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Total Source for Hearing-loss and Access

the bridge

January 2010

Building Bridges for Better Communication

Learn Sign Language! See page 3

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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 1

Making and Keeping Resolutions

by Jonathon Cook

As 2009 has come to an end and we prepare for the New Year ahead, thoughts of New Year's resolutions come to mind. Perhaps learning sign language, actually wearing that hearing aid that's been gathering dust in the drawer, or - the old standby - to lose weight! Perhaps one of these is on your list for 2010.

Regardless of the resolution, there are some key points to think about when attempting to carry out these good intentions. Dr. Lewis Losoncy describes, in his book Today! Grab It: 7 Vital Attitude Nutrients to Build the New You, that **attitude** plays a major role in accomplishing any feat or making any change to one's life, especially a dramatic change.

When thinking about attitude, consider these three components: ***thoughts, feelings and actions.*** One can have all the motivation in the world to become a skilled signer, but even the fieriest motivation can dwindle quickly without any planning or action. Likewise, one can easily slip that old hearing aid in now and again, but without dedicating the time it takes for the brain to adjust, no significant improvement in benefiting from the aid will occur.

…"even the fieriest motivation can dwindle quickly without any planning or action."

So, before hopping on the New Year's resolution bandwagon, only to fall off within a few weeks or months, consider taking the time to develop a plan of action. For example, you could *contact TSHA for information on spring sign classes*, as a first step toward learning to sign. Hearing aid owners - perhaps *start by wearing your hearing aid* two hours a day and increasing the amount of time weekly by a few hours.

Next, *find the motivation* to stick with your resolutions. Whether it be an encouraging family member, an old "skinny" picture, or an upcoming event you want to be able to hear better at, having a driving force behind your plan is essential.

Lastly, just do it! "When we are no longer able to change a situation - we are challenged to change ourselves." - Viktor E. Frankl

Happy New Year! Let us know if we can help with any hearing-related resolutions.

For more tips on how to keep your resolutions , see page 2.

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

RESOLVING RESOLUTIONS

A new year brings new ideas, fresh motivation, and determination with new strength.

Many people take the time to declare "New Year's Resolutions" of things they will stop doing, or things they will improve, or things they will do more frequently. Some resolutions are very vague, while others are very specific: "I will be nice, I will lose weight, I will not yell at my brother, I will quit smoking, or I will stop ____ ."

While we could fill in the blank with most anything, the resolutions that are successful are specific and measurable. Instead of saying "I will lose weight," you could say "I will walk around my neighborhood for thirty minutes three times a week," or "I will say no to one dessert everyday." This not only provides a way for you to accomplish your goal, but also makes it possible for you to know when you are making progress. **This sets you up to succeed**, rather than setting you up to fail by not knowing how to accomplish your goal and then feeling badly about it.

…"the resolutions that are successful are specific and measurable."

The same is true for other goals. You can't say "I want a good relationship with…" and then not be willing to make positive changes and take specific steps to create that good relationship you want. You can say "I want a good relationship with…" and then do the work to learn how to communicate, how to resolve conflict, and how that person best receives caring. You can't say "I want a better job…" without seeking out more training and doing the work to build a resume', experience, and interview skills.

New Year's resolutions set us up to fail and then to be mean to ourselves about failing, *unless* we write them in a way that is specific and measurable. This tells us not only *what* our goal is, but *how* to reach that goal, as well as how to know *when* we are successful.

For the history of New Year's, as well as ways it is celebrated all over the world, see: http://ezinearticles.com/?The-History-of-New-Years-Resolutions&id=245213

Tulsa Hearing Helpers-THH

"New Year's Resolutions – Aspects for Change in 2010 "

On **January 14th,** Jonathon Cook, CRC Development Specialist at TSHA, will be talking about changes. Making any kind of change in life – change related to your hearing, or otherwise - can be difficult, but with the right tools it is possible. Whether it is a personal goal or a recommendation from the doctor to improve one's health, opportunities for change are always around. We will be discussing ways to improve success in making difficult life changes and methods for sticking with them in 2010.

Be prepared to share methods that have worked for you, especially as they relate to issues like resolving to get your hearing checked, resolving to get a hearing aid, or other positive steps you've taken to stay connected to others. Your successful experiences may be just the encouragement someone else needs to resolve to make a change! So be sure to bring any friends who are "on the fence" about dealing with their hearing loss.

When: The second Thursday of each month, from 10:00 – 11:30 a.m.
Where: TSHA's conference room, 8740 E. 11th St.

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

Coming Soon! – Souper Sunday 2010

Do you like to eat?
Chat with friends?
Support services for people who are D/deaf or hard-of-hearing?
Sample delicious tastes from LOTS of different restaurants for one low price?
Shop through beautifully arranged auction items?
Then TSHA's annual fundraising event is for you!

Theme: "Soups Around the World "
Sunday, March 7, 3:30 – 6:00p.m.
(food opens at 4:00)
The Spirit Event Center (105th and Memorial)
All-you-can-eat soups, breads, desserts and beverages!
An AMAZING Silent Auction!

The admission price for Souper Sunday in advance is just $20 for adults, and under 12 is $10. At the door, it 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! You will receive coupons in advance for $5 off. See the membership form at the back of this newsletter to ***join now***.

Contact: ycanales@tsha.cc, (918) 832-8742 v/tty

Can you help with Souper Sunday??

This fundraising event – the *only* major one each year that TSHA holds – cannot succeed without LOTS of participation from people like you. And in our current economy, the proceeds from this day are all the more critical to continuing quality services for people with hearing loss.

Can you donate an auction item? Perhaps you make crafts, or have an uncle who could donate car wash tokens, or a cousin who could donate chiropractic services.

Many of our supporters come by and "adopt" a decorated flowerpot to fill with goodies, and return it to us for the auction table. **Many beautiful pots are decorated and ready to be adopted NOW!** This is a great project for a class, department or civic club, too.

Or perhaps you know someone in the restaurant business who might be able to ***donate soups, breads or desserts?*** Perhaps you and/or a group you belong to would like to ***volunteer for a few hours*** that day to help things run smoothly. We will need lots of help.

Contact dhiggins@tsha.cc or 832-8742. This is a FUN event for all involved!!

Not too late to Sign On!

TSHA's fun, non-credit American Sign Language classes start the first week in February and thereafter. Whether you want to communicate with a deaf person, teach your baby to sign, or just think it would be cool to talk across rooms without making a sound… these are the classes to get you started!

All classes meet from 6:30 – 8:30 p.m. one night a week. Tuition for 10-week classes is $65 – shorter classes are less. Texts are $20**.** Ages 13 – adult welcome (ages 11 and 12 accepted with a parent only in Bixby and Broken Arrow).

Sign 1 (10 wks) Mondays in Tulsa (Red Cross on 11th at Hwy 169)
Sign 2 (10 wks) Tuesdays in Tulsa " " "
NEW!! This semester only! Specialized Signs (10 wks) – Tuesdays in Tulsa
This exciting new class will spend about two weeks each on religious, educational, medical, performing arts, and legal vocabulary. Even more interesting, many guest speakers will be invited to come and share their real -world experience with signs in these fields! Don't miss this one-of-a-kind class!
Bixby (6 wks) Thursdays at North Elementary at 121st & Memorial
Broken Arrow (8 wks) Tuesdays at South Intermediate H. S. at 101st & Elm

For complete information on spring classes, check out our website at www.tsha.cc , contact kdotts@tsha.cc or dhiggins@tsha.cc, or call (918) 832-8742 v/tty.

Silent Dinners!

What exactly IS a Silent Dinner? They are THE place for sign language students to practice and for Deaf people of all ages to socialize in sign language. All levels of skill are welcome, from very beginning to native signers. The atmosphere is relaxed and unstructured. Many sign classes come as a class activity.

Where? We meet at the Woodland Hill's Mall Food Court (71st and Memorial)

When? Come after work… about 6:00 p.m. Stay until your hands get tired!

January 25th	**Monday**
February 23rd	**Tuesday**
March 25th	**Thursday**

For more information, contact Diana Higgins at dhiggins@tsha.cc or (918) 832-8742 v/tty.

He doesn't feel left out anymore…

My son got one of those hearing aids that the SHARP program [Sertoma Hearing Aid Recycling Program] of Sertoma recycles! He is on leave of absence from work because of medical problems and his hearing is getting worse. His old aid broke but was no longer strong enough anyway.

He got a nice behind-the-ear aid that was only 1 year old. He is just tickled with it. He said it sure helped him and everyone around him. Now he can understand what is going on and doesn't feel left out of the conversation anymore.

He was really thankful for SHARP. It really was a blessing for him. Thanks to Sertoma!!!

Lynda Goodson

*(**Editor's Note:** If you know of someone who needs help in getting a hearing aid, SHARP may be able to help. First, check out our complete lists of resources for children and for adults on our website at http://www.tsha.cc/hearingaids.htm . If you have a hearing aid you are no longer using, please consider donating it to SHARP, for a tax receipt. SHARP is funded and managed by the Sertoma civic clubs, and administered by TSHA. Learn more at http://www.tsha.cc/sharp.htm , or email dhiggins@tsha.cc or call 832-8742.)*

Dental Mission of Mercy Coming to Tulsa, OK

Information from http://www.okmom.org/

The Oklahoma Mission of Mercy (OkMOM) is a **free, two-day dental clinic** open to people of all ages and backgrounds. It is specifically designed for people that are uninsured, underinsured, or would otherwise not be able to seek dental care.

Location: Tulsa Convention Center
Dates: February 5 & 6, 2010
Start Time: Doors will open each day at 5 am.
End Time: Doors will close each day when we reach capacity(Capacity is estimated at 1,000 patients per day)

What services will be available? A team of volunteer dentists will determine your treatment plan when you arrive. It may include: Restorations (Fillings), Extractions, Cleanings, or Root Canals.
How Do I Qualify/Register? The first 1,000 people through the doors each day qualify. It's that easy. Volunteers are also needed to help make this day possible. For more information, check out

http://www.okmom.org

Tulsa Area United Way (TAUW)

All information on this page excerpted from TAUW's Quarterly E-Newsletter, Vol. 1, Issue 4 |Dec. 2009

A picture is worth a thousand words – this year, it's worth $23,898,673!

These extraordinary times called for extraordinary measures. And with only seven days left in our campaign, we had a gap over $1 million [to reach the $23,898,673 goal]. Our entire team pulled out all the stops. I could not be more proud of our Campaign Cabinet, Board of Directors, volunteers, TAUW staff and especially our Loaned Executives who never once stopped fighting to raise those dollars for our 63 partner agencies and the more than 750,000 people they will serve next year.

Thank you to each of our donors and supporters because without you, we wouldn't be able to help successfully fund our agencies in 2010. You are true examples of Living United... and true heroes in our community.

With Mark Graham's [TAUW executive director's] leadership, I am proud to have been a part of such a history-making campaign.

I am looking forward to recapping this monumental campaign in February, 2010 at TAUW's Annual Meeting.

Respectfully,

Don Walker
ARVEST President
2009 Campaign Chairman

*(**Editor's Note**: As one of the 63 agencies supported by the United Way, we add our own personal thanks to each of you who helped Tulsa reach its goal in an especially difficult year!)*

Did you know?

In response to challenging times, the TAUW [Tulsa Area United Way] team cut this year's expenses to reduce our operating overhead. We are proud that our United Way operates at a 30% lower rate than most other United Ways in the nation.

TAUW seeks volunteers for investment panels

Tulsa Area United Way (TAUW) is recruiting volunteers for its Community Investments process that begins in January 2010. TAUW's Community Investments process consists of panels of community volunteers that review its partner agencies' annual funding requests. During regular business hours, community volunteers throughout TAUW's six-county service area work on 6 – to 10-member panels assigned to review 3 to 6 member agencies. If you would like to participate in the Community Investments process, you must complete a registration form. Upon receipt of your completed form, they will contact you with dates/times of the orientation sessions so you may select one that fits well with your schedule. To request a registration form contact Bobbie S. Cremer (918) 295-6615 or bcremer@tauw.org.

AMAZING Holiday Party!

By Diana Higgins

It was another great party for the kids, thanks to the help of people like you! TSHA had a wonderful 2009 Holiday Party for Deaf/Hard-of-Hearing Children on December 5th. It truly was a community effort. Even the weather cooperated!

There was so much to do. Crafts to make, cookies to eat, games to play, faces to paint, cookies to eat, deaf Santa to visit, cookies to eat… you get the idea!

You can find coverage on the party in many places this year:

1. Check out our December blog at www.tsha.cc (click on blog on the left and scroll down) for a brief article. Two links are listed in that article, where volunteers quickly posted the many wonderful pictures they took.
2. You can find an article on the party from the 12/6/09 Tulsa World at http://www.tulsaworld.com/news/article.aspx?subjectid=332&articleid=20091206_19_A24_AllieA659893&archive=yes
3. The Channel 6 "video on demand" coverage was found at: http://www.newson6.com/Global/category.asp?C=121535&nav=menu682_4
4. Channel 8 also covered the event, but I was not savvy enough to find it on their website – perhaps you'll have better luck!

At the end of this article is a list of all the supporter "elves" who made this party happen. We cannot thank each and every one of you enough. Several people really made a point in a lean economic year to sacrifice personally in order to provide happiness for the children.

It takes effort and generosity from many, many people to make this party such a wonderful experience. The fact that it comes together so beautifully each year is our own Christmas miracle!

Charles Dye
Lou Honderich
Edna Cheatham
"Papa" Cameron
Jenifer Miller
"K" Caldwell
Emily Thomas
KT Laughlin
Charley Lord
Brenda Loyd
James & Virginia Allen
Janie Schwyhart
Barb & Walt Sabourin
Clayton & Georgia Christmas
Boston Ave Methodist Church
BAMC Ephphatha Class
Chandler Engineering

First Baptist Church Deaf Ministry
Happy Hands
RSVP
TSCCD
Edison Deaf Ed.
Doris Bush Maher
Warehouse Market
Garnett Assembly of God Deaf Ministry
Huggins Masonry, Inc
Jenks Sign Language Club
McDonald's Corporate Office
Sand Springs QUOTA Club
SW Bell Pioneer Club
TCC Sign Language Club

TCC Silent Friends Club
The Sweet Tooth
Dianne Lack
SACS
Linda Rasure
Tulsa International QUOTA Club
Tulsa Metro South Quota Club

TSHA Membership Application

(If someone shared this newsletter with you, & you'd like to receive one of your own each month, become a member!)

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 provide a half-hour of real-time captioning, to allow those with hearing loss later in life to fully participate in a support group.

Contributions & Memberships

Children's Holiday Party

TCC Language Club
James Bowles
Monte Miron
Ametek Chandler

Memberships

Walter & Beth McGovney
Mary Jo Johnson
Barbara Merutka
Edwin & Gerry Westlake
Ruth Van Noy
Roy Don Robinson

Contributions

Anonymous

In Honor of

Ryan Inc. in Honor of Dr. Emily Thomas
Leslie K. Brier in Honor of Gretchen & John Hoyt

Year End Donations

Dora & Wayne Leimbach
Richard & Gwen Mohler
Frank & JoAnn Proctor
James & Virginia Allen
Billy Strong
Edna G. Cheatham
Otis H. Barnes
Sandra & Brian Clare
George & Frances Harris
Mary Jo Johnson
Jim & Denelda Richardson
Ruth K. Nelson/Revocable Trust
George Hazlett/State Farm Ins.
Barbara & Walt Sabourin
Roy & Sherry Heim
The Gelvin Foundation
George Kaiser Family Foundation
Ryan Zilm & Cody Francisco

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

Non-Profit
Organization
U.S. Postage Paid
Tulsa, OK
Permit No. 1060

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

United Way
Tulsa Area United Way
LIVE UNITED
GIVE. ADVOCATE. VOLUNTEER.

"Partner Agency of Tulsa Area United Way"

JANUARY 2010
HAPPY NEW YEAR!

A little birdie says…

According to a "tweet" on Twitter, social media has experienced HUGE growth in the past 5 years: Facebook has 2.2 billion users (a number equivalent to the fourth largest country!), Twitter has 144 million visits per month, and LinkedIn has 50 million users.

TSHA is keeping up with the trends, so that you can stay in touch with us easily and conveniently. Be sure to **subscribe to our blog** at www.tsha.cc , **become a fan** of TSHA on Facebook, and **follow us** on Twitter. As more and more of you sign up for these options, we will increasingly rely on them to get news and events out to you – especially items too last-minute for the newsletter.

On our Website…

Curious about how TSHA went from Oklahoma Hearing Society in 1953 to Total Source for Hearing-loss and Access today?

Check out our website at: http://www.tsha.cc/history.htm for a brief overview of how parents of deaf children planted the seed for what has become TSHA today!