



FEBRUARY 2021

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.

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



SENIORS COME JOIN OUR EMAIL GAME

Happy Valentines to you all!

You are invited to join in some Valentines email fun!

We want to stay connected in spite of COVID. So we are creating an email game!

Please contact Kathy Westberry to sign up, she will fill you in on all the details.

You can reach her at
kathy@westberry.org.



*Gracious words are like
honeycomb, sweet to the soul and
healing for the bones.*

~PROVERB

*Consider sending a friend or loved one a
Valentine or handwritten letter of encouragement
through the mail this month — you just might
make their day!*

**FROM THE DESK OF
Advisory President Alana Husband**

Hello everyone!

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.” ~Helen Keller

Happy New Year! We hope your holidays were filled with blessings and joy. We look forward to 2021, a fresh start and moving forward.

Keep an eye out for our next Advisory Committee meeting via email soon.



**Warmest,
*Alana Husband***



Maybe you've wondered...

Who was the first deaf person in the world?

According to Wikipedia, it was possibly Quintus Pedius.

c. 44 B.C. Quintus Pedius is the earliest Deaf person in recorded history known by name.

**CONGRATULATIONS!
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**Even though all social events are on hold, please find ways to connect with your friends and loved ones!
Stay safe & healthy!**

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From the Desk of Dr. Lonny McKinzie, MS, DC
McKinzie Chiropractic & Nutrition



People have been asking me for a good, basic protocol for immune health. From the research available, consensus is that **Vitamin D, Zinc, Vitamin C, and Omega-3** are **critical** for supporting the immune system and minimizing your risk to the COVID-19 virus.

“Vitamin D helps regulate and adjust your immune system,” said Michael F. Holick, MD, PhD, professor of medicine at Boston University School of Medicine. “It improves your ability to fight infectious diseases, including viral infections. If you think you have a healthy diet and you are getting all the nutrients and Vitamin D you need... not true,” Holick said. “Because oily fish like wild-caught salmon, mushrooms exposed to sunlight, and cod liver oil are the only natural forms of Vitamin D in your diet.”

You’ve got to supplement both Vitamin D and Omega-3 to get the amount you need. I personally like using [#standardprocess](#) for the whole food benefits. I incorporated [#Thymex](#) into my protocol and [#Emphaplex](#) to boost immune function and lung support. Here is a well-balanced approach:

Cataplex D- 3 3x/day (4800mg)	For extra support I add:
Chezyn (zinc)- 3-5/day (30-50mg)	Thymex - 2-3 3x/day (infection, inflammation, stress)
Cataplex C- 3 3x/day	Emphaplex- 2 3x/day (if respiratory symptoms)
Cod Liver Oil- 4-6/day	

If you need more information about implementing the above protocol, let me know. We can also ship to you if needed. www.DrMcKinzie.com, mail@drmcinzie.com .

GENTLE REMINDERS



AVOID SICK



CLEAN SURFACES



COVER COUGHS
+ SNEEZES



DON'T TOUCH
EYES/NOSE/MOUTH



WASH YOUR
HANDS OFTEN

**McKinzie Chiropractic
and Nutrition is
moving!**

**They will re-open at
their new location
Monday, February 1st.**

The new location is:

**601 Chase Dr.
Tyler, TX 75701**



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Teresa Dell

Deaf and Hard of Hearing Access Specialist
Region IV - DHHS

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Tyler, Texas 75701

903-858-4577 (V/VP)
214-663-9145 (TXT)
903-795-4132 (C)

dhaccess4a@hhsc.state.tx.us

ASL's Deaf and Hard of Hearing Access Specialist Project is
funded by Health and Human Services Commission (HHSC) -
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Rhonda McKinzie, MS, LPC

TX BEI Master/Court Certified

Interpreter for the Deaf

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