

Washington Advocates of Deaf and Hard of Hearing

Serving Deaf, Deaf-Blind, Deaf Plus,
Hard of Hearing and Hearing Loss Individuals

WADHH Newsletter

Fall/Winter
2021



"Historians are like deaf people who
go on answering questions that no
one has asked them. "

Leo Tolstoy

"Sign Language is a dance with words,
to be enjoyed from babyhood through
childhood to adulthood"

Marilyn Daniels

Schedule

Hours of Operation

Monday 10 AM - 5PM

Tuesday 10 AM - 5PM

Wednesday 10 AM - 5PM

Thursday 10 AM - 5PM

Friday 10 AM - 5PM

Saturday/Sunday - Closed

Deaf Centers closed in observance of the following dates in 2022

Jan 1 - New Year's Day

Jan 17 - Martin Luther King Jr. Day

Feb 21 - President's Day

May 30 - Memorial Day

June 20 - Juneteenth Day

July 4 - Independence Day

Sept. 5 - Labor Day

Nov. 11 - Veteran's Day

Nov. 24 and 25 - Thanksgiving

Dec. 26 - Winter Holiday

Our Regions

WADHH Headquarter

Vancouver

VP: 360.334.5740

Voice: 866-695-6777

Email: officemanager@wadhh.org

301 SE Hearthwood Blvd

Vancouver, WA 98684

Region Services Center:

Yakima

3700 Fruitvale Blvd

Yakima, WA 98902

Tri-Cities

8836 Gage Blvd, Suite 103-A

Kennewick, WA 99336

Spokane

N. 200 Mullan Rd, Suite #217

Spokane Valley, WA 99206



WADHH staff

WADHH Headquarters

Terese Rognmo, CEO

Email: terese.rognmo@wadhh.org / 360-450-0946 (VP)

Dehne' O'Connor, Office Manager

Email: officemanager@wadhh.org / 360-334-5740 (VP)

BonnieKaren Francese, AWW Coordinator

Email: awaywithwordsasl@gmail.com

Bk.francese@wadhh.org / 360-831-3397 (V)

Vancouver

TBA, Community Advocate (CA)

Jacqueline Doyle, Community Advocate (CA)

Email: Jacqueline.Doyle@wadhh.org / 360-334-5153

Tri-Cities & Yakima

Zachary S. DeLoya, Community Advocate (CA)

Email: Zachary.DeLoya@wadhh.org / 509-416-2098 (VP)

Spokane

Sandra Carr, Community Advocate (CA)

Email: Sandra.carr@wadhh.org / 206-408-2000 (VP)

Ali Hamar, Community Advocate (CA)

Ali.Hamar@wadhh.org / 206-408-2098 (VP)

Executive Board Members

Don Redford, President

Bobby Jacobs, Vice President

Wanda Forcht, Secretary

James West, Treasurer

Partnerships

- Office of Deaf and Hard of Hearing (ODHH)
- Washington School for the Deaf (WSD)
- Washington Association of the Deaf (WSAD)
- Dept. of Social and Health Services (DSHS)
- WorkSources
- Interstate Bridge Replacement Program (IBR)
- Dept. of Vocational Rehabilitation (DVR)
- Aging and Long Term Support Administration (AL TSA)
- Young Women's Christian Association (YWCA)
- Columbia River Mental Health Services (CRMHS)
- Community Foundation Southwest Washington



Executive Director's Statement

By Terese Rognmo

The fall has arrived, and the harsh winter is on the way. Our lives definitely have changed since the COVID pandemic, and it has not been the same since March 2019.

WADHH is going through a huge change as well. How is that you may ask...

Last May 2021, WADHH purchased an interpreting services, Away with Words (AWW) as the former owner, Nancy Hockley, retired. It has been a learning experience for all of us on how to establish AWW under WADHH. We had a contract with an awesome consultant, Marc Schmitz. He gave us great insight on how we can run AWW smoothly and effectively.

Our beloved Community Advocate, BonnieKaren (BK) Francese, has accepted her new role as an Away with Words (AWW) Coordinator, November 22, 2021. She still provides some advocacy for the community members as needed.

Our former Community Advocate, Jamie King-Prunty, resigned for an employment opportunity unexpected. We do wish her the best journey with her new job.

You are probably wondering who will be taking over CA's position in Vancouver... Due to an unforeseen circumstance, we were not able to find a permanent Cas for Vancouver. We will try again to find replacements.

Lastly, the Spokane Regional Center has a new Community Advocate, Ali Hamar. You can find her biography in this newsletter. Please welcome her whenever you meet her in person!

More news coming up, please continue reading the newsletter! Other than that, WADHH wishes you Merry Christmas and Happy New year!

Staff Retreat—November 2021

The first week of November, 2021—WADHH had a staff retreat whereas all staff interacted and discussed different subject related to the client services. It was nice for all staff to meet in person despite of COVID pandemic. On the very last day on Nov. 4th, we had a painting party! All WADHH staff had a great time, and they brought their painting canvass to their home.

First row from the left: Jacque Doyle; Ali Hamar; Robin Traveller
Second row from the left: Terese Rognmø, Zachary S. DeLoya, Albert McCrea;
Sandra Carr; Dehne O'Connor; BonnieKaren Francese



News from WADHH Vancouver Regional Center



**In Loving Memory of Steven Larry Molyneux
June 3, 1952—October 6, 2021**

We lost our beloved community member, Steve Molyneux. He used to be a Community advocate for Washington Advocate of the Deaf and Hard of Hearing (WADHH) years ago. He will be greatly missed!

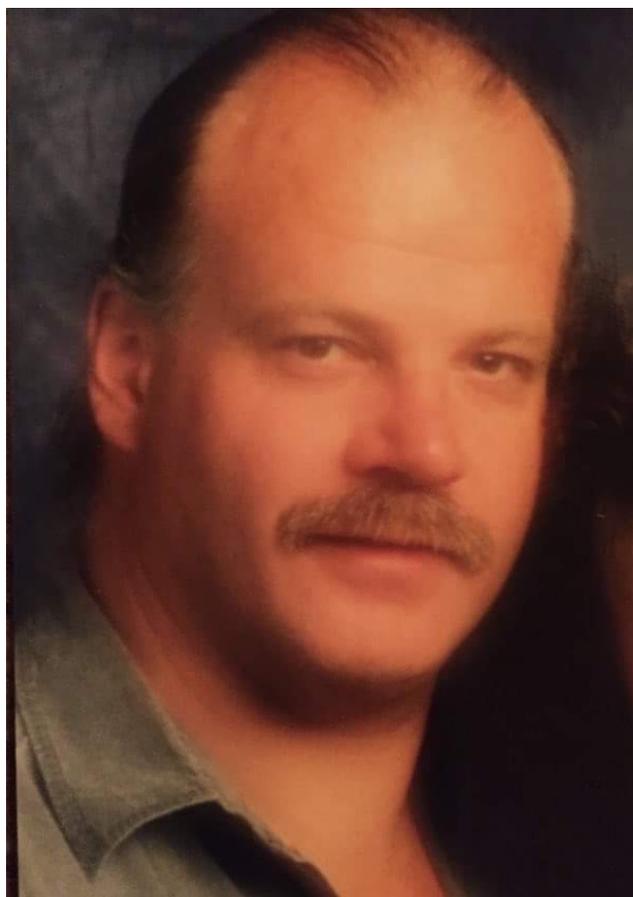
- WADHH Team

Steven Molyneux—my other half. He passed away on Oct. 6, 2021 at the hospital in Salmon Creek, Vancouver.

He is an adventure guy and well respected by people who have known him for a long time. He is an oldie party person in the old days.

He travelled a lot in a white van with his dog in the Eastern areas while he was a student of NTID college. However, he loved travelled through different states, and even flew to Hawaii where he stayed a couple month. He loved water skiing on ocean. I had a good memories with him. We loved each other, and became a loving family. We raised two wonderful boys. God blessed his heart. He is resting and waiting for Christ to come.

- By his wife, Bubble.





Away With Words Interpreter Services

By BonnieKaren Francese, AWW Coordinator

Washington Advocates of the Deaf and Hard of Hearing recently made an addition. We have added an interpreting agency under our wing. Away with Words (AWW) is an interpreting agency that has been running for more than 9 years, providing interpreters to the greater Eastern Washington area. WADHH is headquartered in Vancouver, WA with 2 other offices in the Tri-cities area and Spokane area. Our goal is to broaden the horizons for AWW by adding more interpreters to be able to cover more ground.

My name is BonnieKaren Francese. I am a former community advocate for WADHH. I am switching roles now and I will be taking over the coordinating position for AWW. I will run the email and the phone requests, and I will schedule the interpreters accordingly. I graduated in 2018 from the University of Arizona's College of Education's Interpreting program. From this education and now holding a steady position in the Deaf community for Southwest Washington, I feel I am ready for this new challenge. I am equipped with the knowledge and tools to be able to provide the right interpreter for the needed assignment.



Along with coordination, my other job will be to partner with other agencies in Washington State and provide them the knowledge needed to always provide equal access to their Deaf and Hard of Hearing clients. I will educate businesses on Americans with Disabilities Act (ADA) laws and how to go about requesting an interpreter from an agency or independent contractor. This should make doctor's appointments, legal meetings, business presentations, etc. easier to set up for the Deaf client because all they need to do is make sure they say, "I need an interpreter, please." And then the business takes it from there because they know exactly what they must do. There should never be an argument when a Deaf client requests an interpreter. It should be simple and easy for everyone involved and that is what AWW will always provide; a simple and easy way to provide an ASL interpreter.

I look forward to learning more as I step into this new role. I will still be spotted around the Deaf center in Vancouver but my office for the coordination position will be remote. I enjoyed working as an advocate for more than two years and I hope to someday come back to that but for now, this role presents me with an opportunity to use my skills from college and build on them so I can better serve the community from here on out. If you would like to request an interpreter or have any questions regarding our new interpreting agency, AWW, please give me a call at 360-831-3397 or email me at awaywithwordsasl@gmail.com.

AWW opens:
Monday to Friday

Business hours:
9 am—5 pm

Email:
awaywithwordsasl@gmail.com

Phone:
360-831-3397





Welcome our new Community Advocate Jaqueline Doyle

Greetings to Vancouver Washington deaf community, I'd like to introduce myself as one of the new Community Advocates (CA) under WADHH. My name is Jacqui Doyle "JJ". I am originally from Ontario Canada, attended the first deaf school in Canada based in Belleville Ontario. I attended Gallaudet University in Washington, DC for both undergraduate and graduate school in social work then remained in DC working for Deaf-REACH for 10 years. Deaf-REACH provided case management services and residential programs for deaf adults with other disabilities ranging from independent living skills, advocacy, addictions and mental health issues.

Afterwards, I moved to Austin Texas to work for Texas School for the Deaf Student Life Program for 16 years. I mainly worked with middle school and high school aged students and participated in social emotional learning skills. Just relocated to Vancouver for this job and am excited to be working with this community.



I will share a few facts about me. Last summer I adopted a deaf daschund mix, named him Koa for being brave, strong and fearless. He is very friendly, loves little children, greets everyone. It's been fun watching him explore this new environment with falling leaves, he would chase leaves in the wind. I love camping, hiking in nature, four wheeling. I believe in Buddhism and karma, treat others the way you wish to be treated. My father currently lives in Thailand and after having visited several countries in Asia, it has broadened my horizons on perspectives of cultures. I highly recommend every individual, who have an opportunity to go and explore!

Over the years of working in mental health field I have adapted to different communication styles meeting the needs of individuals, am good at following up and being a team player. Seeing every individual meet the basic needs and receive support in whatever way possible is significant. Please feel free to give me feedback and suggestions on what you or our community could benefit. I look forward to working with you and may be reached at Jacqueline.doyle@wadhh.org.



Emergency Crisis Information

By Albert McCrea (formerly CA)



WADHH & DeafLEAD 24-hour Crisis Line

When it comes to crisis intervention, adequate communication is necessary to ensure appropriate safety responses are established. Furthermore, alleviating crisis must be executed in a competent and timely manner. With that said, barriers to communication can further delay or exacerbate a crisis leading to unsafe outcomes. Deaf and hard of hearing populations are subjected to various crisis yet communication presents a huge barrier when it comes to receiving services. Because of the increased impediments deaf and hard of hearing populations must confront during crisis; it is recommended to be informed on resources as well as vigilant in our efforts.

The WADHH offices is a great resource to contact when it comes to deaf and hard of hearing individuals experiencing crisis because staff can provide sufficient communication as well as competency when it comes to identifying resources and potential resolutions to relieve the crisis.

Another resource which is available remotely 24/7 is the deaf crisis line from DeafLEAD. DeafLEAD is committed to providing a safe place for deaf and hard of hearing individuals to get the help they need 24/7.

DeafLEAD Crisis Line [VP]: 321-800-3323
DeafLEAD Text: Type "HAND" to 839863
DeafLEAD Phone: 573-445-5005



SAMHSA Disaster Distress Helpline

When it comes to natural disasters such as floods, hurricanes, tornados, wildfires, earthquakes, drought, anniversaries, and trigger events; emotional distress can occur. Resources are available via call/text in 100 languages through SAMHSA to connect with a counseling service.

Services include information on how to recognize distress and its effects on individuals and families, disaster distress counseling for people in emotional distress, and referrals to local crisis call centers for additional follow up care and support. Additionally, the disaster distress helpline advises on instances related to infectious disease, COVID-19 pandemic, and incidents of community unrest.

SAMHSA Crisis Line - Call or Text 1-800-985-5990





Animal Services

By Jacqueline Doyle, Community Advocate

Did you know that our furry friends can be emotional support animals, a type of service dogs? You can look up more information at <https://usserviceanimals.org>.

As long as your dog is not aggressive in public, it's pretty easy to get this.

This can waive your housing pet deposits and rent. Even if your housing may not allow pets, this can support you into getting what you need. Some may require a doctor's note to justify why a companion is essential for you. It also allows your furry friend to travel with you locally or via public transportation.

All you have to do is show your pet's certificate. However, there are some conditions of emotional support animals flying – it may not be free and would be based on weight/size unless you have psychiatric note to justify more means and upgrade the certificate.



Holiday Stress Tips

By Jacqueline Doyle, Community Advocate

1. Self care is important, rest well, maintain healthy eating. Do what you want to do even if it means saying no. You feel what you eat - the better balance the better you carry yourself.
2. Exercise outside and breathe...
3. Use your creativity and skills, look at what you may have to make with. Any crafts from Pinterest using jars, pine cones, pallet wood, etc.
4. No need to kill your budget, you can provide services to others. Walk a furry friend, volunteer at homeless shelters serving food, clean homes.
5. Secure your belongings, communicate with trusted ones if you plan to be away from home.
6. Ask for help for yourself or a loved one – come and see us at WADHH. We're here for you...



DIETARY SUPPORT FOR A BETTER MOOD

**EAT ENOUGH
ENERGY + NUTRIENTS**



**EAT MEALS + SNACKS
OFTEN ENOUGH**



ky

**HAVE A PLANT
MORE OFTEN**



**BALANCE NUTRIENTS
AT MEALS & SNACKS**



**EAT OR SUPPLEMENT
OMEGA-3 + D**



**DON'T RESTRICT FUN
FOODS YOU ENJOY**



Racial Gaslighting (Toward the Black Community)

@ablackfemaletherapist

“I DON’T SEE COLOR.”

“ARE YOU SURE THAT’S WHAT REALLY HAPPENED?”

“IT’S NOT ALL ABOUT RACE.”

“NOT ALL COPS ARE BAD OR RACIST”

“NOT ALL BLACK PEOPLE FACE RACISM”

“BLACK PEOPLE SHOULD JUST COMPLY & THEY WOULDN’T
GET KILLED”

“PEOPLE MIGHT LISTEN IF THEY PROTESTED
PEACEFULLY.”

HOW CAN THERE BE RACISM IF WE HAD BLACK
PRESIDENT?”

“THERE’S NO NEED TO WORRY ABOUT THE POLICE IF
YOU’RE NOT DOING ANYTHING ILLEGAL.”

“THEY WEREN’T BEING RACIST. YOU JUST TOOK IT
WRONG WAY.”

“WHY CAN’T THEY BE PEACEFUL? MLK WAS PEACEFUL.”



News from WADHH TriCities/Yakima Region Center



WADHH – Tri-Cities/Yakima Region Farewell letter to the WADHH By Robin Traveller, CA (Retired)

Because of COVID pandemic, I started writing Senior Letters to very lonely seniors throughout Washington state in March 2020. I have deep compassion for Deaf seniors who are vulnerable and homebound. I've sent some fun paper activities like WordSearch and paper crafts.

I've enjoyed working for WADHH in TriCities and Yakima area for almost 4 years. My last day is November 30, 2021. For my retirement, I'm making country style patterns with my daughter for our Quilting Farm business (soon up in Etsy), catch up my old sewing projects (get them done!), and try to have a veggie garden in spring 2022. I'm a farmer's wife so I can bring lunches to my husband and enjoy my rides in tractors.

I will always be in touch with my current seniors.

See you around!





WADHH-Tri-Cities/Yakima

Community Advocate - Zachary Shawn DeLoya

It's been a long journey for WADHH-Tri-Cities/Yakima this past year 2021-2022 with Covid-19, deaths across nation, the stimulus, people losing their jobs, unemployment, voting, vaccines, homelessness, and now boosters. The CA has been busy trying to stay ahead and make sure the community had and shared the correct information.

It's been very challenging with everything shut down the CA has been using every kind of social media to stay connected to the deaf community as well and resources, such as VP, Zoom, Texting, Messaging, FaceTime, Facebook to keep services ongoing through the pandemic.

We will continue to provide services, education, U.S. Citizenship and Immigration Service (USCIS) resources. Our offices are open Mon to Fri 10 to 5. It would be helpful if you called and made an appointment to ensure someone will be in the office to assist you.

One of the Cas can sign in Mexican Sign Language.

Alert: all Regions (Tri-Cities, Yakima, Spokane, Vancouver) require wearing mask, according to Washington state governor

Contact information:

Zachary Shawn DeLoya, CA
Zachary.DeLoya@WADHH.com
(509) 416-2138 VP
(509) 654-0370 text



WADHH– Tri-Cities/Yakima Region By Community Advocate, Zachary S. DeLoya

I have some excited news to announce about 2 things; a waiver fee for USCIS applications forms and the Asylum Seeker Advocacy Project under USCIS.

Which forms are eligible for fee wavier USCIS? That would be I-912 form.

To request a fee waiver, you should file form I-912. USCIS will accept a written request but form I-912 is better because it will provide you the guidelines and structure for the request. File form I-912 with the form for which you are requesting a fee waiver. If needed, WADHH will assist you throughout this process to submit.

The Asylum Seeker Advocacy Project (ASAP) sees a future where the United States welcomes individuals who are fleeing from violence. We work alongside our members to make this vision reality.

Become a member:

ASAP welcomes new members who have sought or are seeking asylum in the United States. You can contact your local WADHH Community Advocate for assistance in filling out the application to become a member. WADHH can also provide resource information. Neither WADHH nor ASAP will charge you for either of these services.

Community Advocate's (CA) work with World Relief and NorthWest Immigration, attorney, Ritchie-Reieseren. We would like to see your USCIS application go through successfully.



Mexican Sign Language (LSM) and Financial Assistance for Immigration Services

One of CA's knows Mexican Sign Language (LSM) and can provide a full service to you in United State Citizenship and Immigration Service application from start to end. Whichever language the applicant is most comfortable using, Washington Advocate of Deaf and Hard of Hearing (WADHH) will do their best to accommodate.

One of the CA's will be more than happy to be accompany you to USCIS from wherever you are as long as you are within Washington state limits. USCIS will provide interpreters and upon request, WADHH will provide an advocate.

WADHH has some financial assistance available specifically for legal fees. Understand, this assistance is only available to qualifying applicants and is dependent on their case file with WADHH.

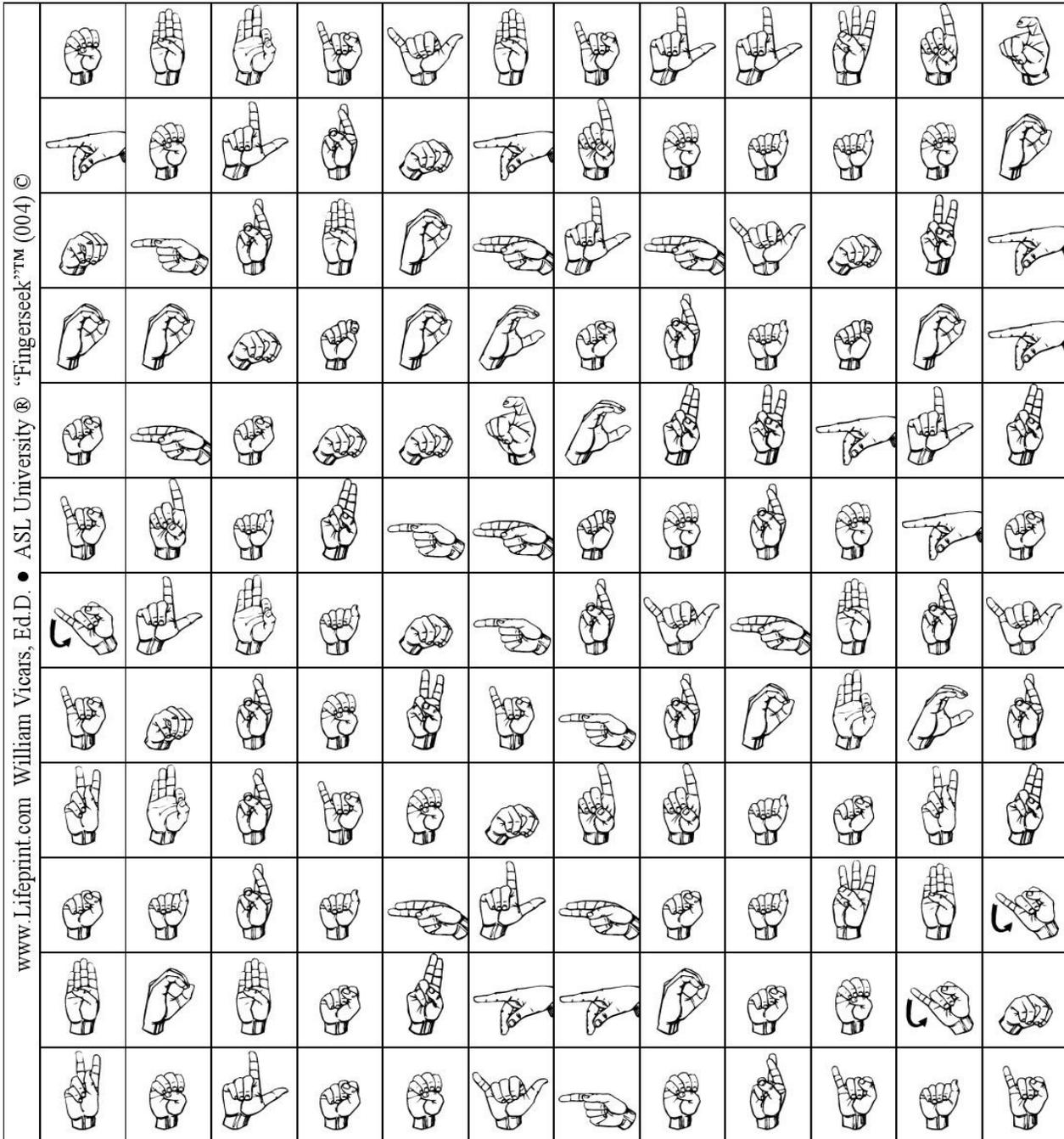
If you are interested to learn more information about The Asylum Seeker Advocacy Project (ASAP) or requesting a fee waiver form from USCIS, you may contact us at WADHH.

Contact information:

Zachary Shawn DeLoya, CA
Zachary.Deloya@WADHH.com
(509) 416-2138 VP (Tri-Cities, Yakima)
(509) 654-0370 text
360-334-5740 (Vancouver- HQ)



Fingerseek: The following words may be in any straight direction including diagonally and backwards: ANGRY, AUNT, UNCLE, daughter, box, BRUSH, CRY, forgive, FEEL, FRIEND, HAPPY, HELP, injury, SUPPOSE, LOVE, SAD, SORRY, STOP, WANT, WASH



**News from WADHH
Spokane Regional Center**





News from WADHH- Spokane Region By Sandra Carr, CA

It's been a long journey for WADHH-Spokane this past year 2021-2022 with Covid-19, deaths all across nation, the stimulus, people losing their jobs, unemployment, voting, vaccines, homelessness, and now boosters. The CA/CM has been busy trying to stay ahead and make sure the community had and shared the correct information.

It's been very challenging with everything shut down the CA has been using every kind of social media to stay connected to the deaf community as well and resources, such as VP, Zoom, Texting, Messaging, FaceTime, Facebook to keep services ongoing through the pandemic.

We lost four (4) deaf people in Spokane this past year 2021. Ernie Berestoff, Emerson Webb, David Bishop and Marie Purvis. None due to Covid. Our community will miss them.

We have a new CA/CM in Spokane after months of searching for just the right person. Ali Hamar, she hails from Washington, DC and Gallaudet University. Her specialty is Language Acquisition in Deaf and Hard of Hearing children.

We will continue to provide services, education, training and resources.

Our offices are open Mon to Fri 10 to 5. It would be helpful if you called and made an appointment to ensure someone will be in the office to assist you.

Contact information:
Sandra Carr, CA/CM
Sandra.Carr@WADHH.com
206-408-2000 VP
509-475-3430

What's happening in Spokane?

As many of you are aware things haven't quite been the same for the last year. Covid-19 changed everything, many things we took for granted, like shopping, Dr appt, going to the gym, hanging out with friends. No more.

Businesses and services shut down, some of our favorite restaurants closed for good, employees started working from home, masks became mandatory, schools were closed and the list went on.

WADHH-Spokane realizes that many services are important to the Deaf and Hard of Hearing Community i.e DSHS, Social Security, Caregiving Services, Housing, Food, Shelter. Many of these agencies went into lock down and stopped in- person services, so what now???

Many of the community services are still in lock down per Governor Inslee, but are now available on-line. But what if you're not sure how to find those services, will you get an Interpreter to explain in your language answers to questions you may have? Do you have to make an appointment on-line? How to you do that? Seems you have to be a rocket scientist to do the simple things these days that before was easy.

Never fear. Please see your local WADHH-Spokane CA/CM for assistance to access any or all services that are presented on-line. We understand the struggle and we are here to help.

Covid is still on-going with 56% of the total United States fully vaccinated. We still have a way to go. Moderna, Pfizer and Johnson and Johnson are now offering boosters for those who have had their original Covid vaccines. Check you local Pharmacies, Clinics and Dr for more info.

WADHH-Spokane is fully committed to empowering our population to meet their educational, technical, and social needs.





Welcome our new Community Advocate: Ali Hamar

Hello!

I am DEAF, proficient in American Sign Language (ASL) and gesturing. Gallaudet University awarded me a bachelor's degree in self-designed Bilingual Outreach and a master's degree in Early Language Advocacy. As a new community advocate, it's an honor to be a part of Washington Advocate of Deaf and Hard of Hearing. My area of expertise is Individual Education Plan (IEP) and Individual Family Service Plan (IFSP), outreach within the community of Spokane, networking by collaborating with the Spokane community and educating businesses and organizations on Deaf culture and language.

I've founded Deaf Youth Pride Camp at Gallaudet University, as a part of youth summer program in 2018. The goal is to educate, socially develop and safe space for LGBT+ deaf youth.

Please contact me for further information or need services.

Ali Hamar
Community Advocate
VP:206-408-2098
Email: ali.hamar@wadhh.org



New resources added to WADHH by Ali Hamar

Washington Advocate of Deaf and Hard of Hearing (WADHH) offers variety of services to meet Deaf, Deaf-Blind, Deaf plus and Hard of Hearing needs. Along with the available services such as Communication & Technology Assistance, Advocacy Services, Crisis Intervention, Access to Health Care, Independent Living Skills, which are not limited as there are more services.

We would like to share that there are two additional resources added to the list of services provided by WADHH. One of the two services are resources and support for families who have a deaf newborn baby and needs guidance in resources on early acquisition and foundation of language which will guide the families and their deaf baby in developing cognitive and language acquisition in preparing for kindergarten.

Another service is the provision of resources, education, and support to parents and professionals in the areas of Individual Family Service Plans (IFSP) and Individual Education Plans (IEP). The Individualized Family Service Plan (IFSP) is a plan for professionals to work with parents/families to establish language acquisition goals for Deaf and Hard of Hearing babies aged 0-3 years, which is a critical stage in acquiring language such as American Sign Language. An IEP is a plan in which parents and early childhood educators collaborate to develop language milestone goals for children aged 3-5. The IFSP and IEP will guide Deaf and Hard of Hearing children to kindergarten readiness at an age-appropriate language level.

Please contact Ali Hamar, Community Advocate of WADHH-Spokane for further information. The additional resources are available for any deaf and hearing families of deaf babies and children residing in Washington state. No matter where you reside in the state of Washington, I can come to you.

Ali Hamar
Community Advocate of WADHH-Spokane
VP: 206-408-2098
Email: ali.hamar@wadhh.org



Upcoming community events

Want to share events on our Spring/Summer Newsletter?

Email to officemanager@wadhh.org with all details.

-Events-

Saturday at 1 - 5 PM

301 SE Hearthwood Blvd Vancouver, WA 98684

Admission \$10

Winning Prize - TBA!

Everyone Is Welcome!

(Must be 18 years old & up to participate in the game)



March 5, 2022

June 4, 2022



February 5, 2022

May 7, 2022



January 8, 2022

April 2, 2022

Contact us for more Information

Email: officemanaer@wadhh.org

VP: (360) 334 - 5740



ASL Game Night

Guess what?

ASL Game Night is back on!

Every second and fourth of Saturday of month.

January 15 & 29

February 12 & 26

March 12 & 26

Time: 7 pm—10 pm

Location:

301 SE Hearthwood Blvd,

Vancouver, WA 98684

You can find more information on FB:

www.facebook.com/groups/ASLGameNightVWA

Safety Guideline:

Wearing a mask required.

Bring your copy of vaccine card.

Limited up to 25 attendees

RSVP: officemanager@wadhh.org

Fun Time Game Day

Fun Time Game Day—anyone is welcome to join for a chat and play fun game.

Every second and fourth Thursday of month

January 13 & 27

February 10 & 24

March 10 & 24

Time: 10am-2pm

Bring your own lunch

Location:

301 SE Hearthwood Blvd

Vancouver, WA 98684

Safety Guide:

Wear the mask and ensure that you have received Covid vaccines.



Any event want to add in Newsletter? Please email officemanager@wadhh.org

WADHH store



WADHH have Deaf store for alarm clock, doorbell, fire alarm, etc. You are welcome to stop by and peek at our store. You can also purchase the product at your convenient. If we do not have a specific product you are looking for, then we can order one for you. Want to know more information, please contact Dehne O'Connor, our office manager. She can be reached at officemanager@wadhh.org or 360-334-5740 9VP)

ASL Class



WADHH - Vancouver offers ASL class for free and it is hosted by our volunteer, Boyd Garner, who is a former ASL teacher. Anyone wants to learn basic ASL, please email at officemanager@wadhh.org for more information.

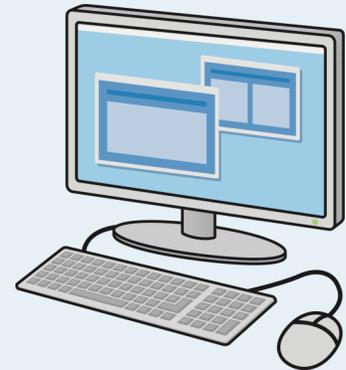


Public VP and Public Computer (Vancouver/TriCities/Spokane)

Do not have a computer? No access to internet to make a videophone call? No VP at home?

Guess what?

WADHH regional services centers in Vancouver, TriCities and Spokane do have public Video Phone and computer provided in the lobby room for free. They are available from Monday to Friday at 10 am to 5 pm.



WADHH Community Room Rental

Want to reserve the community room for an event?

WADHH– Vancouver has the community room available upon your request.

Please contact front desk for more information.

Email: officemanager@wadhh.org

VP: 360-334-5740



Homemade Hot Apple Cider in Crockpot



Recipe:

- Crockpot
- 10-15 Apples
- 5 Cinnamon sticks
- Whole Cloves
- Whole Allspice
- Water



1. Peel the apple first then cut wedge, take the core out.
2. Put the wedge apples in the crockpot.
3. Add 5 cinnamon sticks
4. Cloves
5. Allspice
6. Fill up the crockpot with water half to full of water if you like.
7. Cook on low for 8 or 12 hours
8. After cooked done. Smash the apples after it is over cooking
9. Then strain everything.
10. Put the liquid in big jar or glassware storage.
11. Storage in refrigerator for 3 days

Enjoy!

Do you have a recipe to share?

Do you want to your recipe to be published in the next Newsletter?

Please contact Dehne' O'Connor at officemanager@wadhh.org and make sure that your subject says "Recipe for Spring/Summer Newsletter 2022."





CENTERS FOR DISEASE CONTROL AND PREVENTION

How to keep your family, friend, coworkers safe from COVID spread. Here is some tips during holiday from CDC. Stay safe. Stay healthy.

Safety Guideline

- Wear a mask
- Wash hands
- Covid Vaccines

News from CDC– Holiday Safety

ENJOY HOLIDAY TRADITIONS AND PROTECT YOUR LOVED ONES | COVID-19 |

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/this-holiday-season.pdf>

The best way to keep your family and friends safe is to get vaccinated.



Wear a mask in public indoor settings if you are not fully vaccinated, have a weakened immune system, are in an area of high transmission.



Avoid crowded, poorly ventilated spaces.



If you are sick or have symptoms, don't host or attend gatherings.



Delay travel until you are fully vaccinated.



www.cdc.gov/coronavirus

CS 327735-A | 11/01/2021

CORONAVIRUS DISEASE 2019 (COVID-19)



- ✓ **Before**
 - Eating or preparing food
 - Touching your face
- ✓ **After**
 - Using the restroom
 - Coughing or sneezing
 - Leaving a public place
 - Handling mask
 - Changing a diaper
 - Caring for someone sick
 - Touching animals or pets

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CS19544-A 08/05/2020



- 1 You are on the front lines and risk being exposed to people with COVID-19 each day on the job.
- 2 Protecting you also helps protect your patients and your family, especially those who may be at higher risk for severe illness from COVID-19.
- 3 You matter. And you play an essential role in keeping your community healthy.

Lead the way!

Encourage your coworkers, patients, family and friends to get vaccinated.



**Stay Safe
Stay Healthy**





Assistive Communication Technology (ACT) **Equipment Distribution**

The Washington State Office of the Deaf and Hard of Hearing (ODHH) wishes to announce that we have recently distributed new Assistive Communication Technology (ACT) equipment to regional service centers statewide. Two types of ACT equipment can be loaned to non-profit organizations and agencies:

1. Contacta Portable Room Loop Kit (PRLK), which is a temporary loop system
2. William Sound TGS Pro 738 FM kit

The ACT equipment is available at each of the regional service centers located in Vancouver, Bellingham, Seattle, Tacoma, Spokane and Tri-cities. Information how to contact the regional service centers, please go to the following web link: <https://www.dshs.wa.gov/node/10173>.

To Borrow ACT Equipment

To borrow ACT equipment from your nearest Regional Service Center (RSC), click on the web link above and contact the RSC staff to request ACT equipment. An RSC staff member will assist the organization or agency in filling out a required form and explain your responsibilities in handling the ACT equipment. If you are not familiar with the ACT equipment, training can be offered to ensure a convenient experience using the ACT equipment.

RSC staff at each regional service center has gone through ACT equipment training offered by a professional trainer on how to set up and use the equipment. They will be training community organizations and agencies on how to set up the equipment for their public meetings. If necessary they will help set up the ACT equipment at the meeting site.

Some individuals with a hearing loss who do not wear hearing aids or cochlear implants may be able to listen to the sound amplification from an FM system by using a receiver with headphones or earbuds. The ability to conveniently hear the sound amplifications will depend on the individuals hearing loss. There are more than 500,000 people in Washington State residents that have a hearing loss and this includes senior citizens, late deafened, state employees and veterans. Some of these individuals are DSHS clients and may not be aware of the available technology that can assist them in hearing better during their visits to CSO offices, Regional Service Centers and agencies that offer client based services.

Portable Room Loop Kit (PRLK) System

The portable Room Loop Kit includes HLD7 **Loop** Driver; 1 RX-20 **Loop** Listener; 10 RX-20 **Loop** Listener earbuds; MIPRO Dual Channel Receiver; Handheld microphone; Lapel microphone with bodypack transmitter and speaker with a stand. The PRLK has the capability to amplify auditory sounds up to a 500 sq ft room.

Application for Telecommunication Equipment

The Office of the Deaf and Hard of Hearing (ODHH) operates a Telecommunication Equipment Distribution (TED) program. The TED Program supplies specialized telecommunication equipment to people who have a hearing loss or speech disability so that they can use the telephone independently.

Washington State residents ages 4 and up who are deaf, hard of hearing, late-deafened, deaf-blind or speech disabled are eligible to apply to receive telecommunication equipment.

This application has the information you will need to complete the process. If you have any questions or need help filling out the application, you may contact the TED Program.

CONTENTS	
Cover Page.....	1
Program Information.....	2
Equipment Catalog	4
Application	7 – 9*
* You MUST return all three pages of this form.	

Office of the Deaf and Hard of Hearing Telecommunication Equipment Distribution Program

TED Program	(800) 422-7930 V/TTY	Videophone: 360-339-7382
PO Box 45301	(360) 725-3450 V/TTY	E-mail: odhh@dshs.wa.gov
Olympia, WA 98504-5301	(360) 725-3456 FAX	Web : http://odhh.dshs.wa.gov

To receive equipment, you must:

- Complete the Application for Telecommunication Equipment (pages 7 - 9).
An incomplete application may cause a delay in service.
We will send you a letter if your application is incomplete or denied.
- Mail your application to the TED Program at the address above.

When your application is accepted and processed, we will:

1. Send you a letter showing the cost of equipment, if any.
 2. Add your name to the next equipment distribution list.
 3. Issue the equipment to you.
- For more information about the application process, see Frequently Asked Questions in Program Information (page 2).*

Applications are available in Large Print, Braille, and other languages.

You may contact ODHH to request an application in an alternative format.



Washington Telecommunication Relay Service (WATRS)

www.washingtonrelay.com

Some specialized telecommunication equipment must be used with Relay. Relay is a free service that connects people who use specialized telephone devices to people who use a standard telephone, and vice versa.

- To use Relay, simply dial 7-1-1.
- You will be connected to a Relay Operator (RO).
- The RO will dial the phone number being called and relay the conversation between both people.

Frequently Asked Questions (FAQ)

Does my income disqualify me from getting equipment through the TED Program?

No. Anyone who meets the qualifications (page 1) may apply for equipment, regardless of income.

Do I have to pay for equipment?

You may receive equipment at a reduced cost or free of charge. The cost of the equipment is determined by a sliding scale. Your family size and income is used to calculate the amount you must pay, if any. We will send you a letter that shows the amount you owe.

We must receive payment before we can issue equipment. **If you are unable to pay the amount owed, you may request a waiver.** For more information about the waiver process, contact the TED Program.

What income must be reported?

You must report any and all sources of income including but not limited to wages, disability benefits, retirement income, social security, and interest.

What equipment may I choose from?

The TED Equipment Catalog (pages 4 - 6) shows equipment types available. You may select one (1) telecommunication device with accessories for that device, if available; **and** one (1) signaling device. You must select the equipment type you want on the application (page 8, section 3).

What kind of home phone service is required?

Clients applying to receive a Captioned Telephone, amplified phone or other landline based telecommunication equipment must have analog based phone services. Internet or cable based phone services such as those provided through Comcast or Wave Cable are not compatible with the CapTel phones; however, will work for amplified phones.

Frequently Asked Questions (FAQ) (Continued)

What professionals are authorized to sign my application form?

Check the box that describes the profession of the individual signing the application form. WAC 388-818-010 states that the following individuals are authorized to certify an applicant's eligibility:

- a. A person who is licensed or certified by the Department of Health to provide health care in the state of Washington;
- b. An audiologist or hearing aid fitter / dispenser in the State of Washington;
- c. A deaf specialist or coordinator at one of the community service centers for the deaf and hard of hearing in the state;
- d. Any in-state nonprofit organization serving the hearing or speech impaired.
- e. Staff from a qualified Washington state agency;
- f. A vocational rehabilitation counselor within the State of Washington;
- g. A deaf-blind specialist or coordinator at an organization that serves deaf-blind people within the State of Washington;
- h. A licensed occupational therapist within the State of Washington;
- i. A certified speech pathologist practicing in the State of Washington; or
- j. Other: write-in your profession.

I received equipment in the past. May I reapply for new equipment?

You are eligible to reapply for new equipment after three (3) years **only if** your current equipment from the TED Program is not working **or** no longer meets your needs. If you received the equipment at no cost, you may be required to return that equipment before we can give you new equipment. You may contact the TED Program for more information.

When will I receive equipment?

The process to receive equipment can take four (4) to eight (8) weeks depending on inventory availability. Most equipment can be shipped directly to you. Some specialty equipment must be delivered by a contracted TED trainer.

If equipment is delivered to you by a trainer, he or she will contact you to schedule a date and time to meet with you and others who may be interested. The trainer will assess your needs; and hook-up the equipment and show you how to use it. All iPads and iPhones will be shipped directly to the client by a contracted vendor via UPS and will require a signature to receive that shipment.

The TED Program provides these delivery and training services for free.

Telecommunications Equipment Catalog

This section is to help applicants and professionals select the most appropriate equipment to meet the applicant's needs.

The equipment type must be selected on the application.

Applicants are eligible to receive the following:

One (1) telecommunication device **And one (1)** signaling device.
With accessories for that device, if available.

- Equipment shown with an asterisk (*) must be delivered by a qualified trainer. It will not be shipped. Applicants who select that equipment are automatically referred to the trainer.
- All models are subject to change.

Specialized Telecommunication Equipment

Amplified Telephone

For individuals with mild to moderate hearing loss.



- Operates like a standard telephone.
- Use amplification to hear spoken conversation.
- Adjust volume and tone to meet specific needs.

Corded models available:

- Clarity Alto
- Clarity Alto Plus with caller ID

Cordless model available:

- Panasonic KX-TGM403B with caller ID

Accessories:

- Neck Loop (NKL)

Captioned "CapTel" Telephone (CAP) *

For individuals with severe to profound hearing loss.



- Communicate using voice and read incoming conversation in text on the display screen.
- User may be able to use residual hearing to hear spoken conversation through the amplified handset.
- Basic analog model CapTel phones are available through the TED Program. If you have high speed internet, please visit www.captel.com to find out more about the internet based models available directly from CapTel.

- Requires use of the Washington Relay Service.

Required:

- Analog phone line; **or**
- Digital Subscriber Line (DSL) with digital-analog filter.

iPad or iPhone – Available with cellular or WiFi Only options*



For access to cellular and WiFi based telecommunication.

iPad and iPhone devices are provided with a protective case (required to maintain warranty). Clients have the choice of the iPad, iPad Mini, or iPhone. The devices are specifically distributed to provide telecommunication access over a cellular or WiFi network and will be shipped to you by a Contracted Vendor.

Teletypewriter (TTY)

For individuals with profound to total hearing loss and/or speech disabilities.



- Communicate by typing.
- Messages appear on the display screen and can also be printed out.
- Conversations are a turn-taking process.
- May require use of the Washington Relay Service.
- Requires basic analog landline phone service.

Remote Control Speakerphone *

*For individuals with mobility restrictions **and** mild to moderate hearing loss and/or speech disabilities.*



- Hands-Free speakerphone allows user to communicate as if using a standard telephone.
- Requires pre-approval by TED.
- May require use of the Washington Relay Service.

Accessories:

- Microphones
- Switches

Telitalk Electrolarynx Telephone

For individuals who are laryngectomee patients.



- Operates like a standard telephone.
- Use Electronic Speech Aid to communicate.
- Artificial larynx allows natural intonation when speaking.
- TeliTalk is automatically shipped to approved clients.
- Electrolarynx can be used separately from the telephone.
- Requires pre-approval by TED.
- May be used with Washington Relay Speech-to-Speech Service.

Other specialized telecommunication equipment may be available for individuals with special needs. Contact the TED Program for more information (see contact information on page 1).

Ring Signalers

Audible Ring Signaler



- Signaler rings when landline telephone rings.
- Adjust ringer volume to meet specific needs.

Lighted Ring Signaler



- Connects to a lamp.
- Lamp flashes when the telephone rings.

Vibrating Ring Signaler



- Signaler vibrates when landline telephone rings.
- Requires pre-approval by TED.
- For Deaf-Blind only.

Accessories

Neck Loop



- For telephone users who have telecoil (t-coil) hearing aids.
- Contact the hearing aid dispenser or other qualified professional to determine if the neck loop is compatible.

- Accessory may be used with:
- Amplified Telephone (AMP)
 - Voice-Carry-Over (VCO)
 - Captioned Telephone (CapTel)
 - TeliTalk Electrolarynx Telephone (TEL)

Microphones*



Headset



Lapel Microphone

- Accessory may be used with:
- Remote Control Speakerphone

Switches*



Air Switch



Pillow Switch

- Accessory may be used with:
- Remote Control Speakerphone

* Equipment show with an asterisk (*) must be delivered by a qualified trainer. It will not be shipped. Applicants who select that equipment are automatically referred to the trainer.

Disclaimer: Equipment makes / models are subject to change.

5. Are you of Hispanic origin? Yes No

The Spanish / Hispanic / Latino question is about ethnicity, not race. Please continue to answer the following question by marking one or more boxes to indicate what you consider your race to be (check all that apply):

White American Indian or Alaskan Native Native Hawaiian or Pacific Islander
 Black or African American Asian Other race

Section 3. Equipment Selection

1. Select one telecommunication device and one signaler.

Amplified Home Phone (landline service required):

Corded Phone with Caller ID Cordless Amplified Phone
 Corded Phone – No Caller ID

Text Based Home Phone (analog landline service required): Captioned Telephone Teletypewriter (TTY)

Wireless Devices (* Cell devices are unlocked and can be set up with any cellular service provider. Cost of the cell service is the responsibility of the client and not covered by the TED Program.):

iPad iPad Mini iPhone

** iPad devices are WiFi Only. If the client needs a cellular based iPad, check here: Cellular capable,* **and** provide a reason for the special request: _____

Name of cell phone company: _____

Signaling Devices – landline phones only. Not compatible with wireless devices.

Loud Ringer Flashing Ringer Vibrating Ringer (for DeafBlind clients only)

Specialty Devices may be available for clients with Speech disabilities.

TeliTalk ElectroLarynx Remote Control Speakerphone

Other: _____

2. Do you want training? Yes No; if no, the equipment will be shipped directly to you.

iPads and iPhones are shipped directly to the client.

By signing Section 4. below, you authorize the Office of the Deaf and Hard of Hearing to provide your name, mailing address, contact information and self-reported disability provided on this application to the contracted vendor for the purpose of shipping equipment and providing warranty and technical support services.

Section 4. Client Signature

I understand that equipment I receive at no cost is on loan to me and remains the property of Washington State.

I understand that I must protect the equipment from damage. I must protect it from damage that may be caused by rain, heat, and physical abuse.

I understand that if I misuse the equipment, I may not be eligible to receive replacement equipment.

If the equipment is **lost or stolen**, I will report it to the TED Program and, I will report it to the police. I understand that I must provide a copy of the police report to the TED Program.

If I move, I will notify the TED Program of my new address and phone number.

If I move out of the State of Washington, I understand that I may have to return the TED equipment before I leave the State of Washington.

I understand that I cannot sell, pawn, or loan the equipment to anyone for any reason.

If the equipment is **broken**, I will not try to fix it myself. I will contact the TED Program for instructions.

I understand that if I have problems with the iPad, all services are to be done by a TED Program Trainer or "Teltex" through the instructions provided in/on the iPad box.

I understand I cannot take the iPad to the Apple Store and I cannot contact Apple Care for assistance on the TED Program iPad.

I understand that the iPad must be kept in the protective case it comes in.

I understand that the iPad is being provided for telecommunication purposes. If it is not used for telecommunication purposes, ODHH TED Program may ask you to return the iPad.

I certify (or declare) under penalty of perjury under the laws of the State of Washington that information on this form is true and correct.

1. Signature		Date
2. Person completing application (if other than applicant) Name		Relationship
Telephone number (include area code) <input type="checkbox"/> Voice <input type="checkbox"/> VP <input type="checkbox"/> TTY		E-mail address

Section 5. Professional Certification

Professional must sign the application to certify hearing loss or speech disability.

Instructions to "Professional": You must be authorized to work in the State of Washington to verify the applicant's hearing loss or speech disability. **By signing below, you attest that you are aware of the extent of the applicant's hearing loss or speech disability and believe the applicant can benefit from the requested equipment in Section 3 above.**

Contact the TED Program if the applicant requires specialized telecommunication devices.

1. Professional information: <input type="checkbox"/> Doctor <input type="checkbox"/> Audiologist <input type="checkbox"/> Deaf Specialist <input type="checkbox"/> Non-Profit Rep <input type="checkbox"/> Hearing Aid Fitter / Dispenser <input type="checkbox"/> State Agency Employee <input type="checkbox"/> Voc Rehab Counselor <input type="checkbox"/> Deaf-Blind Specialist <input type="checkbox"/> Occupational Therapist <input type="checkbox"/> Speech Pathologist <input type="checkbox"/> Other:	2. Professional certification Signature	Date
	Printed name and title	
	Telephone number	
	License / certificate number (if applicable)	

Hope you enjoyed reading our Newsletter. The next one would be in Spring/Summer time. If you have a recipe or an article that you want to share on our Newsletter, please contact Dehne O'Connor at officemanager@wadhh.org. This newsletter will be shared in Vancouver, TriCities/Yakima and Spokane regions.

You can keep up with our updated news and vlogs from Vancouver, TriCities/Yakima and Spokane on our

Website:

www.wadhh.org/

Facebook:

www.facebook.com/DeafCenterWADHH

If you want to subscribe this newsletter, please contact Dehne' O'Connor at officemanager@wadhh.org with your name and email address.

Washington Advocates of the Deaf and Hard of Hearing

Our Deaf Centers in Vancouver, Yakima, Tri-Cities, and Spokane are currently open during the COVID19 Pandemic.

Our Community Advocates are still available to assist you via in person, videophone, email and text.

If you need assistance or have questions, please contact our front desk staff,

Dehne' O'Connor

VideoPhone: 360.334.5740

Email: officemanager@wadhh.org