

ODHH Monthly Bulletin

August 2013

[The ODHH Monthly Bulletin is Now Available in American Sign Language \(ASL\)](#)

A message from Director Lisa Kornberg

Hello! I am very excited to introduce our new Outreach and Communications Coordinator, Lisa Jordan, or "LJ" for short. LJ served on our Advisory Council for two years and was also chair of the Council's Communication Access subcommittee. She is therefore very knowledgeable about ODHH and what we do. This knowledge plus her familiarity with the deaf, hard of hearing, and deafblind community around the State makes her a great addition to the ODHH "family."

Don't forget the 12th Biennial Deaf Seniors of America conference will be held at the Hilton Baltimore next week from August 21 to 27. If you are interested, please register! There is a huge exhibit hall and many important and interesting workshops are being offered.

We are right in the middle of hurricane season and we have to stay informed and prepared! With extreme weather impacting so many in our state, it is a good time to review safety procedures for weather-related emergencies. Check out the FYI section of the Bulletin for resources that can help keep you and your family safe during extreme weather.

As always, we are here to help you. Please feel free to contact us at any time!

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Greetings from Lisa Jordan



Hello. My name is Lisa Jordan (name sign LJ,) and I'm excited to be starting my new position at ODHH as Communications and Outreach Coordinator. I hold a bachelor's degree from West Virginia University and a master's degree from Wesley Theological Seminary.

My work as a teacher and pastor has helped me to develop many skills that will be



Hurricane Preparedness

Hurricane Season is June 1-November 30, 2012

To prepare for a hurricane, here are a few tips:

- To begin preparing, you should build an emergency kit and make a family communications plan.
- Know your surroundings.
- Learn the elevation level of your property and whether the land is flood-prone. This will help you know how your property will be affected when storm surge or tidal flooding are forecasted.
- Learn community hurricane evacuation routes and how to find higher ground. Determine where you would go and how you would get there if you needed to evacuate.
- Make plans to secure your property:
- Be sure trees and shrubs around your home are well trimmed so they are more wind resistant.
- Clear loose and clogged rain gutters and downspouts.
- If in a high-rise building, be prepared to take shelter on or below the 10th floor.

The first and most important thing anyone should do when facing a hurricane threat is to use common sense. The Centers for Disease Control and Prevention have a number of videos in American Sign Language about preparing for and staying safe during hurricanes on its website:

<http://www.bt.cdc.gov/disasters/hurricanes/asl/>

Quick Links

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needed for this position. I am thankful for many friends and colleagues in the Deaf community, and I look forward to helping to connect the Deaf, Hard of Hearing, and DeafBlind communities with our State's government.

"Out of This World" – by Ann Black



"Out of This World" is the theme that the planning committee chose for the DeafBlind Camp of Maryland that was

held at West River, Maryland, from June 9 to June 14.

Many people arrived on Sunday, including 38 DeafBlind (DB) Campers. We had a rainy week but luckily we were able to enjoy fantastic motorcycle rides for the first activity on Sunday evening. After that, we mingled around to find out who was there and chatted away to catch up on news.

At this year's camp, there were many activities: hiking, biking, swimming, games, hayrides, boating, worship services, and a DB support group meeting. On one of the days, we had a terrific tour at NASA. We were fascinated to learn about the space program's beginnings and the search for life on other planets. We especially enjoyed one astronaut's, Mr. Piers Sellers, description of his experiences trying to breathe in outer space. Later, we got the opportunity to shake his hand and he gave each of us a NASA pin. At NASA, we appreciated the tactile displays: space rocks, maps of the United States taken from space, astronauts' uniforms and space boots, the dry food packages that astronauts store inside their uniforms and eat in space, et cetera.

Andy Stender from Pennsylvania and I presented gifts from the campers and SSPs to Brenda Talley and Toby Witte-Dix for their hard work that made this camp a successful DB planet. The gift was a frame with a small rocket on top and a NASA cap. We also showed our appreciation to the SSPs by giving each a hug. Without a doubt, we all had an "Out of This World" time in spite of the rain!

Staying Safe in Extreme Heat



People suffer heat-related illness when their bodies are unable to

compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

[ODHH Website](#)



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ODHH on the Move

Deaf Seniors of America Conference

August 23-26
Hilton Hotel
Baltimore, MD

Frederick HLA Meeting

September 7
10 AM – 12 PM
Edenton Retirement Community Manor
Frederick, MD

ODHH Advisory Council Meeting

September 11
9:30 AM – 12:30 PM
HASA
Baltimore, MD

ODHH Town Hall Meeting

September 27
2 PM - 4 PM
HASA
Baltimore, MD

Deaf Awareness Day at the National Aquarium

September 28
9 AM – 3 PM
National Aquarium
Baltimore, MD

Baby Boomers Expo

October 9-10
Fairgrounds
Timonium, MD

Please note ODHH will be closed August 30 – September 2 in observance of Labor Day.

Because heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death. The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather.

Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

Personal symptoms from overexposure to heat may range from the mild heat rash to the dreaded heat stroke. The Center for Disease Control and Prevention has a very informative page that focuses on the descriptions and symptoms of each heat-related condition and discusses ways to protect yourself and others. To learn such information, visit their website at:
<http://www.cdc.gov/niosh/topics/heatstress/>

Questions? Comments? Contact:

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