

Make 2015 the year of paying it forward

The year is drawing to an end, 2015 is about to be born, and I am pondering the amazing times we all live in! During this holiday season I ask that each and every one of you reading this take time to reflect on the successes and the challenges you've had in 2014, and set goals for 2015.



*Virginia L.
Moore
KCDHH
Executive
Director*

Here at KCDHH we have been blessed by expanding our wonderful partnerships with the Hearing Loss Association of America Kentucky Chapters, the Kentucky Association of the Deaf and the Kentucky Registry of Interpreters for the Deaf, and establishing partnerships with many other organizations as we work together to enhance the lives of deaf and hard of hearing constituents in Kentucky.

As you reflect on your accomplishments, ask yourself "Who needs my assistance?" Together we can accomplish great things and make changes that will affect the lives of our children, who will then grow into leaders and take our place to continue the work that must be done. As you ponder what you can do in 2015 I encourage you to work with one of the organizations mentioned, or another stakeholder group that you may associate yourself with, and bring issues to the forefront that need attention. We

know we must all work together to better the educational opportunities for our students, improve mental health facilities and accommodations for these individuals, increase job opportunities for our community members and continue to advocate for equality for all deaf and hard of hearing people! What other issues need attention?

"Paying it forward" is a very popular notion around the holidays. Let's embrace that concept and remember what our parents, our grandparents, and their parents did for us! We now live in a free society with technology that allows equitable communication and we have the will to make our own choices. It is important that we continue to pay it forward, working to improve conditions which will allow the children of tomorrow the same, or better, opportunities. We are all connected by common friends, goals and interests and it is through those connections we can build a better society, with YOUR help and involvement in the activities KCDHH and other such organizations are doing.

KCDHH looks forward to working with each and every one of you as we embrace the New Year in 2015! Together we will set goals that we WILL accomplish to better the lives for all deaf and hard of hearing individuals throughout the state.

May the holidays be safe, and may you share them with family and friends. Reach out to someone lonely, give a smile to a passing neighbor, pass it on in small ways, or big ways, and let's all look forward to a better tomorrow.

A handwritten signature in black ink, appearing to read "Virginia L. Moore".

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President of Kentucky Association of the Deaf

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Kentucky Association of the Deaf Representative



Kentucky Commission on the Deaf and Hard of Hearing Executive Director Virginia Moore, center, and Commission Board Member Becky Crawford, right, participated recently in a Hearing Loss Association of America workshop on organization leadership and member recruitment led by Ed Ogiba, left. Ms. Moore and Ms. Crawford discussed KCDHH's work with HLAA's Kentucky chapters, as well as priorities the two organizations can share and how best to move forward together on legislative issues.

The need for foster care of deaf and hard of hearing children

Can you imagine what it would be like to need a safe place to go and be placed where you can't communicate? For children who are deaf or hard of hearing and need a foster home, that is, sadly, what can happen.



Check out these online videos to learn how YOU can make a difference!

<http://www.kcdhh.org/vlog/?p=269>

<http://www.kcdhh.org/vlog/?p=264>



Coffee Chat



Point System:
Below are examples of activities you can do to earn your points. If you are not sure what your activity level is, please see Anita or Payne.

1 point
☞ Drink 1 bottle water (only up to 8 in one day)
☞ Use the restroom that is not on your floor
☞ Stretch it out:
– Bend down and touch your toes for 30 seconds at least two times
– Stretch while you're waiting at the copier, fax, printer, or washing your car (not going through a car wash)

2 points
☞ 2 x Walk up and down the steps
☞ Eat the fruits and vegetables for a snack (for one friend)
☞ Bring a healthy snack for a friend

3 points
☞ Walking briskly for 15 minutes
☞ Take a 10, exercise at your desk

4 points
☞ Scheduling and attending a body work
☞ Moderate Physical Activity for 30 minutes
☞ Moderate Physical Activity for 30 minutes
– What does that mean? I ask!

5 points
☞ Taking part in the everyday ABS challenge
☞ Watch or read the materials that pertain to a healthy lifestyle
☞ Bring your healthy lunch
☞ Vigorous Activities for 30 minutes
– Vigorous: What does that mean? I can only say a few words without stopping to catch my breath
☞ Attend the healthy lunch seminar
– Emails will be sent for upcoming seminars
☞ Exercise with a buddy.
– You will receive 5 additional points to when you workout with a buddy.
☞ Bring in exercise equipment or videos to share with KCDHH staff.

August 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Rest Day	3 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	4 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	5 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	6 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	7 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	8 5 Min Plank 30 crunches 30 leg raises 50 sq. ups
Rest Day	10 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	11 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	12 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	13 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	14 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	15 5 Min Plank 30 crunches 30 leg raises 50 sq. ups
Rest Day	17 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	18 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	19 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	20 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	21 5 Min Plank 30 crunches 30 leg raises 50 sq. ups	22 5 Min Plank 30 crunches 30 leg raises 50 sq. ups
31	25	26	27	28	29	30

KCDHH getting healthy NOW!

This year, the staff at KCDHH has embraced Gov. Steve Beshear's kyhealthnow initiative. We have adopted healthy activities in the office and a set of incentives to promote healthy living and eating habits.

In February, Gov. Beshear signed an executive order creating kyhealthnow in response to staggering statistics

placing Kentucky among the leaders in the rates of cancer diagnoses, smoking, diabetes, heart disease and many other illnesses.

We are doing our part at KCDHH to try to improve Kentucky's standing and to make our state a healthy place to live!

 Find us on **Facebook** [facebook.com/kcdhh](https://www.facebook.com/kcdhh)

Check our Facebook page for links to signed and captioned videos about how to improve YOUR health!

The seven major health goals of kyhealthnow
By 2019 Kentucky will...

1. Reduce our number of uninsured individuals by 5 percent
2. Reduce our smoking rate by 10 percent
3. Reduce our rate of obesity by 10 percent
4. Reduce our cancer deaths by 10 percent
5. Reduce our cardiovascular deaths by 10 percent
6. Reduce the percentage of children with untreated dental decay by 25 percent, and increase adult dental visits by 10 percent
7. Reduce deaths from drug overdose by 25 percent, and reduce the average number of poor mental health days by 25 percent



kyhealthnow
advancing our state of wellness

Tiered pricing for internet data may affect VP users

There is a current national trend with Internet Service Providers in starting to charge for data usage, similar to the billing concept already used by many wireless phone companies to smartphone users.

This trend presents a new problem for deaf and hard of hearing people who rely on videophones for telecommunications. Though current videophone technologies can reduce the amount of data “passing through the pipes,” videophones still consume a lot of bandwidth in order to function properly. Depending on the data limits set by ISPs, people who use videophones could find themselves without telecommunications access

for significant periods of time because they’ve reached their data limit and had their internet service turned off until the next cycle, whatever that cycle may be.

Deaf and hard of hearing people need to have access to telecommunications, especially in emergency situations, and they are willing to pay for the access to telecommunications. It isn’t fair to “punish” deaf and hard of hearing people simply because their telecommunications technology uses more data than traditional voice-based technology.

If the company you pay to provide your internet service starts billing on a tier-based system, contact that

company and explain the high usage of data related to videophones. Some companies may be willing to offer a discounted rate.

If your Internet Service Provider is unwilling to work with you and you feel you are being discriminated against, you can contact the Federal Communications Commission’s ASL Consumer Support Line at (844)432-2275 or (202) 810-0444 from 10 a.m.-5:30 p.m. EST. This service allows deaf and hard of hearing consumers to engage in a direct, interactive video call with a consumer specialist at the FCC who can provide assistance in ASL for filing informal complaints or obtaining consumer information.

Check out our new Facebook page!

We have experienced some unresolvable problems with our previous Facebook page, but are excited to introduce our new one.

www.facebook.com/KCDHH

We had tremendous support at our previous page, and we’d appreciate that same level at our new page. Please “like” our new page and share it with your friends so they can “like” it too. If you have us saved in your favorites on your browser, don’t forget to change the address!

The screenshot shows the Facebook profile for the Kentucky Commission on the Deaf and Hard of Hearing (KCDHH). The profile picture is a blue horse. The cover photo is a blue and white graphic with the text "Visit with Signing Santa" and a photo of a child with Santa Claus. The page has 307 likes and a post from November 24 about a holiday open house with Signing Santa.

Announcing vacancies on the TRS/TAP advisory boards

The Telecommunication Access Program (TAP), administered by the Kentucky Commission on the Deaf and Hard of Hearing (KCDHH) and the Telecommunications Relay Service (TRS), administered by the Public Service Commission (PSC), both have vacancies on their advisory boards for people with a hearing loss.

TAP and TRS together provide equal access to telecommunications for all Kentuckians. These vacancies must currently be filled with hard of hearing individuals. It is very important that the hard of hearing community take an active part on these advisory

boards, to ensure you are receiving the services you need and want. Please step forward and contact TAP or TRS to have your name submitted to fill one of these vacancies! Your service would be greatly appreciated and will allow us to continue to improve services to the hard of hearing community.

For information on applying for these board positions, contact us at (502) 573-2604 (v) or (502) 416-0607 (vp) or visit our website, www.kcdhh.org/bulletin/an/TAP-TRS_BoardVacancies-2.pdf

Deadline to apply is Dec. 31.

KCDHH
“Visit with Signing Santa”
December 19, 2014
3:30 - 6:30 p.m.

Join us for holiday fun!
632 Versailles Road • Frankfort, Ky.



KCDHH

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Frankfort, Kentucky 40601**

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An agency of the Kentucky Education and Workforce Development Cabinet

Printed with state funds

*Happy Holidays
from KCDHH!*

