

MONTHLY COMMUNICATOR

December 2012

Vol. 33 No. 11

Chris Christie, Governor

Kim Guadagno, Lt. Governor

Jennifer Velez, Commissioner

David Alexander, Director

A Message from Commissioner Velez

Dear Stakeholder:

I want to take this opportunity to publicly thank our partner providers in government and in the community for their response before, during and after Hurricane Sandy.

It was a punishing storm that brought devastation to our coasts and throughout the state. Because of you, there were very few tragedies and the people we serve were safe and experienced little disruption in services. For that, we are incredibly grateful.

We also know that many of your organizations and employees are experiencing losses from the storm as well, but you - and they - continue the hard work of rebuilding. That commitment is very much appreciated.

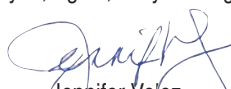
In our world of social services, rebuilding means we need to be prepared for a greater demand in aid. We'll be called upon to help individuals and families with housing, food or medical assistance as they get back on their feet. We also may need to provide more in-home supports to seniors and individuals with disabilities or help relocate group homes or apartments.

We'll need to be particularly attentive to individuals with mental illness or addiction disorders, as well as provide disaster crisis counseling to residents in distress. We may need to go mobile with some of our services and communicate to our stakeholders in new and innovative ways to ensure that our outreach is effective. In essence, we'll create a new sense of normal in the work we do.

And there is a lot to be done. FEMA has disaster assistance for non-profit agencies. Information can be found at www.disasterassistance.gov. Just search business assistance.

In addition, NJ 211 has issued a Hurricane Sandy Relief and Recovery Assistance Guide that provides a comprehensive list of useful resources. Go to www.nj211.org to download it or share it among your constituencies.

On behalf of the Department, best wishes to all of you and thank you, again, for your ongoing support.


Jennifer Velez
DHS Commissioner



After the Storm

New Jersey's **Clean Energy Program™** may be able to help you to replace damaged equipment, by providing you with rebates and incentives towards the incremental cost of purchasing higher efficiency replacement equipment. The WARMAdvantage, COOLAdvantage or Home Performance with **ENERGY STAR®** programs are designed to help you save on energy costs now and in the future. For more information go to: www.njcleanenergy.com. Questions regarding the program also can be answered by calling toll-free to 1-866-657-6278.



- Ask to see identification before you let anyone who claims to be from a utility company inspect your home.
- Never give your credit card number or financial information to strangers over the phone or on the Internet.
- It is customary not to pay for the entire home improvement project in advance. Pay one-third beforehand, one-third halfway through and one-third upon completion.

Beware of Scams

Don't become the victim of disaster-related scams. The following tips are provided by the NJ Division of Consumer Affairs.

- Before you begin making repairs to your home make sure that the professional you are about to hire is licensed to do the repair work.



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Director's Corner

By David Alexander, *Director, Division of the Deaf and Hard of Hearing (DDHH)*

A lot has happened in the last several weeks. Hurricane Sandy ravaged our coast, destroyed homes and businesses, and knocked out electricity to millions of residents. Communication during disasters is difficult...and for people who are Deaf and hard of hearing it can be even more challenging and frustrating.

The division is working with state officials to improve our ability to get timely information to the more than one million residents who are Deaf or hard of hearing. As the state recovers and rebuilds from the devastation of Hurricane Sandy, it's important for everyone to know about and have access to the resources that have been made available.

First, if you experienced material loss during the storm, you should immediately register with FEMA. You can do that at your county's Disaster Recovery Center. FEMA can provide transitional housing assistance and answer any questions you have about storm-related damages.

Other resources such as emergency shelter locations, food assistance, emotional support or the availability of public transportation can be found at www.NJ211.org. This can be accessed through a computer or smart phone device.

And, of course, you can call the division with questions or for support. We'll refer you to the right place to get the help you need to get back to a sense of normalcy. You can contact DDHH at 609-984-7281 or 609-503-4862 VP.

Thank you and be safe.

We Welcome Your Articles and Ads

The Monthly Communicator is published 11 times per year. Deadline for submissions for the January issue is December 1 and should be e-mailed to: monthlycommunicator@dhs.state.nj.us.

The deadline for the Monthly Communicator is the first of the month for the next month.

Kindly follow these guidelines for submissions:

- Should be less than two pages
- Plain font, such as NY Times #11 or similar
- Type flush left, no tabs
- No art imbedded within
- Send as Word attachment or an e-mail itself, no PDF
- Art, logos, photos may be sent as attached JPG
- Submissions are not normally repeated
- Content should be of interest to readers, events should be accessible to people with hearing loss, no direct selling products, but educational info about new technology acceptable
- Editor has discretion regarding editing, without final approval of submitter

Monthly Communicator

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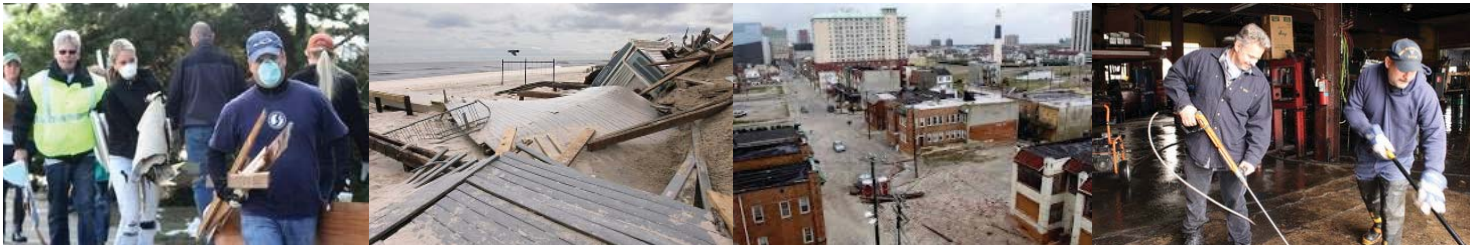
The Monthly Communicator is published by the New Jersey Department of Human Services Division of the Deaf and Hard of Hearing (DDHH), a state agency. DDHH provides information, referral, and advocacy to service recipients. Information or articles provided by others does not imply endorsement by DDHH or the State of New Jersey. There currently are 8,800 copies of the MC distributed monthly.

Relief and Recovery Assistance Information

More information can be found at www.nj211.org

SPECIAL INSERT

The U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA) announced that federal disaster aid has been made available to the State of New Jersey and ordered federal aid to supplement state and local recovery efforts in the area affected by Hurricane Sandy beginning on October 26, 2012, and continuing. Residents and business owners who sustained losses in the designated counties can begin applying for assistance by registering online, by web enabled mobile device at m.fema.gov or by calling **1-800-621-FEMA(3362)** or **1-800-462-7585 TTY**. The toll-free telephone numbers will operate from 7 a.m. to 10 p.m. EDT seven days a week until further notice.



Insurance Claims

If your home has suffered damage, call the agent who handles your insurance to file a claim. If you have suffered damage related to flooding conditions and do not know if you have flood insurance, you can call the National Flood Insurance Program at **1-800-638-6620** to confirm your current flood insurance and to find out where to submit your claim. If you are unable to stay at home, make sure to say where you can be reached. To make filing your claim easier, take photos of the house and save damaged personal property. If necessary, place these items outside the home. An insurance adjuster will need to see what is damaged in order to process your claim. If FEMA assistance is available to you because you live in the area included in the declaration you are expected to contact your insurance company first.



FEMA may only help with damage not covered by your insurance policy.

More tips from the NJ Department of Banking and Insurance on filing insurance claims: www.state.nj.us/dobi/pressreleases/pr110830.htm



File Insurance Claims at Mobile Catastrophe Units

Some insurance companies are offering claims processing at mobile catastrophe unit: www.state.nj.us/dobi/division_consumers/insurance/mobileclaims.htm located throughout the state. These locations provide an additional alternative for residents to file their insurance claims besides

the typical routes such as through one's insurance agent or via telephone. This list will constantly be changing, so please check back to see if additional companies and locations have been added.

Filing for FEMA Assistance

If you have been impacted by the recent storm you must first register with FEMA to get assistance!

You may apply online [www.disasterassistance.gov/] and or by calling **1-800-621-3362**; TTY users can call **1-800-462-7585**. The call takes about 20 minutes. If call volume is high, you may have trouble getting through. In that case it is recommended that you call during off-hours (after 5:00 PM and before 8:00 AM.) The system is automated. Please have a pen and paper ready whether you file on the phone or online. You will also need the following information:

- **Five digit zip code**, current contact telephone number, social security number, current mailing address and address of damaged property, date the damage occurred, directions to the property, brief description of damaged property, insurance information and policy number(s), family gross income.
- **A Bank Routing Number** if you want funds deposited directly to your bank account. Look up your bank routing number online here [www.feddirectry.frb.org/search.cfm].

Note: FEMA verifies the name and social security number of those registering for disaster assistance. If the name and social security number on file with the Social Security Administration does not match the information you provide, you will be asked to submit a copy of an original document, e.g. marriage license, military ID, tax documents, etc., for proof of identity. A need to review and update identity documentation may cause delays in delivery of assistance.

Be sure to get a FEMA application number. After you've completed your application for assistance, you will receive a FEMA application number. Write down this number and keep it for future reference. If you do not have a FEMA Registration Number, you will not receive services. You can also use the number for identification at banks, airlines, etc. if your identification has been destroyed.

Information and Referral

Call 2-1-1 by simply dialing 2-1-1 from any phone to learn about your local

community resources. Each county has specific services set up for individuals and families affected by the recent flooding. An experienced call specialist can help you find the best and most current service available to meet your needs.

NJ HELPS

For complete information on all state social services and on-line applications please visit www.njhelps.org.

Shelter

A nearly real-time listing of Red Cross emergency shelters throughout the state is accessible at <http://app.redcross.org/nss-app/> or by calling your local Red Cross chapter [www.redcross.org/cgi-bin/chapts-new.asp#NJ]. A comprehensive list of shelters that has been organized by county is also available in the Local Resource section of this resource guide and is based upon information received from the American Red Cross, Salvation Army and active network of volunteer organizations in our state.

You may be eligible for assistance through the Homeless Prevention Program. This program provides temporary assistance to households who are facing eviction or foreclosure because of conditions that have left them incapable of making payments. Natural disasters fall into this category but must be documented by the Red Cross or a letter from FEMA. This aid is temporary and is based upon income eligibility. Learn about HPP. [www.state.nj.us/dca/divisions/dhcr/offices/hpp.html] To see if you qualify call Mercedes Caesar at 609-441-3334 or Roseanne Macchiarelli at 732-255-0834.

NJ Housing Resource Center is an online, housing information clearinghouse designed to help all New Jerseyans with their housing-related needs. Searches on the database can be narrowed to limit your results to include a specific type of housing unit and the site includes maps and pictures and is updated bi-weekly to give an accurate reflection of housing availability in our state. Visit the NJHRC website. [www.njhousing.gov/]

Learn about other housing options on NJ 2-1-1 housing-related web pages. [<http://nj211.org/housing.cfm>]



Your Rights as a Renter

Rent Abatement and Security Deposits

If you are a tenant and you have been displaced as a result of the storm, you may be entitled to a return of part of the rent you paid if you are unable to live in your home during that period of time. You also may not have to pay your rent for the months after that if you are not able to go back into your apartment. Finally, if you are able to return to your apartment, but it is not completely habitable, you may not have to pay all the rent.

Your displacement due to this natural disaster, may also entitle you to have your security deposit returned quickly. A landlord must return your security deposit within five business days if:

- The displacement is caused by fire, flood, condemnation or evacuation; and
- An authorized public official posts the premises with a notice prohibiting occupancy, or

- A building inspector has certified within 48 hours that displacement is expected to continue longer than seven days and has so notified the owner in writing.

Licensed Home Improvement Contractors

Paterson Habitat for Humanity Offers Tips to Hiring a Contractor [www.nj211.org/images/Flood/Tips%20to%20Hiring%20a%20Contractor.pdf]

Visit www.njconsumeraffairs.gov/brief/improve.pdf to receive tips from the NJ Division of Consumer Affairs on how to hire a home improvement contractor.

At this site you can also search by name for licensed contractors and for other licensed professionals including home improvement contractors, master plumbers and electrical contractors www.njconsumeraffairs.gov/LVinfo.htm



Assistance with Food

For the time being, assistance through the **SNAP** (formerly known as Food Stamps) Program is only available to current SNAP recipients. If you received food stamps before the storm and live in an area where over 50% of the population was without power you will receive a reimbursement of 25 percent of your October monthly SNAP allotment, allowing you to replace a portion of the food you may have lost during the power outage.

You must live in one of these counties to be eligible for automatic reimbursement: Atlantic, Bergen, Cape May, Essex, Hudson, Hunterdon, Mercer, Middlesex, Monmouth, Morris, Ocean, Passaic, Somerset, Sussex, Union and Warren. If you do, you will receive the following benefits: SNAP replacement benefit of 25% automatically within the next few weeks on your EBT card. You do not need to call or visit your county welfare agency. The reimbursement will take place automatically.

The prepared food waiver also allows you, for a limited time, to purchase hot and cold prepared meals from participating stores with your benefits, an exception to the SNAP rules.

Help is available to SNAP recipients living in the remaining counties. Individuals and families on SNAP from the counties of Burlington, Camden, Cumberland, Gloucester and Salem also are eligible for the replacement benefit, but must go to their county welfare office to apply. If you live in one of these counties you are not eligible for the hot food benefit.

Disaster Food Stamps (DSNAP) begins Monday, November 26 and runs for 7 business days. Check your county's website or www.nj.gov/humanservices/dfd/programs/njsnap/dsnap.html for locations.

Some food pantries and soup kitchens in Ocean and Monmouth counties have been closed due to damage sustained by the storm.

Find an open food pantry or soup kitchen in Ocean County: www.nj211.org/images/HurricaneSandy/Oceancountyfoodpantries.pdf

Find an open food pantry or soup kitchen in Monmouth County: www.nj211.org/images/HurricaneSandy/Monmouthcountyfoodpantries.pdf

Operational hours may have changed and supplies may be limited so be sure to call before you go to verify details. You may need an ID to prove residency and will be asked to declare that you were affected by the disaster.

Additional Relief and Recovery Assistance Information

American Red Cross

American Red Cross gives shelter, food, support, and supplies to people affected by disasters including floods, tornadoes, blizzards, hurricanes, earthquakes, lightning and thunderstorms, drought, terrorism, wildfires, heat-related emergencies, power outages, etc. <http://www.redcross.org/>

- To find your local Red

Cross

[http://www.redcross.org/
find-your-local-chapter](http://www.redcross.org/find-your-local-chapter)

- To Find an Open Red

Cross Shelter in New Jersey

<http://app.redcross.org/nss-app/>

- To find a shelter as an APP on your iPhone/iPad/iPod

[http://itunes.apple.com/us/app/american-red-cross-shelter/
id419258261?mt=8](http://itunes.apple.com/us/app/american-red-cross-shelter/id419258261?mt=8)

- To Let Others Know You Are Safe & Well

<https://safeandwell.communityos.org/cms/index.php>



**American
Red Cross**

Federal Emergency Management Agency (FEMA)

FEMA is a federal agency that provides resources, information, and financial assistance for federal disaster related events like Hurricane Sandy. <http://www.fema.gov/>

- To Learn what Disaster Recovery Centers can do for you

http://www.fema.gov/medialibrary/media_records/8326
(video)

- To Find a Disaster Recovery Center Near You

A Disaster Recovery Center is an accessible facility or mobile office where applicants may go for information about FEMA or other disaster assistance programs, or for questions related to your case. Services may include giving guidance regarding disaster recovery, clarification of any written correspondence received, housing assistance and rental resource information, answers to questions, resolutions to problems, and referrals <http://asd.fema.gov/inter/locator/home.htm>

- For Hurricane Sandy Response and Recovery Information under Federal Emergency Management Agency (FEMA) <http://www.fema.gov/disaster/4086>

- To apply for disaster assistance, go to: [http://www.
disasterassistance.gov/](http://www.disasterassistance.gov/).

- To find a place to stay (both temporary and long-term) <http://www.fema.gov/how-do-i-find-place-stay>

NJ Office of Emergency Management (NJOEM)

NJOEM works closely with our federal, state, and local partners to prepare for all hazards, natural or manmade that could affect New Jersey's families, communities, and businesses. You can find current weather/traffic, information on how to prepare and plan for an upcoming disaster, resources for emergency management for businesses and industries of all sizes, evacuation routes, information on disaster recovery, how to volunteer, and information on how to apply for disaster public assistance/money.

- **NJ Counties Emergency Management Contacts**

[http://www.state.nj.us/njoem/about/
association.html](http://www.state.nj.us/njoem/about/association.html)



- For updates and information on Hurricane Sandy under NJOEM, go to the link:

<http://www.state.nj.us/njoem/>

- For Getting Help & Advice About Recovering from Hurricane Sandy under NJ Office of Emergency Management (NJOEM)

http://www.state.nj.us/njoem/programs/sandy_recovery.html

State of New Jersey Hurricane Sandy Information Center

Resources on Hurricane Sandy for New Jersey residents, business owners, and communities can be found on the link below. This webpage includes information about electric service, gas service, and water service restoration. If you have downed power lines, please go to the link below to find out what to do about downed power lines. Emergency hotlines, shelters, information about gas stations, Transportation, school closings, water/food safety, pet rescue, safe use of generators, volunteers, how to find help, and contact information for other offices/agencies can be found here as well too.

http://nj.gov/nj/home/features/spotlight/hurricane_sandy.shtml

NJ 211

NJ 211 is a community resource database that can help you find solutions to personal needs by sharing information on hurricane long-term recovery, FEMA assistance programs, power outages, info on cleaning your home after a flood and removing mold, flood fire safety, filing flood insurance claims, day care facilities, shelters, affordable housing units, social services, employment training programs, senior services, medical insurance, and more. You can either access NJ 211 by clicking the link below or calling 2-1-1. <http://www.nj211.org/>



Food Assistance for SNAP (food stamps) Recipients Only

If you lost food as a result of the power outages, go to the link below to see if you qualify for food assistance.

[http://www.fns.usda.gov/disasters/response/pdf/response_to_
Hurricane_Sandy.pdf](http://www.fns.usda.gov/disasters/response/pdf/response_to_Hurricane_Sandy.pdf)

End Hunger NJ

If you are in need of food, visit End Hunger NJ for a food pantry in your area.

<http://endhungernj.com/index.htm>

Hurricane Sandy Information for pet and livestock owners from State of New Jersey Department of Agriculture

[http://www.state.nj.us/agriculture/news/hottopics/approved/
topics121026.html](http://www.state.nj.us/agriculture/news/hottopics/approved/topics121026.html)

Pet Rescue Hotline

For residents who left their pets behind when evacuating their homes before Sandy

http://nj.gov/nj/home/features/spotlight/hurricane_sandy.shtml

- Info for how pet and livestock owners can prepare for an upcoming storm

[http://www.state.nj.us/agriculture/news/press/2012/approved/
press121026.html](http://www.state.nj.us/agriculture/news/press/2012/approved/press121026.html)

National Oceanic and Atmospheric Administration (NOAA)

NOAA provides information on daily weather forecasts, severe storm warnings, and climate monitoring to fisheries management, coastal restoration, and supporting marine commerce.
<http://www.noaa.gov/>



Accessible Radios for the Deaf and Hard of Hearing

Links below include several companies that sell accessible radios for the deaf and hard of hearing in case of an emergency such as losing power at home. Accessible radios have visible displays on them for deaf and hard of hearing individuals.

To order an accessible weather radio, see below for different companies that sell them:

- Silent Call
<http://www.silentcall.com/catalog/index.php?cPath=7&osCsid=7933cf74f982f5b9e6957b5ef4ad39f9>
- Harris Communication
<http://www.harriscomm.com/index.php/equipment/smoke-detectors/weather-alert.html?mode=grid>
- Hear World Communications
<http://www.hearworldusa.com/categories/Alerting-%7B47%7D-Notification-Systems/Weather-Alert-Systems/>
- Thunder Eagle, Inc. - Wireless Alerting Systems
<http://www.thuneagle.com/>
For additional information on how NOAA Weather Radios (NWR) for the deaf and hard of hearing work.
http://www.nws.noaa.gov/nwr/special_need.htm

Forecasts and Weather/Flood Info

- National Hurricane Center: <http://www.nhc.noaa.gov/>
- National Weather Service Mt. Holly: www.weather.gov/phi
- NWS NY for Northeast NJ Counties: <http://www.erh.noaa.gov/okx/>
- Flood Info: <http://water.weather.gov/ahps2/index.php?wfo=phi>

How to Prepare

- NJ Hurricane Safety Page
<http://www.ready.nj.gov/plan/hurricanes.html>
- FEMA
www.ready.gov
- Preparedness Info (Spanish)
<http://www.listo.gov/>

Power & Gas

- NJ Utilities (Power & Gas) Company Info
http://www.state.nj.us/njoem/weather/utilities_info.html

NJ Travel Info

- NJ Department of Transportation (DOT)
<http://www.511nj.org/>
- NJ Transit
http://www.njtransit.com/sa/sa_servlet.srv?hdnPageAction=TravelAlertsTo
- Turnpike Authority
<http://www.state.nj.us/turnpike/index.html>
- Port Authority
<http://www.panynj.gov/>



How You Can Promote Mental Health and Deal with the Stress that is Related to Hearing Loss

By

Ivette Guillermo McGahee
LPC MHC CODA

We are all out of balance at moments in our life when facing stressors in relationships, juggling the responsibilities of a busy lifestyle, experiencing loss of employment, re-location, starting a new job or a new relationship. Also, when we are suffering the loss of a loved one, care giving for someone, dealing with a chronic disease, or experiencing a traumatic event.

For Deaf and hard of hearing people it can be at times more challenging to maintain a state of "in balance" and good mental health. Because additionally to the life stressors that everyone faces, Deaf and hard of hearing people experience the hassle that goes along with limited



access to the hearing world and reduced educational and employment opportunities, which can increase the sense of isolation. Isolation is associated with chronic stress. Other studies show that Deaf individuals who experienced poor attachment and poor communication with their caregivers tend to have low self-esteem, which also increases the chances of mental and emotional distress.

Given the challenges that the Deaf community faces, being constantly

stressed might almost be seen as 'normal'. However, the stress might trigger psychological imbalances such as anxiety, depression or even paranoia. Stress also becomes a problem when we cope in unhealthy ways such as drinking too much, over-eating, promiscuous behavior, and so on. Untreated mental and emotional concerns also affect our physical health. Stress, anxiety, and mood disorders can contribute to digestive disorders, sleep and appetite disturbances, and lack of energy. That is why it is important to deal with stress and address mental or emotional concerns as early as possible.

How can we connect with our inner strength that helps us return from a setback or challenge? What is the best way to avoid dwelling on problems, feeling victimized, becoming

Continued on page 13



Musicians for Hearing Protection

By Traci Burton, Field Representative

Many concert-goers still feel part of the experience is to come away with their ears ringing. It has been thought that the degree of deafness one suffered the next day at school determined how good the concert was. Young musicians agreed; but as one grew older and wiser, feelings changed.

Between band practice, recording, as well as the live shows they perform and attend, musicians are exposed to high decibel levels on a continuous basis. Lars Ulrich, drummer for the heavy metal band **Metallica**, has been vocal about his tinnitus and hearing loss since 1990 and has worked with the non-profit organization **H.E.A.R. (Hearing Education and Awareness for Rockers)** by appearing in educational films and Public Service Announcements (PSA's).

Education for young people on hearing protection is so important. H.E.A.R. not only understands this but developed educational materials designed specifically for use in schools. One such DVD is *"Can't Hear You Knocking,"* a seventeen minute version of the 57 minute award winning documentary, has already been distributed to 30,000 school districts nationwide. It features Lars, Ray Charles, Meat Loaf and Pete Townshend of The Who, as well as rock fans discussing issues of loud music and hearing loss, using audiologists and physicians to explain cause and effect. Another DVD is *"Listen Smart: Safely Handling the Power of Sound"* featuring interviews with Ozzy Osbourne, Wyclef Jean and Moby talking about hearing damage caused by music and other sounds that are too loud. A detailed description of the mechanics of sound and how the ear works are also part of this fifteen minute film. Both films are captioned and any interested educators should visit www.hearrecords.com for more information.

Streaming videos on the Internet



are also instrumental in educating today's children and one is able to view not only Lars' PSA, but also ones from Jack Black of Tenacious D, Carson Daly of MTV with Missy Elliott, and www.betterhearing.org has a short entitled *"A Wild Tour of the Ear."* In his PSA, Pete Townshend talks about how young musicians plug into their amps and play all night. Then he states, "I've shot my hearing and it hurts and it's painful and it's frustrating. Little children talk to you and you can't hear them."

Rock and roll/heavy metal music has been the focus in this article, but it's worth noting that symphonic music also can cause hearing loss. Hearrecords.com reports that a violin can reach 84-103 dB, a piccolo 95-112 dB and the symphonic music peak can reach 120-137 dB. Classical musicians, it has been estimated, have an occurrence of hearing loss at 4-43%, and rock musicians at 13-30%.

Prolonged exposure to any loud sound, such as music of any genre, can cause hearing loss. It is common to see Metallica's staff and crew pass around a tub of earplugs before anyone takes the stage and the band members themselves wear custom musician's earplugs. As Lars stated in a December 2009 CNN Dr. Sanjay Gupta Reports segment, "I will never sit down behind a drum kit without

hearing protection."

Protecting our hearing is a positive rock and roll message that can be applied to our daily activities, and one we should all be following.

Traci Burton, Field Representative can be reached at 609-984-7281 or traci.burton@dhs.state.nj.us.

Ocean/Monmouth HLA Meeting

The next chapter meeting will be held on **Sunday, December 2, 2012 at 1:00 p.m. in the Center for Healthy Living, 198 Prospect St., Lakewood, NJ.**

The Hearing Loss Association is a national organization created to aid individuals with deafness, late hearing loss to cope with their problem and learn of ways to help to hear and understand every day events in life.

Besides the Ocean/Monmouth chapter, there is a Middlesex and Morristown chapter in New Jersey. This will be our Holiday Party meeting. Meetings are open to everyone and are a rewarding way to spend a few hours socializing with other hard-of-hearing individuals who share your problems and concerns. As always, light refreshments will be served. Feel free to bring your favorite dessert to share.

For additional information: oceanmonmouthhla@yahoo.com.

New Federal Program Set to Distribute Communications Technology

New Jersey residents who have a combined loss of hearing and vision may soon connect with family, friends, and community thanks to the National Deaf-Blind Equipment Distribution Program. The 21st Century Communications and Video Accessibility Act of 2010 (CVAA) authorized the Federal Communications Commission (FCC) to establish a program to provide states with funding to provide communications technology to eligible individuals with combined vision and hearing loss. The program, tagged **iCanConnect/NJ** will be administered by The New Jersey Commission for the Blind and Visually Impaired, in partnership with the New Jersey Division of the Deaf and Hard of Hearing and The College of New Jersey.

The National Deaf-Blind Equipment Distribution Program was created to ensure people who are blind and Deaf-Blind can remain safe and healthy, hold a job, manage a household, and contribute to the economy and the community.

"This program provides us an extraordinary opportunity to provide the technology that will help New Jersey's Deaf-Blind population reach their full

iCanConnect
The National Deaf-Blind Equipment Distribution Program



potential and provide new opportunities for personal and professional growth," said Vito DeSantis, the Executive Director of the New Jersey Commission for the Blind and Visually Impaired.

To be eligible, the individual must have combined loss of vision and hearing as defined by the Helen Keller National Center Act and their income cannot exceed 400 percent of the Federal Poverty Level. For additional information about how to apply for the program, contact Allen Reposh at (609)771-2575 or reposha@tcnj.edu.

Information about the new equipment distribution program is available online at njcsd.org/departments/i-can-connect-nj.html.

Morris County Library's Assistive Listening Technology Loan Program

Many public places are characterized by background noise and poor acoustic design which negatively impacts the ability of people to hear. These conditions affect all individuals and makes effective listening nearly impossible for a person with any kind of hearing loss. Assistive listening technologies such as a "Personal FM System" or a "Wide Area FM System" may significantly improve listening conditions.

The Morris County Library, located at 30 East Hanover Avenue in Whippany, NJ offers the Assistive Listening Technology Loan Program to residents of Morris County. Any interested individual or agency/organization is able to borrow, free of charge, a Personal FM System or a Wide Area FM System.

The Personal FM System is for use in small group settings while the Wide Area FM System is for use in larger spaces. The Morris County Library has three Personal Systems and two Wide Area Systems available for loan. Neckloops and

headsets are also available for loan. For more information about this loan program please contact the Morris County Library at 973-285-6979.

Additional libraries will be offering the Assistive Listening Technology

Loan Program to their county's residents. Look forward to more announcements! The Assistive Listening Technology Loan Program is funded by the NJ Division of the Deaf and Hard of Hearing.





Walk4Hearing 2012 - Turnout, Donations Set New Records

By any measure, **Walk4Hearing 2012** smashed all records. More participants turned out than ever before, as over 500 people gathered beneath bright blue autumn skies in Mercer County Park, in West Windsor NJ. Fundraising not only met the goal of \$60,000 but soared higher – an unprecedented \$64,000 with new donations still coming in when this column was being written - more young people than ever before, more families than ever before. Walk4Hearing is growing from year to year, raising money for programs and services to help people with hearing loss, and raising awareness of the “invisible disability.”

Special thanks go to Wayne Roorda, HLA-NJ Walk Chairperson, who stepped up to chair the Walk4Hearing committee this year. Special thanks also to Suzanne D'Amico, the regional walk coordinator of the Hearing Loss Association of America, who did so much to help with planning and making the Walk such a success. In addition, dozens of committee members, team captains and members, and donors played important roles.

Yet another first: a record 35 teams took part, showing the success of a strategy that brings individuals together to work as teams. And there were more alliance teams than ever, groups using this opportunity to raise funds for their organizations as well as the *Hearing Loss Association of New Jersey*. Our thanks to the four: *Summit*

Speech School, the Deaf-Blind League of New Jersey, ALDA New Jersey and Bridges to Employment. Teen spirit has also come to Walk4Hearing. A group of teens in North Plainfield joined together as the North Plainfield



ASL Honor Society and raised more than \$1,000. They didn't even register formally as a team. They just got together and raised money.

Another teen group, *iTold4*, got contributions to support their project to alert teens to the dangers of noise to their hearing, a special problem in an age of heavily amplified music, ear buds and other hazards. Members of this group came to both the pre-Walk KickOff and to the Walk itself, according to Arlene Romoff, past president of HLA-NJ.

“They didn't even do this to earn any community service credits,” Ms. Romoff said. “They did it just because they wanted to help address this important issue.” Another first that many people noticed was the large number of families who took part. The

Walk was truly child friendly, with face-painting and other fun activities, hot dogs and lots of chances for youngsters and teens to meet others with hearing loss.

Ms. Romoff, a veteran of many walks, said she was especially impressed that so many people came with children and grandchildren. “The families really loved this, and they had the largest teams,” she said. “They were also responsible for an exciting new feature this year—the families had tailgate parties in the parking lot before the start of the Walk. The tailgate parties weren't officially planned, but people loved them.” The presence of so many families was not only fun for them. It helped shatter the stereotype that hearing loss affects only the middle aged or elderly. At the Walk, people of all ages turned out, and could share experiences with hearing aids, cochlear implants and other issues.

For children, it can be especially important to learn that they are not the only people their age who wear hearing aids or cochlear implants. Parents say more adults need to learn that hearing loss can affect the young.

Jennifer Vistoso, mother of two boys who wear hearing aids, says “Children are often forgotten and most people are shocked when they see my kids with hearing aids.” One son is six years old, the other three years old. She also has a daughter who is six

Continued on page 14

NJ Speech-to-Speech Technology Update

By Aparna Lele
NJ Relay and CapTel
Outreach Manager

The NJ Relay team is excited to share with you the latest technology updates to the Speech-to-Speech (STS) services. Based on consumer feedback from the speech disability community, the New Jersey Relay Speech-to-Speech services have been updated to include several new features that allow speech disabled users to call standard telephone users using Speech-to-Speech services with additional confidence and ease.

These new features are sure to enhance the quality of life for our end users. Speech-to-Speech services are designed for persons who have difficulty being understood over the phone. The STS service provides specially trained operators who facilitate conversations between the user and the other party by repeating the message of the person with a speech impediment or synthesizer output.

There is no special equipment needed for this service. Any telephone can be used to make a Speech-to-Speech call. Current customers include those with cerebral palsy, muscular dystrophy, aphasia, laryngectomy, stroke and brain injury.

With the exciting new features in place, individuals have several options to make their Speech-to-Speech calls easier to process by setting up their customized profile.

For example:

My Email Set Up

- STS users can email call information and special instructions 2 to 24 hours prior to the call to make it easier to set up their call.

My Support

- A dedicated customer support team for STS users is open 24 hours a day, 7 days a week to provide assistance.

My Saved Messages

- Upon request, STS relay operators can copy any messages desired onto the customer profile, which



provides a convenient solution to the problem of dictating a message for an answering machine, which is then unable to be delivered due to a busy signal.

- STS users can call the STS service and ask to retrieve saved messages.
- After 24 hours, the message copied into the customer profile will be deleted.

My Phone Book

- STS users who place a call can simply ask for a caller by name. The customer profile can store up to 30 speed dial numbers.

My Name & Place

- Callers who wish to call a STS user can call and ask for the STS user directly by name without having to provide the telephone number. The STS user can be reached at multiple numbers and different numbers can even be added for certain times of the days or days of the week.

My Style

- STS relay operator can look up the preferred kind of conversation style in the customer profile such as: Re-voicing the entire conversation or repeat upon request only.

My Wireless

- STS users who use a Sprint wireless phone can dial *787 to connect with a Sprint STS

relay operator.

Individuals with speech disabilities who wish to set up their customer profiles and use these new features can call a dedicated customer support service for STS users. This new support for STS is on standby to assist STS users or organizations serving STS users with basic information about STS, filling out customer profiles, and other Sprint Relay features designed to support STS customers and their callers. The new STS customer service number is 877-787-1989 and hours of operation are 24 hours a day, 7 days a week.

For additional information about the enhanced features of STS, please visit http://www.njrelay.com/sts_email_setup.html

Our team of outreach specialists has been trained with the latest updates and is ready to provide presentations, 1:1 trainings and installation support on the new Speech-to-Speech enhancements. They can share information about the new features, plus helpful tips on what you need to know when you make STS calls.

If you would like to have an outreach specialist come to your office or home for a Speech-to-Speech presentation, training or installation support, please contact Aparna Lele at (201) 355-0579 or email; njrelayoutreach@sprint.com.

For more information about NJ Speech-to-Speech services and the outreach program, visit www.njrelay.com/sts.

Venture 3 Systems, Inc. and Sprint CapTel Partner to Assist Individuals with Hearing Loss on the Telephone

SPRINT WEBCAPTEL[®] ON A TELIKIN COMPUTER!

Struggle hearing on the phone? Sprint WebCapTel allows people with a hearing loss to receive captions on a computer screen virtually at the same time as the person speaks, allowing callers to enjoy the natural flow of an interactive telephone conversation.

Telikin is a simple and easy to use computer that includes video chat, photo sharing, email and now Sprint WebCapTel calls onto a sleek, touchscreen device.

- Learn more about Telikin:
(800) 721-9616 or telikin.com
- Learn more about Sprint CapTel Services:
sprintcaptel.com



Submitted by Aparna Lele
NJ Relay Accounts Manager

Telikin announced a strategic business initiative with Sprint CapTel that will offer an easy-to-use, touchscreen computer designed with senior citizens in mind that is pre-loaded with popular and easy-to-use applications for computer use. Sprint CapTel brings emerging technology to Telikin customers. Sprint WebCapTel, a web-based service, allows an individual to utilize a Telikin computer with an Internet connection and any landline or wireless telephone to receive captions of what another party is saying during a phone conversation. "Telikin is committed to making technology accessible to seniors. Our partnership with Sprint CapTel is another opportunity to do so," said Fred Allegrezza, CEO of Venture 3 Systems, Inc., the manufacturers of Telikin computers.

"This partnership between Telikin and Sprint enables a simple way for individuals with hearing loss to use our WebCapTel service on a system designed for seniors. The benefits are many for a growing part of the population who need this type of service," said Mike Ellis, National Director of Sprint Relay. The Census Bureau reports there are more than 46.5 million consumers over the age of 60, and the baby boomer generation, those now 44 to 62 years of age, constitute approximately

25% (76 Million) of the total US population. By the end of this year, people age 50 and older in the United States will number 100 million people. As of April 2012, according to the most recent Pew Internet study, 53% of Americans over the age of 65 use the internet or email. This demographic,

though still the least likely to be on the internet, is growing very quickly. More than 33 million people in the U.S. experience hearing loss. In fact, hearing loss is one of the most common conditions affecting older adults. One-in-three people over the age of sixty and 50% of those over eighty-five report increased difficulty in hearing.



About Venture 3 Systems

Located in Chalfont, Pennsylvania, Venture 3 Systems is the maker of the Telikin computer. Telikin is the easiest to use, touch screen computer that integrates popular features such as video chat, photo sharing, email, contacts, news, weather, documents and a full Web browser in a sleek, simple system. Minus the viruses, pop-ups and additional cost and number of applications required to operate current computers, the large monitor, intuitive user interface and easy menu of popular functions helps people stay connected with family, friends and the world. Find out more at www.telikin.com

About Sprint CapTel

CapTel is a registered trademark of Ultratec, Inc. In partnership with

Ultratec, CapTel services are available as a component of Sprint's array of Relay services. Sprint Relay is the largest and most technologically advanced Telecommunications Relay Service provider in the nation with more than 20 years of experience in providing relay services to persons who are deaf, hard-of-hearing or deaf-blind or have a speech disability to communicate with hearing persons on the phone. Sprint's experience in this field assures users receive quality service regardless of the type of service they are using. Service is available 24 hours a day, 365 days a year, with no restrictions on the length of the call or the number of calls placed. For more information, visit www.sprintcaptel.com or www.facebook.com/sprintrelay.

About Sprint Nextel

Sprint Nextel offers a comprehensive range of wireless and wireline communications services bringing the freedom of mobility to consumers, businesses and government users. Sprint Nextel served nearly 56 million customers at the end of the third quarter of 2012 and is widely recognized for developing, engineering and deploying innovative technologies, including the first wireless 4G service from a national carrier in the United States; offering industry-leading mobile data services, leading prepaid brands including Virgin Mobile USA, Boost Mobile, and Assurance Wireless; instant national and international push-to-talk capabilities; and a global Tier 1 Internet backbone. The American Customer Satisfaction Index rated Sprint No. 1 among all national carriers in customer satisfaction and most improved, across all 47 industries, during the last four years. *Newsweek* ranked Sprint No. 3 in both its 2011 and 2012 Green Rankings, listing it as one of the nation's greenest companies, the highest of any telecommunications company.

You can learn more and visit Sprint at www.sprint.com or www.facebook.com/sprint and www.twitter.com/sprint.

Students Learn About Natural Horsemanship from Certified Trainers

By Debora Thedinga
Educational Interpreter

Governor Livingston's Deaf and Hard of Hearing Program



"Communication between a horse and a person has nothing to do with a person's ability to speak or hear. It's about body language and the energy that passes between the person and the horse." This was the first of many lessons that Joe Williams, a certified natural horsemanship trainer and Berkeley Heights Police Department detective sergeant, taught the group of students from Governor Livingston's Deaf and Hard of Hearing Program.

The students were attending a natural horsemanship workshop at Skyler's Acres, a horse stable tucked in a beautiful section of the Great Swamp in Long Hill Township, NJ. At Skyler's Acres, owners Joe Williams and his wife Collette offer horse boarding and horseback riding lessons for riders of all levels. They also own some of the horses themselves, many of which were rescued. The rescue horses are dear to Collette, who prefers "a horse with a quirk because they're more interactive."

Some of the horses they have rescued have been either mistreated or neglected by their previous owners. "Horses that are afraid of people are that way because someone made them that way," Collette stated. Joe and Collette have spent years rehabilitating the horses and training them using the same

natural horsemanship techniques demonstrated to the students during the workshop. The couple, along with Governor Livingston chemistry teacher and horse owner Dr. Meredith Morgan, brought out horses to teach the students the body movements and breathing techniques necessary in order to get a horse to walk forward, backward, stop and even how to keep the horse calm – all without saying a word.

"You aren't at a disadvantage," Joe told the students. "In fact, you have an advantage. Horses respond best to non-verbal communication".

The rainy weather didn't dampen anyone's spirits as the students eagerly gathered around to wait for their opportunity to work with one of the horses. They were each surprised to see that they were able to control their horse's movements successfully by using the appropriate eye gaze, body posture and hand gestures.



Once the ground work exercises were complete, the students rode the horses around the ring, where again they used their body positioning, breathing and eye gaze to direct the horses' movements. Upon dismounting, one student exclaimed, "I've never been this close to a horse before!" as she lovingly planted a kiss on the horse's head.



Cape May Hosts Successful Awareness Day



The DDHH participated in the 4th Annual Cape May County Community Disabilities Awareness Day on Saturday, November 10, 2012 in Avalon NJ. Paulann T. Pierson of the Cape May County Department of Aging and Disability Services organized the well-attended event.

In addition to DDHH, some of the dozens of exhibitors included Coast 2 Coast Captioning (Jennifer Bonfilio), HLAA South Jersey Shore Chapter, NJ CapTel, and Sorenson Communication. Carolyn Richards of the South Jersey Hard of Hearing Support Group received special recognition and was awarded a plaque for her advocacy for people who are hard of hearing in her area.

The event also included special attention to our Veterans, and live music and dancing performed by members of the community. The event was communications accessible with sign language interpreters and CART.



Promote Mental Health *continued*

overwhelmed or turn to unhealthy coping mechanisms? Many people find that psychotherapy can help them develop the ability to see things in perspective, find meaning in life and better handle stress. This ability is called “resiliency”, and it means adapting to adversity. When stress, adversity or trauma strikes, you still may experience anger, grief and pain, but you’re able to keep functioning — both physically and psychologically.

A Deaf or hard of hearing person who develops resiliency, is more able to maintain a positive psychological acceptance and compassion for his experience and circumstances, he also develops the ability to effectively compensate for the hearing loss. The ability to be self-reliant and ask for assistance when appropriate are all important coping mechanisms that go along with resilience.

Resilience isn’t about toughing it out, it’s about caring. Every situation can improve when we actively work at it by tending to our needs and feelings,

both physically and emotionally and being able to reach out to others for support. The capacity to recognize your emotions and express them appropriately will help you avoid getting stuck in depression, anxiety, or other negative mood states.

Psychotherapy can provide you with needed support and acceptance. In psychotherapy you even learn practices that restore an inner sense of peace or calm, such as stress management and relaxation. Psychotherapy allows you to focus on yourself without being concerned about taking up someone’s time or worrying that your confidences will be tomorrow’s news.

In addition to professional treatment, the healthy living habits you develop and practice are equally important parts of managing stress, adversity or trauma. Your lifestyle (including your eating habits, exercise patterns, sleep, recreational activities, social relationships and more) can have a significant impact on how

you feel and function, and how well your mind and body respond to the stressors you experience in your life.

I will be teaching a Mindfulness Based Stress Reduction in Hammonton, NJ and possibly other locations in NJ starting January 21, 2013. If you are interested please contact me, I’d love to hear from you.

Ivette Guillermo-McGahee, MHC, LPC, is an Individual, Couple and Family psychotherapist, who communicates in English, Spanish and Sign Language. Her practice is located in Hammonton, NJ. She works with a variety of psychological and emotional conditions collaboratively with her clients, to help them connect with their inherent intelligence, compassion, and strength for healthy and fulfilling lives. Her professional training includes multicultural, systems centered contemplative and mindfulness based approaches. She specializes in relationship issues, stress related issues, and mood disorders. Mrs. Guillermo-McGahee can be reached at 609-742-7193 and Email: alliesincaring@me.com.

Positions Available



Openings for **substitute sign language interpreters** and **sign language interpreters for after-school activities** at Mountain Lakes High School.

Must be EIPA certified.

Please send resume to:

**Julie Lazeration
Lake Drive Program
10 Lake Drive
Mountain Lakes, NJ 07046**

jlazeration@mtlakes.org or
fax to: 973-299-9405



CERT Open House

Monroe Township (Gloucester County) CERT Team will be holding an “**Open House**” information session at the **Monroe Township Library, 713 Marsha Avenue, Williamstown, NJ 08094, on Wednesday evening, December 12, 2013.** If this is not too far for you to travel, or if it is not a scheduling conflict for you, I thought you might be able to assist us. I do not have any expectations of having anyone Deaf show up, but you never know. I thought if they did, and you were already there to assist with answering questions about DEAF CERT, it would be a BIG plus for our program. Additionally, this would be your opportunity to have a table, posters or display on Deaf CERT and the Search And Rescue Organization that you represent. We might also be able to work out a spring time training session specific to CERT Assisting with Search efforts with your organization as a lead instructor for the event.

If you think the above is something that you would like to participate in, please send me an e-mail to: *mwilt@monroetownshipnj.org* and we can work out details or questions that you might have. The best I can offer to you as compensation for your time and efforts is some light refreshments, and some publicity for Deaf Cert, and for the Search And Rescue organization that you represent.

Any efforts that you can provide will be greatly appreciated!

Martin Wilt
CERT Coordinator

Job Coach/Job Developer

Lexington Vocational Services Center, part of the largest organization serving the Deaf and hard of hearing communities in New Jersey and New York, and places hundreds of Deaf workers in jobs throughout these areas, provides a full range of training and on-the-job support for Deaf and hard of hearing individuals. With a special expertise in engaging companies to hire Deaf workers, Lexington staff support Deaf employees as they integrate into the workplace.

Lexington Vocational Services Center has immediate openings for Job Coaches/Developers in Hudson, Bergen, and Morris Counties. Applicants must have a vehicle and a valid NJ driver's license.

Essential functions of the job include:

- Meeting with Deaf and hard of hearing consumers on job sites
- Working with consumers and their employers in maintaining employment
- Working with the business community to develop employment opportunities

Essential job qualifications:

- American Sign Language fluency

- Holds a valid NJ driver's license, registered automobile, and a minimum of liability insurance coverage for said automobile

- Excellent writing skills for documenting activities

To apply, please contact: Larry Feldman, *Director*
lfeldman@lexnyc.org (908) 451-9935



Walk4Hearing continued

months old. “I like the Walk because it allows me an opportunity to expose my family and friends to other people (in addition to my kids) who have hearing loss. They are always amazed at what they see and hear. Yes, Deaf people can ‘hear’ and talk. I know from personal experience that the Walk is incredibly eye opening, and I want to expose as many people as possible to it.” In addition to giving people with hearing loss a chance to meet, mingle and share stories, the Walk4Hearing is the chief fund-raiser for HLA-NJ.

Every dollar raised by the Walk goes to provide education, advocacy or support. In New Jersey, that means programs ranging from college scholarships for incoming freshmen with hearing loss, to the new Assistive Listening Device Demonstration Center at Montclair State University. There, people with hearing loss can try out the latest technology that can help them, devices such as captioned telephones and personal FM systems. Money raised by the Walk also goes to programs of the Hearing Loss Association of America, which supports a network of 200 chapters and state associations. The HLAA support advocacy to protect the rights of people with hearing loss, information, coping and referral resources at www.hearingloss.org, installation of hearing assistive technology in public places and a wide range of other programs and services for people with hearing loss.

Do you have questions about hearing loss, or personal experiences you'd like to share with readers of this column? Please contact me at p.yerkes@comcast.net. To learn more about HLA-NJ, please contact Arlene Romoff at info@hearingloss-nj.org. We also invite you to visit www.hearingloss-nj.org, or to attend one of our local chapter meetings in Bergen, Monmouth/Ocean or Middlesex County, and our newest Morris County chapter. Dates, places and times for chapter meetings are available from info@hearingloss-nj.org, and you can ask to be put on the HLA-NJ email contact list. It's a great source of information about HLA-NJ events and about hearing loss issues in general.

Interpreted 12 Step Meetings in New Jersey



Alcoholics Anonymous (AA) - A Twelve Step meeting for people to share their experience, strength, and hope in an effort to overcome their misuse of alcohol. There are no dues or fees. The only requirement to attend is a desire to stop drinking.



Narcotics Anonymous (NA) - A Twelve Step meeting for people to share their experience, strength and hope in an effort to overcome their misuse of drugs. There are no dues or fees. The only requirement to attend is a desire to stop using drugs.



Twelve Step Meeting (12 SM) - A Twelve Step Meeting using the principles of Alcoholics Anonymous to address the problems of addictive behavior. There are 12 Step Meetings for addiction to alcohol, specific drugs, gambling, compulsive shopping, overeating, etc.



Al-anon meetings are 12 Step Meetings for people who are effected by a loved ones addictive behavior.

12 Step Meeting Access for Hard of Hearing and Late Deafened

There is a FM Loop System available at the-Al-an Club, Cass St. Trenton, NJ for all 12 step meetings. SOS has a FM system available to loan recovering persons or meeting places. Call SOS office to request other communication access services

North Jersey Area

Wednesday 7:30 p.m.

Assembly of God Church,
30 Manning Ave
Butler, NJ
AA: O, SP, NS, I

Central Jersey Area

2nd and 4th Tuesdays, 7 p.m.

Nar-Anon Mercer County
Lexington Sq. Office Park
2117 Route 33
"Faith, Hope & Inspiration"
AA: O, I

Tuesday, 8 p.m.

Lost and Found
Lawrenceville Road Pres. Church
1039 Lawrenceville Road
AA: O, SD, I

Wednesday, 7:30 p.m.

Big Book
Al-An Club, Trenton
761 Cass Street, 2nd floor
AA: NS, O, I

Thursday, 8 p.m.

St. Paul United Church of Christ
62 South Main Street
(School Bldg Behind The Church)
Milltown, NJ
(732-828-0020)
AA: I, O, SP, NS, W

Friday, 12 p.m.

St. Elizabeth Ann Seton Church
St. Matthew's Room--parish center
30 Schoolhouse Rd, Whiting, NJ
AA: O

South Jersey Area

Friday, 7:30 p.m.

Southern Ocean County Hospital
Route 72
Manahawkin, NJ
AA: I, O, D

Sunday 7:30 p.m.

Southern Ocean County Hospital
Route 72
Manahawkin, NJ
AA: O, ST, I

For all additional meetings who would like an ASL interpreter provided, please contact Lisette or Amanda at Signs of Sobriety.

(voice) 609-882-7677

(vp) 877-899-0923

(tty) 800-332-7677

(email) info@signsofsobriety.org

Abbreviations:

O - Open (Everyone Welcome) **C** - Closed (For Alcoholics/Addicts only)

I - Interpreter provided for deaf members **ASL** - mtg. conducted in American Sign Language **D** - Discussion, **SP** - Speaker, **ST** - Step, **TP** - Topic,

B - Big Book or Beginner, **NS** - No Smoking, **WC** - Wheelchair Accessible

This 12 Step Meeting list was updated 10/08. If you have any questions, notice mistakes, or are aware of other 12 Step Support Groups that provide special communication access for the deaf and hard of hearing in the New Jersey area please notify Signs of Sobriety, Inc. If you plan to travel or are interested in 12 Step Meetings in other states please call SOS office at 609-882-7177. For more information visit our website at www.signsofsobriety.org.

To arrange interpreter or communication services at a 12 Step meeting in your area email

Lisette Weiland at communication@signsofsobriety.org or call 609-882-7177-TTY

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16th Annual NJSD / MKSD Tip Off Basketball Tournament

1st Annual Homecoming Celebration

Friday, December 14 and Saturday, December 15

Marie Katzenbach School
New Jersey School for the Deaf
320 Sullivan Way
Trenton, NJ 08625



Friday, December 14

2:00 p.m.
3:30 p.m.
5:00 p.m. – 5:30 p.m.
5:30 p.m.
6:45 p.m.
8:00 p.m. – 10:30 p.m.

Girls' Varsity
Boys Varsity
*Alumni Recognition Ceremony
Girls' Varsity
Boys Varsity
Player Only Dance Party in Colt Center

New York SD vs Lexington SD
New York SD vs Lexington SD

New Jersey SD vs. Rochester SD
New Jersey SD vs. Rochester SD

Saturday, December 15

8:30 a.m.
10:00 a.m.
11:45 a.m.
1:00 p.m.
1:30 p.m.
2:45 p.m.
3:15 p.m. – 4:15 p.m.

Girls Varsity
Boys Varsity
Girls Varsity
*Homecoming King, Queen and Court Announced
Boys Varsity
Trophy Presentation
Alumni Competitions

Consolation Game
Consolation Game
Championship Game
Championship Game

Admission: Children under 6 = free Students with ID = \$3 per day Adults = \$5 per day
Refreshments will be sold by the Varsity Athletic Club during the tournament.

New Jersey Deaf Sports, Inc. proudly hosts:

2nd Annual USADB

Men's & Women's Classic Basketball Invitational Tournament

We are fundraising for USADB's Deaf Youth Program

Team Entry Fee: \$200

January 19, 2013

8:00 a.m. to 8:00 p.m.

Deadline is January 5, 2013

NJ School for the Deaf - Katzenbach Campus

320 Sullivan Way

West Trenton, NJ 08628-3405

Cash Prizes (base 8 teams)

1st Place = \$600
2nd Place = \$400
3rd Place = \$200

Write a check to "NJDS, Inc"
and mail to:

New Jersey Deaf Sports, Inc.
26 North Shore Blvd.
Helmetta, NJ 08828-1233

For more information:

NJDeafSportsInc@gmail.com

Chairperson: Chuck Wallace -
WallSchu@gmail.com

USSSA, EAAD, and USADB Sanction

Players/Coaches/Fans Admission Fee: \$20 Senior Citizens & Students w/ID: \$15 Children under 12: Free
www.NJDeafSports.org www.usadb.us NJSD is a drug-free campus - absolutely NO smoking, drugs, or alcohol.

Communicator Signboard



Zumba Classes

Classes are now open at the YMCA in Garfield for the hottest exercise program out there today. Meet new people and Zumba your way to fitness! This class is open to Deaf, hard of hearing, and hearing people. **All are welcome!** Have fun in a relaxed environment with your hard of hearing instructor, Martha Paternina who is fluent in sign language. Classes will be held on Saturday mornings at 11 a.m. The price for this 8-week program is \$50 for non-members and \$10 for members.

For more information, contact Martha at marthazumbanj@gmail.com.

Sign Interpreted Performance



Wednesday, December 19, 2012 at 7 p.m.

Adapted from the novel by Kenneth Grahame
Music by Mike Reid, Lyrics by Sarah Schlesinger,
Book by Mindi Dickstein
Directed by Amanda Dehnert

Experience the magic of a world-premiere musical - the beloved tale of one Mole's search for a place to call home comes to life, with the Water Rat, Mr. Toad, and Mr. Badger along for the adventure this holiday season.



Two River Theater
21 Bridge Avenue
Red Bank, NJ 07701

Tickets are \$25 per person for those using the interpreters
Info: Michele Klinsky at mklinsky@trtc.org or (732) 345-1400, x1808

South Jersey Deaf Club, Inc.

Christmas Party & Jingo **Saturday, December 8, 2012**

Doors open 5 p.m. ❄ Dinner 6 p.m. ❄ Jingo 7 p.m.

Santa & his elf will be there with gifts

Members: \$25 Non-members: \$30

(Cost includes: Buffet dinner, dessert, gift from Santa and Jingo game)

Kids: \$3 members \$5 non-members (Dinner, dessert and gift from Santa)

Osbornville Baptist Church

366 Drum Point Rd.

Brick, NJ 08723

PLEASE make reservations by, and pay by, December 1

SJDC is offering a payment plan, if you choose.

(Walk-ins - "no reservations" = \$30 and will not receive a gift.)

For more Information: PresofSJDC@aol.com or thestiles4@aol.com

Name(s): _____ No. of People: _____ Amount: \$ _____

Kid's name(s) & age(s): _____

Make checks payable to, and mail to: **South Jersey Deaf Club, Inc., P.O. Box 4482, Brick, NJ 08723**

Communicator Signboard

**The Association of Late-Deafened Adults -
Garden State**

Fall Workshop

Saturday, December 1, 2012

10:00 a.m. to 1:00 p.m.

Morris County Library

30 Hanover Avenue

Whippany, NJ 07981

Directions: www.gti.net/mocolib1/compass.html

- Come listen to author Kambri Crews discuss her new memoir, *Burn Down the Ground*, on life as a child of deaf parents and as a late-deafened adult. She will be doing a book signing and her book will be for sale. <http://kambricrews.com>
- Ever thought about writing about your own experience? We will also be offering a short writing exercise for those interested in getting started on writing about their lives and experiences.
- Representatives from **NJ Relay** will be on hand to demonstrate the new Captel 840i telephone.

Refreshments will be served.

CART and Sign Language Interpreting services provided courtesy of NJDDHH. ALDs available.

Any questions? Please email us at
ALDA.GardenState@gmail.com.

You can also visit us at: www.ALDA-GS.org.



Middlesex County's Plays-in-the-Park

will offer the following services at select performances of



The State Theatre in New Brunswick:

Audio Description - Saturday, Dec. 29 at 2 p.m.

Sign Language Interpretation – Saturday, Dec. 29 at 2 p.m.

Open Captioning - Saturday, Dec. 29 at 7 pm.

The State Theatre

15 Livingston Ave.

New Brunswick, NJ 08901

Ticket Office: 732-246-7469

Tickets – All tickets \$7-

Reserved Seating Tickets on sale starting
November 13, 2012

The Tinnitus and Hyperacusis Center Offers Relief

- **Tinnitus refers to a ringing-in-the-ear or head when no other sound is present**
- **Hyperacusis is a sensory disorder that causes a heightened sensitivity to sound**

Both conditions are treated at the Center for Hearing and Communication (CHC) with a high degree of success and client satisfaction.

How Does the Center for Hearing and Communication Treat Tinnitus?

Our treatment is called **"Tinnitus Retraining Therapy"** or TRT, created by Dr. Pawel Jastreboff, formerly from the University of Maryland. It is also known as habituation-oriented therapy and is based on neurophysiological principles. It involves an extensive audiological, tinnitus, and hyperacusis evaluation along with several directive counseling sessions. Throughout the program sound is used from environmental sources or ear level devices. It does not involve surgery or drugs. The Tinnitus Retraining Therapy program at the CHC has a success rate of 80%.

Kay Phipps, Coordinator of the Tinnitus and Hyperacusis Center, can be reached at (917) 305-7751 or khipps@CHChearing.org. You can schedule a tinnitus consultation with Susan Adams by contacting our appointment desk at (917) 305-7766. Not a New York resident? Consider visiting us for your initial tinnitus evaluation, and then all follow-up sessions can be conducted remotely via phone. Clients who receive follow-up treatment over the phone (versus in-office visits) experience the same program success rate of 80%. The CHC is located at New York 50 Broadway, 6th Floor, New York, NY 10004.

Religious Access

New Deaf Church Central Jersey Deaf Church



Central Jersey Deaf Church is a group of Deaf, hard of hearing, and hearing people of all ages who gather together to worship God. We worship God through preaching, drama, storytelling, fellowship, and more. Our primary language is American Sign Language (ASL) and our worship is conducted in Deaf cultural ways.

Central Jersey Deaf Church is led by **Pastor Noah Buchholz**.

Check out our Web site:

www.njdeafchurch.org.

Worship service is every Sunday from 11 a.m. to noon
at Reformed Church of Highland Park
19 S. 2nd Ave. Highland Park, NJ

For more information, e-mail: info@njdeafchurch.org.

deafinternational



**SOLID ROCK
BAPTIST CHURCH**



Solid Rock Baptist Church
of Berlin, New Jersey
is pleased to introduce
Chris Harris
as their first Deaf Pastor.

Solid Rock is located at
420 White Horse Pike
Berlin NJ

Visit us in January as we
welcome Chris Harris and
his beautiful family.

www.solidrockbaptist.org

chris.harris@solidrockbaptist.org

Like us on Facebook -
Chris N Diana Harris



Sunday Morning:

10:30 -11:00 a.m. Continental Breakfast
11:00 a.m. Service (Interpreted for the Deaf)

Schalick High School
718 Centerton Rd., Elmer, NJ

For more information www.victoryaog.org or
contact Connie at 856-358-8313.

December 2, 2012

11:00 a.m. Children's Christmas Program
(Interpreted for the Deaf)

December 9, 2012

9:30 a.m. Christmas Breakfast
11:00 a.m. Service following the breakfast
(Interpreted for the Deaf)

December 23, 2012

11:00 a.m. Christmas Service
(Interpreted for the Deaf)

All events are located at Schalick High School

Celebrate Chanukah at
Temple Avodat Shalom
385 Howland Ave.
River Edge, NJ 07661

Friday, December 14
Tot Shabbat at 6:00 p.m.

Family Shabbat &
Chanukah Dinner at 6:30 p.m. *
Shabbat Service with
sign language interpreter

There is a nominal charge for the dinner:

\$15 per adult;

\$10 for children age 10 and up;

\$8 for children age 9 and under.

RSVP by 12/11/12 is required for the dinner:

email: director@avodatshalom.net

or call 201-489-2463 ext. 203.

*** This evening is open to all.**



NJ Department of Human Services
Division of the Deaf and Hard of Hearing
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Trenton, NJ 08625-0074

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MONTHLY COMMUNICATOR

Calendar of Events 2013

Friday, January 25, 2013

9:30 a.m. – 3 p.m.

*** NJ Division of the Deaf and Hard of Hearing Advisory Council Meeting**

The NJ State Library Talking Book & Braille Center (TBBC)

2300 Stuyvesant Avenue

Trenton, NJ 08625-0501

www.njsltbbc.org

Info: 609-984-7281



Happy Holidays

from the staff at DDHH and the Monthly Communicator



DDHH Regular Office Hours: Monday – Friday; 8:30 AM - 4:30 PM

Office Closed: Tuesday, December 25 - Christmas