

# Healthy Signs



UNIVERSITY of  
**ROCHESTER**  
MEDICAL CENTER

National Center for Deaf Health Research

May 2009

## Mission of NCDHR:

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

**FREE BLOOD PRESSURE SCREENING**  
Come and visit the **NCDHR Exhibition Booth** May 30 at 11 AM



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## New Summer Scholar Programs for Deaf Students Camille Martina



For more than 20 years, the University of Rochester Medical Center (URMC) has developed and implemented educational-career pipeline programs to assist individuals from underrepresented minorities to prepare for careers in medicine, dentistry and the biomedical sciences. This year, we also recognize the needs of Deaf students and are actively recruiting qualified undergraduate and secondary (grades 8-12) students to apply for these academically enriching programs. To our knowledge, the inclusion of Deaf students with appropriate accommodations will be unique among U.S. academic health centers and Clinical Translational Sciences Award (CTSA) programs. The two programs this year are:

**1. Summer Undergraduate Research Fellowship Program (SURF), June 1 – July 24, 2009:** an 8-week program designed to enhance the competitiveness of undergraduate students interested in medicine, research, and science. Students are matched with preceptors (clinicians and scientists) and conduct biomedical and clinical focused research in Medical Center laboratories, attend evening presentations, departmental seminars, conferences, and lectures. Applicants must have completed introductory course-work to their scientific field of interest and have completed at least two years of college.

**2. Science and Technology Entry Program (STEP 1), July 6 through July 31:** an intensive 4-week

hands-on learning experience designed to expose highly motivated eighth through twelfth grade students to learning opportunities in the biomedical sciences. The program participants attend research seminars on current topics in biomedical research with the goal of preparing and encouraging them to pursue health-related science majors as college students and to pursue careers in biomedical or behavioral research. **The deadline for STEP 1 application is June 12, 2009.**

If you would like application materials for either program, contact Danica Rice, NCDHR Administrative Assistant, at 866-901-0727 (Videophone/voice) or [danica\\_rice@urmc.rochester.edu](mailto:danica_rice@urmc.rochester.edu).

## H1N1 (Swine Flu) Information in ASL Matthew Starr



As a public service for Deaf people who communicate primarily in American Sign Language (ASL), NCDHR has created ASL videos about H1N1 (Swine Flu) in the NCDHR website.

**Colleen Evenstad**, an ASL Instructor from NTID and a member of NCDHR's Communication & Dissemination Committee and **Dr. Scott Smith**, NCDHR researcher, both donated their time to present H1N1 (Swine Flu) information in ASL during video production.

The NCDHR H1N1 (Swine Flu) videos are based on information posted by the Centers for Disease Control & Prevention (CDC). Dr.

Steven Barnett, Dr. Mike McKee and Dr. Scott Smith reviewed the content of the NCDHR videos for accuracy.

Approximately 30 Deaf organizations, State Commissions for Deaf and Hard of Hearing and State Health Departments have linked our H1N1 (Swine Flu) webpage onto their websites. Additionally, 5,124 individuals from 38 states of the United States and 61 countries have viewed the NCDHR website since the Swine Flu information was posted April 30.

NCDHR will continue to monitor any changes or updates about H1N1 (Swine Flu) and add more ASL videos. To become informed and prepared for H1N1 (Swine Flu), visit [www.urmc.edu/ncdhr](http://www.urmc.edu/ncdhr).

## New Deaf Health Website Heidi Thompson



The website ([www.healthysigns.org](http://www.healthysigns.org)) was created by medical students at the University of Rochester to improve health

information access for the Deaf community. We understand that the Deaf community faces many challenges when it comes to health information, and this site is intended to help bridge that gap.

On this site we have three main types of information: **(1) Health Topics:** Click there to see detailed

ASL video presentations on various health topics. **(2) Medical Dictionary:** Click there to see a list of medical terms with video definitions in ASL. **(3) Health Links:** Click there to see a list of links to other resources for Deaf health.

Our goal in creating this site is two-fold. First, we want to provide a frequently-updated resource page with online Deaf Health resources.

Second, and more importantly, we plan to periodically post ASL videos on a variety of relevant health topics. Rather than duplicate some of the

great work done on other sites such as DeafMD.org or DeafDoc.org which use a lecture styled format, our videos will portray both conversations as doctor and patient struggle with learning about these important topics.

We hope you find this site helpful and educational. Please feel free to contact The Healthy Signs Student Group at [heidi\\_thompson@urmc.rochester.edu](mailto:heidi_thompson@urmc.rochester.edu) with any questions or comments.

## New Community Committee Members Welcomed John Reid



One of my duties as the Vice-Chair of the DHCC is to recruit new DHCC members. DHCC is a community partner of NCDHR. I am pleased to announce three individuals from the Rochester Deaf community who will become involved with

DHCC's activities as its newest members: **Margaret ("Meg") Kangai** recently graduated with honors from Rochester Institute of Technology (B.S. Criminal Justice) and Rochester Collaborative MSW Program. Currently, she is the Preventive Educator at Substance & Alcohol Intervention Services for the Deaf (SAISD) at NTID. **Val Nelson-Metlay** first became involved in the Deaf World when she was a volunteer as a Big Sister to a deaf child. Since then, she has been active in numerous Deaf organizations including Deaf Women of Rochester and ASADV. Val is very interested in improving communication between health care professionals and

the Deaf community. **Jill Travers** is a certified interpreter who works for RIT's Student Health Center. She is passionate about educating young deaf people about healthy behaviors.

DHCC continues to grow in its advocacy and partnership with Deaf Health Research. We are still looking for more interested members to join DHCC. The role of DHCC are to: (1) work with NCDHR and its partners; (2) provide perspectives & priorities; (3) serve as an advocate for the Deaf community; (4) recruit Deaf people for NCDHR activities and (5) inform the Deaf community about latest Deaf Health information. To learn more about DHCC, please visit [www.urmc.edu/ncdhr](http://www.urmc.edu/ncdhr) and click on "Community Committee."

If any of you are interested in joining the DHCC, please contact Matthew Starr at 866-634-7863 VP or e-mail [matthew\\_starr@urmc.rochester.edu](mailto:matthew_starr@urmc.rochester.edu).

## Community News

**Summer Interns:** Several interns will be participating in NCDHR's various research projects for 10 weeks this summer as a part of their co-op and/or graduation requirements. Several Deaf interns from NTID and RIT and some hearing students, who are learning ASL at U of R, will have opportunities to learn about Deaf Health research as well as understanding academic, research and Deaf cultures.

**Depression Awareness Ad Campaign:** Deaf Wellness Center (DWC), a mental health clinic and partner of NCDHR, launched

comprehensive public service announcements in American Sign Language (with no sound track) about getting help for depression. According to the National Institute of Mental Health, depression is a common, but treatable illness.

Deaf actors, including Linda Bove, a famous deaf actress, are shown in these videos, posted at DWC's website [www.urmc.rochester.edu/dwc/news](http://www.urmc.rochester.edu/dwc/news) as well as on YouTube.com. You will also find a link on NCDHR's website as well.

**May 18 Town Hall Meeting:** 60 people attended this meeting at the

Deaf Club. RRCD President **Steve DeBottis** gave opening remarks, followed by **Audrey Schell, Jess Cuculick and Tracey Washington** who talked about the DHCC. **Dr. Scott Smith** followed, answering questions about the H1N1 (Swine Flu). NCDHR Director, **Dr. Tom Pearson** (interpreted by **Kim Kelstone**), reinforced the importance of NCDHR collaborating with the Deaf community. **Deirdre Schlehofer** then presented some findings from the Deaf Health Survey. Summarized meeting notes will be posted on NCDHR's website soon.