

*Souper Sunday!
March 4, 2012
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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**

A Good SIGN for the New Year

Start the new year off with a good sign or two ...or several hundred. That's how many signs you could learn in one of TSHA's Beginning Sign Language classes this spring.

Make a New Year's resolution to communicate better with a Deaf child, learn a new language, talk to a deaf co-worker or spend quality time with your teenager learning something together. TSHA's non-credit classes are the perfect vehicle for ANY of those resolutions!

Courses will begin the week of February 6 and thereafter. Most will meet from 6:30 – 8:30 p.m. Ages 13 and up are welcome – ages 10-12 may be accepted in some classes if accompanied by a parent. **Highlights of the spring schedule include:**

Mondays – Sign 1 at the Red Cross (11th St. near Hwy 169) – 10 wks.

Tuesdays – Sign 2 at TSHA – 10 wks.

Tuesdays – Sign 1 in Jenks at the high school – 6 wks.

Thursdays – Sign 1 in Broken Arrow at North Intermediate H.S. – 8 wks.

10-week courses are \$80 for tuition, 8-week are \$70 and 6-week are \$60. The text is \$20.

For complete details, starting dates and ALL class offerings, contact Kirsten at (918) 832-8742 or kwilson@tsha.cc, and ask for an enrollment form. You can also check out www.tsha.cc.

**It Wasn't Just About
Learning a Language...**

"I really enjoyed the three weeks I was at [sign] class. I felt, for how little time it was, like I learned a lot and that now I have a really good foundation for future classes I'll be taking. Being my first class, I really can't say there was anything I *didn't* like.

I enjoyed how it wasn't just about learning a language, but learning about the culture as well... Anyway, I would be really interested in taking another class to follow up on this one...

So, thanks for helping me start a foundation! I'm looking forward to future classes and becoming more fluent in ASL!" *Kathryn*

A Red Carpet Event

30 Years in the Making



March 4, 2012, will be TSHA's 30th annual Souper Sunday fundraiser. We think that's a landmark event worthy of rolling out the red carpet!!

It's almost unheard of for a fundraising event to run for 30 years. But TSHA's Souper Sunday is not your normal event... it's more like a relaxed family reunion, with 800 of your friends and family in attendance.

You'll find dozens of cups 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 choose YOUR "award-winning" soup and the "best supporting characters" (breads, desserts and beverages) from area eateries. You can also "cast your vote" (ok, make a bid) 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.

For more information, contact 918-832-8742, kwilson@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***



Working together, we can roll out a red carpet of quality services for people with hearing loss!

“Town Hall” Meeting on Project Endeavor

Project Endeavor focuses on providing deaf and hard of hearing Americans with access to broadband or high speed internet through discounted internet service plans and internet devices. Project Endeavor also provides an array of training materials and educational resources for deaf and hard of hearing people.

We will have someone with Project Endeavor coming to TSHA to talk about this program sometime in January. For more information, contact Lynn Null at 918-894-5668 vp or lnull@tsha.cc.



Image from:

<http://www.inmylingo.com/inmylingo/blog/?tag=/Public+Access+Videophone>

Video Phone at Tulsa Airport

From a post on OMP (Oklahoma Melting Pot, the state-wide deaf email network)

The Tulsa airport now has a public access video-phone installed by Communication Services for the Deaf. Money to pay for the device came from a federal grant as part of an effort to install video phones in public areas called *Project Endeavor*. The airport already provided TTY phones.

If you are in the Oklahoma airport, you'll find the free phone at the information desk near the Security Checkpoint.

2012 Silent Dinners for the Spring Semester

Signers of all levels and ages – Deaf, hard of hearing and hearing! Come out to the Woodland Hills Mall food court after work - around 6:00 p.m. - and stay until close if you like (around 8:00). This is your chance to socialize and/or practice your sign language skills. Sign teachers – bring your classes. Eating is optional, but we do appreciate the use of the space, so please consider supporting the food court restaurants. Over 100 people turn out each month for this informal gathering. Be part of it!

January 19 - Thursday
February 28 - Tuesday
March 15 - Thursday
April 9 - Monday
May 15 - Tuesday



Tulsa Hearing Helpers **“Who Is a Candidate”**

On **January 12** – **Dr. Jacque Scholl**, audiologist and founder of the Scholl Center for Communication Disorders, will speak to us. Many individuals with hearing loss don't realize they're a candidate for a cochlear implant. The criteria have relaxed over the years and many are enjoying the ability to hear again. Dr. Jacque Scholl will discuss who is a candidate for a cochlear implant in 2012 and what you can expect from this exciting technology.

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!

Call Kaye at 918-296-5559 or Diana at 918-832-8742 (v/tty) for more information.

Upcoming Speakers:

February 9 – Cathy Reynolds, Tulsa Police Department, on staying safe with hearing loss

Hearing Loss Convention 2012

Make plans now to set sail for Providence, Rhode Island - Convention 2012. The Hearing Loss Association of America (HLAA) annual conference will be at the Rhode Island Convention Center and The Westin Providence, on **June 21-24, 2012**.

The 4-star Westin Providence hotel will be your home port as you sail out each day to explore the wonders of Convention 2012. Fascinating workshops, a whole new world of products and information in the exhibit hall, an inspiring keynote speaker, a fascinating research symposium, a unique riverside experience called “Waterfire” and a glamorous closing banquet will send you home with knowledge and memories you will treasure for years. Meet old friends and make new ones. Come early or stay late to explore this charming and historic New England city. Early bird registration is now open. Call 301-657-2248 or go to:

www.hearingloss.org/content/convention

“A Life-Changing Thing!”

Editor's Note - I got a call this morning that made my week. Someone called back to let us know that we made a difference in her life! How cool is that?

She gave me permission to share her comments here:

“I called a while back needing hearing aid help, and you referred me to the state hearing aid program. I was probably going to have to quit my job. You lose your self-esteem [when you can't hear].

This is a life-changing thing!! [Getting a hearing aid.] I have a whole new life here, and you're the one who got the ball rolling.”

Jean

Jean's kindness in taking the time to call reminds me of how important it is to thank others who impact our life in some way. Perhaps that will be my New Year's Resolution.



Becoming Friends with Your New Hearing Aids

Part 3 (continued from our Nov. & Dec. newsletters, which are available at www.tsha.cc) © May 2004 by Neil Bauman, Ph.D.

Question: My audiologist did not adequately prepare me for the challenges I would face in adjusting to wearing my new hearing aids. What is the best way to adapt to wearing hearing aids?—V. O.

Here are some answers:

Have Realistic Expectations of What Your Hearing Aids Will Do for You

3. Everything Is Too Loud Now

One of the biggest shocks people experience when wearing new hearing aids is how loud everyday sounds now seem. The toilet flushing thunders like Niagara Falls! Clinking cutlery sounds like jackhammers. Initially, you may find you cannot stand rustling papers, running water and other everyday sounds.

However, with time, your brain will learn to turn down its internal volume control so these sounds become bearable. This is another reason you need to persevere during those first 90 days.

Unfortunately, many people give up before this happens. If they had kept using their hearing aids a little longer, they would have succeeded.

People with sensorineural hearing losses also often suffer from recruitment.

Recruitment is the perception that sounds increase in volume faster than they really do. Thus, if you ask a person to speak up and they raise their voice, it may seem like they are now **shouting at you**.

Recruitment is the result of a reduced **dynamic range**—that area between the softest sound you can hear

and the loudest sound you can stand.

Hearing aids need to amplify all sounds so that

you can hear them, yet must not amplify them so much that you perceive the louder sounds as painful.

Typically, the greater your hearing loss, the worse your recruitment. Thus, you need to get hearing aids that have good wide dynamic range compression circuitry built in. This compression needs to be set properly for your hearing loss, or loud sounds will "blow the top of your head off." At least that is the way it feels.

Sounds that recruit may

seem **far** too loud, but in reality, this is only your **perception** of them. In truth, they are not so loud that they are damaging your ears.

4. Hearing Aids Cannot Fix Fuzzy or Distorted Hearing

When you lose your hearing, you not only hear sounds softer, but also speech now sounds fuzzy or distorted.

This is because typically you lose most of your hearing in the high frequencies. It is these higher frequencies that give speech much of its intelligence. If your ears can no longer hear these frequencies no matter how much these sounds are amplified, hearing aids will not bring clarity to your fuzzy hearing world.

However, if you still have some high frequency hearing, digital aids can be adjusted to specifically amplify these higher frequencies much more than the lower frequencies you typically hear reasonably well. This will help you hear clearer speech once again. It will not be perfect—so don't

expect that—but it will be better.

5. Hearing Aids Do Not Let You Hear Well in Noise

Hearing aids work best in quiet situations when you are only 3 to 8 feet from the speaker. In noise, or at greater distances, hearing aids alone typically do not work well. In fact, not being able to hear in noise is one of the most common complaints of hearing aid users. The truth is, you may hear **worse** in noise than you do without wearing your hearing aids. For this you just spent \$4,000.00?

If you live or work in noisy environments, make sure your hearing aids have good noise suppression circuitry. You will also find that to hear effectively in noise, you will likely need to couple your hearing aids with various assistive listening devices.

Unfortunately, few people even know that assistive technology exists, so they don't insist on having the specific features they need built into their hearing aids in order to couple to this technology. <http://www.hearinglosshelp.com/articles/hearingaid-friends.htm>



Believing in the Cause

TAUW and Partner Agencies Know the Importance of Supporting the Campaign

From the TAUW Newsletter

At the Tulsa Area United Way, we believe in what we do, and we know how to show it.

This year the TAUW Employee Campaign raised more than \$107,000 for the overall 2011 Campaign. Through Jeans Fridays, Chick-fil-A lunches, our spectacular Silent Auction, and many other fun events and generous gifts, the TAUW Employee Campaign surpassed the goal of \$93,155 by more than \$13,000.

However, TAUW is not alone. Our 61 partner agencies also know how to give back. All together the partner agencies raised approximately \$800,000 toward the 2011 Campaign.

TSHA Believes in the Cause Too

By Yamileth Canales, Accounting Director

TSHA is a small staff of eight but with a BIG heart. Our faithful volunteers are first class dedicated believers of our mission and purpose in Oklahoma.

We know first hand what our consumers needs are; this is the main reason behind our efforts to trying our best every year to exceed our own United Way campaign. Every year is a challenge for a not-for-profit agency, but we also know every year is a challenge for a consumer in need.

This past year was not different. We surpassed our in-house United Way campaign goal of \$7,608.70, then added an extra \$330.00 to help the Tulsa United Way achieve goal. That made our final total raised \$7,938.70!

Almost half of these funds come from our own employees through direct payroll deductions. We do not keep these funds in house. These funds are to contribute to our whole community in need through United Way - not only in the areas of hearing loss but many other areas Oklahomans may need.

We are proud of our small staff and our great volunteers and consumers; here at TSHA we are small but with a BIG heart.

Help us to make this next year even better. Let us know if you have ideas for our in-house campaign for 2012. We'll start as soon as our annual fundraiser is wrapped up.

In the meantime, we'll see you at Souper Sunday on March 4th, 2012 at the Spirit Bank Event Center.

Thank You

A tremendous thank you to all of you who gave a donation to TSHA in response to our year-end request. With your help, we were able to make a difference.

My wish for you in 2012, is that you receive more than you deserve and find joy and peace throughout the year.

R. René Ryan
Executive Director



Some of the many Souper Sunday silent auction items that we will have this year!

The Greatest Thing She'd Ever Seen!

Editor's Note: Thanks to American Theater Company, TSHA was blessed to be able to give free tickets to *A Christmas Carol* to members of our community who could not otherwise have afforded to attend. Here's what one person had to say:

"It was wonderful! Thanks soooo much for the tickets! My aunt had never seen it before and she thought it was the greatest thing she had ever seen! She said, 'I have seen the movie, but I would have never thought it could have SONGS in it!' LOL I looked over at my 25-year-old son and at one point he had his feet up in the chair and his knees up to his chin, just enthralled- I am sure he remembered those days when I took him to watch me interpret when he was little! Thanks again, it was great to be able to sit in the audience with my family!" Janet

A Winter Coat

Our thanks to JC and Charles Cooper. They spent 5 hours one weekend recently putting a clear coat/sealer on the new fence our Day of Caring volunteers built last September. The fence is looking good... and is protected by its new coat, just in time for winter! JC was earning volunteer hours toward a scholarship for a trip, and he put in many hours on other tasks for us as well. *Thanks!*

I Can Stop Feeling as If I Shout...

"I just wanted to touch base with you to let you know that [my mother] received her hearing aid this last Wednesday and it is so nice... she can hear and I can stop feeling as if I shout at her. Thanks for your help in getting this situation fixed and I very much appreciate your foundation's donation to us! Thanks again." Sandy



EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT ASL/ENGLISH BILINGUAL BIMODAL EDUCATION

Target audience: Parents of young deaf or hard of hearing children
February 9, 2012, 7-8 p.m. (EST)

The Clerc Center will offer a free webinar for families in February 2012.

- This webinar will discuss how families can support their child's successful bilingual bimodal development. This webinar is presented by Susanne Scott, cochlear implant bilingual specialist at the Clerc Center, and Dr. Laurene Simms, professor of education at Gallaudet University.

Visit <http://bit.ly/ASLEngwebinar> to register.

TSHA's Holiday Party for Kids – THANKS!

It may have been raining outside, but inside the room was full of sunshine, holiday spirit, and more people than we've seen in years!!

We saw LOTS of new little ones with hearing aids/implants, and lots of the deaf adult community came to enjoy watching them have fun. All in all, hundreds of people of all ages packed 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. – including some new groups! - 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 – especially our Board committee and chairs, who took up more of the responsibility this year.

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 the party this year is listed below.

James and Virginia Allen
Boston Ave. Methodist Church
Boston Ave. Ephphatha Class
Depew H.S.
Charles Dye
Eastern OK ENT
Edison H.S.
First Baptist Church Deaf Ministry
Happy Hands
Chris Harvey
Lou Honderich
Judy Ingram
Ron and Myra Jeffris
Jenks Sign Language Club
KT Laughlin
Brenda Loyd
Metro Christian School
McDonald's

Pryor Creek Sertoma Club
RSVP
Walt and Barbara Sabourin
Sam's Club
Sand Springs Quota Club
SACS (Singles Available for Community Service)
SW Bell Pioneer Club
Sweet Tooth
TAD
TCC Sign Language Club
TCC Silent Friends Club
TSCCD
TSHA staff and board
TU Deaf Ed.
Tulsa International Quota Club
Tulsa Metro South Quota Club
Warehouse Market
And many more!





The Kids Had a Ball...

“Everything was wonderful [at the TSHA Children’s Holiday Party]. The kids had a ball as well as myself. We even met people who we didn’t realize we had so much in common [with]. We even saw friends I had not seen in a while. Thank you sooooo much for a GREAT day!” Yvette & Family



First Deaf-Blind Group to Meet!

I'm pleased to announce our first Deaf-Blind support group to be held at TSHA (Total Source for Hearing Loss and Access) in Tulsa, on **February 14 from 1 pm to 3 pm.**

Our first meeting will mainly be discussing what the consumers desire in this support group. Ideas range from bringing in presenters, socializing, or taking tours.

Your involvement and feedback are welcome. Volunteers – both interpreters and SSPs – will be greatly needed. If you're interested in this new endeavor, contact me:

Jeri Cooper, CVRT, Deaf-Blind Specialist

Work: (918) 551-4921

TTY: 551-4933, jcooper@okdrs.gov

Myths about Hearing Loss

*Sergei Kochkin, Ph.D. - Better Hearing Institute, Washington, DC
Continued from December's Newsletter*



I'll just have some minor surgery like my friend did, and then my hearing will be okay.

Many people know someone whose hearing improved after medical or surgical treatment. It's true that some types of hearing loss can be successfully treated. With adults, unfortunately, this only applies to 5-10% of cases.

I have one ear that's down a little, but the other one's okay.

Everything is relative. Nearly all patients who believe that they have one "good" ear actually have two "bad" ears. When one ear is slightly better than the other, we learn to favor that ear for the telephone, group conversations, and so forth. It can give the illusion that "the better ear" is normal when it isn't. Most types of hearing loss affect both ears fairly equally, and about 90% of patients are in need of hearing aids for both ears.

Hearing loss affects only "old people" and is merely a sign of aging.

Only 35% of people with hearing loss are older than age 64. There are close to six million people in the U.S. between the ages of 18 and 44 with hearing loss, and more than one million are school age. Hearing loss affects all age groups.

See the full article at http://www.betterhearing.org/hearing_loss/myths_about_hearing_loss/index.cfm.

TSHA Takes Up Coffee Chat

From an email by Kristina Hakey

CSD has been responsible for the Utica Square [Deaf] Coffee Chat at Starbucks on the 2nd Friday of the month. Now that CSD has closed, I am turning [it over] to TSHA. For any future contacts related to Starbucks at Utica Square, please refer to Diana Higgins at dhiggins@tsha.cc.

(Editor's Note: We are grateful for Kristina's efforts to keep this popular gathering going, and are honored to be a part of it going forward. All are welcome to gather around 7:00 p.m. for socializing and sign practice in a smaller group than Silent Dinners.)

“The Hammer” Will Hit Tulsa

Mark **February 18, Saturday**, at 1:30 or 3:30 down on your calendar, and plan to see this American Sign Language film about a deaf wrestler. More details in our February newsletter. For now – just hold the date!

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

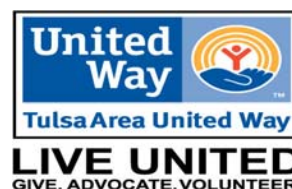
Your Sponsor membership pays for our big parking lot light for a month—keeping staff and clients well-lit and safer during these dark winter mornings and evenings.

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twitter

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



“Partner Agency of Tulsa Area United Way”



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



Scan with smart phone for more information.

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



**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

JANUARY 2012

Contributions & Memberships

End of Year Donations:

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Otis Harold Barnes
Kenneth & Jean Scrivner
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Contributions for CHAP:

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in Honor of Truman
Hedrick

Memberships:

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Helen Troy

In Memory/In Honor:

TSCCD, Inc.
In memory of Robert Dean Watson

Leslie K. Brier
In memory of John Hoyt

Sally Posner
In Honor of Ron & Myra Jeffris