

# Healthy Signs

September/October 2011

## Mission of NCDHR:

To promote health and prevent disease in the Deaf and hard of hearing populations through community-based participatory research.

## National Center for Deaf Health Research

### This Issue's Topics

A Lot has Happened in the Past Few Months  
Community Transformation Grant Awarded to Rochester, NY  
Saunders Research Building Town Hall Meeting  
1st College Health Talk of the Series  
National Community Committee (NCC) Annual Meeting  
APHA Annual Meeting and Exposition

Working for a Healthy Deaf Community

## A Lot has Happened in the Past Few Months

### Community Transformation Grant Awarded to Rochester, NY

On September 27, 2011, Rochester was named as one of the 15 local communities selected for this award. The award will be used to improve the health of Rochester Communities, including the Deaf Community. Winning this award was no easy task! The Rochester community had to compete with over 240 other applications submitted by communities and universities around the nation!

This award not only is a great success for the Rochester area, but also a landmark in Deaf history. This is a historic moment where the Deaf Community initiated the goals proposed in a major grant that was then awarded and will be implemented.

[Click here](#) to read more!

### Saunders Research Building Town Hall Meeting

On September 16<sup>th</sup>, everyone from the Clinical and Translational Science Building (CTSB) gathered in the atrium for the first CTSB Town Hall meeting. Matt Starr gave a brief presentation to the group about how to communicate with someone who is Deaf. Many people now residing in the new CTSB (also known as the Saunders Research Building) had never encountered a Deaf person before, and were unaware of some basic cultural norms. After an excellent presentation, and many giggles from the audience, those who attended left with a better understanding of Deaf etiquette.



### 1st College Health Talk of the Series



October 12, 2011 kicked off the first official College Deaf Health Talk presentation series, led by Tiffany Panko. Her topic for the week was "Stress Management", perfect timing for the many students currently taking midterms. Throughout her presentation, Tiffany engaged the audience, taking many questions and comments, as well as involving the audience in some basic Yoga positions found to help reduce stress. The presentation was both enjoyable and informational. NCDHR hopes to have an increase of attendees as the presentation series continues on its way.

The next presentation, "[Seasonal Affective Disorder](#)" will be held on November 9<sup>th</sup> 12-1:30pm in the SDC at NTID.

### Deaf Weight Wise



First EVER healthy lifestyle research program for Deaf people.  
← Click here!

### Deaf Healthcare Survey



Help us learn more about healthcare experiences of Deaf people!  
← Click here

NCDHR has some research Opportunities for you!

NCDHR is currently running DWW Study Screening Visits!

Please click on the links below to learn more!

NCDHR NEEDS YOU!

265 Crittenden Blvd. · CU 420644 · Rochester, NY 14642  
Phone: (585) 275-0560 · TTY: (585) 276-1137 · VP: (585) 286-2776 · Fax: (585) 461-4532  
www.urmc.edu/ncdhr · ncdhr@urmc.rochester.edu

This newsletter was supported by Cooperative Agreement Number U48-DP-001910 from the Centers for Disease Control and Prevention (CDC). The findings and conclusions in this newsletter are those of the author(s) and do not necessarily represent the official position of the CDC.

## National Community Committee (NCC) Annual Meeting October 19-21, 2011

October 18, 2011, members from the National Community Committee (NCC) flew in from all over the country to attend the NCC Annual Meeting, held in Rochester, NY. With a busy few days ahead of them, a few members attended the leadership team meetings, and then prepared for the following days' agenda.

Wednesday evening, October 19, 2011 the rest of the NCC members arrived and everyone gathered at the National Technical Institute for the Deaf (NTID) at RIT for an opening reception. Dr. Thomas Pearson said a few words welcoming everyone. John T. Reid, the previous chair of the Deaf Health Community Committee (DHCC), addressed the group about NCDHR's community committee, the DHCC.



Other speakers included Jim DeCaro, Dean Emeritus of NTID, and Gerald Buckley, the current President of NTID. After the opening remarks, John Haynes and Terri Harrison took on the roles of Frederick Douglas and Susan B. Anthony and performed what it would be like if these famous leaders were Deaf. After their performance, NCC members enjoyed an excellent meal and spent the remainder of the evening meeting a few of the DHCC members, and catching up with old friends.

The following two days were full of meetings and business affairs. Thursday morning, NCC members arrived at the Saunders Research Building and participated in a mini Deaf Strong Hospital (DSH) event, followed by a debriefing. NCC members shared their DSH experiences as "eye-opening" and "enlightening". From there, the business endeavors began. A few members from NCDHR's recently formed Hard-of-Hearing Task Force joined part of the day's events.

For the full article, [click here](#).



Photo compliment of Chuck Connor



Photo compliment of Chuck Connor

## American Public Health Association (APHA) Annual Meeting and Exposition October 30– November 2, 2011

From October 30 – November 2, some staff members of NCDHR attended the recent APHA Annual Meeting and Exposition. APHA was held in Washington DC with people attending from all over the country. Kim Kelstone and Denise Thew created posters and presented them to APHA attendees. Mike McKee, Jessica Cuculick (a past chair of the DHCC), Carlene Mowl, and Tiffany Panko all had PowerPoint presentations.

The Poster and PowerPoint presentations took place throughout the entire conference. The topics included "Collecting Research Data from deaf ASL users: How do we know we're asking the right questions?" (Carlene Mowl), "Task Force on Health Care Careers for the Deaf and Hard-of-Hearing Community: Update and Short Term Recommendations." (Michael McKee), "Providing Healthcare Access to Deaf People: Is Interpreting a universal accommodation?" (Kim Kelstone), "Do features of culture and language support breastfeeding success in Deaf mothers?" (Jessica Cuculick), "Using video blogs as a community engagement tool to overcome research knowledge gaps in Deaf communities" (Tiffany Panko), and "Tailoring a Health Living Intervention to Deaf Adults: Sociocultural Data from the Target Group" (Denise Thew).

Each of the presentation/posters were very well attended, with people asking many insightful questions. Some highlights of the event were from Jessica Cuculick and Tiffany Panko's presentations. At the end of Tiffany Panko's presentation, Tiffany was approached by a leading Community Based Participatory Research (CBPR) researcher. Jessica Cuculick's presentation was so impactful, that the moderator forgot to introduce the next speaker.

Among the NCDHR staff who had presentations/posters accepted, two past NCDHR interns were also fortunate enough to attend the weekend's events; Kyle Gahagan and Ian DeLandrea-Lazarus. The two were able to attend many of the sessions at the conference.

Overall, the presentations and posters were well received and the feedback was positive from the event. NCDHR thanks all that put in the hard work to prepare for the event and congratulate those who presented.