

Building Bridges
for Better
Communication

March 7th -
Souper Sunday -
Update in April's
newsletter!

INSIDE THIS
ISSUE

SOUND CHART	2
YOUTH NEWS	3
OPERATION "PINT-SIZED PROTECTION"	4
GATHERINGS	5
BE HEARD!	6
THE UNSINKABLE BETTY FULK	8

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 3

**TSHA's March theme:
PROTECTING YOUR HEARING**

It has been described as the most pervasive pollutant in America. *What is it?*

NOISE!

I know that adults who told you to turn down your music just seemed like "old fuddy duddies" – but they were right. Noise is a major cause of hearing loss.

The frustrating thing is – noise-induced hearing loss (NIHL) is **100 percent preventable**.

According to the National Institute on Deafness and Other Communication Disorders (NIDCD) more than 30 million Americans are exposed to hazardous sound levels on a regular basis. **Of the 28 million Americans who have some degree of hearing loss, over one-third have been affected, at least in part, by noise.**

Noise damage can occur when loud sounds:

- * Are TOO loud (watch anything over 80 – 85 dB)
- * Go on too long (the louder the noise, the shorter the time you can be exposed)
- * Happen repeatedly (working in your woodshop each weekend, or cranking

your iPod to the max daily, for example).

We have an illustration on page 2.

If you feel like you're "in a fog" or your ears are ringing (after a loud concert, or after hunting, for example) - that's a sign that you've done some damage to the hair cells in your inner ear that pick up sound.



While it may take years to notice a lasting effect, damaged hair cells do NOT repair or replace themselves, and with each repeated loud noise exposure, the damage accumulates.

So – what can you do?

Get educated. TSHA can do presentations for groups.

Stay away from loud noises when possible. **Reduce the volume when you can.** Wear ear protection when you can't control the noise level – you can get inexpensive foam plugs at

the drugstore, all the way up to heavy-duty ear muffs.

And **share this information with family and friends – especially your kids!** (See p.4 for ear protection for children.)

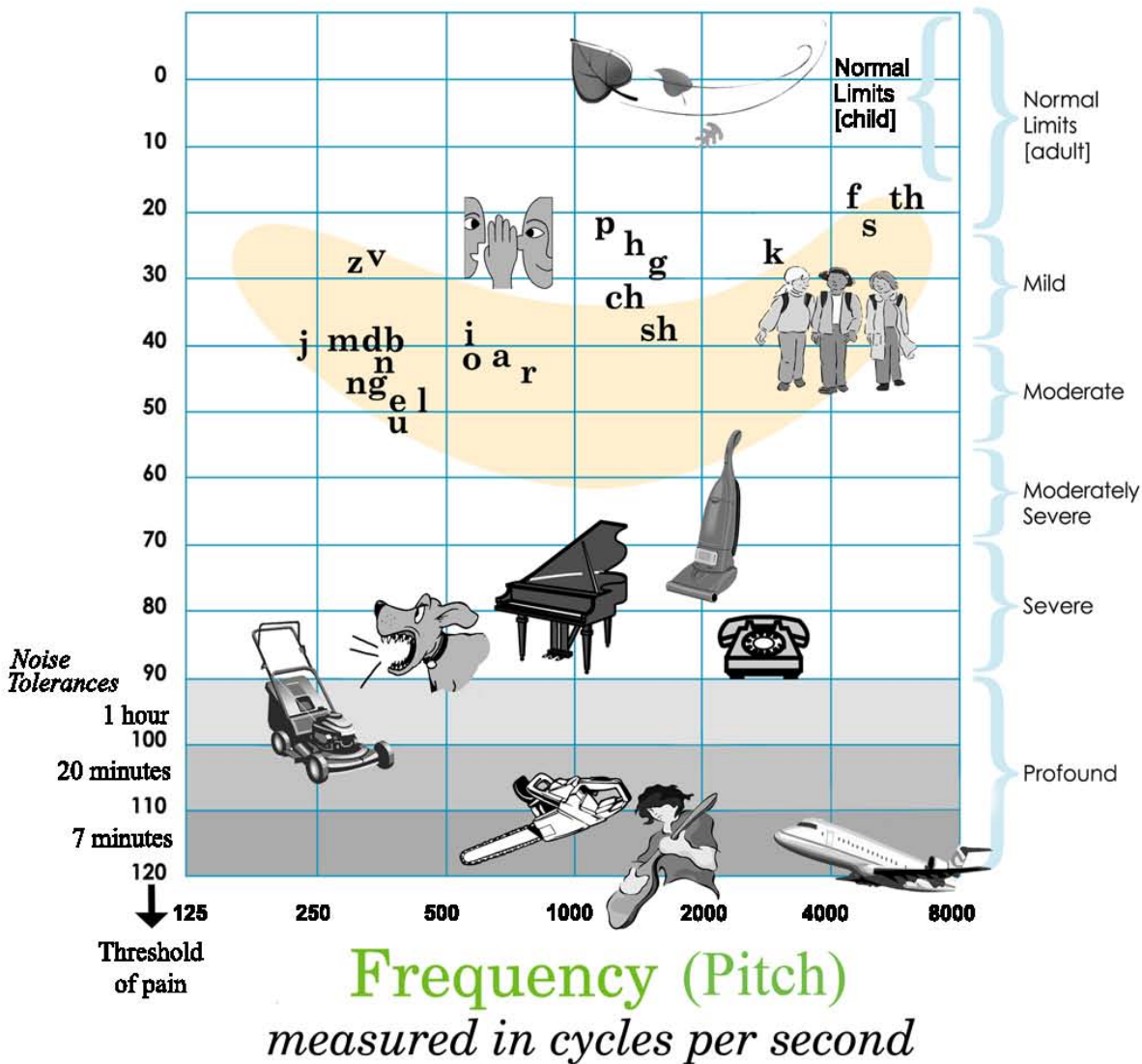
If they think you're an old fuddy duddy for telling them to turn down the music – at least it means they're still *hearing* you!!

There are LOTS of resources online for information on noise, hearing conservation, programs for kids and schools...even the military and musicians!

Information for this article came from: www.asha.org, www.hearinglossweb.com, and www.nidcd.nih.gov. Teachers and parents – look for SafeEars and WiseEars below.

You can also check out: www.sertoma.org (look for the SafeEars program) <http://ehs.okstate.edu/links/noise.htm> <http://www.nidcd.nih.gov/health/hearing/noise.asp> (also look for the Wise Ears program) <http://www.nia.nih.gov/HealthInformation/Publications/hearing.htm>

Loudness measured in decibels {db}



degrees of Hearing Loss

Loudness Levels of Common Sounds

10 dB	Breathing	100 dB	Train
20 dB	Whisper	110 dB	Chain Saw
40-60 dB	Conversation	120 dB	Jet Plane Landing
80 dB	Rush Hour Traffic	140 dB	Shotgun Blast

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



Adolescent Mental Health

Adolescents have significant stressors every day. Their lives are fast-paced and complicated, rather than the slow, simple days of the past. While this has brought many exciting developments into the world, it has delayed the development of some important skills.

One of these delayed skills is relationship building. Youngsters today rely on short, quick, coded messages to communicate with each other, and depend upon status updates to know what is going on in the world. This is great for quick communication and constant stimulation, but tends to build intensity rather than intimacy. The skills for in-depth communication, reflection, and filtering get lost in the shuffle. The effects of this are

apparent in short tempers, easy boredom, difficulty communicating with other generations, few skills for problem solving, and almost no skills for conflict resolution.

If you add to this a hearing loss, the individual is set up in an environment where they have access to the world like never before but no skills with which to navigate that world. They are able to go anywhere and be anyone, but don't know what to do or how to do it once they get there. Those gaps caused by missing out on incidental learning become canyons.

If you also add a mental health issue, the individual becomes impulsive as well – so not only having difficulty knowing how to navigate the world, but also making

choices before they realize what happened. Or finding their way to an emotional response – such as anger or sadness – only to find themselves stuck in that state, without knowing how to express it. Or not doing anything, and so never becoming the person they were meant to be.

We need to encourage our youth in good ways. Talk to them. Look them in the eye. Share stories with them. “Listen”. Go to the team games. Buy the stuff they sell for fundraising. Cheer them on. Help them find positive role models. Make sure they know they are not alone. And yes, even text them.

Click here for a great list of Deaf Characters in Adolescent Literature: <http://tiny.cc/m76PL>

Try a “Quiet Diet”?

The fourth Wednesday in April has been declared International Noise Awareness Day (INAD). A “Quiet Diet” is encouraged and is launched by observing 60 seconds of no noise from 2:15 to 2:16 PM. The reduction, if not stopping of everyday noises around us raises our awareness of the impact noise has on health and hearing.

Information is from <http://www.asha.org/public/hearing/disorders/noise.htm>

Parents - Looking for support?

(Editor's Note: While this group meets in OKC, Angela is more than willing to work with parents across the state, so we wanted to share this with you.)

I am glad to announce we are once again going to focus on starting a **chapter of Hands & Voices** in Oklahoma. We will meet the first Tuesday of every month. The first meeting will be March 9th beginning at 6:30. We will meet at 14000 Quail Springs Pkwy Suite 1100, Oklahoma City. Feel free to email or call me.

Hands & Voices Motto: “What works for your child is what makes the choice right.”

Angela Miller, Oklahoma Hands & Voices
okhandsandvoices@yahoo.com, 405-417-2069 Cell

Operation "Pint-Sized Protection"

By Jacqueline Rogers Scholl

(Editor's Note: TSHA does not endorse any specific products, but felt that parents might appreciate some guidance in protecting their children's ears in our noisy world. We thank Jacque for sharing this article with us. For more information on ear protection for kids, you can contact Jacque at her email below.)

My quest for pint-sized ear protection began as a personal mission. My husband downloaded music on my iPod for our 7-year-old son and, much to my dismay, he cranked the volume up really loud! The earbuds were too large for his ears and he turned the volume up to mask the ambient noise.

After I got over the shock that my son would listen to such loud music, I set out on a mission to find functional solutions to prevent NIHL [noise induced hearing loss] for little people and tiny ears. Here are some products

that you should be familiar with...

For personal iPod/Mp3/Gaming

Kidzsafe by Kono Enterprises
My favorite find was a pair of volume-limiting earbuds made especially for little ears (age 4+). These fun-colored buds seal little ear canals by providing a variety of silicone eartips and have specialized cords which won't wrap around little necks. Kidzsafe limits output to approximately 85dB HL. Made by Kono Enterprises, they retail for about \$20.

EarSaver Volume Limiter
This simple device is plugged between the music and your earphones. It reduces volume by approximately 17 dB with minimal effect on sound quality. This option assumes you already have a pair of earbuds or headphones that fit well. They cost just \$11.95 apiece.

Custom Earmolds
Most earmold companies make custom products for personal players. They can be color-customized and they provide the best seal possible. Retail for a set of custom plugs is

approximately \$110, though prices vary.

For Noisy Environments

BabyBlues
Etymotic Research now makes its ER-20 High-Fidelity Earplugs for small ear canals. These earplugs preserve sound quality while reducing the output by approximately 20dB. A variety of removable colored cords makes this option a fun noise deterrent. The plugs retail for \$10.95, and the optional cord is \$1.95.

Peltor Junior Earmuffs
Designed for infants as young as 3 months, these earmuffs come in powder blue, blue, pink, and black and have a noise-reduction rating (NRR) of 22. These little muffs are safe and can be worn comfortably on small heads. They retail for around \$19.

Mack's SafeSound Jr.
These soft foam have a 29 NRR and are a fun purple color. Recommended for children over 7, the NRR is directly related to insertion and proper fit. A box of 10 pairs costs \$3.95.

There are other solutions

out there for children, but these were some of my favorites...

And don't forget high school bands. ER-20 High-Fidelity Earplugs with matching school color cords will let members hear the subtle nuances while protecting their hearing.

I've leveled the battlefield at home with a pair of Loud Enough ear buds in blueberry and a pair of BabyBlues for my son. At work, I'm creating a brochure of the available pediatric products. This is one war I am prepared to win!

*Jacque Rogers Scholl, AuD, is a Pediatric Audiologist in private practice in Tulsa and an Adjunct Professor at Oklahoma State University-Tulsa. Readers may contact her at n2earz@yahoo.com This article appeared in: January 2009, Hearing & Children, **The Hearing Journal***

Silent Dinners 2010

TSHA's Silent Dinners in Tulsa have been called "the granddaddy of them all"! They are the oldest and largest in the state. All levels of signing skill are welcome. We meet at the Woodland Hill's Mall Food Court at 71st and Memorial, about 6:00 p.m.

March 25th
April 12th
May 18th

Thursday
Monday
Tuesday

June 17th
July 26th
August 24th
September 20th
October 21st
November 16th
December 2nd

Thursday
Monday
Tuesday
Monday
Thursday
Tuesday
Thursday

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

GAP

(Gathering As Professionals)



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

Don't forget to join us at McNellie's pub (409 E. 1st St. Tulsa, 74120), where we'll celebrate St. Patty's a wee bit early with tasty food and libations.

GAP is designed for people age 21 and over who are deaf or hard of hearing, and 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 11** at noon to Diana Higgins at dhiggins@tsha.cc or (918) 832-8742 v/tty.*

Protecting Your Child's Hearing

By Carol Lambert, AuD

A picture was all over the news recently of the Saints' quarterback holding his infant son, Baylen, after winning the Superbowl.

His son is wearing a set of blue ear protectors. It brings the message home that recreational activities can be dangerous and no one is too young to need to be protected from the dangers of noise exposure. We can still participate in the activities that are important to us, but we need to do it safely.

That photo also demonstrates that we need to protect and educate the people we love about the dangers of noise, and how to address it from infancy on.



(Just like Baylen at the Superbowl, Baby Jordan is wearing hearing protection at a recent air show. Thanks to Jen and Jeff Mayfield for the use of this picture.)

Tulsa Hearing Helpers

— “To LIFE!”

On **March 11, Carol Carter, from LIFE Services**, will speak. LIFE Senior Services helps more than 25,000 people each year – providing information and services that promote independence, dignity, and quality of life for older adults.

Carol will introduce us to the important services that LIFE offers to seniors, their families and caregivers, and present a short video that will put a face on those services. She'll also share some heartwarming stories, answer questions, and give each attendee a packet of helpful information.

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.

Upcoming Speakers:

April 8 – Alan & Theresa King, on “*Marriage & Hearing Loss*”

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

Deaf Town Hall Meeting in Tulsa *Saturday, March 27*

In order to improve services for people with hearing loss, the Oklahoma Department of Rehabilitation Services (DRS) is holding a town hall meeting in partnership with the Oklahoma Department of Mental Health and Substance Abuse Services.

Deaf, hard of hearing, late deafened and deaf-blind people are encouraged to attend the meeting and share with staff their ideas about what needs to be done, what gaps need to be filled and what service areas need improvement.

A lunch will be served at the meeting at no charge to participants.

The meeting is the final one of a series of free, public meetings. It will be from 10 – 3 at the Radisson Tulsa, 10918 E. 41st St. Meetings have also been held in Oklahoma City, Lawton and Sulphur.

Anyone associated with hearing loss is urged to attend. Ten interpreters for the deaf will be present at each meeting.

The input from these town hall meetings will be presented at a three-day state and national forum held later this year. The recommendations and solutions to these issues will be coordinated into strategic plans for DRS Deaf and Hard of Hearing Services staff, and presented to the governor.

For more information, contact Hope Crumley, DRS Services to the Deaf and Hard of Hearing at: 405-522-7930 or e-mail hcrumley@okdrs.gov.

People With Disabilities Awareness Day Starts With You!

From Jody Harlan , OK Department of Rehabilitation Services, Ofc 405.951.3473 Toll Free/TTY 800.845.8476

Please be part of "The Winning Strategy" for supporting critical disability programs threatened by state budget cuts! Join us at the State Capitol for the 16th People with Disabilities Awareness Day from **8:30 a.m. to 12:30 p.m. on Wednesday, April 7.**

Your enthusiasm and willingness to bring friends are more important than ever! Find out everything you need to know about PWDAD when you pre-register now at www.okrehab.org/pwdad/, and remember:

"Be seen! Wear Green!"

Share YOUR Knowledge

Don't forget to look ahead at TSHA's Media Schedule (below), and submit YOUR information related to a particular month's topic. We'd love your help.

Just remember we need submissions by the 5th of the month PRIOR to the month you're targeting. (For example, stories related to Employment need to be submitted by September 5.) Inclusion is always subject to space availability.

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

\$20 will provide an hour of advocacy and education with a business refusing to provide interpreters.

Contributions & Memberships

Contributions

Karen Kenslow-Heimbach
Alan & Nari Scholl (CHAP)

Memberships

Donal & Brooksie Dickerson
Dianne Y. Lack
Charles Cooper
Sixto D. Rivera
Otis H. Barnes
Helen Troy
Buck & Cheryl Rogers
DJ McCormick
Pamela D. Hegdale
Connie Harrell

Souper Sunday for 2010

Ryan Zilm
Alan Blattstein
David S. Weaver & Co.
Edna Cheatham
James & Virginia Allen
Charles Dye
John Hoyt
Leonard & Wanda Hull
Keith Bailey
Leslie Brier
Williams
Valmont Industries, Inc.
Campbell-Lepley/Hunt Foundation
Paul F. McTighe, Jr., Inc.
Ellie Westfall
Casey Newman
Nancy Maddin

“Papa” Rodger Cameron
Jim and Suzanne Kneale
Ryan, Inc.
The Scholl Center for Communication Disorders
Audiology of Tulsa
Energy Specialty Contracting, Inc.
Sertoma Club of Tulsa
Dr. Dean & Vesta VanTrease
George Hazlett, Agent - State Farm Ins.
Sorenson Communications
Public Service Co. of Oklahoma
TSCCD
Eide Bailly, LLP
Christian & Ingrid Lobaugh
Anonymous





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

“Partner Agency of Tulsa Area United Way”

MARCH 2010

The “Unsinkable” Betty Fulk!

Betty Fulk never fails to find the time to make something to donate to TSHA’s Souper Sunday Silent Auction. This year she made a copper “I Love You hand” wall decoration.

Betty doesn’t let the fact that she is deaf, in a wheelchair, and has use of only one hand dampen her positive attitude or her desire to give back to the community.

In the past, she volunteered at the Little Lighthouse and Happy Hands. She has enjoyed gardening as well as a variety of the arts.



Though her hearing loss was diagnosed at 17, it is just over the past 10 years that Betty has had to relearn how to do everything using just one hand and foot, since her right side gradually became paralyzed. She has even learned to bowl using her foot, and she is in a league!

Betty teaches a sign language class at The Center (for Individuals with Physical Challenges) and recently wrote and gave a speech at a City Council meeting on the cut-back in hours for the lift bus.

We appreciate the support of people like Betty!

**All Souper Sunday donors will be listed in the April newsletter.
Thanks so much to each one of you who has contributed to its success.**