

# TDHHCConnections

OCTOBER 2016



Tyler Deaf and  
Hard of Hearing Center

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903-617-6204

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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](mailto:connections@tdhhc.org)  
Articles and photos are welcome

## Current Updates Important for TDHHC Community

by Susie Grona

### DARS Programs Transferred to New Agencies Sept. 1, 2016

These services, previously administered by TX Dept. of Assistive and Rehabilitative Services (DARS) have transferred to TX Workforce Commission (TWC):

- Vocational Rehabilitation Services
- Blind & Visually Impaired Services
- Business Enterprises of Texas program
- Criss Cole Rehabilitation Center
- Independent Living Services for older individuals who are blind (ILS-Older Blind)
- Business Services - Vocational Rehabilitation
- Providers' Resources - Vocational Rehabilitation
- Rehabilitation Council of Texas
- Service Animal Information

Transferred Programs moving to Health & Human Services Commission (HHSC) include:

- Autism program
- Blind Children's Vocational Discovery and Development Program
- Blindness Education, Screening, and Treatment
- Comprehensive Rehabilitation Services program
- Disability Determination Services
- Early Childhood Intervention Services
- Independent Living Programs (except the ILS)
- Deaf and Hard of Hearing Services

Thank you for expressing your opinion on this matter in February. Your Opinion Counts.

Now it is time for more action. Sometime in the beginning of the New Year, the legislature will make a final decision on keeping DHHS under the Health and Human Services or outsourcing DHHS to the Centers for Independent Living.

We all realize that the DHHS is in part run by person who are deaf or hard of hearing. DHHS and has a long history of understanding Deaf culture, language accessibility and the many issues we face with overall equal access.

Write a letter encouraging your legislators to vote in favor of keeping DHHS independent under the HHSC and not to outsource to CILs.

Encourage your friends and family to join you in sending opinion letters to your legislators before the end of this year. Below is the contact information for the Tyler district:

State Senator Kevin Eltife  
P.O. Box 12068, Capitol Station  
Austin, TX 78711  
Phone: 512-463-0101

State Representative Matt Schaefer  
P.O. Box 2910  
Austin, TX 78768  
Phone: 512-463-0584  
Email: [info@mattfortexas.org](mailto:info@mattfortexas.org)

### ON ANOTHER NOTE, FOLKS

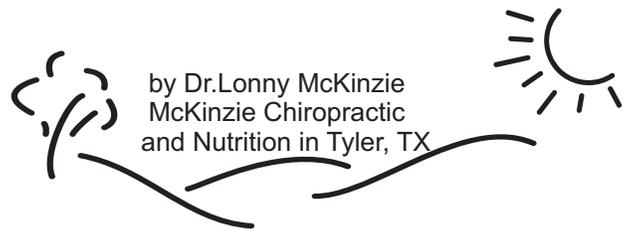
**Welcome** to the first anniversary of Tyler Deaf and Hard of Hearing Connections newsletter. What a super ride it has been! We have kept y'all informed on happenings by, for, and about the Deaf and Hard of Hearing community. A big Thank You goes to our editor, Betty Cortez, and the many others who have contributed writing articles, updating events, news, and many interesting facts about the Deaf community as a whole. We encourage you to send in your suggestions, event dates, news, and photos. It is truly a team effort.

Our talented volunteer crafters are busy making items to sell at the Oct. 8th Countryfest in Lindale and our December 3rd Kissfist Christmas event. We need more items to sell, so everyone is welcome to get involved and enjoy your crafting for a great cause! I want to mention how much we appreciate Josephine and Rad Arner for opening their home this past month for craft day. All who came had a super good time. A big Thank You to all the ladies from the Ladies Club for their enthusiastic work.

A friendly reminder that the TDHHC Board and Advisory Committee will hold elections for new officers in November. The Advisory Committee meets on Saturday, Nov. 5. Time and place TBA ... Thumbs Up!



# HEALTHWATCH



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



This article will give you some idea about how oils can give us health benefits. Just to clarify, there are pure oils, such as Lavender and Peppermint; but there are also blends made of various formulas of oils. Each brand of essential oils will use their own formula of blends and give each a title. The names of blends in this article, such as Serenity and Deep Blue, are titles of balanced formulas of oils within the brand that I use.

## Basics of Essential Oils

Essential oils embody the regenerating, oxygenating, and immune-strengthening properties of plants, and our bodies recognize them and use them in the healing process. Their molecules are very, very small, and they are designed to penetrate through the cell and stimulate healing. They are proven to be adaptogenic, recognizing the body's needs and bringing balance. They are also proven to be selective, nurturing healthy cells and good bacteria and eliminating sick cells, bad bacteria, heavy metals and other toxicity.

### Some of the Numerous Uses:

**Caution:** Most oils should be diluted in coconut oil, almond oil or some other carrier oil. Generally, 3-5 drops in 1 tsp of carrier oil. Dilute even more for use on babies and young children.

**Health and healing:** Can be used as aromatic, topical, and internally. Especially beneficial to reduce stress, enhance immune function, reduce inflammation, and balance the autonomic nervous system.

**Sleep aid to calm and relax:** diffuse, drop on pillow, linen spray (Lavender, Serenity, Ylang Ylang, Citrus Bliss)

**Energizing and Invigorating:** in the morning to get going or if feeling tired and lethargic (Peppermint, eucalyptus, lemon, basil, wintergreen, thyme)

**Bath and shower tips:** add to bath water, add to foot soak in basin to relax and soothe hands, and face. (Geranium, Lavender, peppermint, Deep Blue, rosemary, Breathe)

### Personal Care and Wellbeing:

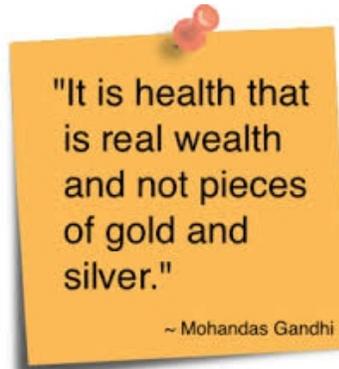
- Exercise (Deep Blue - before and after)
- Home atmosphere (Lavender, Serenity, Roman Chamomile)
- Office/School Memory/Concentration- (Rosemary and Peppermint enhance memory and alertness)
- Oral Care - toothpaste (coconut oil, baking soda and either peppermint, cassia, or On Guard)

### Kitchen and Bathroom Cleaning and Disinfecting:

- Cleaning (mix in misting bottle 5-6 drops of oil and 1 oz. of water. Shake and spray on counters, cutting board, microwave, refrigerator, or other surfaces.
- Trash Can deodorizer- Mix 3-5 drops of oil to 1 Tbsp. of baking powder, sprinkle in trash can.
- Mildew Spray- mix 5 drops lemon and 5 drops white fir with 2 oz. water, shake well then spray on areas where there is mildew.

### Daily household tips:

- Laundry- Gum/Grease- use lemon or Citrus Bliss to take gum or grease out of clothes.
- Washing- a few drops of Purify will kill bacteria and germs in clothes.
- Furniture Polish- Lemon, Purify or White Fir on a dust cloth to wipe down wood.
- Clothes/closet deodorizer- Add a few drops of your favorite oil to tissue or cotton ball and place in a perforated wood, glass or stone container to freshen clothes.
- Paint fumes- add 15ml of Purify or Citrus Bliss to 5 gal bucket of paint. Stir and use. Cuts fumes and after smell of paint.
- Carpet Care- mix 1 cup baking soda and 20-50 drops lemon, Purify or other favorite oil in a glass jar. Close jar, shake and let stand overnight. Sprinkle lightly over carpet, let stand 15 minutes, than vacuum.



### Bug/Pest Repellent:

- Personal use- apply repelling oils directly on the skin (dilute with coconut oil for large area)
- Bug spray- add 10-15 drops to 1 oz. water in small misting spray bottle. Shake well and mist over body.
- Pest repellent- place repelling oil on a string, ribbon, or cotton ball and hang near air vents or windows, or place in cracks or areas where bugs and pests come through.

*"Another example of essential oils for First Aid is Lavender for burns, bee stings, bug bites and scrapes, just apply a drop. It is antibacterial and really helps ease pain. Frankincense is our family go to for bee stings, it relieves pain almost instantly. Also great for a number of other things. If in doubt, use frankincense.*

*You're welcome to take these suggestions and try them. Let me know if you'd like me to help create a plan for your specific use".*

# Coffee Chat Seniors Outting

1st Saturdays 7pm  
STARBUCKS  
1817 E. SE. Loop 323, Tyler  
and  
3rd Fridays 7pm  
WHATABURGER  
311 S Main Street, Lindale

Thursday, October 6  
11:30am  
CHUY'S  
5935 S. Broadway, Tyler



## CLASSES Basic Conversational Sign Language II

TJC Continuing Studies  
Monday/Wednesday Oct. 10 - Nov. 2  
Register Now: 903-510-2900

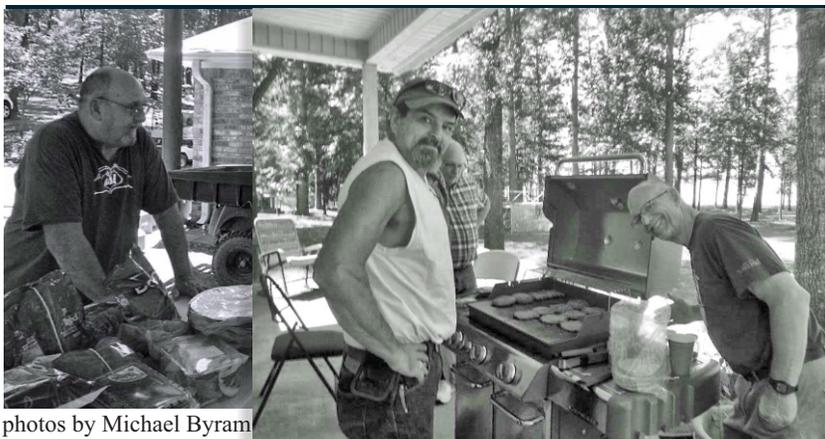
## Support TDHHC upcoming Fundraisers

Oct. 8 - Countryfest in Lindale

Dec.3 - KissFist Christmas  
with your favorite  
Craft projects



Completed projects for Countryfest are due before Oct. 7th. Let us know what projects you are working on. There is time for new ideas and more fun crafts before the December fundraiser. Let us know if you need supplies or have questions or suggestions. Contact:  
Elizabeth @ pey106@aol.com or Susie @ suzygrona@gmail.com



photos by Michael Byram

GOOD TURNOUT  
TMAD LABOR DAY COOKOUT

Pictured above are the self-appointed food guards, inspectors, and cooks:  
George Tucker, Glenn Woolsey, Wayne Hicks, Patrick Grona

# DATES PLACES

TMAD Meeting  
Sat. Oct. 1st 11am  
Games\Mexican Food

Daphne Smith's Parents home  
14278 Hwy 64  
(across from Tyler airport)



Fajita Meats (Chicken/Beef Brisket) provided  
SIGN UP to let us know you are coming  
and which side dish you will bring  
email Ina: [inahb@yahoo.com](mailto:inahb@yahoo.com)

**SATURDAY OCTOBER 1**  
**VOLLEYBALL GAMES**  
**SONIC 4:00PM**  
**LOOP 323 HWY 64 TYLER**

## Saturday, October 8 FUNDRAISER

MEET US AT THE TDHHC BOOTH  
COUNTRYFEST

9am - 3pm

Blackberry Square Downtown Lindale

## Saturday October 15 TSD Homecoming

9am to 8pm

Texas School for the Deaf  
[www.tsd.state.tx.us](http://www.tsd.state.tx.us)

## Fri. - Sunday October 21-23

NEW BEGINNINGS DEAF FELLOWSHIP  
5 year Anniversary Revival  
Calvary Baptist Church, Tyler, Texas

For more information contact:  
[kathy@westberry.org](mailto:kathy@westberry.org)  
registration form @ [www.nbdft Tyler.org](http://www.nbdft Tyler.org)  
click on calendar to open flyer for printing

SAVE THE DATE  
December 3rd  
KissFist Christmas





We APPRECIATE our Supporters and Sponsors

Thank You!



Thank You!



Thank You!

Thank You!

**Thanks  
to Our  
Volunteers!**

Thank You!

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