

The Deaf Bee

A Newsletter from Deaf and Hard of Hearing Service Center, Inc.

Deaf Awareness Week is
September 19

Save the Date! (See www.dhhsc.org for flyers)

6 Ways to Enjoy Fall!

2.

Some local farms offer this, such as Hobbs Grove in Sanger. Ask around!

3.

4.

Take 1 orange and push in about 50 whole cloves, then tie a loop of red ribbon or string onto it. Hang up and enjoy the scent!

5.

6.

-ideas summarized from article by D.E. Stone on www.associatedcontent.com

Communication Tips for Parents of Deaf and Hard of Hearing Children

By Nicole Bruno



Photo Credits: (Above) Baby: from Microsoft Office Clipart; (Right) Dinnertime: Justin Lewis

Deaf and hard of hearing people depend on eyes more than ears.

Hearing children often learn through what they hear in their environment (for example, baby talk, playing music, rhymes, singing, having conversations in voice, making sounds).

It is important for parents to make sure that their deaf or hard of hearing child learn through what they see in their environment (for example, using a lot of facial expressions, drawing pictures, showing them objects and explaining their purposes, showing pictures, and hands-on games and activities).

Make time to communicate with a Deaf or Hard of Hearing child.

Parents often talk to hearing children while doing something else at the same time. With deaf or hard of hearing children, a parent needs to focus only on communication since the children benefit from eye contact, so they are able to watch you (whether you use sign language, speech, or another method of communication) Your facial expressions and body

language are important as well! Ask your children questions to make sure they understand you.



Include their brothers and sisters.

It is important to continue spending equal time with other children in the family and to have them to be involved with communication process. This can bring siblings closer together. For deaf or hard of hearing kids to have someone who is closer to their age group to talk with can be helpful when it comes to social settings. At the dining table, the whole family could include the deaf or hard of hearing child in the mealtime conversation. A family working together to have clear communication is a family ready to thrive together.

Busting Three Myths about the Deaf and Hard of Hearing

By Wayne Johnson

Let's look at some common myths about deaf and hard of hearing people:

Many do not lip-read and instead use American Sign Language (ASL) to communicate. Never assume that a person has lip-reading skills.

For those that DO, usually only 30% of what people say can be lip-read. To see how hard it can be to lip-read, watch the news on TV for a few minutes. Call a friend and ask them to watch the same news. While you watch it, push the mute button on your remote on and off during the show. Later compare what your friend learned from the news and what you learned by only getting bits and pieces.

Always face a deaf or hard of hearing person when talking to them. Speech or lip-reading may help in understanding some words.

Because American Sign Language (ASL) and English have different grammar, writing notes is often not a clear way to communicate with an ASL signer. For short communication, such as giving the date and time for an appointment, notes will be fine. But for complex information, such as medical advice at a doctor's visit, updates at staff meetings, or advice from a lawyer, let the deaf or hard of hearing person tell you what will be the clearest way to communicate with them. This might be a Certified Sign Language Interpreter.

The method of communication requested by a deaf or hard of hearing person should be used as your guide as stated in the Americans with Disabilities Act (ADA).

American Sign Language is a language just like English, Spanish or any other language. Even if your child begins to talk with you, how much of what you say to your child is understood?

90% of all deaf and hard of hearing children are born to hearing parents. About 90% of those hearing parents never learn to communicate clearly with their deaf or hard of hearing children. Learn to use your child's language, and both of you will really benefit!

ILY COOKIES

- 1 1/2 cups butter, softened
- 2 cups white sugar
- 4 eggs
- 1 tsp vanilla extract
- 5 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp salt

1. In a large bowl, cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in the flour, baking powder, and salt. Cover, and chill dough for at least one hour.
2. Preheat oven to 400 degrees. Roll out dough on floured surface 1/4 to 1/2 inch thick. Cut into shapes with ILY cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets.
3. Bake 6 to 8 minutes in preheated oven. Cool completely.

All The Buzz from the Honeycomb

SaveMart Shares

Do you shop at SaveMart? Do you buy your groceries at FoodMaxx? Do you have a SHARE Card? Do you want to help raise money for DHHSC?

Get a SHARES card from the DHHSC office closest to you. Every time you shop at SaveMart, FoodMaxx, or Lucky those stores will donate 3% of your purchase to DHHSC! How? Right before you pay at the cashier, give them your SHARES card first, then pay by cash, debit, or credit, as you usually do. DHHSC gets a check directly from the SHARES program with 3% of each person's purchase. Keep in mind the SHARES card has no cash value and it is not a discount card for you. It just collects 3% of each person's total purchase and donates that money directly to DHHSC to be able to continue to expand on providing programs and services to you.

For those who have been using the SHARES cards already, thank you. So far we have a raised more than \$600.00!



DHHSC Board Needs You!

DHHSC Board of Directors is often on the lookout for new members. We hope that you will consider this opportunity. Please check out www.dhhsc.org for more information on how to become a board member. Join us at our annual Community Comments, usually held in August, and at our monthly Board Meetings. Details on the meeting dates and times are listed on DHHSC's website. Thank you for being a friend of DHHSC!

Valley Deaf Seniors Donate \$500!

Each week, usually on Thursdays, our local Valley Deaf Seniors gather together to enjoy each other's company and play games in the Fresno Headquarters.

Now Valley Deaf Seniors all voted to make a donation of \$500 to DHHSC for our fundraising efforts. DHHSC appreciates the generous support and thanks Valley Deaf Seniors on behalf of our community. Your warmth and community involvement is an inspiration to us all!



Photo Credits: (Above Right) Shares Card: from SaveMart.com; (Above Left) Board meeting, from Microsoft Office. (Above) Valley Deaf Seniors with Board President Rosemary W. Diaz.

Your Blood Pressure and You!

By Beth Lilley

Every time I go into the pharmacy, I always check my blood pressure on the machine they have available. However, until recently I had no idea what the numbers meant or why a person might have high blood pressure. I'd like to share with you all some interesting information about your blood pressure and what you can do to stay healthy! Your arteries are your red blood vessels in your heart that carry blood *away* from your heart. Blood pressure measures the force from the blood against the artery walls. Systolic pressure is when the heart contracts, Diastolic is when it expands. Normal blood pressure measures systolic less than 120 and diastolic less than 80. If your reading is over, you are either at pre-hypertension stage or hypertension. Hypertension means that your readings are consistently, often, above normal

range. Hypertension can lead to stroke, heart attack or other illness.

Stress is a huge factor of blood pressure. A healthy lifestyle and low stress is the goal! The American Heart Association recommends: no smoking, reduce salt and fat in your foods, maintain a healthy weight (check your Body Mass Index: BMI), exercise often, and see your doctor regularly.

If you are using a machine at the pharmacy or at home to check your blood pressure and it is high, it is important to see your regular doctor to get an official diagnosis. Client service specialists at your local DHHSC office are available to help if you want more information! Stay healthy.

Deaf and hard of hearing Access to Safety and Health education(DASH) funded by United Way-Merced

Breast Cancer Awareness Month is October!

By Stephanie Flerchinger

October is Breast Cancer Awareness Month and DHHSC wants to keep you informed about this important topic! Susan G. Komen For the Cure has again sponsored Deaf and Hard of Hearing Service Center's CARE program for the third year in a row, helping to educate Deaf and Hard of Hearing individuals the importance of detecting breast cancer early. For those of you who are not familiar with Susan G. Komen for the Cure, the foundation was first founded in 1982 in Dallas, Texas after the death of Susan G. Komen, who died from breast cancer. Susan's sister, Nancy G. Brinker, was determined to do everything in her power to help fight and get rid of breast cancer forever. From the birth of one foundation in Dallas, Texas this cause has spread nationwide, and in 1999 a breast cancer survivor, Carolyn Montez Jorgensen, helped set up a foundation here in Fresno, California.

Breast Cancer is a disease where cells in the breast tissue divide and grow without normal control. In other words, it starts out with one bad cell and if left too long untreated, the one bad cell can multiply. Then more cells will appear and take over the good cells and slowly spread to other parts of your body. Breast cancer can happen to anyone, men included, and affects both gender regardless of their race and socio-economic status. Breast cancer can strike anytime and is one of the most common cancers in the world today. According to the

foundation's statistics, there are currently 1.3 million people diagnosed with breast cancer annually. There is no known cure for this disease, but the good news is that there are ways to detect breast cancer early. Early detection is the best tool to fight Breast Cancer and education is the key to survival.

Here are a few tips that will help detect Breast Cancer early: Know your medical history and find out if breast cancer runs in your family. If you are at risk, it is important to speak with your doctor and find out what screening tests are right for you. Have a clinical breast exam every three years beginning at the age of 20. At age 40 have a clinical breast exam every-year. At average risk it is recommended to have a mammogram every 1-2 years beginning at the age of 40. It is also important to be comfortable with your body and know what is normal for you. If you notice anything out of the ordinary or feel a lump, please speak with your doctor. It is more important to have peace of mind than wondering if there could be anything wrong. Your health is important and please do not neglect your wellbeing.

There are different methods in overcoming breast cancer. It is important to know your options but please do speak with your doctor to find out which method is best for you, if you are diagnosed with it. Please contact us for more information!

What is a leader? What does a leader do? How does one know if one has leadership qualities?

By Michelle Bronson

lead·er·ship
–noun

1. *the position or function of a leader: He managed to maintain his leadership of the party despite heavy opposition.*
 2. *ability to lead: She displayed leadership potential.*
 3. *an act or instance of leading; guidance; direction: They prospered under his leadership.*
 4. *the leaders of a group: The union leadership agreed to arbitrate.*
- www.dictionary.com

In a world of rapidly changing cultural mores and values, leadership is not always recognized or appreciated. Leadership is sometimes perceived as oppressive and confrontational, but in actuality, if channeled properly, leadership is desired and needed.

For example, it is in the face of oppression when individuals with voices rise up and fight for people's rights and sense of justice. Martin Luther King is one such example for the Civil Rights Movement, and for the infamous Deaf President Now protest, Bridgetta Bourne, Jerry Covell, Greg Hlibok, and Tim Rarus led the movement. If they had not stepped up to the plate and "voiced" Deaf protests over Jane Bassett Spilman's (Gallaudet University's Chair of the Board of Trustees) alleged comment that "the deaf are not yet ready to function in the hearing world," a hearing president would have remained in position. It is because of the four Deaf leaders that a dramatic change took place at Gallaudet, but it entailed many rallies, students barricading campus gates, and two separate organized marches, one in which they carried a banner "We still have a dream!" (a nod to Martin Luther King).

It may be inconvenient or lead to unpleasant consequences if a person protests oppression, but positive changes do not come about if people are passive or complacent. It is when protests are made and determination to bring about change that oppression can cease and lead to positive outcomes. This also includes going against popular opinion, taking charge in a difficult situation, or standing up in a silent crowd and mobilizing people to protect the innocent. Situations vary, but there are many opportunities to use leadership skills for the good of humanity.

DHHSC's logo is the sign for "advocate," and advocacy is one of our core services. While we believe in empowering Deaf and Hard of Hearing individuals with information and skills needed to protect their rights to "fair and equal access" to services provided in the public arena, leaders are still needed to protect and mobilize those whose rights are being violated.

YOU, TOO, can be a leader.

Joining a California Association for the Deaf chapter and/or DHHSC's Board of Directors are such opportunities to practice leadership skills and be "seen AND heard."

We strongly believe in the diversified talents, skills, abilities, and experiences of our Deaf Community, and there is currently so much potential that remains untapped. We believe in each and every one of you, and together, we CAN make a positive difference!