

Building Bridges
for Better
Communication

Happy
Thanksgiving
from TSHA staff
and board.

INSIDE THIS
ISSUE

ED REPORT	2
GRATITUDE	3
SOUP & SIGNS	4
DONATE A STOCKING?	5
HOLIDAY SCHEDULE	6
T.V. NEWS	8

TSHA's Office Hours

Monday
8:00 am -7:00 pm

Tuesday- Thursday
8:00 am - 5:00 pm

Closed Friday,
Saturday & Sunday

Help a Child Hear!

The brand-new **Children's Hearing Aid Project (CHAP)** is processing applications!

This new program of TSHA's was the brainchild of audiologist Jacque Scholl. She saw family after family who didn't qualify for Medicaid, but whose insurance wouldn't cover their child's hearing aids either. Ms. Scholl and TSHA worked together to create CHAP.

Who can apply?

Families who:

Have a child 18 years or younger, with hearing loss in one or both ears

Do not qualify for Medicaid

Have been denied hearing aid benefits through their insurance

Cannot qualify for any other program

CHAP uses a sliding scale co-pay system.

Funding to launch the program has been received from a United Way venture grant, as well as generous private donations. Application packets are prepared and ready to send out. Applications are already being received and processed.

Help us inform families in need of this wonderful new project. Contact dhiggins@tsha.cc for an application packet, or for more information. Let's help all children hear their best!

Christmas is Around the Corner

Don't miss out on being part of our Saturday, **December 4, TSHA Holiday Party!** It's geared for deaf and hard of hearing kids and their families.

Our annual Children's Holiday Party will be held at Boston Avenue Methodist Church at 13th and Boston from 2:00 – 4:00.

Whether as a child, a parent, a deaf community member, or a volunteer, come enjoy our **FREE holiday carnival, with games, crafts, cookies and juice, prizes and a stocking full of goodies for every child!!**

Siblings, and children of deaf adults are also invited.

This is a special time for those who might

otherwise get lost in the hustle and bustle of the holidays. Our Santa Claus is deaf and signs, and Mrs. Claus will be there to interpret for those who don't sign.

Volunteers – Come and lend a hand! This is one of the most fun things you will have an opportunity to do.

Deaf adults – We hope you'll come too! You'll enjoy eating cookies and visiting with friends while you watch the children have a great time. This is one of the few times some deaf children will see deaf adult role models. Join us.

For more information on how to be involved, contact Diana Higgins at 918-832-8742 or dhiggins@tsha.cc.



Filling the Gaps

From the Executive Director's Desk

by R. René Ryan

For years, Tulsa Area United Way and foundations have been asking for “outcome measurements.” They want to ensure their money will make a difference.

That is really what it is all about.....*making a difference.*

TSHA's staff went through an intensive year long training to understand “outcome measurements.” Now, I completely agree we need to do more than just count the number of people we see, but the question still remains... how can we accurately *know* the difference we have made in peoples' lives until years later, when they have had a chance to live that life?

A deaf gentleman recently asked me about our new mission statement, “**Bridging gaps to improve the quality of life of those affected by hearing loss.**” He said that he did not feel that he had any gaps and didn't need any help with the quality of his life. Good for him! He doesn't need our services. He is living an independent, healthy life. That should be the goal for each of those we seek to serve. The whole reason

we are here is to assist those who DO need a little help along the way toward becoming independent.

We were fortunate in the training we received because the instructor had a hearing loss and she actually “got” what it is that we do.

However, there were three different incidents that happened this past year to make me wonder if we can ever *really* capture the “outcome.”

We are here to help people until they don't need us anymore.

During Souper Sunday last March, I was able to visit with someone I worked with in the early 1990's, and was able to catch up on what has been going on in their life. In September during Deaf Awareness Week, I was fortunate to visit with good deaf people that I worked with when I first started back in 1985, and again I caught up on their lives. The last event happened last week, when I had a visit from a deaf man I haven't seen in years.

I first met him in 1990 when he moved here as a fresh kid, sleeping

on his aunt's couch and helping take care of his nephews. We helped him get a job, an apartment, and then he didn't need us anymore. Years later, his life took a turn and he was homeless, unemployed, and without any hope. Staff quickly pulled together and we were able to give him the support and help he needed to get back on his feet.

Last week he came in to visit me. He apologized that he couldn't attend our events because he works and takes care of his family and goes to their events. When his kids are grown, he hopes to come back and be a part of TSHA again.

All I could do was think, *this* is the outcome we strive for, but can never capture or explain to funders.

We are here to help people until they don't need us anymore. The gaps in their life are filled. Quality of life doesn't mean all problems are solved. Quality of life, outcome measurement, making a difference... all three mean, “Sorry I haven't been around, I've been making a living and taking care of my family.”

How do we measure success?
Success is when we are no longer needed.

GAP (Gathering As Professionals)

The GAP committee has decided to postpone the November 13 activity. As is so often the case, GAPers are overscheduled and overcommitted. Stay tuned for information on a holiday activity coming up in December!



Gratitude

November in America is focused on the Thanksgiving holiday, reminding us all of our diverse histories that now lead us to celebrating how our lives intertwine. We are all so different from one another. Each one of us is unique and special. We can use our individual talents, skills, or abilities in a way that helps someone else or makes the lives of others better in some way. The differences we discover in each other build the diversity of our community, and together we accomplish great things. Together we make life better for those who come after us.

Keeping this perspective helps us to be thankful, because it tells us someone did the same thing for us. People before us fought for rights and accessibility that we now enjoy. We should appreciate these gifts of freedom and independence, and celebrate by living our lives well. We have so much to be thankful for, and so many to whom we can express gratitude!

People who have positive attitudes, who are kind, and who show gratitude – who take the time to smile, take

the time to say thank you, take the time to truly appreciate others – are healthier people! Research shows that they take better care of themselves, are better able to manage stress, and even have lower rates of heart disease and cancer. Grateful people are more optimistic, and research says that this improves your immune system; grateful people are sick less often!

As you prepare for a holiday based on “thanksgiving”, really take time to truly prepare. What are you grateful for? Make a list of the good things in your life. Who has made a difference in your life? Write them a letter and thank them. Then consider what you can do to make the world a better, brighter, happier, kinder, sweeter place – and go do it. You will be glad you did.

For more information about research on the health benefits of gratitude, click here:

<http://psychology.ucdavis.edu/labs/emmons/>

“Late-Deafened”

Tulsa Hearing Helpers

On November 11th, Sam Anthony will share his personal story about living with sudden deafness later in life.

A huge thanks to audiologist **Casey Newman** for a fascinating program on “Beyond the Hearing Aid Hype” in October. We will have to have her back, as apparently we didn’t get flyers out, and so many of you missed a great presentation.

We are still looking for programs for upcoming months, and need YOUR help! THH is your group – those of you with hearing loss can decide what topics you want to hear and who you want to hear present. Please contact Diana below with leads for future programs. .

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 captionist. Assistive listening devices and interpreters are available upon request, and our room is now looped, for those with t-coils.

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.

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

Just two left!

Silent Dinners in 2010, that is!

These are THE place for sign language students to practice and for Deaf people of all ages to socialize in sign language. Come to the Woodland Hill's Mall Food Court (71st & Memorial), after work... about 6:00 p.m. Stay until your hands get tired or the mall turns out the lights (I think they close at 9:00).

November 16th
December 2nd

Tuesday
Thursday

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

Unique Holiday Gift

Souper Sunday 2011 tickets should be available to purchase before the holidays. They'd be the PERFECT thing to tuck in someone's stocking! The date is **February 27, 2011.**

Theme: "Souper Bowl Sunday" (football!)

3:30 – 6:00p.m. (food opens at 4:00)

The SpiritBank Event Center
(105th and Memorial)

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

An AMAZING Silent Auction!

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

Medical Interpreting Workshop Received High Praise

TSHA's Medical Interpreting workshops on October 8th & 9th were very well received, by a full house of interpreters. Thanks to Brenda Carpenter, for all her hard work in putting together an amazing weekend of learning. The participants can say it best, so here are a few of their comments:



~"Great workshop! I would like to see a Deaf panel component to more of our workshops. Having their perspective is an invaluable piece of information. Thanks."

~"Thank you! Thank you! Thank you! It was a great workshop – all 8.5 hours. One of the best I've ever been to."

~"Thanks so much – there are so many great resources here! Your hours of research are clearly evident!"

~"It was helpful to hear seasoned interpreters share strategies they utilize."

~"Not often do interpreters share personal feelings and experiences and learn from the Deaf perspective. I really enjoyed the workshops both Friday and Saturday. The small group made it more informal. Thanks."

~"The best ethical workshop I have ever attended! Thank you! Brenda was superb."

~"Loved the real life scenario discussion!"

We value your input on topics and speakers you want to hear in TSHA's 2011 Interpreter Series. Contact bcarpenter@tsha.cc, or call (918) 832-8742.

Signs, Signs, Everywhere!

It's been an exciting time for TSHA's non-credit sign language classes... we have classes going on all over town right now!

In Tulsa, we have Sign 1 already more than half-way finished, while the class in Broken Arrow is also well under way. Our course in Bixby just started in mid-October, as did our first-ever classes in cooperation with Happy

Hands (at 88th and Garnett). The turn-out for these new mini-courses at Happy Hands has been amazing!!

We are also arranging to offer non-credit classes through the Jenks continuing education program in the spring, and are very excited about being able to serve this area of town as well.

Do you know a community that would benefit from sign classes? Let us know. **Do you need an onsite class for your business or organization?** We can arrange courses of any length, just for you. **Do you want to get information on our spring courses?** Just give us your name and mailing address, and we'll

add you to the list to receive our enrollment form. Spring courses will start at the beginning of February.

Be a part of the sign classes going on EVERYwhere...and you'll increase accessibility for deaf Oklahomans, while you increase your own knowledge.

She was Grateful

One participant in a TSHA presentation in October (to a group of seniors) called TSHA the very next day. She excitedly said that, based on information she had learned at the presentation, she had contacted the Indian Hospital, and DID qualify to get one hearing aid free, and to pay out the other! She was grateful to TSHA for connecting her with that resource.

Do YOU have a group that would benefit from a presentation on hearing loss, resources, sign language, etc? We speak to all ages, from preschoolers to octogenarians and beyond. Contact Diana at dhiggins@tsha.cc or (918) 832-8742.

THANKS for the Ballet

(Editor's Note: TSHA receives free tickets for our community to the dress rehearsals of the Tulsa Ballet. This is what one attendee had to say about the opportunity.)

"We enjoyed the ballet. It was beautiful. The tickets during the dress rehearsal allow our family to take our

daughter without worries. It is a slightly more casual atmosphere. Our daughter sometimes gets excited and might clap, or say "again" if she liked something. She is Deaf, autistic and has developmental delays and her behavior is not always socially acceptable. Our daughter loves ballets. Thank you."

Leslie Westfall

A Holiday Gift?

As my mind turned to things to be grateful for at this season of thanks-giving, one program came to mind – the **State Equipment Distribution program**.

Not a week goes by that I don't talk to a person who is excited and grateful to learn that they can apply for amplified telephones, flashing alerts for doorbell and phone, alarm clocks that vibrate, etc. – and possibly receive them at **NO cost or low cost!**

This program is paid for by the tax we all pay on our land lines for the "hearing impaired"... or it may be labeled "telecommunications tax."

This program is designed to level out access to the telephone – a necessity for emergency contacts. There's no reason why a person with hearing loss should have to pay hundreds of dollars to be able to use a phone when the rest of us can get one at a local store for \$15.

TSHA has the state applications, and is an outreach point for the distribution program. We'll be happy to set up an appointment to show you our equipment demonstration lab if you like, and can tell you what equipment can be applied for through the state. We'll help you fill out the application if you wish. A note – you can apply for equipment every 5 years, if your existing devices are in need of

replacement.

Perhaps you can arrange for a "holiday gift" for someone with hearing loss that YOU know. Contact Diana (dhiggins@tsha.cc) or Brenda (bcarpenter@tsha.cc), or call (918) 832-8742 (v/tty). Together we can give someone the gift of greater independence.



Ray Willingham with the State Equipment program holding a bed shaker.

Give a Stocking to a Child

Santa Claus gives out stockings chock-full of toys, trinkets, and snacks to the children at TSHA's annual Holiday party (see p. 1). That is possible only because of the REAL Santas – the generous donors who contribute money or items each year.

YOU can be a Santa for our kids! The cost of one full stocking is approximately \$10... with the hand-sewn fabric stocking counted in. If you can chip in \$10, you'll have brightened a child's holiday. If you can donate \$50, FIVE kids will have a happier day because of you!

Just send your donation to: *TSHA, 8740 E. 11th St., Tulsa, OK 74112...* and put "Holiday Party" on the memo line. What a rewarding way to play "Santa Claus"!



DRS / Garman Video Wins Award

Congratulations to our neighbors across the hall! Their video, “Your Rights and Responsibilities,” featuring Cody Francisco and Jessica DuPree, was selected as an award winner in the media category by the Mayor’s Committee on Disability Concerns.

A visionary team from Services to the Deaf and Hard of Hearing and Garman Productions made an ASL (American Sign Language) video reported to be the first of its kind in the U.S., for deaf clients of the Oklahoma Department of Rehabilitation Services’ (DRS). The video translates “Your Rights and Responsibilities,” a key publication given to every client in the employment programs offered by DRS’ Vocational Rehabilitation and Visual Services.



Cody Francisco and Jessica DuPree host the video. Both stars are deaf.



“I really do believe that the experience of volunteer work for TSHA has boosted me a lot. Learning how to work with a team, do whatever is required, and be positive is paying off for me...

...I thank you for the lessons ya taught me over the years about volunteer work... Hugs.” - “Papa” Rodger Cameron

TSHA will be closed on the following days:

November 24th and 25th for the Thanksgiving Holiday

December 8th for Staff Development

December 23rd-27th for the Christmas Holiday

December 30th for New Year’s Holiday

Remember if you are having a meeting in the conference room over the holidays, you need to pick up the key before 5:00 pm on the day before TSHA closes.

NEW! - Oklahoma Chapter of the American Sign Language Teachers Association

By Nina Moore, OklaASLTA secretary

Exciting news! The new officers for our new OklaASLTA chapter are:

President - Cody Francisco,
Vice President - Gary Davis,
Secretary - Nina Moore,
Treasurer - Sandie Busby,
Professional Development Chair - Kim Thornberry
Bylaws Chair - Lynn Z. Null.

Let’s give them cheers!!

Some of the ASL teachers had asked about the usual monthly meetings for ASL teachers at TCC-NE. So... some of us have decided that the next meeting will be **November 12th, Friday, at 3:30pm**. Monthly meetings will be informal, and will be just one hour (or two hours depending on the crowd) to discuss any issues.

Hearing Loss Often Unaddressed

“When left untreated, hearing loss often leads to isolation, depression, and other emotional conditions that can affect both mental health and quality of life,” says Sergei Kochkin, PhD, executive director of BHI [the Better Hearing Institute]. “Yet, hearing loss remains one of the most commonly unaddressed health conditions in America today.”

Don’t let hearing loss go unaddressed. Let TSHA help you bridge the gaps hearing loss has created in your life, or the lives of those you love. Contact dhiggins@tsha.cc or (918) 832-8742 to find out where to start.

Quote taken from a news release, “Link between Hearing Loss and Depression Highlighted by Better Hearing Institute for World Mental Health Day,” posted on October 7, 2010. Learn more at <http://www.betterhearing.org/>.

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)

- Friend \$25 +
- Supporter \$50 +
- Advocate \$100 +
- Sponsor \$250 +
- Benefactor \$500 +
- Champion \$1,000 +
- Other: _____

Keep me updated on events/information on the following:

- Hard of Hearing
- Deaf
- Cochlear Implants
- Equipment
- Professionals in the field of Hearing Loss
- Children
- Sign Language
- Oral Communication

Your Supporter membership will provide stockings full of goodies for 5 children at our Holiday Party.

Contributions & Memberships

Contributions

The Williams Foundation

Donation for CHAP

Gayle Burns

**Donation for the Children
Holiday Party**

Doris Bush Maher

Mr. Pat Gallagher
Quota International of
Tulsa
Roy & Sherry Heim
George Hazlett
Phyllis Scott
Jimmy & Janie Schwyhart
Wayne Jolly
Barbara Sabourin
Marilyn Spencer
Norma Howelll
Darine Stallings
Pat Gallagher
Robert & Darla Lane
Gina Feiock

Memberships

MaryAnn Duncan
Judith Wollaston
Judy Elliott
Dr. Dean & Vesta
VanTrease
Kaye Hughes
Betty Giebel
Doris Furness
Larry & Kathie Jones
MaryJo Bennett
Alan Blattstein
Linda Booker
Dora Leimbach
Lecil Phelps
K Caldwell

Judy & Merlin Ingram
Jinny Wynn
Mary Jo Johnson
Angela Carroll
Wayne & Barbara Roberts
Rhoda Smietanski
Jo Ruth Shelley
KT Laughlin
Helen Troy
Beverly Smith
Lou Honderich





**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

NOVEMBER 2010

Mission: Bridging gaps to improve the quality of life of those affected by hearing loss.



“Partner Agency of Tulsa Area United Way”

Watch TV channel 17/local cable

Lynn Null, Independent Living Coordinator, and Diana Higgins, Community Relations Manager, recently taped an interview on deafness and hearing loss that will air:

Friday, Nov. 26 at noon

Mon., Nov. 29 @ 10:30 a.m.

Tues., Nov. 30 @ 2:30 a.m.

Thurs., Dec. 2 @ 2:30 a.m.

Top ten things I am thankful for:

By Rene' Ryan, Executive Director

10. My own office without grey walls
9. Four day work weeks
8. An active board
7. Every day is different
6. Volunteers that help make our job a little easier
5. A Strategic Planning Committee made up of Type A personalities
4. Those that provide us with financial support
3. The people that allow us into their lives
2. A family that has supported me in doing what I love
1. A dedicated staff that **doesn't** say, “That’s not my job.”