

**APRIL 2020**

Term: Spring Issue 7 |



## KATE'S KORNER

These are difficult times. The COVID-19 pandemic is frightening and unsettling, leaving us unsure of the future. We wonder when our daily lives will get back to a "new normal." Not knowing answers to our questions can be stressful. Staying at home for long periods of time can be stressful. One of the best ways to handle stress is to stay in touch with friends and family. Find ways to use free time at home. Your safety is extremely important to us.

Therefore, in-person, monthly Chapter Meetings are suspended until further notice. Instead, we will rely on ways to support and enjoy each other's company online. You will receive emails from us about different activities that we can do together, using your desktop computer, laptop, or Smart Phone.

Be patient, be strong.....this too, will pass. Brighter days are ahead if we follow recommended safety tips. You will read more about this later in this Newsletter. -Kate

## MEETING

**We will not be meeting at Emmanuel until further notice.**

We have some exciting new ideas for meetings while we are home-bound during the COVID-19 crisis. It is extremely important for us to stay in touch while this is going on. We may not be able to meet in person, but that doesn't have to stop us from connecting.

Lets play games, catch up with each other, win door prizes, share experiences, and help each other. We can get creative and make the most of this crazy situation.

Watch your inbox for an email to give instructions on how to join the online meeting. Respond to the email by Wednesday so we know to expect you!

## OFFICERS

Please feel free to reach out and share new ideas or ask for help if needed. They are happy to serve.

President- Kate Driskill

Acting Co-Vice Presidents-

Shari Koeper & Janice Martin

Treasurer- Tony Decha-Umphai

Secretary- Albert Gass



## HOW TO FIND US....

We are a non-profit 501(c)(3) organization. We meet the 2nd Saturday of the month with lunch at noon, and our meeting begins at 1:30 pm at:

Emmanuel Lutheran Church  
1003 Hickory Hill Lane  
Hermitage, TN 37076

We provide both captioning and a PSE interpreter at all of our meetings

**We will be meeting online until further notice due to COVID-19**

Check out our website:

<http://www.hearingloss-nashville.org>

and Facebook page:

<https://www.facebook.com/Hearing-Loss-Association-of-America-Nashville-TN>



## COPING WITH COVID-19

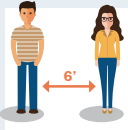
### Help Prevent COVID-19 with Social Distancing



Call/Facetime/online chat with friends and family.



Stay home as much as you can.



If you must go out:

- Don't gather in groups
- Stay 6 feet away from others
- Don't shake hands or hug



And please continue to wash your hands frequently.

[www.mass.gov/COVID19](http://www.mass.gov/COVID19) | Call 2-1-1

Massachusetts Department of Public Health

### Coping with Stress and Fear from COVID-19



Take care of your body.

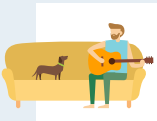
- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Take deep breaths, stretch, or meditate



Virtually connect with others.  
Talk with people you trust about your concerns and how you are feeling.



Take breaks from watching, reading, or listening to news stories, including social media.



Make time to unwind.  
Try to do some other activities you enjoy.

Help is available:  
Visit [Mass.gov/COVID19](http://Mass.gov/COVID19) or Call 2-1-1

Massachusetts Department of Public Health

## COVID-19: GETTING THE HELP YOU NEED

### COVID-19: Medical Communication Access for Deaf and Hard of Hearing

During the coronavirus (COVID-19) pandemic, how will you be able to talk to doctors, nurses and others at the hospital? **This guide is to help you get ready for your hospital visit.**

In normal times, hospitals must give services that help you understand what is being said and are supposed to ask you what services you need. This might include in-person sign language interpreters, Video Remote Interpreting (VRI), lip-reading, written communications, hand-held amplification devices, captioning or CART, or speech-to-text apps.

Now, during the pandemic, most hospitals are seeing a large number of patients and often **cannot provide the same services**. Many hospitals will **not** allow in-person interpreters, family members, or visitors to come into the hospital. **You may be alone for a long time when you are in the hospital.**

**Most doctors and nurses in hospitals now wear masks and gloves and may talk to you from behind a window or curtain**, so it may be harder for you to understand them.

**You have the right to decide your care.** This means **you will need to know a few things and bring your own communication tools** to the hospital during the pandemic:

- **Print out a page saying you are deaf, hard of hearing, or DeafBlind and need hospital staff to communicate with you differently.**
- **If you have a smartphone, load the apps you need to communicate, and bring your smartphone with you.**
- **If you do not have a smartphone, bring or ask hospital staff for something to write on and pens or markers.**
- **Bring an emergency bag with items you need to communicate. Label the bag and items with your name. Leave space on the label to add your hospital room number.**

... For a complete list of tools, apps, a helpful list of items for your emergency bag visit this link from NAD:

<https://www.nad.org/covid19-communication-medical-access>

## COMMUNITY HELP SERVICES

Do you need help with tornado or COVID-19 resources? There are many resources are available.

United Way of Nashville:

Call 211 or Text your zipcode 898-211

<http://www.uw211.org>

<http://www.unitedwaynashville.org>

Bridges:

Voice/TTY: 615-248-8828

[info@bridgesfordeafandhh.org](mailto:info@bridgesfordeafandhh.org)

For help with food needs:

Tracy Smith: 615-649-0605

[tracy@bridgesfordeafandhh.org](mailto:tracy@bridgesfordeafandhh.org)

Be prepared! Check your AppStore:  
TN Ready app



## Walk4Hearing Update

### 15TH ANNIVERSARY WALK4HEARING SPRING WALKS GO VIRTUAL

**\*\*Nashville- May 16th\*\***

Out of concern of the coronavirus, we are replacing our spring Walk Day events with online celebrations.

#### Spring Walk Days are going virtual!

#### What is a virtual Walk Day event?

A virtual event is conducted on the internet instead of being held in a physical location. Team captains, participants, sponsors, and alliance organizations join from their computers at a specific time on Walk Day for an online celebratory and educational experience.

Participants are invited to share videos, photos and stories of why you walk and what you're doing from home to raise funds and awareness. More information about how to participate and what to expect will follow.

#### Do I continue to fundraise for a Walk4Hearing virtual Walk Day?

Yes! Your support provides essential resources to people with hearing loss nationally and in local communities where walks take place.

Here's a few tips on how to fundraise:

- Update your personal or team page to communicate why you walk, and what it means to your community and alliance
- Make a personal donation and ask 5 or more friends to support you by sending them an email

<b>KING SOOPERS</b> Senior Only Time Monday, Wednesday & Friday 7am-8am	<b>Walmart</b> Senior Only Time Tuesday 6am-7am
<b>Target</b> Senior Only Time Wednesday 8am-9am	<b>Walgreens</b> Senior Only Time Tuesday 8am-9am
<b>SAFEWAY</b> Senior Only Time Tuesday & Thursday 7am-9am	<b>WHOLE FOODS</b> Senior Only Time Each day 7am-8am
<b>Sams</b> Senior Only Time Tuesday & Thursday 8am-9am	<b>COSTCO WHOLESALE</b> Senior Only Time Tuesday & Thursday 8am-9am
<b>ALDI</b> Senior Only Time Tuesday & Thursday 8:30am-9:30am	<b>DOLLAR GENERAL</b> Senior Only Time First hour of each day 8am-9am
<b>TRADER JOE'S</b> Senior Only Time Each day 9am-10am	<b>BIG LOTS</b> Senior Only Time Each Day 9am-10am

## BIRTHDAYS!

### April

15- Colleen T.

26- Albert G.

26- Dean B.



## HLAA2020 Convention News

### HLAA2020 Convention in New Orleans — CANCELLED

With the grave Coronavirus pandemic we have to cancel the HLAA2020 Convention. An email went out yesterday from Executive Director Barbara Kelley. [Please see her message about the cancellation.](#) We hope that all of those in our HLAA family stay well.

### We will Refund Your Registration Fee or Turn it into a Donation Please let us know your choice by Friday, April 17

Please email Amanda Watson at [convention@hearingloss.org](mailto:convention@hearingloss.org) by **Friday, April 17, 2020** to request a refund or donate your registration fee. You can also call Amanda on her direct line: 240.324.6073. If we don't hear from you by April 17, we will consider this a donation.

We encourage everyone to [sign up for the free, online HLAA Hearing Life E-News](#) to receive all the latest news.

## THAT DEAF GUY

