

February 2010

Building Bridges
for Better
Communication

Souper Sunday:
Adopt a Pot
Sponsor a Country
Buy a ticket

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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**

Volume 16
Issue 2



Beautiful NEW location

"Zuppa" Sunday 2010!!

"Sopa," "zuppa," "soupe" – the word "soup" in any language creates visions of comfort, warmth and home.

And so does TSHA's annual **Souper Sunday**. This casual, comfortable fundraiser for the whole family will warm your heart as well as your stomach. We'll be serving up cheerfulness and charity along with the chicken noodle soup.

Theme: "Soups Around the World"

Sunday, March 7, 3:30 – 6:00p.m. (food opens at 4:00)

The SpiritBank Event Center (S. Memorial and 105th)

All-you-can-eat soups, breads, desserts and beverages!

An AMAZING Silent Auction!

But – for this event to be a success - We need you! You can help in several ways:

Buy tickets and attend (and eat and enjoy!)

Become a Souper Sunday Sponsor (contact us)

Volunteer for a shift (Souper Sunday takes LOTS of help!!)

Donate an auction item (we have pots you can adopt & fill)

Connect us to businesses that might donate

We are especially excited to offer you a chance to highlight a country of your choice. For just \$50 you can "adopt a country" – perhaps the one that reflects your heritage. The sooner you call, the more likely you'll get the country you want!

The admission price for Souper Sunday in advance is just \$20 for adults, and under 12 is \$10. At the door, tickets will be \$23 for adults and \$13 for kids. Kids age 5 and under are FREE!

TSHA's **paid members** get an even better deal! Members received coupons for \$5 off! See the membership form at the back of this newsletter to **join now** and still get your coupon. *It must be presented to us by Thursday, March 4, along with your ticket order, for the discounted rate.*

Contact us for sponsorship, tickets or information. Call 832-8742 or email Kirsten at kdotts@tsha.cc or Yamy at ycaiales@tsha.cc.

Bon appétit!





From the Executive Director's Desk by R. René Ryan

Introducing... 2010!

It is with great hope that I welcome you to 2010, and thank you for an exciting 2009.

The Staff and Board send a huge "Thanks!" for your year-end support of TSHA. Our March issue of "The Bridge" will have our annual report, which I hope you will take time to read.

As far as what 2010 has in store for TSHA, we will continue to search for funding to sustain our programs in order to best meet your needs.

Last year we were warned the economy would have an even greater impact on non-profit budgets in 2010; and looking at local and state governments, we strongly believe that will be true.

Staff and Board are working diligently on **creating a**

Strategic Plan for the agency. This plan is vital to the future of TSHA, as it provides the direction the agency needs to be moving.

We do appreciate all of you who completed our SWOT questionnaire. I realize it took more time than we originally thought, and wasn't the most user-friendly, but your time and efforts made a difference.

The strategic planning process is not a quick one, but I will keep you up to date on the progress of the plan as we continue to move forward.

We are working to implement **an exciting, brand new program!**

The "Children's Hearing Aid Program" (CHAP-OK) – also commonly called "Children's Earz" - is in

collaboration with The Scholl Center for Communication Disorders, The Tulsa Health Department, Tulsa Area United Way, The George Kaiser Family Foundation, and area audiologists.

We learned there was a need for help for children from working families – families who earned too much to get help from Medicaid, but who still couldn't afford thousands of dollars to give their children the hearing aids they needed.

We listened, and – working cooperatively with audiologists Jacque Scholl and Casey Newman - we are in the final stages of setting up this brand new program! We expect it to be fully up and running April 1, 2010.

Look for more details as the kick-off date approaches.

Volunteer for TSHA and win a ticket from Disney

TSHA is proud to announce that it is part of the Disney "Give a Day, Get a Disney Day." All you have to do is go to Disney's website:

http://disneyparks.disney.go.com/disneyparks/en_US/index?name=HomePage, and sign up. Once you have signed up for the program, search for TSHA. There are several opportunities listed: office work, Souper Sunday, Garage Sale, etc. See Disney's website for rules and policy.

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



Show Some Love

Valentine's Day closes out the American holiday season that began in autumn. It can be a very painful and lonely time for those without loved ones, especially if someone is grieving the loss of a loved one. But even more frequently, I see in my office families in crisis during the holiday season because they forgot to show the love.

We have all kinds of expectations and fantasies about what love might mean, and those ideas are different for each person. Their specific ideas of what love means are based on past experiences, current needs, and future hopes. But regardless of

your idea of love, it is important to remember that "love is a verb".

Love is an expression, and it shows itself through service given freely to others. Sometimes love means giving a kind word, or a smile, or a hug. Sometimes love means to say no to less important things, so that you are available to say yes to what needs to take priority. Sometimes love means being polite, respectful, or helpful. Sometimes love means giving a hand, giving money, or giving time.

For those more focused on the relationship aspect of love, then making love a verb is a lot of work – not just for giving to others, but

working hard on ourselves. We cannot demand a good relationship without doing the work to be kind and generous and loving towards others. We cannot accuse others for failing our expectations if we never communicated with them about what we needed. We cannot punish others for not treating us well, when we are mean or short-tempered or impatient ourselves.

To love is to be loving, which means to be good and kind and gentle and generous.

Check out www.helpothers.org to get some ideas on how to love others well.

Tulsa Hearing Helpers

What to Do with Vision AND Hearing Loss?

On **February 11**, *Jeri Cooper, Deaf-Blind Specialist for Visual Services*, will share her personal story as well as tell us what Visual Services can do.

About herself, Jeri states, "I consult/assist the Rehabilitation Teachers with clients who are visually *and* hearing impaired, to help them be more independent. I am totally blind and wear two hearing aids. I thank God for the ability to help others, because He has given me so much and has brought so many people into my life to help me become all I can be!" Be sure to come hear more from Jeri.

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.

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.

Upcoming Speakers:

March 11 – Carol Carter, from LIFE Services **April 8**—Alan & Theresa King, "Couples Communication"

What YOU Have to Say About Souper Sunday...

We asked a few people, both hearing and deaf, to share their experiences of Souper Sunday with those of you who might be wondering what it's like. Below are two attendees' comments:

"Last year was my first year to attend Souper Sunday and both my friend and I decided this is an event we don't want to miss. The food was absolutely yummy and it was nice to have a chance to taste soups from so many of the local restaurants that we had not had a chance to visit.

Many of the restaurants provided coupons which drove us straight to their place of business to try other items on their menu – that was an added bonus.

The silent auction was awesome and had something for everyone by interest and cost. My

friend and I both left with some really great items. I am still upset that I didn't get those airline tickets, but there is always this year.

With all of this being said I do believe the most rewarding aspect of the event was the opportunity to interact with the deaf community.

Everyone was very welcoming and we were fortunate to make some new friends and support TSHA. I am so looking forward to Souper Sunday 2010."

Phyllis Kennedy
(hearing attendee)

"Last year's Souper Sunday was wonderful at the Rose Bowl on Admiral. It was set up awesome with the 1950's decorations.

It's always good to see my friends, catching up on the old days - and most of them were dressed up in the 1950's attire. [For last year's vintage theme.]

What I like about Souper Sunday is that I get to taste many different kinds of soups from many different restaurants in Tulsa.

Most of all I like the silent auction, where I can bid on things I like. I know that nobody wants to miss

this part!

It's amazing to see how many people took the time out of their busy schedule to eat and bid on the silent auction, and to see the proceeds go to TSHA.

Kristina and I enjoyed our time at the Williams table. We thank Ryan and Cody for having us at their table. It was wonderful to see everyone enjoying their time at Souper Sunday!

Looking forward to this year's Souper Sunday at the SpiritBank Event Center!"

Jessica DuPree
(deaf attendee)

Silent Dinners!

THE place for sign language students and Deaf people to socialize in sign language.
Where? Woodland Hills Mall Food Court (71st and Memorial) *When?* 6:00 p.m.—?

February 23rd
March 25th

Tuesday
Thursday

Contact: Diana Higgins at dhiggins@tsha.cc or (918) 832-8742 v/tty.

News from Our Community

"Let's Talk Turkey!" **March 20th** at 2:00 PM, Broken Arrow Bass Pro Shop. This free seminar will have ASL interpreters for the deaf provided in the Main Aquarium room. Be there early for good seating. Emphasis is on turkey hunting and calling.

This news item was sent in by "Papa" Rodger. Have some news you think others might be interested in? Contact dhiggins@tsha.cc or 832-8742. We will run items as space allows.

GAP

(Gathering As Professionals)

March 13, Saturday, 6:00 p.m. - ?? – “**Paint the Town Green!**”

Join us at McNellie’s pub, where we’ll celebrate St. Patty’s a wee bit early. Enjoy food and drink as you like (the sweet potato fries are famous!) There are dozens of beverages to choose from, and by then a few will doubtless be green. Come share a friendly bit o’ blarney with the best of them! Wear your green, as some “GAPers” are not above pinching...

GAP is designed for people age 21 and over who are deaf, hard of hearing, or hearing individuals connected to the community. GAP is a time for relaxation and easy conversation. Join us!

More detailed information and directions will be sent to those who RSVP by March 10 to Diana Higgins at dhiggins@tsha.cc or (918) 832-8742 v/tty.



2009 AbleTech Year in Review

*Excerpted from the Oklahoma ABLE Tech Assistive Technology Newsletter
Volume 10, Issue 1 Winter 2010*

(Editor’s Note: TSHA hosts one of AbleTech’s assistive technology demonstration and loan labs. We thought you might be interested in seeing a few highlights on ALL the programs for the year.)

- 484 assistive technology (AT) devices loaned to Oklahomans in “try before you buy” short-term loans.
- 1058 AT demonstrations to Oklahomans.
- The Alternative Financing Program provided \$378,032 in AT device low interest bank loans assisting 73 Oklahomans with disabilities.
- ABLE Tech and its partners provide 9 AT loan and demonstration sites to give Oklahomans an opportunity to touch, try, and take home AT devices and improve independence in the community, schools, and workplace.[TSHA is one of these.]

- “Fire Safety for Oklahomans with Disabilities” professionally installed 148 specialized smoke alarms in 105 households statewide.

AT Category for Demonstration and Loans

- Hearing - 24%
- Vision - 20%
- Mobility, Seating and Positioning - 18%
- Speech Communication - 14%
- Computer Related - 9%
- Other - 8%
- Environmental - 7%

Type of Individuals served for demonstrations and loans

- Individual with disability - 56%
- Family Member of Individual - 33%
- Educator of Individual - 7%
- Health & Rehab - 2%
- Other - 2%

2010 THROUGH THE LOOKING GLASS SCHOLARSHIP

Through the Looking Glass and its National Center for Parents with Disabilities and their Families are pleased to announce **new scholarships specifically for high school seniors and college students who have parents with disabilities.**

A total of ten \$1000 scholarships will be given out Fall 2010. There are separate scholarship awards for high school seniors and for college students, and each has separate eligibility requirements.

All application materials must be postmarked by **March 1, 2010.**

Selection criteria for all scholarships include academic performance, community activities and service, letter of recommendation and an essay describing the experience of growing up with a parent with a disability.

Please go to: <http://www.lookingglass.org> for more information.

Through the Looking Glass
(800) 644-2666
(800) 804-1616 (TTY)
www.lookingglass.org
scholarships@lookingglass.org

Anna Reinwand, Clinical Diabetes Specialist with Oklahoma State University Medical Center, will present “Diabetes: Just the Facts” on February 18th at 1:30 PM here at TSHA. Interpreters provided. Contact lnull@tsha.cc.

TSHA’s Media Schedule 2010

What can you expect to see in upcoming newsletters this year? We are very excited to share with you our brand-new schedule of topics for the year!

While we will always try to include pertinent and timely information as we receive it, we’d like to give each issue of “The Bridge” a clearer focus, in order to give our consumers a chance to learn a bit more about the many varied aspects of hearing loss and deafness.

We’d love your help.

If you have a story that relates to one of the topics below, perhaps we could interview you. If you have information on events, activities or resources that fit these categories, please send it our way.

Together, we can more effectively use education to help bridge the gap created by hearing loss.

March	Hearing conservation
April	Volunteers & Multi-disability issues
May	Better Hearing & Speech Month / Older Americans Month
June	Parent & Family
July	Independent Living / Americans with Disabilities Act
August	Back-to-School / Transition / United Way
September	Deaf Awareness Week / Disaster Preparedness
October	Employment
November	Assistive technology / “Thanks” giving
December	Year in Review
January	Sign language & Interpreting

Contact Diana at dhiggins@tsha.cc or 832-8742 to learn more.

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 purchase training materials for Independent Living, such as flash cards, books, and more.

Contributions & Memberships

Contributions

Eastern OK Ear, Nose, & Throat Inc.
Jill & Stanley Lang
David & Vickie Beyer
Ingrid Lobaugh
Donna Dumond
Donald Hastings
Nancy Maddin

Souper Sunday for 2010

The Zarrow Families Foundation
Ronald & Myra Jeffris

Memberships

Linda Blue

Did you know you can make donations and renew your membership online at our website?
Visit www.tsha.cc to find out more!





**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



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

“Partner Agency of Tulsa Area United Way”

FEBRUARY 2010

Save the Date!

KIDS' WORLD 2010- A GLOBAL ODYSSEY

November 4,5 & 6, 2010

Exchange Center, Expo Square

Dozens of volunteers will be needed to staff
TSHA's booth on Deaf culture.

Contact Diana at dhiggins@tsha.cc or
(918) 832-8742.

**Don't forget to get your
Souper Sunday tickets!**

You can buy them:

At TSHA

Over the phone

By mail

From Staff

From Board Members

Buying now will save you money!

Prices go up at the door.

Inclement (Bad) Weather Policy:

If TPS (Tulsa Public Schools) is closed due to inclement weather, TSHA will typically open at 10 am. However, sometimes we cannot get here, so if you have an appointment or plan to come in, take a moment to call first (832-8742 v/tty) and make sure the office is open.