



TDHHC Connections

Tyler Deaf and Hard of Hearing Center

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Visit our WEBSITE
www.tdhhc.org,
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This newsletter is dedicated to uniting the Deaf and Hard of Hearing of East Texas and all supporters by providing information and reporting events that enhance our lives and our community.

To receive a newsletter, email your name and address to:
connections@tdhhc.org.

COVID-19 SAFETY TIPS by Dr. Lonny McKinzie



Here are a few tips to help keep you safe, calm and able to cope with this crisis.

The first thing YOU MUST DO is *follow ALL guidelines for preventing the spread* of COVID-19.

SYMPTOMS TO WATCH FOR:

- 1) If you have these symptoms — **FEVER, COUGH, SHORTNESS OF BREATH** you may have the CoronaVirus and should *stay away from everyone* — even family if possible.
- 2) If you have more severe symptoms—**TROUBLE BREATHING, PERSISTENT PAIN OR PRESSURE IN THE CHEST, CONFUSION OR CAN'T WAKE UP, LIPS/FACE TURN BLUE** — go to *Emergency Room or call your doctor immediately*.



STEPS TO PROTECT YOURSELF AND OTHERS:

- 1) The best way to keep from getting the virus is to stay away from people.
- 2) Keep track of everywhere you go and those you have come in contact with and try to think back two weeks if you can.
- 3) Obey the “Stay at Home” order and do not travel or go places where others will be unless absolutely necessary.
- 4) If you are sick, stay home and away from others
- 5) Protect yourself by following these tips:
 - a) Wash your hands often and don't touch your face
 - b) Use handsanitizer with at least 60% alcohol
 - c) Avoid touching your eyes, nose, and mouth
 - d) Avoid close contact with people who are sick and stay 6 feet away from others if you must go out in the public.
 - e) Cover your mouth and nose when you cough or sneeze with tissue or into your elbow. Immediately throw used tissues in the trash and wash your hands for 20 seconds with soap and water.
 - f) Wear a face mask if you are sick and around other people; wear a face mask if you are not sick and around people who are.
 - g) Clean and disinfect everything you touch frequently.
 - h) Carry hand sanitizer, paper towels or napkins to prevent touching surfaces.
 - i) **STAY CALM. A POSITIVE ATTITUDE KEEPS YOUR IMMUNE SYSTEM STRONG**



CONTACT US: You can leave a compliment or complaint at:
www.tdhhc.org/feedbackform.html.
We want to hear from you!

~Remember... this too shall pass.~

The President's Corner

From the Desk of Chris Detkos

Greetings from the TDHHC Board of Directors,

First and foremost, you are in our prayers and thoughts as we enter into April and the Smith County stay at home mandate. We are working to improve the coronavirus updates being available with interpreting for the Deaf community.

In spite of the stay at home mandate, we continue to move through 2020. The goals for TDHHC are two-fold: first, we want to build a stronger, personal relationship with the Advisory Committee and the Deaf in Northeast Texas. Second, we want to build our network of connections with the cities and the organizations in Northeast Texas. We want our name and services to be known as the standard of excellence.

So, for the month of April TDHHC will be striving to promote the fact that TDHHC only assigns certified interpreters with the proper skill set to meet the needs of the consumer.

Chris Detkos
TDHHC President



“DIFFICULT
IS WHAT WE
CAN DO.
IMPOSSIBLE
JUST TAKES
A LITTLE
LONGER.”

~CÄSAR
JACOBSON



Cäsar Jacobson is a Norwegian-Canadian women's and disability activist. She was the first Deaf person in North America to earn the titles of Miss Universe Canada (2012), Miss Canada (2013) and Miss Globe Peace (2013).

~Patrick Grona

SPOTLIGHT ON NEW BOARD MEMBER: SCOTT SPILLYARDS



Scott Spillyards became interested in learning more about and serving the Deaf and Hard of Hearing Community when he met his wonderful wife Paula. Scott has been serving on the Board of Directors since 2018. He spent his early years in Tyler, then moved to Texarkana during

High School. After attending Texarkana College, Scott enlisted in the United States Air Force where he remained from 1994-1998. After coming back home he began working at Delek Refinery and has been there the past 21 years. Scott and his family are members of Whitehouse Church of Christ. When not spending time with family or friends he enjoys just about anything that has to do with the outdoors. Please give a warm East Texas welcome to Scott Spillyards!



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ALL CALENDAR EVENTS HAVE BEEN CANCELLED UNTIL FURTHER NOTICE
Stay tuned for any additional updates on Facebook and at www.tdhhc.org

Some Tips from a Counselor: Emotionally Surviving COVID-19

1. **Keep a schedule.** Whole Family - Get up on time in the morning & go to bed by 10:30 pm each night. Having structure avoids staying in bed and in pj's all day which leads to depression.
2. **Stay active.** If working from home or kids have school at home – do work in the living/ dining area and not allow to stay in rooms all day. Plan schoolwork breaks away from technology - play outside or do a fun activity inside. If kids are not on technology for school, then during break, let them use electronics for 30 min. breaks to connect with friends. Everyone needs technology breaks to rest their eyes and mind and to avoid other issues.
3. **Encourage family games, and less technology.** Turn off news until later. Don't allow kids to hear/see the news all day. It's also not good for adults. Instead sit together after dinner and watch news but use it as a way to teach your kids and to deal with fears and questions. Answer as honest as possible but only what their age can handle or needs to know.
4. **Plan to have a healthy dinner around the table or living room each night.** This connects everyone. Talk about your day – something positive, something learned. Keep dinner light–hearted. Avoid arguments or rudeness. Enjoy your meal – big or small. Avoid too much sugar which increases depression.
5. **Plan meetings on Zoom, Marco Polo, FaceTime or other apps with family and friends to stay connected.** Even craft groups, Bible study groups, etc. Some churches have live-streamed interpreted services or services in ASL.
6. **Keep bedtime routines for children.** Putting them to bed feeling safe and loved.
7. **Now you have time to get your “to-do” list done.** Deep cleaning, hobbies to finish, etc.
8. **Practice deep breathing, changing your thoughts and take time to be at peace.** Know that these times people get angry easily, get frustrated and more anxious. Be alert to suicidal thoughts – yours or others – and reach out for help. [1-800-273-8255](tel:1-800-273-8255) or call 911.
9. **Get help.** If you or a someone you know are in an abusive relationship, staying at home is what abusers take advantage of. Abuse can increase during these tough times. Drug abuse also tends to increase. If you are in danger or know someone in danger contact the domestic violence national hotline 1-800-799-7233 or 911. Also [1-800-799-7233](tel:1-800-799-7233)
10. **Be a blessing to others - change focus of yourself will help avoid depression and reduce feeling helpless.** Anything you can do to help someone else no matter how small makes a difference. Be patient. This will pass. If you have faith in a higher power – keep the faith!

*For more tips contact Rhonda McKinzie, MS, LPC Counselor for the Deaf
rmckinzielpc@gmail.com*





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ASL's Deaf and Hard of Hearing Access Specialist Project is
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