



State of North Carolina  
Department of Health and Human Services  
Division of Services for the Deaf and the Hard of Hearing  
Charlotte Regional Center  
5501 Executive Center Dr Suite 101  
Charlotte NC 28212

704-568-8505 TTY, 800-835-5306 TTY, 704-568-8558 Voice,  
800-835-5302 Voice, 704-918-1554 VP Fax: 704-568-9615  
**Calendar of Events November, December 2011, January 2012**

## ***We're MOVING!***



Hello all,

The Charlotte Regional Center is moving. We don't have the exact date but, it should be an easy move – UPSTAIRS. That's right...we are moving our offices just upstairs to Suite #200 in the next few months. Our goal is to have more space for our Library, Conference room and Telephone Demonstration room as well as a private conference room of our very own.

There is an elevator from the first to second floors as well as stairs and there will be signs everywhere once the move is accomplished, so please come and visit us to see our new headquarters. Also, watch for some advertizing about our Open House. We look forward to seeing you "upstairs".

In this issue you will find articles on the effects of hearing loss on family members, an update from our Deaf-Blind Services Specialist and how a Driver Communication Card can help you. There is a flyer for the Annual C. A. D. Thanksgiving Dinner with all the special plans. Be sure to check out the events on our event list.

Enjoy the holidays.....and see you soon.

*Linda Linfors*  
Regional Manager

The Charlotte Regional Center proudly serves: Anson, Cabarrus, Gaston, Lincoln, Mecklenburg, Montgomery, Richmond, Rowan, Stanly and Union.

North Carolina Division of Services for the Deaf and Hard of Hearing  
Calendar of Events November, December 2011, January 2012



November 6th	Daylight Saving Time Ends— set your clock back one hour
November 11th	Office Closed for Veterans Day
November 24th—25th	Office Closed for Thanksgiving

**November 1st Language Gab**  
6pm-8pm Guest Speaker Rachel Robbins, Charlotte Resource Center, 5501 Executive Center Drive. We caution you to **arrive early! Doors are locked at 6pm!** Register at the door.

Gabs with Deaf presenters will be in sign only, no interpreting provided, indicated by the words Sign Only. Each Gab carries a 0.2 CEUs. Price for all Language Gabs: NCRID Members \$7, Non-Members \$12, Students \$5. Contact for further details: Kim Barden, President 5 Points RID, kim.barden@cpcc.edu

**November 11th ASL Night at Northlake Mall**  
6pm-9pm Food Court area. 6801 North Lake Mall Dr Charlotte NC 28216.  
Everyone welcome to this social gathering for anyone using ASL. Contact: Donna McCord-Smolik at 704-469-5677 VP

**November 12th Deaf Awareness Day /Carolina Renaissance Festival**  
10am-5:30pm, 16445 Poplar Tent Rd, Huntersville NC 28078. Several interpreters will be at the Renaissance Festival. Contact: Senette Jenkins at senette.jenkins@cpcc.edu or 704-512-0140 VP

**November 15th Lecture in ASL—'Living Healthy'**  
7pm at Central Piedmont Community College, Cato Campus, Auditorium. Guest Speaker: Peggy Brooks. Come and enjoy fun learning. Hope to see you there.  
Contact: Kathy Apperson, Deaf Services Specialist, at 704-900-0212 VP or Kathy.Apperson@dhhs.nc.gov.

**November 17th Satellite Office—Tillinghast Place Apartments**  
10am-3pm Available for Deaf and Hard of Hearing Tenants. Contact: Kathy Apperson, Deaf Services Specialist at 704-900-0212 VP or

**November 18th Silent Dinner at Southpark Mall**  
6pm-9pm, Food Court, 4400 Sharon Rd, Charlotte NC Contact: Kathy Apperson, Deaf Services Specialist, at 704-900-0212 VP or Kathy.Apperson@dhhs.nc.gov.

**November 18th-19th NCAD Conference**  
Workshops, general meeting, banquet, exhibits, pageant, entertainment, awards luncheon, presidents reception, at the Marriott Hotel in Greensboro downtown, 304 North Green St, Greensboro NC. Combo—September 1st-October 20th NCAD members \$90, non members \$100. Contact: Chairperson Christina Bryant at ncad2011@gmail.com or 336-793-8010 VP

# Thanksgiving Dinner Party

## Hosted by: Charlotte Association of the Deaf

Date: Saturday, Nov. 5, 2011

Time: 5pm-10pm – Dinner at 6pm

Guest Speaker: Dr. Keith Cagle

Location: Pleasant Grove United Methodist Church

1915 Oakdale Road

Charlotte NC 28216



Charlotte A.D. will provide turkey, ham, dressing with gravy, bottled water and paper products.

Admission fee:

\$5.00 per adult with large covered dish.

\$10.00 per adult without dish.

\$3.00 per school age child

Please contact us with the food or drinks you will bring. Many Thanks!  
Dell Apperson 704-246-5063  
Donna McCord-Smolik 704-469-5677  
John and Linda Wilson 704-246-5599

### Deaf- Blind Specialist Update

Happy Fall everyone! As you may, or may not know, Charlotte Deaf-Blind Group recently took an educational trip to Carowinds as a part of Customer Skill Development. In addition to learning mobility, SSP Techniques, accessing print-only materials, ordering food, using currency, and self-advocacy, we had a lot of fun! As always, there is a need for skilled SSP's with a native, or near-native fluency in American Sign Language. If you are interested in becoming an SSP on either a paid or volunteer basis, I encourage you to contact me and fill out a NC DSDHH RFA for D/SSP's. As CATS recently enacted ADA Rides only (meaning you must live near a Bus Stop in order to receive Special Transportation Services), there is an anticipated need for volunteer SSP's to assist with local transportation. I encourage you all to get involved and help out your neighbors!

Charlotte Deaf-Blind group is in the formative stages of developing Braille classes. Charlotte Regional Center recently purchased interactive Braille cells which make a much more fun, interpersonal way to learn Braille as opposed to the traditional Perkins Method of typing which can be a challenge for the beginner. If you are interested in Braille, please contact me as an interest list is now forming. (Please note: all are welcome. You need not have hearing and vision loss to attend). If you are an experienced Braille user, we certainly welcome your expertise and tutelage! This is not a formal class; it is a grassroots-team approach to learning.

You may contact me at any time:

Email: [Jordan.wright@dhhs.nc.gov](mailto:Jordan.wright@dhhs.nc.gov)

VP: 704.200.9854.

### Charlotte Regional Center Staff

Linda Linfors, Regional Manager Linda.Linfors@dhhs.nc.gov	704-568-8558 Voice, 980-939-777 VP,
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North Carolina Division of Services for the Deaf and Hard of Hearing  
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December 26th—27th

Office Closed for holiday

**December 2nd Holiday Celebration**

6pm-9pm Sponsored by: Central Piedmont Community College  
Interpreter Training Club. More information provided later.

**December 3rd  
Cruise**

**'Holiday by the River' Dinner and Dancing**

6pm-10pm Join us on a formal dinner and dancing river cruise. Space is available for 300 guests. Come enjoy the fun at Henrietta Cruise, Wilmington NC. Tickets are \$50 per person. Deadline for all ticket purchases is November 3rd or until event is sold out. Contact: Kathy Apperson, Deaf Services Specialist, at 704-900-0212 VP

**December 4th**

**HLA Annual Holiday Social**

Details TBA. Contact: Ivy Williams, Hard of Hearing Specialist, 704-568-8558 voice or Ivy.Williams@dhhs.nc.gov.

**December 6th**

**Language Gab**

Guest Speaker—Rachel Nicol. Charlotte Resource Center, 5501 Executive Center Drive. **Arrive Early! Doors locked at 6pm!** Register at the door. Gabs with Deaf presenters will be in sign only, no interpreting provided, indicated by the words Sign Only. Each Gab carries a 0.2 CEUs. Price for all Language Gabs: NCRID Members \$7, Non-Members \$12, Students \$5. Contact for further details: Kim Barden, President 5 Points RID, kim.barden@cpcc.edu

**December 8th**

**Holiday Celebration - Deaf and Hard of Hearing Children**

from main streaming schools 9:30am-1:30pm. St Stephen United Methodist Church, 6800 Sardis Rd, Charlotte NC. For map, go to [www.ststephenumc.net](http://www.ststephenumc.net). Contact: Kathy Apperson, Deaf Services Specialist, at 704-900-0212 VP or Kathy.Apperson@dhhs.nc.gov.

**December 9th**

**ASL Night at Northlake Mall**

6pm-9pm Food Court area. 6801 North Lake Mall Dr Charlotte NC 28216. Everyone welcome to this social gathering for anyone using ASL. Contact: Donna McCord-Smolik at 704-469-5677 VP

**December 15th**

**Satellite Office—Tillinghast Place Apartments**

10am-3pm Available for Deaf and Hard of Hearing Tenants. Contact: Kathy Apperson, Deaf Services Specialist at 704-900-0212 VP or kathy.apperson@dhhs.nc.gov



January 1st	Office Closed for New Year Holiday
January 16th	Office Closed in observance of Martin Luther King Jr holiday

**January 19th**                      **Satellite Office—Tillinghast Place Apartments**  
10am-3pm Available for Deaf and Hard of Hearing Tenants. Contact: Kathy Apperson, Deaf Services Specialist at 704-900-0212 VP or kathy.apperson@dhhs.nc.gov

**Bowling at AMF Gastonia Lane**  
1st Friday every month 7-9:30 PM, 2201 E Franklin Blvd, Gastonia, NC, \$13 unlimited games and free shoes. Contact: Mickie Camp 704-702-0043 VP

**Bowling League**  
Every Thursday from 7pm-10pm, Sponsored by Charlotte Athletic Association of the Deaf. AMF Bowling Center, 1120 Brigmon Ln, Matthews NC 28105, Contact: Kathy Apperson, Deaf Services Specialist, 704-900-0212 VP or Kathy.Apperson@dhhs.nc.gov

**Deafolina Senior Citizens**  
2nd Tuesday of each month 9:30am-noon. Gatherings include short meetings, themed socials and 3 educational workshops yearly at Charlotte Mecklenburg Senior Center, 2225 Tyvola Rd, Charlotte NC. Members are ages 50+, non members are welcome. Contact: Kathy Apperson, Deaf Services Specialist, 704-900-0212 VP or Kathy.Apperson@dhhs.nc.gov.

**\*\*\*FUTURE EVENT\*\*\***  
**May 24th—27th,                      2012 62nd Annual Mens/45th Annual Womens**  
**Dixie Deaf Bowling Association**  
Hosted by: Carolina Athletic Association of the Deaf Inc. North Cross at the Lake, 16317 Statesville Rd, Huntersville NC . Early Bird Combo: January 1st—December 31st, 2011 \$40.00, January 1st-April 15th, 2012 \$45.00, at door (cash only) \$55.00.  
Hotel location: Holiday Inn Airport \$95 nite + tax for 1-4 people. This is race weekend, make your reservations early!!! Contact: Ronald Merritt 704-469-5654 VP or Donnie Dove 704-246-5592 VP

Driver Communication Cards  
for Deaf and Hard of Hearing Drivers are currently available



The Driver Communication Card is a project of the North Carolina Division of Services for the Deaf and the Hard of Hearing (DSDHH) in partnership with the North Carolina State Highway Patrol.

The purpose of this card is to:

- Facilitate communication between the driver with hearing loss (Deaf, Hard of Hearing) and law enforcement personnel.
- Promote awareness of the expectations and operations of law enforcement personnel during traffic stops.
- Promote awareness of the communication needs of drivers with hearing loss.

For more information about how to obtain a driver card, please contact:

**Brenda Lusk, Community Accessibility Consultant, 704-900-0043 VP**  
or **Brenda.Lusk@dhhs.nc.gov**

**Websites to check out:**

<http://www.ncdhhs.gov>

[http://www.cpcc.edu/interpreter\\_education/deaf-community-events](http://www.cpcc.edu/interpreter_education/deaf-community-events)

**Coping with a Hearing Loss? Guess What? So are your Family Members!**

Believe it or not, you are not the only one struggling with your hearing loss. In fact, every single person that you communicate with is affected to some degree, particularly your family members. Your hearing loss could be the result of exposure to loud noises, genetics, medications, an illness, or just simply due to living a long life and growing older.

It can be extremely frustrating not being able to hear as good as you use to or as good as you would like. Many people may experience feelings of depression, annoyance, anxiety, anger, isolation, fear, grief, or isolation. These are all common feelings associated with having hearing loss. Many of us experience enough stress just from common day-to-day life issues and having to add these feelings can make coping extremely difficult. Naturally, you may think that it is your problem to deal with because, after all, you are the one experiencing it.

However, the truth is, as a single individual living with a hearing loss, it affects everyone in your family, not just you. As a family member living with someone with a hearing loss, you may be experiencing your own unique set of stressors. Some feelings may include frustration, feeling alone or ignored, feeling unsupported, not understanding, and the inability to connect with your loved one. Unlike many other disabilities, hearing loss is invisible and it can be easy to forget that your loved one cannot hear and/or understand you.

Fortunately, there are several communication strategies that family members can utilize. Adopting and using these strategies will greatly enhance relationships and communication.

Get the person's attention first

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| Face the person                     | Do not speak with objects in mouth |
| Speak clearly                       | Don't shout                        |
| Use facial expressions and gestures |                                    |
| Never say "Never mind"              | Rephrase                           |
| Be patient                          | Talk to, not about                 |
| Provide breaks when needed          | Write important information        |

Ask the HOH person the best mode of communicating with them

There are also various technologies/methods that can improve hearing for those living with hearing loss. For additional information please contact, Ivy Williams, at 704-568-8558 or [ivy.williams@dhhs.nc.gov](mailto:ivy.williams@dhhs.nc.gov).