



connect.

CONNECTING VANCOUVER ISLAND & THE GULF ISLANDS

MASK USE DURING PANDEMIC LED TO 90% OF DEAF COMMUNITY STRUGGLING TO COMMUNICATE



Dr. Eva Gutierrez-Sigut, from the Department of Psychology at the University of Essex, led a team of Deaf and hearing researchers who surveyed (accessibly with sign languages) nearly 400 people to discover how COVID-19 hit the Deaf community. It was found that mandatory mask wearing saw more than 90% of Deaf people struggle to communicate during the pandemic, 76% missed vital information, and 59% felt disconnected from society due to the face coverings. The researcher hopes the

findings will now help shape public policy in health emergencies, stating that “Governments need to do more to be inclusive and engage with communities to find out what they need to thrive and survive.” Use of clear masks which made the entire mouth and lower face visible was reported in the survey to be a preferred option for many in the Deaf community.

FULL ARTICLE BELOW

OCTOBER 3, 2022 - BY UNIVERSITY OF ESSEX
www.essex.ac.uk/news/2022/10/03/covid-masks-impact-on-deaf-communities-revealed

UPCOMING IDHHC EVENTS

MULTIPLE DATES: ASL Classes

THU FEB 9: Balance & Dizziness Q&A with Erica

SAT MAR 4: Let's Build A Birdhouse! with Mia

FRI MAR 10: Young Adults Network Pizza Night

WED MAR 22: Intro to Gentle Yoga with Brenda

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NICE TO MEET YOU, CARMEN!

Each issue, we will interview one of our team members from IDHHC. This issue, we'd like to introduce you to Carmen Sarich, our Audiologist in Nanaimo.



Where were you born/raised?

I was born in Terrace, BC and lived there until I was 14 when my family moved to Victoria. I was living in Victoria until I moved to Nanaimo in the summer of 2021. I'm

still often in Victoria to visit my family and to work at the IDHHC Victoria office. My older brother and lots of my extended family live in Terrace, and our family still owns the cabin I grew up in on Lakelse Lake just outside of Terrace so I love to get back home for a visit when I can.

What has been your past work history?

I was a lifeguard, swimming instructor and water fit instructor at the Esquimalt Recreation Centre throughout high school and University. Since becoming an audiologist, I worked in a private hearing aid clinic for a year before joining the team at IDHHC.

What do you enjoy most about your job?

I enjoy helping people – I like to see people's world open up as they are able to interact with their family and friends after getting their hearing aids. Ease of communication improves one's quality of life and after receiving hearing aids, many people become more confident with their communication which is amazing to see.

What do you find most challenging about your work?

When we are limited by technology and the tools and devices at our disposal. This means we

have to get creative and think of different ways to support individuals that may not benefit as much as they would like from hearing aids. This can involve coaching individuals to approach communication in a different way than what they may be used to.

For some individuals that are receiving hearing aids after many years of not having any and not hearing well it can be difficult for them to differentiate between what is speech and what is noise. I work with each client individually because what is important for one individual to hear will be very different for another client.

Where are some of the places that you have travelled to?

On a high school fieldtrip, I travelled to the Netherlands, Belgium and France visiting many war memorial sites and attending the Vimy Ridge 100 year anniversary. I took a semester off in university and backpacked for a month with my brother to Bolivia, Peru, and Ecuador and then did two months solo along the east coast of Australia. I've also been to Cuba and Hawaii.

What is something we'd be surprised to learn about you?

I have a minor in Slavic Studies and studied Russian at UVic.

What is your favourite meal?

My mom's salmon casserole!!

What are some of your hobbies?

I love dancing and have taken ballet, hip hop and jazz since I was 8. I am currently taking flamenco and ballroom classes.

If the plane was leaving tonight, where would it be taking you?

Morocco

FAMILY & COMMUNITY SERVICES

WHAT IS THE VALUE OF A SPEECHREADING COURSE?

The past few years of the pandemic has shown many people how much they rely on seeing the whole face while communicating. This information is not just used by people that are Deaf or hard of hearing but used by hearing individuals as well. While we may or may not be required to wear masks in the foreseeable future, people need strategies and techniques to effectively communicate with a hearing loss.

When hearing changes or declines, there can be a sense of loss associated with it. Fortunately, there are skills that can help us to adapt to this change. Speechreading (also known as lipreading) is about using all the sensory and contextual cues in the immediate environment to assist us to 'hear' more effectively. Of course, learning any new skill requires commitment from u ourselves, our friends, and our family.

So, why do people register for a speechreading course?

1. To learn to understand people again; 2-3 years without a clear view of peoples' mouths may have depleted our ability to speechread.
2. To learn to recognize the different English speech movements and how to differentiate

between them. Is this easy to learn? No, but it can be fun to learn and practice.

3. It is another opportunity to retrain the brain.
4. To develop effective coping skills as taught and shared by other hard of hearing people.
5. It is empowering.
6. To learn about standard and new technology.
7. To reduce feelings of isolation by realizing one is NOT alone with hearing loss. Sharing our communication bloopers and sharing laughter makes us feel lighter.
8. Communication is a two-way street. It is not "your" problem. It is something everyone around you needs to understand as it becomes "our" need to communicate more effectively together.

Let's Talk and Let's Talk Some More were developed by hard of hearing instructors, so these are people 'in the know' about the effects of hearing loss and how to speechread. Two Let's Talk classes will be offered at IDHHC Victoria from February to March on Monday evenings and Tuesday mornings. Please see the IDHHC event calendar for registration information. If there is enough interest, Let's Talk Some More will be offered in the spring (May – June).

PAINT NIGHT WITH JANET MCDONALD

Paint Night on October 7th, 2022 was a great success with many IDHHC clients bringing out their artistic talents while led by Nanaimo's Janet McDonald. The original painting was done by Henri Matisse, a French Visual Artist. Janet is preparing her next paint night in May 2023 with another Matisse-like work of art with a choice of cat, dog, or owl.



Learn more about our Family & Community Services
www.idhhc.ca/services/family-community/

EMPLOYMENT SUPPORT SERVICES

The Employment Services team members have been busy this past fall as many people returned to job search after a summer break. We welcomed a new team member, Jane O'Connor, to assist people who needed hearing aids and/or workshops on managing communication to keep their jobs. Jane has worked in the Employment Services field for many years, and we are happy to have her on board. We were also fortunate to take part in the ASPECT Career Development conference in Victoria this November, learning about the latest ideas in Career Development, and getting the most current labour market information. Highlights from the conference included hearing Chief Economist Matt Ayres talk about future in-demand skills: flexibility, the ability to learn, leadership and interpersonal

skills, and communication skills will all be valuable. One speaker also provided information on how we all subconsciously accept (often negative-) labels. Becoming aware of these labels allows us to develop understanding of the skills we may want to acquire, so that we can progress in our careers and reach our goals. Other speakers spoke to the value of determining and following our purpose in our career, not our passions. So, as we go into the new year, we challenge you to think about the labels that you have perhaps accepted of yourself; what skills do you want to develop to break free of those labels and fulfill your purpose? For more on career development support, contact us! Happy New Year from all of us in Employment Services!

20 TIPS FOR BEATING STRESS

The last few years have been challenging to say the least, and stress has accumulated for most of us. Whether you have been job searching, working through COVID-19, laid off work or are retired, now, more than ever, it's time for some self-care.

Here are 20 different ways to help reduce stress:

YOUR ENVIRONMENT: What's around you, what you see, smell, hear, touch and taste affect how you feel. What makes you drop your shoulders and say, "Ahhhh"? Look for ways to bring beauty to your environment:

1. Create coziness with warm lights
2. Declutter your main living area

YOUR THINKING: How you think about events and information determines your emotional reactions, so dwelling on problems, thinking of the worst-case scenarios, and beating yourself up over mistakes will all increase your levels of stress. On the other hand, allowing yourself to make mistakes and move on, focusing on the best possible outcome will reduce your stress load. Here are some strategies:

3. Meditate on positive words
4. Appreciate the small gifts in the everyday – a beautiful sunset, a sunny day ...

YOUR CREATIVITY: Creativity is a great way to channel stress into beauty. Use the arts to relax

and process your challenges at the same time. Product is not as important as process. Give these a try:

5. Take an online Painting/Drawing class
6. Learn to Knit/Crochet/Needlework

YOUR PHYSICAL BODY: Often, you will feel stress in your body through tight muscles, nervous movement, and stiffness. To reduce stress, move your body through stretching, aerobic exercise, or rhythmic motion and create better sleep habits. Care for your body by making healthy nutritional decisions. Try the following to reduce stress physically:

7. Create a stretching routine
8. Go to bed earlier

YOUR HUMOUR: Laughter diffuses tension and lowers blood pressure. Try these to chuckle away your stress:

9. Watch a good comedy on Netflix
10. Reminisce with an old pal about fun times you had together

YOUR SPIRITUALITY: We are holistic beings, and the spiritual part of us can help soothe stress too. Try these spiritual strategies as a preventative measure for stress:

11. Meditate
12. Practice gratefulness

MANAGING YOUR LIFE: Some stress is created or increased because of procrastination, disorganization, and inattention to details. By

managing time, money, plans, and clutter, you can make a difference in how you feel in as little as 15 minutes. Some management strategies are:

- 13. Say “no” to too many commitments in your day
- 14. Set goals for the new year

YOUR RELATIONSHIPS: As long as we interact with people, we will have relational stress. This is even more important in relationships that are meaningful to us. But, just as relationships may create stress, they are also a source for reducing stress. Try these relational strategies to decrease stress:

- 15. Be kindly assertive
- 16. Make an extra effort to reach out to friends and family

- 17. Forgive a hurt

GETTING OUTDOORS: Being outside can adjust our attitude by giving us a new perspective. No matter what the weather or temperature, dress appropriately and enjoy some fresh air for a quick or leisurely stress reliever. Some outdoor strategies that might be helpful are:

- 18. Star or cloud gaze
- 19. Take a stroll after dinner
- 20. Take a walk in the forest (forest-bath!) or by the ocean

References - Seaward, B. L. (2006). Managing stress: Principles and strategies for health and wellbeing (5th ed.). Sudbury, MA: Jones and Bartlett Publishers.

Learn more about our Employment Support Services
www.idhhc.ca/services/employment-support/

HEARING HEALTH SERVICES

DINING OUT WITH A HEARING LOSS

For those with a hearing loss, dining out can be both challenging and exhausting so we have put together some suggestions to improve your experience.

Choose a Quiet Establishment: This may seem like an obvious first step, but it does require you to plan ahead. Ask friends and family for their recommendations of restaurants. Where are they able to hold conversations without competing with background noise? They will also be able to share their knowledge of places to avoid. A quick Internet search can often provide you with a few additional suggestions. If you are considering dining somewhere new, it can be helpful to call or stop by ahead of time to determine if it would be an appropriate location.

Request a Low Traffic/Quiet Table: Many restaurants have sections or tables that have significantly less traffic and noise. Making reservations in advance will help you to avoid being seated by the kitchen, main entrance, or bar.

Select the Best Seat: Choose a seat that allows you to face the person, or people, you will be speaking with. If you are dining with a group of people, sit across from the ones you would like to speak with most.

Good Lighting: When you rely on speechreading (lipreading) to understand what is being said, proper lighting will be essential for you to enjoy your dinner conversation. Request a table that is bright enough for you to do so.

Self-Advocate: Let the server know that you have a hearing loss as well as what you need while you are there. This could be a request to face you directly while speaking or to show you items on the menu rather than mentioning them verbally. Clarify anything you have heard but are not sure of. Improving communication with the staff will improve your dining experience.

Use your Technology: If you have hearing aids, cochlear implants, or any other device to assist you with communication, speak to your hearing health practitioner about the programs and accessories that are available to you in a restaurant setting.

Learn more about our Hearing Health Services
www.idhhc.ca/services/hearing-health/

SUPPORT IDHHC

TIME TO RENEW YOUR ANNUAL MEMBERSHIP!

Not a member? Join us!
Email idhhc@idhhc.ca to sign up or renew! Only \$25!

We cannot do this without you. Our Members are a combination of clients, donors, volunteers, and supporters – a diverse mix of individuals that we rely on to help fulfill our mandate and provide valuable feedback. **Annual membership (Jan - Dec) benefits include:**

- + Free or discounted program or services/workshops/events
- + Attend and vote at the Annual General Meeting and vote in elections
- + Be elected to the Board of Directors
- + Submit program and service ideas
- + Volunteer on internal committees or special ad hoc committees

IDHHC is a member based organization and it becomes stronger when we have a greater number of members! So give us a call at 250.592.8144 and renew your membership today.
(*Associate Membership also available)

MAKE A DONATION

Now, more than ever, we need to grow our community support.
And we want you to be a part of the story of success.
By giving today, you become part of this team, changing lives one person at a time.
To continue quality program and service delivery we rely on funding from donors, like you.

All gifts are received with our sincere gratitude and every dollar makes a difference.
There are many ways to give, and every donation is important.
We need the support of everyone in our community to continue our work.
Please join us today and make a gift.

www.idhhc.ca/get-involved/donate/

BOARD AND COMMITTEE MEMBERS NEEDED!

- + Are you looking to give back to the community and care about people?
- + Are you enthusiastic about working towards goals and reducing barriers?
- + Are you motivated by opportunities that empower others?
- + Are you committed to finding solutions towards accessible and inclusive communities?

Then we want you!
Board and committee members needed.
Please reach out to idhhc@idhhc.ca for more information.



IDHHC welcomes individuals from diverse backgrounds to apply to our Board of Directors. Enquiries accepted throughout the year with elections taking place at the AGM every June. Everyone wants to be a part of a story of success, and now, more than ever, we need to expand support from the broader community to continue this work. Seeking individuals with backgrounds in policy writing, finance and legal. Deaf, Deaf-Blind, Hard of Hearing, LGBTQ2+ and BIPOC individuals are encouraged to apply.

Workshops and events will be delivered in-person or virtually on Zoom. Please read details and descriptions for each activity to determine the delivery method. To register and for further information, please email idhhc@idhhc.ca or nanaimo@idhhc.ca.

Captioning and ASL will be provided for all workshops unless otherwise stated.

INCOME TAX RETURNS 2022



IDHHC offers assistance with the completion of simple income tax returns for low and fixed-income Deaf and hard of hearing clients. As spaces are limited, clients must register for this service. Tax returns are completed by professional accountants who generously volunteer their time to assist our clients.

Victoria: You must register before March 15 by emailing idhhc@idhhc.ca. After you have registered, tax slips and information can be dropped at the Victoria office on March 24. Participants will be notified when their completed returns are ready for pick-up.

Nanaimo: Tax Night services are provided by appointment only. Please contact Alex Walker (alex@idhhc.ca) for further information. Tax Night Nanaimo is planned for the evening of March 22.

BINGO & MEXICAN TRAIN GAMES FOR DEAF COMMUNITY

TUESDAYS @ 2 - 4PM

BINGO: JAN 17, 31, FEB 14, 28, MAR 14, 28
MEXICAN TRAIN: JAN 24, FEB 7, 21, MAR 7, 21

From January to March, IDHHC will host Bingo or Mexican Train for the Deaf community. It will be Bingo one week, and Mexican Train the next. Mexican Train will be in-person only at our Victoria location in the Board Room. You can join Bingo in-person or by Zoom. For Zoom, please



email Susanne (susanne@idhhc.ca) for the link. \$2 for coffee and cookies while you play at IDHHC.

IN-PERSON @ IDHHC VICTORIA.

TAPPING INTO THE HIDDEN JOB MARKET

WED, JAN 18 @ 1:30 - 2:30PM



Up to 85% of open jobs are never posted; learn how to network in ways that showcase your best self to potential employers, in ways that are accessible. Presented by Janet McDonald. Please advise if captioning or interpreting is needed.

DELIVERED ONLINE.
REGISTER BY JAN 10.

DEAF MOVIE NIGHTS

EVERY OTHER MONTH,
THIRD WEDNESDAY, 6 - 8PM
JAN 18, MAR 15

Please join us for movies that celebrate Deaf Culture and the lived experience of being Deaf in a hearing world. Please watch your email inbox for upcoming movie titles. Remember to register for your seat. Bring your own non-alcoholic drink, and we will provide popcorn! Please arrive at 5:45PM, movie will start at 6PM.



IN-PERSON @ IDHHC VICTORIA.
REGISTER BY TWO DAYS PRIOR TO DATE.

PARENT & TOT ASL STORYTIME

MONTHLY, THURSDAY MORNINGS, 10 - 11AM
JAN 19, FEB 16, MAR 16



Please join us for a chance for your preschoolers to socialize with peers and enjoy ASL storytime! IDHHC will provide coffee/tea and a snack. At each session, one of our ASL instructors will read stories that engage you and your children in interactive ASL practice. There is no cost for these monthly groups – but please register for each session to let us know that you and your child(ren) will be attending.

IN-PERSON @ IDHHC VICTORIA.
REGISTER MONDAY BEFORE EACH SESSION.

COMMUNICATION SKILLS AND STRESS MANAGEMENT WITH A HEARING OR LANGUAGE DIFFERENCE

TUE, JAN 24 @ 12 - 1PM

Learn and practice skills related to managing communication challenges, conflict, and stress, especially after the post-holiday slump! Presented by Kim Dillon. Open and free to WorkBC clients and IDHHC members. Please advise if captioning or interpreting is needed.



IN-PERSON @ IDHHC VICTORIA
AND DELIVERED ONLINE.
REGISTER BY JAN 20.

COCHLEAR IMPLANT GROUP (ONLINE)

WED, JAN 25 @ 7 - 8PM



Join other CI users for an interactive get together. This is an opportunity to connect, discuss challenges, and share knowledge. Help those with CI questions by sharing your journey and your experience. Stay connected with IDHHC staff and meet special guest presenters. In January we will meet virtually via zoom and captioning will be provided.

DELIVERED ONLINE.

HEARING BETTER TOGETHER HARD OF HEARING SUPPORT GROUP

LAST THURSDAY OF
EACH MONTH @ 10:30 - 11:30AM
JAN 26, FEB 23, MAR 30



Registration required through indhc@indhc.ca.
Group will be hosted in the IDHHC board room.
Captioning will be provided.

IN-PERSON.

ASL GRAMMAR PART ONE FOR PARENTS (ONLINE)

MONDAYS, FEB 6 - MAR 20 @ 6:30 - 8PM
(no class February 20)

This course is geared towards parents who have foundational ASL skills. Join ASL instructor Jolene Gallagher to learn about the underlying structure of ASL. Classes will take place in a small group with opportunities to practice and ask questions. We use Zoom as our learning platform. A Zoom invitation will be provided after you've registered.



DELIVERED ONLINE.
REGISTER BY JAN 30.

ASL CLASSES

@ IDHHC VICTORIA

LEVEL ONE: TUESDAYS

FEB 7 - MAR 28 @ 6 - 7:30PM

LEVEL TWO: THURSDAYS

FEB 9 - MAR 30 @ 6 - 7:30PM



Are you interested in learning or developing conversational American Sign Language (ASL)? Level One is for beginning students, and Level Two is for individuals who have completed Level One. Level One content includes the alphabet, numbers, meet and greet, family, colours, fruits

and veggies, time and calendar, transportation, wh/h questions, giving directions, as well as group practice and play! Each course is 8 sessions and offers 12 hours of in-person instruction. The purpose of these courses is to provide students with basic functional signing skills. Cost is \$120 per person per level (non-refundable after the course starts). Spots are limited so register soon! Payment must be provided to secure your spot.

IN-PERSON @ IDHHC VICTORIA.

ASL CLASSES

@ IDHHC NANAIMO

LEVEL ONE: WEDNESDAYS

FEB 8 - APR 5 @ 6 - 7:30PM

(no class March 22)

Are you interested in learning or developing conversational American Sign Language (ASL)? Level One is for beginning students, and includes the alphabet, numbers, meet and greet, family, colours, fruits and veggies, time and calendar, transportation, wh/h questions, giving directions, as well as group practice and play! The course is 8 sessions and offers 12 hours of in-person instruction. Cost is \$120 per person (non-refundable after the course starts). Spots are limited so register soon! Payment must be provided to secure your spot.

IN-PERSON @ IDHHC NANAIMO.

DISCLOSING DIVERSABILITIES AT WORK

WED, FEB 8 @ 1:30 - 2:30PM

When, how, and why to disclose to potential and new employers. Presented by Janet McDonald. Please advise if captioning or interpreting is needed.



DELIVERED ONLINE.
REGISTER BY JAN 25.

**BALANCE & DIZZINESS
A Q&A WITH ERICA ZAIA**

THU, FEB 9 @ 10:30 - 11:30AM

IDHHC will be hosting a Zoom webinar with Erica Zaia, vestibular specialist, and audiologist. You



can also join us in person at our Victoria office to view the online Q&A and ask questions. Erica has performed vestibular testing and rehabilitation for 25 years. She had intense training in vestibular assessment and rehabilitation during her 8 years of education to complete her bachelor's degree, master's, and clinical specialization in audiology. She regularly attends international courses and conferences in the field. She has worked in a variety of settings, including St. Paul's Hospital (Vancouver), the Royal National Throat, Nose and Ear Hospital (London, England), and public and private practices in Brazil. Erica is the founder and director of Audio-Vestibular Clinic in Vancouver where she performs vestibular testing and rehabilitation. She is Clinical Faculty at the School of Audiology and Speech Sciences at UBC, President of Balance and Dizziness Canada, and Director of the Canadian Academy of Audiology.

DELIVERED ONLINE.

WILL DISPLAY ON TV AT IDHHC VICTORIA.
REGISTER BY FEB 2.

SPEECHREADING CLASSES - LET'S TALK!

(previously called lipreading)

TUESDAYS, FEB 21 - APR 25 @ 9:30 - 11:30AM

MONDAYS, FEB 26 - MAY 8

(no class April 10) @ 6:30 - 8:30PM

Are you struggling to understand people – even while wearing hearing aids? We have many useful strategies, so let us



help you. **Let's Talk** is a small group speech reading and communication strategies course that helps people with hearing loss and their families to communicate better. Our courses run for 10 weekly sessions, taught by Leslee Scott and Brenda Curts. \$125 for IDHHC members; \$160 for non-members. Limited seating. Captioning will be provided

IN-PERSON @ IDHHC VICTORIA.
REGISTER BY FEB 15.

**YOUR QUESTIONS ABOUT TINNITUS
A Q&A WITH GLYNNIS TIDBALL**

FRI, FEB 24 @ 10:30 - 11:30AM

IDHHC will be hosting a Zoom webinar with Glynnis Tidball, tinnitus specialist and audiologist. You can also join us in person at our Victoria office to view the online Q&A and ask questions. Glynnis Tidball is a registered clinical audiologist at St. Paul's Hospital in Vancouver and clinical instructor at the School of Audiology and Speech Sciences in the UBC Faculty of Medicine. Her primary professional focus for the last two decades has been management of tinnitus and hyperacusis. She provides tinnitus counselling sessions at the St. Paul's Hospital Tinnitus Clinic and is a sponsored speaker on tinnitus and hyperacusis to audiology and otolaryngology groups across Canada. Glynnis has also written articles on tinnitus, hyperacusis and misophonia, published in the professional e-journal Canadian Audiologist, and participated in the development of tinnitus first aid kit for the Ida Institute.



DELIVERED ONLINE.

WILL DISPLAY ON TV AT IDHHC VICTORIA.

REGISTER BY FEB 17.

**LET'S BUILD A BIRDHOUSE!
WITH MIA RASMUSSEN**

SAT, MAR 4 @ 10 - 11:30AM



Mia is a 27-year-old deaf female carpenter with over 9 years of experience in commercial and industrial construction. "I grew up among a blue-collar family and I have a big passion in building and restoring things including woodworking, art, and automotive. I strongly encourage family bonding time as I love spending time with my 8 nephews and nieces. I look forward to teaching your beautiful family new skills for your children!" Cost is \$20 per birdhouse. Please bring a hammer from home. Children ages 4 to 12 years

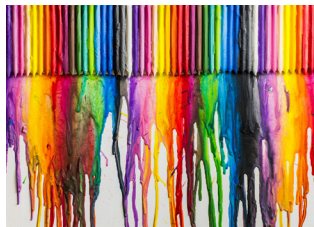
are welcomed - and must be accompanied by a parent.

IN-PERSON @ IDHHC VICTORIA.

REGISTER BY FEB 24.

**CRAYON MELT!
WITH MIA RASMUSSEN**

SAT, MAR 11 @ 1 - 2:30PM



Mia is delighted to work with families again to create rainbows of colour on canvases using melted crayons. Cost is \$20 per craft. Please bring a hairdryer from home. Children ages 4 to 12 are welcomed - and must be accompanied by a parent.

IN-PERSON @ IDHHC VICTORIA.

REGISTER BY MAR 3.

**INFORMATION INTERVIEWS
AND JOB INTERVIEWS**

WED, MAR 8 @ 1 - 2:30PM

Learn how to crack open the hidden job market through information interviews, and how to secure a job with the job interview. Presented by Janet McDonald. Please advise if captioning or interpreting is needed.



IN-PERSON @ IDHHC NANAIMO.

REGISTER BY FEB 25.

**HEARING LOSS AND HEARING AIDS
FOR CARE STAFF**

THU, MAR 9 @ 10:30 - 11:30AM

THU, MAR 9 @ 3:30 - 4:30PM



Island Deaf and Hard of Hearing is offering a virtual in-service for care staff on hearing Loss and hearing aids. This Zoom presentation will be offered to care staff in long term care residences and retirement communities. Topics

will include:

- + Strategies for better communication with hearing loss
- + Understanding hearing aids and other communication devices
- + Troubleshooting hearing aid problems

IDHHC audiologists Carmen Sarich and Edward Storzer will present on these topics and take any questions from care staff. There will be two sessions offered.

DELIVERED ONLINE.
REGISTER BY MAR 2.

**YOUNG ADULT NETWORK (YAN)
PIZZA NIGHT**
FRI, MAR 10 @ 6 - 8PM

The Young Adult Network (YAN) is for Deaf and Hard of Hearing young adults of 18 to 35 years of age. YAN is associated with the Canadian Hard of Hearing Association (CHHA). Please come out to meet YAN rep Kelsey Hampson, along with IDHHC staff Kim Dillon and Leslee Scott. This will be our first 'meet and greet'



with the aim of ongoing events in the future. YAN works to reduce isolation by meeting with peers, sharing tips and life stories, as well as strategies for dealing with challenges. Kelsey will introduce this program and explain how it works. CHHA-YAN is connected as well with the International Federation of Hard of Hearing Young People (IFHOHYP). Interpreting and captioning will be provided as will be pizza and non-alcoholic beverages.

IN-PERSON @ IDHHC VICTORIA.
REGISTER BY MAR 3.

**INTRODUCTION TO
GENTLE YOGA WITH BRENDA CURTS**
WED, MAR 22 @ 7 - 8PM



IDHHC is offering one free yoga session which will introduce participants to 'gentle yoga'. No former experience is needed. If there is sufficient interest, we will consider running a 10-class session. Please bring your own mat and wear comfortable clothing. Space is limited.

IN-PERSON @ IDHHC VICTORIA.
REGISTER BY MAR 15.

COMING LATER THIS SPRING

RED CROSS BABYSITTING COURSE FOR DEAF AND HARD OF HEARING TEENS

VICTORIA: SAT, APR 22
COMOX VALLEY: TBC



IDHHC is partnering with the City of Victoria and the Comox Valley Regional District to offer an accessible Babysitting Course for Deaf and hard of hearing teens ages 11 to 15 years. This Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. The updated curriculum, complete with new science, also provides improved learning when it comes to give the appropriate care in the event of an emergency.

Victoria: We are partnering with Crystal Pool to offer a one-day course on April 22. Please save the date and watch for our next newsletter for all the details or contact leslee@idhbc.ca for further info.

Comox Valley: We are partnering with the CVRD and Teachers of the Deaf and Hard of Hearing (Katelin Miller and Kerry MacLaren) to offer a two-day format of this course. Please watch for our next newsletter for all the details or contact alex@idhbc.ca for further information.

SHOUTOUT TO...

We want to celebrate and acknowledge individuals, business, and groups working to ensure equitable access for Deaf, DeafBlind, and hard of hearing individuals.



Government of British Columbia for having their Legislative Assembly Sittings interpreted in ASL this past fall.

INTREPID THEATRE

Intrepid Theatre for all their efforts to set up captioning and interpreting services for their virtual events throughout 2022.

Thank you for all you do and will continue to achieve to ensure accessibility for all!

BELFRY GOES LOOPY



The Belfry Theatre has added a new assistive hearing system in the mainstage theatre.

Our new loop system is simple to use and will send the actors' voices directly to patrons' hearing aids via a personal receiver.

Our present system, which uses using microphones located in front of the balcony to transmit to ear buds or headphones, will still be available.

If you have friends who have been reluctant to attend our mainstage productions because of hearing loss, please let them know about this upgrade and invite them to join you for one of our shows this season.

Learn more:

www.belfry.bc.ca/accessibility-information/

DO YOU WANT TO KNOW WHAT ELSE IS LOOPED IN VICTORIA?

If you are looking for churches, other venues and businesses that have loop systems click the link below. Our good friends at Advanced Listening have developed a map of the loop installations they have done in Victoria as well as around the province!

[www.advancedlistening.ca/
installations-map/](http://www.advancedlistening.ca/installations-map/)

And if you are looking for more information about loop systems and how they work just follow this link:

[www.advancedlistening.ca/
listening-systems/](http://www.advancedlistening.ca/listening-systems/)

As always if you have any questions you can always call us or call the great team at Advanced Listening at 778.426.4327 or check out their website:

www.advancedlistening.ca

ADVOCATES EXPRESS CONCERN AS B.C. COLLEGE HALTS ONLY SIGN LANGUAGE PROGRAM IN PROVINCE



DECEMBER 14, 2022 - BY ZAHRA PREMJI, CBC NEWS <https://www.cbc.ca/news/canada/british-columbia/deaf-family-douglas-college-asl-interpretation-program-pauses-1.6684625>

Aurelia Braun says she hopes to become a DJ or musician one day, and as a fourth-generation deaf child, she knows



fulfilling her dream is not impossible — but she will need an ASL interpreter.

“I want to become a musician ... and I really want to have an interpreter with me the whole way,” signed the eight-year-old from Surrey, B.C., to CBC. “You know, I want to be able to understand the words.”

However her father, Dan, says he’s noticed fewer of them available over the years.

Now Douglas College, the only school in British Columbia with a Sign Language Interpretation program, says it is pausing the program next year as there aren’t enough students to keep the fall 2023 intake open.

This could leave many in the deaf community behind — including his daughter, says Dan Braun.

“If you are on Zoom and everyone’s on mute, it becomes, ‘Hey you’re on mute, you’re on mute, I can’t hear you,’” signed Dan through an interpreter.

“That’s my daughter’s access to the world around her right now.”

According to the Western Association of Visual Language Interpreters, there are just over 250 interpreters in the province for thousands of deaf and hard of hearing people.

Nicki Horton, director of Family Network for Deaf Children, says accessibility for deaf people is something her group fights for, and that the battle is never-ending.

“Accessibility allows for deaf children to have the same education that their hearing counterparts would have access to. It’s a human right,” Horton

said.

During the interview, Dan Braun continued signing but stopped using the interpreter.

For a few moments, it was silent.

“What I was saying as I was signing was you couldn’t understand what I was saying,” Braun later explained, once again through the interpreter.

“The interpreter is for both of us today.”



In a statement to CBC, Douglas College said it intends to return to the program in 2024 although they did not specify whether student enrolment would be a consideration then.

But Horton says a pause is unacceptable.

“What happens to those students who actually want to apply right now? Are they going to put life on hold for a year?” she said.

Horton and the Brauns say they have reached out to the province.

“My daughter is now a fourth-generation deaf person in our family and we’ve been fighting this fight for all four of those generations,” Braun said.

In a statement, the ministry of post-secondary education and future skills says it is in discussions with Douglas College about ways to support the program.

Meanwhile, Aurelia says she has a message for the school.

“It’s not fair,” she signed.

“I want there to be more interpreters, not less interpreters ... please do not suspend the intake.”

SCIENTISTS DISCOVER MECHANISM OF HEARING



Scientists at Oregon Health & Science University have revealed in near-atomic detail the architecture of the inner ear complex that converts vibrations into electrical impulses that the brain translates as sound. They have demonstrated a protein complex that operates as a tension-sensitive ion channel that opens and closes with the movement of hairs inside the inner ear. These findings may have important implications on future treatment of hearing impairments.

FULL ARTICLE BELOW

OCTOBER 12, 2022 - BY OREGON HEALTH AND SCIENCE UNIVERSITY

www.neurosciencenews.com/hearing-mechanism-21630/

PHYSICAL ACTIVITY AND TINNITUS

Researchers at The First Affiliated Hospital of Anhui Medical University in Hefei, China have shown that people who regularly engage in physical activity are less likely to report tinnitus. There were 3826 participants in this study, and using the Global Physical Activities Questionnaire, it was determined that 12.8% of the population who engaged in physical activity reported tinnitus, compared with 18.5% of the population who did not.



FULL RESEARCH ARTICLE BELOW

NOVEMBER 12, 2022 - BY THE FIRST AFFILIATED HOSPITAL OF ANHUI MEDICAL UNIVERSITY

www.journals.lww.com/ear-hearing/Abstract/9900/Associations_Between_Physical_Activity,_Tinnitus,.80.aspx

THINGS WE LOVE

THESE COME HIGHLY RECOMMENDED

FILM



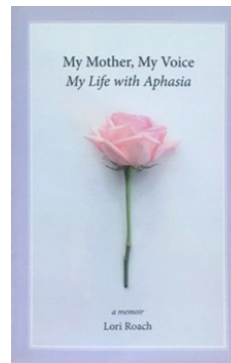
BABY DRIVER (2017)

Baby is a young getaway driver living in Atlanta, Georgia. When he was a child a car accident killed his parents and left him with tinnitus which he blocks out by listening to music on his iPod. He ferries crews of robbers led by a criminal mastermind named Doc

in order to pay off a debt he incurred after stealing one of Doc's cars. Between jobs, he creates remixes from snippets of conversations he records and cares for his Deaf foster father Joseph. While waiting for his next job Baby meets a young waitress named Debora; the pair quickly bond over their interests in music and fall in love. **Watch it on Netflix.**

that Rose, too, is deaf. Both stories lead to the tweens running away to New York City and, more specifically, to the American Museum of Natural History, which plays a key role in the film. Eventually, Ben and Rose's adventures in the city converge in an unexpected way. **Watch it on Amazon Prime.**

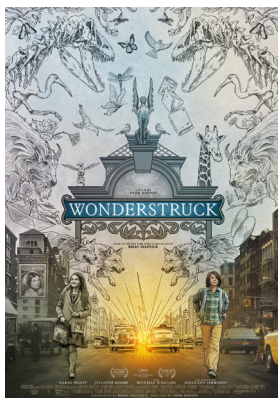
BOOKS



MY MOTHER, MY VOICE: MY LIFE WITH APHASIA, WRITTEN BY LORI ROACH (2021)

At the age of four, Lori's language abilities began to deteriorate and within a period of weeks, her speech rapidly deteriorated, from sentence level to phrases, to words, to finally pointing to

objects instead of calling them by name.



WONDERSTRUCK (2017)

Based on Brian Selznick's award-winning 2011 book, Wonderstruck chronicles the adventures of two 12-year-old characters 50 years apart. In 1977 Minnesota, Ben is grieving the death of his single mother, who died in an accident before she could tell Ben anything

about his father. He frequently dreams of wolves. And in 1927 New Jersey, Rose is obsessed with silent movie star Lillian Mayhew and would rather make paper models of cities or attend matinees than attend tutoring sessions. While rifling through his mom's belongings, Ben comes across a copy of an old book called Wonderstruck and finds a New York City bookstore bookmark with the inscription "Love, Danny" inside. When he tries to call the bookstore's number during a storm, lightning travels through the phone line, rendering him deaf. Back in 1927, we discover

As Lori's brain activity was normalizing, her verbal language was described as non-functional. She could not speak or understand language. From a young age, Lori lived almost 9 hours away from home to attend school, was sent down a life path she truly did not want to follow and raised two children on her own all the while tackling the challenges life threw at her. Her strength and determination to provide for her children, sometimes at the expense of her own welfare, is one to marvel at.

Taking a look at a life through the eyes of Lori will show you that a hard life lived is not a life wasted. My Mother, My Voice stands as a window into another world. A world where the disabled, in one way or another, are not given the same opportunities that a community of equality ought to provide, and are more often than not, overlooked and cast aside.

www.mymothermyvoice.com

THE FUNNIES

HAVE A LAUGH



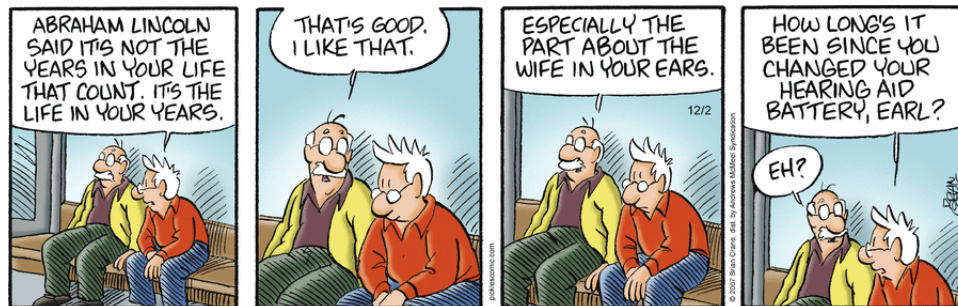
THAT DEAF GUY

BY MATT & KAY DAIGLE



PICKLES

BY BRIAN CRANE



TOMMY, CAN YOU HEAR ME?

At the end of his annual physical, Thomas mentions that he's concerned about his wife, who seems to be experiencing some hearing loss.

"I'll be happy to meet with her," says the doctor. "But before you bring her in, try this simple test to see how serious the problem might be. Stand about thirty feet behind her and ask her a question in your normal speaking voice. If she doesn't answer, ask her again from twenty feet, and then ten. And if she still doesn't answer, go up right behind her and ask her again."

When Thomas gets home, his wife is in the kitchen, facing the stove. From thirty feet away, he says, "Honey, what's for dinner?" No response.

Coming a little closer, he asks again: "Honey, what's for dinner tonight?" Again, no response.

And closer still. And even now, no reply.

Finally, he comes up right behind her and says, "Honey, what's for dinner tonight?" His wife turns around and says, "For the fourth time - we're having chicken!"

By Unknown