

Building Bridges
for Better
Communication

*Buy an "I Love You"
pin for a sweetheart.
Available at
TSHA's gift shop.*

**INSIDE THIS
ISSUE**

- CRAZY FEBRUARY 2
- CHOOSING A MATE 3
- TRIP TO EUROPE? 4
- STAFF SPOTLIGHT-
BRENDA 5
- SAFETY TIPS 6
- AUCTION
CHALLENGE! 8

TSHA's Office Hours

Monday
8:00 am -7:00 pm

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

**Closed Friday,
Saturday & Sunday**



SOUPER Bowl Sunday!

Tackle anyone who gets in your way! Run straight for the end zone, where a TOUCHDOWN of tasty treats awaits you. Load the family up for a "tailgate party" where you don't have to do the cooking!

Ok – the party is NOT on your tailgate. It's at the beautiful **SpiritBank Event Center** (approx. 105th & S. Memorial).

February 27th is our 29th annual SOUPER Sunday, and we've returned to the original "Super Bowl Sunday" football theme for this festive family fundraiser.

You'll enjoy dozens of bowls of savory soup (some adventurous souls try to taste each and EVERY one!) along with all-you-can-eat breads, desserts, and beverages from local eateries.

It's all to support TSHA's (Total Source for Hearing-loss and Access) quality services for deaf and hard-of-hearing people of all ages. Since one in every 10 people has a hearing loss, chances are good this will benefit someone YOU know.

Don't forget to save up for shopping. We'll have hundreds of beautiful baskets to bid on, plus gift certificates and more – in ALL price ranges. Find something

for that special graduate or bride, find a basket for the child in your life, or take home a little something special just for yourself or your sweetheart.

Souper Sunday is held from **3:30 p.m. to 6 p.m.** Advance tickets are **\$20 for adults and \$10 for children** under age 12 (5 and under free!) A portion of that amount is tax deductible. Tickets may be purchased at the door for \$5 more each. Corporate and individual sponsorships are available.

TSHA is a United Way member agency. This is our **ONLY** fundraising event.

For more information, contact 832-8742, dhiggins@tsha.cc, or check out www.tsha.cc.

P.S. We still need your help! Volunteer at the event, bring friends along, or donate

something to our Silent Auction. We can't succeed without YOU.

Working together, we can make a "touchdown" for services for people with hearing loss!



These are only a few of the items that will be in the silent auction.





Crazy, Stressful February!

From the Executive Director's Desk by R. René Ryan

Ah... February. Such a crazy, stressful time at TSHA! Staff members work hard carrying on with regular tasks and continue to see consumers, while trying to dance around bad weather and knowing that Souper Sunday is looming ever closer.

The success of Souper Sunday is vital to the financial bottom line of TSHA. It is rare that foundations will support the *administration* of an organization; however, without the administration, the programs cannot function and we cannot serve people.

What is amazing, that you may not be aware of, is the crazy amount of work that goes into the making of Souper Sunday. Board member Ryan Zilm is serving as this year's chair of Souper Sunday, and he has done a fabulous job in keeping everything moving forward. The event isn't until **FEBRUARY 27th**, when I would love to see you all there. But volunteers have already spent hundreds of hours in preparation to make this year's event a huge success.

I look forward to seeing you at Souper Sunday. I hope this year is a good one for you. I am looking for great things from the Board and staff in 2011. As TSHA moves forward with our Strategic Plan, we are looking at how we can better meet your needs and I would love to hear your feedback.

Still Time to Sign On

Since we have classes starting throughout February, and even one in April, you can still get in on a non-credit sign language course. NOW is the time to learn!

We are more excited than ever about our Spring 2011 offerings... you have double the locations and multiple topics and course lengths from which to choose!

A brief listing:

- Sign 2** (10 wks) Mondays - Tulsa
- Sign 1** (10 wks) Tuesdays - Tulsa

Bixby (6 wks) Thursdays
Broken Arrow (8 wks) Tuesdays
Jenks - Signs Around the Home
 Tuesdays, 4 wks., & **Sign Language for Emergencies**
 (same).

TCC Conference Center – Sign Language in the Workplace
 Wednesdays, 4 wks.

Happy Hands (8 wks.) Thursdays.
 Childcare available at this location only.

For complete details, or to enroll, see www.tsha.cc. There's a place to click on the home page. Or contact kwilson@tsha.cc or dhiggins@tsha.cc, or call (918) 832-8742 v/tty.

Thursday, February 24th

6:30 pm– 11:30 pm

The Ivey Lounge
 3340 S. Peoria Ave.

Tulsa Hears a Who...

Fundraiser benefitting the
 Children's Hearing Aid Program

Food and drinks provided by
 Wolfgang Puck

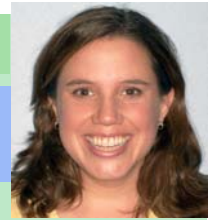
Contact:
 Lindley Welch at 743-3620

Upcoming Silent Dinners

Gather with deaf individuals and sign students to socialize and practice sign language. Woodland Hills Mall Food Court, 6:00ish to mall closing.

February- Thursday 17, March- Monday 21, April-Tuesday 12

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



Choosing a Mate for a Lifelong Relationship



As we celebrate the month of love, with all the cards and candy and flowers, it is a good time to

remember those who have lost loved ones as well. Taking a moment to smile, to chat, or to send a little card or note or email to a grieving friend is an excellent way to show love. The best thing about love is sharing it! For those still seeking "love", I wanted to share information from one of the handouts in my office that is most requested, most popular, most asked for... and most helpful, I think. It is from Clarissa Pinkola Estes, who is a psychologist/author I have studied. Here is what she says about finding love, or "Choosing a Mate for a Lifelong Relationship" (adapted for this article):

Choose someone without looking. What is their capacity for kindness, insight, devotion, ability to be concerned? What is their ability to care for themselves as an independent being?

Choose someone with the ability to learn. Those who are without knowledge are often intolerant. Find someone not rigid in their views, someone who is learning

and evolving.

Choose someone who is willing to be like you. Two healthy people are both, as individuals, strong and sensitive, tough and fragile. You and your partner should be like a tree which is flexible in the wind, bending but not breaking. Find someone who is sensitive and alert.

Choose someone who when you hurt them, they feel pain and are willing to show it. And when they hurt you and you show pain, they are able to see your pain and they feel sorry.

Choose someone who has an inner life, who has something they love (hobby, spirituality, passion), who is on their own journey and sees you as a sojourner. Find someone who is on their own journey, but can be a companion on yours. A lifelong partner is a friend who has the ability to be separate as well as together.

Choose someone who has similar passions as your own. Make memories together and create your own rituals, even a simple shared activity like walking around the block nightly.

Choose someone with similar

values as you.

Family roles, childbearing, childrearing, religion, roots, roles, money. Work out these issues before making long term decisions.

Choose someone who is compassionate. Find someone who is willing, able to listen, who gives equal time to your experience as their own, someone who says thank you and is grateful for you.

Choose someone who can laugh at themselves. Especially in times of conflict. Learn to stop an argument in mid-sentence. Someone who is able to let go and move on.

Choose someone who is able to overlook certain faults and characteristics. Know what characteristics you can live with, Avoid characteristics that take the person away from their soul life, (i.e., addictions, lethargy, not trying, "stagnant", getting stuck, not participating)

Choose someone you can be friends with and not just lovers.

Choose someone who makes your life bigger rather than smaller.



GAP (Gathering As Professionals)

This is when you can leave the kids at home, put the work week behind you, relax and come out to enjoy good conversation, friends, and most often – food! GAP is designed for people age 21 and over who are deaf, hard of hearing, or hearing individuals connected to the community.

RSVP to Diana Higgins at dhiggins@tsha.cc or (918)

832-8742 v/tty. Diana will be happy to add you to her GAP email list – just send her your address. That way you can be notified of events as they occur.

February 6, Sunday – Super Bowl Party

Make watching the big game more fun! Gather at Compadres at 71st & Sheridan to watch the game (or the commercials?!) with good company around you. The time to meet will be emailed to the GAP list and those who RSVP by Feb. 3 at noon.

Tulsa Hearing Helpers “Author and Woodworker”

Our thanks go to Andrea Tadpole and her hearing dog Toby for a very informative presentation in January.

We're very excited about our February program, when we will have a brand-new guest. Come meet her!

February 10 – Special guest speaker, author Barbara Howell

Barbara has written about the trials she faced taking over her husband's woodworking business, and establishing Southern Ladies Showcases. Her email below will give you an idea of what this inspiring woman will share with us:

“I'm an Oklahoma author (Tulsa) and have written an inspirational autobiography

about my life. I have had the opportunity to speak to many clubs and Church groups throughout the state. I share my experiences after personal tragedy and being thrust into a profession I didn't understand. I'm a real life example that with grit, determination and faith, you can overcome any obstacle. That's the message I leave groups with when I speak.

“I have had the opportunity to speak to other deaf and hard of hearing groups and love the opportunity to encourage others with the same struggles that I myself have lived with and overcame in spite of them.

“In my book, ‘Splinters’, I tell how I wound up in the profession after a series of struggles, family crisis and my own physical handicap (70% Deaf). The book has

won several awards this past year. And I will be featured in Tulsa Performance Magazine's Spring Issue.

“You can learn more about me and my book on my Web site at

www.SplintersBook.com.

During my presentation, I always like to do a drawing and give away a free copy, read a portion of the book and give a synopsis of the story.”

Barbara Howell

Barbara should have copies of her book for sale and signing. It was listed at \$19.95 on her website.

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, family members, and ANY interested individuals.

Upcoming speakers:

March 10 – Linda Blue, the return of a favorite hard-of-hearing speaker and interpreter!

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

Trip to Europe?

We have been talking with Darek Jarmola, who has planned many educational trips abroad for Tulsa Community College. See www.authenticeurope.com.

He is very interested in working with a group from the Oklahoma deaf community to plan a trip abroad.

We're looking at 2012, so everyone would have plenty of time to save up.

So – we are writing this article to see if there is interest!

The group would be 10 – 21 people, and since it will be a small group, each person can give input on where they would like to go, though at some point that will have

to be set. We have discussed the possibility of visiting the area Laurent Clerc was from, and of finding an opportunity to visit with deaf individuals in Europe.

The tour would be interpreted in ASL. We have discussed having two interpreters go, who could take turns and pay a reduced rate for the trip.

Darek recommends 8 – 10 days as a good length. The destination is up to us... he does say that Italy (Rome, etc.) is a favorite.

Cost would be in the neighborhood of \$2800 per person (though exact amounts can't be decided until the

group decides where it's going and for how long). That would include airfare, lodging, and some meals.

Darek would take care of all the details and logistics.

If you have ANY interest at ALL, please let me know asap. We will host an informational meeting with Darek in April for all those who want to learn more. In the meantime, let me know if you have a destination you'd especially like to see.

The trip is open to deaf, hard-of-hearing and hearing individuals.

Start saving up now, to see Europe with full access!

Staff Spotlight on...

Brenda Carpenter

(Editor's Note: We plan to spotlight each staff member by the end of the year, so you can get to know those of us at TSHA better. We hope you enjoy this feature!)

I have been at TSHA so long that it is my second home! I have been working at TSHA since December of 1992, and that's a really long time. My responsibilities have changed several times over the years, and I have enjoyed each change.

Currently I am the person responsible for ensuring TSHA's computers are up and running, the company's computers are connected with each other, and the TSHA website is up-to-date.

Additionally I manage our Assistive Technology Center. When needed I also help out in Interpreter Services by accepting requests for interpreters, scheduling interpreters, and working on any special projects that come up. I am a nationally certified sign language interpreter.



I live on a farm north of Tulsa with my sweet husband of almost 34 years, our two very badly behaved Miniature Australian Shepherd puppies, many cattle, dogs and cats. I have three daughters and four grandchildren. We have another little granddaughter who is due to arrive in March. **WARNING:** Do NOT ask me about my grandchildren. I will tell stories about them for hours. You have been warned. Don't make me make you regret asking.

In my spare time (Spare time? Is that a joke or something?) I enjoy painting with colored pencils, working on websites for various community organizations, trying out recipes from ThePioneerWoman.com, and playing with those grandkids. In the spring and summer you can find me at the softball fields admiring my oldest granddaughter's mad skills. And in a couple of years I will be sitting in the bleachers greatly enjoying watching another granddaughter playing t-ball.

CAN YOUR DOCTOR FIND YOU?

By Linda Hawkins, Interpreter Coordinator

Interpreter services has heard from many doctors recently who are having trouble contacting their patients. They mistakenly think we have contact information for a patient just because the patient is Deaf. It causes frustration for your doctor's office and for you when you miss information because they cannot reach you. Now may be a good time to contact your doctor's office to update your contact information. Make it clear to them what the numbers you give them are for. Some numbers may be phone numbers for a friend or family member, or fax numbers or VP numbers.

Don't let important information pass you by because you did not keep your doctor's office updated.

OKRID Conference – Educational Interpreters Forum *By Brenda Carpenter*

Friday evening at the OKRID Conference there was a forum for individuals who either currently work as or plan to work as educational interpreters. In 2002 Oklahoma passed the Oklahoma Educational Interpreter for the Deaf Act. This law set forth qualification requirements for those who work as an interpreter in the K-12 educational setting. The law also requires these interpreters to register with the Oklahoma State Department of Education. In addition, they are required to earn a certain number of continuing education units focusing on educational

interpreting.

Registering on the educational interpreter list and reporting earned CEUs has not been enforced. Partly because of encouragement from the Deaf community and parents of children in the Deaf Ed programs, the Department of Education is now partnering with Department of Rehabilitation to begin tracking and monitoring interpreters working in the K-12 school setting.

Continued on pg. 6

“Conference” continued from pg. 5

Letters were sent to all special education programs in Oklahoma. The schools were informed that they must report individuals whose work, not job title, involved interpreting for Deaf students. Letters were also sent to all QAST interpreters informing them that the law will now be enforced, interpreters in the school setting must register, and they must report their CEUs. This applies to all individuals who work as full-time, part-time, or substitute interpreters.

Proof of registering and/or removal of your name from the Educational Interpreter list must be submitted to SDE & DRS/QAST by January 31, 2011.

Questions concerning the registry may be addressed to Department of Rehabilitation Services representative LV Berglund at (405) 522-7936. Her email is LBerglund@drs.state.ok.us. For the Oklahoma State Department of Education contact Mark Everhart at (405) 521-4863. His email address is mark_everhart@sde.state.ok.us.

FYI... The Educational CEU cycle is from July 1st to June 31st which is NOT the same as the QAST CEU cycle.

Carbon Monoxide Safety Tips

*Condensed from an article by Bob Roberts, fellow Language and Culture Bank member
(Editor's Note: We share this in hopes of keeping our community safer.)*

Carbon Monoxide (known by the chemical symbol CO) is a colorless and practically odorless gas. It is poisonous to people and animals. Appliances fueled with natural gas, liquefied petroleum (LP gas), oil, kerosene, coal, or wood may produce CO. Burning charcoal produces CO. Running cars produce CO.

According to the Consumer Product Safety Commission, **every year over 200 people in the United States die from CO** produced by fuel-burning appliances (furnaces, ranges, water heaters, room heaters). Others die from CO produced while burning charcoal inside a home, garage, vehicle or tent. Still others die from CO produced by cars left running in attached garages. Several thousand people go to hospital emergency rooms each year for treatment for CO poisoning.

What are the symptoms of CO poisoning?

The initial symptoms of CO poisoning are similar to the flu (but without fever). They include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

At higher concentrations, people can experience impaired vision and coordination, headaches; dizziness, confusion, and nausea. In very high concentrations, CO poisoning can cause death.

Buy and Install CO Detectors/Alarms

The American Red Cross recommends that everyone install CO Detectors/alarms in homes and recreational vehicles. **(Editor's Note: You CAN purchase CO alarms with visual alerts.)**

What can you do to prevent CO poisoning?

Make sure appliances are installed correctly.

Have the heating system (including chimneys and vents) inspected and serviced annually.

Only burn charcoal outdoors, never inside a home, garage, vehicle, or tent.

Do not use portable fuel-burning camping equipment inside a home, garage, vehicle, or tent.

Always make sure to turn off any gas-powered engine (car, truck, motorcycle, ATV, lawn mower, chain saw, or generator) inside an attached garage or basement. Even if the garage door is open, you can still be affected or killed by CO.

What should you do if you experience symptoms of CO poisoning?

If you think you are experiencing any of the symptoms of CO poisoning, get fresh air immediately. Open windows and doors for more ventilation, turn off any combustion appliances, and leave your home. Then call your fire department and report your symptoms.

For the complete article, which includes references, contact 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 cover newsletter postage for one month.

Contributions & Memberships

Memberships:

Frank & JoAnn Proctor
Marquetta Finley
Wayne Phelps
Kaleb Arjes-Maddox
Betty L. Dick
Dustin Martin
Donald & Cheryl Rogers
Mary Esther Schaum
Nancy R. Antrim
Carmen Hildreth
Cleve Hildreth

End Of Year Donations

Karen Heimbach
George & Sandra Luegge
Jim & Denelda Richardson
David & Vickie Beyer
Don & Cheryl Hastings
Ruth K. Nelson Trust
Elizabeth Eldakar
Downtown Tulsa LaSertoma Club
Agnes Bourdin

Souper Sunday

Len & Wanda Hull
Zarrow Families Foundation

CHAP

Quota International of Tulsa
Maxine & Jack Zarrow Family Foundation
Katherine Randolph & Robert Duenn



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



Silent Auction Items

Inclement (Bad) Weather Policy:

If TPS (Tulsa Public Schools) is closed due to inclement weather, TSHA will typically open at 10 am.

However, sometimes we cannot get here, so if you have an appointment or plan to come in, take a moment to call first (832-8742 v/tty) and make sure the office is open.

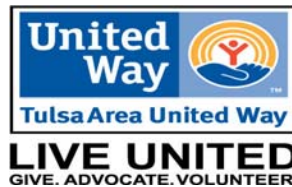


8740 E. 11th Street Ste. A
Tulsa, OK 74112-7957
Phone: 918-832-8742 v/tty
Fax: 918-834-4329
Interpreter Services: 1-888-311-3523
Website: www.tsha.cc

FEBRUARY 2011



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



“Partner Agency of Tulsa Area United Way”



A challenge to our readers

In order for us to make this year our very best Souper Sunday yet, we are challenging our readers, members, friends, and fans to buy one Souper Sunday ticket and donate one auction item. We had an awesome turnout last year and we want to do even better this year. If each person buys one ticket (for themselves or for someone else), we could make 2011 the biggest turnout ever!



We still need auction items! We can't have an auction without items. We would like each person to donate an item of any kind: handmade item, gift card/certificate to your favorite store, left-over Christmas gift, etc. You don't have to buy enough to fill a pot, just one item. Items don't have to be expensive, just new. For questions, contact Kirsten at kwilson@tsha.cc.