



# connect.

CONNECTING VANCOUVER ISLAND & THE GULF ISLANDS

**Our 30 Year Celebration continues with the story of Giving Pioneers!**



Join us inside (page 2) to learn more about Jim and Mae Robinson and their story as pioneers of monthly giving to IDHHC for the last 20 years! Then read page 5 and learn more about our Building Inclusive Communities fundraising campaign. There, you can also find the link to our first Celebrating 30 Years video released in March.

You can also celebrate 5 years of Sound of Change with us (page 3)!

And read about the latest workshops, parents-only chats, and how to access communication devices.

See who is doing great things in our community, how we plan to celebrate Hearing Health Month in May, and how to hone your interview skills.

*Enjoy!*

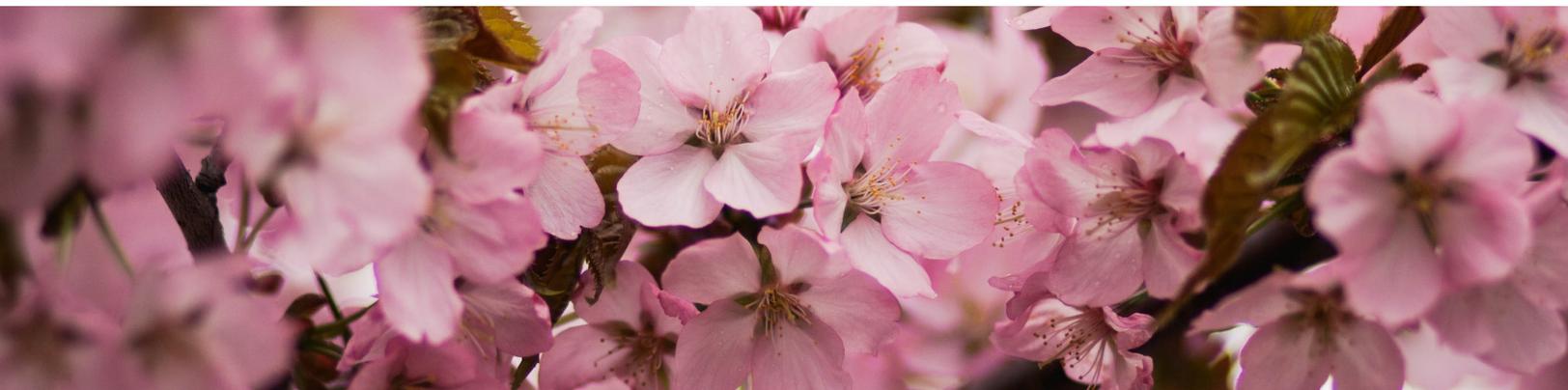
## UPCOMING IDHHC EVENTS

- APR 15:** Post-Secondary Success
- APR 26:** Plan for End-of-Life Care
- MAY 11:** Understanding Hearing Loss Talk
- JUN 23:** Personality Types in the Workplace

*SEE PAGES 7 - 8 FOR MORE INFO*

## INSIDE THIS ISSUE

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## CELEBRATING 30 YEARS

Island Deaf and Hard of Hearing Centre (IDHHC) is celebrating 30 years providing programs and services to individuals and families across Vancouver Island and the Gulf Islands. As we look back on these years we reach out and connect with individuals that have been part of the IDHHC story over the years.

Not long ago I had the pleasure of “socially distancing” with Jim and Mae Robinson at their home in the Comox Valley. I was excited to meet with these monthly donors that have been contributing to our agency for an astounding 20 years!!! Here is a small excerpt of the conversation with these two amazing supporters.



*In 2001, I (Jim) experienced a sudden and profound hearing loss. I had heard about IDHHC though my work. I reached*

*out to IDHHC in Victoria and soon joined Janet Holland's (Audiologist) Hearing Loss Support Group.*

*Experiencing profound hearing loss was very difficult – struggling to communicate and often using pen and paper to get information across. In the group knowing that others were having the same experience and that you were not the only one was helpful.*

*In the group, we talked about the fact there was no government funding for programs or services for people with hearing loss. I made the suggestion that we do a fundraising campaign to help raise money for IDHHC and spread the word about the good work that was being done. As part of the fundraising, I suggested we should get people to become monthly donors – and*

*so we became a monthly donors! We moved to Comox in 2006 but we continued to be monthly donors because you people do great work.*

*IDHHC is the best organization going! Lots of people get forgotten and left behind when you have hearing loss, but you guys spearhead and get the word out about services and technology.*

*And you are **trustworthy**. We give to a few other organizations, but we make a point only to give to those that use the money for services and not all for administration.*

*You are doing important work and we wish to see you keep growing and providing services that so many people need! We hope that more people will donate and help you continue to provide the wonderful services you deliver.*

After 20 years the only change that Jim and Mae made to their monthly donations to IDHHC was to increase the amount they give each month! For their amazing twenty years of generosity and giving, and permission to tell their story, we are truly grateful.

As we acknowledge IDHHC's 30 years of growing and learning, we invite you to join the Robinsons and others by signing up at as a monthly donor and contribute to our Building Inclusive Communities campaign. (see more on page 5)

We celebrate the past, and together we work for a future that will reduce barriers and isolation, improve access and technology, and build strong and inclusive communities.

Thank you.

*Denise Robertson*

EXECUTIVE DIRECTOR



## SOUND OF CHANGE

### The Sound of Change Initiative (SoC) is celebrating its 5th Anniversary!

*Since 2016, we have helped over 575 individuals (45 are returning clients) receive 1,050 refurbished hearing aids for FREE – equal to a retail value of approximately \$2.5 million dollars.*

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Sound of Change was established in April 2016 to remove barriers for vulnerable and at-risk populations, including low-income seniors and adults. This initiative provides comprehensive hearing health services and technology in the form of a full hearing assessment, hearing aid fittings, family support, aural rehabilitation, communication assistance, and employment support.



Our fully equipped audiology clinics in Victoria and Nanaimo have modern, state-of-the-art technology to serve our communities. Victoria's audiologist, Edward Storzer brings over 18 years of experience in audiology, focused on diagnostics and amplification. His background includes research in auditory processing in aging adults. He has been thrilled to grow the Sound of Change program to where it is today. Nanaimo's audiologist, Stephanie Renaas, has been both part of IDHHC's staff AND client base! She was born deaf and is a cochlear implant/hearing aid user. Stephanie speaks as well as uses American Sign Language (ASL) to communicate. The Sound of Change program is Stephanie's favorite part of IDHHC as it encompasses the reason why she became an audiologist.

Our hearing health and administration staff are here to help individuals with the intake process and answer any questions about our services. The Sound of Change program also includes the valuable support and services from audiologist Stacey Frank, our volunteers Chuck Filtness at our Victoria office and Gwen Burton at our Nanaimo office.

The success of the Sound of Change is attributable to our generous donors. We are always in need of previously loved hearing aids that can be refurbished and given to those in need; donations can be dropped off or mailed to either location.

Without the generosity of donors to cover wages and costs IDHHC would not be able to provide this and other initiatives. We need ongoing support from our community across Vancouver Island to ensure these valuable and life-changing services remain accessible. Give us a call or send us an email or letter to make your gift today. Through support from our communities and donors, we look forward to serving many more vulnerable and at-risk people, including low-income seniors and adults in our Sound of Change Initiative in the years to come.

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#### **CALL TO ACTION AND SPREAD THE WORD!**

Do you know someone in need of hearing aids that can't afford them? Please tell them about us and support them to reach out and set up an appointment. Do you know anyone who is working and needs hearing aids but cannot afford them? Encourage them to email or call us so we can determine eligibility for Assistive Technology to help cover the cost of new hearing aids. Send us your used hearing aids and technology and call or email us to make your donation today. **Thank you!**



# BOARD OF DIRECTORS

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. As a small non-profit we cannot do this work alone. 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.

## INTERVIEW WITH MICHAEL HAYES, BOARD MEMBER



**Why did you join IDHHC's Board of Directors?** My audiologist referred me to IDHHC as I was looking for some assistive devices to help me in my day-to-day activities especially for talking on the phone. Turned out a colleague of mine was on the Board and encouraged me to join. I began wearing hearing aids in my mid-forties and always made sure that my students (I was a teacher) were aware that I wore aids. I found the greatest challenge came not in the classroom but in meetings where I was not always able to see the person speaking.

**What do you enjoy about being a Board**

**member?** It has been a rewarding adventure that I have not regretted for a moment. While there have been challenges along the way, particularly in the constant search for funding, we have an experienced, competent and committed Board of Directors, highly skilled staff, and tremendous resiliency and optimism. We are actively building social enterprise opportunities that will ease our reliance on donations and grants.

**Would you encourage others to join the board and if so why?**

Most definitely!! If you are looking for a way to use your professional and personal skills in a rewarding volunteer environment, I strongly recommend that you visit the IDHHC website and learn more about what we do. If it feels like a fit for you, get in touch with us and we will begin a conversation that could make us all stronger.

Please join us as we welcome our two newest Directors to the Board as of March 2021.

**Welcome Simone Connor and Don Monsour!**

*Check out our website for their photos and bios, coming soon!*

## BOARD AND 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! Deaf, DeafBlind, Hard of Hearing, LGBTQ2+ and BIPOC individuals are encouraged to apply. Please reach out for more information.**

[communication@idhhc.ca](mailto:communication@idhhc.ca)

**To learn more about becoming a board or committee member, check out our brochure by clicking below!**





## CELEBRATING 30 YEARS

As we celebrate our 30th Anniversary we invite everyone to join us in the “Building Accessible Communities” Campaign!

Click the link below to see our very first video in our Celebrating 30 Years video series!

[www.youtube.com/watch?v=CIE3xPqeSS8](http://www.youtube.com/watch?v=CIE3xPqeSS8)



To acknowledge our 30 year history and to help build for the future, we need our friends and partners to support our continued work.

### OUR GOAL FOR THIS YEAR'S CAMPAIGN

- + 10 new donors each making a \$3000 donation
- + 30 new donors giving a gift of \$100.00
- + 50 new individuals signing up for monthly donations at \$30

There are many ways to give. And every gift counts. We need the support of all of you, family and friends.  
**Please join us today and make a donation.**

Send us an email, send us a letter, give us a call.  
We can help you set up your gift, today.  
**Help us to continue Building Accessible Communities!**

**From all the people IDHHC will serve today, and for the next 30 years, thank you for your support and generosity!**

*For more information about the campaign or making gifts and donations please contact Denise Robertson at 250.592.8144 or via email at [denise@idhhc.ca](mailto:denise@idhhc.ca)*

## INTERPRETING & CAPTIONING SERVICES

Requests for Interpreting and Captioning services continues to be extremely busy because of increased demand for virtual meetings and events. IDHHC coordinates Community Interpreting Services (CIS) and captioning requests for Vancouver Island and the Gulf Islands. Under the Corporate Supply Agreement (CSA), we have an arrangement across all areas of the government to provide American Sign Language interpreting services. We coordinate services across the entire province specifically for all Ministries within the Provincial Government as well as government affiliates.



Through the CSA, we coordinate interpreting services for the weekly Government Announcements with Premier Horgan, Minister Dix, and Dr. Henry. Since March 16, 2020 we have coordinated interpreting services for a total of 474 COVID-19 Government announcements.

Between January 2021 – March 2021, our team has arranged over 900 hours of interpreting and captioning services, averaging 69 hours of service per week.

IDHHC contracts a roster of highly qualified professional Registered Sign Language Interpreters throughout the province who have all adapted to virtual methods of service to meet the current demands as a result of the pandemic. We also work with a committed pool of trained TypeWell transcribers who provide real-time captioning services for meetings held over Zoom, MS Teams, or other online platforms. While some platforms have auto captioning this never replaces the services of a live person captioning a meeting either in person or virtually. Auto captioning is often fraught with errors that can significantly skew the message.

The commitment and flexibility of the interpreters and captionists ensures that all appointment requests are fulfilled. That commitment is greatly appreciated and our relationship with them is based on respect and gratitude for the services they provide to the diverse communities we serve.



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## FAMILY & COMMUNITY SERVICES



Communication is a family affair! Our staff work with Deaf, DeafBlind, and hard of hearing individuals and their families to understand and address communication needs. We help to build your inner resources through an understanding of hearing loss, identity, and the tools that are available to assist you. We're here to support you with daily life issues and during times of transition. Please connect with us if you have any questions.

As well as individualized support, our staff strive to empower and inform our client communities by offering relevant groups and workshops. Please check out the listings in this newsletter for our current online events. If there is a topic you'd like to learn more about, please contact us!

# EMPLOYMENT SERVICES

## WHAT WE PROVIDE

- + Assessment of interests and abilities to form training or career plans
- + Assistance with job search skills, resume writing and interview techniques and more
- + Referrals to job vacancies and employer introductions and assistance negotiating jobs
- + Access to funding for training, technical aids, hearing aids, essential employment tools/ clothing, wage subsidy, self-employment, transportation & other costs associated with employability (must meet eligibility requirements for funding supports)
- + Support to connect to other employment resources
- + Arranging interpreters or captioning for interviews, training, and staff development
- + Coaching and support once hired for the first year on the job

## WHAT WE'VE BEEN UP TO

In addition to helping people find work and sustain their employment, the Employment Services team has been busy creating and facilitating job search related workshops including: Interview Skills; Linked-In – Beginner and Intermediate levels; and Virtual Informational Interviews; as well as workshops related to decreasing stress and increasing fun, including a Paint Night!



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# COMMUNICATION DEVICES

As mentioned in our previous newsletter, IDHHC has a variety of communication devices available for purchase. Since we have had many recent inquiries about alerting systems, it seemed like the perfect item to feature in this newsletter.

Alerting systems use transmitters and receivers to notify the user of noises in their environment (doorbell, alarms, smoke detectors, telephone, etc.) using high decibel alarms, flashing lights, vibrations, or a combination of all three.

One of the systems we have been recommending is the SonicAlert HomeAware Master Kit (shown below).



This is a complete home alerting system that includes a scrolling alert display, alarm clock, bed shaker, smoke and carbon monoxide detector, doorbell and has battery back up. Additional transmitters and receivers are also available.

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## COMMUNICATION DEVICES GARAGE SALE

Are you looking for an amplified telephone, TV listening system, a receiver for your church/ community centre's sound system, or a new bed shaker for your alarm clock? IDHHC is clearing out their technology cupboards and we have an assortment of used devices available for members, clients, friends, and family. All sales will be by donation, but no one will be denied if they are not able to make a donation at this time.

**SATURDAY, APRIL 24 @ 11AM - 1PM**

*IDHHC Victoria Parking Lot  
1555 McKenzie Avenue*



**All workshops and events will be conducted using Zoom.  
To register and for further information, please email [idhhc@idhhc.ca](mailto:idhhc@idhhc.ca).**

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

## FAMILY & COMMUNITY

### POST-SECONDARY SUCCESS:

#### A VIRTUAL REALITY

THU, APRIL 15 @ 6:30 - 8PM



The transition to post-secondary learning is a big leap. For all students, a lot of preparation and planning is required to ensure a successful transition. Deaf and hard of hearing students have additional considerations to build into their planning, now more than ever. Due to the pandemic, online learning has become the accepted model of course delivery. This session will provide some tips and information to assist students with navigating the transition process and online learning.

*REGISTER BY APRIL 12.*

### PLAN FOR YOUR CURRENT HEALTH & END-OF-LIFE CARE

MON, APRIL 26 @ 6:30 - 8PM

Presented by Felicia D'Amato & Tammy Gray



Are you wondering about your future? Planning ahead is important! While aging is something that happens to all of us, you do have choices in what you would like to have happen to you in different situations. Come learn about advanced care planning that includes information about housing, finances, and how to make plans for your future!

*REGISTER BY APRIL 21.*

### ASL BINGO WITH SUSANNE

THURSDAYS @ 4 - 5PM

APRIL 29 - MAY 7

For D/HH children aged 5 - 8. Parents will need to be available for set-up and participation with the young ones. Please register to receive Zoom invitation and Bingo cards.

### ASL COFFEE & CHAT WITH JOLENE

MONDAYS AT NOON - 1PM

APRIL 19 - MAY 17

Guided ASL conversational practice for parents. A great opportunity to develop confidence in your signing skills! Foundational ASL skills are required to participate. Please register to receive Zoom invitation.

### DADS' ASL CHAT WITH JAMES

TUESDAYS @ 6 - 7PM

APRIL 27 - MAY 25

Topic-focused chats with the guys. How about those Canucks? Foundational ASL skills are needed to participate. Please register to receive Zoom invitation.

### ASL CLASSES

For individual families with school-aged D/HH kid(s) or D/HH family member(s). Our staff can set up ASL classes specifically to address your family's communication needs! Please contact Alex in Nanaimo ([alex@idhhc.ca](mailto:alex@idhhc.ca)) or Susanne in Victoria ([susanne@idhhc.ca](mailto:susanne@idhhc.ca)) to discuss details.





# COMMUNITY

GET INVOLVED IN BRITISH COLUMBIA

## SHOUTOUT TO...

We want to celebrate and acknowledge individuals, business, and groups working to ensure equitable access for Deaf, DeafBlind, and hard of hearing individuals.



*CBC for ensuring their Vaccination Town Hall was inclusive with ASL interpreting services.*



*Government Communications and Public Engagement for their partnership with IDHHC in requesting interpreting services for all the COVID-19 and provincial broadcasts over the past year.*



*Intrepid Theatre for all their efforts to set up captioning and interpreting services for their virtual events throughout the past year.*



**Thank you for all you do and will continue to achieve to ensure accessibility for all!**

## SVIAD BOTTLE DRIVE

South Vancouver Island Association of the Deaf (SVIAD) would like to thank all those who have been supporting their bottle drives over the past few months. Your support is greatly appreciated and much needed for SVIAD's Annual Activities.

Please continue to save your recyclable cans, bottles and drink containers and come to the upper parking lot of IDHHC at 1555 McKenzie Avenue to donate them on the following dates:

**SATURDAY, APRIL 24 @ 11AM - 1PM**

**SATURDAY, JUNE 26 @ 11AM - 1PM**

Check out their Facebook page at:

[www.facebook.com/profile.php?id=100012067141217](https://www.facebook.com/profile.php?id=100012067141217)





## NATIONAL ONLINE HEARING LOSS PEER MENTORING PROGRAM



*(For Immediate Release) January 28, 2021*



The Canadian Hard of Hearing Association (CHHA) is pleased to announce its **National Online Hearing Loss Peer Mentoring Program** will officially launch on February 1, 2021. The virtual online mentoring program will be available for Canadians seeking guidance and mentoring in adjusting to their hearing loss. The mentoring program will have trained volunteer peers who can relate to hearing loss issues by providing support through the online platform.

“We are thrilled to offer the **Mentoring Program** across Canada. The program’s success with our CHHA-BC Chapter under the leadership of Dr. Ruth Warick and Dr. Marilyn Dahl has allowed us to expand our outreach to connect with more Canadians,” said Lee Pigeau, CHHA National Executive Director. The pandemic’s current situation has created additional barriers to accessibility, making it very challenging for individuals to be active and connected in their communities. Our goal is to ensure Canadians, especially our seniors in remote and rural populations that may be experiencing social isolation, will benefit from our mentoring program connecting with some incredible mentors.”

“The launch of the **Mentoring Program** comes at a perfect time to ease the isolation a person may feel from having a hearing loss which affects

communications and social interactions. Through virtual platforms, persons with a hearing loss can take part in the program wherever they live in the country at a time convenient to them. In the privacy of their own home, they can have one-on-one confidential discussions with someone else who truly understands what it is like to live with a hearing loss and. The mentors in the program are peer experts, generously donating their time and expertise to share their knowledge and experience with mentees,” said Dr. Ruth Warick.

The program is free and available to all Canadians who have a hearing loss. The mentoring program’s benefits will help individuals acquire skills in managing their hearing loss in everyday life, achieving optimal well-being and personal fulfillment. Individuals will be linked up with a trained mentor who has the experience of living with a hearing loss.

*Visit below for more details and to sign up.*

[www.chha.ca/mentor/](http://www.chha.ca/mentor/)

### **About the Canadian Hard of Hearing Association**

The Canadian Hard of Hearing Association (CHHA) was established in 1982 and is Canada’s leading consumer advocacy organization representing the needs of the nearly 4-million people living with hearing loss. With a network across Canada, CHHA works cooperatively with hearing loss professionals, service providers, government and provides life-enhancing information, support, and advocacy to ensure people with hearing loss are able to overcome barriers in all aspects of their lives.

*To learn more about the Canadian Hard of Hearing Association, visit:*

[www.chha.ca](http://www.chha.ca)

# APPLE STORES OFFERING FREE SIGN LANGUAGE INTERPRETER APPOINTMENTS

## 9TO5Mac

**FEBRUARY 25, 2021 - BY 9TO5Mac,**  
<https://9to5mac.com/2021/02/25/apple-retail-store-sign-language-interpreter-appointments/>



Apple is now offering prescheduled support from sign language interpreters at hundreds of its retail stores in nearly a dozen countries. The service is provided to customers by appointment at no cost.

Starting today, customers can visit the webpage for their local Apple Store and request a sign language interpreter for their next store visit. The request link will send an email to the store, and

Apple will follow up to arrange an appointment.

Currently, sign language interpreter services are available by appointment at Apple Stores in the US, UK, Australia, Canada, France, Germany, Italy, Sweden, Switzerland, Belgium, and Austria.

Apple has long been a leader in retail accessibility and began offering ASL interpreters at its flagship D.C. Carnegie Library store in 2019. The company has a partnership with Gallaudet, a university providing education for the Deaf community. Over 30 members of the Deaf and Hard of Hearing community are employed at the Carnegie Library store.

Today at Apple creative sessions hosted both in-store and online are also often supported by sign language interpreters, and Apple installs assistive listening systems at all of its stores outfitted with a Video Wall for live events.

Last year, Apple began offering transparent face masks to its retail and corporate employees to help those who are hard of hearing better understand speech.

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## LIVE TRANSCRIPTION ON ZOOM



**FEBRUARY 24, 2021 - BY ZOOM,**  
[https://blog.zoom.us/update-on-](https://blog.zoom.us/update-on-live-transcription-for-free-accounts/)

[live-transcription-for-free-accounts/](https://blog.zoom.us/update-on-live-transcription-for-free-accounts/)

As part of our commitment to connecting users across the world, we are focused on continually enhancing our features to provide a platform that is accessible to all of the diverse communities we serve. Among the Zoom Meetings accessibility features we offer to all users are manual closed captioning, keyboard accessibility, pinning or spotlighting interpreter video, screen reader support, and a range of accessibility settings. Now we are excited to announce that we are looking to take our efforts a step further and are working towards making automatic closed captioning

—what we refer to as “Live Transcription”—available to all of our users in the fall of 2021.

To help free account holders who require Live Transcription, starting today and up until the feature’s broader release, we will also be offering automatic closed captioning to meeting hosts upon request. To sign up, please enter your information in this form (link below). You will receive a confirmation email with more details. Since we expect a high volume of requests, we appreciate your patience as we work to make automatic closed captioning available for all of our users.

[Form to Request Access to Live Transcription](#)

# WORLD REPORT ON HEARING

On March 3, 2021 (World Hearing Day) The World Health Organization delivered their World Report on Hearing.

This document, based on the best available evidence, presents epidemiological and financial data on hearing loss and outlines available cost-effective solutions through integrated people-centered ear and hearing care.

The report proposes a set of key interventions that must be delivered through a strengthened health system. It was developed in collaboration with experts and stakeholders in the field of ear

and hearing care and reflects a range of cultural contexts and approaches to hearing care.

The report is global in its reach while keeping a special focus on low and middle-income countries, where the number of people with hearing loss is not matched by the availability of services and resources. The interventions include recommendations and targets for policy-makers that address hearing screening, ear disease prevention and management, access to technologies, rehabilitation services, improved communication, noise reduction, and greater community engagement.



**NEARLY 80%** of people with hearing loss live in low-income and middle-income countries

**The majority of people with hearing loss do not have access to interventions**

**Ear and hearing care interventions are cost-effective**

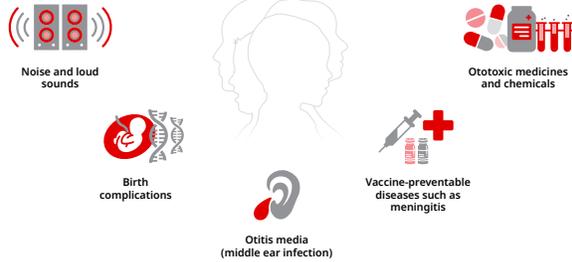
**Unaddressed hearing loss is expensive** to communities worldwide and **costs governments US\$ 980 billion annually**

**EXPANDING ACCESS TO EAR & HEARING CARE SERVICES REQUIRES INVESTMENT**

**US\$ 1.40** An annual additional investment of less than US\$ 1.40 per person is needed to provide ear and hearing care services

Over a 10-year period, this promises **a return of nearly US\$ 16 for every US dollar invested**

Public health measures can **prevent** hearing loss caused by



At every stage in life, hearing loss can be **addressed** through

SYSTEMATIC SCREENING TO IDENTIFY HEARING LOSS EARLY IN



In children **60%** of hearing loss can be prevented

Over **1 billion** young adults are at risk of permanent, avoidable hearing loss

Across life, **good ear hygiene** will prevent many causes of hearing loss

TIMELY AND APPROPRIATE CARE CAN BE PROVIDED THROUGH EFFECTIVE INTERVENTIONS SUCH AS



Universal access to quality ear and hearing care is possible through



**KEY RECOMMENDATIONS** TO ENSURE UNIVERSAL ACCESS TO QUALITY EAR AND HEARING CARE

DEVELOP EVIDENCE-BASED POLICIES

PROVIDE WORKFORCE EDUCATION & TRAINING

PROMOTE TASK-SHARING ACROSS WORKFORCE & TELEHEALTH SERVICES

INCLUDE HEARING TECHNOLOGIES AS ESSENTIAL ASSISTIVE PRODUCTS

MONITOR EAR AND HEARING CARE (EHC) INDICATORS THROUGH NATIONAL HEALTH INFORMATION SYSTEMS

PRIORITIZE IMPACT-ORIENTED RESEARCH



World Health Organization

For more information or to download the World Report on Hearing, visit:

[www.who.int/publications/i/item/world-report-on-hearing](http://www.who.int/publications/i/item/world-report-on-hearing)





## 50 TIPS FOR BEATING STRESS

2020 has been a bear of a year and stress has accumulated for most of us. Whether you have been job searching, working through COVID, laid off work, or are retired, now, more than ever, it's time for some self-care. Here are 50 different ways to help reduce stress.

**YOUR ENVIRONMENT +** What's around you, what you see, smell, hear, touch and taste affect how you feel. What makes you drop your shoulders and say, "Ahhhh"? Look for ways to bring beauty to your environment:



- 01. Light a scented candle
- 02. Create coziness with warm lights
- 03. Buy a bouquet of flowers for yourself
- 04. Create a collection of things you love
- 05. Snuggle under a blanket with a book
- 06. Declutter your main living area

**YOUR THINKING +** How you think about events and information determines your emotional reactions, so dwelling on problems, thinking of the worst-case scenarios, and beating yourself up over mistakes will all increase your levels of stress. On the other hand, allowing yourself to make mistakes and move on, focusing on the best possible outcome will reduce your stress load. Here are some strategies:



- 07. Try looking at a problem from a different perspective
- 08. Look for silver linings
- 09. Meditate on positive words
- 10. Appreciate the small gifts in the everyday – a beautiful sunset, a sunny day ...
- 11. Visualize and focus on outcomes you desire
- 12. Plan something to look forward to like a trip to a beautiful destination (when safe of course!)

**YOUR CREATIVITY +** Creativity is a great way to channel stress into beauty. Use the arts to relax and process your challenges at the same time. Product is not as important as process. Give these a try:



- 13. Write in a journal
- 14. Write a letter to a friend or family member
- 15. Take an online painting/drawing class
- 16. Learn a new instrument online
- 17. Learn to knit/crochet/needlework
- 18. Join an online singing class

**YOUR PHYSICAL BODY +** Often, you will feel stress in your body through tight muscles, nervous movement, and stiffness. To reduce stress, move your body through stretching, aerobic exercise, or rhythmic motion and create better sleep habits. Care for your body by making healthy nutritional decisions. Try the following to reduce stress physically:



19. Put your favourite music on and dance like no one is watching
20. Take regular walks in nature
21. Give yourself a foot massage or warm foot bath
22. Eat extra fresh vegetables
23. Take an on-line yoga or fitness class
24. Go to bed earlier

**YOUR HUMOUR +** Laughter diffuses tension and lowers blood pressure. Try these to chuckle away your stress:



25. Watch a good comedy on Netflix
26. Watch your favourite comedy series rerun
27. Reminisce with an old pal about fun times you had together
28. Try a Laughter Yoga Youtube video
29. Read a humorous book

**YOUR SPIRITUALITY +** We are holistic beings, and the spiritual part of us can help soothe stress too. Try these spiritual strategies as a preventative measure for stress:



30. Try Buddhist chanting; or prayer
31. Meditate
32. Practice gratefulness
33. Listen to some relaxing/positive music
34. Sing joyful/meaningful songs
35. Do something kind for another daily

**MANAGING YOUR LIFE +** Some stress is created or increased because of procrastination, disorganization, and inattention to details. By managing time, money, plans, and clutter, you can make a difference in how you feel in as little as 15 minutes. Some management strategies are:



36. Say “no” to too many commitments in your day
37. Prioritize tasks
38. Make and follow a budget
39. Organize a closet/cabinet
40. Set goals for the new year

**YOUR RELATIONSHIPS +** As long as we interact with people, we will have relational stress. This is even more important in relationships that are meaningful to us. But, just as relationships may create stress, they are also a source for reducing stress. Try these relational strategies to decrease stress:



41. Cook a special meal for a loved one
42. Be kindly assertive
43. Make an extra effort to reach out to friends and family
44. Chit chat with people in a store line-up
45. Forgive a hurt

**GETTING OUTDOORS +** Being outside can adjust our attitude by giving us a new perspective. No matter what the weather or temperature, dress appropriately and enjoy some fresh air for a quick or leisurely stress reliever. Some outdoor strategies that might be helpful are:



46. Sit on a park bench and focus on your senses
47. Star or cloud gaze
48. Take a stroll after dinner
49. Take a walk in the forest (forest-bath!) or by the ocean
50. Take a scenic drive for a different view on life (literally!)

Reference: Seaward, B. L. (2006). *Managing stress: Principles and strategies for health and wellbeing* (5th ed.). Sudbury, MA: Jones and Bartlett Publishers.



# THINGS WE LOVE

THESE COME HIGHLY RECOMMENDED

## FILMS



### Godzilla vs. Kong (2021)

Kong and his protectors undertake a perilous journey to find his true home. Along for the ride is Jia, an Deaf orphaned girl who has a unique and powerful bond with the mighty beast. However, they soon find themselves in the path of an enraged Godzilla as he cuts a swath of destruction across the globe. The initial confrontation between the two titans -- instigated by unseen forces -- is only the beginning of the mystery that lies deep within the core of the planet. *(Watch it on HBO Max or Google Play.)*

## BOOKS



### Future Girl, written and illustrated by Asphyxia:

Future Girl is a captivating own-voice coming-of-age novel set in near future Melbourne, that bursts with passion, resilience, optimism and joie-de-vivre.

Future Girl is a 384 page full-colour illustrated novel for ages 13 to adult, that explores Deaf identity, peak oil and the coronavirus-like chaos it could create, and self-expression through art journals.

Offering an authentic window into the world of the Deaf, Future Girl is also rich with romance, a fraught and complicated mother-daughter relationship, inspiration to live more sustainably, and guidance for those interested in art-journaling. It's absorbing, interesting, motivating and important – all in one. If you are d/Deaf, you will relate to this story and emerge equipped to better articulate your own experiences to others. If you are hearing, you will learn more than you

thought possible about the subtleties of d/Deaf life. If you want art journal inspiration, this book will launch you on a life-long journey of stunning visual self-expression.

About the author, Asphyxia: I am an artist, writer, public speaker, avid art-journal creator and the author of the much-loved junior fiction Grimstone series. Deaf since the age of three, I learnt to sign when I was eighteen, which changed my life. I am now a Deaf activist, sharing details of Deaf experience. I raise awareness of oppression of Deaf people and what we can all do to change this. I live on a small farm where I combine food-growing with art. Future Girl combines all these passions.

Click link below to watch a book review in Auslan (English captions) by Drisana Levitzke-Gray, Young Australian of the Year 2015.

[www.youtube.com/watch?v=sJNe1so5thE](https://www.youtube.com/watch?v=sJNe1so5thE)

## ONLINE



**The Sound Off Ladies:** The Sound Off Ladies is an inclusive and Deaf-friendly videocast/podcast. The Sound Off Ladies began as weekly group calls among friends. Quickly, the four co-hosts realized that they wanted to share their discussions with the world. Hosted by Marlee Matlin, Alexis Kashar, Liz Tannebaum, and Wendy Adams, The Sound Off Ladies tackle current events, interview high-profile guests, and discuss hot topics in a brand new, inclusive format.



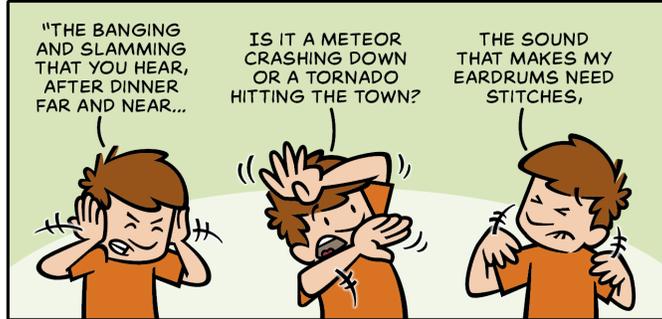


# THE FUNNIES

HAVE A LAUGH

## THAT DEAF GUY

BY MATT & KAY DAIGLE



## PICKLES

BY BRIAN CRANE

