

IDHHC

MAGAZINE



idhhc.ca

250-592-8144

WINTER / SPRING

Welcome to the newly refreshed IDHHC Winter/Spring 2024 Newsletter!

This new communication is the first step in an effort to reach a wider audience and to share information about our work and the communities we serve. The launch of a new interactive website this spring will be the next step to engage new audiences.

Together, our newsletters and website will serve as a window into our world, providing insights into the meaningful work we undertake, the stories that inspire us, and the progress we continue to make. We hope this edition will spark your curiosity to join a workshop, take a class that engages you, or learn something new about our services, and with regular updates, you will gain a deeper understanding of our mission, values, and the difference we strive to make in the lives of those we serve.

Whether you're a long-time supporter or just discovering us for the first time, we believe this newsletter will provide you with a deeper connection to our cause and a sense of the community that unites us all. Your feedback and engagement are not only welcome but crucial, so if you have any questions, thoughts, or ideas to share, please feel free to reach out to us at idhhc@idhhc.ca or 250.592.8144.

Wishing you a great reading experience!
Denise Robertson, Executive Director



IDHHC Contact information:

Victoria

301-3960 Quadra St.

HOURS:

Monday-Friday
8:30AM - 4:30PM

E: idhhc@idhhc.ca

P: 250.592.8144

Nanaimo

102-6588 Applecross Rd.

HOURS:

Monday-Friday
8:30AM - 4:30PM

E: nanaimo@idhhc.ca

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Sound of Change

IDHHC is transforming lives with free refurbished hearing aids for low income, and vulnerable adults and seniors. Accessible assistance awaits!

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Hearing Health Services

IDHHC audiologists attended the 2023 Speech and Hearing BC Conference, exploring recent audiology research and future healthcare initiatives.

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Employment Services

IDHHC is actively working with employers and employees to help build inclusive workplaces.

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ASL Classes

IDHHC is dedicated to ASL education, hosting classes in Victoria and Nanaimo.

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IDHHC Calendar

Enjoy a birds-eye-view of the programs we will be offering in the 2024 winter and spring seasons. **More in depth program details are available on our website.** idhhc.ca

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Community Partners

IDHHC is excited to promote and partner with Provincial Deaf and Hard of Hearing Services + Silver Threads to provide even more opportunities for our community.



idhhc.ca



SOUND OF CHANGE



IDHHC's Revolutionary Hearing Aid Initiative!



Hearing loss can be an issue at any point in life. IDHHC is here to help all members of our community.

As a non-profit organization serving Vancouver Island & the Gulf Islands for over 30 years IDHHC is home to the **Sound of Change Initiative**, a truly one-of-a-kind initiative providing free refurbished hearing aids to low-income and vulnerable adults and seniors in our community.

This program provides free refurbished aids and

remediation to address and combat the social isolation and attend to health and safety concerns that come as an inherent part of living with untreated hearing loss. The Initiative recycles and refurbishes hearing aids and devices, provide free batteries, rehab services and ongoing hearing health support.

Free refurbished hearing aids break down financial barriers and provide equipment to support independence, physical health and mental well being, while reducing

loneliness, anxiety and stress. If you or someone you know is struggling with hearing loss but cannot afford hearing aids, please reach out to our offices for information about this program. We are here to help.



Through the generosity of members, supporters and donors, the **Sound of Change Initiative** helps vulnerable low income seniors and adults access free refurbished hearing aids so they can connect to those around them; reduce their isolation; be safer in their homes and communities; and improve their quality of life.

850

Seniors Using SoC Hearing Aids

150

Returning Clients

1700

Refurbished Hearing Aids

\$4.5M

Retail Value of these Hearing Aids

There are more than 30,000 low income seniors in our region that could benefit from this program. You can help – call us to find out more. [250.592.8144](tel:250.592.8144) or [250.753.0999](tel:250.753.0999)



As a low-income person, IDHHC's Sound of Change program has drastically improved my quality of life. ~A.J.



HEART OF HEARING

IDHHC at the Speech + Hearing BC Conference

IDHHC audiologists Carmen and Edward attended the 2023 Speech + Hearing BC Conference October 20th – 21st in Vancouver.

This conference was an opportunity to attend presentations alongside other BC audiologists, with a focus on recent audiology research. This was also an opportunity to connect with their audiology and speech language pathology colleagues to spread the word about IDHHC.

Friday's workshop focused on learning about Team Primary Care, which is a federal initiative that aims to promote and support effective multidisciplinary team-based healthcare. IDHHC hearing health care team is excited at the prospect of being a part of primary care networks in the upcoming future.

Saturday's workshop focused on recent research results regarding key outcomes related to hearing aid use, including dementia and related cognitive decline. While there was no significant change in cognitive decline between the hearing aid and no hearing aid groups, during three years of research, the hearing aid group reported increased quality of life and a reduction in their perceived hearing impairment*. We're excited to see new results as the data is further analysed.

Our audiologists are looking forward to attending the May 2024 SAC conference.

* This information has been collected from the ACHIEVE Study which has been in progress for 10 years.

Edward Storzer & Carmen Sarich
IDHHC Audiologists



Featured Hearing Health Services

More on pg 13

- + **Sound of Change Initiative**
Refurbished hearing aids for low income adults and seniors.
- + Comprehensive Hearing Assessments hearing aid sales and services using all manufacturers to find the best product for your lifestyle + communication needs.
all hearing aid sales help to fund the **Sound of Change Initiative.*
- + If you are working and need assistance with the purchase of hearing aids we may have a program that fit your needs.
- + Our Victoria + Nanaimo Hearing Health teams also provide superior care to Veterans, RCMP, FNHA and PWD clients alike.
- + Workshops, Information Sessions and Support Groups.
- + Access Assistive technology and listening devices to improve communication.

Call us today to find out more about our services + how our hearing health teams can support your communication needs.

Victoria: 250.592.8144
Nanaimo: 250.753.0999

FUTURE OF WORK



Friend or Foe?

Is Artificial Intelligence here to help?

Artificial Intelligence (A.I.) is here to stay, but its role stands at a crossroads — is it a friend or a foe?

According to recent statistics from explodingtopics.com, ChatGPT currently has around 18.05 million users and the website generated 1.7 billion visits in November 2023, highlighting the wide-spread integration of A.I. into our daily lives.

Looking toward the future and acknowledging that automation and A.I. have the potential to reshape the job market, IDHHC embraces a proactive stance.

This year, IDHHC is expanding our computer skills workshops, including sessions on Chat GPT and other platforms. These new workshops aim to equip individuals with the knowledge to leverage A.I. for enhanced communication and employment opportunities.

For more information visit our website: idhhc.ca

*This article was edited by ChatGPT AI

Featured Employment Services Events. More programs on pages 10-14

Register by phone or email

Victoria: **250-592-8144** | idhhc@idhhc.ca
Nanaimo: **250-753-0999** | nanaimo@idhhc.ca

Interview Skills Workshop

Thursday January 25,
1:00-2:30pm
Online and In-Person

FREE

You can interview with confidence and clarity.

Practice current trending interview questions in a safe, relaxed setting to gain the skills needed in today's job market.

Transferable Skills for a Career Change

Wednesday February 7,
1:30-2:30pm
Delivered Online

FREE

Discover the value of skills you already have.

An online workshop to identify and leverage your transferable skills for a successful career transition.

Maximus Job Fair Nanaimo

Thursday April 3,
1:00-4:00pm

FREE

Connections with potential Employers

A large-scale job fair offering opportunities to meet with employers and learn about various job openings.

Connecting to HR + Other Business Professionals

As the world of work continues to rapidly automate, IDHHC is seeking to strengthen our understanding of the changing needs of businesses, so that Deaf and hard of hearing people can continue to be included and contribute to the workforce. We are reaching out to the business community more than ever before to get insight into the changing landscape of work on Vancouver Island, so that businesses, and our whole community can benefit from an inclusive and diverse workforce.

In our commitment to fostering collaboration, we invite businesses to share their perspectives on evolving workplace dynamics. By enhancing our collective understanding, we aim to cultivate an environment where diversity is celebrated, ensuring lasting success and prosperity for our entire community.

Kim Dillon, CCDP, IDHHC Employment Case Manager





Successful season of inclusive ASL Education

Here at IDHHC our commitment to enhancing ASL education and fostering connections within the broader community remains unwavering.

We were excited to host evening ASL classes in Victoria and Nanaimo. Creating encouraging and enriching learning experiences for our communities is a big part of what we do.

As we continue this journey, we look forward to the ongoing growth and success of our ASL programs at IDHHC.

Winter classes are listed here and the Spring class schedule will be available in early March. Check our website idhhc.ca for details.

Christine Ehrlich-Brady, IDHHC ASL Team Lead

Featured ASL Classes

Register by phone or email

Victoria: 250-592-8144 | idhhc@idhhc.ca
Nanaimo: 250-753-0999 | nanaimo@idhhc.ca

ASL Level 1 \$145

VICTORIA

Wednesdays, Jan 17th–Mar 6th, 7–8:30pm
8 classes @ 1.5 hours each

NANAIMO

Tuesdays, Jan 23rd–Feb 27th, 6–8:00pm
6 classes @ 2 hours each

Level One is for beginner students who want to learn the basics of ASL.

Content includes concepts like ABCs, numbers, questions, giving directions, and so much more! This course offers 12 hours of in-person instruction. Register today.

ASL Level 2 \$145

VICTORIA

Thursdays, Jan 18th–Feb 22nd, 6–8:00pm
6 classes @ 2 hours each

NANAIMO

Mondays, Jan 22nd–Mar 4th, 6p–8:00pm
6 classes @ 2 hours each
* No class on February 19th

Level Two is for students who have completed Level One + are eager for more!

If you have completed level one and are ready to dive into more advanced ASL communication this is the class for you. These classes offer 12 hours of in-person instruction. Register today.

SIGN

IDHHC Instructors Elevate ASL Education Standards

IDHHC is taking every opportunity to advance our team + to create ASL learning opportunities for others on Vancouver Island.

Under the vibrant tapestry of Fall, our dedicated team of ASL instructors at IDHHC immersed themselves in providing exceptional ASL instruction services for our community.

During a spirited gathering on a September Saturday, our ASL instructors, both in person and via Zoom, prepared eagerly for the arrival of students spanning all ages, from babies to adults. This meeting also introduced our teachers to the Sign Language Institute of Canada, a non-profit organization dedicated to supporting ASL and LSQ instructors nationwide with resources, membership, and training opportunities.

In October, several IDHHC ASL instructors went on a journey to Richmond for a day-long workshop on ASL Phonology & ASL At Home Curriculum Applications.

Facilitated by the dynamic duo, Dr. Leah Geer Zarchy + Dr. Razi Zarchy, this workshop proved invaluable in growing our teaching skills.

The event also provided a wonderful opportunity to connect with fellow ASL instructors and representatives from organizations such as the BC Early Hearing Program, BC Family Hearing Resource Centre, Deaf Children's Society, and Provincial Deaf and Hard of Hearing Services.

Thanks to IDHHC's sponsorship for interpreting services, we had a fun + spooky Halloween Ghostly walk tour on Sunday, October 29th, 2023.

Host John Adams told many fascinating horror stories about Victoria's hotspots. (pictured right)

LANGUAGES



Register Today: For all workshops, classes or events you can register by contacting us at either office:

Victoria:
250-592-8144
idhhc@idhhc.ca

Nanaimo:
250-753-0999
nanaimo@idhhc.ca

Tech & Tips with Kelsey

Every Monday from 1-4:00pm
at IDHHC Victoria (by appointment)

\$15 (\$10 for members)

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

Hearing aid Apps, cellphone, iPad or tablet, laptop computers, CI tech support, Bluetooth devices, voice to text apps, any other technological device.

As a CI user and tech guru, 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.

Deaf Community Games Day

Every Tuesday 2-4:00pm
IDHHC Victoria Boardroom | **\$2 Drop-In**

Join the Deaf community for coffee, snacks and games! Bingo is a favourite activity for this group. ASL only.

Interview Skills

Thursday January 25th from 1-2:30pm
Delivered online with viewing space
at IDHHC Victoria | **FREE**

Practice the current trending interview questions in a safe and relaxed setting to gain the skills needed in today's job market.

Cochlear Implant Support Group

Last Wednesday of every other month,
7-8:00pm Jan 31, Mar 27, May 29, July 31
Delivered Online | **FREE**

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.

Practical Tips for Mature Job Seekers

Wednesday January 31, 1:30-3:00pm
Delivered Online | **FREE**

A seminar offering guidance and practical tips for job seekers over a certain age to increase their employability.

Transferrable Skills for Career Change

Wednesday February 7, 1:30-2:30pm
Delivered Online | **FREE**

A workshop to identify and leverage your transferable skills for a successful career transition.

**Sonic Perspectives:
An Audiologist Speaker Series**
[Description on page 12-13]

Reaching Higher Levels!

Thursdays and Fridays 9:30am-2:30pm
February 15th to March 15th (10 sessions)
In person at IDHHC Victoria

This hands-on course targets skill and technology development with personalized training for career advancement. Take advantage of the professional trainers focusing on you to build your toolkit to success.

Employer Forum: Skills and Attributes Needed for the Future

Thursday March 21, 10:30-11:30am
Delivered Online | **FREE**

Join us and meet to learn from a panel of employers on the skills and attributes they seek in candidates for future job markets.

The Hidden Job Market

Wednesday March 27, 1:30-2:30pm
Delivered Online | **FREE**

A seminar revealing strategies to uncover and tap into job opportunities that are not publicly advertised.

Maximus Job Fair

Thursday April 3, 1-4:00pm
Nanaimo Conference Centre | **FREE**

A large-scale job fair offering opportunities to meet with employers and learn about various job openings.

Webinar for Employers/HR + Helping Professions

Thursday May 9, 2-3:00pm
Delivered Online | **\$20**

A webinar addressing the needs of employers, HR professionals, and those in helping professions with respect to inclusive hiring and support.

Disclosing a Diverse-Ability

Wednesday May 22, 1:30-2:30pm
Delivered Online | **FREE**

A discussion on the nuances and considerations of disclosing disabilities in professional and personal settings.

Interview Mock Day with Employers

Tuesday May 29, 12-1:30pm
Delivered online with viewing space
at IDHHC Victoria | **FREE**

Gain valuable interview experience + feedback from hiring employers.
*Please book a prep session with your case manager before attending.

Follow Up Webinar for Employers/HR + Helping Professions

Wednesday June 5, 12:20-12:45pm
Delivered Online | **FREE**

A continuation of the March webinar focusing on advanced topics for employers, HR, and helping professionals.

Paint Night - Nanaimo in person

Friday June 14, 6-9:00pm \$25

An artistic and social event where attendees can paint and socialize in a relaxed, guided setting.

Communication Skills with a Hearing or Language Difference

Tuesday June 18, 1-2:30pm
Delivered online with viewing space
at IDHHC Victoria | **FREE**

Discuss tips to increase positive working relationships and clear communication in the workplace.

Hearing Better Together : Hearing Loss Support Group

Last Weds of every month, 10:30-11:30am
Jan 31st, Feb 28th, Mar 27th, Apr 24th, May 29th, June 26th

In person at IDHHC Victoria

A support group for hard of hearing individuals gathering to share successes and strategies for communication. Meet once a month in-person. On occasion guest speakers may attend. Captioning will be provided.

Island
Deaf +
Hard of
Hearing
Centre

Sonic Perspectives: An Audiologist Speaker Series

\$10/session [FREE for IDHHC members]

Delivered Online with in person viewing space @ IDHHC Victoria or Nanaimo

Join us for one or all of the six presentations as we explore the world of all things related to hearing health. IDHHC audiology team as well as experts from around the province will share education and provide updated information on subjects like cochlear implants, tinnitus and Bluetooth.

Session One: Unlocking the World of Hearing Loss and Hearing Aids

Wednesday March 6th Time: 10:30–11:30am

Explore the world of hearing health and technology. Learn about hearing loss, amplification, and the audiologists' diagnostic process. Gain insight into diverse hearing aid options and their capabilities. Our audiologists will demonstrate the art of accurate hearing aid fitting, emphasizing real ear measurements for optimal performance. This workshop covers the role of hearing aids in enhancing auditory experiences and empowers you with valuable knowledge for better hearing health.

Session Two: Remote technology and Bluetooth

Thursday March 7th 12–1:00pm

Join our webinar with audiologist Daniel Paccioretti, who has over 40 years of expertise. Get answers on remote technology and Bluetooth. Dan, a San Francisco State University graduate, has served individuals of all ages with hearing loss, taught at the graduate level, and conducted clinical research. Currently, he works as a consultant and trainer for Pacific Audiology Group, focusing on continuing education for hearing care professionals.

Session Three: Nurturing Your Hearing Aids – Care and Maintenance

Wednesday April 3rd 10:30–11:30am

Your hearing aids are more than devices; they're your link to the world of sound. Discover essential care practices to ensure peak performance. Our workshop covers cleaning, wax guard changes, troubleshooting, and effective cleaning tool use. Learn about wax guards, feedback issues, retention locks, and dehumidifying methods to prolong the life of your device. Our audiologists will guide you through the steps to troubleshoot charging problems and will offer insight on when it's time to connect with your audiologist for professional assistance.

Session Four Your questions about Tinnitus – a Q&A with Glynnis Tidball

Thursday April 18th 10:30–11:30am

Join our webinar with Glynnis Tidball, a tinnitus specialist and audiologist from St. Paul's Hospital in Vancouver. Her professional focus for the last two decades has been management of tinnitus and hyperacusis. She is a clinical instructor at the UBC Faculty of Medicine and provides tinnitus counseling at the St. Paul's Hospital Tinnitus Clinic. Glynnis is a recognized speaker on these topics across Canada, has written articles for Canadian Audiologist, and participated in the development of tinnitus first aid kits for the Ida Institute.

Session Five: Seamlessly Connecting with Bluetooth and Wireless Technology

Wednesday May 1st 10:30–11:30am

Discover the magic of connecting your hearing aids to the world through Bluetooth + wireless technology. Pair your smartphone and use specialized Apps. Enjoy streaming audio from your phone, TV transmitters, and remote microphones. Our audiologists will assist with troubleshooting and fine-tuning your hearing aids through your Bluetooth app. Join us for an enlightening journey into the future of wireless hearing enhancement.

Session Six: Cochlear Implants: what they are, how they work + the referral process

Date: Thursday May 16th 12–1:00pm

Learn about Cochlear Implants with Jowan Lee and Myron Huen from St. Paul's Hospital CI Program. Jowan, with 15 years of experience, shares the benefits patients gain from cochlear implants. Myron, after completing her UBC research, joined St. Paul's Hospital, working as a diagnostic audiologist for 7 years and finding inspiration in the field. Join their insightful presentation and Q&A. Captioning and interpreting provided.

Register Today by Phone or Email

For all workshops, classes or events you can register by contacting us at either office:

Victoria:

250-592-8144
idhhc@idhhc.ca

Nanaimo:

250-753-0999
nanaimo@idhhc.ca

Let's Talk, Speechreading Programs | \$160 [\$125 for IDHHC members]

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 speech reading and communication strategies course that helps people with hearing loss and their families communicate better.

Our courses run for 10 weekly sessions

Note: Seating is limited. All classes are captioned

Nanaimo

Wednesdays, Feb 14th – Apr 17th

• 9:30am – 11:30am

Victoria

Tuesdays, Jan 30th – Apr 2nd

• 9:30am – 11:30am
• 6:30pm – 8:30pm

ASL Classes | \$145

Level One is for beginning students. Content includes ABCs, numbers, meet and greet, family, colours, fruits and veggies, time, calendar, transportation, questions, giving directions, as well as group practice and play! This course offers 12 hours of in-person instruction. Level Two is for individuals who have completed Level One.

Nanaimo

Level 1

Tuesdays, Jan 23rd – Feb 27th, 6p–8pm
6 classes @ 2 hours each

Level 2

Mondays, Jan 22nd – Mar 4th 6p–8pm
6 classes @ 2 hours each

* No class on February 19th

Victoria

Level 1

Wednesdays, Jan 17th – Mar 6th, 7–8pm
8 classes @ 1.5 hours each

Level 2

Thursdays, Jan 18th – Feb 22nd, 6–8pm
6 classes @ 2 hours each

Stay tuned for our new monthly mail-out or visit idhhc.ca for more classes in the spring!

OUR COMMUNITY PARTNERS

IDHHC is excited to partner with Provincial Deaf + Hard of Hearing Services (PDHHS). Some of these family activities will be hosted in IDHHC spaces, please contact the PDHHS team (FS@gov.bc.ca) for registration information or check the IDHHC website.

Victoria + Area Partner Activities

- **Skating Family Day** at Pearkes with crafts + storytelling | **Sunday Jan 14th, 1:30-3:00pm**
- **Crafternoon & Storytelling** at IDHHC with a Well-Being Program workshop for parents
 - Valentine's **Sunday Feb 11th, 1:00-2:30pm**
 - Spring Break **Friday Mar 22nd, 1:00-2:30pm**
- **Youth Art Night** | Hosted at IDHHC | **Thursday April 11th 6:00-7:30pm**

Nanaimo + Area Partner Activities

- **Family Paint Day in Nanaimo** | Hosted at IDHHC | **Saturday Feb 24th, 10:00am-2:00pm**
 - Guided painting with canvas hosted by IDHHC's Janet MacDonald. For parents + teens
 - Craft/painting for children. Location to be determined
- **Family Event** | Wildlife Recovery Centre in Errington | **Saturday Apr 27th, 10:00am-12:00pm**
- **Family Event** | Forever Fishing in Courtenay | **June 15th or 16th [Date and time TBD]**
- **ASL Storytelling** | Vancouver Island Regional Library in Nanaimo - Harbourfront location
Last Saturday of each month | Jan 27th, Feb 24th, Apr 27th, May 25th, 2:00-3:30pm
- **ASL Storytelling** | Hosted at the Powell River Public Library
Last Monday of each month | Jan 29th, Feb 26th, Apr 29th, May 27th, 2:00-3:30pm

IDHHC is pleased to announce a new partnership with Silver Threads Victoria, a charitable, not-for-profit society that enhances social connections and well-being for individuals 55+. Please note the below IDHHC workshops are being hosted at the Silver Threads Victoria location.

Register online silverthreads.ca, by phone 250.388.4268, or in person at 1911 Quadra St.

- **Let's Talk** | 10 Sessions Small-group speechreading + communication strategies course
\$160 [\$125 for Members] | Thursday from March 1st to April 4th 9:30-11:30am
- **Tech Tips with Kelsey** | As a cochlear implant user + tech guru, Kelsey can assist with any of your tech questions. She'll explain the complicated tech world in simple language and processes that are easy to follow and understand.
\$15 per session | One hour sessions offered every Tuesday afternoon by appointment