

Building Bridges
for Better
Communication

January's
theme: sign
language

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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

Sign On NOW!

We are more excited than ever about our Spring 2011 sign class offerings...you'll have double the locations and multiple topics and course lengths from which to choose! TSHA's fun, non-credit classes will get you started – no matter the reason you're interested in sign.

Most classes meet from 6:30 – 8:30 p.m. one night a week. Tuition is \$70 for 10-week classes, and less for the shorter courses. Most texts are \$20. Ages 13 – adult welcome (ages 11-12 accepted with a parent only in Bixby, Broken Arrow, and Happy Hands).

Sign 2 (10 wks) Mondays in Tulsa (Red Cross on 11th at Hwy 169)

Sign 1 (10 wks) Tuesdays in Tulsa “ “ “

Bixby (6 wks) Thursdays at North Elementary at 121st & Memorial, starting March 3

Broken Arrow (8 wks) Tuesdays at South Intermediate H.S., starting Feb. 8

NEW!!

Jenks -Signs Around the Home (Tuesdays, 4 wks., 1 ½ hrs. starting Feb. 15), then

Sign Language for Emergencies (Tuesdays, 4 wks., 1 ½ hrs. starting March 22).

TCC–Sign Language in the Workplace (Wednesdays, April 6 – 27, 5:30 – 7:30, TCC Conference Center)

Happy Hands –Signing with Children (8 week class, Thursday, Feb. 17-April 14, 6:30-8)

To start learning about this fascinating and beautiful language, sign on NOW! For complete information on spring classes or an enrollment form, contact kwilson@tsha.cc or dhiggins@tsha.cc, or call (918) 832-8742 v/tty.

Interested in a Company Sign Class?

Contact Diana at dhiggins@tsha.cc or 832-8742 if you'd like to investigate having an enjoyable and educational sign class at your workplace. We've taught all types of groups, from preschool teachers to assembly line workers to office employees and management!

Here are comments (reprinted with permission) on a company workshop that

TSHA provided a year or so ago:

"I wanted to let you know that I have been overwhelmed with compliments on the first Sign Language Brown Bag lunch!

Sometimes it is like pulling teeth to get some of these people involved with our

Brown Bag events. I have NEVER seen so many people as excited as they were on Friday afternoon! We are looking forward to you coming back out this week! You did a wonderful job!"

Amber Eberhardt
LinkAmerica Corporation

"SOUPER Bowl" Sunday!

Ready for an evening of fun and food with your friends? Grab your pom poms! But wait – you won't need to bring a bag of chips.

February 27th is SOUPer Sunday, not Super Sunday. This festive fundraiser for TSHA is celebrating its 29th year with a return to its original "Souper Bowl" theme. Plan to spend the day with 600+ other soup fans!



You'll find dozens of bowls of savory soup making their way onto your tray at this friendly, family, all-you-can-eat event, which supports TSHA's (Total Source for Hearing-loss and Access) 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.

Come join us at the **SpiritBank Event Center** (105th & S. Memorial), to pick your favorite line-up of delicious soups, breads, desserts and beverages from area eateries. You can also "lay bets" on hundreds of amazing silent auction items in all price ranges.

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 sponsorships are available. TSHA is a United Way member agency.

TSHA's **paid members** get an even better deal! Members received a coupon for \$5 off! See the membership form at the back of this newsletter to **join now** and still get your coupon. *It must be presented to us by Thursday, Feb. 24, along with your ticket order, for the discounted rate.*

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

But – for this event to be a success - **We need you!** You can help in several ways:

Buy tickets and attend (and eat and enjoy!)

Become a Souper Sunday Sponsor (contact us)

Volunteer for a shift (Souper Sunday takes LOTS of help!!)

Donate an auction item (we have pots/baskets you can adopt & fill)

Connect us to businesses that might donate

Tickets on sale now at TSHA!

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



Don't know what to do with Christmas gifts you don't want or like??? Donate them to the Souper Sunday Silent Auction. It can be the gift that keeps on giving.

By Donna Smith

(TSHA Board Member and Souper Sunday Auction Items Expert – the one who makes everything so pretty.)



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



Old Year, New Year

It's that time again. When a new year starts, we are determined to make changes and feel sure we are strong enough and committed enough to do so. Maybe we are even very wise, making resolutions that are specific and measurable (instead of saying "I will lose weight", you can say "I will walk at the park for thirty minutes three times a week").

We also spend this time looking back at the last year, and all that has happened. Hopefully, looking back fills our minds with memories and our hearts with joy as we think of the experiences of the last year. Sometimes we also mourn the loss of loved ones. Sometimes we are overwhelmed by how many changes did happen in the last year, even if they were good changes!

It is good to look back on the past, *if* we are looking back to learn from it. This is important, and it is what teaches us to make better choices in the future. But getting stuck in the past is not healthy or productive. We must forgive others and forgive ourselves. We

"It is good to look back on the past, if we are looking back to learn from it."

must learn from our mistakes, and then use that wisdom to begin a new year better than we ended the last one.

It is good that a new year is a time of hope. After so many holiday celebrations, we may be worn out and exhausted and ready to return to normal. Or, maybe we want to stretch out the holiday as long as possible instead of returning to work and the routine of everyday life. Either way, a new year is exciting because it gives us all a fresh start, a new beginning, and hope that we can make this year better than any other so far.

Everyone needs hope. Everyone needs a fresh start. Everyone needs the good feelings that come from thinking that this year will be amazing. It gives us courage to be better people, and the determination to accomplish good things. It gives us an appreciation for the lessons we learn on hard days, and appreciation for those who love us no matter what. A new year is a fresh start, and it waits to see what we will make of it.

HAPPY NEW YEAR FROM TSHA STAFF!!!

Babies and Sign Language

Research studies have shown that using sign language with hearing babies has many desirable outcomes, both intellectually and socially: earlier communication, higher IQ (even years later), reduced frustration, advanced language development, and stronger bonding with parents, just to name a few.

Want to learn more? Here are a few resources to check out:

<https://www.babysigns.com/index.cfm?id=64>

<http://deafness.about.com/cs/signfeats1/a/babysigning.htm>

SigningTime.com has videos for all ages (and the website offers video samples).

ASL Pro has an [ASL for Babies](#) dictionary online, with video clips of adults signing.

<http://www.mybabycantalk.com/content/information/research/babyresearch.aspx>

You can also call Diana at TSHA to learn more. TSHA does offer a children's sign class each summer, for post-kindergartners and up. For children younger than that, we recommend that an adult sign up for a class and then use the signs learned with the baby or toddler everyday.

Have a group of parents interested in Baby Sign? We can set up an onsite class upon request! Contact us for information and costs.



Tulsa Hearing Helpers **“Hearing Dogs”**

Many people have no idea that dogs are not ONLY trained to help people who are blind, but people with other barriers as well. In fact, “hearing dogs” for people who are deaf and hard of hearing are trained at locations throughout the U.S. Might a hearing dog be right for YOU?

Andrea Tadpole will be our guest speaker on **January 13...** well, Andrea AND her hearing dog Toby! Come hear more from someone who is experiencing first-hand the benefits and the struggles of working with a hearing dog in a society that knows little about them.

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. The public is also welcome.

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

Save the Date
February 10 – Special guest speaker, author Barbara Howell.

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 overcome 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.

“Thanks for your help!”

Barbara Howell



Tulsa Hears a Who...
benefitting the Children’s Hearing Aid Project

Gala! Soiree! Party!
Event!

Thursday, February 24th
6:30 to 11:30 PM
The Ivey Lounge
3340 S. Peoria Avenue

\$75 per ticket.

6:30-7:30	Cocktail Reception
7:30-8:30	Dinner/Program
8:30-9:00	Live Auction

from 9 o’clock on it will be very fun with dancing and merriment for **Everyone!**

Cocktail Attire with a Seussical Twist!
Food provided by Wolfgang Puck

Typoglycemia

(Editor’s Note: Every sign student struggles with “reading” fingerspelled words... as do many experienced interpreters at times! This example was snagged off the internet to demonstrate and to reassure you that you don’t have to catch EVERY fingerspelled letter to understand the word.)

I cdn’uolt blveiee taht I cluod aulacly uesdnatrd waht I was rdanieg: the phaonmneal pweor of the hmuan mnid. Aoccdrnig to a rsceearch taem at Cmabrigde Uinervtisy, it deosn’t mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit plcae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Such a cdonition is appoiatrely cllaed Typoglycemia.

Contact: melody@dianewhitepr.com or (918) 574-8765

GAP (Gathering As Professionals) 2011 Schedule

Despite the name, this is anything BUT a stuffy, boring bunch! Tulsa is blessed to have an amazing deaf senior citizens group. We have phenomenally popular Silent Dinners and Deaf Coffees. Still, there seemed a gap... there was little for deaf and hard-of-hearing adults and their hearing friends to do after putting in a long week at work, raising kids, etc. GAP is intended to help fill that gap. 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. While sign students are welcome, this is not the place to bring a class for practice. GAP is a time for relaxation and easy conversation. Join us! More detailed information and directions will be sent

to those who RSVP in advance 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! We'll gather at a local eatery or pub to watch the game with good company around us. Details will be emailed to the GAP list and those who RSVP by Feb. 3.

April 9, Saturday, – Picnic at Woodward Park

When's the last time you spread out a blanket, brought a basket full of delectable treats to share with friends, and enjoyed being outside? Here's your chance! Woodward Park (21st & Utica area) is beautiful in the spring. (And they even have swings, if you want to relive childhood memories!)

June 3rd or 4th, TBA – Take Me Out to the

Ball Game!

What says "summer is here" more than a good old American baseball game? Those who have seen the new ONEOK ball park are anxious to go back, and those who haven't yet experienced it – now you can! We can pick the exact date and time when we see the Drillers' full schedule.

August 5, Friday, 7:45 pm (tentative time) – DANCING!

Let's escape the summer heat, to the coolness of the dance floor, where we can warm it up with our own hot moves! (Or, hey – our best attempt at them, anyway.) We can either join a public line dance class, or have our own private session with a signing dance teacher, before we strut our stuff out on the floor. Who likes to "move it, move it"??!!

October 8, Saturday, (tentative)– Fall Fun

A hayride, a ropes course, the corn maze, a haunted house... all have been mentioned with excitement! We'll be checking on options as information becomes available.. in the meantime, let us know YOUR

preference!

December 30, Friday, time TBA – Winterfest!

Ice skating under the stars, hot chocolate, rides, concessions, music, a horse-drawn carriage... what better way to extend the holiday spirit than by attending BOK's Winterfest? Bundle up so Jack Frost can only nip your nose, and let the warmth of friendship continue the festivity of the holidays.

Other unofficial activities may be tucked in throughout the year. We're especially interested in looking for activities where we can "give back" to the community. Send us your ideas for the future! A big thanks to the committee of deaf people who volunteered their time to create this schedule, and who have offered to help host activities.

See & Use Sign Language at 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.

Jan.- Monday 17th
Feb.- Thursday 17th

March- Monday 21st
April-Tuesday 12th
May-Thursday 19th
June- Tuesday 21st
July- Monday 25th
Aug.- Thursday 25th
Sept.- Monday 19th

Oct.- Thursday 13th
Nov.- Tuesday 8th
Dec.- Thursday 1st

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

TSHA Christmas Party – THANKS!

It was like “Babes in Toyland” at TSHA’s annual holiday party on December 4th...several of us commented that we couldn’t recall ever having seen so many babies! We hope we’ll be seeing them come back for many years. Some of their parents have been attending our party since THEY were children! All in all, hundreds of people of all ages filled the room and had a fabulous time.

We want to give a HUGE thanks for the true community effort that makes this party a reality for the children each year. Many schools, churches, civic clubs, etc. gave their time and effort to set up an

activity. Add them all together, and you have an amazing Christmas carnival! Dozens of individuals also gave their time to do whatever was needed.

More thanks go to those who donated money or items so we could give a filled stocking to each child. Many kids enjoy the stockings more than some of the presents under their tree! And we can’t forget to mention the scores of people who donated cookies to the party, to make it a festive AND tasty event.

A full listing of the wonderful “elves” who helped us throw this party this year is below. Thanks to “Papa” Rodger and Ray Willingham, you can see lots of festive photos from the party at

http://osdsaa.phanfare.com/2114318_5507314



All the individual volunteers
 Boston Ave. Methodist Church
 Chandler Engineering
 Claudia and Terry McAllister
 DEAF TU
 Depew H.S.
 Doris Bush Maher
 Edison School Groups
 Edna Cheatham
 Garnett Assembly of God Deaf Ministry
 Happy Hands
 James Most
 K. Caldwell
 LeAnne Queen Family
 Lou Honderich
 McDonald’s
 Owasso Churches
 Quota International of Sand Springs
 RSVP
 SACS
 Janie Schwyhart
 Roger Smith
 Sweet Tooth
 TCC Silent Friends and ASL Clubs
 Telecom Pioneers
 Tulsa International Quota Club
 The Hulls
 TSCCD
 TSHA Staff and Board
 Warehouse Market



TSHA Membership Application

Please PRINT clearly

Support TSHA through your annual membership and/or a donation.
Membership year is Oct. 1– Sept. 30. 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 \$50 donation can provide a scholarship for a sign class to someone who is losing their hearing.

Contributions & Memberships

End Of Year Donations

Mrs. W.R. Peevy
Clark & Dianna Burbank
Townwest Sertoma
Billy Strong
Dr. Marilyn Sloan
Valmont Industries, Inc.
George Kaiser Family Foundation
Ronald & Myra Jeffris
Ranch Acres Audiology

In memory of Jennie Koons

Fred & Janet Bascom
Kerri & John Cornwell
Nalini Harikumar

In Honor of John & Gretchen Hoyt

Leslie K. Brier

Memberships:

Jack Bertram
Maureen F. Carrillo

Websites to Wander By Jenna Griffith

<http://deafnation.com/>

<http://deafnation.com/category/nobarrierswithjoelbarish/>

<http://deafvillage.com/news/>

Disclaimer: We merely offer some sites that seem of interest—we cannot vouch for their safety. Please use all your ordinary caution in exploring on the internet.

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.



**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

JANUARY 2011

Want the latest updates on events and things that are happening in the area???

Subscribe to our blog at
www.tsha.cc or
<http://tsha.cc/blog/>

Also check us out on
facebook and twitter!

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



“Partner Agency of Tulsa Area United Way”

Top 10 Reasons for Learning Sign Language

(Editor’s Note: Thought we’d share this “David Letterman – style” top ten with you. Origin unknown.)

10. You can communicate through windows.
9. Sign language is a 3-D language.
8. You can talk (sign) with your mouth full.
7. Hearing parents can communicate with their deaf child.
6. You can sign underwater.
5. Sign Language is a neat way to express yourself.
4. You can communicate across a room without shouting.
3. Sign Language is beautiful.

2. You can make friends with deaf people.
1. Sign Language brings together the hearing and deaf communities.

(Editor’s Note: Hmmm... Number 1 puts me in mind of TSHA’s mission [paraphrased]: “to bridge the gap created by hearing loss.” That’s why we offer sign classes to the community! Be part of the “bridge” over the gap... take a sign class.)