

# Healthy Signs

National Center for Deaf Health Research March 2014  
Rochester Prevention Research Center

# 300

## New Deaf Health Survey 2013 Video

Have you taken the survey yet?

### HL2

HL2 and the accomplishments to date

### DHCC

DHCC Announcement: 2nd Finger Lakes Deaf Health Fair

### COMMUNITY ENGAGEMENT

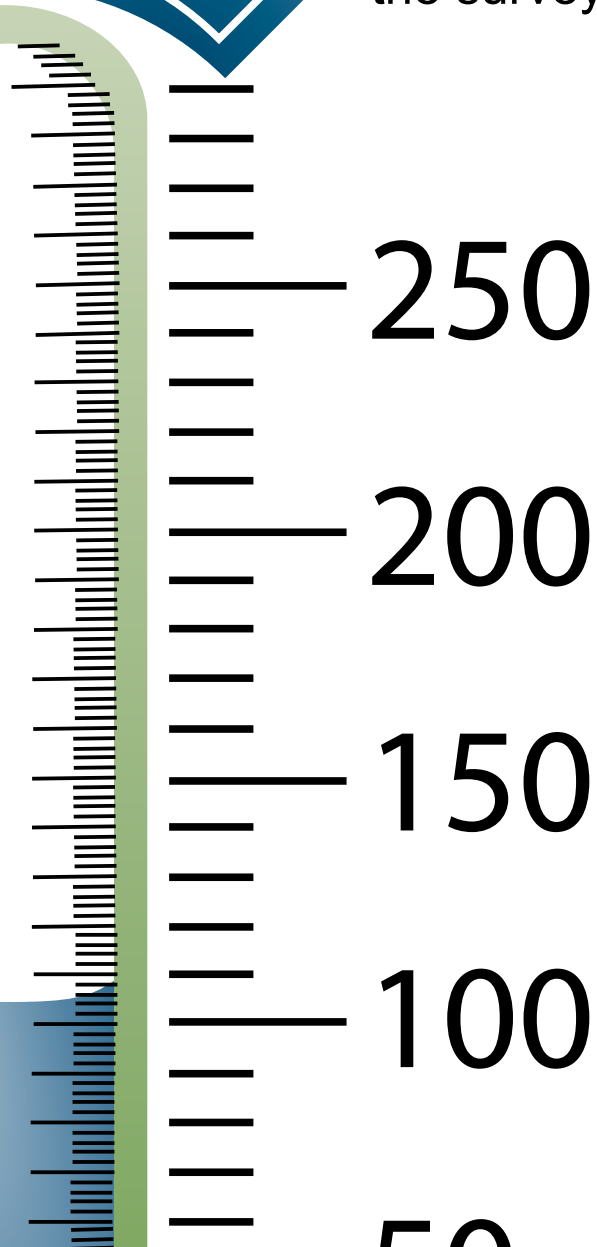
National Community Committee Meeting: A report from Mary Chizuk Co-Chair of the HL2

### Where are they now?

Tiffany Panko

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Million Hearts Rochester Breastfeeding Coalition



## New Deaf Health Survey 2013 Video

Have you take the survey yet?

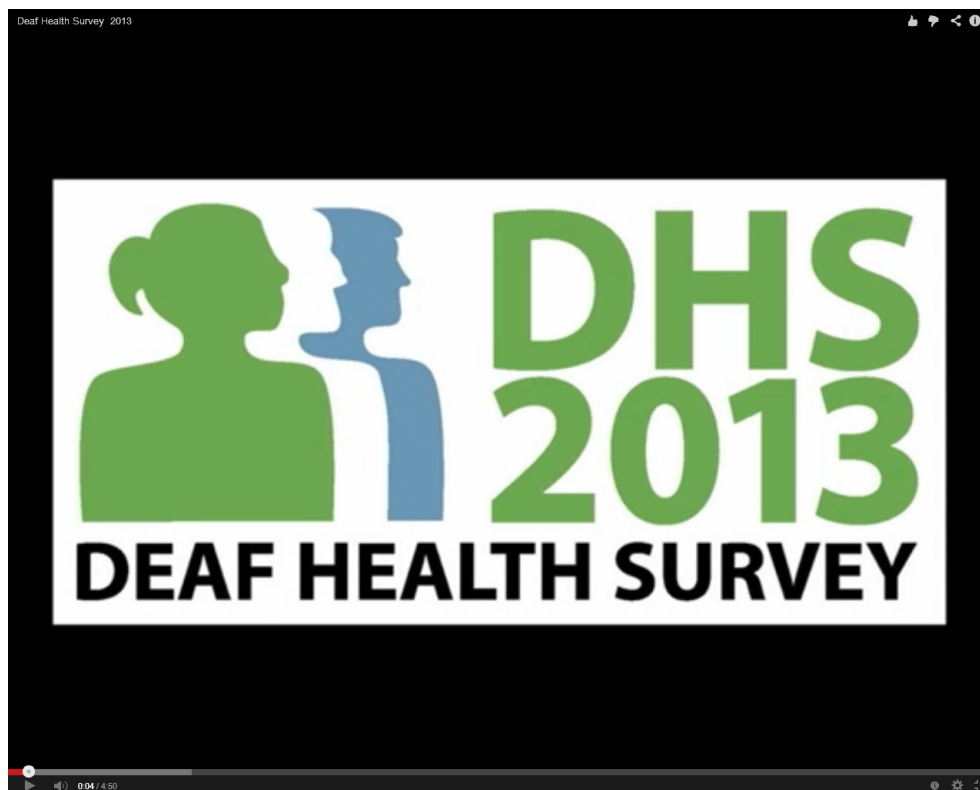
NCDHR has a new vlog available for your viewing and sharing! The vlog features community members carrying on a conversation about the current Deaf Health Survey and why it's important for the Rochester Deaf Community to get involved. Please [watch the video here](#), and share with your friends, families, and coworkers! A huge "Thank You" to Colleen Evenstad, Sharon Haynes and Nodhylia Islam for their time and effort to make this vlog a success!

The Deaf Health survey is available on our touch-screen laptops and can be taken in ASL or written English. The Deaf Health Survey can take anywhere from 20-45 minutes of your time. To continue supporting NCDHR, please make sure you take the Deaf Health Survey!

**Get started by contacting Kelly Matthews at:**

[Kelly\\_Matthews@URMC.Rochester.edu](mailto:Kelly_Matthews@URMC.Rochester.edu)  
(585) 512-8519 VP.

Watch the video by clicking on the image below.



*A special "Thank You" to Colleen Evenstad, Sharon Haynes and Nodyhlia Islam for their time and effort to make this vlog a success!*

## HL2 and the accomplishments to date

### HL2

### DHCC

### Community Engagement

### Where are they now?

### H.E.A.R.T.

Recently, HL2 members, Mary Chizuk and Donald Bataille, completed a short video that will be part of the National Community Committee (NCC)'s Video Voices project that will be presented to the Prevention Research Center (PRC) Program at the Centers for Disease Control and Prevention (CDC). The purpose of the video is to record the NCC and PRC's successful programs. HL2 extends a special thank you to RPRC staff, Erika Sutter, and Jamie Marsden for editing and condensing HL2's 45 minute discussion into a composite 2 ½ minute message.

Healthy Living with Hearing Loss, HL2, is a diverse group focused on a common theme; to better understand health issues facing a minority and underserved group of people with hearing loss as a major public health and health care concern.

HL2 includes people with and without hearing loss, their family members and those who work with people with hearing loss. This includes community-based organizations such as HLAA-Rochester Chapter; healthcare systems; healthcare professionals, employers; and educators.

Member's age range from 30-80. Most use hearing aids and benefit from assistive listening devices, assistive listening devices (ALDs).

*It is important to note that hearing loss is the most common disability in the United States. It is often referred to as an invisible disability impacting an estimated 48 million Americans. About 17 percent of adults in the U.S. report some degree of hearing loss as compared to 1.4 percent that have a physical impairment.*

Early in 2011, after a decade of fact finding meetings, workshops, town hall meetings and retreats, a group of individuals with hearing loss formed a Community Based Participatory Research group (CBPR) to partner with the University of Rochester (UR) Rochester Prevention Research Center (RPRC) to better understand health issues facing people with hearing loss through research.

Members discussed:

- 1) their health concerns and communication needs with their health care providers,
- 2) affordability of hearing health care, hearing aids and other assistive listening devices, ALDs,
- 3) the health needs of people with hearing loss, as representatives of an underserved group and
- 4) the relationship of hearing-related intervention.

The group established the goal: To address the knowledge gaps, disparities and priorities related to people with hearing loss and health by pursuing research opportunities.

HL2 members have participated in National Community Committee (NCC) Annual Meetings held at UR, RPRC, 2011; University of Maryland, School of Public Health, 2012; and University of Southern Florida, , 2013.

HL2's major work accomplishment to date is the completion of a Summary Report representing the group's health priorities. To read the HL2 Summary Report, [click here](#).

## DHCC Announcement

### 2nd Finger Lakes Deaf Health Fair

HL2

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Where are they now?

H.E.A.R.T.

The Deaf Health Community Committee (DHCC) is thrilled to announce the 2nd Finger Lakes Deaf Health Fair on **April 26, 2014!** It is an all-day event, with free admission, for the Deaf community to learn more about health. This health fair will be accessible for those who use American Sign Language (ASL). Deaf communities from the greater Rochester area and elsewhere are welcome! This event will be held at Seton Catholic School (165 Rhinecliff Drive, Rochester, NY 14618), from 10 am to 3 pm. Parking is free and the school is near three separate city bus stops.

The DHCC is grateful for these ASL fluent health professionals who will donate their time to give ASL presentations on the following health topics:

- Dr. Michael McKee (University of Michigan) and Tiffany Panko (2nd Year Medical Student at UR) – Diabetes
- Kathy Dollinger-Meyer, MS and Valerie Pruner, RN (DHCC members) – Advance Planning
- Dr. Robert Nutt (UR Medicine's Department of Pediatrics) with Ross Hamilton and Tina Jensen (4th Year Medical Students at UR) – Autism Spectrum Disorders
- Lori DeWindt, MA and Wyatt Hall, Ph.D. candidate (UR Medicine's Deaf Wellness Center) – Depressed and Anxious?

Nearly 30 health-related organizations and agencies, including NCDHR, will be there to provide each and every one of you with variety of health information. DHCC has teamed up with Genesee Valley Region Registry of Interpreters for the Deaf and National Technical Institute for the Deaf to bring 20 professional and student ASL interpreters to the event. There will be healthy cooking demonstrations, hands-only CPR classes, and instructions on how to reach 9-1-1 in case of medical emergencies. Free blood pressure and diabetes screenings will be offered. At closing, door prizes will be given away.

Several volunteers from the DHCC have been working very hard to ensure that this Deaf Health Fair becomes a success. Arlene Sankey and Sharon Haynes, co-chair of the planning committee, have spent a lot of time coordinating between several planning subgroups, in addition to their full-time jobs!

The mission of DHCC is to partner with Deaf communities, researchers, and health providers to promote an understanding of the health needs of culturally Deaf people, to identify issues essential to creating parity between the Deaf and general population. DHCC also sponsors Deaf Health Talks as well.

Come on over to the Finger Lakes Deaf Health Fair! Please register to receive free lunch at the health fair by clicking on the flyer on the next page. If you have any questions, please feel free to contact us at [FLDeafHealthFair@gmail.com](mailto:FLDeafHealthFair@gmail.com).

*Continued on next page*

*The Deaf Health Community Committee  
Presents...*



## Finger Lakes Deaf Health Fair

Free Health Screenings & ASL Presentations

Free Parking

RTS Bus Routes: 7-Monroe/Clinton, 18-University, 19-Plymouth

ASL Interpreters provided

Saturday, April 26, 2014

10 am – 3 pm

Seton Catholic School

165 Rhinecliff Drive

Rochester, NY 14618

### Free Lunch & Door Prizes!

To RSVP for free lunch, [click here](http://www.tinyurl.com/mk9gyzm) (The website is [www.tinyurl.com/mk9gyzm](http://www.tinyurl.com/mk9gyzm))

#### *Talk to Community Experts:*

- 2-1-1/LIFE LINE Program
- 9-1-1 Emergency Communications Department
- Advocacy Services for Abused Deaf Victims
- American Diabetes Association
- American Heart Association
- American Pharmacists Association
- American Red Cross
- Coordinated Care Services, Inc.
- Cancer Services Program of Monroe County
- Center for Disability Rights
- Coalition to Prevent Lead Poisoning
- Deaf Roots & Wings
- Deaf Health Community Committee
- Deaf Wellness Center
- Excellus BlueCross BlueShield
- Kim Dodge, DVM (Doctor of Veterinary Medicine)
- Foodlink
- Genesee Valley Region Interpreters for the Deaf
- Greater Rochester Physical Therapy
- Law Office of Justin P. Alexander
- Monroe County Department of Public Health
- National Center for Deaf Health Research
- National Kidney Foundation
- Pet\$aver Healthy Pet Superstore
- Pump & Shred
- Rochester Deaf Mothers Club
- Rochester General Hospital System
- Strong Memorial Hospital's Emergency Department
- Substance & Alcohol Intervention Services for the Deaf
- Trillium Health

#### *Join us and learn!*

**10:30 am – 11:15 am (Stage)**

**Diabetes!**

Presented by Mike McKee, MD, MPH & Tiffany Panko, MBA,  
2<sup>nd</sup> Year medical student (Deaf Health Pathway)

**11:30 am – 12:15 am (Stage)**

**Advance Planning**

Presented by Kathy Dollinger-Meyer, MS & Valerie Pruner, RN

**11:30 – 12:00 (Gym)**

**Hands-Only Cardiopulmonary Resuscitation (CPR)  
Training #1**

Presented by Pamela Hatch, American Red Cross

**12:30 pm – 1:15 pm (Stage)**

**Autism Spectrum Disorder**

Presented by Robert Nutt, MD, Ross Hamilton & Tina Jensen,  
4<sup>th</sup> Year medical students (Deaf Health Pathway)

**1:00 pm – 1:30 pm (Gym)**

**Hands-Only Cardiopulmonary Resuscitation (CPR)  
Training #2**

Presented by Pamela Hatch, American Red Cross

**1:30 pm – 2:15 pm (Stage)**

**Depressed and Anxious?**

Presented by Lori DeWindt, MA & Wyatt Hall, PhD Candidate

We welcome inquiries at: [fldeafhealthfair@gmail.com](mailto:fldeafhealthfair@gmail.com)

Activities, exhibitions & presentations at the Finger Lakes Deaf Health Fair are subject to change.

HL2

DHCC

Community  
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Where are they now?

H.E.A.R.T.

## National Community Committee Meeting

A report from Mary Chizuk  
Co-Chair of the HL2

Every year representatives of the community committees from the CDC funded Prevention Research Centers (PRC) across the United States meet. These representatives are a part of the [National Community Committee](#). In November 2013, Don and I attended the 3rd NCC meeting, representing Healthy Living with Hearing Loss (HL2) one of two community committees associated with the Rochester Prevention Research Center (RPRC)/NCDHR. The Deaf Health Community Committee (DHCC), the other community committee of the RPRC/NCDHR, also had 2 representatives, Patrick Graybill and Matt Starr. The RPRC is the only center with two(2) community committees. We were the only Center with four(4) representatives; many centers had no representatives largely due to budgetary constraints and possible loss of future funding. This actually speaks volumes regarding the RPRC commitment to the NCC, not that there is an excess of funds for travel.



Mary Chizuk  
Co-Chair HL2

The University of South Florida was the host site this year, which was assisted in funding by the Farmworker Association of Florida along with DentaQuest. Their PRC focus relates to the Rights of Farm Workers. NCC members were given a “crash course” in the impact of agricultural chemistry on the environment-soil, water and air, and “the people who put food on America’s table”. We toured a super fund site near Lake Apopka (Florida’s 8th largest lake) where now only certain crops can be grown- blueberries in sandy soil and sod because they require so few nutrients to grow as the soil and water from the lake are so polluted.

Farm workers were our guides noting problems for workers exposed to adverse environmental working conditions and chemicals including skin rashes, wounds that will not heal, cancers, Black Lung (due to exposure to muck soil), Congestive Heart Failure, back pain, arthritis and the list goes on. In addition workers are paid low wages and little compensation for illness/injury. For all of us who wish for warm weather, the sunny climates pay the price of three(3) growing seasons in fertilizer, pesticides and human labor.

The Southern Florida PRC has made strides in improving conditions of the farm workers but clearly the work there has only just begun. This area, formerly known for citrus groves, are non-existent today. The specialty of the area include ferns and orchids greenhouse grown.

The NCC meeting provides networking among sites, the opportunity to learn more about each others’ sites, their difficulties and to celebrate successes. Each host site has a story to tell as to its own evolution for the NCC members to witness in person. It has been an education in itself for those attending. The NCC’s first exposure to the communication needs of Deaf people and people with hearing loss was brought about by the RPRC, the only center that focuses on two very different populations of people who have been underserved by the healthcare system.

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Awards for Community Partner Engagement went to the University of Pittsburgh. The Community Based Participatory Research (CBPR) Best Practice Award went to Boston University and NYU.

The leadership team met to strategize for the future of NCC.

## Where are they now?

Tiffany Panko

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Tiffany Panko, MBA

While her job title and duties changed during her time at NCDHR, Tiffany Panko worked with us from 2008-2012. She enrolled at the University of Rochester in August of 2012 to study for her MD degree. Since then, she has joined the Board of Administrators for the Association of Medical Professionals with Hearing Loss and is a co-leader for the Student Interest Group in Neurology. Her third year of medical school begins this July when she will be starting her clinical rotations in the hospital. She is looking forward to getting more hands-on experience and having a better idea of which residency she would like to go into!

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## H.E.A.R.T. Updates

Like us on Facebook



### Rochester Breastfeeding Coalition

Community partners and members of the HEART work team have headed a coalition for breastfeeding. This is a new coalition and they are welcoming deaf/hard of hearing community members to join! The Rochester Breastfeeding Coalition meets once a month. This month's meeting will take place on Wednesday, March 27th from 5pm-6:30pm at St. Mary's 89 Genesee St., Rochester, NY.



### Million Hearts

On February 10th, community partners gathered at the Saunders Research Building to celebrate the launch of Million Hearts. H.E.A.R.T. has partnered with Eat Well, Live Well for Healthy Blood Pressure to kick off Million Hearts here in Rochester. Million Hearts is a health initiative to prevent one million heart attacks and strokes by 2017. How will they do this? By practicing ABCS: Aspirin when appropriate, Blood pressure control, Cholesterol management and Smoking cessation. This is an exciting opportunity for Rochester, stay tuned for more updates !

Press Release with more information :

<http://www.ihearteatwelllivewell.org/news/2014/02/10/million-hearts-kicks-off-in-the-rochester-area-encourages-everyone-to-be-heart-healthy>

If you'd like to request an interpreter for the Breastfeeding Coalition meetings or would like more information about any H.E.A.R.T. initiatives, please contact Kelly Matthews, [Kelly\\_Matthews@URMC.Rochester.edu](mailto:Kelly_Matthews@URMC.Rochester.edu) or VP (585) 512-8519.

*H.E.A.R.T. is a Community Transformation Grant (CTG) awarded to the URMC and Monroe County. H.E.A.R.T. stands for Health Engagement and Action for Rochester's Transformation. H.E.A.R.T.'s health areas of focus include Blood Pressure, Cholesterol, Diabetes, and Obesity. It's our hope that with more programs being made accessible for the Deaf community, deaf and hard of hearing individuals will take advantage of these opportunities to improve their health.*



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



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