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# TDHHCConnections

FEBRUARY 2015



**BOARD OF DIRECTORS**  
Lonny Mckinzie, DC, President  
Kelly Drumm, Vice President  
Stephanie Deibert, Secretary  
Wana Crouch  
Chris Detkos

**ADVISORY COMMITTEE**  
Susan Grona, President  
Elizabeth Crook  
Daphne Smith

Sign Language  
**INTERPRETING SERVICE**  
903-617-6204  
or email the  
communication coordinator  
coordinator@tdhhc.org

Visit our **WEBPAGE**  
www.tdhhc.org  
follow us on **FACEBOOK**  
www.facebook.com/tdhhc.org

This newsletter  
is dedicated to uniting  
the Deaf and Hard of Hearing  
of East Texas and all supporters  
by providing information and  
reporting events that enhance  
our lives and our community

To receive a newsletter  
mail your name and address to  
TDHHC at PO Box 6134  
Tyler, TX 75711-6134  
or email:  
[connections@tdhhc.org](mailto:connections@tdhhc.org)  
articles and photos are welcome

## Inside the Loop

A newseries of close-ups on TDHHC Volunteers

**Elizabeth Crook** grew up in Tyler and went to public schools in the mainstream program for the deaf and hard of hearing. She received a B.S. degree in Deaf Education from TWU and M.A. in ESL from UT at Tyler.

In 1999-2001 Elizabeth served as a Chapter Representative of Texas Association of the Deaf and through this organization she received leadership recognition in the Deaf Community. Years later a new door opened and she served as activity director for 5 years in the Deaf ministry at Green Acres Baptist Church.

As an active member in the Deaf Community, she has held officer and committee positions for the Tyler Metro Association of the Deaf. Prior to volunteering with TDHHC, Elizabeth worked as an ASL Lab Specialist at TJC for over 12 years. She later attended Lamar University where she completed her course work in ASL Pedagogy. Currently, she is vice president of TDHCC Community Committee and ASL instructor under TJC Continuing Studies.

Elizabeth continues to stay passionate in what she is doing in the areas of teaching, leadership, guest speaker, workshop, and special event projects. She enjoys her volunteer time at the Christian Women's Job Corps. For fun, she enjoys creative drama, swimming, and attending social activities with friends and family members.

The TDHHC board of directors welcomed **Chris Detkos** a little over one year ago.

Chris first became involved with the Deaf while attending Sunset International Bible Institute in Lubbock TX. There Chris became good friends with two deaf students who graduated with his class. The Detkos family learned ASL from being around the deaf at school and church. When the Detkos family moved to Anchorage, AK they continued to work with the deaf members in their church.

Chris worked for the church as a Youth and Family Minister and helped the hearing congregation bridge the gap of communication and grasp the need for programs for the deaf.

He has been married to Cynthia for 18 years. They met in Mesa, AZ at a singles retreat that Chris organized for the church they attended. They have three daughters, two granddaughters and one grandson on the way. The Detkos' are adventurous in life - being well traveled and having lived in Mesa, Arizona; Lubbock, Texas; Durango, Colorado; Anchorage, Alaska, and currently Tyler, Texas. Chris has done missionary work in Thailand and other areas while traveling in the military. They are also active with the church they attend locally.

Chris holds a Bachelor's degree in Psychology, a degree in Biblical Studies, and is currently working on a second Bachelors in Technology Information Security.

Chris loves the outdoors, camping, hunting, fishing, hiking, traveling, visiting with family and friends, and is always looking for the next adventure in life.



Check out our new Webpage at [www.tdhhc.org](http://www.tdhhc.org) we still have some tweaking to do on the webpage, so leave us your feedback on our facebook page. Look for more photos on facebook and see the webpage calendar for event updates  
Follow us on facebook [www.facebook.com/tdhhc.org](http://www.facebook.com/tdhhc.org)

Thank You!

Supporters and Sponsors



**Thanks  
to Our  
Volunteers!**

Thank You!

Thank You!



Thank You to our new sponsor



Thank You!

## Suzy's Zone



### TDHHC - Positive Vibes

With a variety of talent, skills, expertise, and perseverance amongst members of the Deaf and Hard of Hearing community in East Texas, I'm pleased to say that TDHHC is thriving!

Oh my, I actually fell in love with the East Texas Deaf Festival held in November. If you missed the festival, YOU MISSED something inspiring and motivational! The internationally famous Deaf Artist Peter Cook gave an awesome performance incorporating storytelling in ASL, pantomime, and improvisation. He actually got our community members, Carlos and Virginia Holdridge, involved on stage. He asked Carlos how does he show his love for his wife. Well, Carlos gave the audience and Peter a surprise. He pulled his dear wife closer and gave her a good LONG kiss, and said, "That's how I show my love for her." WOW. That's why I fell in love...

I want to thank the following folks who contributed their time and efforts for TDHHC's Kiss Fist Christmas fundraiser held in December. *Double Hands Wave* to: Misha Bryam, Ina Heuermann, Lonny and Rhonda McKinzie, Elizabeth Crook, TJC Apache Signers, John Luckey, Patrick Grona, East Texas Deaf Ladies Club, TDHHC board, Jessica Garen of Blessed Photography and Icehouse Republic Restaurant. It was unbelievably packed and the waiters/waitresses did an awesome job serving every one of us. To everyone who joined us in this festive fundraiser, Thank You, my friends. It was a very successful evening for TDHHC.

I invite you to come on over to our February fundraiser or join us at a meeting. Come and meet some awesome people.

*Susie Grona*

Community Committee President

### Basic Conversational Sign Language I in the Workplace

Monday/Wednesday  
February 8 - March 2  
6:00pm - 8:00pm  
TJC West Campus  
1530 SSW Loop 323  
Tyler, TX 75701

For more information or to register call  
TJC Continuing Studies: 903-510-2900

### Apache Alert!

Tyler Junior College  
Sign Language Interpreter Program

TJC's credit classes for the ASL and Interpreting program degrees begin with the first class during long summer session which starts June 6. If interested, look at [www.tjc.edu](http://www.tjc.edu) or email [rmck@tjc.edu](mailto:rmck@tjc.edu).

#### Save these dates:

February 20  
Interpreter Ethics Workshop  
contact Rhonda McKinzie  
[rmck@tjc.edu](mailto:rmck@tjc.edu) for details

May 12  
TJC ITP Alumni Event  
Celebrating 20 years of Excellence  
All Alumni, Supporters, and Deaf  
are encouraged to attend  
to show appreciation and support  
Tickets are \$15 for dinner/program

July 20-24  
TSID/RID Conference  
[www.2016.tsid.org](http://www.2016.tsid.org)

## HEALTHWATCH

by Dr. Lonny McKinzie  
McKinzie Chiropractic  
and Nutrition in Tyler, TX

### Resolution or Reality

It is common to make a New Year's resolution to change a habit or improve our performance in some way or another. Most everyone wants to lose weight, quit a bad habit, get out of debt, learn something new, be less stressed or make some other change in their behavior. But how many really stick with their resolutions?

Statistics show that only 8% of the people are successful in achieving their resolutions. 49% have some success and 24% fail altogether. But people who make resolutions are 10 times more likely to reach their goal than people who don't make resolutions. So, no matter what your resolution, there is a good chance you will have some or a lot of success.

Therefore, spend a little time reflecting on how you can become a better person. You can focus on your health in some way or choose to focus on helping others more often, which makes you feel better too.

Whatever your resolution, pick something that you can accomplish. It is more realistic to want to lose 8 lbs per month than to try to lose 100 lbs in 6 months. It would be better to focus on losing 2 lbs/wk and lose 96 lbs in a year (assuming you need to lose that much) than to fail trying to lose 4 lbs/wk? Also, get a partner to help you be accountable, when two work together, both can succeed.

Make your resolution a reality and have a happy new year. If you have any questions, send me an email: [office@drmckinzie.com](mailto:office@drmckinzie.com)

## metro news

TYLER METRO ASSOCIATION OF THE DEAF  
by President Daphne Smith

**HOWDY!** (The Aggie in me did it!)  
I'd like to thank Patrick Grona for the last two years as president. He left some shoes that'll be hard to fill. Thank you Patrick! I'd like to welcome the newly elected officers who serve with me: Betty Hancock as vice president; Kathy Westberry as secretary, and Christine Hicks as treasurer.  
*This is going to be the year of the women!*



We're trying some new things this year, and we want your input, please join us. Without you, TMAD is nothing.

Thanks to all members who recently renewed their membership. We do welcome all non members in our meetings, but circumstances have forced us to begin charging a few dollars as an attendance fee for all non-members. So join and save money. The annual fee for members is \$15 or

\$13 for senior citizens. Dues are made payable to TMAD and can be mailed to TMAD - PO Box 130923 - Tyler, TX 75713.

In support of the TDHHC fundraiser on February 6, our February meeting date and location is different for this one time only. Instead of the first Saturday, we will meet at 11a.m. on Feb. 13 at TJC West Campus.

Stay Safe and Warm,  
Daphne Smith

Thanks to the wonderful crowd...KissFist Christmas Dec. 2015 was A Huge Success  
The 'Kiss Fist' sign means "I love" or "I dig" in American Sign Language.



## Coffee Chat

1st Saturdays 7pm  
Scooter's Coffeehouse  
3979 University Blvd, Tyler  
(TX 248 Spur near UT)

and

3rd Fridays 7pm  
Whataburger  
311 S Main Street, Lindale  
(Hwy 69 near Brookshire's)

## DATES PLACES

### TDHHC Fundraiser FEBRUARY 6 SATURDAY

12:00 - 6 PM  
Eat in or Takeout  
a portion of the proceeds  
will go to TDHHC



Be sure  
to say  
'THANKS'  
for their  
support!

1501 West SW Loop 323  
Tyler, Texas

### Robert Phelps says Come Join the FUN Sunday, February 7 Super Bowl Party

4:30 til ????  
Wings Stop  
Lindale  
\$10 ticket for door prizes  
for information contact  
[suzygrona@gmail.com](mailto:suzygrona@gmail.com)

### TDHHC Community Committee meets February 13 Saturday 10am TJC West Campus Rm 112

Everyone Welcome

### TMAD

Brief General Meeting  
SATURDAY Feb. 13 at 11am  
TJC West Campus Rm 112  
Note: one time only ←---  
change of time and location



### TMAD

SATURDAY, MARCH 5  
1pm - 4pm  
Table Games  
Community Center  
Shiloh Road Church  
of Christ - Tyler



Senior

Focus

Virginia Hammond Holdridge is from Beaumont and graduated from the Texas School for the Deaf in Austin in 1956. She participated in the pep squad, was a drummer and a cheerleader and was crowned homecoming queen. In the yearbook, *Towers*, the caption under her senior photo reads 'quiet, serious, and ambitious-collects pictures as a hobby-loves bananas and shoes of various styles tempt her.' Fifty-six years ago she married her high school sweetheart, Carlos Holdridge. Both are driving forces for TDHHC and East TX Deaf Seniors. Virginia is an active leader in the East Texas Ladies Club. She is always fun to be around; next time we see her, let's all ask if she still loves bananas and shoes!

