TDHHC Connections

Tyler Deaf and Hard of **Hearing Center**

Video Phone: 903-253-9655

Communication Coordinator: call 903-617-6204 or email coordinator@tdhhc.org

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Visit our WEBSITE www.tdhhc.org, or follow us on FACEBOOK www.facebook.com/tdhhc.org

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 vour 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



Even though all social events are on hold, please find ways to connect with your friends and loved ones!

Stay safe & healthy!



Maybe you've wondered...

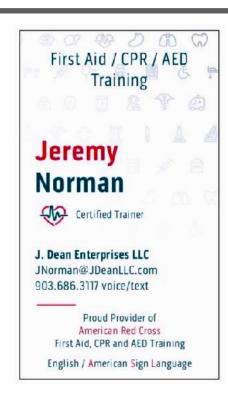
Who was the first deaf person in the world?

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! Advisory Committee Officers

President Alana Husband Vice President Elizabeth Crook Secretary Kathy Westberry



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@drmckinzie.com.





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



P.O. Box 6134 Tyler, TX 75711-6134 SAVE PAPER AND POSTAGE Let us know of any address change or to drop your name from our mailing list, call the office: 903-617-6204 or email: connections@tdhhc.org.

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Office of Deaf and Hard of Hearing Services (ODHHS).

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Counselor & Workshop Presenter Interpreter for the Deaf 903-262-7779

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