



connect.

CONNECTING VANCOUVER ISLAND & THE GULF ISLANDS



CELEBRATE TOGETHER!

We invite you to join us as we **Celebrate Together!** **Celebrate Together!** is indeed about celebrating each other as part of the community across all of Vancouver Island and the Gulf Islands! In an afternoon of BBQ, activities, and connection, we invite you to join us to celebrate IDHHC's 30th anniversary, (hopefully) the end of a long period of isolation, and each other – you – the community we serve. We welcome all members of the Deaf and hard of hearing and DeafBlind...

READ MORE ON PAGE 9



EVENING WITH GAEL HANNAN

IDHHC is excited to celebrate Speech and Hearing Month (May) by hosting an *Evening with Gael Hannan*. Gael Hannan is a renowned humorist, writer, and speaker on hearing loss issues. Over the past 20 years, Gael has gained...

READ MORE ON PAGE 9

UPCOMING IDHHC EVENTS

TUESDAYS, MAY 3 - JUNE 21: Introduction to ASL
MAY 25: Understanding Your Hearing Loss
JUNE 8: Communication Skills in the Workplace Part 1
JULY 9: Celebrate Together! Gathering

SEE PAGES 9 - 12 FOR MORE

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HEARING HEALTH SERVICES

MUSIC TO YOUR EARS!

The audiologists at IDHHC thrive on enhancing the listening experience of people with hearing loss in all facets of their life. With hearing aid fittings, we run tests and adjust programming to ensure hearing aids are precisely tuned to amplify speech and reduce unwanted background sounds. However, there may be unique listening scenarios where the focus is not necessarily on speech. The most common example of this is music.

Whether you are playing an instrument, putting on a favourite album, or going to a live performance, we recognize that listening to music is a unique auditory experience. Listeners crave a full, dynamic, and rich sound quality. For hearing aid users, the best configuration of amplification may depend on the style of music, or the specific instrument a musician is playing. For music lovers with keen ears and modern hearing aids, we usually have the option of creating a special setting, or program, that can be adjusted to achieve the most desirable listening experience.

This program can be adjusted at follow-up appointments based on hearing aid users' experiences. Alternatively, our musician clients are always invited (and encouraged!) to bring their instruments into our clinic – so that our audiologists can do a “live tuning”. A great example was a recent fitting where Victoria IDHHC client, Nancy Watters, came in with her three crystal singing bowls. Each bowl had a unique resonant frequency with harmonics, and our audiologist was able to help make sure that the hearing aid music program was adjusted appropriately. Here is what Nancy had to say about her experience:

I've been a singer and musician all my life. It's the heart of me. If you are a musician, you

understand. Sadly, for the past 20 years, as I was building a successful music business, I was also gradually losing my hearing. I always said I would never stop singing, drumming and playing crystal singing bowls, until I had to. Hearing aids enabled me to keep going for 20 years and build an international music business. But last year I quit because I couldn't hear well enough anymore. I was so depressed!

I decided to go to IDHHC to see if they could help. Miraculously, I learned that my hearing was holding steady. It was my hearing aids that needed replacement. With my new High Power Oticons in hand, Edward skillfully made a highly refined music program that allows to me to hear my singing voice and the overtones of the crystal bowls together. Now I'm creating new music. And I'm blissfully listening again to the birds sing and to the wind chimes in my garden. He is the first audiologist I've had in 20 years who really understands how to program hearing aids for musicians. I am SO grateful to Edward and the IDHHC team for giving me back my life and my music. I'm back in business! Listen and purchase bowls here: www.luminous-tones.com



Nancy "Kassay" Watters

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

FAMILY & COMMUNITY SERVICES

IDHHC VICTORIA'S NEW OFFICE SPACES

Family & Community Services is excited to announce that our Victoria location has a spacious new office which includes a private meeting room/family room, a small classroom as well as a board room! When available these spaces can be used for families of Deaf/hard of hearing children to meet with the ASL Coordinator or other service providers and for members of the Deaf and hard of hearing community for events or meetings. These rooms are a welcomed addition to our offices as they provide more flexibility and space for workshops, classes, children's activities and more!

We are christening the new offices with some in-person spring and summer events. Our in-person events include a monthly movie night (Deaf friendly movies), ASL night classes for the public, and in-person Bingo/ Mexican Train game day! Please look for all the details in our events listings in this newsletter on pages 9 to 13. And stay tuned through our website, Facebook, Instagram, and future newsletters as we continue to develop and promote more activities.

If you are interested in hosting a group, alternative game day/night, or any other activities, please contact us at leslee@idhhc.ca or susanne@idhhc.ca.

KINDERGARTEN TRANSITION SUPPORT

When a deaf or hard of hearing child starts school, it can be a big adjustment for the whole family. During that transition, sometimes parents need support to understand and navigate the school system and the community resources that are available to them. Some parents may want the opportunity to talk with knowledgeable professionals or other parent-peers, or to learn new skills. Whether you're seeking information or support for your family, IDHHC's Family & Community Services team are here to help.

If you are a parent who needs support to understand your options, to debrief and problem solve – we're here to help. If you or your child have a particular need and you wonder what resources might be available – we're here to help. If you'd like to learn more strategies for living with hearing differences in the family – we're here to help. If you'd like to connect with other

families, to attend family-centered workshops, or to develop your ASL skills – we're here to help.

Please have a look at the on-line and in-person events listed in this newsletter (pages 9 to 13) and consider registering. Of note, this summer we'll be hosting an agency-wide celebration where you can meet other families, Deaf, DeafBlind, and hard of hearing adults, and the whole IDHHC crew! We hope you will join us!

Our Family and Community Services team are:

Alex Walker (IDHHC Nanaimo)

email: alex@idhhc.ca phone: 250-753-0999
mobile: 250-668-4235

Leslee Scott (IDHHC Victoria)

Susanne Harnden (IDHHC Victoria)

emails: leslee@idhhc.ca and susanne@idhhc.ca
phone: 250-592-8144
mobile: 250-818-5738 (text only)

The Family & Community Services team are thrilled to spotlight Nolan - a remarkable Vancouver Island teenager. IDHHC has provided service to Nolan and his family for many years. The family committed to learning and using ASL, to attending workshops, and to supporting Nolan's access to education and to the broader community. Nolan has matured into a confident, articulate and multi-faceted young man! He is now, in turn, working on contract with IDHHC as a Role Model for another young hard of hearing boy. Please continue reading to learn more about

Nolan's journey and goals.

My name is Nolan Philp and I am currently a Grade 12 student at Frances Kelsey Secondary School. I have lived with a severe to profound bilateral hearing loss my entire life, diagnosed with a hearing loss around 2 years old. I was given hearing aids and took speech lessons while learning bits and pieces of ASL, communicate around the house with it, also it comes in handy at the dinner table - you can eat and talk at the same time. One of the most helpful things I have

been taught/learned when communicating with people is speech reading, which is when I watch the speakers' lips when they talk. This makes verbal language much easier to understand. Often, I know what someone has said without physically hearing what was said. Over the years, I have been provided various assistive listening devices (such as a small microphone which I use for a multitude of situations, like when I'm working with someone one on one, or receiving a seminar in school).



Growing up, I have a wide variety of interests. As of 2022, I have played hockey for 10 years and softball for 7 years. A common question that often comes up is how do I communicate while playing a physically intensive sport such as ice hockey? The answer is that I use my hearing aids as I do with any other activity. Hockey players naturally shout at the top of their lungs while playing so there usually aren't communication issues for me. Hockey helmets are installed with protection over your ears so I have never worried about my hearing aids getting damaged. Other forms

of communication that help me is to follow the play and be aware of my surroundings - several techniques that make other players successful. Another interest of mine is working with the steam train at the Forest Museum. A large part of operating a steam train is that you rely heavily on your senses (Vision, hearing, smell, feel) to know what it needs and what is happening. Not hearing the sounds as well means that I need to find a visual or physical way to accomplish the same task. For example, when I'm the fireman (controlling the fire), since I can't hear everything the fire is doing, observing the colour of the flames is an alternate strategy. Or for instance, if I'm driving a vehicle with a manual gearshift transmission (like a tractor), normally people use hearing to line up the speed of the engine and the wheels when they shift gears. For me, I rely more on feeling the vibration of the engine through the seat of my pants - it works so well that sometimes I rev-match well enough to shift gears without using my clutch, something most hearing people can't do!

I have always had an interest for how mechanical equipment functions and plan on attending University to study mechanical engineering and earn a degree. Recently I was accepted to SFU. My hope is to design and/or operate mechanical equipment. Not many DHH students enter the STEM studies, so I feel it is important for me to do well in this area of study to open opportunities for others following my footsteps.

Nolan Philip

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

WELCOME TO THE IDHHC TEAM, ALLI!



Alli Guberny is our new Administration Associate for the Nanaimo IDHHC office. She has a Bachelor of Arts from Carleton University, where she minored in American Sign Language. Alli has over a decade of experience working in customer service. Prior to joining IDHHC, she was the Production Administrator for Tilray Canada LTD. Alli has long admired IDHHC and first heard about the agency in 2015 from her ASL professor at Carleton. Since then, it has always been a goal of Alli's to work for the agency and she is so grateful to be in her role. In her spare time, Alli enjoys exploring Vancouver Island with her wife. Hailing from Ontario originally, the novelty and beauty of Vancouver Island and the Pacific never fades for Alli.

EMPLOYMENT SUPPORT SERVICES

This winter has been a busy one for Employment Support Services! We accompanied clients to networking events both online and in-person. These events included the Greater Victoria Chamber of Commerce business mixers and a VIATEC mixer. As COVID-19 variants caused fluctuating restriction levels, these mixers were at times in-person, and at times online. The online versions were a silver lining for Deaf and hard of hearing people, as it provided the chance to network in a noise-free, less visually-distracting format. In future, we will continue to attend in-person networking events but will also seek out online networking opportunities that afford a more hard of hearing or Deaf friendly format. If you are a jobseeker and interested in attending a mixer like this with us, please let us know!



Our Employment Support Services also offered workshops on topics such as Interview Skills and Elevator Pitches for People with Hearing Differences and updated other workshops such as Adjusting to Hearing Aids in the Workplace. We connected clients to job opportunities in many industries, such as gaming, the trades, and food and beverage. Most of all, we supported clients to have

access to communication, reach for their goals, and find success in whatever industry and field they chose. We look forward to a busy spring and summer as the Island economy continues to grow.

EMPLOYMENT SUCCESS STORY

Jane, (name changed to protect privacy) was unemployed, and had been looking for work for about two years. She was finding it challenging to find work due to her hearing loss and the COVID-19-related economic turndown. In her job search, Jane also faced agism and discrimination; Jane has a foreign accent and found people would evaluate her based on common stereotypes, despite her being a Canadian citizen. She didn't have access to the internet or a mobile device due to increasing cost of living. While she was always financially prudent, she found herself subject to mandatory condo remediations, and needed to come out of retirement to find work.

"I remember driving clients (in my former job) to Island Deaf and Hard of Hearing Centre when their office used to be located near Oak Bay. I thought to contact them to see if they could help me find employment," explains Jane.

Jane began working with her case manager at IDHHC in the spring of 2021. "They helped me re-develop my resume and provided courses and information about how to interview and present myself in the best light. Most of all, they listened to me and learned about my situation. I

developed more confidence, and secured myself a job in a role I love on my 70th birthday."

Jane now works part time just down the street from her home, in a small shop where she can use her passion for providing attentive customer service. It suits her needs and she can use her skills. "Nowadays, I get paid to exercise and socialize with a purpose, while I give all of that service to my customers," Jane explains, "My work keeps my mind sharp, which is important to me. I had some real barriers when I was trying to look for a job on my own. Now I have a purpose again, and a way to continue to financially secure my future."

Once working, Jane realized it was still challenging to understand customers at work with her aging hearing aids. She was able to get new hearing aids through IDHHC and WorkBC Assistive Technology Services that allow her to keep doing the job she loves. Jane just celebrated her one-year anniversary of reaching out to IDHHC for services, and has been back to work now for more than 9 months. She hopes sharing her story can encourage others to reach out and secure their future, too.

Learn more about our Employment Support Services

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

INTERPRETING & CAPTIONING SERVICES



Do you know the difference between making your meeting/event accessible versus inclusive?

If an individual registers or indicates they plan on attending your event and they have to contact you to request interpreting or captioning services (thereby self-disclosing) and you provide those services – you are creating an “accessible” event. HOWEVER, if individuals that rely on interpreting or captioning services can just show up at your event/meeting and interpreting and captioning services are already in place, you have created

an “inclusive” event. Great job!

With the new BC Accessibility Act in place, it is incumbent upon all of us to arrange captioning and interpreting services for our events and activities.

Plan ahead -- build your budget accordingly -- and reach out to us well in advance so we have time to secure interpreters and captionists for your meeting/event date.

You can arrange this by contacting us at interpreting@idhbc.ca. We look forward to working with you!!



To ensure your meetings, events and gatherings are fully inclusive, our Interpreting and Captioning Services can assist by arranging interpreters and/or captionists for all of your activities.

IDHHC contracts Registered Sign Language Interpreters to provide services between English and American Sign Language and TypeWell Transcribers to provide real-time speech to text services. While last-minute (less than 3 business days’ notice) requests can be accommodated we ask for three weeks’ notice to ensure we can fulfill your request.

You might be wondering why you would need BOTH ASL interpreting AND captioning services at your event. One service does not replace the other and to have a fully inclusive event, both services should be provided.

To clarify the difference...

Captioning provides services to:

- + individuals who communicate in English as their primary mode of communication
- + individuals that have a diagnosed hearing loss and may or may not have hearing aids
- + individuals who are experiencing hearing loss who do not have a diagnosis or wear hearing aids
- + non-native English users who may be struggling to understand spoken English
- + individuals with ADD/ADHD
- + individuals who process information better visually than auditory
- + individuals with auditory processing barriers

Sign Language Interpreting provides services to:

- + Deaf, DeafBlind, or hard of hearing individuals whose first language is American Sign Language (ASL)
- + Deaf, DeafBlind, or hard of hearing individuals who rely on ASL as their main mode of communication

Learn more about our Interpreting & Captioning Services

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



ASSISTIVE TECHNOLOGY

In March, Ted Clegg from Assistive Listening Device Systems (ALDS) provided us with another informative presentation; this time on Alerting Systems & Alarm Clocks. If you were not able to attend but would be interested in viewing the presentation for yourself, please refer to the attached link.

https://us06web.zoom.us/rec/share/_F2jE2ZIsaWohf1O6MuyXAJjytZPE4x8IsfGulfaufPGipy9O2Emaj9PhfiylfjL.4mxKjd8z441sCdnd?startTime=1646766023000

Alerting systems can notify the user of an alarm clock, a telephone call, someone at the door, and emergency services by using lights, amplified sounds, vibrations, or a combination of all three. Once you have determined what information you would like to receive, and how you would like to be notified, a transmitter and receiver system can be put into place to meet your needs. Some of the items that were discussed in the presentation are shown on the right.

**please note prices are subject to change*



HomeAware Kit with CO2 Alert
\$301

**additional components available for purchase*



Time Shaker Wow Alarm Clock
\$88



Silent Call Smoke Detector Kit
\$183

Ted will be returning on Tuesday, April 19 at 11AM for another Assistive Communication Devices presentation over Zoom where he will share his knowledge and answer your questions on Personal Sound Amplifiers. He will discuss whether they may be right for you as well as the pros and cons of using them. Captioning and ASL interpreting will be available. Please email idhhc@idhhc.ca to register.

If you would like to contact IDHHC directly with any questions about Assistive Communication Devices, feel free to call the office or email our Client Services Coordinator, Amanda Windle at amanda@idhhc.ca.

Learn more about our Assistive Technology Services
www.idhhc.ca/services/assistive-technology/

NICE TO MEET YOU, AMANDA

Each issue, we will interview one of our team members from IDHHC. This issue, we'd like to introduce you to Amanda Windle, our Outreach & Client Services Coordinator in Victoria.



Where were you born/raised? I was born in Ottawa, but I grew up in Victoria. When I was 20 years old, I moved to Nanaimo where I spent 20 years before coming back to Victoria which I'm really happy about.

What has been your past work history? I worked as an Early Childhood Educator for 20 years and as an Educational Assistant with the school district working with French Immersion students in K-12. I also worked as a Community Support Worker. I have always enjoyed working in environments where there is an educational aspect. I love teaching and being a part of someone's learning on whatever topic that may be. When I moved back to Victoria, I switched careers to work in administration and landed a position with McNeill Audiology where I worked for 8 years before coming to IDHHC.

What do you do at IDHHC? I was hired as the Outreach and Client Services Coordinator, however 3

weeks after I started working at IDHHC, COVID-19 hit and our office was forced to close. Given my role was to be doing outreach and education in the community, due to the lockdowns, I was not able to provide those services. When our office reopened, I shifted to reception and clinic support as well as providing support to all staff. I think the best parts of being an educator and of working at McNeill Audiology have been rolled into one perfect position for me here at IDHHC.

What do you enjoy most about your job? In a way I feel like the position I was hired for at IDHHC is just beginning. I'm really excited about finally getting out into the community. I'm eager to bring hearing health and hearing safety to school aged children and youth in the form of teaching modules and interactive presentations. I'm excited to be meeting with different organizations and agencies to share information about our agency and the different services we can offer. I hope to share knowledge with the staff and residents of Independent and Supported Seniors' residences about hearing health, hearing aids, available technology, and communication strategies. Being more hands-on in demonstrations and having the opportunity to do in-person presentations is something I'm really looking forward to doing.

What do you find most challenging about your work? Staying on top of the newest technology is always a challenge because devices and technology are always improving and changing.

Where are some of the places that you have travelled to? I have visited Mazatlán, Mexico on many occasions, and I've also been to Cuba, Quebec, Montréal, and Ottawa.

What is something we'd be surprised to learn about you? That I live on the West Coast of Canada, and I don't eat seafood. Or perhaps my lifelong dream of having a pet squirrel.

What is your favourite meal? I think lasagna is my all-time favourite, but I do love any Mexican dish.

What are some of your hobbies? I love taking creative photos of my dog who has his own Instagram handle: [@westin_the_dog](#). I love camping, overnight hiking trips, and spend most of my free time on adventures outdoors.

If the plane was leaving tonight, where would it be taking you? Somewhere in the Caribbean where it is hot and sunny, filled with palm trees, white sand and turquoise water.

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/





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.



ISLAND DEAF AND HARD OF HEARING CENTRE 30TH ANNUAL GENERAL MEETING

Wednesday, June 22, 2022 @ 6PM

301 - 3960 Quadra Street Victoria, BC

(Zoom option also available)

CELEBRATE TOGETHER! GATHERING

SAT, JUL 9 @ 11AM - 3PM

at Mount Douglas Park

We invite you to join us as we **Celebrate Together!**



Celebrate Together! is indeed about celebrating each other as part of the community across all of Vancouver Island and the Gulf Islands! In an afternoon of BBQ, activities, and connection, we invite you to join us to celebrate IDHHC's 30th anniversary, (hopefully) the end of a long period of isolation, and each other – you – the community we serve.

We welcome all members of the Deaf and hard of Hearing and DeafBlind community; families with Deaf/hard of hearing/DeafBlind infants and children; Sound of Change participants; clients; staff; Board Directors past and present; and volunteers are all invited. There will be activities for children and adults of all ages.

Please watch for more information in the days ahead to register for this free event, but save the date today and plan to come and enjoy this day of summer fun and help us **Celebrate Together!**

EVENING WITH GAEL HANNAN

MON, MAY 16 @ 6:30PM

at Mary Winspear Centre



IDHHC is excited to celebrate Speech and Hearing Month (May) by hosting an *Evening with Gael Hannan*.

Gael Hannan is a renowned humorist, writer, and speaker on hearing loss issues. Over the past 20 years, Gael has gained an international audience for her award-winning presentations and writings that help people better understand the life with hearing loss. She is the author of "The Way I Hear It" and is just releasing her latest book (co-authored with Shari Eberts) "Hear & Beyond: Live Skillfully With Hearing Loss"*.

This presentation will be held in the Charlie White Theatre at Mary Winspear Centre in Sidney. Tickets are \$18.00 and will be on sale April 15th here: www.eventbrite.ca/e/an-evening-with-gael-hannan-tickets-313754236367

**Books will be available to purchase and have signed.*

GAME TIME!
BINGO & MEXICAN TRAIN

TUESDAYS @ 2 - 4PM

MEXICAN TRAIN: APR 5, 19, MAY 3, 17, 31, JUN 14, 28

BINGO: APR 12, 26, MAY 10, 24, JUN 7, 21

From April to June, IDHHC will host Bingo or Mexican Train for the Deaf Community. It'll be Bingo one week, and then Mexican Train the next week. You can join Bingo in-person or by Zoom. Mexican Train will be in-person only at our Victoria location in the Board Room. \$2 for coffee and cookies while you play!



ASL COFFEE & CHAT

MONDAYS @ 12 - 1PM

APR 11, 25, MAY 2, 9, 16, 30



Join ASL Instructor Jolene for guided, topic-focused ASL conversations. This practice group is geared towards parents.

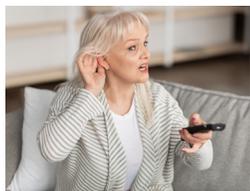
Dialoguing in a safe environment with peers can help to take your signing skills to the next level! Former participants are welcomed to join us again. Foundational ASL skills are needed to participate.

DELIVERED ONLINE. REGISTER BY APR 6.

**ASSISTIVE COMMUNICATION DEVICES:
FOCUS ON PERSONAL SOUND AMPLIFIERS**

TUE, APR 19 @ 11AM - 12PM

Join us for a virtual presentation with Ted Clegg from Assistive Listening Device Systems (ALDS). Ted will share with us the latest in personal sound amplifiers, whether or not they're right for you and the pros and cons as well. He will also be available to take any of your questions.



DELIVERED ONLINE. REGISTER BY APR 12.

SPEECHREADING CLASS - LET'S TALK

TUESDAYS @ 9:30 - 11:30AM

APR 26, MAY 3, 10, 17, 24, 31, JUN 7, 14, 21, 28

Instructed by Leslee Scott



Are you struggling to understand people – even with hearing aids? Masks do make it more challenging for many hard of hearing people. We have strategies to work around these issues, so let us help you. We will be offering Let's Talk, a small group speech reading and communication strategies course that helps people with hearing loss and their families to communicate better! \$100 for members, \$140 for non-members.

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

INTRODUCTION TO ASL

TUESDAYS @ 6 - 7:30PM

8 CLASSES, MAY 3 - JUNE 21



Are you interested in learning conversational American Sign Language (ASL)? Want to communicate with your Deaf colleague, customer or neighbour? Now is the time! IDHHC is offering beginner conversational ASL classes over 8 weeks, taught by Sheila Kay Ferguson in-person at our Victoria office. Spots are limited, so get registered today! 8 classes, \$120.

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

ASL GRAMMAR PART TWO

TUESDAYS @ 5:30 - 7PM

APR 26, MAY 3, 10, 17, 24, 31

Join ASL instructor Jolene to continue learning about the underlying structure of ASL, building on Part One classes. Classes (six) will take place in a small group with opportunities to practice and ask questions. Foundational ASL skills are needed to participate.

DELIVERED ONLINE. REGISTER BY APR 19.

INTERVIEWING WITH A HEARING OR LANGUAGE DIFFERENCE

WED, APR 27 @ 1 - 2:30PM



Learn and practice strategies for selling yourself when answering the “tough questions”- preparation is key to success! Please come prepared with 2-3 real stories of how, in your past, you have demonstrated quick-thinking during a problem at work, when you have done extra work without being asked, and when you’ve worked through a conflict or issue with a customer or colleague.

IN-PERSON @ IDHHC VICTORIA.
REGISTER BY APRIL 20.

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HEAR NOW! A WORKSHOP OF TACTICS AND STRATEGIES TO CONQUER HEARING CHALLENGES

EVERY TUESDAY @ 12 - 1PM
MAY 3, 10, 17, 24, 31

Join us for our Spring Session, to be held during Speech & Hearing Month! The five classes delivered via Zoom will be facilitated by our Audiologists Edward Storzer and Stephanie Renaas. The goal of this workshop is to help individuals integrate or re-integrate into a world full of sound, assisting them in developing skills to hear their best and more confidently navigate various listening situations.



The workshop encompasses these main points:

- + improving communication skills for greater engagement and participation
- + learning to effectively self-advocate in various situations
- + learning how to cope with the social and emotional aspects of hearing loss

COST: \$75 for IDHHC members, \$125 for non-members.

DELIVERED ONLINE. REGISTER BY APR 26.

ISLAND HEALTH: SERVICES FOR SENIORS ONLINE WEBINARS

WED, MAY 18 @ 10:30 - 11:30AM

WED, JUN 8 @ 10:30 - 11:30AM



If you are a senior, or provide support to a senior, we invite you to join us for a series of online (Zoom) workshops. Join Island Health staff to learn about eligibility for and access to the various services that Island Health provides.

WED, MAY 18 @ 10:30 - 11:30AM

Eligibility and Clinical Care Services

WED, JUNE 8 @ 10:30 - 11:30AM

Subsidized and Community Health Services

More sessions coming in the fall!

DELIVERED ONLINE. REGISTER BY MAY 11.

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UNDERSTANDING YOUR HEARING LOSS: A ZOOM PRESENTATION

WED, MAY 25 @ 11AM - 12PM

May is Speech & Hearing Month – and IDHHC audiologists Edward Storzer and Stephanie



Renaas will be marking this occasion by presenting an online talk that aims to help people better understand hearing loss and address some of the most commonly asked questions on topics such as impacts of hearing loss on the brain and health. This will be an opportunity for our membership, their families, and anyone else that is interested to learn more about the facts and important issues and strategies that are involved in living with and treating hearing loss.

DELIVERED ONLINE. REGISTER BY MAY 18.



**COMMUNICATION SKILLS IN THE WORKPLACE
WITH A HEARING OR LANGUAGE DIFFERENCE
PART ONE**

WED, JUN 8 @ 1 - 2:30PM

Learn about the cause of communication breakdowns such as past trauma, language, and cultural differences. We will identify common signs and signals that can alert us to the fact that we and others might be contributing to a communication breakdown.

IN-PERSON @ IDHHC VICTORIA.
REGISTER BY JUNE 1.

**COMMUNICATION SKILLS IN THE WORKPLACE
WITH A HEARING OR LANGUAGE DIFFERENCE
PART TWO**

WED, JUN 15 @ 1 - 2:30PM



conflicts.

Learn, share and practice strategies for working through communication barriers such as language differences, misunderstandings and

IN-PERSON @ IDHHC VICTORIA.
REGISTER BY JUNE 8.

**VIDEO SCREENING AND DISCUSSION:
COMMUNICATION STRATEGIES FOR
THE WORKPLACE (FOR HARD
OF HEARING WORKERS)**

MON, JUL 25 @ 1 - 2:30PM

Learn, share, and practice strategies for working through communication barriers such as language differences, misunderstandings, and conflicts.

IN-PERSON @ IDHHC NANAIMO.
REGISTER BY JULY 18.

**TAPPING INTO THE HIDDEN JOB MARKET
WITH A HEARING OR LANGUAGE DIFFERENCE**

WED, AUG 31 @ 1 - 2:30PM

Up to 85% of open jobs are never posted; learn how to network in ways that showcases your best self to potential employers, in ways that are accessible.



DELIVERED ONLINE. REGISTER BY AUGUST 24.

**COCHLEAR IMPLANT
SUPPORT GROUP**

OVER ZOOM, MONTHLY



Do you have a cochlear implant (CI) or are you considering one? Do you want information or feedback from someone who has a CI? IDHHC leads a virtual CI

group that meets monthly to connect about talk about all things CI, from information sharing to “ask the pro,” and more in between. If you are interested in attending the next CI group email Leslee Scott at leslee@idhhc.ca. We are here to help.





CODA'S TROY KOTSUR BECOMES SECOND DEAF PERFORMER TO WIN OSCAR, 35 YEARS AFTER COSTAR MARLEE MATLIN

Entertainment MARCH 28, 2022 -
BY LAUREN HUFF,
ENTERTAINMENT WEEKLY <https://ew.com/awards/oscars/troy-kotsur-wins-best-supporting-actor-2022-oscars/>



Troy Kotsur accepts the award for Best Actor in a Supporting Role for CODA during the 94th Oscars at the Dolby Theatre in Hollywood, California on March 27, 2022. Courtesy of Robyn Beck via Getty Images.

CODA star Troy Kotsur made history at the Academy Awards on Sunday night.

With his victory for Best Actor in a Supporting Role, Kotsur became the first deaf male actor to win an Oscar, and the second deaf performer to win overall. The first was none other than his CODA costar and on-screen wife Marlee Matlin, who won Best Actress 35 years ago for her role in the 1986 film *Children of a Lesser God*.

Upon accepting the award, Kotsur brought his trademark charm to the Oscars stage. "This is amazing to be here on this journey. I cannot believe I'm here. Thank you so much to all the members of the Academy for recognizing my work," he said, before telling the audience about his trip to the White House recently with his fellow CODA cast members. He joked that he wanted to teach President Joe Biden and First Lady Jill Biden "dirty sign language" but Matlin

told him "to behave."

He then went on to thank deaf theaters for fostering his career, and, quoting Steven Spielberg, called director Sian Heder "the best communicator" for bringing the deaf and hearing community together. And, in a moment that brought his interpreter to tears, he shared a sweet story about his father.

"My dad, he was the best signer in our family. But he was in a car accident and he became paralyzed from the neck down and wasn't able to sign," he said. "Dad, I learned so much from you, and I'll always love you. You are my hero." Kotsur concluded by dedicating the award to CODA and the deaf and disabled communities. "This is our moment," he said.

In the category, Kotsur was up against Ciarán Hinds in *Belfast*, J.K. Simmons in *Being the Ricardos*, and *The Power of the Dog* stars Jesse Plemons and Kodi Smit-McPhee.

For his role as lovable but tough dad and fisherman Frank Rossi in the Apple TV+ film, Kotsur had picked up almost every major precursor award in the lead-up to Sunday's Oscars, winning at the BAFTAs, Indie Spirits, Gotham, and SAG Awards, plus a slew of critics honors.

The film follows Ruby (Emilia Jones), the only hearing person in her deaf family (also known as a CODA, or child of deaf adults). When the family's fishing business is threatened, Ruby finds herself torn between pursuing her love of music and her fear of abandoning her parents. In addition to Matlin and Jones, the film also stars Eugenio Derbez and Daniel Durant.

The heartwarming indie, which debuted at Sundance last year to rave reviews, was also up for Best Picture and Best Adapted Screenplay at this year's Oscars.

WOMEN OF VCH: KRISTEN PRANZL, OPERATIONS LEAD, DEAF WELL BEING PROGRAM



MARCH 7, 2022 - BY
VANCOUVER COASTAL
HEALTH <http://www.vch.ca/about-us/news/women-of-vch-kristen-pranzl>



In honour of International Women's Day — Tuesday, March 8 — we're highlighting just a few of the thousands of incredible women who help us deliver exceptional care at Vancouver Coastal Health.

As a Deaf person, Kristen Pranzl is always challenging and breaking biases in all aspects of her life and she carries this approach with her as Operations Lead for Vancouver Coastal Health's Deaf Well Being Program that provides mental health and wellbeing services to a minority population often facing barriers in accessing health care.

"Kristen advocates for herself and clients and continuously pushes to increase access in all areas of our work," said Cecilia Tung, who nominated Kristen for the International Women's Day campaign. "In the past seven years, Kristen has expanded the program and increased awareness of mental health for Deaf, hard of hearing, and DeafBlind people and built a network with other VCH programs and community organizations to improve access."

According to Kristen, education is an essential tool for breaking the bias, seeing unintentional ignorance as the source for a lack of inclusion.

"I am a big believer in win-win advocacy and tend to approach resistance or bias by asking, 'how can we collaborate to make this experience a positive one for both of us?'" says Kristen. "People are often surprised at how adaptable

Deaf people are in our everyday functioning. So when I notice this bias, I often take opportunities to gently educate people about how to be inclusive in their thinking."

Kristen says a career in health care isn't what she initially envisioned, however, it's a path she's glad to be on.

"I had been working with the Ministry of Children and Family Development at the Provincial Deaf and Hard of Hearing Services, working to supporting families who have deaf and hard-of-hearing children. After finishing my Master's degree, someone suggested I apply for this position," said Kristen. "I'm so glad I did! I'm passionate about ensuring people have equal access to their health-care needs and information. I will always be grateful to the person who hired me because she took a chance with someone who was a bit green but showed potential and she allowed me to evolve and grow."

For the women who are just starting in their field, Kristen offers this advice. "Keep an open mind to diverse opportunities and expect the unexpected. You don't have to be the perfect person right away for a new position. It is so important to hold space for growth and change within your role," she said. "You will be bringing your own unique life experience, perspectives and skills to your field and must trust that you'll be able to contribute in your own way."

This year's theme and pose for International Women's Day is Break the Bias. Posing with arms crossed in solidarity shows commitment to challenge inequality, call out gender bias, question stereotypes and help forge an inclusive world.





MOTIVATIONAL MONDAY

Every Monday, we post a reel (video) on our Instagram, Facebook, and YouTube pages with a motivational quote signed in ASL. On Monday, April 4, our Motivational Monday quote was:

You can, you should, and if you're brave enough to start, you will.

- STEPHEN KING

Follow us on any or all of these platforms below to bring motivation to your Mondays!



MAY IS SPEECH AND HEARING MONTH IN CANADA



Each year, Speech-Language & Audiology Canada (SAC) dedicates the month of May to raising public awareness about communication health. Here is a short info article written by SAC about the importance of visiting an audiologist.

YOUR EARS DESERVE AN AUDIOLOGIST

When we have questions about our health, many of us go online for answers. With all of the information available, it is difficult to determine what is best for our health. **Don't leave your hearing health to the internet.** If you suspect you might have hearing loss, go straight to the professional — go see an audiologist.

HOW CAN AN AUDIOLOGIST HELP YOU?

ASSESSMENT: Professional assessment is key to determining the degree and type of hearing loss and whether additional medical attention is needed.

HEARING AID FITTING: If hearing aids are recommended, your audiologist will ensure that you are equipped with technology that best suits your lifestyle.

REHABILITATION AND COUNSELING: Adapting to hearing loss can be challenging. Audiologists help you receive the maximum benefit from your hearing aids.

Audiologists are hearing health professionals with specialized training to assess and treat a broad range of hearing and balance disorders in people of all ages.

It's time to make your hearing health a priority.

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



THINGS WE LOVE

THESE COME HIGHLY RECOMMENDED

FILMS

AUDIBLE (2021)



Audible is a 2021 American short documentary film made for Netflix and directed by Matthew Ogens. It was nominated for Best Documentary Short at the 94th Academy Awards.

It is a cinematic and immersive coming of age documentary following Maryland School for the Deaf high school athlete Amaree McKenstry and his close friends as they face the pressures of senior year and grappling with the realities of venturing off into the hearing world. Amaree and his teammates take out their frustrations on the football field as they battle to protect an unprecedented winning streak, while coming to terms with the tragic loss of a close friend. This is a story about kids who stand up to adversity. They face conflict, but approach the future with hope -- shouting to the world that they exist and they matter. **Watch it on Netflix.**

THE 355 (2022)



CIA agent Mason "Mace" Brown joins forces with a rival German agent, a cutting-edge computer specialist and a Colombian psychologist when a top-secret weapon falls into the hands of a group of mercenaries. Together, the four women embark on a breakneck mission to save the world while staying one

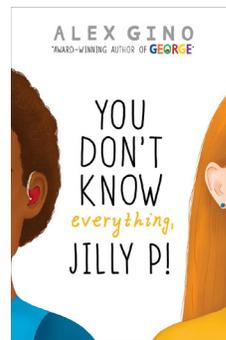
step ahead of a mysterious figure who's tracking their every move.

The 355 is a 2022 American spy film directed by Simon Kinberg from a screenplay by Theresa Rebeck and Kinberg, and a story by Rebeck. The film stars Jessica Chastain, Penélope Cruz, Fan Bingbing, Diane Kruger, and Lupita Nyong'o

as a group of international spies who must work together to stop a terrorist organization from starting World War III. Édgar Ramírez and Sebastian Stan also star. The title is derived from Agent 355, the codename of a female spy for the Patriots during the American Revolution.

Emilio Insolera, a Deaf actor and producer, appears as a supporting character in this movie named Giovanni Lupo, AKA Hacker, a master hacker who also happens to be Deaf. **Rent or buy it on Google Play.**

BOOKS



YOU DON'T KNOW EVERYTHING, JILLY P!, WRITTEN BY ALEX GINO (2018)

Jilly thinks she's figured out how life works. But when her sister, Emma, is born deaf, she realizes how much she still has to learn. The world is going to treat Jilly, who is white and hearing, differently from Emma, just as it will treat them both differently from their Black cousins. A big fantasy reader, Jilly makes a connection online with another fantasy fan, Derek, who is a Deaf, Black ASL user. She goes to Derek for help with Emma but doesn't always know the best way or time to ask for it. Within a world where kids like Derek and Emma aren't assured the same freedom or safety as kids like Jilly, Jilly is starting to learn all the things she doesn't know--and by doing that, she's also working to discover how to support her family and her friends. Award-winning author Alex Gino uses their trademark humor, heart, and humanity to show readers how being open to difference can make you a better person, and how being open to change can make you change in the best possible ways.

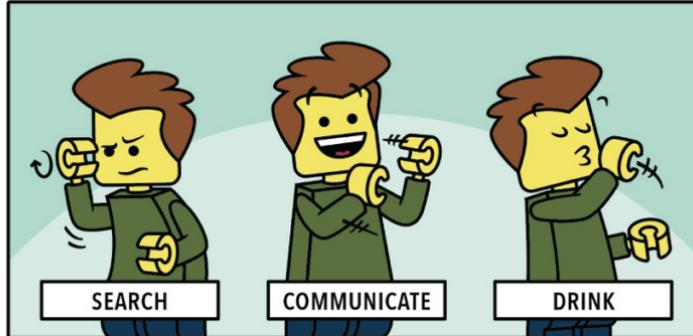


THE FUNNIES

HAVE A LAUGH

THAT DEAF GUY

BY MATT & KAY DAIGLE

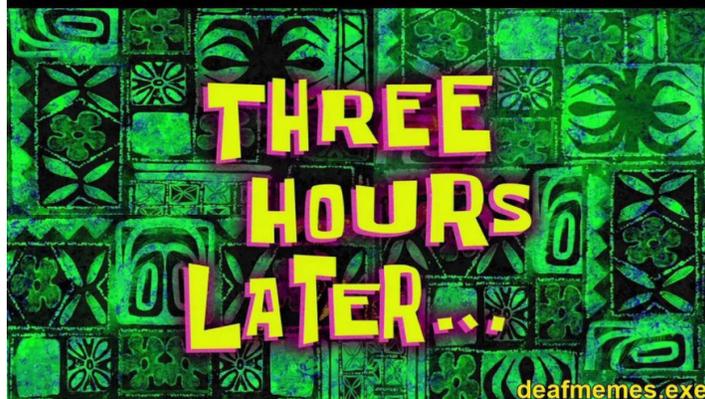


PICKLES

BY BRIAN CRANE



me at a deaf event: "I better say goodbye to my friends before I leave."



deafmemes.exe