

Building Bridges
for Better
Communication

Silent Dinner
November 8th
December 1st



Benefit Dinner



*Deaf, Deaf,
World*

What a Month!

Photos from September activities,
including Day of Caring, Rummage Sale,
and Deaf Awareness Week.

See pages 2 and 3 for more pictures!

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Also check out
www.osdsaa.phanfare.com/9999/ and
<http://www.facebook.com/#!/pages/OK-DRS-Services-to-Deaf-and-Hard-of-Hearing/212601232102558>
for more pictures.



*Day of
Caring
group who
fixed our
fence!*

TSHA's Office Hours

Monday
8:00 am - 7:00 pm
Tuesday- Thursday
8:00 am - 5:00 pm
Closed Friday,
Saturday & Sunday

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Issue 9

Christmas – Already??!!

Yes - Before you know it, Saturday, **December 3** will be here, and with it – the holiday highlight of the year for deaf and hard of hearing kids and their families.

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

This is a **FREE holiday carnival, with games, crafts, cookies and juice, prizes and a cute little bag full of goodies for every child from our Deaf Santa!!**

Parents, Volunteers, and Deaf adults – Mark your calendars now! Watch our November newsletter for more details, or contact Diana Higgins at 918-832-8742 or dhiggins@tsha.cc for more information.

Tulsa Hearing Helpers: **"Wireless CapTel!"**

**TIME CHANGE! - 1:00 – 2:30 p.m.
this month only!**

On **October 13**, come and learn from **Glenna Cooper**, about Sprint's Wireless CapTel.

Are you...

- having difficulty hearing on the phone?
- misunderstanding conversations due to background noise?

Have you...

- said "What? Can you repeat that, please?"
- been depending on others to help you with phone calls?

If you answered YES, CapTel may be the solution for you.

CapTel® uses voice recognition technology to display captions of the conversation on the telephone screen, allowing users to hear and read everything the person on the other line says! To learn more, come and hear Glenna Cooper.

Our thanks to Bob Roberts of TPS for helping us learn how to be more disaster-resilient at our September meeting.

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:

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.



Police Presentation



Winner of the Poster Contest– Jamie Davis!



Student Day at the Zoo



Rummage Sale!

2011 Deaf Awareness Week Events



Silent Dinner with the newest generation

Mom Could Attend Church Again

August 24, 2011

Dear Ms. Higgins:

On behalf of my mom, Luretha Edward, and myself, I would like to “Thank You” and the TSHA organization for all that you have done to assist my mom with her hearing loss. Words cannot express the happiness we feel in knowing that in a short while, my mom will have a hearing aid to help alleviate some of the hearing deficit she has. It could not have happened without TSHA and SHARP [Sertoma Hearing Aid Recycling Program]. In all honesty, mom’s hearing loss caused our family to experience a large amount of stress and frustration because we were constantly having to repeat every word we spoke or we had to shout for her to hear us. Now, we are ever so mindful that the stress and frustration will soon be a thing of the past.

I also want to commend you and the volunteer who assisted us when we visited the TSHA office [assistive technology center] for a consultation on July 14th. Both of you were very professional and very helpful. We certainly appreciated the extra care you took to make sure that my mom understood

every aspect of the program and how to effectively use each piece of equipment to her advantage.

The equipment rental program that you all have in place is just what she needed. Because we were able to rent the hearing devices, my mom was able to communicate much better with everyone and resume attending Sunday Services at church. Because of her hearing loss she had stopped attending on a regular basis. The hearing device made it possible for her to start attending again because she could now hear the sermon. Although we are sad that our final date of rental has come and the equipment has

“...mom’s hearing loss caused our family to experience a large amount of stress...”

been returned, we now wait, with joyful anticipation, for mom’s hearing aid to arrive. I also want you to know how much we enjoyed the seminar we attended on the day of our consultation [Tulsa Hearing Helpers]. We both found it to be interesting and very informative.

Your dedication and commitment to helping the hearing impaired is invaluable. Again, thank you for your assistance, it is most appreciated.

Sincerely,

Kathleen Edwards



*Jimmy and
Janie*



Deaf Crazy Olympics teams

The Aging Brain

BY DR. EMILY THOMAS

About a year ago, my article was about Alzheimer's. I thought it would be good to re-visit this topic, but from a different perspective: explaining how the brain "ages", and what we can do to prevent some of the damage caused by aging.

In the past, science thought that we started losing brain neurons from the time we were born. However, research in the last five years has shown a very different picture. We know that there are some diseases that cause the loss of nerve cells, such as the more than 50 kinds of dementia, including Alzheimer's or dementia caused by strokes. But what science has just discovered is that aging, in and of itself, does not cause the loss of nerve cells. Unless you have a disease that causes the loss of nerve cells, then almost all of your neurons remain healthy your entire life. That's good news!

There are some changes in the brain caused by aging. Brain weight and volume decrease as we get older, by about 10 percent. The grooves on the surface of the brain widen, while the surface swellings become smaller. Decayed portions of dendrites (extending from neurons), called "neurofibrillary tangles" do increase in number. Plaque, just like the kind on your teeth or in your heart, can form from clusters of any neurons that have been damaged by disease or injury.

Understanding these physical changes in the brain teach us that age-related memory loss is not caused by loss of neurons, but by changes in the actual physical structure of the brain and those related chemical processes (such as a decrease in

dopamine). When this happens in the part of the brain called the "hippocampus", it causes memory problems because that is the part of the brain responsible for making new memories.

Some things protect brain structure, and thus also protect brain aging. Some



of these protective factors are: maintaining a lower weight, maintaining healthy blood sugar levels,

refraining from substances that are toxic to the body, enough sleep at regular hours every night, activities that lower your blood pressure (praying, meditating, yoga), living a low-stress lifestyle (drama causes cortisol to increase in our brains, and that wears out the hippocampus), and using the brain by staying active

and learning new things (not just new things, but *different* things – our brains require brand new experiences and a variety of adventures to stay sharp). Keeping our brains active keeps our brains strong. In fact, science has just learned in these studies that we are not born with all our neurons, but also create more as we live. So stimuli from our environments (such as positive socializing and new experiences or adventures), physical exercise (such as running, dancing, gardening), and mental exercise (such as puzzles, brain games, new languages, or learning new things) all create new neurons in the adult brain – even the aging brain.

For more information about the aging brain, see this website:

<http://www.nia.nih.gov/Alzheimers/Publications/Unraveling/Part1/changing.htm>

DEAF AWARENESS BRACELETS!

If you missed them during Deaf Awareness Week, don't worry – we ordered more! Awareness is something we all want to increase year 'round.

Pick yours up today at TSHA for \$2.

Contact Kirsten at kwilson@tsha.cc for more information.

All proceeds go to TSHA and TAUW (Tulsa Area United Way).

We can mail 1 for \$1 postage and 2-20 for \$2 postage.

The silicone bracelet looks like this:





I've seen lots of different phone numbers for **Relay Oklahoma**. I'm confused – can you explain what they're all for??



First of all, for those who don't know, a relay service allows a deaf/hard-of-hearing caller to communicate with a hearing caller, through a special free service - a third party. *Relay Oklahoma* is the tty-related relay, not video relay or CapTel relay.

Here is what all the numbers are for:

1-800-722-0353 is a direct number for tty (teletype) users

1-800-522-8506 is for hearing callers

1-866-826-6552 is a direct line to a

VCO (voice carry-over) operator. This is for people who can speak for themselves directly to the hearing person, but need to be able to read the answer because of their hearing loss. A VCO phone is needed for this.

However... ALL people should be able to use 711. Everyone finds multiple numbers confusing, so years ago, 711 was set up across the nation as the relay number. It's easy to remember!

If you have any difficulty with 711, you can use the back-up numbers.

The one situation the Oklahoma Relay customer service representative said might not be handled well via 711 is for **business callers** (doctor's offices, etc.) Since they have digital, multi-line business systems, 711 may not be able to route the call efficiently. For those places, it is

probably advisable to give them the 1-800 number for hearing callers above.

Frequent callers can call the Customer Service number for Relay Oklahoma... 1-800-676-3777. Ask them to "brand" your number as a tty or VCO user, or as a hearing caller. That way, when you call they won't have to cycle through tty, voice, etc. until they hit the right one... they'll automatically know which mode you use.

Deaf/HoH callers can also give them up to 30 "frequently called numbers." Then when you call relay, you can just say, "Call Susan," instead of having to give the number each time.

For those who speak clearly, you may want to check out the CapTel phone and the CapTel relay. It may be a bit simpler to use.

Free Smoke Alarms

Excerpted from http://www.ok.gov/abletech/Fire_Safety/index.html



Will you wake up if your smoke alarm goes off in the middle of the night after you have removed your hearing aids?

Solutions 2011 Smoke Alarm Project has an answer. The Oklahoma Assistive Technology Foundation (OkAT) has received a \$277,550 grant from the U. S. Department of Homeland Security, Federal Emergency Management Agency (FEMA). OkAT is a partner with Oklahoma ABLE Tech and Fire Protection Publications at OSU to implement Solutions 2011.

Solutions 2011 will accept and approve applications from people who are deaf or hard of hearing; install free smoke alarms that meet the unique needs of these individuals; plan a home fire drill specific to each home, and assist with a home safety survey to prevent fires, burns, falls, and other common home injuries. People of all ages with a documented hearing impairment (deaf or hard of hearing), who live in Canadian, Kingfisher, Logan, Oklahoma, Lincoln, Cleveland, Pottawatomie, Payne, Creek, Okmulgee,

Wagoner, Tulsa, Pawnee, Osage, Rogers, and Washington are eligible to apply to have free smoke alarms and alert equipment installed in their home.

Solutions 2011 will install smoke detection and alert equipment that uses the latest technology for alerting people to a fire who are deaf or hard of hearing. For more Solutions 2011 Smoke Alarm Project information and an application for free smoke alarms and alert equipment, please contact Oklahoma ABLE Tech at (405) 744-9748 or 1-888-885-5588.

**Contact: Milissa Gofourth, Grant Manager
Oklahoma ABLE Tech,
Milissa.gofourth@okstate.edu
(405) 744-9863 or 1-888-885-5588**

What must I do to participate in this program? (1) You must complete an application form and submit it through mail, by fax or online submission. (2) Provide proof of your disability.

(Editor's Note: As an AbleTech partner, TSHA has applications for the smoke alarm program on hand. This program has limited funding so apply now!)

Powerful Documentary Chronicles the History of America's Disability Rights Movement



(San Francisco, CA) — While there are close to 50 million Americans living with disabilities, *Lives Worth*

Living is the first television history of their decades-long struggle for equal rights. Produced and directed by Eric Neudel, *Lives Worth Living* is a window into a world inhabited by people with an unwavering determination to live their lives like everyone else, and a look back into a past when millions of Americans lived without access to schools, apartment buildings, and public transportation – a way of life unimaginable today. *Lives Worth Living* premieres on the Emmy® Award-winning PBS series *Independent Lens*, on **Thursday, October 27, 2011** at 10 PM (check local listings).

Included on the long list of those interviewed in the film are: **Dr. I. King Jordan**, President Emeritus, Gallaudet University and **Jeff Rosen**, alumni leader, Gallaudet University.

To learn more about the film, and the issues involved, visit the film's companion website at www.pbs.org/independentlens/.



“I M OK – R U OK?”

Based on an email from OKMRC Notification
[system@okmrc.org]

On Sunday September 11, OKMRC (Ok Medical Reserve Corps) volunteers were asked to send a text message to the members of their family – they texted “I M OK – R U OK?” Family members responded with “I M OK”.

YOU can also do a family texting drill. September was national Preparedness Month, so “being ready” for any disaster is still fresh on our minds. Pick a day this month to have a family drill. Watching the text messages (“I M OK”) from those you love fall into your inbox is a great feeling!

Let the Safe America Foundation know that you are joining the text drill by taking the pledge. Go to: <http://www.safeamericaprepared.org/home/archive/37/89-tfts.html>

The Safe America Foundation created the ***Text First, Talk Second*** campaign to raise public awareness around the importance of utilizing text messaging for non-emergency communications during a disaster.

Oklahoma leads the nation in per capita disasters; let's be leaders in preparedness too!

Get the word out!! Let your family and friends know if a natural or man-made disaster happens in your vicinity, that the best way to find out if you are okay is to first try and contact you via text message.

(Editor's Note: Educating people to Text First during emergency situations works perfectly for the deaf and hard-of-hearing community. Spread the word, and practice with your family. Let's be ready!!)



“Aneta Brodski, a deaf teen living in New York City, discovers the power of American Sign Language poetry. As she prepares to be one of the first deaf poets to compete in a spoken-word slam, her journey leads to an unexpected collaboration.”

On **Tuesday, October 11, 2011 at 6:30** the Circle Cinema (12 S. Lewis, Tulsa) will be offering a **FREE** showing of this ground breaking film. Seating is on a first come first serve basis. Movie is subtitled. A discussion session (with interpreters) will be part of this special event. TSHA is a community partner for the showing.

918-592-FILM www.circlecinema.com

Movie info: <http://www.pbs.org/independentlens/deaf-jam/>

Trailer preview: <http://www.imdb.com/title/tt1512763/>



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 host an organizational meeting (childcare provided) to work toward an Oklahoma chapter of the parent group, Hands and Voices.

Contributions & Memberships

Contributions:

Billy B. Strong

Memberships:

Gretchen Whitney
Shirley Ann Golan

Contributions for Souper Sunday 2012:

Frank L. Sommer
Valmont Industries
Helmerich & Payne, Inc.
Cimarron Technology, Inc.
Brier Law Firm, PLLC
Edna G. Cheatham

In Memory of Betty Lou Rogers:

Peter L. & Linda T. Woodsmall

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

Each and every person listed here helps TSHA serve our community. Thank you!





**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

OCTOBER 2011

2011 DRS EXPO

“Celebrate the Past, Embrace the Future”

DRS (Department of Rehabilitation Services) is hosting the third annual Education and Outreach EXPO **Oct. 13th 10:00 am – 4:00 pm and Oct. 14th 9:00 am – 3:00 pm** at the Oklahoma School for the Deaf in Sulphur, OK. The EXPO is open to the public including all DRS employees, DRS consumers, educational and medical providers, community partners, advocates, parents and students.

Services offered by the various DRS Divisions and their partners will be highlighted, providing the public with information on issues faced within the disability community. Educational workshops relating to disability awareness will be offered. Training credits and CEU’s will be available. Please register for the DRS EXPO 2011 at the following site: <http://www.surveymonkey.com/s/DRSEXPO2011>



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



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

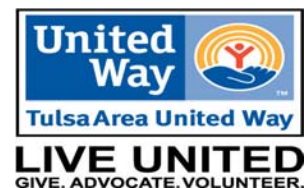


<http://twitter.com/tshainc>



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”