



DHHS *Gazette*

INDIANA DEAF AND HARD OF HEARING SERVICES



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Project Offers Training to Deaf Consumers, Interpreters

The Indiana Outreach and Training Grant Project, created by the League for the Blind and Disabled, Inc., Fort Wayne, IN, and headed by George Clark, will offer training and information to Deaf consumers. The grant was proposed in response to a request for improved service delivery systems for Vocational Rehabilitation (VR) services. Funding was approved by Family and Social Services Administration. The state grant will provide for 80% of the cost with the remainder covered by a private grant from the Parkview Hospital Foundation in Fort Wayne. The overall goal is to increase participation in the VR process, to inform individuals of their rights and responsibilities relating to employment and to strengthen the service delivery system with effective communication supports.

Throughout the state of Indiana Deaf and hard of hearing consumers will be offered free training workshops that will focus on VR services, Social Security benefits, and the Americans with Disabilities Act and its employment provisions. Deaf consumers are encouraged to request specific topics for training or to submit input.

Sign language interpreters will also benefit from free training offered. Mentors are being provided to assist interpreters with improving their skills in order to gain NIC certification. Training is also available for interpreters seeking RID Legal Certification. The projected outcome is to increase the availability of highly skilled interpreters to provide services for Deaf consumers.

For more information or updates on training sessions visit the weblog at <http://outreachandtraining.blogspot.com> or contact George Clark at OUTREACHandTRAINING@gmail.com.



ADA Information Services

Revised November 2006

Department of Justice offers technical assistance on the ADA Standards for Accessible Design and other ADA provisions applying to businesses, non-profit service agencies, and state and local government programs; also provides information on how to file ADA complaints.

ADA Information Line 800-514-0301 (voice) 800-514-0383 (TTY)
Internet address www.ada.gov

Equal Employment Opportunity Commission offers technical assistance on the ADA provisions applying to employment; also provides information on how to file ADA complaints.

Employment – questions 800-669-4000 (voice) 800-669-6820 (TTY)
Employment – publications 800-669-3362 (voice) 800-800-3302 (TTY)
Internet address www.eeoc.gov

Department of Education funds ten regional centers to provide technical assistance on all provisions of the ADA.
ADA and IT Technical Assistance Centers 800-949-4232 (voice/TTY)

Internet address www.adata.org

For a complete listing of information services visit www.ada.gov.

Information Source for Questions about the ADA

The Americans with Disabilities Act (ADA) provides equal access for persons with disabilities. Deaf Community Services (DCS) sponsored a workshop on the ADA, specifically targeting the rights of persons who are Deaf or hard of hearing. Robin Deykes from the Department of Justice in Washington DC presented “Effective Communication: Your Rights and Responsibilities under Title II and III of the ADA” to members of the Deaf Community, interpreters, families and students. CEUs were offered for the workshop.

After highlighting the contents of Title II and III, Deykes answered questions from the audience. Topics addressed were specific examples of effective communication, access to communication, rights of consumers, responsibilities of consumers, and service animals. Almost 60 people were in attendance at the workshop which provided a wealth of information about available resources. The Department of Justice provides presentations on the ADA free of charge to organizations across the nation. For more information on the ADA, contact the Department of Justice Toll Free Information Line at 1-800-514-0301 (voice) or 1-800-514-0383 (TTY) or www.ada.gov.



Robyn Deykes from the Department of Justice answered questions about the ADA.



Ayanna Clayton, InterpreterCoordinator/Interpreter, with new staff interpreters Stacey Coleman and Emily Karsh at the DCS sponsored workshop.



Healthy Holiday Eating



Indiana State employees attended a free one hour session with Jennifer Leslie, Registered Dietician with the Heart Center of Indiana, to learn about successful strategies for healthful eating this holiday season. The presentation was sponsored by INShape Indiana, Governor Daniels' program to encourage healthy lifestyles, and M-Plan. Typically people gain 2-3 lbs from Halloween through New Year's Eve. Office pitch-ins, less exercise in cold weather, increased stress and festive beverages or treats can all contribute to weight gain. Topics covered during the discussion were recipe modification, tips for survival, and how to recover from holiday weight gain.

Some suggestions for recipe modification were:

- substituting skim or 1% milk for whole fat dairy products
- using soft tub margarine instead of shortening
- using applesauce instead of oil in baked goods such as brownies or cakes

To keep the dish flavorful, Leslie suggested using low fat or reduced fat items instead of fat free, noting that sometimes fat free products have increased sugar or salt content.

While attending holiday functions, slow down when eating, fill-up on high density foods, beware of drinks with high calories, and don't stand by the food table snacking throughout the party. After the holidays, if you experience weight gain, try to reduce portion sizes and cut calories while beginning an exercise program. Most importantly, don't expect immediate results. Taking weight off gradually is most effective in the long run.

Items were prepared and sampled by the audience with favorable results. Phyllis Wakefield, Department of Corrections (DOC) employee stated, "It's a good idea to have presentations like this since many people are overweight. I enjoyed the presentation and appreciate the interpreted session which allowed us to attend."



State employees in attendance were Donald Tinsley, Phyllis Wakefield, Sally Surber, Cheryl Brooks, and Constance Miller. Jennifer Leslie gave the presentation.

