



What's Up?

Southwest Washington
Center of the Deaf and
Hard of Hearing

Sept—Dec 2007




Meet your new Director at SWCDHH!



See Page 2 for introduction

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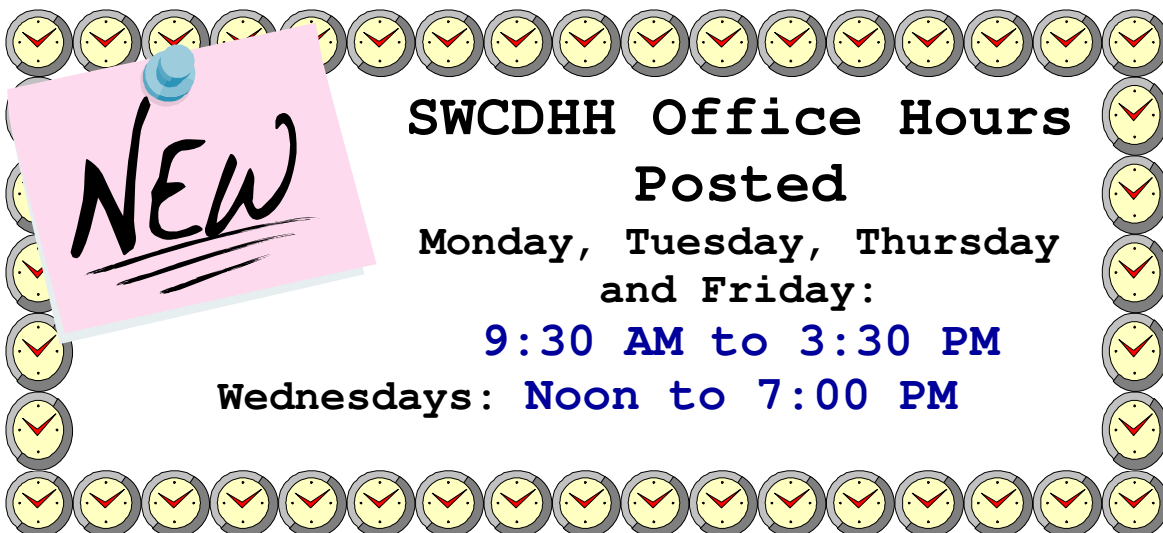


SWCDHH Office Hours Posted

Monday, Tuesday, Thursday
and Friday:

9:30 AM to 3:30 PM

Wednesdays: **Noon to 7:00 PM**



Director's Message:

From My Fingers to Your Eyes

SWCDHH Community Members,

Hello!

I would like to introduce myself. My name is David Viers and I have been hired as SWCDHH's new Executive Director. I have been officially on the job since July 9, 2007. I have been getting myself settled in, trying to organize things in a way that makes sense to me. The work here is both interesting and challenging.

Our Case Manager and former Acting Director, Laurie Guggenheim, has been of invaluable assistance in this regard. I want to take this opportunity to commend her for doing an excellent job of holding the place together while still doing her own Case Management duties during the months since the retirement of the last Director (Rusty Wales). Many thanks to her for this past work and for her assistance and tutoring now. While I am on the subject of appreciation, I should also say that, although I have worked most closely with Laurie, we appear to have a very dedicated and knowledgeable staff across the board. I look forward to working with them.

My name and/or face may be somewhat familiar to some of you because I have previously served on SWCDHH's Board of Directors for approximately 2.5 years, the last 1.5 years in the position of Chairperson – so you may have heard about me or seen me at some of SWCDHH's past functions. I actually resigned from the Board so that I could apply for this position.

To give you a thumbnail sketch of my background, I lost a great deal of my hearing through work-related noise exposure – to the point that I closed down the company I had started and run for six years (a data processing service bureau). It was in the course of taking an ASL class at PCC that I was introduced to both the Deaf Community and Self Help for Hard of Hearing People (SHHH). I ultimately became the founding President of the Portland SHHH chapter back in 1985. Since then, I have served on numerous Boards and committees associated with both Deaf and Hard of Hearing people. One of my more interesting experiences was to get a RCD (Rehabilitation Counseling: Deafness) Master's degree from Western Oregon University.

On a personal note, I am married and have two children still living at home: daughters, ages 11 and 13. In addition, I have a son (age 40) and a step-daughter (age 24). I like to think that my kids keep me young-at-heart.

I look forward to seeing you here at the Center and/or our various functions.

David

PS - By the way, to give credit where it is due, I should mention that the title of my Newsletter Messages, "From My Fingers to Your Eyes" is a twist on the title used by my friend, Michael Eury, Editor of the Hearing Loss Association of Oregon's Newsletter (formerly SHHH of Oregon). His Editor's Message is entitled "From My Lips to Your Ears" which I am sure is a take-off on the expression "From Your Lips to God's Ears".

Memorial Pilots Remote Interpreting System

It has only been around for a few weeks, but the staff at Memorial's Urgent Care Center (at 3400 Main Street in Vancouver) already has a pet name for the new Language Line Video Interpreting Service.. They're calling it "Rover" because of the machine's ability to move around from room to room. Language

Line is a pilot program designed to save money and improve the patient for those who use American Sign Language (ASL). This is very similar to a Video Relay Service, but the video screen and related equipment is portable and can be moved from room to room and from place to place within a room.

Under normal circumstances, patients needing ASL interpreter services often have to wait before a qualified ASL medical interpreter could be located and brought into the clinic. Now, patients can get access to video-related ASL interpretation within a few minutes, 24 hours a day, seven days a week. An interpreter appears on the monitor screen directly in front of the patient. Because Rover is mobile, registration and other information can be handled in the privacy of the patient's room. Southwest Washington Medical Center (the "parent" company of Memorial Urgent Care Center) hopes the pay-per-use service will reduce its overall on-site interpreting costs, while improving the patient care experience.

Editor's Note: David Viers and Frank Mounts of SWCDHH were invited to Memorial to view this system in operation. Role-playing was done with David as the doctor and Frank as the patient. Frank's medical procedure was a "success". Both David and Frank were impressed by the entire operation.



Southwest Washington Center of the Deaf and Hard of Hearing

3015 E. Evergreen Blvd. Vancouver, Washington 98661

Serving Clark, Cowlitz, Lewis, Pacific, Skamania, and Wahkiakum Counties



SWCDHH STAFF

David Viers, *Executive Director*

Steven Brown, *Case Manager*

Frank Mounts, *Program Specialist*

Karen Tanner, *Program Assistant*

What's Up?! is the newsletter of the Southwest Washington Center of the Deaf and Hard of Hearing (SWCDHH), a non-profit, community-based organization and will now be published on a quarterly basis (January, March, June, and September).

Submissions (flyers, inserts, schedules, events, opinions or local Deaf News) should be sent prior to the 15th of December, February, May, and August.

SWCDHH accepts paid advertising in accordance with our policies.

For More Information:

Toll Free: 866-695-6777 (in-state only)

Voice: 360-695-3364

TTY: 360-695-9720

FAX: 360-695-2706

Video: vp.swcdhh.org—**New!**

Email: frontdesk@swcdhh.org

Website: www.swcdhh.org

SWCDHH BOARD OF DIRECTORS

Jeff Garnett - Vice Chairperson

Karen Tanner - Secretary

Lee Krusmark - Treasurer

Daryl Schreiner

Wanda Forcht

Cathy Harper

Linda Stack

Billy Lail

Despo Varkados

Jason Gillis

Meets at SWCDHH Community
Room 2nd Monday every month
from 6:30 pm to 8:30 pm

What's Up?! Newsletter

Subscription now free!

(Please see last page for info & sign-up)



LANDMARK: SWCDHH's Front Entrance

Announcements

You are invited: Come Learn about Healthy Living!

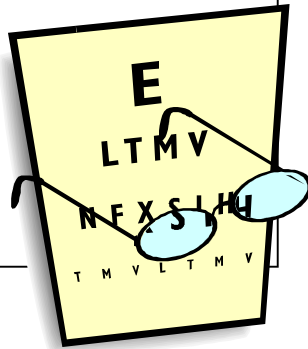
We are very happy that Gail from the SW Washington Medical Center will provide a workshop on the topic of "Weight Loss."

Date: Thursday, October 4th


Time: 12:00 to 12:45 p.m.

Location: SWCDHH Community Room

Note: This workshop will take place during the lunch-time of the Golden Times Seniors group. Please feel free to bring your own sack-lunch.



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Dr. Glenn Anderson

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- Voice Carry-Over: vco.sprintrelay.tv
- Español: espanol.sprintrelay.tv
- Computer with webcam: www.sprintvrs.com
- Customer Service: help.sprintrelay.tv

For Hearing Callers:

- Dial (877) 709-5776
- Give an IP number to a Video Interpreter to connect

www.sprintrelay.com

ASL Classes at WSD

Washington School for the Deaf's Fall Quarter American Sign Language (ASL) classes will begin September 23, 2007 for 10 weeks ending on December 10, 2007. Classes offered will include: ASL for Parents with infant/toddlers (1 month to 3 yrs old); ASL for Parents with Preschoolers (3-5 yrs old), ASL for younger children with parents (6 – 13 yrs old); ASL class for High School; ASL 1, ASL 2, and ASL for Conversational ASL class. For more information please contact Kelly Perez at (360) 696-6525, ext. 4362 or nikki.ekle@wsd.wa.gov.

Announcements

(Continued from Page 5)

DeafNation Expo

Free Admission for Exhibitions, Workshops and Entertainment

Reminder: DeafNation Expo

When: Saturday, September 22, 9:00 AM to 6:00 PM

Where: Portland Metro Expo Center
2060 N. Marine Drive
Exhibit Hall D (Please note this is different than was in the last newsletter)

NOTE: Both the Office of Deaf and Hard of Hearing Services (ODHH) and SWCDHH will have booths here. Come by and see us!

FREE FIRE SMOKE DETECTOR WITH STROBE LIGHT- ING IS NOW AVAILABLE FOR LOW-INCOME CITIZENS

SWCDHH recently received a grant from the City of Vancouver's Public Safety & Education council. The council has awarded SWCDHH \$2,000 for a number of fire smoke detectors with strobe lighting.

SWCDHH plans to give these smoke detectors to people who meet the qualification guidelines. The requirements are as follows:

First, you have to be low-income (\$12,500 or less per year).
Second, you have to be a resident of Clark County.

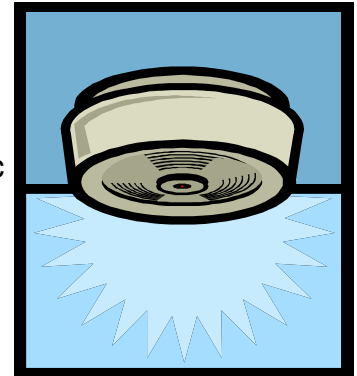
As long as you live within the Clark County AND are under \$12,500 income per year, you are qualified to receive up to TWO free alarms per household. (If you already have one alarm, we will provide a second).

WHAT YOU NEED TO DO IF YOU WOULD LIKE TO REQUEST A FREE ALARM:

Please come to our office with a copy (required) of your verification of income (e.g. a social security letter or a W-2 form).

If you already have fire alarms, please bring in your old alarms. If they are not functioning well, we will gladly replace them.

Please contact Steven Brown (steve@swcdhh.org) with any questions



Role Model Connection

*Are you looking for a fun way to volunteer some time?
Do you like working with children?*

The **Role Model Connection** is a program through Washington School for the Deaf (WSD) and Washington Sensory Disabilities Services (WSDS), where Deaf adults go to schools to help children improve their ASL skills. Adults work on storytelling with children to help improve their signing ability. This program also gives students an opportunity to meet Deaf adults, something they might not get to do very often.

Important information:

How Often Do I Go to the School? Once a week during the school year

How Long are the Sessions? About a ½ hour

Will I Be Paid? Not right now, but we are looking for funding opportunities

Will I Be Trained? Yes! We provide ongoing training

If you would like more information on how to join this exciting new program, contact:

Carol Carrothers

carolc@cwu.edu

IP address: 198.104.102.66 or 509.963.1131 SVP

Are you spending more than you need to for phone service?

Save Costs!

If you have limited income and use a phone-company for tty services you may be eligible for discounted rates. You may also qualify for discounts for your pager or side-kick if you have limited financial resources. Check with your phone company to see if you are getting the best, most appropriate rate possible. You may need to tell them your income. If you still need assistance, the *Washington Telephone Assistance Program* may be able to help. Contact SWCDHH for more information.

Answer to Sudoku
puzzle on page 8



3	8	9	5	4	7	1	6	2
6	1	2	9	3	8	5	4	7
5	7	4	6	2	1	9	3	8
4	5	8	3	7	2	6	1	9
2	9	6	1	5	4	7	8	3
7	3	1	8	6	9	2	5	4
1	2	3	7	8	6	4	9	5
9	4	5	2	1	3	8	7	6
8	6	7	4	9	5	3	2	1

440-9277 - Sudoweb.com

Solvable sudoku puzzle

			5				6	2
	1			3	8			
	7	4		2		9		
							1	9
2			1	5	4			3
7	3							
		3		8		4	9	
			2	1			7	
8	6				5			

440-9277 - www.Sudoweb.com - Free Sudoku and ebook

How Play?

Enter a numerical digit from 1 through 9 in each blank cell of the Sudoku grid. Be careful!, Every row, every column and every square must contain only one instance of each numeral.

(Answer on Page 7)

In the spotlight: Melinda Schreiner

Melinda, What was the best part of your summer?

The best part of my summer?? I have enjoyed my summer. We took 3 our grandkids, Carissa, Derek and Nate to the beach house at Lincoln City during week of July 4th. The kids love the beach house as they can walk to the beach from the house several times a day everyday....The weather was perfect! Of course we were exhausted by the end of the week.



I went hiking with Betsy Burks, Becky Farovitch, and Julie Culbertson to the Horse Tail Trail. It was a pretty tough trail. We hiked the same trail many years ago...but it seemed to be much easier back then. I guess we all are older now!

I have been working on painting some pictures, water-color beach scenery. Now my new project is working on painting primitive Aztec art onto rocks; it's fun.

And last but not least we got a new car! It is a 2007 Honda CRV, and we love it...thanks to Bill Harper.

What you're looking forward to this Fall??

I am looking forward to seeing all the WSD students again soon. I love the fall season and the colors of autumn, and the Indian summer here.

My friends and I are off on a Caribbean cruise at the end of October for the 2007 Deaf Freedom Cruise. I can't wait to set sail!!

Bon Voyage {good bye & have a good trip}!



The Golden Years

According to common knowledge and various resources, there are a number of key factors that contribute to healthy aging:



- **Keeping a Positive Attitude and A Sense of Humor!**
- **Keeping Involved with others**
- **Eating Well; Exercising Regularly** (walking, gardening, or housework)
- **Limiting smoking and drinking**
- **Sleeping enough**
- **Keeping your mind alert** (with puzzles, reading, etc.)

Apparently the *Evergreen* and *Golden Times* Senior Groups that meet at SWCDHH are well aware of these strategies for healthy aging. 4 times a month SWCDHH's Community room comes alive with card games, lively discussion, interesting stories, delicious aromas of a variety of dishes, and especially with bursts of laughter!

...And what words of wisdom do some Golden Times Seniors give the community? :

"Say what you mean, but mean what you say!" and "Treat others as you want to be treated!" -*Melinda Schriener*

The Deaf Center needs the support and involvement of young, Deaf people. We need to make sure the Center continues to function well so that SWCDHH is still here in the future to serve you as you become seniors!

--*Wanda Forcht, Melinda Schreiner, Charmain Mackey, and Dwight Mackey*

...And some other thoughts about being a Senior:

How old would you be if you didn't know how old you were? ~*Satchel Paige*

Grow old with me! The best is yet to be. ~*Robert Browning*

The other day a man asked me what I thought was the best time of life. "Why," I answered without a thought, "now." ~*David Grayson*

**Now Serving
0001**



You can't turn back the clock. But you can wind it up again.
~*Bonnie Prudden*

Sources: Gina Kemp, M.A., Monika White, Ph.D., and Robert Segal, M.A., contributed to this article.

For more information about healthy lifestyles and aging: [HealthyLife-styleshttp://www.helpguide.org/lifelong_wellness.htm](http://www.helpguide.org/lifelong_wellness.htm)

No chance to go fishing this summer? Try this recipe for *Phony (Fake) Abalone*

Submitted by Donovan and Dona Mae DeYarmon
(Makes 2 servings, or enough for 1 hungry person)



- 2 Boneless, skinless, chicken breast halves
- 1 7- or 10- ounce can of bottled clam juice or nectar
- 2 garlic cloves, split lengthwise, optional
- 2 eggs, beaten
- 1 cup seasoned fine bread crumbs, crushed cracker crumbs or all purpose flour
- ½ cup margarine, butter, or vegetable oil
- *Lemon wedges, tartar sauce*

Place chicken breast halves between layers of wax paper or plastic wrap. With meat mallet, pound chicken breast halves until about ¼-inch thick.

Place in small bowl, pour clam juice over top, add garlic cloves, if desired. Marinate chicken in refrigerator for 8 to 24 hours.

Next day, drain off clam juice.

Dip chicken breasts in beaten egg, then in bread crumbs or cracker crumbs. If using flour, dip first in flour, then egg, then flour again.

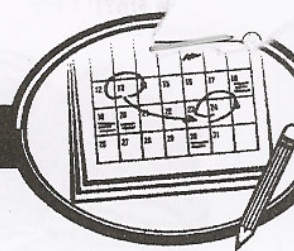
In skillet over medium-high heat, heat margarine until medium-hot. Sauté chicken until lightly brown and no longer pink in middle.

Serve with lemon wedges and tartar sauce as you would abalone. Enjoy!



What's Up?!

Activities at SWCDHH



September

6th - Golden Times: 10 am - 2 pm - SWCDHH Community Room
 11th - Evergreen Seniors: 10 am - 2 pm - SWCDHH Community Room
 18th - Free Legal Help: 12 pm - 4:30 pm - SWCDHH. *Must Call or email for appointment.*
 20th - Golden Times: 10 am - 2 pm - SWCDHH Community Room
 25th - Evergreen Seniors: 10 am - 2 pm - SWCDHH Community Room

October

4th - Golden Times: 10 am - 2 pm - SWCDHH Community Room
 9th - Evergreen Seniors: 10 am - 2 pm - SWCDHH Community Room
 16th - Free Legal Help: 12 pm - 4:30 pm - SWCDHH. *Must Call or email for appointment.*
 18th - Golden Times: 10 am - 2 pm - SWCDHH Community Room
 23rd - Evergreen Seniors: 10 am - 2 pm - SWCDHH Community Room

November

1st - Golden Times: 10 am - 2 pm - SWCDHH Community Room
 13th - Evergreen Seniors: 10 am - 2 pm - SWCDHH Community Room
 15th - Golden Times: 10 am - 2 pm - SWCDHH Community Room
 20th - Free Legal Help: 12 pm - 4:30 pm - SWCDHH. *Must Call or email for appointment.*
 27th - Evergreen Seniors: 10 am - 2 pm - SWCDHH Community Room

December

6th - Golden Times: 10 am - 2 pm - SWCDHH Community Room
 11th - Evergreen Seniors: 10 am - 2 pm - SWCDHH Community Room
 18th - Free Legal Help: 12 pm - 4:30 pm - SWCDHH. *Must Call or email for appointment.*
 20th - Golden Times: 10 am - 2 pm - SWCDHH Community Room
 25th - Closed for Christmas

FREE LEGAL CONSULTATION

Sept 18th - 12 pm to 4:30 pm

Oct 16th - 12 pm to 4:30 pm

Nov 20th - 12 pm to 4:30 pm

Dec 18th - 12 pm to 4:30 pm

NEED A LAWYER?

Michael J. Izak— a deaf lawyer from Seattle, fluent in ASL, licensed in Washington and Oregon.

- He will give you free legal advice and consultation.
- He can explain legal papers you bring him and court procedures.

Please call or stop by SWCDHH to sign up for a free appointment with Mr. Izak.



**TRY IT AT SWCDHH VCP CENTER
DURING BUSINESS HOURS:**
Monday: 9:30 am -- 3:30pm
Tuesday: 9:30 am -- 3:30pm
Wednesday: 12 pm -- 7 pm
Thursday: 9:30 am -- 3:30 pm
Friday: 9:30 am -- 3:30pm

VP-200 and D-Link videophone station open to the public during business hours. Training available.

Technical consultation and training available to individuals and organizations free with thanks to a contract with Washington Office of the Deaf and Hard of Hearing

Wireless Videophone Alerting System in stock at SWCDHH store

**SONIC RING ELITE DELUXE VIDEO PHONE SIGNALER
MODEL TR75VR**

TR75VR Features:

- Flash pattern switch with three choices.
- Works with all Sonic Alert remote receivers.
- Lamp can be used for signaling or normal room lighting.
- Green indicator light reminds you to turn on the attached lamp.
- Unique pluglet (plug-outlet) allows you to keep your table uncluttered by unsightly lamp cords.
- Sonic Alert 5-year warranty.
- UL listed for safety.



Price information:

\$54.95 + \$4.45 tax

Is your business frequently used by Deaf/ Hard of Hearing consumers?

Request a free consultation and training from a video communication expert for your business or organization. Video Relay Service and Video Remote Interpreting available.
Contact vidcomm@swcdhh.org to set up an appointment with Frank Mounts on a Thursday.



Video Relay Service Providers List

Compiled by SWCDHH Video Communication Program – 9/16/07

There are more VRS providers that you can choose from.
Put it in your videophone (VP) contact list.

ATTVRS

AT&T

Web: www.attvrs.com

Videophone: ATTVRS.TV

CAVRS

Communication Access Center

Web: www.cacvrs.org

Videophone: CACVRS.TV

CSDVRS

Communication Service for the Deaf

Web: www.csdvrs.com

Videophone: CSDVRS.TV

HOVRS

Hands On

Web: www.hovrs.com

Videophone: HOVRS.TV

HAMILTON

Hamilton Relay

Web: www.hipvrs.com

Videophone: HAMILTONVRS.TV

SORENSONVRS

Sorenson Communications

Web: www.sorensonvrs.com

Videophone: 866-327-8877 (Its own videophone, see website for details)

SPRINTVRS

Sprint

Web: www.sprintvrs.com

Videophone: SPRINTRELAY.TV

VERIZON VRS

Verizon

Web: www.ip-vrs.com

Videophone: TV.IPVRS.COM

SNAP!VRS

Snap Telecommunications

Web: www.snapvrs.com

Videophone: CALL.SNAPVRS.COM

LIFELINKS VRS

LifeLinks

Web: www.lifelinksvrs.com

Videophone: 69.18.207.166

i711 VRS

i711

Web: www.i711.com

Videophone: PREVIEW.i711.COM

HAWK RELAY

Hawk Relay

Web: www.hawkrelay.com

Videophone: HAWKRELAY.TV

VIABLE VRS

Viable, Inc.

Web: www.viable.net/vrs

Videophone: VIABLEVRS.TV

New Videophone VRS Provider to add on your VP

Viable is a deaf operated and deaf owned company dedicated to improving visual communication for the deaf and hard-of-hearing community. For more information and using ViableVRS software on your computer, visit www.viable.net/vrs

Try ViableVRS today!
ViableVRS.TV

Thank you for your donation and support in 2005-2006!

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		<div> United Way Donor's Choice Mr. Walter G. Kirkaldie Robert and Marilyn Ridgley </div>	
	<div> General Donation <div></div> </div>		

Your name could be here!
Donate & support SWCDHH
 (and its tax-deductible)

SWCDHH Education and Building Fund Donation Form

Name: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

I am donating \$ _____

_____ to the SWCDHH Education Fund —OR— _____ to Building Fund

(Optional) I would like my donation to be made in memory of: _____

Please send this form with your check made payable to: **SWCDHH - 3015 E. Evergreen Blvd, Vancouver WA 98661**

(For newsletter subscription, please see last page for the form)

