



connect.

CONNECTING VANCOUVER ISLAND & THE GULF ISLANDS

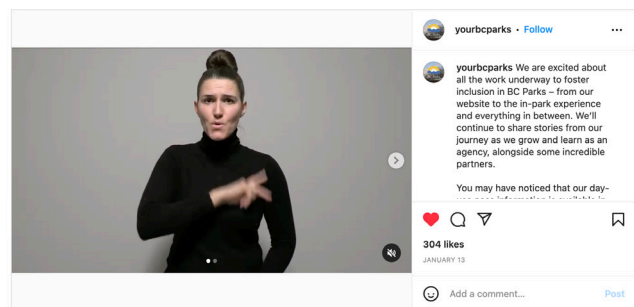
DID YOU KNOW?

On March 22nd, BC Parks launched their Commitment to Inclusion. The commitment contains a vision and eight principles and marks their renewed commitment to making B.C.'s provincial parks welcoming and meaningfully accessible to all.

One of the first steps BC Parks has made is focusing on the accessibility of their public communications.



They worked with Island Deaf and Hard of Hearing Centre to make an ASL version of the Commitment to Inclusion as well as beginning to share ASL videos on their Facebook and Instagram accounts.



BC Parks will continue to partner with IDHHC and other organizations representing people with a lived experiences. These community partnerships will focus on deepening their understanding about the experiences of equity-deserving groups and continuing to collaborate on projects to break down barriers to inclusion.

UPCOMING IDHHC EVENTS

MULTIPLE DATES: ASL Classes

THU MAY 25 & TUE MAY 30: Open Houses

SUN JUN 18: Celebrate Together BBQ

WED JUN 28: 2023 Annual General Meeting

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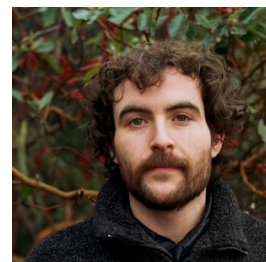


WELCOME SOME NEW TEAMMATES TO IDHHC!

We have exciting announcements and want to introduce you to some of our new team members. As the most recent addition to the IDHHC team, we welcome Anthony Walsh working in Interpreting and Captioning Services as our new Booking Coordinator. And we are excited to also announce that we have expanded our Audiology team and now



have Brittani Trapp working with Edward and Stacey in the Victoria office. Please welcome them to the team and to learn more about them go to the staff page of the website (www.idhhc.ca/about/our-team/) and click on their name. To learn more about Brittani, be sure to read page 5 as she is this month's "Staff Profile" personality.



Stay tuned and get to know us that much better as we continue to introduce you to our staff, board members, contractors, and partners in future newsletters.

PARTNERSHIP WITH ST. PAUL'S HOSPITAL COCHLEAR IMPLANT TEAM

Over the last year, IDHHC has been collaborating with the BC Adult Cochlear Implant Team at St. Paul's Hospital in Vancouver with the goal of having our audiologists provide diagnostic testing at our Victoria office that will assist in determining eligibility for cochlear implantation in potential candidates. This partnership would help to reduce the need for these patients to make multiple trips to the mainland as they proceed with their assessments. We also hope to support the reduction of the two year waitlist time for assessments to the program. In addition, it strengthens our relationship with the BC Adult Cochlear Implant Program in promoting awareness and education regarding hearing health, treatment options, and other strategies to improve outcomes for individuals with severe communication impacts resulting from their hearing loss. IDHHC hearing health team is excited to have received funding from **Mr. and Mrs. P.A. Woodward's Foundation** to purchase the diagnostic equipment and test materials required to proceed with these assessments and we are grateful to the Ministry of Health for their support as well. We are happy to be working closely with the St. Paul's team who have provided invaluable ongoing training and support.



All referrals for cochlear implants will continue to be managed by the BC Adult CI Program at St. Paul's Hospital. If you have been referred already and are interested in having your candidacy testing completed at IDHHC, please reach out to the CI desk at the BC Adult CI Program.



ST. PAUL'S HOSPITAL

Phone: 604.806.9616

Email: ci@providencehealth.bc.ca

*Photo Courtesy of BC Adult Cochlear
Implant Program, St. Paul's Hospital*

From left to right:

*Jowan Lee (St. Paul's)
Edward Storzer (IDHHC)
Carmen Sarich (IDHHC)
Myron Huen (St. Paul's)*

HEARING HEALTH SERVICES

REFLECTIONS ON PAST EVENTS

Sixty individuals received information from the events IDHHC hosted in February; a Balance and Dizziness talk with Erica Zaia and a Tinnitus Q&A with Glynnis Tidball. Erica is an audiologist who focuses on vestibular services and has a clinic, Audio-Vestibular Clinic, in Vancouver. Glynnis is an audiologist at St. Paul's Hospital in Vancouver who focuses on specialized tinnitus care. These events had the option for online or in-person attendance. During Erica

Zaia's Vestibular talk, attendees learned about the inner ear vestibular system for balance, as well as learning about vestibular disorders that may cause vertigo or dizziness. At Glynnis Tidball's Tinnitus Q&A, attendees learned about tinnitus and management strategies for dealing with tinnitus. At both events, attendees were able to ask their vestibular or tinnitus related questions. Both events had positive feedback as attendees reported they learned a lot of valuable information and were able to receive answers about their related questions.

**Does IDHHC offer Ear Cleanings??
..we do now!**

CERUMEN MANAGEMENT

IDHHC is pleased to offer cerumen (ear wax) removal appointments. Although having some ear wax is typical and healthy, ear wax should be removed when it is impacted, causing hearing loss, producing a feeling of fullness in the ear or causing itching, discomfort or pain. Also, ear wax can plug up hearing aids and impede the amplified sound from reaching the eardrum. Ear wax removal is done by first softening the ear wax with oil drops for a few days. At a cerumen removal appointment, the ear wax is removed by water irrigation and/or cerumen instruments. IDHHC has three audiologists certified in cerumen management, and there is a \$40 per ear cost for this service.

up. Auditory processing is what our brain does with what our ears hear. An auditory processing disorder (APD) is a deficit in a person's ability to internally process or comprehend sounds. A few of the typical signs of auditory processing difficulties include: difficulty hearing in noise (outside of having a high frequency hearing loss), taking a long time to hear or respond, frequently asking for repetition, difficulty with following or understanding instructions, working very hard to hear or listen, and difficulty with attention or easily distracted. Auditory processing disorder is often treatable through auditory training exercises. Following an auditory processing evaluation at IDHHC, our audiologists make an individualized recommendation plan for possible auditory training options and for possible remote microphone technologies that can be beneficial for individuals with APD. Cost for auditory processing evaluation is \$400.

AUDITORY PROCESSING EVALUATIONS

IDHHC is also pleased to now offer auditory processing evaluations to individuals aged 4 and

**Please call IDHHC at one of the numbers below
to arrange your appointment.**

Victoria: 250.592.8144

Nanaimo: 250.753.0999

Learn more about our Hearing Health Services

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

FAMILY & COMMUNITY SERVICES

UPDATE ON NOLAN PHILP'S FIRST YEAR AT UBC

The Family and Community Services team are happy to once again spotlight Nolan Philp who is completing his first year at UBC. In our Spring/Summer 2022 newsletter, Nolan shared some

of his background and experiences as a teen with a severe-to-profound bilateral hearing loss. He is a remarkable young man with a diverse variety of interest and accomplishments. In the short interview below, our staff member Susanne Harnden took an opportunity to catch-up with Nolan on his experiences as he settles into UBC:

What were your challenges when you first moved to Vancouver and started at UBC? Growing up on Vancouver Island, I have visited Vancouver several times, but moving there full time was a big adjustment—being on my own in a BIG city. I live in student residence which helps with these changes. It is like living in a hotel 24/7! As for my studies here at UBC, just like high school I use my assistive hearing technology so I can hear my professors when they are presenting in a large lecture hall.

Have you met other Deaf or hard of hearing students? Prior to attending UBC, I already knew one D/HH UBC student who I met playing for the Canadian Deaflympic team. Since then, I've met another student my age who was in my mathematics class. We make use of the same transcription (closed captioning) service.

Have you been working with Disability Services at UBC - What learning supports have they provided you? Currently I am registered with the

Accessibility Centre. They have provided closed captioning and assistive learning technology for me. Combining these services with sitting close to the front of the room allows me to better understand what the instructor is saying.



Are you still playing hockey at UBC? Although I am very busy with my studies, I still try to play hockey once or twice a week. It's important to get out and exercise! UBC has an intramural hockey league. I have a team with a group of friends, and we play games against other teams over the course of semester. Playing with the Canadian Deaflympic team last year motivated me to stay in the game.

As you can see, Nolan lives an engaged and active life! We wish him continued success in his studies and chosen career path.

THE VALUE OF PARTNERSHIPS

*By Alex Walker, Family & Community
Services Manager, Nanaimo*

In my role at IDHHC I support families with deaf and hard of hearing children of all ages. Often my support and involvement with a family is during a transition or for a specific issue. So when I want to explore new ideas and get the current lay-of-the-land across a range of children or youth, I am indebted to my relationships with the mid-island Teachers of the Deaf and Hard of Hearing (TDHH). These wonderful individuals are willing to work with me to poll their families and help me to determine if my ideas have validity – as well as to reach out to me if they notice a particular need.

This winter I partnered with Katelin Miller (TDHH in the Courtenay School District) and Kerry McLaren (TDHH in Campbell River) to determine interest and then promote a Red Cross Babysitting Course for Deaf and Hard of Hearing teens. Staff of the Comox Valley Regional District (CVRD) were also willing to partner with us to provide the instruction and ASL interpreters if needed. This course will be offered over two days in April. For more information, please see the events listings in this newsletter.

In addition, Katelin recognized an interest in learning introductory ASL across a number of families with hard of hearing youth. So this spring we are partnering to address that need as well. IDHHC is providing the ASL instruction services and Katelin has booked a classroom and will host this event. This special introductory ASL class for families will be running in April and May.

IDHHC is very grateful for the network of partnerships we have across Vancouver Island. It takes an Island to raise healthy, happy, connected Deaf and hard of hearing individuals!

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

EMPLOYMENT SUPPORT SERVICES

Employment Services staff have been busy this past season, working hard to connect our fantastic job-seeking Clients with high-quality employers. We've connected with employers through business networking events such as Chamber of Commerce, Orbus, and eWoman Network, along with a number of job fairs happening from Sidney to Nanaimo! Through these ventures, our clients have found work in the gardening, cooking, commercial driving, and caregiving industries, to name a few. We've also been facilitated workshops on Disclosing a Disability, The Hidden Job Market, Communication and Stress Management at Work, and Managing Stress over the Holidays. We also collaborated with Family and Community Services to put on a pizza night for hard of hearing young adults. If you're between the ages of 18-35, and would like to attend a social night with other young people, please let us know! As we look ahead to Spring, we are excited at the opportunities our clients will have as our economy continues to grow and change.

THE FUTURE OF WORK: BC'S LATEST LABOUR MARKET OUTLOOK



The 2022 Edition of the BC Labour Market Outlook provides us with interesting information for the year ahead. It forecasts strong annual growth in the Vancouver Island/Coast (+1.5 per cent) as workers and employers alike take

advantage of comparatively lower housing costs while seeking the amenities of a larger city in centres such as Victoria and Nanaimo. The report states that two emerging sectors will continue to rise in demand: the "Clean Economy," of "green" industries assisting positively affecting climate change, and the "Care Economy," which provides services that care for the wellbeing of people.

Both these sectors play a critical role in B.C.'s economy today and for years to come.

Anticipating the skills and training needed to support all growing industries now will help prepare all of us for the future. The skills most employers will need workers to possess include: communication and listening skills, decision making/critical thinking skills, problem-solving, social skills, and an ability to adapt quickly to changing needs and goals. Those seeking work in the Care economy will also need physical fitness, while the Clean Economy will demand higher levels of logic/math and data analysis. Roughly 80% of new jobs will require post-secondary education.

For more information on the BC Labour Market Outlook 2022 Edition report, please visit: www.workbc.ca/research-labour-market/bcs-labour-market-outlook-2022-edition

For assistance in preparing for this new economy, please reach out to Employment Services today:

Victoria: kim@idhhc.ca

Nanaimo: janetm@idhhc.ca

Learn more about our Employment Support Services

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

NICE TO MEET YOU, BRITTANI



Each issue, we will interview one of our team members from IDHHC. This issue, we'd like to introduce you to Brittani Trapp, one of our Audiologists.

Where were you born/raised? I was born in Regina and raised in Estevan Saskatchewan. After high school I went to North Dakota for my Communication Disorders degree, then moved to Wisconsin to go to Grad school to study Audiology. During my last year of grad school, I moved to Hamilton Ontario for my internship year.

What has been your past work history? I started off my career as an

audiologist in Williams Lake where I worked in Pediatric audiology. Following Williams Lake I moved to Vancouver Island in 2020 and continued working with children as well as adults and expanded to working in auditory processing, tinnitus (ringing/buzzing/noises in the ears), and vestibular (balance, dizziness, and vertigo) work. I started working at IDHHC in February 2023.

What do you do at IDHHC? As an audiologist I do hearing aid evaluations, hearing aid fittings, auditory processing evaluations and treatment options, ear wax removal, and assessment and management options for tinnitus.

What do you enjoy most about your job? I love the variety my audiology work offers. Each individual coming in to see me has different needs or multiple needs, I like to find strategies for addressing all of the needs they may have. Helping people hear better and supporting their quality of life is very meaningful for me.

What do you find most challenging about your work? The limitations of what technology can and cannot do with individuals that I am working with. There are certainly times I wish I could wave my magic wand to create some technology that has not yet been invented.

Where are some of the places that you have travelled to? I have travelled to Spain as well as going to the Netherlands on a youth exchange. I have travelled all over the United States, particularly the mid-west for clinical placements while I was studying to become an audiologist.

What is something we'd be surprised to learn about you? That I love doing crafts such as knitting and macrame. This often surprises people given my love of science and my science-based career.

What is your favourite meal? Popcorn.

What are some of your hobbies? Knitting, macrame, hiking, paddleboarding, and I love eating. :)

If the plane was leaving tonight, where would it be taking you? Italy or the Maldives.

NICE TO MEET YOU, GAJANAN



We'd like to introduce you to Gajanan Sahasrabudhe, one of our Board Members.

What is your personal and professional background? In 1996 I moved to Canada from India where I had studied and worked in various fields. I started my post-secondary studies in Engineering, then transferred to Medical School. I worked as a Family Physician, then became a biomedical engineer, then switched gears and worked as a as a researcher in Artificial Intelligence. I am working in Healthcare IT for last 30 years.

Why did you join IDHHC's Board of Directors? In the various positions I've held over the past many years, I have always been a public service provider so that I can be in service to other. As part of that I have consciously incorporated volunteer work that is designed to give back to the community. Approximately 10 years ago I came into IDHHC for some support and the service I received was incredibly helpful. I ended up coming back into the agency a few years later and had a similar experience. I was greatly impressed with the organization and recognized IDHHC provided a niche service to the community. I made a note to myself that when I had time in the future I should get involved with this organization and look into serving on the Board. A few years ago I saw an ad in the Times Colonist that IDHHC was looking for Board members. Here I am and very happy to be involved.

What do you enjoy about being a Board member? I enjoy all aspects of my role as a Board of Director. It has been a pleasure to work with the Executive Director and the staff as well as the other board members. I have been on multiple subcommittees and that has allowed me to utilize my professional skills and apply those to the work I do as a Board member with IDHHC. IDHHC's vision and mission resonates deeply with me and it is great to see how IDHHC continues to deliver on those and excels in the services it provides to all clients.

Would you encourage others to join the board and if so why? Yes, I definitely would encourage anyone interested in learning about a social enterprise to apply and bring their skills to contribute to the success of IDHHC to come and be a part of it.

What do you do for work? I am one of the IT managers at Island Health – I lead a team of 20 skilled professionals with niche skills sets to manage of Island Health's critical platforms and system integration across the island. It is an incredibly busy job. I have worked as a professional across Canada for the last 27 years. My previous work as Family Physician, Project Manager and my technology background are helpful in my current role.

What is something we would be surprised to learn about you? I've jumped from a plane, went thru Level 3 rapids, have hiked the WestCoast Trail and saw the northern lights all in a span of one year.

What is your favorite food? Freshly cooked, hot food – made at home, made with love.

If the plane was leaving tonight where would it be taking you? Himalayas - I would love to spend time in the mountains, valleys, and the rivers over there.

BOARD & 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!

Board and committee members needed.

Please reach out to idhhc@idhhc.ca for more information.



IDHHC welcomes individuals from diverse backgrounds to apply to our Board of Directors. Enquiries accepted throughout the year with elections taking place at the AGM every June. Everyone wants to be a part of a story of success, and now, more than ever, we need to expand support from the broader community to continue this work. Seeking individuals with backgrounds in policy writing, finance and legal. Deaf, Deaf-Blind, Hard of Hearing, LGBTQ2+ and BIPOC individuals are encouraged to apply.





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.

JOIN US IN MAY TO CELEBRATE BETTER SPEECH AND HEARING MONTH!

Victoria: Thursday, May 25 Nanaimo: Tuesday, May 30

To celebrate Better Speech and Hearing Month, IDHHC will host day-long Open Houses at each of our locations. The day will be filled with interactive sessions and information, info booth, and activities for every age. Look for more details on our website at the end of April. Come out and meet our team, have a snack, and discover something interesting about better hearing health. See you then!



ISLAND DEAF AND HARD OF HEARING CENTRE ANNUAL GENERAL MEETING

Wednesday, June 28, 2023 @ 6PM

301 - 3960 Quadra Street - Victoria, BC

(Zoom option also available)

2023 CELEBRATE TOGETHER! OUR SUMMER BBQ & COMMUNITY CELEBRATION

SUN, JUN 18 @ 11:30AM - 2:30PM

Join us at Esquimalt-Gorge Park for a great day of free BBQ; facepainting, activities, & games; and meeting up with friends and family! We look forward to seeing everyone there!



*Yep, bring Dad out on Father's Day for a BBQ burger or hot dog
and games as we help to make his day special for him!*

DEAF DROP-IN COFFEE GROUP

EVERY OTHER MONDAY, 10AM - 12PM

APR 3, 17, MAY 1, 15, 29, JUN 12, 26



Drop in to visit with others, catch up on the news, connect with staff, play a game, or just hang out!
\$2 for coffee and treat.

IN-PERSON @ IDHHC VICTORIA.

BINGO & MEXICAN TRAIN GAMES FOR DEAF COMMUNITY

TUESDAYS @ 2 - 4PM

BINGO: APR 11, 25, MAY 9, 23, JUN 6, 20

MEXICAN TRAIN: APR 4, 18, MAY 2, 16, 30, JUN 13

From April to June, 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 the Zoom link, please email us (idthhc@idthhc.ca). \$2 for coffee and cookies while you play.

IN-PERSON @ IDHHC VICTORIA.

COCHLEAR IMPLANT GROUP (ONLINE)

WED, MAY 24 @ 7 - 8PM



Join other CI users for an interactive get together. This is an opportunity to connect, discuss challenges, and share knowledge. Help

those with CI questions by sharing your journey and your experience. May's group will have a special guest presenter so get on our email list so we can let you know next month's topic.

DELIVERED ONLINE.

HEARING BETTER TOGETHER HARD OF HEARING DROP-IN GROUP

LAST THURSDAY OF
EACH MONTH @ 10:30 - 11:30AM
APR 27, MAY 25, JUN 29



Join us as we learn together about navigating with a hearing loss. We will have guest & subject specials each month. Registration required through idthhc@idthhc.ca. Captioning will be provided.

IN-PERSON @ IDHHC VICTORIA.

ASL COFFEE & CHAT FOR PARENTS (ONLINE)

FRIDAYS, APR 14 - MAY 19 @ 12 - 1PM



Join ASL instructor Jolene Gallagher for topic-focused ASL conversations. This small group setting offers parents the opportunity

to use their ASL skills interactively in a safe and supportive environment. A Zoom invitation will

be provided after you've registered.

DELIVERED ONLINE.
REGISTER BY APR 7.

ASL CLASSES FOR THE PUBLIC @ IDHHC VICTORIA

LEVEL ONE: WEDNESDAYS
APR 19 - JUN 7 @ 6:30 - 8PM
LEVEL TWO: THURSDAYS
APR 20 - JUN 8 @ 6 - 7:30PM



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 is 8 sessions and offers 12 hours of in-person instruction. The purpose of these courses is to provide students with basic functional signing skills. 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.
REGISTER BY APR 11.

ASL CLASSES FOR THE PUBLIC @ IDHHC NANAIMO

LEVEL ONE: MONDAYS
MAY 1 - JUN 26 @ 6 - 7:30PM
(no class May 22)

Are you interested in learning or developing conversational American Sign Language (ASL)? Level One is for beginning students, and 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! The course is 8 sessions and offers 12 hours of in-person instruction. Cost is \$120 per person (non-refundable after the course starts). Spots

are limited so register soon! Payment must be provided to secure your spot.

IN-PERSON @ IDHHC NANAIMO.
REGISTER BY APR 24.

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INFORMATION INTERVIEWS

WED, APR 19 @ 1:30 - 2:30PM

Build your own personal strategy for landing information interviews in order to gain important business connections and information. Please let us know if you would like us to book an interpreter or captionist. All Employment Services Workshops offered at no cost, free for WorkBC clients and IDHHC members.



IN-PERSON @ IDHHC VICTORIA & ONLINE.
REGISTER BY APR 14.

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RED CROSS BABYSITTING COURSE FOR DEAF AND HARD OF HEARING TEENS

VICTORIA: SUN, APR 23 & 30 @ 10AM - 2PM

COMOX VALLEY: SUN, APR 23 & 30
@ 10AM - 3PM



IDHHC is partnering with the City of Victoria and the Comox Valley Regional District to offer an accessible Babysitting Course for Deaf and hard of hearing teens. 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. This training is offered over two days.

Victoria: We partnered with City of Victoria and Crystal Pool to offer this training. This will be at our office in the Board Room. ASL interpreters and a Sound Field System will be provided. Cost is \$55 per student. Bring your

own lunch and water/beverage. Please contact leslee@idhbc.ca if you have any questions. Below are two options to register and pay:

- call Crystal Pool at 250.361.0732
- register online at www.victoria.ca/EN/main/residents/facilities/crystal-pool.html.

When you register, please specify need for ASL interpreting or captioning.

Comox Valley: We partnered with the Comox Valley Regional District (CVRD) and Teachers of the Deaf and Hard of Hearing (Katelin Miller and Kerry MacLaren) to offer this training. This will be at Comox Valley Sports Centre in the Aquarium Room. ASL interpreters and a Sound Field System will be provided. Cost is \$52 per student. Fee includes snack, manual, and mini first aid kit. Please contact alex@idhbc.ca if you have any questions. Registrations for this special course can only be taken by phone. Please call the registration line at 250.334.9622 to provide the teen's name and payment. Course #00046436. Please note, the CVRD requires 6 registrants to run the course and will take a maximum of 12. Registration deadline is April 14.

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GOAL SETTING & MOTIVATION

WED, MAY 17 @ 1:30 - 2:30PM

In this age of technology, our attention spans and motivation levels are challenged like never before. Learn well-tested methods for improving and sustaining motivation and reaching your employment goals. Please let us know if you would like us to book an Interpreter or Captionist. All Employment Services Workshops offered at no cost, free for WorkBC clients and IDHHC members.



DELIVERED ONLINE.
REGISTER BY MAY 12.

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CERUMEN MANAGEMENT WEBINAR

THU, MAY 25 @ 10:30AM



IDHHC is excited to host a Zoom webinar with audiologist Daniel Paccioretti who will be answering your questions on cerumen management. A graduate of

San Francisco State University with a Masters in Communication Disorders, Dan has more than 40 years' experience as an audiologist. Dan has provided hearing related services, and developed programs, for individuals with hearing loss of all ages. He has taught at the graduate level and conducted clinical research. Dan currently works as a consultant and trainer for the Pacific Audiology Group, a continuing education service for hearing care professionals, and is involved in developing and delivering their cerumen management course which IDHHC audiologists Carmen Sarich and Edward Storzer have attended.

DELIVERED ONLINE.
REGISTER BY MAY 12.

PAINT NIGHT FOR ADULTS

FRI, MAY 26 @ 6 - 9PM



Our Nanaimo Employment Case Manager and visual artist Janet McDonald will once again lead participants to explore their artistic talents. Using a painting by French visual artist Henri Matisse as the muse, participants will create a Matisse-like work of art with a choice of cat, dog, or owl. Cost is \$15 for art supplies. Register to secure your spot; limited spaces available.

IN-PERSON @ IDHHC VICTORIA.
REGISTER BY MAY 12.

VIDEO RELAY SERVICES HOW-TO

VICTORIA: FRI JUN 2 OR SAT JUN 3

NANAIMO: SAT JUN 3 OR SUN JUN 4

Join Diane Unterschultz and other VRS staff to learn about VRS services: how to register for a VRS phone number and set up an account, how to use VRS services for making phone calls to government agencies, community businesses and services, and well as family and friends. Learn how to use VRS effectively and independently – and get help if you're having problems. Families are welcomed. Learn about parental permissions, how to register for a VRS number, set up an account and use the service.



VICTORIA

Friday, June 2

Seniors & Adults: 1:30 - 3:30PM

Adults: 6:30 - 8:30PM

Saturday, June 3

Families: 10AM - 12PM (ASL Interpreters will be provided)

NANAIMO

Saturday, June 3

New VRS Users: 1 - 3PM (ASL Interpreters will be provided)

Sunday, June 4

Current VRS Users: 10:30AM - 12:30PM

Must register to attend. Bring your own device (mobile phone, iPad/tablet, or computer) to get practical hands-on assistance. Some devices may be available if you do not have one.

IN-PERSON @ IDHHC VICTORIA/NANAIMO.
REGISTER BY MAY 24.

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

SATURDAYS, JUN 3 - JUL 8 @ 1 - 3:30PM



A free six-week program offered through Self Management BC Programs. Join facilitator Neil McDonald for this 6-part in-person chronic conditions workshop. This program will teach you the necessary skills to manage health issues in a positive way so that you can live your best and healthiest life.

Some of the skills you will learn include:

- + Action-planning
- + Problem-solving
- + Decision-making
- + Getting a good night's sleep
- + The mind-body connection
- + Physical activity and pain management

The skills and tools offered in this workshop will help you to improve your knowledge as well as your physical and mental well-being, which will also increase your self-efficacy!

These Self-Management BC Programs are evidence-based meaning that the structure and interactivity of the exercises help to improve and

maintain health outcomes for participants. ASL interpretation and captioning provided upon request.

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

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ASL GRAMMAR PART TWO FOR PARENTS (ONLINE)

MONDAYS, JUN 5 - JULY 17 @ 6:30 - 8PM
(no class July 3)

This course is geared towards parents who have foundational ASL skills and builds on knowledge gained in ASL Grammar Part One. Join ASL instructor Jolene Gallagher to learn about the underlying structure of ASL. Classes will take place in a small group with opportunities to practice and ask questions. A Zoom invitation will be provided after you've registered.

DELIVERED ONLINE.
REGISTER BY MAY 29.

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LINKEDIN PROFILE BUILDING & JOB SEARCH SUPPORT

THU, JUN 22 @ 9:30AM - 12PM



Build your LinkedIn profile with practical support and be well on your way to using this important business networking social media platform, that also acts as a job posting board! Please let us know if you would like us to book an Interpreter or Captionist. All Employment Services Workshops offered at no cost, free for WorkBC clients and IDHHC members.

IN-PERSON @ IDHHC VICTORIA.
REGISTER BY JUN 19 @ 12PM.

MOCK INTERVIEWS

THU, JUL 13 @ 1:30 - 2:30PM

Come and gain valuable practice interviewing in a safe, small group setting. Methods for answering case study and behavioural types of interview questions will be reviewed and practiced. Please let us know if you would like us to book an Interpreter or Captionist. All Employment Services Workshops offered at no cost, free for WorkBC clients and IDHHC members.



DELIVERED ONLINE.
REGISTER BY JUL 9 @ 12PM.

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COMMUNICATION SKILLS IN THE WORKPLACE WITH A LANGUAGE OR HEARING DIFFERENCE

FRI, AUG 25 @ 9:30 - 11AM



Learn how to manage emotions, assumptions and expectations from all parties in the workplace, in an age of distraction! Please let us know if you would like us to book an Interpreter or Captionist. All Employment Services Workshops offered at no cost, free for WorkBC clients and IDHHC members.

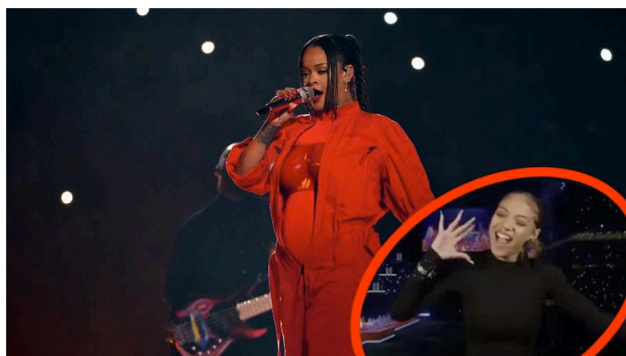
IN-PERSON @ IDHHC VICTORIA.
REGISTER BY AUG 18 @ 12PM.





MEET JUSTINA MILES, RIHANNA'S SUPER BOWL HALFTIME SHOW ASL PERFORMER

SUN, FEBRUARY 12, 2023 - BY JENNIFER LIU, CNBC www.cnbc.com/2023/02/12/meet-justina-miles-rihannas-super-bowl-halftime-show-asl-performer.html

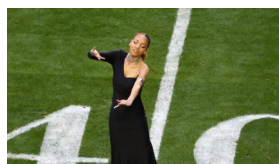


Justina Miles made history Sunday night as millions tuned in to watch the Philadelphia Eagles take on the Kansas City Chiefs at the Super Bowl in Glendale, Arizona.

Miles, 20, is a deaf American Sign Language performer and signed the pre-show's "Lift Every Voice and Sing," sung by Emmy-award-winning actress Sheryl Lee Ralph, as well as the highly anticipated Apple Music Super Bowl Halftime Show helmed by mega-star Rihanna.

The moment made Miles the first female deaf performer for the Super Bowl's halftime show. In an email to CNBC Make It, Miles described the history-making opportunity as "a great honor."

During the halftime show, Miles delivered a high-energy performance running through 13 minutes of Rihanna's biggest career hits, including "B-- -- Better Have My Money," "Work," "Umbrella," "Diamonds" and others.



Miles also made history as the first deaf person to perform the ASL rendition of "Lift Every Voice and Sing," known as the Black national anthem, at the Super Bowl.

At a press conference Thursday, Miles called the song inspiring, empowering and representative of resilience.

It's an important moment "not only for me to share this experience with the whole world," she said, "but to really bring that empowerment to millions and millions of Black deaf people all over the country who've never really seen that before. I feel that is truly lifting every voice, even my voice."

"I value the opportunity to make it possible for all deaf people to enjoy these songs, and not have them miss out on the full Super Bowl experience," Miles tells Make It.

You may have seen Miles before: She went viral in 2020 after her version of the TikTok #crushonyouchallenge was shared widely across social media. In the video, Miles signs a verse and pays homage to rapper Lil' Kim's colorful 1997 "Crush on You" music video.

Miles, a Philadelphia native and current nursing student at HBCU Bowie State University, is hard of hearing, according to reporting from Billy Penn. Her mom is deaf, and her family is mixed with hearing people.

Miles was also part of the USA team that went to the 2021-22 Deaflympics in Brazil and won a silver medal as part of the 4x100 women's track relay team. She was the valedictorian at the Model Secondary School for the Deaf in Washington D.C., according to the National Association of the Deaf.

The 2023 Super Bowl pre-game show featured other deaf performers, including Oscar winner and Arizona native Troy Kotsur, who provided the ASL performance of the national anthem, and Colin Denny, from Navajo Nation in Arizona, who performed "America the Beautiful" through a blend of ASL and North American Indian Sign

Language.

More than 120 million viewers watched the Super Bowl halftime show in 2022, which featured Dr. Dre, Snoop Dogg, Eminem, Mary J. Blige and Kendrick Lamar. It was the first Super Bowl halftime show to feature ASL performers, including rappers Sean Forbes and Warren “WaWa” Snipe.

Miles hopes her performance will inspire others to “not to let any obstacles prevent you from achieving your dreams, and to always believe in yourself to go beyond,” she tells CNBC Make It.

She adds that her mom gave her the best advice heading out onto the main stage, “who told me that she already loves me, and that if I am my Philly Black Deaf self, everything would be amazing.”

ASL performances of the pre-game show and halftime show were streamed live on YouTube.

Link to a video of both performances, captioned: www.youtube.com/watch?v=usFqzG_golU

GOOGLE DOODLE: KITTY O’NEIL’S 77TH BIRTHDAY

FRIDAY, MARCH 24, 2023 - BY GOOGLE
www.google.com/doodles/kitty-oneils-77th-birthday



Today’s Doodle, illustrated by Washington DC-based, deaf guest artist Meeya Tjiang, celebrates the 77th birthday of Kitty O’Neil, once crowned “the fastest woman in the world.” Kitty was a legendary American stunt performer, daredevil, and rocket-powered vehicle driver who was deaf since childhood.

O’Neil was born on this day in 1946 to a Cherokee Native American mother and Irish father in Corpus Christi, Texas. When she was just a few months old, she contracted multiple diseases which led to an intense fever that ultimately left her deaf. She learned various communication modes and adapted for different audiences throughout her life, ultimately preferring speaking and lip reading mostly. O’Neil refused to see her deafness as a roadblock, often referring to it as an asset. She later found a love for diving, but a wrist injury and illness ended her chances of competing. However, she remained committed to fulfill her dream of becoming a professional athlete.

O’Neil began experimenting with high-speed sports like water skiing and motorcycle racing. A true action-lover, she also performed dangerous

acts such as falling from daunting heights while set on fire and jumping from helicopters. In the late 70s, she made it onto the big screen as a stunt double for films and TV series including The Bionic Woman (1976), Wonder Woman (1977-1979), and The Blues Brothers (1980). She was the first woman to join Stunts Unlimited, an organization for Hollywood’s top stunt performers.

In 1976, O’Neil was crowned “the fastest woman alive” after zooming across the Alvord Desert at 512.76 miles per hour! She



drove a rocket-powered car called the Motivator and surpassed the previous women’s land-speed record by almost 200 mph. Once she broke the women’s record by a landslide, it became evident that she could likely beat the men’s mark too. Unfortunately, her sponsors did not allow her to break the overall record as it threatened the status quo — they wanted to reserve the feat for a male driver. Legal action to fight this failed and O’Neil was never given the opportunity to break the overall record. However, this didn’t hold her back from going on to break records piloting jet-powered boats and rocket dragsters.

A biopic about O’Neil’s life, titled Silent Victory: The Kitty O’Neil Story, was released in 1979 and recaps the impressive Alvord Desert feat.

Thank you for inspiring us all to race towards our dreams, Kitty!

THINGS WE LOVE

THESE COME HIGHLY RECOMMENDED

TV/FILM



CREED III (2023)

Still dominating the boxing world, Adonis Creed is thriving in his career and family life. When Damian, a childhood friend and former boxing prodigy resurfaces after serving time in prison, he's eager to prove that he deserves his shot in the ring. The face-off between former friends is more than just a fight. To settle the score, Adonis must put his future on the line to battle Damian -- a fighter who has nothing to lose. Mila Davis-Kent (10), who is the first young Black Deaf girl actor to be featured in a major film, plays the character of Amara. In the movie, Amara is the Deaf daughter of Adonis and Bianca Creed, two of the main characters played by Michael B. Jordan and Tessa Thompson. **Watch it in theatres.**

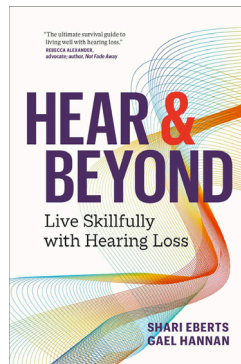
THE COMPANY YOU KEEP (2023 -)



A night of passion leads to love between con-man Charlie (Milo Ventimiglia) and undercover CIA officer Emma (Catherine Haena Kim), who are unknowingly on a collision course professionally. While Charlie ramps up the "family business" so he can get out for good, Emma's closing in on the vengeful criminal who holds Charlie's family debts in-hand – forcing them to reckon with the lies they've told so they can save themselves and their families from disastrous consequences. Deaf actor Shaylee Mansfield plays Ollie, Charlie's niece. Ollie came more into the forefront in season 1, episode 3. While the Nicolettis are trying to keep her out of the family business, she wants to be more involved. Her grandfather encourages this by teaching her how to steal wallets, which she does to her family. The

more the show integrates her into the storyline, the more ASL is used. **Watch it on CTV.**

BOOKS



HEAR & BEYOND: LIVE SKILLFULLY WITH HEARING LOSS (2022)

Hearing-health advocates, consultants, and speakers Shari Eberts and Gael Hannan offer a new skills-based approach to hearing loss that is centered not on hearing better, but on communicating better.

With honesty and humor, they share their own hearing loss journeys, and outline invaluable insights, strategies, and workarounds to help you engage with the world and be heard. You'll gain tips for navigating all areas impacted by hearing loss, including relationships, work, technology; strategies for adopting a new, empowering mindset towards your hearing loss; and communication behaviors that can make almost any listening situation manageable. Hearing loss is just one aspect of who you are. You may have hearing loss, but it doesn't have to have you.

Now available in audiobook format! Take Hear & Beyond with you on your next walk in the park or use it as a aural rehab tool following along with the print version.

The audiobook is available on Audible or Audiobooks.com.

Audible: www.audible.ca/pd/Hear-Beyond-Audiobook/B0BWGFHZCP

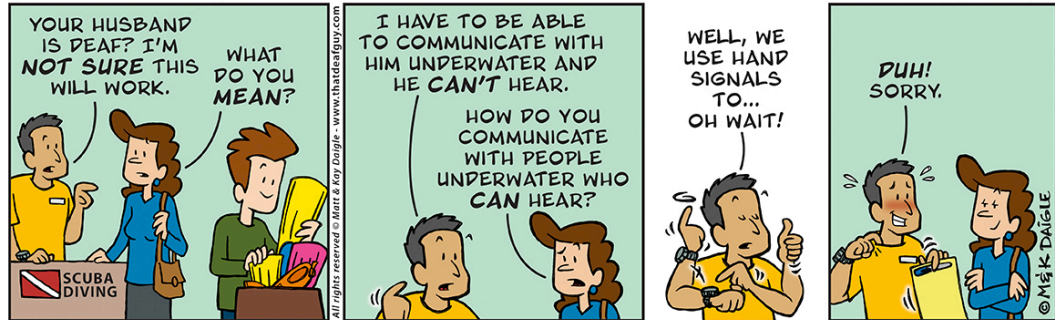
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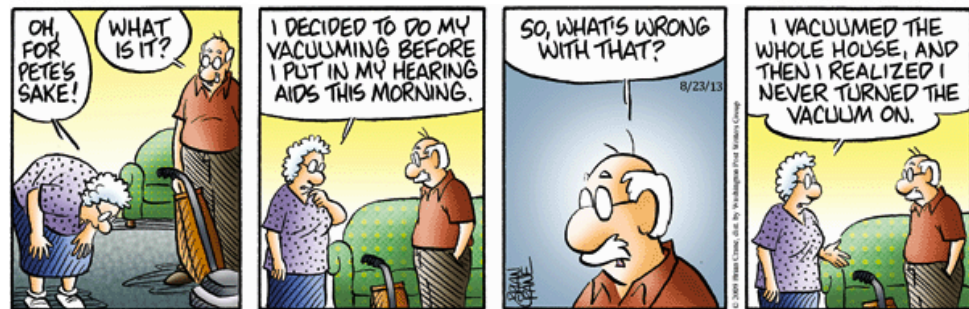
THE FUNNIES

HAVE A LAUGH

THAT DEAF GUY



PICKLES



deafmemes.exe
@DeafmemesExe



I would like to see Hawkeye where he hastily changes his hearing aid batteries during a crucial battle. Is that too much to ask for, Marvel?

5:20 PM · 13 Sep, 2021