



connect.

CONNECTING VANCOUVER ISLAND & THE GULF ISLANDS

2023 HONORARY LIFETIME MEMBER



On June 26th, 2023 at the 31st Annual General Meeting, Island Deaf and Hard of Hearing Centre was proud to introduce the newest Honorary Lifetime Member, Chuck Fitlness. Chuck was named an Honorary Lifetime Member for his extraordinary contributions as a volunteer with our Sound of Change Initiative and embodies the Vision of IDHHC. We are grateful for his continued support and acknowledge his remarkable dedication to our Mission.

(continued on page 2)

GRATITUDE CORNER

IDHHC is honored to acknowledge the generous support of the Provincial Employees Community Services Fund (PECSF). Supporting the Sound of Change Initiative in the 2020-2022 Fund Supported Pool, provincial employees have contributed over \$70,000 over the three years to help fund free refurbished hearing aids for low-income seniors. We are once again honoured and excited to be chosen by the Capital-Greater Victoria Committee to have the Sound of Change Initiative be recipients in the 2023-2025 funding cycle! Provincial Employees supporting this program are making an incredible contribution that improves the quality of life for hundreds in our communities and we thank them all for their amazing generosity.

UPCOMING IDHHC EVENTS

MULTIPLE DATES: ASL Classes

TUE OCT 17: Self-Advocacy & Bluffing with Gael Hannan

THU OCT 19: LinkedIn

THU NOV 7: Cochlear Implant Info Session

SEE PAGES 9-13 FOR MORE

INSIDE THIS ISSUE

INSIDE IDHHC: pages 2 - 8

JOIN US: pages 9 - 13

OUT THERE: page 14

THE FUNNIES: page 16





2023 HONORARY LIFETIME MEMBER

Chuck Filtress has lived in Victoria for 30+ years after a career as a seaman and then working in the forestry industry in industrial safety. He enjoys being an amateur astronomer and enjoys microscopy and finds using a microscope to give a new perspective as opposed to being awed by the vast distances of space.



Chuck got involved with IDHHC many years ago after realizing that trying to handle his hearing loss on his own just simply wasn't working. He admits that it was difficult at first asking for help, but soon realized it was not a challenge – everyone at IDHHC was so eager to help. Speaking to others about how they were dealing with hearing loss was a tremendous benefit and he is so grateful for the help that IDHHC provided. After attending group meetings for a year or two, Chuck was asked to help sort out a “couple of bags”

of tech aids – this led to processing ALL IDHHC tech aid donations and the tasks requirements to refurbish donated hearing aids for the Sound of Change Initiative.

Chuck actively solicits donations of used hearing aids and tech aids and is constantly advocating for IDHHC. He feels that working as a volunteer plus having the privilege to work with such a dedicated team is immensely rewarding. All the staff consider Chuck to be part of the team and we all thank him for his continued dedication. Because of his belief and active participation in our vision and mission Chuck Filtress was respectfully confirmed as a 2023 Honorary Lifetime Member.

AGENCY UPDATES

As many of you already know from our announcements this spring, IDHHC is no longer receiving contract funding from the Ministry of Children and Family Development for the delivery of services by our Family and Community (F&C) Program. For the last 30 years the funding from this contract was used to pay wages for F&C staff in Victoria and Nanaimo. So unfortunately, we have had to say goodbye to Susanne Harnden and Leslee Scott from our Victoria office. Although moving on to other avenues – or retirement! – we thank them both for their commitment to supporting the Island community. Both of them have agreed to occasional work with IDHHC on contract for specific projects – and we thank them for wanting to share their experience, expertise and knowledge. We also say goodbye and happy retirement to Alex Walker from our Nanaimo

office. Alex started with IDHHC in Nanaimo as this program and contract first began in 1992 and has helped it to grow and flourish over the last 30 years. All of us at IDHHC and the community will miss her warm and caring support and thoughtful guidance, and we thank her for all of her dedication and commitment.



So now we begin a new chapter! What will services for Deaf and hard of hearing families and individuals look like in the days ahead??

- + IDHHC continues to work in partnership with BC Family Hearing Resource Society to provide ASL instruction for families with

children under 6 years so these services to families will remain unchanged.

- + Provincial Deaf and Hard of Hearing Services (PDHHS) team will now deliver all services to families with school age Deaf and hard of hearing children across Vancouver Island and the Gulf Islands. All IDHHC facilities and resources are available to them in their work here on the Island.
- + Deaf Well Being Program and IDHHC will continue to work together as we assist with referrals and support for the Well Being staff and the community with access to the facilities.
- + Services for adults and seniors have been significantly impacted and we are working hard to find long term funding solutions to address these service needs as quickly as possible. We will keep the community updated as we make progress.

Change is always difficult – but sometimes change can create new opportunities. IDHHC is committed to finding new ways to improve services to Deaf and hard of hearing individuals across Vancouver Island; strengthen our current partnerships and explore new ones; to engage the community to assist in determining the types of services we should provide in the future.

We thank everyone for their patience and support during this time of transition and we look forward to developing new and improved opportunities in the months ahead.

Sincerely,

*On behalf of the
Board of Directors and the Staff,*

Denise Robertson

COMMUNITY WORKSHOPS AND PRESENTATIONS

Our commitment to community education remains a top priority as we continually strive for a more inclusive world.

With the establishment of the Accessible BC Act to identify, remove and prevent barriers to accessibility, it crucial for all businesses and organizations large and small to become informed, aware and doing what is necessary to ensure workplaces and public services are inclusive and accessible. IDHHC can assist with those goals by providing Deaf and Hearing Loss Awareness Training sessions presented by knowledgeable individuals including those with lived experiences. These workshops can help inform your management team or staff on communication strategies, how to create visually friendly spaces, inclusive services, and barrier free workplaces for Deaf and Hard of Hearing employees. Contact us today at communication@idhhc.ca to arrange for your own Deaf Awareness, Hearing Loss Awareness and Inclusive Training session.

ASL IN THE WORKPLACE

In response to the requests for workplace inclusivity, IDHHC is working to expand American Sign Language (ASL) offerings lead by Deaf instructors and hopes to launch ASL for the Workplace in the new year. Classes may be available in the requestor's business and will offer valuable American Sign Language training to professionals, enabling them to bridge communication gaps and create an environment that celebrates and honors diversity.

For more information on current ASL class offering check out the current calendar of events at www.idhhc.ca. And if you are interested in getting more information about ASL for your workplace please contact us at asl@idhhc.ca.

Together, with our partners, we are making strides toward a more inclusive working world.

INTERPRETING, CAPTIONING, AND TRANSLATION SERVICES

While January may be the start of our calendar year, it is the Fall season that invites new starts and fresh beginnings. This is a busy time of year for us with requests for Sign Language Interpreting and Captioning services continuing to see steady growth. Although we have a healthy roster of Registered Sign Language interpreters providing services both virtually and in person across all corners of our Province, we continue to feel the impact of a group of professionals that are working beyond capacity. Freelance interpreters and captionists are in high demand as workplaces, post-secondary institutions and organizations meet their requirements of being inclusive and accessible. Please reach out to us at interpreting@idhbc.ca with as much advance notice as possible to arrange for Sign Language interpreting and captioning services for your next meeting, event, public engagement session or conference.

Please remember to include your event information such as the date, start/end time, address information for in person services or indicate it is a virtual booking, and some information about your event and the format and we would be delighted to coordinate interpreting and/or captioning services for you. Another important part of the services we provide is English to ASL translation services. We can create ASL translation for all your



document or video projects. The BC Accessibility Act is in place to ensure that all British Columbians are included and have

easy access to vital information. One way you can meet this requirement is to provide ASL translation for your public documents or public videos. We can arrange for ASL translation and captioning services on all your video content. Our dedicated team of diverse, highly skilled Deaf translators, Deaf ASL language consultants and Deaf video editors is committed to working with you to bridge communication gaps by rendering vital information accessible to Deaf/Hard of Hearing and DeafBlind British Columbians.

Need a public document translated into ASL? We can help you with that. Need to produce a video and want it also available in ASL? We can help with that. Need to add ASL and/or captions to your already produced video? We can help with that.

By facilitating seamless and inclusive communication, we empower all community members to engage fully with the world around them, fostering a sense of connection and understanding.

Learn more about our Interpreting & Captioning Services
www.idhbc.ca/services/interpreting-captioning/

HEARING HEALTH SERVICES

Our very own audiologist, Britanni Trapp, applied and was chosen to sit on SAC Conference Sub-Working Group. The primary objective of the 2024 Speech-Language & Audiology Canada (SAC) Conference Sub-Working Groups is to work with SAC to develop the audiology education program, including contributed papers and posters. The mandate includes providing input on topics, format of the education program and presenters. The audiology program sub-working group is responsible for developing a list of topics, potential speakers and recommending the general educational program, with guidance from SAC staff.



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

EMPLOYMENT SUPPORT SERVICES

Spring and Summer brought with it a flurry of activity in our Employment Services department. Our hard-working Clients found work in a variety of roles, from bookkeeping, manufacturing, retail, construction, and caregiving. Others brushed up their social media acumen by taking part in our LinkedIn workshop series. We hosted a Chamber of Commerce mixer and networked with employers and community agencies from across the mid-island. New connections were also made in Victoria when we presented at a meeting of the Vancouver Island Equipment Owners Association. As we all re-focus this fall, please reach out to if you would like to find part-time/full-time work, or if you need new hearing aids to continue working. Check out our workshops below and give yourself an edge in your job search. As always, if you have a workshop topic you'd like to see offered, please let us know.

MANAGING THE JOB SEARCH ROLLER COASTER



Looking for work is a journey that can take several weeks, or likely, many months, even when there seems to be many available jobs.

As with most journeys, there are good times and hard times. One week you have interviews scheduled, people are responding to your emails, and you feel encouraged and hopeful – the next week, nothing. In this article, we have included 5 ways to help you deal with these ups and downs.

Know what to expect. Knowing from the start that you will experience emotional ups and downs can help prepare you to handle them when they do occur. Recognizing that there will be days where nothing is happening, or that you will be rejected and frustrated. Remembering that “today is just one of those days”, can help you be less surprised or shaken and allow you to bounce back and move forward more easily.

Acknowledge your thoughts and emotions. Try naming your negative emotions and writing down the negative thoughts that are behind them. You will find that most dwell in the past or future and are exaggerated extremes. Words like “always” or “never” are indicators of these tendencies. Are these thoughts based on facts or are you telling yourself a fear-based story? Acknowledging the truth can help dampen down the cycle of negative emotions.

Do things that make you happy and support your health. Make sure your days include activities

that boost your mood. Exercise and getting out in nature can also be helpful in reducing stress, increasing self-esteem and motivation. Eating well and getting a good night's sleep are also great ways to keep grounded.

Put things into perspective. It is easy to feel hopeless or discouraged when things do not progress the way we would like. Maybe you have not heard back from an employer after an interview when promised. While you can send a friendly reminder, try taking a step back to think about their other possible existing priorities. Perhaps an urgent matter came up for them? Using that strategy can help you to avoid taking things personally.

Get support. Having someone to talk to during your job search, such as an employment specialist, personal counsellor, or a job-search group can provide important emotional support. An Employment Counsellor can help with job search skills and can be a good sounding board to help guide you when you are feeling unsure of yourself or unsure of what to do next.

Feel free to reach out to our
IDHHC Employment Case Managers!

Nanaimo & Mid Island:

Janet McDonald - janetm@idhhc.ca

Victoria & South Island:

Kim Dillon - kim@idhhc.ca

References:

Author: Rebecca Zucker; Harvard Business Review Published: October 18, 2019

Author: Jeremy Sisemore; C-Suite Executive Search, CIO Magazine: Aug 13, 2020

Learn more about our Employment Support Services
www.idhhc.ca/services/employment-support/

NICE TO MEET YOU, ANTHONY

Each issue, we will interview one of our team members from IDHHC. This issue, we'd like to introduce you to Anthony Walsh, our Booking Coordinator.



Where were you born/raised? I was born at Victoria General Hospital and was raised in Langford before moving into the city after high school.

What has been your past work history? Retail operations and small business project management. When I was only 20 years old I was offered an opportunity to open a brand new wine shop/liquor store on behalf of a local company. This amazing experience then lead to 4 more store builds moving me around from Campbell River, Vancouver and then to Saskatoon. I then moved to Vancouver to open a brewery/winery, before switching industries and returning home to open a pharmacy in Victoria. I am so grateful for

what I learned during these builds, but am happy to now be using my powers for good at a non-profit close to my heart.

What do you do at IDHHC? I secure the services of ASL Interpreters and Typewell Transcribers for a variety of booking requests all over the province. I'm excited to assist with our future partnerships with businesses to arrange DAT's and ASL for the workplace training.

What do you enjoy most about your job? Helping the members of the Deaf and Hard of Hearing community. At IDHHC, have a great team that plays a role in helping the community in unique ways. I enjoy that government agencies lean on our expertise and that we can implement positive changes to everyday life for Deaf and Hard of Hearing people through English-ASL translations, Deaf awareness training, Interpreting and Captioning services, and more.

What do you find most challenging about your work? The number one most challenging part of my work is that the need for ASL interpreting services outweighs the availability of Interpreters. It is also very challenging, but rewarding, when educating businesses and providers about how they can be inclusive and accessible.

Where are some of the places that you have travelled to? I have travelled to Italy a few times and so far, it's my favourite place on earth. I specifically love the region of Emilia-Romagna for its food and lambrusco. The first time I travelled to Italy, we spent a few days in Slovenia first and its history and scenery was breathtaking. I'll never forgot attending the Gothia cup in Sweden as a teenager. This was the largest youth soccer tournament in the world. In recent years, I can't resist a quick trip to Mexico for its culture, food, easy access, and affordability.

What is something we'd be surprised to learn about you? I love to cook and dream of opening my own pizzeria and wine bar. I am Hard of Hearing, having worn bi-lateral hearing aids since I was 5 years old.

What is your favourite meal? Osso Buco with risotto alla Milanese. To be enjoyed with numerous bottles of wine, specifically starting with Lugana for white and Barbera for red.

What are some of your hobbies? Weight training, hiking, camping, cooking, anything outside with my dog Alba. I hope to find the time to reignite a more creative hobby like painting or writing sometime soon.

If the plane was leaving tonight, where would it be taking you? San Sebastian, Spain. I would be heading straight for whatever pintxos bar the locals recommended to me to enjoy seafood and wine. Amaro for dessert.

NICE TO MEET YOU, MICHAEL

We'd like to introduce you to Michael Colussi, one of our Board Members.



What is your personal and professional background? My personal background includes an undergraduate degree in Music Composition/Performance with a sub-major in English Literature/Composition. Professionally I have had a range of careers from cooking on commercial fishing boats, a performing musician, certified counsellor, with the last 15 years of my career being involved at a management level in Occupational Health & Safety. I am gleefully retired with my primary “work” being the best husband, stepfather and grandfather I can be.

Why did you join IDHHC’s Board of Directors? After retirement I wanted to both give back to the community and pay forward some of my experiences and expertise. Having family members that are hard of hearing, deaf and deaf/blind clients, and being hard of hearing myself I naturally gravitated to IDHHC. After some research and discussion with mentors, friends and family it came to mind this organization had the potential for both gaining and adding value for the community and myself.

What do you enjoy about being a Board member? Probably the most enjoyable part of being a Board member is the fact this is a dynamic environment requiring the ability to quickly pivot to meet the rapidly changing dynamics of both the clients and funding models available to maximize a high standard of service to the Deaf/Hard of Hearing community.

Would you encourage others to join the board and if so why? I would absolutely encourage others to join the Board. IDHHC encourages the Board members to be very “hands-on”. In this social and economic environment the challenges are significant and the needs of our clients are exponentially increasing. This Board is for individuals who want to make a difference, not those who want to see their name on a Board of Directors list.

What is something we would be surprised to learn about you? I have a passion for cooking, and a questionable passion for baking. Over the years I have cooked intimate/romantic dinners for two right up to weddings for up to 250 people. I have a published cookbook with a second printing sold out within a few weeks of publication. I show my friendship through preparing food for others to enjoy.

What is your favorite food? This is a hard question as I don’t think I could really narrow this down to a Nationality let alone a specific food or dish. So far in my travels I have been able to be treated to or cook amazing dishes from many cultures. If pressed I would probably choose Osso Bucco; as you might guess an Italian dish. This is a dish which truly brings people together around a family style table where conversation and wine tend to flow in concert with the food.

If the plane was leaving tonight where would it be taking you? Easy! Firenze (Florence) for the non-Italians. The way the light dances on the buildings, artwork and residents is nothing short of stunning, and the evenings come alive with the smell of wonderful food and music which truly makes the heart race; guiding one to feel the passions of generations before and yet to come.

WELCOME TO IDHHC, CHRISTINE

We are excited to welcome Christine Ehrlich-Brady to IDHHC as the new ASL Team Leader!



Christine has a Masters of Education, a Bachelor of Science from Gallaudet University and is passionate about American Sign Language (ASL) and seeing it flourish and be known in our community. Originally from Ontario, she started her career as bank teller, literacy and job readiness practitioner. She was also an educator at Sir James Whitney School for 14 years and was on the ASL curriculum team for 10 years. Christine relocated to BC and worked with BC School for the Deaf for 11 years. Because she loves the mountains and ocean, she and her husband retired to Vancouver Island. As an adventure enthusiast, she enjoys hiking, travelling, art and reading. She is excited to accept a contract and join the IDHHC team and share IDHHC's vision and mission as Team Lead for all the ASL programs.

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, 2SLGBTQ 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@idhbc.ca or nanaimo@idhbc.ca.

Captioning and ASL will be provided for all workshops unless otherwise stated.

PUBLIC ASL CLASSES, NANAIMO

LEVEL 1: EVERY WEDNESDAY, SEP 20 - NOV 8

LEVEL 2A: EVERY MONDAY, SEP 18 - NOV 27

**LEVEL 2B: EVERY TUESDAY, SEP 19 - NOV 7
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 the alphabet, 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 offers 12 hours of in-person instruction. The purpose of these courses is to provide students with basic functional signing skills. Cost is \$145 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 NANAIMO.

PUBLIC ASL CLASSES, VICTORIA

**LEVEL 1A: EVERY THURSDAY,
SEP 14 - NOV 2 @ 5:30 - 7PM**

**LEVEL 1B: EVERY MONDAY,
SEP 18 - NOV 6 @ 6 - 8PM**

**LEVEL 1C: EVERY WEDNESDAY,
OCT 25 - DEC 13 @ 7 - 8:30PM**

**LEVEL 2A: EVERY WEDNESDAY,
SEP 13 - OCT 18 @ 7 - 9PM**

**LEVEL 2B: EVERY THURSDAY,
NOV 9 - DEC 14 @ 5:30 - 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 the alphabet, 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 offers 12 hours of in-person instruction. The purpose of these courses is to provide students with basic functional signing skills. Cost is \$145 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.

ASL KIDS, VICTORIA

SESSION 1: SATURDAYS

OCT 14, 21, 28, NOV 4 @ 9 - 10AM

SESSION 2: SATURDAYS

NOV 18, 25, DEC 2, 9 @ 9 - 10AM



After many requests, IDHHC is excited to be offering an ASL class for children. Each of the 4 classes will focus on a different themed learning outcome such as letters, numbers, colours, family members, food and animals. Cost is \$50 per child or \$65 per family (non-refundable after the course starts). Spots are limited to register soon. Payment must be provided to secure your spot. Children 7 and under must have an adult attend the class with them.

IN-PERSON @ IDHHC VICTORIA.

ASL COFFEE & PRACTICE DROP-IN

FIRST 3 WEDNESDAYS OF THE MONTH

OCT 4, 11, 18, NOV 1, 8, 15, 22, DEC 6

@ 5:30 - 6:30PM

Do you love learning ASL but wish you had more opportunities to practice outside of class? This drop-in group is for you. Come to, 1 or all 8 sessions, and chat with others that are eager to put their new ASL skills to use. We will provide an ASL instructor to answer your questions as well as coffee & tea. We look forward to signing with you. Cost is \$5 at the door. Registration not required.

IN-PERSON @ IDHHC VICTORIA.



KIDS ASL HOLIDAY WRAP-UP

SATURDAY, DEC 16

@ 9 - 10AM

Join us to celebrate the season. Details to come.

IN-PERSON @ IDHHC VICTORIA.

BINGO & GAMES

Please join members of the Deaf community for games: Bingo and Games on alternate weeks in the board room at IDHHC Victoria. \$3 per person (includes coffee and treat during break)

Bingo: Every other Tuesday, 2 - 4PM
SEP 12, 26, OCT 10, 24, NOV 7, 21, and DEC 5

To join by Zoom for Bingo:

Meeting ID# 863 9413 9992

Games: Every other Tuesday, 2 - 4PM
SEP 5, 19, OCT 3, 17, 31, NOV 14, 28, DEC 12

We, members of the group, look forward to seeing you here!

TECH AND TIPS WITH KELSEY

EVERY MONDAY from 1 - 4PM

(by appointment)

Do you need help or have questions about any of the following?

- + hearing aid apps
- + mobile phone

- + iPad or tablet
- + laptops
- + CI tech support
- + Bluetooth devices
- + voice to text apps
- + any other technological device

As a CI user and tech guru who knows ASL, Kelsey can assist with any of the above by explaining the complicated tech world in simple language and processes that are easy to follow and understand. Email us at idthhc@idthhc.ca or call 250-592-8144 to book your time. Be sure to let us know what your tech needs are so Kelsey can be prepared for your appointment. See you on Mondays!

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

WED, SEP 20 @ 2 - 3:30PM

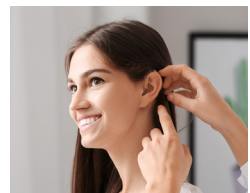
Up to 85% of open jobs are never posted; learn how to network in ways that showcase your best self to potential employers, in ways that are accessible. Please advise if captioning or interpreting is needed.

DELIVERED ONLINE.
REGISTER BY SEP 12.

UNLOCKING THE WORLD OF HEARING LOSS AND HEARING AIDS

THU, SEP 21 @ 10:30 - 11:30AM

Are you curious about the intricate world of hearing health and hearing technology? Join us for an enlightening workshop that delves into the basics



of hearing loss and the impact of hearing amplification. Discover how audiologists diagnose and categorize hearing loss and when medical referrals become essential. Explore the variety of hearing aids available and gain insights into what they can achieve.

Our audiologists will guide you through the art of an accurate hearing aid fitting, sharing their skill on real ear measurements – a critical step in ensuring optimal hearing aid performance. From understanding what hearing aids can and cannot do, to understanding the essential role

they play in enhancing your auditory experience, this workshop will empower you with valuable knowledge for better hearing health. There is no cost to attend Captioning and interpreting are available upon request.

IN-PERSON @ IDHHC VICTORIA.
IN-PERSON @ IDHHC NANAIMO.
REGISTER BY SEP 13.

LET'S TALK

DAY CLASS: TUESDAYS,
SEP 26 - NOV 28 @ 9 - 11AM

NIGHT CLASS: TUESDAYS,
SEP 26 - NOV 28 @ 6:30 - 8:30PM

Are you struggling to understand people – even while wearing hearing aids? We have many useful strategies, so let us help you. Let's Talk is a small group speechreading (aka lipreading) and communication strategies course that helps people with hearing loss and their families to communicate better. Our courses run for 10 weekly sessions. \$125 for IDHHC members; \$160 for non-members. Limited seating. Captioning will be provided.

IN-PERSON @ IDHHC VICTORIA.
REGISTER BY SEP 18.

LET'S TALK SOME MORE

WEDNESDAYS
SEP 27 - NOV 29 @ 9:30 - 11:30AM

If you have completed the "Let's Talk" course and are looking for an opportunity to further develop your communication skills and strategies, this course is exactly what you are looking for. This course runs for 10 weekly sessions. \$125 for IDHHC members; \$160 for non-members. Limited seating. Captioning will be provided.

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

LET'S TALK - SPEECHREADING INSTRUCTOR TRAINING

THURSDAY, SEP 28 - MONDAY, OCT 2
9:30AM - 4PM

IDHHC is proud to offer the "Let's Talk"

Speechreading Instructor Training Program. It is a program designed to prepare you to teach others about hearing loss, its effects on people, strategies to improve communication and of course, the challenging skills of reading lips. An instructor with a hearing loss also becomes a role model for students so having a hearing loss is an asset when teaching! IDHHC will be looking to contract new instructors to teach with us. Take the course and get a job too! Cost is \$600 per person + textbooks (Let's Talk Manual & Hearing Help). Captioning will be provided.

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

COCHLEAR IMPLANT SUPPORT GROUP

LAST WEDNESDAY OF EACH MONTH
SEP 27, OCT 25, NOV 29, DEC 20 @ 7 - 8PM

This is a virtual support group for those who have cochlear implants and are seeking support and expertise from others regarding their cochlear implant journey and the strategies they use in their daily lives. Captioning will be provided. Ongoing registration.

DELIVERED ONLINE.

HEARING BETTER TOGETHER

LAST THURSDAY OF EACH MONTH
SEP 28, OCT 26, NOV 30, DEC 21
@ 10:30 - 11:30AM

A support group for hard of hearing persons. An opportunity to share your struggles and seek support from others who have been in your shoes. Meet once a month in-person. On occasion guest speakers may attend. Captioning will be provided.

IN-PERSON @ IDHHC VICTORIA.

USING CHAT GPT FOR JOB SEARCH & WORK

THU, OCT 5 @ 2 - 3:30PM

Is English your 2nd language? Or, would you like add a creative flair to your cover letters? Learn how to use ChatGPT Generative AI to write resumes, emails, and cover letters. Max. 4 participants; more workshops may be added

depending on need. There is no cost to attend. Captioning and interpreting are available upon request.

IN-PERSON @ IDHHC VICTORIA
AND DELIVERED ONLINE.
REGISTER BY SEP 27.

.....

**NUTURING YOUR HEARING AIDS:
CARE & MAINTENANCE**
THU, OCT 12 @ 10:30 - 11:30AM

Your hearing aids are more than devices; they are your connection to the world of sound. Discover the essential practices of caring for and maintaining your hearing aids to ensure they perform at their best. Our interactive workshop will cover the entire spectrum of care, from cleaning and changing wax guards to troubleshooting common problems and effectively using tools for cleaning.

Learn the art of changing your wax guards and explore the intricacies of feedback issues, retention locks, and dehumidifying methods to extend the life of your devices. Our audiologists will guide you through the steps to troubleshoot charging problems and will offer insights on when it's time to connect with your audiologist for professional assistance. There is no cost to attend. Captioning and interpreting are available upon request.

IN-PERSON @ IDHHC VICTORIA.
IN-PERSON @ IDHHC NANAIMO.
REGISTER BY OCT 4.

.....

**SELF-ADVOCACY & BLUFFING
WITH GAEL HANNAN**
TUE, OCT 17 @ 6:30 - 7:30PM



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 "Hear & Beyond: Live Skillfully With Hearing Loss". Join Gael as she delivers a presentation and discussion

on how to get what we need from other people – and that starts with bluffing less! There is no cost to attend. Captioning and interpreting are available upon request.

IN-PERSON @ IDHHC VICTORIA
AND DELIVERED ONLINE.
REGISTER BY OCT 9.

.....

LINKEDIN
THU, OCT 19 @ 9:30AM - 12PM

Learn how to create and fill in your LinkedIn profile, and how to build your online presence using this business-focused social media platform. If joining online, please have two screens or devices available so that you can watch the presentation while working on your own LinkedIn profile! This workshop is offered at no cost. Please specify if captioning or interpreting is needed.



IN-PERSON @ IDHHC VICTORIA.
DELIVERED ONLINE @ IDHHC NANAIMO.
REGISTER BY OCT 10.

.....

INTERVIEW SKILLS
THU, OCT 26 @ 2 - 3:30PM

Practice interview skills needed for both online and in-person interviews. Bring your phone if you would like to video yourself for future reference. This workshop is offered at no cost. Please specify if captioning or interpreting is needed.

IN-PERSON @ IDHHC VICTORIA
AND DELIVERED ONLINE.
REGISTER BY OCT 19.

.....

**SEAMLESSLY CONNECTING WITH
BLUETOOTH AND WIRELESS TECHNOLOGY**
THU, NOV 2 @ 10:30 - 11:30AM

Our captivating workshop focuses on the wonders of Bluetooth and wireless advancements, allowing you to connect your hearing aids to the world around you. Uncover the magic of pairing your smartphone with your hearing aids and learn to download and use specialized apps for your hearing aids.

Discover the joy of streaming audio directly from your phone, as well as from TV transmitters and remote microphones. Our audiologists will guide you through the process of troubleshooting Bluetooth issues and will help you fine-tune your hearing aids using your Bluetooth app. Join us for an enlightening journey into the future of hearing enhancement through wireless innovation. There is no cost to attend. Captioning and interpreting are available upon request.

IN-PERSON @ IDHHC VICTORIA
REGISTER BY OCT 25.

.....

**COCHLEAR IMPLANTS (CI):
WHAT THEY ARE, HOW THEY WORK,
& THE CI REFERRAL PROCESS**
TUE, NOV 7 @ 12 - 1PM

Join Jowan Lee and Myron Huen from the St. Paul's Hospital Adult Cochlear Implant Program for a presentation and Q&A about Cochlear Implants.

Jowan Lee began his audiology career as a dispensing audiologist, helping clients improve their ability to hear using hearing aid technology. After 4 years working in amplification, Jowan jumped at the chance to work as a cochlear implant audiologist at St. Paul's CI program. 15 years later, he continues to enjoy seeing the direct benefits patients receive from their cochlear implants. Myron Huen had the honour of being a student at St. Paul's Hospital early on in her audiology education, which helped her realize that she was passionate about working in the field of cochlear implants and diagnostic audiology. After completing her research and thesis at UBC and starting off with some relief Audiology work, Myron began her full-time audiology career as a diagnostic audiologist at St. Paul's Hospital, with the goal of joining the adult cochlear implant team. After working 7 years at St. Paul's Hospital, Myron continues to be fascinated by the field of audiology as well as all the audiology and non-audiology related things she has learned from her patients. She also enjoys working with a wonderful interdisciplinary team to help patients reach their optimal communication potential. Captioning and interpreting will be provided.

IN-PERSON @ IDHHC VICTORIA
AND DELIVERED ONLINE.
REGISTER BY OCT 30.

**ELEVATE YOUR BALANCE
AND PREVENT FALLS**

WEDNESDAYS, NOV 15, 22, 29 DEC 6 @ 3 - 4PM

Are you ready to step confidently into a world of stability and strength? Join us for an empowering workshop that's dedicated to enhancing your balance and reducing the risk of falls. Discover the benefits of balance training exercises that involve your core, lower back, and legs which provide you with the tools to move confidently. Led by Brittani Trapp, an audiologist certified in vestibular assessment and rehabilitation, this four-week course will guide you to improved balance and heightened stability. \$50 for IDHHC members. \$80 for non-members.



IN-PERSON @ IDHHC VICTORIA.
SPACES ARE LIMITED, REGISTER BY NOV 6.

.....

**TED TALK:
ASSISTIVE COMMUNICATION DEVICES**
TUE, NOV 28 @ 10:30AM - 12PM

Join us for a presentation with Ted Clegg from Assistive Listening Device Systems (ALDS) where Ted will share the latest and greatest in assistive technology and how you can benefit from the many available devices. He will also be available to answer any of your questions. Captioning and interpreting are available upon request.

IN-PERSON @ IDHHC VICTORIA
AND DELIVERED ONLINE.
REGISTER BY NOV 20.

.....

DE-STRESS BEFORE THE HOLIDAYS
FRI, DEC 1 @ 6:30 - 8PM

Come in to learn about or share stress-relieving techniques and tips. Take part in breathing exercises to help keep calm. This workshop is offered at no cost. Please specify if captioning or interpreting is needed.

IN-PERSON @ IDHHC VICTORIA
AND DELIVERED ONLINE.
REGISTER BY NOV 22.



DEAF CLIMBERS MAKE HISTORY ON MOUNT EVEREST

JUNE 13, 2023 - BY DIANNE HERBST, THE MESSENGER <https://themessenger.com/news/deaf-couple-make-history-at-mt-everest-summit-most-rewarding-feeling-in-the-world-exclusive>

Scott Lehmann couldn't breathe.

It was 1 a.m. on the morning of May 22, and he and his girlfriend, Shayna Unger, had already climbed 27,500 feet above sea level, closing in on the summit of Mount Everest. Lehmann was frightened, so he tapped a Sherpa on the shoulder to let him know he was having trouble catching his breath. "I was really struggling," Lehman, 34, tells The Messenger using American Sign Language (ASL) and an interpreter.

The couple, who are both completely deaf, don't communicate with spoken words, so they'd taught their Sherpas ASL phrases weeks before they started a climb to the top of the world's highest peak — and it came in handy on that cold morning when Lehmann had to remove his mask.

He became dizzy and his vision blurred. "That was a scary moment for me as well," Unger, 31, tells The Messenger, also using ASL. "Seeing that he's unable to breathe, and what can I do to help?" The Sherpa calmly gave Lehmann his mask, while deftly working to remove a chunk of ice from the airway on Lehmann's gear. Once the mask was working again, the indomitable couple and their Sherpas continued onward.

That morning at 6 a.m., Lehmann and Unger held hands and bent down together to touch an icy spot at 29,032 feet elevation. In that moment, Lehmann became the first deaf American man and Unger the first deaf woman ever to reach the summit of Mount Everest. "It's hard to believe that we're there, standing there," Unger says of their historic climb. The couple spent 30 minutes at the top, surrounded by a breathtaking view of the Himalayan mountain range. "It was the most

rewarding feeling in the world," says Lehmann. "It was just really a blessing."



Hours later, the couple — exhausted but determined, and egged on by their Sherpas — decided to summit Lhotse, a mountain next to Everest that's the fourth highest in the world. After a few hours' sleep, Lehmann and Unger scaled Lhotse, reaching its 27,940-foot-high peak the following morning.

The couple had waited for good weather to make the climbs in a season considered one of Everest's deadliest. Just days before the trek up Everest, a deaf climber from Malaysia they befriended at base camp became just the second known deaf person to summit Everest. Two days later he disappeared on the mountain and hasn't been found. "It was really hard on us," says Lehmann. "We had connected with him and had such a deep bond."

The couple attributes rigorous physical conditioning and meticulous planning for their safe Everest climb. Plus, they have plenty of experience. Lehmann and Unger's other triumphs include scaling many of the world's tallest peaks — including Kilimanjaro in Africa, Aconcagua in the Andes of South America and Denali in Alaska, as well as other major mountains across the globe. These feats are all the more impressive considering the obstacles they've overcome.

on their way to the top. “A lot of people feel like deaf people on the top of the mountain, that we don’t belong there,” says Unger. “It feels like we defied all odds to be able to get to this point,” she says, “showing that deaf climbers are just like everyone else.”



Lehmann and Unger — both of Frederick, Maryland, where they now live together with family — were born completely deaf to deaf parents. Each have deaf siblings, as well as aunts, uncles and grandparents who are also deaf. The couple met at the Maryland School for the Deaf in Frederick when Unger was 14 and Lehmann 17. They later became a couple while both were attending Gallaudet University.

While each had a lifelong love of nature, neither had considered mountaineering, with no role models to show them it could be done. “We didn’t see anyone doing it while we were growing up,” says Unger.

In 2102, Lehmann was 22 and newly graduated from college. He and a few pals — all deaf — attempted to take climbing lessons near Mount Rainier in Washington State. When told they had to pay for an American Sign Language interpreter to accompany them up the mountain and liability insurance for the interpreter, they nixed the idea. The group attempted — and failed — to reach the summit on their own. But Lehmann had caught the bug for climbing. “I went to YouTube and I tried to learn as much as I could,” he says. With no lessons available for deaf students, he is entirely self taught. “It was a very long, hard journey.”

During a 2015 trip to Tanzania with Unger, Lehmann suggested they climb a mountain together. “I’m like, ‘What? Climb this mountain? I’ve never climbed a mountain,’” she recalls. “He said, ‘Don’t worry, I’ll teach you. You will be fine.’” Unger’s first climb was Mount Kilimanjaro, Africa’s highest peak at 19,341 feet high. “I really enjoyed it,” she says. “And we just kept climbing. We enjoy finding these remote places and adventures. I think that helped us kind of fall in

love together.”

To communicate on the mountain, they use ASL and five-fingered gloves, rather than mittens. While at the Everest base camp, they taught their Sherpas basic sign language to communicate. “They picked it up so quickly,” Unger says, “we were having normal conversations back and forth.” While these Sherpas welcomed working alongside the couple, over the years the pair discovered many in the climbing world believe deaf mountaineers are “a liability,” says Lehmann. “They usually see them as ‘Oh, you can’t hear well in the outdoor world, this is an unsafe situation,’” he says. They’ve had guides cancel entire expeditions upon learning they can’t hear. “So usually when we’re going on a trip, we don’t tell the guide that we’re deaf until we meet them,” Unger says, “and we already have everything in a plan.”

It wasn’t until the Lehmann and Unger’s 2021 climb of Alaska’s 20,310-foot-tall Denali — the first all-deaf expedition to summit the highest peak in North America — that they thought to take on Everest. Last year they left their full-time jobs at the Maryland School for the Deaf, where Unger was a school counselor and Lehmann taught math, to secure funding from sponsors and train full-time for the feat.

They also announced a goal to become the first deaf people to climb the highest mountains in every continent in the world, known as the Seven Summits. (They have three more to go.)

They are already admired in the deaf community as role models, and hope this project, which they called Seeing Beyond, will inspire deaf people, particularly children, to pursue their dreams.

They frequently post videos and host Q&As in ASL on their Instagram page, @scottandshayna, about their experiences, and give talks at deaf schools. They want to encourage kids to realize, “‘Oh wow, I can do this,’” says Shayna.

And while reaching the world’s highest peaks attracts the most attention, that’s not what climbing is about for the couple, who say they’re holding out for an engagement until they’ve conquered the Seven Summits.

Says Lehmann: “It’s more about the whole entire journey that it takes to get there.”

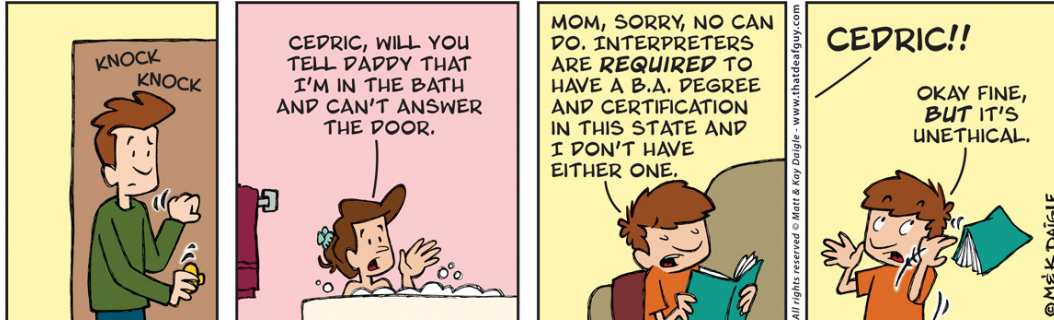


THE FUNNIES

HAVE A LAUGH

THAT DEAF GUY

BY MATT & KAY DAIGLE



PICKLES

by BRIAN CRANE

