



The

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Deaf Bee

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FREE

DeafVENUE and Continuing Services for DV

Cheryl Parreira

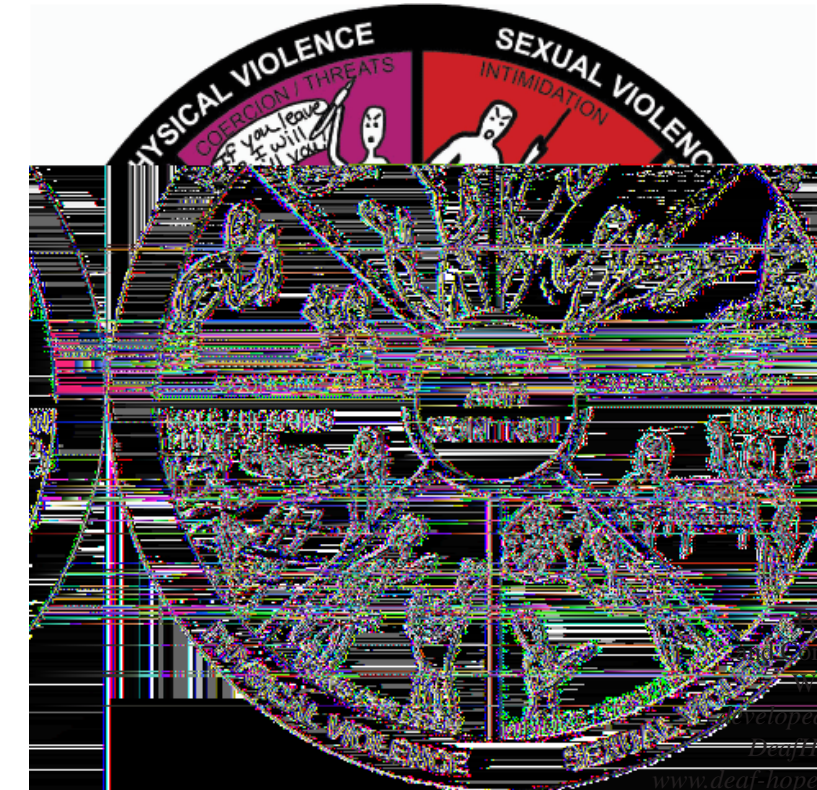
Case Manager/Advocate, Fresno

Last summer DeafVENUE held a kickoff dinner with special guest speakers Erica Guzman and Jessica M. Boyer of the Crime Victim Assistance Center. For the event, we wanted to explore Domestic Violence and Sexual Assault (DV/SA) as well as to educate the community about the resources and services that are available for DV/SA victims. We have a vision and are passionate about helping victims of domestic violence and letting them know that they are not alone.

Learning about DV/SA is worthwhile! According to End Abuse (www.endabuse.org) one in every three women around the world has been abused during her lifetime; estimates range from 960,000 to three million women who are physically abused by their partner each year; and in 2001, more than half a million American women were victims of nonfatal violence committed by a partner. Unfortunately, Domestic Violence is a reality in the Deaf Community as well, with victim statistics mirroring those of the general population.

If you fear for your own safety, follow these guidelines provided by Deaf Hope of East Bay, San Francisco:

- Even if you think there may not be a "next time," make a safety plan.
- Keep the following items in a safe place in case you need to leave in a hurry: money, keys, medications, important phone numbers, spare clothing, and documents for you and your children such as birth certificates, social security cards, passports, bank statements, insurance policies, check book, marriage license, driver's license,



The Control Wheel developed by Deaf Hope. www.deaf-hope.org

credit cards, atm cards, and school and vaccination records.

- Make a police report. Take photographs of your injuries. This will help you later.
- Put trust in your instincts! Call the police (911) if you feel that you are in danger.
- Open spaces are safest if you can not leave. Keep your back to a door, not a corner. Avoid the bathroom, garage, kitchen, and other places where there are weapons and sharp or heavy objects.
- We all need support - tell someone you can trust about what is happening to you.
- Establish a code word with friends and children that lets them know you need

help. Ask them to call the police if they think you are in danger.

We are currently working to set up a local Deaf DV/SA support group. If you want more information or have any questions please contact Cheryl Parreira or Michelle Bronson at DHHSC Fresno Headquarters.

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Consider Becoming a Board Member

Renee Nealy
 Board of Directors, Secretary

Hello! My name is Renee Nealy and I am the new Secretary on the Board of Directors. I am so pleased to be a part of such a dynamic and wonderful agency! DHHSC has a very talented and dedicated staff, as well as a committed group of people serving on the board of directors. I served on

<p>Board of Directors President: David Smith (Deaf) Vice-President: Patty Parker (Late-Deafened) Secretary: Renee Nealy (Hearing) Treasurer: John Eberwein (Deaf)</p>	<p>General Members Jennifer Roberts (Hard of Hearing) Bryan Minas (Deaf)</p>	<p>Outreach Office Liaisons <i>Merced Outreach:</i> Becky Sortwell (Deaf) CJ Mansfield (Deaf) <i>South Valley Outreach:</i> VACANT <i>Central Coast Outreach:</i> Susie Devergranne (Hearing)</p>	<p>Contributing Writers: Paul Barnett Michelle Bronson Stephanie Flerchinger Victoria Graves Wayne Johnson Cheryl Parreira</p>	<p>Renee Nealy Brianna Terrill Dina Toschi</p> <p>Design Editor Shannon Simonelli</p> <p>Proofreading Editor Danielle Thompson</p>
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New Landscaping in the DHHSC Garden



Danielle "Dani" Thompson, Executive Director

Welcome to the first issue of Deaf Bee for 2008! I have begun my tenure as Executive Director since October 2007 and am honored to be part of this wonderful agency. Upon my arrival to DHHSC there have been many changes both professionally and personally. The simple fact of trying to adjust to a new environment and Deaf/ Hard of Hearing Community has been challenging, yet delightful.

I was born and raised on a tiny island near South America, called Trinidad which is located approximately 200 miles east of Aruba. I was born Deaf and attended mainstreamed schools without the use of a sign language interpreter. Needless to say, this was a major challenge and even though I succeeded with the support of my family and friends, I became passionate about helping others within my own community. I attended graduate school at Gallaudet University after which I became a strong advocate for the Deaf and Hard of Hearing, ensuring they receive the services needed to succeed in their education and careers.

DHHSC has always been a strong agency and it is my goal to make it even stronger. I hope to improve DHHSC by enhancing our services to the Deaf-Blind community as well as for victims of Domestic Violence, advancing employment and educational opportunities, and increasing awareness of the needs of foreign born Deaf/Hard of Hearing. DHHSC needs your support and your assistance improving these services to the community. Please do let us know how we can better provide assistance and go beyond your expectations.

"Uw droom is onze droom!": A common Dutch phrase on my island meaning *"Your dream is our Dream!"* DHHSC is here to help achieve your dreams! I cannot promise I am going to get a Limo for DHHSC to transport clients to appointments, but I can promise we are here to assist in your goals of saving funds to buy your own limo! I look forward to meeting each and every one of you so if we have not yet meet please stop by our headquarters office and look for me. I am anxious to meet all of the Central California Deaf and Hard of Hearing community.

Enjoy our first newsletter of 2008, which Sorenson Communications has graciously sponsored. Many thanks to Sorenson!

n e e n o p o n



What if Deaf and Hard of Hearing Service Center earned a penny every time you searched the internet? Well, now we can! *Goodsearch.com* is a new search engine that donates half its revenue, about a penny per search, to the charities its users designate. You use it just as you would any search engine, and it is powered by Yahoo!, so you get great results.

Just go to www.goodsearch.com and be sure to enter Deaf and Hard of Hearing Service Center as the charity you want to support. Just 500 of us searching four times a day will raise about \$7300 in a year without spending a dime! Be sure to spread the word!

Living Skills for You : Budgeting 101

Dina Toschi

Former ILS Specialist, Salinas

Everyone would like to save money, right? Well, here are some easy tips to help you get on track with your budget and maybe save up for that new bike or that vacation you have been dreaming about.

First off, **WRITE IT DOWN!** The best way to see what you are making versus what you are spending is to write it out. Figure out your monthly income (paychecks, Social Security checks, alimony, child support, etc.). Once you have the amount you are earning monthly, you can start subtracting what you have to pay monthly. Expenses like rent, car payment, insurance, phone bill, utilities (PG&E, water, and garbage fees), cable and DSL (internet), and credit card bills fall into this category. The next thing you need to do is figure out an estimate of what you spend on the necessities, like food and clothing and gas. You will have to subtract that from your earnings as well.

Once you have allotted amounts for everything you are spending (which should not be more than you are making) you can then decide what to do with the left over money. It is a good idea to prioritize. Decide what you really need versus what you just want. It is

hard to distinguish between the two sometimes, but this just means that the things you need become priority over the things you want. It does not mean you cannot ever have the things you want, you just can not have them now.

Once your budget is set, **STICK TO IT!** Then you can start saving. Initially you may only be able to save \$5 a week, but that adds up. Save what you can, when you can. Also save your change. One of the easiest ways to save some cash is to have an empty coffee can near your dresser so you can put your pocket change in every night. You may not think those little pennies add up, but after about 3 months of saving you will be surprised to see exactly how much you have.

Here are some other ideas to help pinch the pennies so that you can save as much as possible:

- Cut coupons and look in the newspaper for grocery store specials.
- Reduce AC and heating costs by using ceiling fans and closing blinds or drapes during the day.
- Pack your lunch to work or school, eating out costs more than you think.
- Carpool or ride your bike. This will cut the ever rising gas prices.

Remember, as part of the Independent Living Skills (ILS) program

at DHHSC, ILS Specialists can help you figure out a personal budget that works for you. Come see us for more information on budgeting and see how we can help you get on track!

How to Deal With Eviction Notices

Paul Barnett

Communication Assistant, Fresno

Evictions are a legal process where the landlord or owner of a property such as an apartment or house will request that any persons living there to move within a specific amount of time. This can happen as a result of the tenant not paying rent or ongoing disruptive behaviors, which affects other tenants.

Sometimes landlords will issue what is called a “three day or quit” notice to the tenant. The three-day notice is often used by the landlord to give the tenant a chance to avoid the actual 30-day eviction notice and should be considered a serious warning that there is a problem that needs to be resolved.

It is always very important that the tenant immediately consult with the landlord to find out what the problem is at the 583.2 68.B10 10 Tf 1 0 0 1 386.04 (he pro2 CS

From Within the Honeycomb

The Deaf Bee Spotlights Community Members

Gabriel Saucedo (right) was born in California and lives in the Central Coast Outreach Office service area. Gabriel, who is Hard of Hearing, is learning American Sign Language (ASL). He returned from Mexico last year and is now working part-time for Easter Seals as a Respite Provider. Gabriel is a member of the DHHSC-Advisory Council for the Central Coast Outreach Office (CCO) and also volunteers at CCO translating fliers from English to Spanish. Gabriel has been involved in the Central Coast Deaf Community Pizza Nights.

Corina Jarvennah "Red C.J." Mayfield (below) enjoys her new role as the chairperson of the Merced/Mariposa/Madera advisory council (MMM-ac). She hopes to set up Deaf Teen Focus program because she has recognized that her local area lacks activities for D/HoH teens. She hopes to establish a deaf club in the Merced/Mariposa/Madera area. Red C.J., Deaf since birth, currently enjoys being a full-time mother for her three sons. Red C.J. likes to volunteer with Deaf and Hard of Hearing communities and wants to see local Deaf "connect and grow into a more successful community."



Shelley Stout (above) is a leader in the South Valley. Born deaf, she attended school using both Oral and Total Communication and graduated from CSDF. She earned a sociology degree and is currently studying Early Childhood Education. Her goal is to become a teacher for deaf students and to provide them with positive education experiences. Shelley is involved in facilitating programs where all deaf children can be educated together. Shelley is an independent, successful role model and she is following her dream of seeing other deaf children and adults have the same opportunities.

Jorge Jimenez (left) is currently working at School Specialty in Fresno. He has worked there for 1 1/2 years. He enjoys working on the assembly line and feels comfortable there. Since getting a job his life became busy! He likes working because he does not have to stay home and be idle. Jorge's advice to others: "It's up to you to decide if you want to work or stay on SSI...it's your decision." Jorge feels happy to be occupied and plans to continue working at School Specialty. He is thankful to his supervisors Chuck Taylor and Paul Schultheis for giving him this opportunity to work.



***Do you know
someone who you
think should be featured
in the next Honeycomb?
Contact deafbee@dhhsc.org
with the person's name and why
they should be featured.***

Protect Yourself From Identity Theft

Identity theft is a serious crime and a real danger that can ruin your credit and destroy your good name.

Stephanie Flerchinger
DeafSafe Coordinator, Fresno

Fact:

Did you know that identity theft is the fastest growing crime in the world? There are approximately 11.8 million Americans (one in 20 adults) who have been victimized by identity theft. Identity theft not only happens in the United States, it happens worldwide. Identity theft is the stealing of a person's financial information, whether it be a social security number, credit card, debit/ATM card, or the person's personal information without their consent. Once identity theft occurs, it can destroy the victim's life and ruin his or her credit history.

How does identity theft happen?

Sadly, stealing a person's information is easy. All that a thief needs is a person's social security number, date of birth, and other identifying information, such as a home address, phone number, and whatever other information they can find about you. With this in hand as well as a false driver's license with their own picture, they can easily pose as you, their victim. They apply in person or through

the mail for instant credit by pretending to be you. Oftentimes credit grantors do not take the time to verify the person's information or the home address, and quickly provide the thieves with credit or a loan.

Once the imposters open the first account, they use this new account, along with the other identifiers, to add to their credibility. This helps create an increase in fraud. With only a little information, the thieves are well on their way to becoming rich and ruining your credit and good name.

Where can the thief get information about you?

Surprisingly, lots of places—it can be your doctor, lawyer, dentist, school, place of work, health insurance carrier, and many others who have your identifying information. If some criminally-minded person who is working at or visiting the office decides to use this information to assume your identity, you would not know it.

You also do not need to lose your wallet or have anything physically taken from you in order for your identity to be stolen. Confidential information such as utility bills, credit card slips, and other documents can be easy to

access in your garbage. Another place where thieves can take your ID is on the internet, where your information is readily available and accessible. Additionally, if someone obtains your credit report illegally, he or she has all the information necessary to become you.

Ways that thieves become rich quick:

If you get an email from your bank stating that you need to update your information online be wary of it and do *not* provide information such as your social security number, date of birth, or your mother's maiden name until you are certain that it is a legitimate email. If you suspect that an email could be false, go to your local bank branch and speak with a representative. Do not under any circumstances give your personal information to people over the internet, especially if they try to offer you money. If it sounds too good to be true, it is probably is!

What do you do if you are a victim of identity theft?

As soon as you are aware of unusual activity in your bank account, contact your bank. Some of the warning signs for identity theft may include your bank contacting you about a large amount of money that has been withdrawn from your account, being denied credit, or seeing charges that are not yours on a bill. If any of these occur you should immediately do a credit report by a known reporting agency and put a fraud alert on your credit profile.

There are three reputable credit reporting agencies that you can use: Transunion, Equifax, and Experian. You can do a free credit check with all three of these agencies on the internet at www.annualcreditreport.com. It is important that you obtain a copy of the report so that you will know which are the fraudulent accounts, and inform the police in the county where the fraud occurs. You may not be able to stop the fraud immediately but it will get you started on the long process of clearing your credit.



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Quick Tips to Help You Keep Your Private Information Secure

Brianna Terrill, Former ILS Specialist, Visalia

ID theft is when someone steals your personal information and uses it to get things. Common forms of ID theft include stealing bills or other papers with your personal information from your trash, stealing credit/debit card numbers, pretending to be a company to get your personal information, and stealing your mail, wallet, or purse.

Here are some easy ways to prevent ID theft:

- Shred financial statements and other papers that have personal information, such as your name, address, phone number, or date of birth.
- Do not carry your Social Security Card in your wallet or write your Social Security Number (SSN) on anything.
- Be absolutely sure who you give your personal information to. If someone calls you claiming to work for your bank or credit card company it is best to hang up and call the number listed in the phone book or on your statement.
- Try to avoid giving personal information over the phone, internet, or through the mail. It is much better to handle such matters in person.
- Use firewalls, anti-spyware, and anti-virus

programs for your computer.

- Do not use obvious passwords such as your birthdate, mother's maiden name, or the last four digits of your SSN.
- Keep your personal information in a safe place where others cannot get it.
- Make sure no one is looking over your shoulder when you use your debit card.
- Do not mail checks from your home mail box. Get a post office box or a locked mail box if you can.
- Get credit cards and business cards with your picture on them.
- Take your name off of all promotional lists.

Some signs that someone may have stolen your identity are:

- Bills do not come when they are expected.
 - Unexpected credit cards or account statements.
 - Denial of credit for no apparent reason.
 - Calls or letters about purchases you did not make.
- Be sure to inspect your credit report and review your financial accounts and billing statements for charges you did not make. You can call 1-877-ID-THEFT (1-877-438-4338) to talk to a counselor if you need help.



Crooks are Phishing for Your Identity

Wayne Johnson, Resource Specialist, Salinas

Do you know what phishing is? No it is not fishing spelled wrong, but it does have a lot in common with it. In both cases bait is used to catch an unsuspecting victim. With fishing it is fish. With phishing the unsuspecting victim might be you.

Phishing is a term for a scam that tries to get you to provide important personal information so it can be used to harm you. For example; you open your inbox and there is an e-mail claiming to have important information regarding your bank account. To be able to access this information you must enter your account number and pin. If you do, you have provided someone with the information they need to access your bank account and your money.

Phishing is most often done by e-mail and instant messaging, but can also be done by phone. Here is an example: the phone rings the caller says this is a message from your bank and they have had a problem with your account, in order to get important information regarding your account you must give/enter your account number and pin.

The message is not from your bank no matter how legitimate it may seem. Your bank does not call you for any information about your account, they already have it. If you receive a call similar to this, hang-up! If you want to make sure there is not a problem with your account call your bank yourself, use the phone number that is on your bank statement or that is in the phone book. Do not call any number given you by the caller, e-mail or IM sender, also do not go to any website they give you, no matter how legitimate the web address (URL) might seem!

If anyone calls you, e-mails you or instant messages (IM) you saying they need any type of personal information, do not give it to them, instead call your bank, credit card company or whomever the caller or message sender said they were representing and talk to them directly. Phishing can also be used to get other important information that can be used for identity theft. Maybe they ask for your birth date and/or your mother's maiden name. With this information they can get other personal information about you.

**“It’s reassuring to know
that when I use SVRS
all of my professional
communication needs
will be met.”**

—Moussa Ahmadi,
Owner, Car Dealership



My Sorenson VRS Story

“I use Sorenson VRS® (SVRS) to discuss details of the cars I am selling. Because SVRS interpreters communicate information so professionally, my customers think I am a hearing car salesman. When my customers come to my car lot, they’re surprised to learn that I am deaf. It’s reassuring to know that when I use SVRS all of

Basic Street Sense: Keep Yourself Safe!

Victoria Graves

Former Coordinator of Client Services, Visalia

- Wherever you are—on the street, in an office building or shopping mall, driving, waiting for a bus or subway—pay attention and know what is going on in your surroundings.
- Send the message with your expression that you are calm, confident, and know where you are going.
- Trust your instincts. If something or someone makes you feel unsafe, go away from that person or leave that area.
- Know the neighborhoods where you live and work. Know where the closest police and fire stations are, hospitals, and restaurants or stores that stay open late.
- When you walk, stay on streets with good lights and lots of people. Do not take short cuts through dark areas with trees, parking lots, or alleys.
- Do not take out and show large amounts of cash or show off things like expensive jewelry or clothing.
- Carry your purse close to your body. Put your wallet in an inside coat pocket, or front pants pocket, not your back pocket.
- Try to use ATM machines during the day. Keep your eyes open and around you at the machine.
- Have your car or house key in your hand before you get to the door.
- If you think someone is following you, change the way you are going, or cross the street. Walk to an open store or restaurant, or house with lights on. If you are scared, yell for help.
- Have to work late? Make sure there are other people in the building, and ask someone to walk you to your car.

Adapted from an article of the same name by the Visalia Police Department.

We would like to extend a special THANK YOU to our “Circle of Friends” who continue to support DHHSC with their donations and contributions!

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No person shall, on the grounds of race, color, national origin, sex, religion, age, handicapped status or the ability to pay, be excluded from participation in, denied the benefits of, or be subjected to discrimination with respect to DHHSC’s services. DHHSC’s facilities are accessible to all persons with disabilities.



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Deaf and Hard of Hearing Service Center's mission is to advocate, seek equality, and promote self-determination through empowerment for those who seek our assistance, and to enhance the awareness and understanding of the Deaf Culture and the unique communication needs of Deaf and Hard of Hearing individuals.