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"Where flowers bloom, so does hope."
Happy April!

We are excited to announce a big change with how our newsletters will be done starting this month. Our newsletters will start on a quarterly basis meaning the newsletters will be sent out in the following months: April, July, October and January. We will have a web link to all upcoming events and classes for you to view instead of a calendar. The main reason for this is that information is always changing and it's easier to update event and class information via websites than within the newsletter. **We hope you will like the new format!**

We are always looking for community members who are experts with various topics who would be willing to share their knowledge and skills with the rest of our community members. If you are an expert in something or you know of someone (can be local OR out of state!), please email Pamela the contact info of the person so she or one of the CEO team can follow up.

**Examples of topics:**
- Fitness/sports
- Crafts
- Deaf Culture/history
- ASL
- Cooking
- Art/clay/etc.
- Outdoor (camping, hiking, etc.)
- And many more!

We are also looking for more volunteers to help us with planning for various events, setting up decorations, etc. If you are interested, please contact MaryBeth Baierl to get started as a volunteer. Her email address is mbaierl@utah.gov.

Sincerely,
Pamela Mower, CEO Manager

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**REMEMBER:**

- To register for various classes, events, etc., please go to [jobs.utah.gov/usor/dhh/events/registration.html](http://jobs.utah.gov/usor/dhh/events/registration.html)
- Subscribe to our email blasts so you won’t miss out on any of our upcoming classes, events or camps at [jobs.utah.gov/usor/dhh/index.html](http://jobs.utah.gov/usor/dhh/index.html).
- Follow us on Facebook at [@UtahDeafHHServices](https://www.facebook.com/pages/Utah-Deaf-HH-Services/310566307434235)

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STAFF:

- Gideon Nielson, Media Specialist
- Ron Nelson, Technology Specialist
- Mitch Moyers, Outreach Specialist
- Marybeth Baierl, Continuing Education Specialist
- Amanda Brooks, Office Specialist/Continuing Education Specialist (South Center)
- Deanne Ericksen, Continuing Education Specialist (South Center)
- Pamela Mower, Manager
Updates!

Every month, UTA hosts a disability sensitivity panel for newly-hired employees. I am on this panel and often speak about the lack of visual announcements on the buses. I am working on making a webpage with links to common signs for bus drivers to learn signs they can use with deaf passengers if the bus breaks down. I am also on the CAT; Committee on Accessible Transportation.

The CAT committee meets once a month with other disabled people such as blind, wheelchair users, etc to advise UTA on improving the transportation system for disabled passengers on the buses, trax cars and frontrunner trains. You are welcome to apply and represent the Deaf community or even the hard of hearing community. Right now is a good time to apply because the new committee members will begin their term in September.

Ron Nelson

During the month of March there were no other meetings or items to report. However, we have been hard at work with some exciting projects that are soon to come! For now, it is “top secret” (although, not really), and they will be revealed in our next quarterly newsletter in July.

Technology News

From An Idea to a Design.
On September 8, 1966, the first episode of Star Trek aired on TV. Since that time, Star Trek has become one of the most beloved series ever, as spinoffs, remakes, and movies continue to endure. However, I would like to talk about the technology that is used in the original 1966 series. From handheld devices, transporters, to the grand spaceships that fly across the galaxies.

Imagine you were watching this show for the first time in 1966. Those handheld devices- do you think you would have asked yourself, “It would be so cool to have a information-filled device like that!” How about the video calls that took place “on screen” between the crew and other ship crews? “Video calls, that would be so far-out!”

Now fast forward to 2022, we have mobile smartphones and video phones that can do all those things we see in Star Trek. We have medical advancements that were once a dream. We may not have transporters, but there is technology available now to “transport” a person’s hologram to another location. The results are amazing! We also have NASA, and billionaires building advanced rocket ships. Also, we have new advances in medicine technology happening almost daily. Who knows where this will evolve into many years later?

Technology is always being created, evolving, and advancing. It is important to note those new devices first seen in 1966 were just an idea. A vision of what the future could look like. While not all of the ideas may take off right away, or come at a snail’s pace, the important thing is to always have a vision.

What are some of your ideas for technology for the Deaf and hard of hearing? What would make your life more equal in your day to day living? Perhaps your idea can be that, “I wish we had” vision that can one day become a reality.

In other words, go where no person has gone before!
Hello from the DSDHH’s South Center.

As you may have noticed, a new face has joined our team. **Amanda Brooks** is our new full-time front desk office manager and event specialist. She has been busy this last month with a variety of events as well as getting to know the community members. If you have not had the chance to meet her please stop in to introduce yourself or call her on the office video phone.

During the month of March, there was a spring gardening class at The Garden at Tonaquint Park where we learned how to be successful growing vegetables in the southern heat: the key is shade and compost. People enjoyed our regular bowling night at Fiesta Fun which is the last Friday of every month, and we hosted a focus group where we had the opportunity to meet Pamela Mower, manager along with Amanda Brooks and Deanne Ericksen, event specialists for Southern Utah, served banana splits and root beer floats while we asked community members to share their event ideas and got input on how we can better serve our community.

We are gearing up for busy months ahead full of fun classes and events, so please make sure you are following us on our Facebook page or included in our email blasts for South Center so you won't miss out on these. Remember to register for these classes and events at this website: [jobs.utah.gov/usor/dhh/events/registration.html](jobs.utah.gov/usor/dhh/events/registration.html)

Flyers and calendars are also posted here at the center if you prefer the feel of a paper copy. A few events coming up for you to check out:

- Egg Painting Open House on April 8 where adults and kids can come to the center to paint a ceramic egg to take home.
- Sewing Class on April 12 where they are making adorable holiday baskets so please sign up for that.

Many more events and classes will be coming in May and June and more information about these will be advertised in the upcoming weeks. If you have any feedback, ideas or questions for the South Center please email us at SUDHHP@Utah.gov.
FMO Updates

The last three months have been busy and successful in many areas. More events are being held in person for meetings, education and other fun activities. Pickleball was successful when it was held on February 25. We collected a survey showing that the community wants to do more pickleball. More pickleball and other sports activities will be announced soon!

We have some updates regarding building improvement. We met with different contractors and admin staff to get bids on LED lights, carpet replacement, painting, signage with raised letters and numbers including braille around offices and other rooms, ADA ramp accessibility to access the baseball field, and a new playground. Our goal is to make this place professional, safe, and accessible to all community members. We will update on which projects receive the funds for it.

DSDHH is a safe space for all community members to receive various services and create many memories!

FMO Team

Brett Siteman, Security Officer
Adam Shewell, Building/Grounds Supervisor
Melanie Sperry, Facility Management and Operations Supervisor
Shari Brown, Office Specialist
Adele Sigoda, Office Specialist
Eric Roux, Interim Director
Julio Enriquez, General Maintenance
**Exciting partnerships coming up!** Be sure to contact us if you have any further questions:

**HEAT**

DSDHH will have a HEAT (Home Energy Assistance Target) Clinic in partnership with Utah Community Action (CAP) on April 27 from 10 am to 1 pm. If you received HEAT assistance in the fall/winter, you can apply again for the spring/summer months. An appointment is required. Please contact the front desk (801-657-5209) to schedule an appointment.

Unfortunately, we are only able to serve those living in Salt Lake County or Tooele County. For statewide assistance, please call 1-866-205-4357. They will direct you to the correct county.

**VITA**

The VITA (Volunteer Income Tax Assistance) program is finishing our 8th successful year of offering income tax services to the Deaf and Hard of Hearing Community. We are the only office in the nation that offers VITA directly in American Sign Language (ASL). This year we did a hybrid service with in-person and virtual appointments. Thus far, DSDHH has completed a total of 80 taxes for the 2021 tax season. The last day to submit taxes with our services is April 8th so if you have not signed up, you have limited time.

Sincerely,

Laurie Monell, Case Manager/Employment Specialist
Stephen Persinger, Case Manager/Employment Specialist
Annette Stewart, Community Advocacy Services Manager
As the season progresses to warmer temperatures and increase of sounds and the anticipation of being able to get out and interact with others more often, we recognize we would have some challenges. I would like to share a short article that I found online while researching how weather affects hearing loss.

Spring and Hearing Loss

Spring is the air! Which means warmer weather. Changing of the weather and the seasons can wreak havoc on our ears. With any seasonal changes comes allergies which pose dangers to ears. According to the Asthma and Allergy Foundation, more than 50 million Americans suffer from allergies a year.

In the spring, the flowers are in full bloom which means pollen which can cause allergies. This builds up mucus and causes sinus pressure. Since the sinus and the ears are connected, any sinus pressure affects the ears. The increase of sinus pressure creates middle ear fluid which can affect hearing. So can ear pressure. Ear pressure is any feeling of fullness or stuffiness in the ear. We feel the ear pressure because the middle ear is built up of fluid due to the allergies, or ear barotrauma. This can cause hearing loss since sounds are unable to travel to the inner ear.

If you wear hearing aids, change of weather can be a challenge. For example, Spring is full of hot, humid, and wet weather which causes moisture. Moisture is not good for hearing aids. It is important to keep your hearing aids away from anything with moisture. If your hearing aid is exposed to moisture, it can damage the microphone or make the aid more staticky. Ear wax is more prominent once the weather becomes warmer so it is important to clean hearing aids regularly. If not, the ear wax builds up and clogs the opening of the hearing aid where sounds come from. You will be unable to communicate or understand what others are saying.”

I like to give credit to NewGen Hearing Centers based in Miami, Florida and the link is: https://www.newgenhearing.com/spring-and-hearing-loss/

Since we are now able to get out and find opportunities to interact with others and participate more in activities and events, I like to share some communication tips that I think would help in our efforts to communicate.
Sharing Communication Responsibilities

**Tips for the Hearing Person in Communication**

Get their attention.
Face them.
Turn off TV/radio/music.
Go someplace quieter if needed.
Don’t yell; talk in a normal voice being careful to enunciate.
Don’t talk from another room.
Be in a well-lit area.
Don’t talk with something in front of your mouth.

**Tips for the Hard of Hearing Person in Communication**

Don’t bluff!
Tell people what works best for you.
Choose the best position for hearing and don’t be afraid to ask someone to change places with you.
Ask people to rephrase instead of saying “what” again.
Look for visual clues.
Let the conversation flow to gain more understanding.
Ask for written cues if needed.
**Utah Interpreter Program (UIP) Bulletin**

**UIP is excited to announce that this coming May we are “turning 30”!**

It’s great to see that the State of Utah was ahead of the country in establishing laws and requirements for Interpreters. That must have been a lot of hard work, meeting with the legislature to get laws passed, making policies and procedures and standards for an emerging profession, developing testing materials and protocols for administering said test. Just a little walk down memory lane. I can remember when we were filming testing exams on VHS, sending those through the mail to raters, and receiving them back and using a machine to erase the tapes so they could be used again. I know I know, some of you do not know what a VHS is. We have come a long way!

UIP wants to thank all of those pioneers of our profession. We would not be where we are today as professional interpreters without all of their hard work and ingenuity. To all of you who helped establish UIP thank you! We have tried through the years to be a resource to the Interpreting community. Early on UIP was essential in providing services in the community, but as freelance companies emerged UIP stepped away from providing services for the community and focused on enhancing interpreters skills with workshops. UIP saw an opportunity to do more when the public service commission opened up an RFP for Mentoring interpreters. For 12 years the ICAN program was beneficial to many interpreters who wanted to advance their certification. It was also SO much fun. If you don’t believe me ask anyone who went to an “Immersion weekend”!

In the last five years UIP staff have put in countless hours revamping our testing materials and system. We now offer a Certification for Deaf interpreters (UCDI). Something that is unique to our UCDI process is that we formatted it so that DI’s can take the performance exam first. Once that has been passed they would take a Knowledge exam offered in ASL. Which is different from any other certification exam.

Join us on May 6th to celebrate the history of interpreting in Utah and UIP’s 30 years of service to the interpreting community.

**Cheers to 30 more years!**

Clay Anderson, UIP Staff Interpreter
Wasatch Seniors Club Update

We are excited to announce the following updates to our club board.

President:
Rosa Rathbun

Vice-President:
Anita Archuleta

Secretary:
Nancy O’Brien

Treasurer:
Susan Neal

Trustees:
Adele Sigoda
Sherry Garner

Potluck lunch Coordinator:
Lise Love-Thompson

Any questions, please contact Nancy Obrien at nobrien96@gmail.com.
Due to the frequent new information that comes out of our programs, it is challenging to provide here in the newsletter the most up-to-date information of what classes and events are taking place at DSDHH and your community.

To overcome this challenge, we will no longer be listing the classes and events here in our monthly newsletters. To better serve everyone, one can find the latest information on our webpage. Our DSDHH Facebook page is also helpful, where information is shared almost daily about upcoming events.

Please visit the following links for our latest offerings:

**DSDHH Online Calendar:**
https://jobs.utah.gov/usuario/dhh/events/northerncalendar.html

**DSDHH Facebook Page:**
https://www.facebook.com/UtahDeafHHServices (No sign-up or login is required)

Hope to see you soon!
April Trivia Time!

Did you know....

1. Mark Twain became the first certified Deaf Interpreter (CDI) in 1854.

2. The first TTY was invented in 1874, two years before the telephone was invented.


4. April 1, 1862 - President Abraham Lincoln signed a law that French be taught in all deaf schools. A month later, it was corrected to French Sign Language.

5. September 1, 1976, the first CODA expo was established and 600+ CODA convened to discuss what “CODA” means.

6. On April 1st, 2022, the staff of the Division of Services Gathered together to create the Division’s first attempt at sharing an April Fool’s joke. APRIL FOOLS!
Now for the REAL Trivia time:

Did you know....

1. Some historians believe the name “April” comes from the Latin word aperie, which means “to open”. This is fitting as a lot of plants begin to grow in April.

2. April Fools’ Day is celebrated on April 1st. Although it has been celebrated in different countries for centuries, the origin of this day is not exactly known.

3. April 3, 1973 - Martin Cooper placed the first mobile phone call in New York City.

4. April 8, 1864 - President Abraham Lincoln signed a charter establishing Gallaudet University the first college for the deaf.

5. During Easter, Americans eat roughly 1.5 million marshmallow Peeps, over 16 million jelly beans and around 90 million chocolate bunnies.

6. April is known for spring showers. It is also known for meteor showers. The Lyrids meteor shower can be seen between April 16th and April 26th every year. The Eta Aquarids meteor show can also be seen starting around April 19th and is visible through May.

7. April 15, 1817 - The American School for the Deaf, the first public school for the deaf, opened in Hartford, Connecticut.

8. According to the Environmental Protection Agency, the first Earth Day occurred on April 22, 1970 with rallies being held in Philadelphia, Chicago, Los Angeles and many other American cities.

9. Some sources believe that the tradition of the Easter bunny in America comes from the German tradition of an egg-laying hare called “Osterhase” that was brought with German immigrants in the 1700s.

10. In April of 1850, the US Census determined that Utah had a population of 11,380. As of April of 2020, that number had grown to about 3,259,000.
This information, presentation, class or other activity is provided at the Division of Services of the Deaf and Hard of Hearing for interested individuals. The Division of Services of the Deaf and Hard of Hearing staff encourages participants and individuals to consider all options and experiences and does not endorse or recommend this specific information, presentation, activity or any individual class, product or service.

Equal Opportunity Employer/Program • Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.