

Building Bridges
for Better
Communication

Summer Sign
Classes Start
In June!

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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 5

Say What??

By Diana Higgins

What?? Huh??

If you're saying these words a lot, it may be time to check your hearing. **May is Better Hearing and Speech Month** – so now would be a good time!

Since 1 in 10 people (and almost 1 in every 3 age 65 and over) has a hearing loss, why do so few seem to do anything about it?

From my 21 years of experience at TSHA I can readily list several answers. Denial. Fear. Lack of information.

Denial I've read that it generally takes 5 – 7 years for people to accept that they have a hearing loss. As someone who is still in denial about needing reading glasses 5 years down the line... I can relate! That period of denial can be very frustrating for

the people around you. It is often the urging of such friends and family that move you to finally take action.

Fear Almost every older individual knows of someone who paid thousands of dollars for hearing aids, and now they're sitting in a drawer. Therefore, many are afraid of being "sold." (The "drawer" situation usually results from a lack of information.)

Lack of information Many people simply have no idea what resources exist these days, and don't even know how to start finding them. That's where TSHA can help. Check out our website at www.tsha.cc, or call us at (918) 832-8742. We do not sell anything, and we are a neutral source of information.

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LIFE Senior Services – We can help!



(Editor's Note: In honor of Older Americans Month, we asked our fellow United Way agency to share some information that might be helpful to our community.)

Medicare, Social Security, legal documents, home and community-based services ...aging in America is often complicated and sometimes very confusing.

So, how do older adults make good decisions?

Where can they turn for help?

In northeast Oklahoma, LIFE Senior Services is dedicated to helping older adults get reliable information – when they need it – so they can make informed decisions. LIFE provides information through several avenues: ***LIFE's Vintage News-magazine** is a free monthly publication especially for seniors, caregivers, and professionals who work with older adults. It

educates, entertains, and focuses on issues of concern to today's older adults and caregivers.

***LIFE's Vintage Guide to Housing & Services** is northeast Oklahoma's most comprehensive guide to housing, services, and resources. It also has a section of about 15 articles on some of the biggest issues seniors face. It's free and can be picked up at LIFE Senior Services or any Tulsa City-County Library.

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2010 Oklahoma Summer Camps/Activities

(For deaf, hard of hearing and CODA [Children Of Deaf Adults] youth)

Note: This list is subject to change. Please confirm information with the sponsoring agency.

*JUNE... Oklahoma School for the Deaf (OSD), Sulphur

has two Summer Academic Camps this year:

High School - **June 20 - June 25**

Elementary - **June 27 - June 30**

Theme: *Rule with Reading*. Go to OSD's website, www.osd.k12.ok.us and click on "Summer Camp" on the home page. This promises to be an enjoyable learning experience and a wonderful few days filled with summertime fun! (Note: Check the deadline for registration.)

*JUNE 1 to AUGUST 6...Happy Hands Education Center, Tulsa

Theme: *"Exploration – Our World and Beyond."* Deaf/hard of hearing/siblings/CODA children and children with communication disorders (kindergarten – 5th grade). **Tuition** is \$20/day or \$100/wk. There is also a preschool camp for ages 0 – 5. \$120/week or \$24/day. **New location:** 88th & S. Garnett. **Contact:** (918) 665-1200 or jan@happyhands.org for further information.

*JUNE TO JULY...Loving Hands Ranch, Sulphur

CODA (Children of Deaf Adults) Ages 6-18 runs June 8th (Tuesday) through June 12th (Saturday).

Deaf Teens Ages 12-18 runs June 15th (Tuesday) through June 20th (Sunday).

Deaf Children Ages 6-11 runs June 22nd (Tuesday) through June 27th (Sunday).

Special Needs Deaf (for all ages) runs June 29th (Tuesday) through July 3rd (Saturday).

Ages are somewhat flexible. Please contact Roy Woodall at (580) 622-6085 (VP) or (580) 618-4116 (cell). You may also e-mail: lovinghandsranch@yahoo.com. Website: www.lovinghandsranch.com

*JULY...TSHA's Kids' & Teens' Summer Day Camps, Tulsa

July 19 - 23- "Camp Hero!" Kids ages 7-13 yrs. (14-15 yrs. can be counselors-in-training) *In this Olympic year, we will look at sports, and at heroes both deaf and hearing. Lots of hands-on activities and field trips will be included!*

Hours: 9am – 3pm, M – F. Camp is open to deaf, hard-of-hearing, siblings and CODAs (children of deaf adults). (Hearing kids will be accepted in proportion with kids with hearing loss.)

Kids' Camp cost: \$50 for the week (\$60 for hearing kids). **Contact** Diana Higgins at dhiggins@tsha.cc or (918) 832-8742.

July 26-29 - Independent Living Camp for teenagers. Hours: 9am – 4pm, M – Th.

Teens' Camp information: Contact lnull@tsha.cc.

DAW 2010: "Deaf Connections"

The Tulsa committee has just chosen the theme for the 2010 Deaf Awareness Week: "Deaf Connections: Removing the Firewall." This theme will allow us to highlight all the ways that the Deaf community overcomes barriers to connect with others, but especially to emphasize the impact technology has had. Have ideas for DAW (September 19 – 25)?? Contact lnull@tsha.cc.

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

Laugh Your Way Back to Life This Spring



Four years ago I had the amazing opportunity to meet with and learn from Patch Adams, a famous and funny doctor made famous in the 1998 movie based on his life. His story ignited a flurry of research into the healing powers of humor. While society has said it is true since the 13th century, now scientists agree that laughter may really be the best medicine... Laughter improves the function of blood vessels; it increases your immune system's ability to fight infection; it eases pain; it increases breathing and oxygen use; and it sends "feel-good" chemicals throughout your brain. Laughter heals.

Humor helps you feel in control of a situation and makes it seem more manageable. Humor allows people to release fears, anger, and stress, all of which are harmful to the body over time. Humor improves the quality of life by helping you through difficult days and helping you to enjoy good days. Humor can balance out the serious time of long hours of hard

work. Humor is also free, risk-free, and available... another reason it is one of the best medicines!

How do you use humor to feel better, if you aren't close enough to drive to the nearest Laughter Club? Anything counts! Tell jokes. Think positive thoughts. Spend time in nature, walking in the sunshine and noticing "happy" flowers and "silly" little animals. Focus on the positive qualities of those around you, and ignore drama and negativity. Appreciate others. Make time to play. Smile often.

One of the best strengths in Deaf culture is the tradition of story-telling; however, we must use this skill wisely. Story-telling can divide or unite, disparage or encourage, harm or heal. The healthier we are as individuals, the healthier our community will be. So go find something good to laugh about, and then share it with someone else.

2010— A view from the President

Greetings,

I started my tenure as TSHA Board President with confidence and eager anticipation and am closing it with the same positive attitudes. How could it be any different? With the outstanding executive director Rene' Ryan, the wonderful staff of TSHA, and a dedicated and hard-working board, my year in this role was a joy!

My agenda was small. First, the board would be more involved in the planning for and conducting of the organization's major fundraiser, Souper Sunday. The staff possessed much knowledge of how to implement a successful

event, so the task for the board was made much easier. Second, TSHA would revise an existing vision statement to reflect the needs of its consumers, technology changes, and availability of funds.

Souper Sunday organizing committees were formed in the fall of 2009. The leadership of each committee was superb. Board members and staff alike did excellent work in Souper Sunday preparation. On the day of the event, the operation ran like a well-oiled machine, and everyone in attendance had a great time! A debt of gratitude is owed to the members of the board, TSHA staff, and the volunteers for a positive

outcome. This past January, the board met at an all-day retreat to tackle the development of the vision statement. We held a very productive session and developed a working draft of a vision statement with several accompanying goals.

While some work remains to be done on the statement and goals, I feel confident that soon TSHA will have a vision statement that will unite all of us in a common goal: to provide the very best services to the deaf and hard-of-hearing communities. Thank you.

Mike Limas

2009-2010 TSHA Board President

Decades of Service

By Richard Curby

(Editor's Note: Richard Curby volunteered at TSHA for almost 20 years. He recently "retired". We were very sad to lose such a dedicated volunteer, but we celebrate the contribution he made to the community. I asked him to share a few thoughts on volunteerism.)

I treasure the years I was able to volunteer at TSHA. In my first ASL class at TCC my instructor, Sharon Limas, said, "If you really want to learn sign language, get a deaf friend and volunteer at TSHA." I started the next week on both.

Volunteers can do some of the work the TSHA staff members simply don't have time to get to. With budget cuts resulting in staff layoffs in the last few years, more and more things can fall through the cracks.

That doesn't mean the things I did as a volunteer were not important. If a volunteer doesn't do the job, it may not get done. It hurt me when I went to get Souper Sunday tickets recently and saw how unkempt the library is. That was my responsibility for over a decade.

At TSHA, I gained the chance to practice my sign with people that were always accepting of a novice. Over the years I learned how poorly served those with hearing loss are, and how great the need is.

I always remembered the quote: "If you did it to the least of these, then you did it unto me."

(Editor's Note: We're hoping one of YOU will continue Richard's legacy of service to the Deaf/hard of hearing community.)

You did a fantastic job!

(Excerpt from a letter)

...You did a fantastic job! Every single one of the evaluations we received were very positive about your presentation and the training as a whole...

Mickey Hinds

LIFE Senior Services

(Editor's Note: If we can educate a group about hearing loss, resources, your sense of hearing, sign language or deaf culture... let us know!)

Diabetics Twice as Likely to Have Hearing Loss

Excerpted from: http://www.audiologyonline.com/news/pf_news_detail.asp?news_id=4144

"People with diabetes are twice as likely to have hearing loss than those who do not have diabetes, according to a National Institutes of Health landmark study. The study's researchers recommended that all men and women with diabetes have their hearing tested."

Contact TSHA for information on how to get your hearing checked.

"Say What?" Continued from front page

We can suggest steps you can take to check your hearing. If a loss is found, we can connect you with resources that can help.

Technology is better than ever, and offers many options to keep people with hearing loss connected to their loved ones. Don't think hearing aids are the "end of the story." Many other devices exist, such as amplified telephones, flashing doorbells and vibrating alarm clocks.

Over the decades that I have been privileged to work at TSHA, I have seen hundreds of people who dropped out of their social groups, stopped going to church, and stopped being able to communicate with their families due to hearing loss.

Don't let this happen to you. Make May YOUR Better Hearing and Speech Month! Take action now.

“Life Senior Services” Continued from front page

***SHIP at LIFE – the Senior Health Insurance Counseling Program** – helps thousands of beneficiaries each year understand their Medicare choices and find the Medicare Prescription Drug Plan that best fits their individual needs.

***SeniorLine** at 664-9000 is LIFE’s information and assistance line. Our staff is specially trained in senior issues and resources and is available during regular office hours to help you with your specific question or circumstances.

***Community Education** – LIFE maintains an active speaker’s bureau that is available for community presentations and offers Senior Seminars every month on a variety of topics.

In addition to the programs described above, LIFE

also operates two Senior Centers for active and independent adults age 55 and older, and three Adult Day Services programs for adults who need daytime assistance while their spouse or caregiver works, attends to personal matters, or takes a much-needed break. LIFE also provides ADvantage and Independent Case Management services which help at-risk seniors continue living safely in their homes with the support of home- and community-based services.

Anytime you need information or help with a senior issue, please call LIFE Senior Services at 918-664-9000. LIFE Senior Services is a non-profit United Way agency that serves nearly 25,000 people each year, promoting independence, dignity, and quality of life for older adults.

Tulsa Hearing Helpers

“Where There’s a Willingham, There’s a Ray”

By Diana Higgins

Ok – I couldn’t resist using that title!

On April 13, Ray Willingham from the state equipment program will be with us. Ray is one of our favorite speakers – he not only can tell us about the devices that are available at no cost or low cost through the state, but he has an in-depth technical knowledge of how the equipment works. Bring your assistive technology questions – he’s the guy to ask! He will also update us on the latest CapTel (captioned telephone) models.

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.

Upcoming Speakers:

June 10 – Cody Francisco will tell us about his new position with the Department of Rehab Services, and update us on whether the state may be able to assist YOU or someone you know.

July 8 – Audiologist Carol Lambert will be back for her annual July visit! She always brings the latest information from the professional conferences.

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

Better Hearing Starts Young *By Brenda Carpenter*

My granddaughter Kaylea has an iPod Touch. Her mom and I were talking the other day, and several times throughout the conversation she was telling Kaylea, "Turn down that volume. Kaylea, I can still hear it. TURN IT DOWN."

I was worried. My daughter says Kaylea turns the volume up whenever she gets a chance. I wondered if there was some sort of iPhone app that would set parental controls on the volume. There is no app, but there *is* a built-in volume control with a password. I'm also going to be looking for some of those fancy-schmancy ear buds with the volume controls built in. (See TSHA's April newsletter.)

Here is some information I found about iPods, in-the-canal earbuds, and hearing loss.

*One recent study examined several commercially available **portable compact-disc players** and found that the **volume ranged from 91 to 121 decibels**. Adding earphones that fit inside the ear increased the volume by seven to nine decibels. Even the low end is considered over the threshold for safe, extended listening, which is 85 decibels for eight hours, according to the National Institute of

Occupational Safety and Health.

*Unlike the telecommunications industry, which regulates its sound outputs, **there are no standards regarding the loudness of personal music devices**. Yet in Europe, iPods, for instance, are capped at 100 decibels. There is no such limit on those sold in the United States.

*The National Hearing Conservation Association advises that if you have to shout above the music from three feet away, you should turn it down. **If someone else can hear your music from your earpiece, you are playing it too loudly**, said Thomas Willcox, associate professor in otolaryngology at Thomas Jefferson University. A small increase in the volume can make a big difference in how long you can listen safely. <http://www.bcheights.com/2.6173/listen-ipods-can-damage-hearing-1.915493>

If you need directions on how to lock the volume control on an iPod or iPhone, we can email or mail them to you. Contact dhiggins@tsha.cc, or call.

Better hearing starts young. Help your children and grandchildren keep the hearing they have.

Silent Dinners 2010

TSHA's Silent Dinners in Tulsa are a chance for sign students to practice, and for the Deaf community to socialize. Such fun! All levels of signing skill are welcome, from very beginning to native signers. We meet at the Woodland Hill's Mall Food Court at 71st and Memorial, about 6:00 p.m.

May 18th
June 17th

Tuesday
Thursday

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

Don't forget GAP

(Gathering As Professionals)

May 15, Saturday, 5:00 p.m. –

"A Mexican Mayfest"

Meet at the Mexicali Border Café downtown at 5:00 p.m., before or after you enjoy Mayfest.
Contact: dhiggins@tsha.cc or (918) 832-8742 to
RSVP by noon on May 13th.

Interpreter Workshop Was a Success *By Brenda Carpenter*

Thank you to all who came to the latest TSHA Skills Enhancement Series workshops. TSHA admires your diligence in pursuing opportunities for professional growth.

The panel on Friday night had such a variety of viewpoints. It was very interesting to see and hear them all. Thank you Linda Blue, Leah

Owens, Dr. Emily Thomas from Daybreak, and Stacia Swinford, LPC from Family and Children Services for agreeing to share their opinions and experiences with us.

Saturday's workshop was Dr. Emily Thomas sharing an in-depth look at mental health interpreting. She gave us excellent, concrete examples of ethical solutions to

some very sticky issues. We also learned about self-protection and self-care. She is a skilled and knowledgeable presenter.

Lunch was yummy, and it was a good break from so much thinking!

We look forward to hosting **another workshop August 13 and 14**. We haven't settled on a topic yet, so send us your ideas!

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 send two deaf summer camp kids on a field trip.

Contributions & Memberships

Contributions

Julia Shirk
The 2009 Williams Route 66 Marathon
Sertoma, Inc.

In Honor of:

Charles Wesley Young from James & Virginia Allen

Memberships

Dustin Martin
Naomi Denham
Ken & Jean Scrivner
Joyce M. Wilhelm



BOOK SALE & GARAGE SALE TIME!

It is spring cleaning time. We are now taking donations of items for our annual garage sale and book sale. Please check office hours for drop off times. Please contact us before bringing furniture.

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

MAY 2010

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



“Partner Agency of Tulsa Area United Way”

**Summer Sign Classes
Start June 7 & 8!**

Contact us NOW for enrollment
information.

kwilson@tsha.cc,
(918) 832-8742

**Summer Educational Interpreter
Training Institute**

Will be held in Sulphur for a
week this June.

Contact: *Traci Prince* for details
tprince@okdrs.gov, (580) 622-4930 (wk)

As of May 3, 2010

***Happy Hands Early Childhood Education
Center has a new address in South Tulsa!***

8801 S. Garnett Road
Broken Arrow, OK 74012-6002
918-893-4800
918-893-4899 Fax

*TSHA congratulates Happy Hands on their beautiful
new facility!*