COMMUNICATOR
28th Year, 4th Issue, Winter 2010
KENTUCKY COMMISSION ON THE DEAF AND HARD OF HEARING
632 Versailles Road ◆ Frankfort, Kentucky 40601 ◆ www.kcdhh.ky.gov

Plant the Seeds… Grow Together…

Plant the seeds
Grow together
Work with us
And one
another.

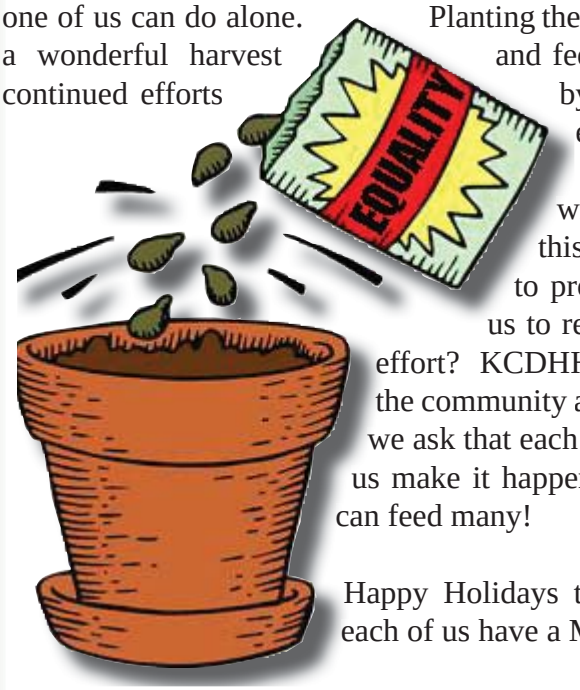
Virginia L. Moore

With the New Year quickly approaching people across the globe automatically start to ponder their latest resolution. The 2011 resolution of KCDHH is a goal or seed that we will nurture with the anticipation of reaping the benefits.

As a community we must pull together to "plant the seeds and work together with one another". America is known as a diverse melting pot of individuals and so is the deaf and hard of hearing community. Unity is needed on a national level and to obtain that goal we must nurture the seeds locally within our community.

To be successful there are several steps we need to take.

1. **Prepare the Soil**: We must work together to visualize a greater future, one that includes full equality. We must understand that change may be needed and we must pull together as a community to ensure a united approach and an outcome that benefits all of us.
2. **Select the Seed:** Select a goal with the greatest impact. We all know that education is very important and we believe success will last longer if we work towards improving education and services for children 0-3. Improvement in this area will promote developmental change in the future.
3. **Promote Growth**: Work together to grow and develop partners with other state and local agencies. A unified approach will promote this growth. Look for the best possible outcomes without limitations. Set your goals high and assume the best in each individual, knowing that the outcome will be better than we have ever imagined.
4. **Plan for the Harvest**: Together the harvest can be much greater than any one of us can do alone. Planting the seed and nurturing it together will bring a wonderful harvest and feed the community as a whole. Without continued efforts by the community as a whole, the seeds of education will not come to bear fruit.



What will your resolution be? How will you prepare yourself to succeed this year? Will you take on the challenge to promote our goals? Will you work with us to reap the rewards of a united community effort? KCDHH is setting our resolution to work with the community as a whole to reap a better tomorrow and we ask that each of you take time and find a way to help us make it happen. As a united community we can feed many!

Happy Holidays to you all and may each of us have a Magical New Year!

Commission Members

Nina Coyer, Chair
Kentucky Association of the Deaf Representative

Ed Schickel
AARP Representative

Joe Scott
Service Provider Representative

Susan Brown
Kentucky Speech, Language & Hearing Association Representative

Cristal Collins
Parent Representative

Dr. Patricia Freeman
Member at Large Representative

John Horsley
Kentucky Association of the Deaf Representative

Sharon White
Kentucky Association of the Deaf Representative

Joseph U. Meyer
Education and Workforce Development Cabinet Secretary

Michelle Niehaus
Cabinet for Health and Family Svcs. Representative

Amy Hatzel
Kentucky Registry of Interpreters for the Deaf Representative

Marilyn Fenwick
Hearing Loss Association of America Representative

Betty Timon
Kentucky Association of the Deaf Representative

David Bayersdorfer
Alexander Graham Bell Representative

PROJECT ENDEAVOR
Notebook Computer & Internet Available to Qualified Deaf & Hard of Hearing Consumers

Many deaf and hard of hearing Americans simply don't have the same level of access to broadband/high-speed Internet service in their homes (or on their mobile phones) as their hearing counterparts. In some cases, deaf and hard of hearing people do not have the same financial resources; generally speaking, the deaf and hard of hearing community is more economically disadvantaged than the mainstream hearing community. When Congress passed the American Recovery & Reinvestment Act on Feb. 13, 2009, a pool of $275 billion was made available for contracts, grants and loans. The government earmarked a portion of those funds specifically for minority groups, including America's deaf and hard of hearing. As a nationwide non-profit organization specializing in providing services to this underserved population, CSD was awarded $14.9 million specifically to create access to high-speed Internet to low-income deaf and hard of hearing people. CSD has called this entire program "Project Endeavor."

So what does this all mean to you? A well-equipped computer and high-speed Internet access bring many opportunities for communication and improved quality of life. Deaf and hard of hearing consumers with high-speed Internet can communicate through VRS, IP Relay, text, chat and web cam. They can utilize social media sites like Facebook and Twitter, can use the Internet for shopping, news, weather and other resources, and can get help in developing skills or finding a better job.

Project Endeavor is qualifying deaf and hard of hearing people today. The project offers a video-configured Dell 11Z notebook which comes with a mobile broadband card. For the cost of only $230, consumers receive a brand new notebook computer and a 12-month 3G/4G wireless Internet access plan, at no additional cost. That free 12-month coverage is at least a $700 savings to the consumer, if not more, depending on where you live in the United States.

Here are some specs on the Dell 11Z notebook computer:

- Access to 4G speeds that are up to 10x faster than 3G
- Dual-mode 3G/4G device, access to dependable 3G speeds and accelerated 4G speeds where available
- 2GB Memory, expandable to 4GB, 250 GB hard drive
- 3G speeds where available
- Genuine Windows® 7 Home Premium - 64-bit
- Intel® Core™ i3-330UM Processor
- Web browsing with Flash
- GPS Navigation enabled
- Web browsing capable
- Web Camera
- Memory card slot

If you have been wanting to purchase a notebook computer or if you also wanted a high-speed Internet connection but couldn't afford it, Project Endeavor can help. Keep in mind there are eligibility guidelines, for both income levels and hearing loss. For instance, to qualify for the

(continued on page 5)

Did You Know?

The holiday season can make you BLUE!

The holidays can be a tough time – people think they should feel a certain way or live up to others' expectations. Instead of feeling hope and joy, sometimes you can feel stress, anxiety, and sadness.

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

TIPS TO PREVENT HOLIDAY STRESS AND DEPRESSION

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events.They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videotapes.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression too.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

Take a breather. Make some time for yourself. Spending 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Find something to reduce stress by clearing your mind, slowing your breathing and restoring inner calm.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad, anxious, plagued by physical complaints, unable to sleep, irritable, hopeless and unable to face routine chores. If these feelings last talk to your doctor or a mental health professional.

Reprinted from: http://www.mayoclinic.com/health/stress/MH00030/NSECTIONGROUP=2

Want Skills? Want Support?

The Kentucky Department for Behavioral Health, Developmental, and Intellectual Disabilities has staff focused on Deaf and Hard of Hearing Services. Based in Frankfort, the Program Administrator travels statewide and is a resource for consumers, providers, and interpreters. She also coordinates the activities of the Advisory Board. A Program Coordinator processes interpreter reimbursement forms, manages the Lending Library, and assists with other program activities.

Michelle Niehaus, LCSW
Program Administrator
Michelle.Niehaus@ky.gov
(502) 564-4456 x4521 (voice)
(502) 564-4000 (VP)

Therapists Specializing in the DHHS populations:

Seven Counties Services
Erin Schilling, LCSW & Julie Dalbom, LPCA
2225 West Broadway
Louisville, KY 40211
eschilling@sevencounties.org or jdalbom@sevencounties.org
(866) 293-3794 (VP)

Bluegrass Mental Health, Mental Retardation Board
Laura Burg, LCSW & Lindsey Williams, LPCC
1351 Newtown Pike Bldg 5
Lexington, KY 40511
800-432-0555 (V/TTY)
(859) 259-0214 (V/TTY)
(859) 439-0728 (VP)
ljburg@bluegrass.org or lhwilliams@bluegrass.org

No matter where you live in the state of Kentucky, a Community Mental Health Center (CMHC) is required to provide services with reasonable accommodations! If you have any problems accessing services, please contact Michelle Niehaus.

TAP: WHAT'S UP?...THUMBS UP!

Wireless devices provided by the Kentucky Commission on the Deaf and Hard of Hearing (KCDHH) Telecommunications Access Program (TAP) are now in the hands of its constituents!

The preparations were made and details have been ironed out, so the honeymoon phase for KCDHH is now over - it's on to maintaining the relationship. Due to the influx of TAP applications, KCDHH staff members are constantly evaluating the application in-take and approval procedures to optimize its manpower and ordering timeframes.

In an attempt to lessen the amount of follow up needed due to incomplete applications, please make sure your application is complete when submitted. Submitting all necessary documentation is key to getting your application approved in a timely manner.

Please view the captioned vlog we have posted on our website www.kcdhh.ky.gov that explains the application process in detail. If you still have more questions please give us a call at 800-372-2907 (V/T) or (502) 385-0544 VP.

AND REMEMBER...

Beginning January 1, 2011, anyone caught texting while driving and those under 18 who use a cell phone while driving will be liable for fines of $25 on a first offense and $50 on each subsequent offense, plus court costs.

Beshear signed House Bill 415 into law on April 15, 2010. The law bans texting for drivers of all ages while the vehicle is in motion. For drivers over 18, it allows the use of global positioning devices and reading, selecting or entering a telephone number or name for the purpose of making a phone call. Texting is allowed only to report illegal activity or to request medical or emergency aid.For drivers under 18, no use of personal communication devices such as cell phones and pagers is allowed while the vehicle is in motion. The use of a global positioning system is allowed, but manually entering information must be completed while the vehicle is stopped.

While wireless devices can be a lifesaver in times of need, they can be a life taker when we dont heed! When driving your car always remember what's up... THUMBS UP!!

PROJECT ENDEAVOR...

(continued from page 2)

program, you would have to be certified with a bilateral hearing loss of 40db or greater. If you call the contact center, they can give you all of the eligibility requirements and help you apply.

For deaf and hard of hearing vocational rehabilitation clients and those on SSI or SSDI who currently do not have high-speed Internet access … you are automatically eligible! The Project Endeavor contact center opens Dec. 6, and they are taking calls and qualifying customers Monday-Friday, 7 a.m.– 10 p.m. CST. The Project Endeavor contract ends in July 2012, and the notebook and Internet plans are allocated on a state-by-state basis. Meaning, first come, first served! To find out more about Project Endeavor, call VOICE: 877-NET-ME77, VP: 605-550-4056 or 605-644-7399, FAX: 605-782-8446, e-mail info@projectendeavor.com, or go to www.projectendeavor.com.

KCDHH
632 Versailles Road
Frankfort, Kentucky 40601

An agency of the Kentucky Education and Workforce Development Cabinet