

August 2011

Building Bridges
for Better
Communication

Deaf Awareness
Week Preview
Page 6!



Fall Sign Classes

We have an exciting slate of non-credit sign language classes to offer you this fall – more than EVER! To receive full enrollment information, contact us with your name, email and mailing address – we'll be happy to add you to our sign class mailing list. Most courses are for ages 13 – adult.

Sign 1 – Tulsa

This 10-week course meets Tuesdays, 6:30 – 8:30 p.m., Sept. 13 – Nov. 15. Learn HUNDREDS of signs in this fun class, which will help you communicate with deaf people of all ages! Tuition: \$70, Text: \$20

Sign 2 – Tulsa

This 10-week continuation of Sign 1 meets Mondays, 6:30 – 8:30 p.m., Sept. 12 – Nov. 14. Tuition: \$70, Text: from Sign 1

Intro to Sign

These are shorter versions of Sign 1, offered in partnership with continuing ed programs in surrounding communities. We're bringing the classes to YOU! All meet 6:30 – 8:30 p.m. All texts are \$20.

NEW! - Owasso – Tuesdays, six weeks, Sept. 13 – Oct. 18, \$50 tuition

Broken Arrow – Mondays, eight weeks, Sept. 26 – Nov. 14, \$60 tuition

Jenks - Thursdays, six weeks, Sept. 29 - Nov. 10 (No class Oct. 20.) \$50 tuition

"Book Club"

We'll take a different children's book each night and teach you how to sign it. Apply this experience directly to reading a book to the children in YOUR life! This six-week class will meet on Thursdays from 6:30 – 8, at Happy Hands, from Oct. 6 – Nov. 10. Tuition: \$40. Childcare available at a minimal cost.

"So, a Deaf Person Walks into Your Office...or - How to Assist Deaf & Hard-Of-Hearing Patients"

If you work in a doctor's office, clinic or an emergency room, how do you communicate with a deaf or hard of hearing patient until a professional interpreter can arrive? This is an interactive course, that is chock full of information and signs for your workplace and beyond! Choose one of two 3-week sessions (6 hours total each) Tuition: \$75

TCC Metro - Thursdays, September 8-22, 6:00-8:00 pm

TCC Southeast - Tuesdays, September 27– October 11, 6:00-8:00 pm

Contact kwilson@tsha.cc for full enrollment information, and "fall" into learning!



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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

Deaf Community Social Events

August 20—1:00-4:00 p.m.— Coupon Workshop!

Come join us for a fun-filled afternoon of learning how to save money when you shop, whether it be for groceries or everyday items. We are very excited to have Oklahoma's very own Coupon Junkie Mary Grotelueschen coming to TSHA to present. Space is limited so contact Lynn Null at lnull@tsha.cc to sign up. Workshop is free and all participants will get an envelope of coupons to get them started. Interpreter will be provided.

August 21—2:00 p.m.—Europe Trip Meeting

We've been discussing a possible trip to Europe in June 2012 with our own interpreters and trip coordinator. This meeting at TSHA will finalize the details! All people are welcome to come. Contact Diana at dhiggins@tsha.cc for more information.

August 28 – 3:00 p.m. – Deaf Day at The Shock!!

We're booking seats at a group discount for the **Sunday, August 28th** game between the Tulsa Shock and the Connecticut Sun women's basketball teams. We already had 17 people committed when this newsletter went to print.

Tickets will be just \$10 each – half the normal rate! The game starts at 3:00 p.m., at the BOK Center.

Let's see how many we can get together to support Tulsa's team, and to enjoy the company of our community at the same time.

We may still be able to add a few last minute people to our group. Contact dhiggins@tsha.cc for more information.

Future activities:

October 8, Saturday, (tentative)– **Fall Fun**

December 30, Friday, time TBA – *Winterfest!*

Last Summer Silent Dinner

Gather with deaf individuals and sign students at Woodland Hills Mall Food Court (7th & Memorial), 6:00ish to mall closing. Gatherings are open to all and are informal – no agenda or program.

**Thursday
August 25th**

For more information, contact Kirsten or Diana at (918) 832-8742, or kwilson@tsha.cc.
www.tsha.cc

Needed:

Rummage Sale Items & Shoppers!

It's almost time again for the gigantic annual TSHA Rummage Sale that benefits United Way and TSHA. We've gotten lots of great treasures, but we still need YOURS.

Bring donations to TSHA before September 8, as we will have volunteers to sort and price them during the United Way Day of Caring on September 9.

We also **need volunteers** to take a shift on the 16th itself, helping set up, tear down, and keep organized in between. This is a fun day, with lots of time for visiting and a chance to get great bargains as well. (*Plus, we'll feed you!*)

Lastly, what's a sale without shoppers? On September 16, from 8:00 – 3:00 (or later), you'll be able to pick up an entire new wardrobe, redecorate your home, or get a room full of craft supplies– all at great prices. Tell all your friends to come by!

Independent Living Coordinator/Advocate

Guess What? I am struggling with where to start...at the beginning, or middle, or current point of my life. Guess I'll start somewhere between "middle" and "current".

Prior to the start of my employment as Independent Living Coordinator & Advocate here at TSHA, I proudly served on TSHA's board of directors from 1989 to 1994, ending with my position as Vice President. I also volunteered as one of the peer advisors in the Independent Living program.

On a glorious day - January 17th in 1994 - I respectfully left the board to become a paid staff member.

In addition to my job at TSHA, I taught American Sign Language classes at Tulsa Community College as an adjunct instructor for the past 20 years.

The list of my involvements in the deaf community on local, state and national levels over the years I have been employed at TSHA is numerous, and to the best of my recollection, they are:

- Tulsa Association of the Deaf
- Oklahoma Association of the Deaf
- National Association of the Deaf
- Relay Oklahoma Advisory Council
- Deaf Interpreter
- State Independent Living Council, appointed by Governor
- Oklahoma Rehabilitation Council, appointed by Governor
- Tulsa Mayor's Commission on Employment for the Disabled

- Citizens, appointed by the Mayor
- Oklahoma Deaf Women Conference
- Greater Tulsa Deaf Caucus Local 911 Advisory Committee

I am currently the president of the Oklahoma Association of the Deaf. I am a past president, and past secretary as well. I served on the National Association of the Deaf



board as a Region III representative for 11 states from 2003-2008, and as secretary from 2008-2010.

Now on to wrapping up... with the BEGINNING of my life!

My father was in the Navy throughout my childhood years. I was born in Jacksonville, Florida and I am the eldest of 5 children. Also, I am the only deaf person in the entire clan. That poses a communication challenge even to this day. I was born deaf as a result of rubella that my mom got during pregnancy, which was a common

cause of deafness at the time. My parents were referred to John Tracy Clinic and signed up for their correspondence courses up until I was 6 years old. My parents were taught early on that sign language was taboo, and a detriment to my birth-given rights. I can safely tell you that this kind of information was incorrect. Throughout my childhood years, I struggled to understand English without the benefit of sign language. From that experience, I can safely report that, in my opinion, it is best to use a bilingual language approach (written English and sign language) through the early acquisition of language.

Today, I am a proud mother of two. They are hearing and proficient in American Sign Language, especially since it was their first language before their acquisition of spoken English through school, television, radio and

family. I have 7 grandchildren (4 boys and 3 girls) ranging from age 19 to 5.

In closing, I would like to ask you if you are watching "Switched at Birth" on the ABC Family channel? That show is growing on me after the third episode. I'm learning to step aside from my own comfort zone and appreciate the education provided to the general public about deafness.

Oh – and did I mention that I'm a history buff?

Don't forget to check us out on the web!

<http://tsha.cc/blog/>

<http://www.facebook.com/people/Tsha-Tulsa/1812573970>

<http://twitter.com/tshainc>

ADHD-Attention Deficit Hyperactivity Disorder

BY DR. EMILY THOMAS



Attention Deficit Hyperactivity Disorder (ADHD) is a popular term that describes many behaviors usually appearing in young children. Adults can also have ADHD, though many children with ADHD may grow out of it as they become teenagers. There is also ADD, which is the same set of behaviors but without hyperactivity. ADHD can be diagnosed as early as age 3. ADHD is caused by a combination of genetic, nutritional, and social factors.

Symptoms of ADHD can be confusing and stressful both to children and to parents. Many of the symptoms are actually normal in most people, as we all have experiences of different energy levels, acting impulsively, struggling to pay attention, daydreaming, or difficulty sitting still for long periods of time. The difference between these normal experiences and symptoms of ADHD is when these symptoms are severe enough they interrupt or impair functioning at home, school, or work.

Treatment for ADHD includes therapies which help reduce the symptoms and improve functioning. Psychotherapy helps clients improve focus, increase attention, and utilize coping skills. Medication therapy helps reduce symptoms related to focus, distractibility, and hyperactive behavior. Together, these therapies increase positive interactions with others and improve functioning. This improves the mood of the person with ADHD and those around them!

For more information: <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002518/>

Tulsa Hearing Helpers **"Hearing Aids 101"**

August 11 – Jeff King, Hearing Instrument Specialist with Advantage Audiology, will speak on "Hearing Aids 101" – he'll answer all the most common questions that YOU tend to ask professionals about hearing aids.

Our thanks to Carol Lambert for bringing us up to date on a bit of everything in July – thanks, Carol!

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 captions. 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. Bring someone along!

Upcoming Speakers:

September 8 – Bob Roberts, Disaster Preparedness

October 13 – Glenna Cooper, Sprint's Wireless CapTel

November 10 – Regan McManus, INCOG Area Agency on Aging

December – Happy Holidays – no meeting

January 12 – Jacque Scholl, audiologist

February 9 – Cathy Reynolds, TPD, on staying safe with hearing loss (tentative)

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

TSHA Interpreter Series Workshop on Medical Interpreting

We are expecting a huge turnout for this workshop. Randy presented at OKRID in January and his sessions were packed out!

TSHA's next workshop, featuring Randy Thress on medical interpreting, will be **September 30 and October 1.**

Randy will be leading us through the strange world of interpreting in the medical arena. We will learn new words and new concepts. We will outline and familiarize ourselves with the general pattern of a medical visit and the nuances of an emergency medical visit. We will explore the more common general medical diagnoses and the ten most common illnesses of an emergency room visit.

It will be not only a great course for interpreters working in the community, but will also prepare interpreting students for what is to come.

Plan now to attend! More details next month.

Hearing Loss Put Benefits on Hold

I am a 69 year old, retired engineer. I have had hearing difficulty for over 40 years. In the last 10 years my hearing had deteriorated to the point that I could not communicate on the telephone any more.

When I retired at age 65 I was eligible to receive retirement benefits from my past employers. These benefits were held in trust by a third party in another state. The only way to activate the benefits was by telephone.

As customary, my wife called to take care of activating my benefits on my behalf. The benefits administrator would not allow her to activate my benefits for me. They said they had to talk to me personally and have me answer some personal questions to verify my identification. She explained that I was very hard of hearing and could not understand well enough to communicate on the phone. They explained that it was their rule and they would not change it for me. We tried calling them and using a speakerphone so my

wife could coach me for the proper reply. They said that was not an acceptable method since they could hear her assisting me. We spoke with several management personnel over many months trying to resolve the situation to no avail. They would not allow an interpreter to intervene!



“The only way to activate the benefits was by telephone.”

I went to TSHA for advice and assistance in applying for my retirement benefits. Diana Higgins advised me that they could loan me a CapTel phone and instruct me on how to use it. I notified the benefits office that I was using the CapTel and there would be a slight delay in my responses. I was able to successfully apply and receive my retirement benefits. I also applied for the retro benefits as they were delayed due to circumstances beyond my control and was awarded all back pay!

Many thanks to TSHA for your advice and equipment loan!!

Wayne Roberts

Salvation Army **ANGEL TREE PROGRAM 2011**

This program provides assistance for families with children ages 0-12 years of age and for Senior Citizens ages 62 and older. Tulsa county residents only. Residents of Sand Springs (918) 245-2237, Sapulpa (918) 224-4415 & Broken Arrow (918) 258-7545 must register in their own area.

Applications for 2011 Christmas Angel Tree Program will be by appointment only.

So that you may apply for assistance at the Christmas Center, Tulsa area residents must go in person to The Salvation Army Area Command to receive an appointment letter.

Salvation Army Tulsa Area Command, 924 South Hudson Ave. (Corner of 11th Street and South Hudson Avenue) Follow the signs to the entrance.

Appointment letters available daily, 9:00 AM—3:00 PM BEGINNING AUGUST 15, 2011.



First Deaf Female Superintendent of OSD Named

Congratulations to KaAnn Varner!

She is the second deaf person to take the reins of the Oklahoma School for the Deaf as the Superintendent. Dr Ralph White was the first. We wish her the best of luck!

“Communication Spectrum”

2011 Tulsa Deaf Awareness Week Schedule:

Friday, September 16:	TSHA’s Annual Rummage Sale 8am
Saturday, September 17:	Deaf Crazy Olympics khakey@c-s-d.org or mfrancisco@okdrs.gov
Monday, September 19:	Silent Dinner, 5:00ish (see Sept. Newsletter for location) dhiggins@tsha.cc
Tuesday, September 20:	Deaf, Deaf World workshops, TSHA Open House, Poster Contest dhiggins@tsha.cc
Wednesday, September 21:	Church Service at Praise Assembly Deaf Church jjschwyhart@gmail.com
Thursday, September 22:	Cochlear Implant Support Group CarolALM@aol.com
Friday, September 23:	Student Day lnull@tsha.cc
Saturday, September 24:	“Safety in Any Language”, 1-3:00 pm Downtown Police Dept. dhiggins@tsha.cc

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 fund a 1 ½ hour presentation to 50 college students (future professionals) about the capabilities of people with hearing loss.

Contributions & Memberships

Memberships:

Billy B. Strong
Linda Blue
Vicki Potts

Donations:

Robert LeMons
William Bonds

CHAP:

Allan P. Scholl & Nari M. Scholl

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



Pictures from Summer Camp

Left: Michael and Devin practicing their Karate moves while volunteer Tracy watches.

Right: Camp 2011 crew.





**Total Source for
Hearing-loss and Access**

8740 E. 11th Street Ste. 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

AUGUST 2011

TSHA is in Compliance with New Law

By Yamileth Canales

On July 12, 2011 – I had the opportunity to attend an informative presentation regarding the Oklahoma Senate Bill 1070 new rules and regulations. The vision of this bill – The Oklahoma Solicitation of Charitable Contributions Act, is to enhance professionalism and integrity for all nonprofits.

Senate Bill 1070 took effect July 1st, 2011 and requires all Professional Solicitors and Charitable Organizations which solicit contributions to file annually with the Secretary of State’s Office. The bill was designed to enhance the accountability and transparency of the solicitation process, which in turn will minimize fraud and increase professionalism in the nonprofit sector.

TSHA, Inc. is in compliance with this law, and annually renews its registration. If you would like to verify that we are in good status, you can visit www.sos.ok.gov, click on Charitable Organizations, then look it up by our name (TSHA, Inc.) or by our registration number: 4312141025.



<http://tsha.cc/blog/>



<http://www.facebook.com/people/Tsha-Tulsa/1812573970>

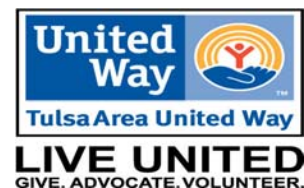


<http://twitter.com/tshainc>



Scan with smart phone for more information.

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



“Partner Agency of Tulsa Area United Way”