Luncheon. Plans are in the making for a raffle to be held later as the Association's fund raiser. It is the only means of securing funds for the Association activities, such as youth awards, scholarships, etc.

Birthdays of Lorine Bubela, Betty Leopold and Millie Faykus were recognized. The Club sang "Happy Birthday" to Millie on her 97<sup>th</sup> birthday. Lorine and Betty were unable to attend the meeting.

An officer's retreat and salad luncheon will be held Sept. 24 at 11 a.m.

By Catherine Berger, Secretary

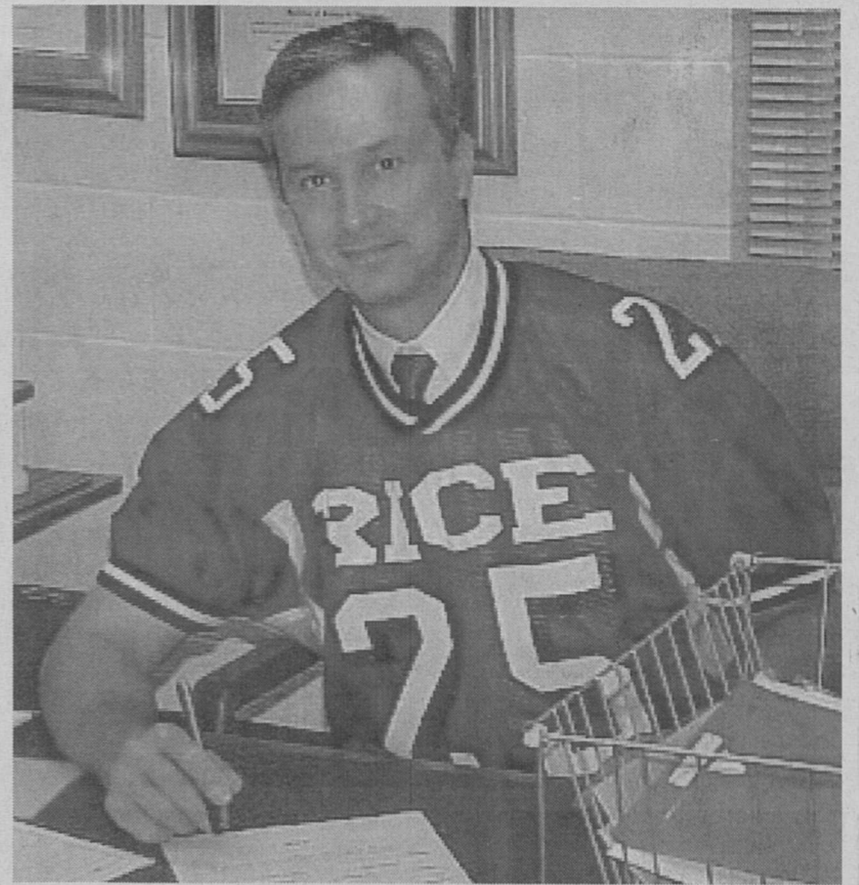
at the Colorado County Ag Building in Columbus and officers of all TEEA Clubs in the county are urged to attend this important meeting. Noteboom, Meisner, Edna Shimek and Berger are planning to attend from this Club.

The Club's choice program was given by LaJuan Braden on Alzheimer's disease and the Bush Library at A&M. At a moment's notice, Braden gave a very interesting insight on Alzheimer's and its progress. Braden also has recently visited the Bush Library and told us about the many interesting lives of so many presidents portrayed there and also the impressive history that we have all lived through. Braden said it is a must see for everyone.

Door prizes were won by Wesselski, Faykus, Ella Buzek, Shimek, Braden, Berger and Meisner. Other members present were Karol Kallina and Noteboom.

Delicious refreshments of a fresh vegetable tower with dip, summer sausage and crackers, banana bread and bubble bread were served by hostesses Noteboom, Kallina and Berger.

The next Gadabouts meeting will be held Thursday, Oct. 17, at 2 p.m. in the Community Association meeting room.



## A good loser

Columbus High School Principal Randy Hoyer was a good sport about losing his bet with Rice High School Principal Michael Lanier when the Raiders beat the Columbus Cardinals last Friday night. Lanier even arranged for the "long arm of the law" to keep an eye on Hoyer to make sure he wore the jersey all day Monday. According to reports, he did.



Gadabouts pictured, from left, President Anita Meisner, Karol Kallina, Leona Wesselski, Ella Buzek, Millie Faykus, Treasurer, Helen Noteboom; Council Delegate, Edna Shimek, and Secretary, Catherine Berger. Photo by La Juan Braden

In the picture below are Karol Kallina, Catherine Berger and Millie Faykus



# Texana presents program in Austin

Thursday, Sept. 12, representatives of Texana MHMR's Behavior Treatment and Training Center (BTTC)

made an invited presentation to the Texas Department of Mental Health and Mental Retardation (TDMHMR) Board in Austin.

Jeff Enzina, Texana's Director of Mental Retardation Services, presented a brief history of the BTTC and the transition of operations from TDMHMR to Texana MHMR Center.

Don E. Williams, Ph.D., Texana's BTTC Manager, reviewed the mission of the BTTC and the progress made in the 16 months that Texana has operated the Center.

Ken Collins, Deputy Director of Mental Retardation Services for the Mental Health and Mental Retardation Authority of Harris County, praised the work of the BTTC in serving numerous children from Harris County.

Members of the TDMHMR Board recognized the accomplishments of the BTTC thus far and highlighted the service to children and their families as well as the successful collaboration with local communities and MHMR centers.

Board Chairman Andrew Hardin congratulated the staff for the "phenomenal success" of the BTTC.

J. C. Whitten, a member of Texana MHMR Center's Board of Trustees, also attended the presentation at the TDMHMR Board meeting.

In the first 16 months of operation, the BTTC has served 32 children in the residential program and 65 in outreach services.

Customer surveys of families indicate a high degree of satisfaction with the services provided by the BTTC, which serves a 13-county area including Fort Bend, Harris, Matagorda, Wharton, Colorado, Austin, Brazoria, Chambers, Waller, Orange, Jefferson, Hardin, and Galveston.

Families interested in services should contact the Mental Retardation Authorities of Harris County, Texana MHMR Center, Gulf Coast MHMR Center or Spindletop MHMR Center. For more information, interested families may call 281-239-1140 or 1-800-304-6047.

**Did You Know...**  
Charles F. Kettering perfected the electric self-starter for automobiles, and General Motors demonstrated it in 1910.

# Casino Night is Saturday

There is no need to go to Las Vegas or Louisiana because the casinos are coming to Eagle Lake! Friends of Main Street is sponsoring the First Annual Eagle Lake Casino Night Saturday, Sept. 28, at 7 p.m.

Blackjack, roulette and craps tables will be open for gaming at the Prairie Edge Museum. Everybody has a chance to win great prizes including a night at Canyon of the Eagles on Lake Buchanan, four Comets tickets and a night at the Four Seasons Hotel in Houston, Astros tickets, meals at several restaurants and more!

Tickets are available for \$25 from Main Street Board Members, Austin's BBQ, Baumgart Agencies, Sportsman's Restaurant, Becky Anderson, Bernice Bornstein, Sandy Thomson, Sandy Bendy, Denice Janow, Joan Matthews and the Main Street Office.

The ticket price includes snacks and gaming chips. Beer, wine and additional gaming chips are extra. Tickets will be \$30 at the door.

For more information, please contact Leslie Lerner at 979-234-6933.

# "SAVVY SENIOR"

YOU ASK THE SENIOR QUESTION ~ WE FIND THE SAVVY ANSWER

## Remember Your Flu Shot

Dear Savvy Senior,

Last year was the first time in my life I got off my cynical butt and went and got a flu shot. And by the way, it's also the first winter I haven't gotten some form of a flu bug since I don't know when. I am 64 years old and recently retired and don't want to waste these so called "golden years" sick, so last year I gave it a less than enthusiastic try and "shazam," no flu! However, I did have a day or two right after the shot that I didn't feel too hot. I think this flu shot thing is a good idea, especially for us old folks. Can you do a piece on this topic? I would hate for any of my fellow seniors to waste their "golden years" because they are too stubborn or too cheap to go get a flu shot.

Thanks,  
Healthy and Golden

Dear Healthy,

Thanks for the golden idea... And you're right, our time is precious and so is our health, so the Savvy Senior reminds everybody to go get your flu shot - NOW!

**Savvy Fact:** Each winter, the flu epidemic is responsible for killing, on average, 20,000 Americans, most of them over age 65. Currently, only 65% of seniors receive their annual flu shot.

**Flu Season:** Just like the holidays, flu season comes around every year. In the U.S., flu season typically runs from Oct. through April. If you are age 50 or older, the U.S. Centers for Disease Control and Prevention (CDC) recommends that you get a shot to protect yourself against the flu.

Even though the flu is a common illness, it can be dangerous. This is especially true for people age 65 and older or those with certain illnesses or compromised immune systems. For those at greater risk of getting the flu and related complications, the CDC recommends getting your flu shot between September and mid-November.

People 50 and older who are not at risk can get a flu shot in mid-November and afterward, depending on the availability of the vaccine in your area. This allows those who are at greater risk to get their flu shots first, especially if there are delays in the manufacture and shipment of the vaccine.

**Savvy Note:** Even Jan. is not too late to be vaccinated against the flu. Because different types of flu viruses keep developing, it's important to get a flu shot every year.

**Flu Shot:** A flu shot can prevent between 70 and 90 percent of flu illnesses, according to the CDC. However, it will not prevent illnesses with flu-like symptoms caused by a non-flu virus. Also, the flu vaccine is safe for most people. The only people who should avoid the shot are those with allergic reactions to eggs, earlier reactions to flu shots, or with a history of Guillian Barre Syndrome, according to the CDC. Talk to your doctor if you have concerns about the shot.

**Savvy Note:** Flu shots must be given every year because the influenza virus changes from year to year and because antibody protection from the vaccine wanes over time.

**Side Effects:** The vaccine's most common side effect is soreness at the vaccination site for up to two days. Some people may experience post-shot fever, sore muscles and other symptoms resembling the flu that can last for one to two days. But the flu vaccine cannot actually cause flu because it contains only inactivated viruses.

**Where Do I Go?** You can get a flu shot at your doctor's office or a local clinic. Many communities also offer flu shots at supermarkets and drug-

stores. If you are not sure where to get a flu shot in your area, you can call the CDC hotline at 1-800-232-2522 for help.

**Savvy Medicare Coverage:** Since 1993, flu shots for the elderly have been free for those enrolled in Medicare Part B, given by physicians who accept Medicare payment as full payment. Medicare also covers vaccinations against pneumonia. For more information about receiving a flu shot covered by Medicare, call toll-free 1-800-638-6833 or visit Medicare's Web site at [www.medicare.gov](http://www.medicare.gov).

This savvy information was obtained from U.S. Centers for Disease Control and Prevention (CDC) and AARP. See [www.cdc.gov](http://www.cdc.gov) and [www.aarp.org](http://www.aarp.org).

**Savvy Resources:**  
**AARP "Don't Hesitate - Vaccinate," Brochure:** Call 1-800-424-3410 or e-mail to [member@aarp.org](mailto:member@aarp.org). Include the fulfillment number with your request (D17438 for the English version; D17449 for Spanish).  
**Flu Facts For Everyone:** The U.S. Centers For Disease Control And Pre-

vention has more information on preventing and controlling the flu call 1-800-232-2522 (English) or 1-800-232-0233 (Spanish), or visit CDC's Web site at [www.cdc.gov/nip/flu](http://www.cdc.gov/nip/flu)

**Focus On The Flu:** The National Institute of Allergies and Infectious Diseases (NIAD) has a flu fact sheet, information on flu research, and related material. [www.niaid.nih.gov/newsroom/focuson/flu00/default.htm](http://www.niaid.nih.gov/newsroom/focuson/flu00/default.htm)  
**Send your senior questions to:** Savvy Senior, P.O. Box 5443, Norman, OK 73070; or see our Web site at [www.savvysenior.org](http://www.savvysenior.org).

**Happy 3<sup>rd</sup> Birthday Destinee**

Love, Papo, Uncle Joe & Uncle Tony

**Jim KEARNEY**

★ For Colorado County Judge

There's a difference in doing things to suit yourself and in doing things to satisfy a group. Some might like their soup real spicy. But when we cook for a gathering of family and friends the pot has to be spiced in such a way that everyone can participate in the meal, and the children don't go away hungry. County government, unlike private business, cannot be a one man show. No one should feel shut out and we must never forget that when we stop listening we stop serving.

*It's time for a change!*

Political advertisement paid for by Jim Kearney for Colorado County Judge campaign, Paulina Kearney, Treasurer, 2582 FM 2434, Weimar, Texas 78962

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