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TDHHCConnections

JULY 2016



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Visit our **WEBPAGE**
www.tdhhc.org

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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
Articles and photos are welcome

Inside the Loop

Continuing in a series of close-ups on TDHHC Volunteers



Stephanie Deibert is no stranger to East Texas. She was born and raised here and, along with her husband, Kevin, has called Canton home for almost thirty years. The couple has three grown children and two grandchildren whom they love spending time with.

Stephanie fell in love with ASL when she enrolled at Tyler Junior College, where she planned to begin the process of obtaining a degree in Library Science – because she loved to read. However, by the time she had finished her first semester in Sally Barnett's ASL class, Stephanie knew that, more than anything, she wanted to teach that beautiful language herself! She went on to get her B.A. and M.A. degrees in English and ASL at UT Tyler, finishing that process in 2007. Along the way, Stephanie became a certified interpreter in the state of Texas and has enjoyed working with the Deaf and Hard of Hearing community ever since.

She now gets to live her dream of teaching ASL at TJC, the place where her own journey began; she even gets to teach interpreter training courses from time to time. She is honored to serve as secretary of the board of directors for TDHHC and cannot wait for the day when the Center's goal of having a permanent location for its “one-stop-shop” becomes a reality. When Stephanie isn't teaching or interpreting, she and Kevin enjoy going dancing, traveling, spending time with friends and family and, yes...she still loves read!



Taking a summer break from meetings TDHHC and TMAD will resume in August

Summer Is Here

It's a good time of the year for families and children to explore new activities such as road trips, workshops, summer camps and museums. Remember to cool down by reading a good book or two.

If you are thinking about taking a road trip out to the Wild West, and want to be immersed into the DEAF WORLD with people from all over this world, take a trip to Las Vegas, Nevada on July 5-8, 2016 for the DeafNation World Expo. This unique event is supposed to be the largest deaf event on the planet. For more information log on www.deafnation.com and click the 2016 DeafNation World Expo site. The admission is FREE!

Another exciting and summer fun event for parents, ASL teachers, Deaf Ed teachers and educational interpreters which involves total immersion in the Deaf world learning ASL, deaf culture, and good fun is the annual Communication Skills Workshop. It will be held at the Texas School for the Deaf in Austin. The dates are July 10-16, 2016 and July 24-August 5, 2016. For more information check it out at www.texasdeafed.org

Finally, here's a list of books about life in the deaf world: *Finding Zoe* by Brandi Rarus, *If a Tree Falls* by Jennifer Rosner, *Mickey's Harvest* by Howard Terry, *Train Go Sorry* by Leah Cohen, and *The Life Story of Mother Delight Rice and Her Children* by Ronald M. Hirano. Happy reading and have a great summer y'all.

Susie Grona

Thank You!

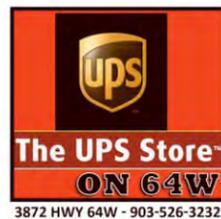
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HEALTHWATCH

After reading this, you'll never look at a banana in the same way again
"GO Bananas"

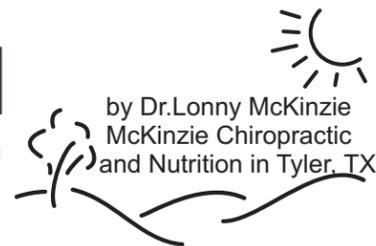
Bananas are packed with nutrients. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. BE CAREFUL IF YOU ARE DIABETIC. They do contain carbohydrates, so 1/2 to one small banana a day is usually recommended. A fully ripe banana with dark spots on the skin produces a substance called TNF (Tumor Necrosis Factor) which can combat abnormal cells. That means the riper the banana, the better the anti-cancer qualities. Beware that putting a banana in the refrigerator halts the ripening process, so only fully ripened ones should be refrigerated if you want to hold them a day or so.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet. DEPRESSION: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier. PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood. ANEMIA: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia. BLOOD PRESSURE: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke. BRAIN POWER: 200 students at a Twickenham school (Middlesex, England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert. CONSTIPATION: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.



- ✓ HANGOVERS: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.
- ✓ HEARTBURN: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.
- ✓ MORNING SICKNESS: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.
- ✓ MOSQUITO BITES: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.
- ✓ NERVES: Bananas are high in B vitamins that help calm the nervous system.
- ✓ WORK STRESS AND OVERWEIGHT: Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.
- ✓ ULCERS: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.
- ✓ TEMPERATURE CONTROL: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has FOUR TIMES the protein, TWICE the carbohydrate, THREE TIMES the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So, maybe it's time to change that well-known phrase so that we say, 'A BANANA a day keeps the doctor away!' One more fact: for a quick shine on our shoes, take the INSIDE of the banana skin, and rub directly on the shoe...polish with dry cloth. Amazing fruit!!!



Coffee Chat

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

Tyler Coffee Chat will resume
in August
Location TBA

Apache Alert!

Thank you LISD, TISD and TJC for providing practicum sites for our students. Thank you TDHHC, community interpreters and the Deaf community for allowing our practicum students shadowing opportunities.

We had a wonderful time reminiscing and honoring TJC ITP's 20 yr anniversary! \$152 was donated to the Dr. Judy Barnes Scholarship fund. Thank You!

Register now for Fall classes for ASL Skills Certificate AAS in Interpreting or just for foreign language credit Dual credit/"early college entry" available

Testing for ASL 1 is available, by appt., for students with prior ASL classes. Contact Laura Hill lhil2@tjc.edu for appointment on a Tues or Th morning
Contact her no later than July 14 to apply for the Fall semester
Credit on transcript is not given until student is taking classes at TJC and pays the \$25 fee

Reminder: BEI testing at TJC in Sep. Please apply online with BEI to schedule your performance test after you pass the TEP and background check.

Summer Open Lab hours
for TJC ASL students, grads and community interpreters wanting to practice or prepare for testing T/Th 9am-noon Pirtle 108 through Aug 9

For more information contact Dept. Chairman Rhonda McKinzie rmck@tjc.edu

BEI TESTING IN TYLER Registration deadline is July 10 RESERVE YOUR SPOT

Testing dates are Friday, September 9, and Saturday, September 10
The Board of Evaluation of Interpreters will offer their test at TJC in the new Nursing and Health Sciences building

Go to www.dars.state.tx.us to register and access the available study guides
For more information contact Connie Sefcik-Kennedy at connie.sefcik.kennedy@dars.state.tx.us

DATES PLACES

TDHHC FUN-RAISING
Saturday, July 9
3 - 8 PM
Eat at Luby's
1815 Roseland Blvd. Tyler
Bring your coupon giving credit to TDHHC as a portion of the cost your meal will be donated to TDHHC
See You There!



SAVE
THE
DATE

TDHHC and TMAD
Meet Saturday, August 6
1:15PM
Spring Creek Barbeque
5810 S Broadway
Tyler

Deaf Celebration

Celebrating Our Deaf Heritage

TARRANT COUNTY COLLEGE - TRINTY RIVER CAMPUS at DOWNTOWN FORT WORTH, TEXAS

SATURDAY, SEPTEMBER 24, 2016

After being quiet for 10 years, we are excited to bring DEAF CELEBRATION back!! The 14th annual Deaf Celebration is an exciting event that brings the Deaf and hearing communities together. We are expecting 1,500+ attendees this year!

Our goal is to bring 50 exhibitors who will have booths consisting of: hobbies, arts and crafts, home businesses, deaf culture info, technology, memorabilia, government services, interpreting, education, and much more! Please help spread the word around! We are accepting booth applications starting today!

That night, we will have a fun show with exciting Deaf entertainers!

Day Pass (Exhibitions) 9:00 AM to 5:00 PM
Night Pass (Entertainment) 7:00 PM to 11:00 PM

COMING SOON

General information: info@deafcelebration.org
Booth Information: booth@deafcelebration.org
Please visit our website, www.deafcelebration.org
Facebook at <https://www.facebook.com/deafcelebdallas/>.

Note: the information is still pending and subject to change at any time. Please come watch for the latest announcement on our website or Facebook. Thank you!