



connect.

CONNECTING VANCOUVER ISLAND & THE GULF ISLANDS

30TH ANNUAL GENERAL MEETING



On June 22nd 2022 at the 30th Annual General Meeting, we celebrated and thanked Linda Bradford as she retired from the Board. Linda worked tirelessly on the

board over the last six years as she Chaired the Business and Operations committee and was the leader in the development of our Strategic Plan. We are grateful for her dedication and support.



Also that day IDHHC was proud to introduce our newest Honorary Lifetime Member, Michael Hayes. Michael was named an Honorary Lifetime Member for his extraordinary contributions and his

commitment to the promotion of the Vision of IDHHC. We are grateful for his continued support and acknowledge his dedication to our Mission.

(continued on page 2)

UPCOMING IDHHC EVENTS

MULTIPLE DATES: Conversational ASL Classes

WED OCT 12: Hidden Job Market Workshop

SAT OCT 22: Red Cross Babysitting Course

WED NOV 30: Tinnitus Workshop

THU DEC 8: Holiday Open House

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30TH ANNUAL GENERAL MEETING

(continued from front page)

Because of his hearing loss Michael Hayes reached out to IDHHC to inquire about tech aid support for help with the telephone. After reconnecting with a former colleague who was a Board member at the agency at that time, Mike was encouraged to join the Board; and in 2010 he was elected as a director.

Since that time Mike has played a significant role in the agency, serving as President for five different terms, recruiting numerous new Directors to the Board and actively encouraging family and friends to become members and donors. He has provided leadership during times of challenge, stability during times of transition, and genuine caring and compassion, humor and encouragement throughout the last 12 years.

As a retired schoolteacher and school and union administrator Mike brings strong communication, problem-solving and people skills to the Board table. He is passionate about our work, dedicated to the community we serve and believes strongly in the vision and mission of the organization.

In his time away from the Board table Mike's time is filled with family and friends but especially his delightful grandchildren. We are continually grateful for Mike's presence on the board as he encourages us to deliver the mission of meeting client needs while maintaining a progressive and sustainable future for our agency. Because of his belief in our vision and mission and his consistent sharing of our good work, we welcome Michael Hayes as an Honorary Lifetime Member.

WELCOME TO THE IDHHC TEAM, CARMEN & KRISTINA!

CARMEN SARICH, OUR NEW AUDIOLOGIST FOR IDHHC NANAIMO



Carmen is a recent Audiology graduate from the University of British Columbia. She was introduced to IDHHC through a student placement with Edward in the Victoria office. She was drawn to the amazing work the organization does

and experienced her first client crying tears of joy to be hearing again! After working in private practice for a year, she is excited to return to IDHHC. She is looking forward to joining the team and being part of the good work they do. Outside of work, Carmen enjoys dancing, riding her bike, and going on long runs.

KRISTINA NIELSEN, OUR NEW OFFICE MANAGER FOR IDHHC VICTORIA



Kristina has spent the last 20 years working in various customer service and administration positions. Kristina joined IDHHC Victoria in July 2022 as the Office Manager coming from Island Health where she was an administrative assistant. Originally from

Calgary, Kristina moved to Victoria 8 years ago and absolutely loves living on the island. In her spare time Kristina likes to take her 5 year old son on adventures around the island, spend time with friends and relax at home with her cat, Kitten.

FAMILY & COMMUNITY SERVICES

PARENTING SUPPORT

Parenting can be challenging – and sometimes it is beneficial to get new perspectives on how to cope with difficult behaviours, improve the quality of parent-child relationships, and how to optimize your child's development.



The Positive Parenting Program is a widely offered parent support program which aims to develop parents' competence and confidence. It teaches strategies for managing common behavioural and developmental challenges, improving

communication, methods of discipline, and reducing parenting stress. The positive parenting approach is based on the use of constructive communication and positive attention.

There are five positive parenting principles that are at the core of the program: having a safe and interesting environment for your child, creating a positive learning environment, using assertive discipline, having realistic expectations, and taking care of yourself as a parent.

If you are interested in learning more about this program, please contact Leslee at leslee@idhhc.ca or Alex at alex@idhhc.ca.

ISLAND HEALTH COMMUNITY HEALTH SERVICES

Staff from Island Health presented two workshops for us in the spring of 2022. For those of you who missed these informative workshops, here's a summary of what we learned.

Island Health provides community health services for people who are living with chronic health issues, and for those who have been released from the hospital and continue to need some care. The community health services are to support you to stay in your home and manage your health problems. Services include: nursing, physiotherapy, occupational therapy, end-of-life care, and education about your disease.



Island Health also offers subsidized services – so you pay a portion of the cost as determined by your income. These services include: Home Support (personal care, respite care), Adult Day Programs (group activities in the community), Assisted Living (rental suites with extra supports in a shared living environment), and Long Term Care (24 hour professional care for people with complex needs).

To refer yourself or someone else for these services, you need to call one of the Community

Access Centres on Vancouver Island:

1. South Island (Mill Bay and south)
(250) 388-2273
2. Central Island
(250) 739-5749
3. North Island (Deep Bay and north)
(250) 331-8570

You need to be a Canadian Citizen and over 19 years of age. You will need to provide your name, care card number and date of birth. You will probably need to leave a message at the Call Centre and await their response. Please note, you can call the Community Access Centre through VRS, or ask our Family and Community Services staff for assistance.

The process to determine eligibility for community health services includes:

1. A Clinical Assessment (your health history, doctor, medications, family support and so on)
2. If you meet their criteria, you will then complete a Service Agreement (which explains the healthcare providers and your roles and responsibilities)
3. A Care Plan will be developed after your call, which will appoint a Case Manager for you and determine which services you will receive

Please note that for the Clinical Assessment you can request an in-person appointment and an MIS interpreter if needed.

For further information, please visit the Island Health website at www.islandhealth.ca.



MID-ISLAND SPEECHREADING TEACHER TRAINING WEEKEND

IDHHC is looking for interested persons to teach 'Let's Talk!' speechreading classes in the mid and north Island. Training is tentatively proposed for the November long weekend. This 5-day instructor training program is offered to individuals who:

- + Have a good understanding of hearing loss
- + Are hard of hearing individuals who have accepted their own hearing loss and are ready to provide empathetic support to others
- + Have teaching skills including lesson preparation and group management

This training offers skills in speechreading and coping strategies, prepares the would-be

instructor to determine individual student needs and to lead discussions that address the issues facing people with hearing loss. Individuals with hearing loss who possess these skills and strategies are effective instructors and role models – as students relate well to those who have undergone similar life experiences. And of course, professionals in the field of hearing loss are also welcomed to participate in the training as your knowledge and training are valuable assets to teaching speechreading.

If you are interested in becoming a speechreading instructor and learning more about this training weekend, please contact Leslee Scott at leslee@idhhc.ca and make sure to include your name, location and email address.

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

SUPPORT IDHHC

MAKE A DONATION TODAY!

By giving today, you become part of this team, changing lives one person at a time. All gifts are received with our sincere gratitude and every dollar makes a difference.

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

BECOME A MEMBER!

IDHHC becomes stronger when we have a greater number of members! A membership at IDHHC (\$25) is an opportunity to become actively involved in the agency, and to share in shaping its direction.

[www.idhhc.ca/get-involved/
become-a-member/](http://www.idhhc.ca/get-involved/become-a-member/)



EMPLOYMENT SUPPORT SERVICES

The IDHHC Employment team has been busy this Spring and Summer with getting the word out about our services, in-person workshops & presentations (Woohoo!), and of course helping folks with a hearing difference find work and access WorkBC programs and services such as Wage Subsidy, Assistive Technology Services for hearing aids, and more.

April: Interview Skills Workshop was in-person again, finally!

May & July: Employment Services and Family and Community Services teamed up to provide two training sessions for employment specialists from other agencies across BC about serving and assisting Deaf and hard of hearing and Deafblind persons to find and keep work.

June: A two-part workshop on Communication Skills in the Workplace delivered in person. Participants practiced and learned how to manage conflict and communication issues arising in any workplace.

AGEISM WITH A COMMUNICATION DIFFERENCE

For the last year, many people in Canada have gone back to work; our unemployment rate is at an all-time low. However, people younger than 25 or older than 55 are still experiencing challenges to finding employment. People with communication differences may find the challenges are even greater. Here are some ideas for showing an employer that your age - whatever it may be, is an asset, rather than a risk.



1. Keep relevant with technology: learn the latest software, apps and terms used in your work field of choice. If that industry uses LinkedIn to network, be sure to create, update and contribute using this social media platform. If it uses TikTok or Instagram, ensure you have a professional-friendly account on that platform, too. If you need training in one of these technologies, we're happy to help!

2. Use information interviews to gain up to date "insider" knowledge of the industry you want to work in. These are essentially information-gathering conversations that you initiate with an employer or worker in an industry you are

interested in; the employer gets to know a little about you from these meetings, and you get to learn about the industry and employer. Be sure to come prepared with smart questions, so you make a great impression.

3. Know your value to the industry and employer. What unique skills and attributes do you have that they need? This information can be gained through exploring your skills and doing information interviews! Once you know your value, you can better market yourself and negotiate a position that feels right for you.

4. Ensure your resume matches the "look and feel" of the culture of the company to which you are applying. Employers' number one concern is that you will fit in with their business culture and team.

5. Similar to point #4, match your attire to fit in with the company culture when you apply and interview for the job.

6. Keep an open mind: while ageism is something that does occur, try to get curious about why you weren't successful in a job application. Ask the employer or a contact person in that same field of work for feedback on your resume and interview. They may provide good information for how you can enhance your image or add to your skills.

Learn more about our Employment Support Services

www.idhhc.ca/services/employment-support/

HEARING HEALTH SERVICES

CLIENT TESTIMONIALS

A huge thank you to the IDHHC, and especially to wonderful Edward, for all the care and incredible support you have given me since my SSNHL (sudden sensorineural hearing loss) last November! I can't carry this great big ear around in my purse, and besides, I don't need to, thanks to my new Oticon Cros hearing aids and the wonderful team at IDHHC!! 😊❤️



Best wishes, **Veronica Cooper**

I wanted to send this quick note to thank you for my new hearing aids.

I've been through my first battery change and so far I have noticed a few things when wearing them: All the sounds in the kitchen and bathroom are louder. The keypad for our front door lock makes a beeping sound when I press the numbers. The turn signal on my car makes a clicking noise. I can watch TV without the closed captioning on. I can hear people more clearly when they talk.

I would not have hearing aids if it were not for the Sound of Change program so hear me clearly when I say thank you again for this opportunity.

Sincerely, **Michael Hawkins**

Learn more about our Hearing Health Services

www.idhhc.ca/services/hearing-health/

INTERPRETING & CAPTIONING SERVICES

If you have noticed more ASL on the news and during live broadcasts, you are not alone! Now, more than ever, ASL interpreting is experiencing a heightened presence in the media. With the pandemic came the understanding that accessible communication in urgent and emergency situations is imperative for all British Columbians. The passing of the Accessible British Columbia Act in April of 2022 has provided further direction and clarity around accessibility requirements in BC and has resulted in an increased demand for ASL interpreting. Now is the time to ensure your events are inclusive and accessible. IDHHC also coordinates ASL translation services, so if you are looking for documents or portions of your organization's website to be translated into ASL, please let us know – we can help!

Along with the increased demand for ASL-English interpreting, IDHHC's interpreting and captioning department has been seeing a steady increase in the number of captioning requests for all types of meetings and events. Many people benefit from captioning, such as individuals who are experiencing hearing loss who do not yet

have a diagnosis or wear hearing aids, English as an additional language users, individuals with ADD/ADHD, individuals who process information better visually than auditorily, individuals with auditory processing barriers, and many more.



With this increase in demand, we are looking to expand our roster of captionists. At IDHHC, our roster of captionists are trained in TypeWell transcribing, which provides meaning-for-meaning transcribing that completely conveys the speaker's intended meaning in fewer words, enabling the reader to quickly assimilate the content and participate in the discussion as it happens. If you are interested in this type of work and have good listening and memory skills, excellent English skills, a typing speed of at least 60 words per minute, and basic computer knowledge, please reach out to us for more information about the two to three month TypeWell training course.

Learn more about our Interpreting & Captioning Services

www.idhhc.ca/services/interpreting-captioning/



ASSISTIVE TECHNOLOGY

As mentioned in previous newsletters, IDHHC has a variety of assistive technology devices available for purchase. We would like to spotlight one of the newer devices we have available, the Roger SoundField. The Roger SoundField is an amplification system that features high sound performance with plug-and-play simplicity. It effectively distributes sound from the speaker, listeners, and other sound sources while decreasing background noise to allow the listener to hear and understand the speaker better.



ROGER DIGIMASTER 7000 ROGER PASS-AROUND

In late May we did a demo for the Canadian Hard of Hearing Association – Comox Branch. They

liked that it isolated speech and found it easier to hear the presenter over the background noise without the presenter having to raise or strain their voice. We also used the Roger SoundField at our Celebrate Together event in Victoria on July 9 for announcements. We like how easy it is to set up and connect additional components to fit one's needs. The Roger Touchscreen Mic is user-friendly and easy to pair with the DigiMaster speakers. The DigiMaster speakers come in 2 sizes – the Roger DigiMaster 5000 is great for average-sized rooms while the DigiMaster 7000 (seen below) can transmit over a larger area and has the option of being connected in a network of two speakers, doubling its range! Additional components, like the Roger Pass-Around Mic, make the SoundField great for presentations, meetings, and classroom settings.

If you would like to contact IDHHC for more information on the Roger SoundField or other assistive technology devices, please call our office or email us at idhhc@idhhc.ca.

Learn more about our Assistive Technology Services

www.idhhc.ca/services/assistive-technology/

NICE TO MEET YOU, KRISTI

Each issue, we will interview one of our team members from IDHHC. This issue, we'd like to introduce you to Kristi Falconer, our Communication Services Manager in Victoria.



Where were you born/raised?

I was born and raised in Victoria. I moved to Vancouver and Edmonton for college to become a Sign Language Interpreter then came back to Victoria to start my career.

What has been your past work history?

Prior to becoming a Registered Sign Language interpreter, which I've been for the past 28 years, I worked in a number of administrative roles including at Saanich Police Department, Elections BC and in the Engineering department at a Mining company. I also worked as a Student Advisor at UVIC in the Centre for Accessible Learning working with Deaf, DeafBlind, and Hard of Hearing students as well as students with medical conditions. In my role at UVIC I worked with Faculty and various departments to support a more inclusive experience for all students. I played an integral role in getting ASL courses for credit added to the Course Calendar at UVIC and the program has grown considerably since that time. I have worked as an event coordinator, facilitated workplace team building activities and ran my own non-profit organization for over 10 years supporting children and families in Zanzibar, Tanzania in East Africa.

What do you do at IDHHC?

In my role as Manager of Communication Services, I wear a number of hats with my main focus everyday



spent coordinating interpreting and captioning services across British Columbia.

What do you enjoy most about your job?

I love sharing information and educating others about accessibility and inclusion and the need for sign language interpreters and/or captionists to create an inclusive event. I find in general that people want to do the right thing to ensure they are planning an event that is welcoming to everyone, but they just don't know how to go about it – that's where my role comes in. I also enjoy brainstorming and problem solving to find solutions that work for everyone involved.

What do you find most challenging about your work?

Last minute requests for interpreting services and/or captioning can be difficult to fill as interpreters and captionists are in such high demand, however I feel that the education shared over the past few years is starting to pay off and folks are reaching out well in advance to book services.

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

Mexico, Chile, El Salvador, Guatemala, Cuba, the Yukon, all over Europe including Denmark. With all my extended family in Scotland, I have visited there at least a dozen times.

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

I've flown and landed a small plane, rode a motorcycle for many years and have fed a giraffe from my mouth!!

What is your favourite meal?

Anything Mexican, a good Phad Thai and I love going out for breakfast.

What are some of your hobbies?

I love the outdoors and spending time on the water kayaking, paddleboarding, adventuring to new lakes for a swim and camping. I also love a good book while lying in a hammock!

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

Belize!

Please join us as we welcome our newest Director to the Board as of June 2022.

Welcome Robin Sebastian!

Check out our website for photo and bio.

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! Deaf, DeafBlind, Hard of Hearing, LGBTQ2+ and BIPOC individuals are encouraged to apply. Please reach out for more information.

idhhc@idhhc.ca

To learn more about becoming a board or committee member, check out our brochure by clicking below!



Are you looking to give back to the community and care about people?
Join our Board of Directors





JOIN US

WORKSHOPS & EVENTS WITH IDHHC

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.



HOLIDAY OPEN HOUSE THU, DEC 8 @ 3 - 6PM

Yes, the elves are already busy planning a Holiday gathering at IDHHC in Victoria! But mail from the North Pole is slow in the fall, and we don't have all the info yet. So please keep your eyes open for more details on our IDHHC Facebook page and our website.



BINGO & MEXICAN TRAIN GAMES FOR DEAF COMMUNITY

TUESDAYS @ 2 - 4PM

BINGO: SEP 6, 20, OCT 4, 18, NOV 1, 15, 29

MEXICAN TRAIN: SEP 13, 27, OCT 11, 25, NOV 8, 22, DEC 6

From September to December, 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 ask Susanne for the link, and join the Zoom event by 1:50pm. \$2 for coffee and cookies while you play at IDHHC.



IN-PERSON @ IDHHC VICTORIA.

BI-MONTHLY COCHLEAR IMPLANT GROUP

WED, SEP 14 @ 7 - 8PM

WED, NOV 16 @ 7 - 8PM

Join other CI users virtually for an interactive get together to connect and discuss, share

challenges and knowledge. Help those with CI questions to understand your journey and benefit from your experience. Stay connected with IDHHC staff team as well as informed by special guest presenters. Captioning will be provided.



DELIVERED ONLINE.

PARENT & TOT ASL STORYTIME

MONTHLY, THURSDAY MORNINGS, 10 - 11AM

SEP 22, OCT 20, NOV 17, DEC 15



Please join us for a chance to socialize with peers and enjoy ASL storytime! IDHHC will provide coffee/tea and a snack. During 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 to let us know that you and your child(ren) will be attending.

IN-PERSON @ IDHHC VICTORIA.



CONVERSATIONAL ASL CLASSES

LEVEL ONE: TUESDAYS

SEP 20 - OCT 25 @ 6 - 8PM

LEVEL ONE: THURSDAYS

OCT 6 - NOV 24 @ 6:30 - 8PM

LEVEL TWO: TUESDAYS

NOV 1 - DEC 6 @ 6 - 8PM

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 ABCs, 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 offers 12 hours of in-person instruction at the IDHHC Victoria office. ASL Instructors are Sheila Kay Ferguson and Louise Reniere. 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.

INFORMATION INTERVIEWS

WED, SEP 21 @ 1 - 2:30PM

Come learn and practice how to conduct information interviews: these types of interviews are statistically proven to increase your likelihood securing a job. LinkedIn will also be discussed briefly. Please indicate by September 15 if you would like captioning or ASL interpreting provided.

IN-PERSON @ IDHHC VICTORIA.
REGISTER BY SEP 19.

DEAF MOVIE NIGHTS

MONTHLY, WEDNESDAY EVENINGS, 6 - 8PM

SEP 21, OCT 19, NOV 16, DEC 14



Please join us for movies that celebrate Deaf Culture and the lived experience of being Deaf in a hearing world. Please watch

the IDHHC Facebook page to vote on upcoming movie titles. Remember to register for your seat! Bring your own non-alcoholic drink, and we'll provide popcorn! Please arrive at 5:45PM, movie will start at 6PM.

IN-PERSON @ IDHHC VICTORIA.

SPEECHREADING CLASSES - LET'S TALK!

TUESDAYS, SEP 27 - NOV 29 @ 9:30 - 11:30AM

MONDAYS, SEP 26 - DEC 6 @ 6:30 - 8:30PM

Are you struggling to understand people – even while wearing hearing aids? Masks do make it more challenging for hard of hearing people. We have strategies to work around these issues, 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.



IN-PERSON @ IDHHC VICTORIA.
REGISTER BY SEP 21.

HEARING HEALTH WORKSHOP #1

WED, SEP 28 @ 10:30 - 11:30AM



Join renown speaker and author Gael Hannan in “Becoming Better at Hearing Loss!” Gael Hannan who entertains with her sense of humor while addressing many hearing loss issues and will be delivering a presentation and discussion on how to get what we need from other people - and that starts with bluffing less!

IN-PERSON & ONLINE.
REGISTER BY SEP 20.

INTERVIEWING WITH A HEARING OR COMMUNICATION DIFFERENCE

WED, SEP 28 @ 1 - 2:30PM

Come to discuss supports available to you, tips for clear communication, as well as practice the tough interview questions together in a safe, small group setting. Please come prepared with examples of times in your past where you dealt with stressful situations in a positive way. Please indicate by September 20 if you would like captioning or ASL interpreting to be provided.



IN-PERSON @ IDHHC VICTORIA.
REGISTER BY SEP 26.

MONTHLY

“HEARING BETTER TOGETHER” GROUP

THURSDAYS @ 10:30 - 11:30AM, SEP 29, OCT 27,
NOV 24 AND THU, DEC 15 @ 11AM - 12PM



IDHHC team is excited to launch this in-person pilot initiative designed to bring individuals together to learn and share strategies for living successfully with hearing loss. The group will be facilitated by staff and will feature information and strategies; latest updates to help individuals integrate or re-integrate into a world full of sound; assist in development of skills to hear your best; and navigate various listening situations more confidently.

IN-PERSON @ IDHHC VICTORIA.

HEARING HEALTH WORKSHOP #2

WED, OCT 5 @ 10:30 - 11:30AM



Join us as we welcome Tim Archer from Advance Listening. Tim will cover all things “loop” FM systems and other things technology. If you have ever wondered how the loop systems work, how

to use them, or where to find them, join us for this informative workshop.

IN-PERSON & ONLINE.
REGISTER BY SEP 27.

TAPPING INTO THE HIDDEN JOB MARKET

WED, OCT 12 @ 1 - 2:30PM



Learn ways to access the hidden job market and come away with concrete steps to increase your chances of securing work. Please indicate by

October 3 if you would like captioning or ASL interpreting to be provided.

DELIVERED ONLINE.
REGISTER BY OCT 6.

ASL COFFEE & CHAT WITH JOLENE GALLAGHER

FRIDAYS AT 10:30 - 11:30AM
OCT 14, 21, 28, NOV 4, 18, 25

Join ASL instructor Jolene Gallagher for guided topic-focused ASL conversations. Dialoguing in a safe environment with peers can help to take your signing skills to the next level! Former participants are welcomed to join us again. Please register to attend and receive the Zoom link. For parents of deaf and hard of hearing children who have foundational ASL skills.



DELIVERED ONLINE.
REGISTER BY OCT 8.

RED CROSS BABYSITTING COURSE FOR DEAF & HARD OF HEARING TEENS

SAT, OCT 22 @ 9 - 5PM
(BRING OWN LUNCH)

FOR AGES 11 - 15, \$55 PER PERSON



IDHHC is partnering with the City of Victoria to offer an accessible Babysitting Course for Deaf and hard of hearing teens. Registration is being

taken through the Crystal Pool ([click to register](#)). Please let them know if you require captioning or interpreting to attend the course! 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. Spots are limited: register soon!

IN-PERSON @ IDHHC VICTORIA.

HEARING HEALTH WORKSHOP #3
 WED, OCT 26 @ 10:30 - 11:30AM



Please welcome Audiologist and presenter Dr. Mae Hernandez for a conversation about “What to ask your Audiologist”. Visiting a new audiologist can be an intimidating experience especially if you are unsure what to expect or which questions you should be asking. Mae will cover what you need to know about a hearing assessment and questions to ask the audiologist.

IN-PERSON & ONLINE.
 REGISTER BY OCT 19.

PAINT NIGHT FOR ADULTS
 FRI, OCT 7 @ 6 - 8PM
 \$15 PER PERSON



Join local artist and IDHHC Employment Specialist Janet McDonald, and fellow fun-seekers in an interactive 2-hour paint night. You will end up with a new take on a classic painting by Henri Matisse to hang on your wall or give as a gift.



Please wear painting clothes. ASL and captioning provided. Register by September 23 to secure your spot; limited spaces available.

IN-PERSON @ IDHHC VICTORIA.

MANAGING HEARING AND COMMUNICATION DIFFERENCES IN THE WORKPLACE
 FRI, OCT 28 @ 1 - 2:30PM

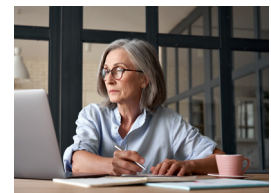


Discuss how conflict resolution can be managed well even with a communication difference or hearing loss. Practice proven communication techniques that will help you thrive and succeed at work. Please indicate by October 19 if you would like captioning or ASL interpreting to be provided.

IN-PERSON @ IDHHC VICTORIA.
 REGISTER BY OCT 24.

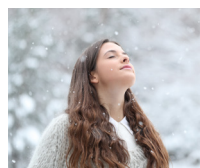
CAREER CHANGE THROUGH TRANSFERRABLE SKILLS
 WED, NOV 16 @ 6:30 - 8PM

The global pandemic has resulted in many people re-evaluating their current line of work. Many are asking themselves if they could successfully change careers and if so, what skills do they have to offer new employers? Join us to learn how to identify your transferrable skills that may land you a new dream job. Please indicate by November 3 if you would like captioning or ASL interpreting to be provided.



IN-PERSON @ IDHHC NANAIMO.
 REGISTER BY NOV 10.

MANAGING STRESS OVER THE HOLIDAYS
 WED, DEC 2 @ 6:30 - 8PM



Come together in a small group to practice self-kindness and mindfulness techniques to help you through the holiday season. Refreshments will be provided.

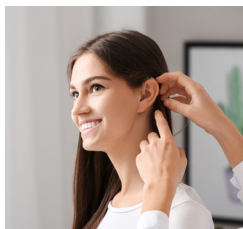


Please indicate by November 21 if you would like captioning or ASL interpreting provided.

IN-PERSON @ IDHHC VICTORIA.
REGISTER BY NOV 25.

HEARING HEALTH WORKSHOP #4

THU, NOV 17 @ 10:30 - 11:30AM



Do you want to learn how to keep your hearing aids clean? Are you wondering how to adjust your hearing aid settings? Do you have questions about your hearing aid accessories?

Are you getting feedback from your hearing aids or are they are coming out of your ears? If you answered yes to any of these questions, or if you just want to learn more about the basics of successful hearing aid use, please join IDHHC audiologists Carmen Sarich and Edward Storz

for an online Zoom session where they will discuss common hearing aid issues and answer your troubleshooting questions.

DELIVERED ONLINE.
REGISTER BY NOV 10.

HEARING HEALTH WORKSHOP #5

WED, NOV 30 @ 10:30 - 11:30AM

IDHHC is excited to welcome Dr. Robbyn Brodie to lead a workshop on Tinnitus. Robbyn is a licensed Tinnitus Retraining Therapist and will discuss



some of factors that lead to tinnitus symptoms as well as what can be done to help manage it.

IN-PERSON & ONLINE.
REGISTER BY NOV 21.

COMMUNITY EVENTS

NEIGHBOURHOOD BLOCK PARTY

SAT, SET 17 @ 11AM - 5PM



United Way of Southern Vancouver Island and the Downtown Victoria Business Association will be hosting a Neighbourhood Block Party on Saturday, September 17 from 11AM - 5PM. The party will be hosted on Government Street between Courtney Street and Fort Street in a fun block party setting with music and activities for children.

As a United Way Community Partner IDHHC will be in attendance with all-family activities so please sure to come down and find us! Join in this great community event with businesses and community together to showcase all the amazing agencies and programs that United Way supports.

See you there!

CRYSTAL POOL SWIMMING LESSONS

If you have a deaf or hard of hearing child that uses sign language, Crystal Pool has a lifeguard and swim instructor on staff who knows foundational sign language! If you are interested in registering your child in swim classes with a signing instructor, please contact Aquatic Programmer Caroline Marchand to make arrangements. Phone is: 250-361-0732. Crystal Pool is located at 2275 Quadra Street in Victoria.



OUT THERE

WHAT'S HAPPENING IN CANADA & THE WORLD

INTERNATIONAL WEEK OF THE DEAF PEOPLE AND INTERNATIONAL DAY OF SIGN LANGUAGES

The International Week of the Deaf People (IWDP) is an initiative of the World Federation of the Deaf (WFD) and was first launched in 1958 in Rome, Italy. It is celebrated annually by the global Deaf Community during the last full week of September to commemorate the same month the first World Congress of the WFD was held. The International Week of the Deaf People is celebrated through various activities by Deaf Communities all around the world. These activities and events welcome the participation of all members of deaf communities, which include families of deaf people, professional and accredited sign language interpreters, peers, as well as the involvement of various stakeholders such as national governments, national and international human rights organizations, and Organisations of Persons with Disabilities.



INTERNATIONAL WEEK OF DEAF PEOPLE

September 19 - 25, 2022

Building Inclusive Communities for All



INTERNATIONAL DAY OF SIGN LANGUAGES

September 23, 2022

Sign Languages Unite Us!

Themes For IWDP	MONDAY SEPTEMBER 19	TUESDAY SEPTEMBER 20	WEDNESDAY SEPTEMBER 21
	Sign Languages in Education	Sustainable Economic Opportunities for Deaf People	Health For All
	THURSDAY SEPTEMBER 22	SATURDAY SEPTEMBER 24	SUNDAY SEPTEMBER 25
	Safeguarding Deaf People in Times of Crisis	Intersectional Deaf Communities	Deaf Leadership for Tomorrow
	FRIDAY SEPTEMBER 23		
	Sign Languages Unites Us!		

To learn more, visit:

<https://wfdeaf.org/iwdeaf2022/>



HOW INDIGENOUS SIGN LANGUAGE IS HELPING THIS WOMAN CONNECT WITH HER CULTURE

CBC NEWS JULY 11, 2022 - BY ANCHAL SHARMA, CBC NEWS <https://www.cbc.ca/news/canada/ottawa/indigenous-deaf-sign-language-culture-1.6473673>

Learning Plains Sign Language is about reclaiming her heritage, making language grow, she says



The word “deaf” isn’t just an adjective for Paula MacDonald — it’s part of her identity.

Growing up, she attended the Sir James Whitney School for the Deaf in Belleville, Ont., where she learned American Sign Language (ASL) as her primary means of communication.

It was there that “I really became culturally deaf,” MacDonald told CBC with the help of an ASL interpreter, explaining the sense of belonging she felt in the Deaf community.

It wasn’t until she attended a university for the deaf in Rochester, N.Y., that she found herself wanting to learn more about her other culture.

MacDonald was born in Saskatchewan and is half Cree from Treaty 4 on her mother’s side. She was adopted by a white couple in Ottawa at a young age.

Her parents were always supportive of her connecting with her roots, she said, but she was on her own to learn more about Deaf and Indigenous culture.

“I had gone to a couple of powwows, you know,

kind of trying to learn more about the culture,” she recalls.

She said it was difficult because she needed sign language interpreters to understand what was happening.

Exploring intersecting identities

When she got to the National Technical Institute for the Deaf (NTID), MacDonald noticed a cultural diversity within the Deaf community she hadn’t seen before.

Meeting people from other countries who incorporated their country’s sign languages into conversation along with ASL made MacDonald curious about her own cultural background.

Through a bit of research, MacDonald found Marsha Ireland, a deaf elder from Oneida Nation of the Thames near London, Ont., who developed her own sign language to better connect with Oneida culture.

MacDonald invited Ireland to her college for a presentation. There, she learned not only about the Oneida sign language Ireland created for deaf members of her community, but also about other existing sign languages used historically by Indigenous groups.

That made MacDonald curious.

“It really got the ball rolling for me, realizing that I can’t just say, ‘Hey, I’m Indigenous,’ and that’s it,” MacDonald said. “I have to put in the work. I need to actually connect to my culture. So [Marsha Ireland] really lit the fire in me.”

Connecting to her culture

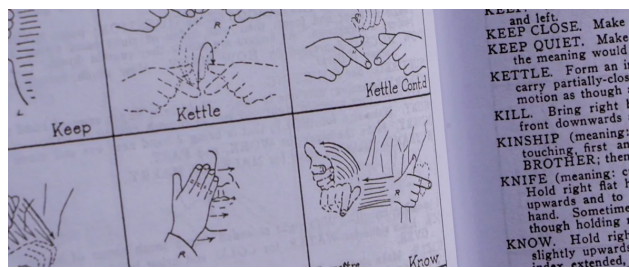
MacDonald is now taking Indigenous studies at Carleton University, and for the past three years she’s been teaching herself Plains Sign Language through online resources and dictionaries.

Plains Sign Language was traditionally used by people belonging to various groups, including the Cree, Blackfoot and Dakota. It spanned from the north Saskatchewan River, to northern Alberta, across Saskatchewan to Manitoba, and all the way down to the Rio Grande in Mexico.

It's still sometimes used in western Canada today and in American states such as Montana, but MacDonald said it has been difficult to find resources to learn the language.

"The spoken languages are considered more sacred languages, so they're a bit more protected," she explained.

When it comes to sign language, MacDonald said "there's a little less record-keeping [involved] and a little less storytelling to pass it on."



While there are 70 spoken Indigenous languages in Canada, just three Indigenous sign languages are in use, according to Darin Flynn, professor of linguistics at the University of Calgary.

That includes Inuit Sign Language, Plateau Sign Language (used on the west coast by nations such as the Salish) and Plains Sign Language, which is the most widely known of the three today — with 100 fluent signers across the United States and Canada.

Flynn said Plains Sign Language wasn't originally used solely by deaf individuals but rather as a "lingua franca" for people from different nations to communicate with each other.

With the arrival of Europeans, sign language gained even more importance. Then, much like English and French replaced many spoken Indigenous languages, Flynn said the development of ASL soon after the Europeans arrived meant it began to replace traditional Indigenous sign languages.

"People find it hard to put it this way, but it is kind of the colonial language. It's the one that's taking over," he said. "[Deaf] people were taken to schools and taught sign languages that were precisely not Indigenous ones."

The parallels between Indigenous education and deaf education aren't lost on MacDonald.

"[In both residential schools and schools for the deaf] ... our natural languages were banned [and] were taken from us. We weren't allowed to use them," she said.



Lanny Real Bird teaches Plains Sign Language at the 2019 Poundmaker Language Camp in Saskatchewan. (Ntawnis Piapot/CBC)

For MacDonald, learning Plains Sign Language not only connects her with own identity, but also helps to bring more awareness to the loss of Indigenous sign languages in general. She also hopes this awareness will help revitalize the languages.

For now, MacDonald said she will continue her self-education, and she plans to attend a Plains Sign Language camp in Saskatchewan in the future.

"I'm really hoping that [the language] will grow. And I think if it does grow, it will help me feel even more connected to my community," she said.

WATCH | What I want people to know about Indigenous sign languages:

<https://www.cbc.ca/player/play/2049649219690/>





THINGS WE LOVE

THESE COME HIGHLY RECOMMENDED

FILM



FEEL THE BEAT (2020)

Shaylee Mansfield (Deaf actor) is the breakout star of Netflix's dance movie *Feel the Beat*. Shaylee plays Deaf dancer Zuzu in *Feel the Beat*, a movie that was named in large part because of Shaylee's character literally feeling the beat as she danced. "I feel the vibrations," Zuzu signs to April in the film, after the instructor perceives Zuzu's Deafness as hindering her ability to dance.

The main character, April, played by Sofia Carson, is a Broadway dancer. After a mishap, she is essentially blacklisted from the dancing community in NYC, but is determined to fix her reputation. She heads home to Wisconsin, defeated, but an opportunity falls into her lap — teaching a young group of dancers at her old dance studio.

The dance studio is fittingly called New Hope, as is April is almost out of hope when she is given the opportunity to teach there. If she can make it to the finals in Atlantic City, she will be able to dance in front of Welly Wong. The one man who can save her dance career. **Watch it on Netflix.**

whose world is rocked when his baby sister is born hearing; and February, the hearing headmistress, a CODA (child of deaf adult(s)) who is fighting to keep her school open and her marriage intact, but might not be able to do both. As a series of crises both personal and political threaten to unravel each of them, Charlie, Austin, and February find their lives inextricable from one another—and changed forever.

This is a story of sign language and lip-reading, disability and civil rights, isolation, and injustice, first love and loss, and, above all, great persistence, daring, and joy. Absorbing and assured, idiosyncratic and relatable, this is an unforgettable journey into the Deaf community and a universal celebration of human connection.



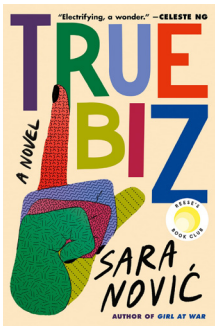
DEAF UTOPIA: A MEMOIR AND A LOVE LETTER TO A WAY OF LIFE, WRITTEN BY NYLE DIMARCO WITH ROBERT SIEBERT (2022)

In this moving and engrossing memoir, Nyle shares stories, both heartbreaking and humorous, of what it means to navigate a world built for hearing people. From growing up in a rough-and-tumble childhood in Queens with his big and loving Italian-American family to where he is now, Nyle has always been driven to explore beyond the boundaries given him.

Deaf Utopia is more than a memoir, it is a cultural anthem—a proud and defiant song of Deaf culture and a love letter to American Sign Language, Nyle's primary language. Through his stories and those of his Deaf brothers, parents, and grandparents, Nyle opens many windows into the Deaf experience.

Deaf Utopia is intimate, suspenseful, hilarious, eye-opening, and smart—both a memoir and a celebration of what makes Deaf culture unique and beautiful.

BOOKS



TRUE BIZ, WRITTEN BY SARA NOVIC (2022)

True biz? The students at the River Valley School for the Deaf just want to hook up, pass their history finals, and have politicians, doctors, and their parents stop telling them what to do with their bodies.

This revelatory novel plunges readers into the halls of a residential school for the deaf, where they'll meet Charlie, a rebellious transfer student who's never met another deaf person before; Austin, the school's golden boy,



THE FUNNIES

HAVE A LAUGH

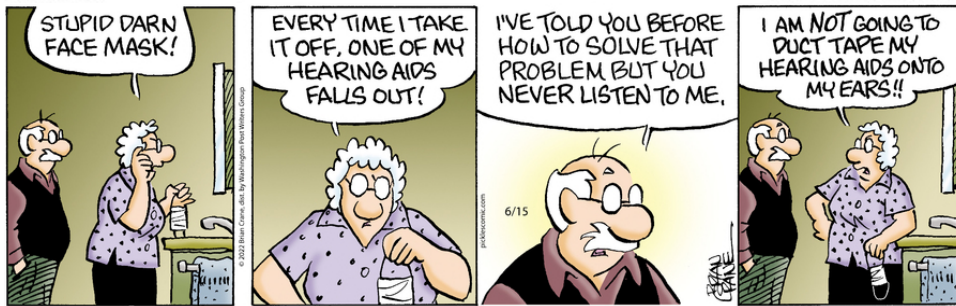
THAT DEAF GUY

BY MATT & KAY DAIGLE



PICKLES

BY BRIAN CRANE



literally no one:
deaf people on a road trip:



deafmemes.exe

