

August 2010

Building Bridges
for Better
Communication

**Silent Dinner
Tuesday,
August 24th**

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ISSUE**

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TSHA's Office Hours

**Monday
8:00 am -7:00 pm**
**Tuesday- Thursday
8:00 am - 5:00 pm**
**Closed Friday,
Saturday & Sunday**

**Starting Soon!
Fall Sign Classes**

TSHA's fall non-credit, evening sign language classes will begin the week of **September 13th**. 10-week classes (two hours-one night a week) are \$70, and shorter classes are even less.

Call Kirsten now at (918) 832-8742 or kwilson@tsha.cc, or Diana at dhiggins@tsha.cc, to receive full enrollment information.

We will have classes available in Broken Arrow and Bixby as well as Tulsa. In addition, we're talking with Happy Hands about offering a class at their new facility, and we're considering a Signing Songs course... let us know if you want us to offer that!

These classes are a perfect starting point for:

families of deaf children, students considering sign language for their foreign language option, co-workers of deaf employees, group home staff members, teachers with a deaf student in your class, those considering interpreting for a career, and people who just think sign language is cool! Join us.



Farewell *By Jonathon Cook, Development Specialist*

The last couple of years at TSHA have been absolutely wonderful. I am sad to say that July 29th was my last day.

While I have left TSHA, I haven't gone far. I started August 2nd as the new Vocational Rehabilitation Counselor for the Deaf and Hard of Hearing in the DRS (Department of Rehabilitation Services) office right across the hall in TSHA's building.

The decision to leave TSHA was very difficult, but necessary to achieve my goal of becoming a Licensed Professional Counselor (LPC). Recent Oklahoma law changes make it impossible to attain licensure in a nonprofit setting without an LPC on staff to act as supervisor. When the opportunity arose with the Vocational Rehabilitation office across the hall, it seemed like the right opportunity. In my new position I will be able to continue to work with the

deaf community, and also begin the process of attaining licensure to become an LPC. There is an incredible need in our Deaf community for more licensed counselors.

Working at TSHA has been an amazing experience for me and I've been blessed to work with everyone there. I'm incredibly fortunate to have found an opportunity to pursue my goals while still remaining in the building with all the same wonderful people.

TSHA BOARD OF DIRECTORS: 2010 – 2011

We'd like to introduce our new Board, voted into place at our annual May membership meeting. Our sincere thanks to each person below for being willing to serve the deaf and hard of hearing community. With such wonderful people "on board," we are feeling quite excited about the new year!!

	BUSINESS/PROFESSION	BOARD TITLE	YEARS SERVED
James Allen*	Printer: Retired		16
Leslie Brier	Attorney	President	3
Rodger Cameron*	QA Inspector: Retired	Member at Large	6
Charles Dye*	Printer: Retired		16
Logan Evans	Student		1
Leslie Lower	Accountant		1
Ron Jeffris*	Controller: Retired	Treasurer	21
Mike Limas	Director	Past President	4
Ingrid Lobaugh	Private Instructor	President Elect	3
Emily Rosson	Student		1
Casey Newman	Audiologist		2
Jeanne Pease*	Teacher	Member at Large	3
Barbara Sabourin*	Retired		1
Denelda Richardson	Attorney		5
Renee Rideout	Teacher		2
Alex Smith*	Student		2
Donna Smith	Administrator	Secretary	6
Emily Thomas*	Licensed Professional Counselor	Member at Large	3
Ryan Zilm	Records Business Analyst	Member at Large	2
* Those with hearing loss			

Left to Right:

Front Row: Emily Rosson,
Leslie Brier, Renee Rideout

Middle Row: Ron Jeffris, Donna
Smith, James Allen, Charles Dye

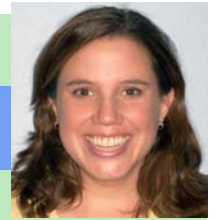
Last Row: Mike Limas, Barbara
Sabourin, Alex Smith, Casey
Newman, Ingrid Lobaugh,
Jeanne Pease



Not pictured:
Rodger Cameron,
Logan Evans,
Leslie Lower,
Denelda Richardson,
Emily Thomas, and
Ryan Zilm

MENTAL HEALTH SERIES BY DR. EMILY THOMAS, PH.D, LPC

Healthy Identities Build Healthy Societies



Identity is what makes you definable and recognizable. It is not only group affiliation, but also your own individuality. Identity may include ethnicity, occupational goals, religious beliefs, and cultural issues. Cultural identifiers, such as Deaf or Hard of Hearing or Oral or Cochlear Implant are not enough to build a healthy identity; they are an important part of your experience and expression of Self, but only a part of whom you are.

While we may all find particular groups with which we identify, all of us as individuals belong to the greater collection of a united people that make up society: the human

race. Healthy identity development makes it possible for a person to function well in society, so that a person is healthy and happy and accomplishing good things in life.

Childhood is spent learning the different aspects of identity, and adolescence is spent trying these out to learn “Who am I, and where do I belong?” By young adulthood, a person begins committing to an identity and begins to practice it as their way of life. However, healthy adults at any age can re-evaluate themselves and make needed changes to improve their

...healthy adults at any age can re-evaluate themselves and make needed changes to improve their lives.

lives.

This is especially important as adults learn that while they may identify with certain cultural groups, even with those groups they are

individuals and unique. The task of adulthood is to navigate these worlds freely and confidently, while maintaining a sense of self. Healthy adults with healthy identities are confident without being arrogant, work to unite people rather than divide them, provide positive experiences for others rather than destructive division, and leave a legacy of positive change for all kinds of people

rather than taking advantage of others for self-gratification.

By exploring our skills, abilities, and attitudes and examining how best we want to incorporate these into our lives – as well as making adjustment to those things which do not benefit ourselves or society in positive ways – we are able to be healthy individuals that unite together as a healthy community, which connects to other healthy communities to make a healthy society.

For more information about identity development, see this chart: <http://www.childdevelopmentinfo.com/development/erickson.shtml>

Tulsa Hearing Helpers: “Get in the Loop!”

Do you wear a hearing aid or cochlear implant? If hearing at church, the movie theater or at home while watching TV is difficult, then there may be a solution.

On August 12th, **Audiologist Julia Shirk** will be educating us about **looping** – a technology that’s been around for a long time, but of which few people are aware. Come participate in this educational session on induction loop technology – what it is, how it works, and how it may benefit you.

Come with ideas of specific public places where you’d like to hear better. We’ll talk about how to advocate for yourself and how to educate others about providing accessibility.

When: The second Thursday of each month, from 10:00 – 11:30 a.m.

Where: TSHA’s conference room, 8740 E. 11th St.

Accommodations: We usually have a court reporter type and project everything that is said on the wall for all to read. We have assistive listening devices and interpreters, upon request. Thanks to audiologist Julia Shirk, our room is now looped! Just use the t-coil on your hearing aid to hear the speaker.

What is Tulsa Hearing Helpers? It is a monthly gathering for people who have lost hearing later in life. All ages and amounts of hearing loss are welcome, along with friends and family members. The group provides information, support, resources and referral. This is a great place for ANYone – students included – to learn more about hearing loss.

Call Kaye at 296-5559 or Diana at 832-8742 (v/tty) for more information.

2010 Tulsa Deaf Awareness Week

“DEAF CONNECTIONS: REMOVING THE FIREWALL”

PRELIMINARY SCHEDULE (subject to change – more details next month!)

Sunday, September 19th: **Roller Derby in BA** – Come watch a team with deaf and interpreter members! Special half-time entertainment and a DAW booth will be part of the regularly scheduled match. www.greencountryrollergirls.com

Monday, September 20th: **Silent Dinner at Incredible Pizza.** 5:00 – 7:45 p.m. Food, friends, fun – what more could you ask for?! Only \$7 plus tax for huge all-you-can-eat buffet and drink. You can purchase game cards if you wish to play. People can come to socialize at no cost by getting a wristband that shows you’re not eating. Contact Diana Higgins for information at (918) 832-8742 or email dhiggins@tsha.cc

Tuesday, September 21st: **Deaf Deaf World experiential workshops!** Offered to the public for the first time in two years. At TSHA, either 3:00 or 4:00 (if enough people NEED a 5:00, we’ll try to provide that too). RSVP to dhiggins@tsha.cc to be included. This is a great chance to educate your friends, employers, HR personnel, church staff, doctor’s office/hospital workers, etc. Tell them to sign up now. FREE!

TSHA Open House and Equipment Give-Away!! 1:00-5:00 pm. Stop by for a tour, some light refreshments, or to pick up a tty, alertmaster, etc. As items have been donated to us, we can’t promise they work, but– hey– they’re free! First come, first served; deaf or hearing.

Wednesday, September 22nd: Celebration Service hosted by Park Plaza Church of Christ. All denominations invited for this gathering. 6:00-8:00 pm. Refreshments included.

Thursday, September 23rd: **Panel Presentation** at TU. People using various communication modes and technologies will share their experiences.

Trivia Night at Joe Momma’s! 9:00 p.m. Proceeds to benefit the DAW Kids’ Day at Camp Loughridge, so come on out!

Friday, September 24th: **Kids’ Day at Camp Loughridge!** Deaf and hard of hearing students from all over the area will gather for a day of challenge activities, a bonfire, learning, fun, and – most importantly – to fellowship with each other. Volunteers from the community are needed. 9:00ish to 2:00ish

Captioned Movie at AMC: Rear-window captions are available in theater 17 all year around, but many are unaware this option is available to them. Let’s get a gang together and go to the movies! It’s always more fun with friends. We won’t know the exact time and film title until a week in advance, but it should be a family-friendly film, and start somewhere around 7ish. Regular ticket prices apply.

Saturday, September 25th: **DRS DAY!** Info and fun... more details next month.

ASL Idol!! 7:00 p.m.? Talent show with cash prizes! Get ready.

The “Deaf Connections: Removing the Firewall” theme this year emphasizes the role of technology in helping people with hearing loss connect, and in improving accessibility. We hope everyone in the hearing community will take advantage of these opportunities to experience a connection to the amazing Tulsa deaf community with all its varied members, and to help “remove the firewall”, or the barriers, that separate people. Huge thanks to the DAW committee, which has been meeting since last spring to bring you this fabulous week.

Needed:**Rummage Sale Items & Shoppers!**

It's almost time again for the gigantic annual TSHA Rummage Sale that benefits United Way and TSHA. We've gotten lots of great treasures (basketball goal, air hockey table, LOTS of great clothes, furniture, etc, etc), but we still need YOURS.

You can count it as a tax deduction.

We will happily take items in good condition for our annual rummage sale on **September 17**. (Please, do NOT bring broken or non-working items.)

Bring donations to TSHA before September 9, as we will have volunteers to sort and price them during the United Way Day of Caring on September 10.

We also **need volunteers** to take a shift on the 17th itself, helping set up, tear down, and keep organized in between. This is a fun day, with lots of time for visiting and a chance to get great bargains as well. *(Plus, we'll feed you!)*

Lastly, what's a sale without shoppers? On **September 17, from 8:00 – 3:00**, you'll be able to pick up an entire new wardrobe for the whole family for the cost of a new outfit each, redecorate your home, or equip your game room. Tell all your friends to come by!

For more information call TSHA at 918-832-8742 v/tty, or email lhawkins@tsha.cc or kwilson@tsha.cc.

GAP (Gathering As Professionals)

GAP is designed for people age 21 and over who are deaf, hard of hearing, or hearing individuals connected to the community. Join us! More detailed information will be sent to those who RSVP in advance to Diana Higgins at dhiggins@tsha.cc or (918) 832-8742 v/tty. Diana will be happy to add you to her GAP email list – just send her your address. That way you can be notified directly of events as they occur.

September 4th?, time TBA – Labor Day Weekend Pool Party & Cookout

We all decided we never do anything exciting over Labor Day... so now we are! We'll gather at a private home with a fabulous neighborhood pool and grill. Plan on bringing potluck to accompany the grilled meat – that way, more people will mean more food!

Plan ahead:

November 13, Saturday, time TBA –

"Wine, Cheese... and Sommelier Skills"

Let's gather to enjoy a little wine and cheese, and to improve our understanding of this beverage that is so much a part of history and culture. A sommelier is a wine expert... we hope to have a speaker come and share a bit of information with us so we can all be more knowledgeable. Each person needs to bring a bottle of wine, so we can educate our palates by comparing. AND ... in the spirit of the Thanksgiving season, bring a can of food for the Food Bank!

2010 United Way Campaign Goal

From the United Way newsletter

After months of diligent assessment by TAUW's Community Investments Panels/Cabinet volunteers and the Campaign Cabinet, the Board of Directors approved 2010's campaign goal of **\$24,067,551**.

"As we prepare for this year's campaign, we see both challenges and opportunities ahead," said Dan Ellinor, *Senior Executive Vice President of Bank of Oklahoma, N.A.* and 2010 Campaign Chair. "The Tulsa area has a remarkable history of stepping forward, both in times of prosperity and during

economically challenging times, to help its residents. While we're seeing signs of recovery, our 61 partner agencies are still experiencing an increased demand for services and we all need to do our best to ensure that those needs are met."

The **campaign officially begins Sept. 10 with Day of Caring** and continues through Nov. 11. To donate or for information about running a campaign, please call 918-583-7171 or visit www.tauw.org

(Editor's Note: TSHA is one of the 61 Tulsa Area United Way agencies. We appreciate your support of United Way, as that is an important part of our funding.)

COME JOIN THE FUN! Golf Tournament

Play golf, eat, socialize, and help SERTOMA continue its many programs benefiting LOCAL charities [such as TSHA].

**Monday, August 27th, 2010
1:30pm – Shotgun Start**

4-Player Scramble. Registration Fee: \$125 per Person (\$60 deductible). Hole-In-One Contest on all Par 3 Holes For a Brand New Automobile!! \$10,000 Hole-In-One, plus FREE TRIPS!! Straight drive contest, plus Longest Putt contest, and TEAM PRIZES!

**Contact: Ed Williams
918-851-6796**

Does \$5 Make a Difference?

With the United Way campaign just around the corner, you may wonder if only big donations can really make a difference. You might wonder if a tiny amount like \$5 is worth giving at all. You might be surprised at the difference even \$5 can make.

\$5 – can provide valuable Communication Tips to 35 people with hearing loss

\$5 – can allow us to provide a listening, caring ear for 15 minutes to a parent who just learned her child has a hearing loss

\$5 – can provide a quarter-hour of one-on-one budgeting instruction for a young Deaf adult adjusting to life on his own

Now just imagine what happens when 10 people donate \$5. That covers the summer camp fee for a child who can't afford to pay. It provides 2 ½ hours of in-depth assistance for a Deaf couple that's new to Tulsa, helping connect them to resources for housing, food and more in the area.

What if 100 people donated \$5? That \$500 would be the money we've waited for to order materials to set up a speechreading class for those losing hearing later in life. \$500 would fill almost three-fourths of the 200 stockings we stuff each year for Deaf and hard-of-hearing kids and their siblings.

So, next time you think you can't make a difference because you don't have much to give – think again. Even \$5 DOES make a difference – especially if we ALL give.

20th Anniversary of Americans with Disabilities Act was July 26

Excerpts from an electronic PSA

July 26 marked the 20th anniversary of the signing of the Americans with Disabilities Act, which guarantees equal opportunity for people with disabilities in public accommodations, commercial facilities, employment, transportation, state and local government services and telecommunications. See data from the *Americans with Disabilities: 2005* report at <http://www.census.gov/prod/2008pubs/p70-117.pdf>.

Thanks from KT -

I would like to thank TSHA and the Deaf/interpreter communities for their support and prayers after my car accident. The Fundraiser dinner was such a blessing- I am back to work and so grateful to be part of such a generous and loving community.

Kathryn "KT" Laughlin, CI/CT

Local, National 211 Milestones

Excerpted from the 211 newsletter

On July 11, 2010, 2-1-1 Helpline marked the 5th anniversary of "Day One" when the program officially transitioned from its seven-digit Helpline phone number to the 2-1-1 designation.

On July 21, 2010, 2-1-1 service providers nationwide marked the 10 year anniversary of the Federal Communications Commission's unanimous vote to designate the 211 dialing code for Information and Referral services. The commissioners wrote, "We find that the Information & Referral Petitioners have demonstrated sufficient public benefits to justify use of a scarce public resource and we therefore assign 211 to be used for access to community information and referral services."

TSHA Membership Application

Please PRINT clearly

Support TSHA through your annual membership and/or a donation. Mail completed application to:

TSHA, Inc. / Membership Application
8740 E. 11th Street, Suite A Tulsa, OK 74112-7957

Name: _____ Address _____

City: _____ State: _____ Zip: _____

Home Phone: _____ o TTY o V Work : _____ o TTY o V

VP: _____ Cell: _____

Email: _____ *Newsletters are **emailed** unless otherwise specified.*

Membership Category

(Please **choose one** and enclose payment)

- Student (full-time) \$15.00
- Deaf \$15.00
- Hard-of-Hearing \$15.00
- Speech-impaired \$15.00
- Individual \$20.00
- Family \$30.00
- Non-Profit Organization \$50.00
- Business \$100.00
- Sponsor \$100.00
- Benefactor \$500.00

Additional Donations:

Please apply my ***additional*** donation of \$_____ to _____ TSHA's:

- General Operating
- Information & Referral
- Independent Living
- Endowment Fund

Household Information

(please complete)

- _____ Number of persons living in household
- _____ Number of persons who are deaf
- _____ Number of persons who are hard of hearing

Your \$20 membership will buy a box of address labels to ensure that hundreds of people are kept informed.

Contributions & Memberships

Contributions

Gayle Burns
 The Mary K. Chapman Foundation



Anna & Devin helping prepare snacks for the parent party on the last day of kids' camp.

We get thanks...

I just wanted to drop you a note and thank you again for the wonderful program you gave today. I know I can always count on you to make it both informative and fun! If not for people like you we would not have as successful a summer as we do. Thanks for coming all this way and sharing with our kids.

Vicki Baird

Library Associate, Charles Page Library

(Editor's Note: Call us or email dhiggins@tsha.cc if you would like a speaker for YOUR group or class.)



**Total Source for
Hearing-loss and Access**

8740 E. 11th Street Suite A
Tulsa, OK 74112-7957

Phone: 918-832-8742 v/tty

Fax: 918-834-4329

Interpreter Services: 1-888-311-3523

Website: www.tsha.cc

AUGUST 2010

*Mission: Providing comprehensive services to
encourage independence for people with hearing loss.*



LIVE UNITED
GIVE. ADVOCATE. VOLUNTEER.

“Partner Agency of Tulsa Area United Way”

Sample the Melting Pot

By Rodger “Papa” Cameron

OMP (Oklahoma Melting Pot) is the email Yahoo list group for the deaf. We list events and socials so everyone can find out what is going on in this world. Oklahoma has a very active deaf group. We like to go places, and do various things. We need all the events posted, so everyone can find something to do.

We also share birthdays, anniversaries, and most importantly, pictures of deaf events. Wanda Hull in Muskogee runs the show daily, and I chip in and help her.

OMP is famous because the readers are the ones who list the events - and that helps grow attendance in Oklahoma deaf socials. If you'd like to learn more about OMP, contact: Paparodger@aol.com