

Employment Tip of the Month

40 Topics You Shouldn't Discuss at Work

You spend a lot of time at your job. Maybe most of your waking hours. Ideally, your boss and coworkers become your friends, which is nice. **But be careful!** Never forget that you can't totally let your hair down with work friends the way you might with family, old schoolmates, your book group, your buddies, or your cat/dog.

Why? For one thing, the workplace is a public place and public rules prevail. Also, a lot of subjects can turn around and reflect badly on you, hurting your reputation or chance for promotion. Sometimes they can get you fired. At the very least they can cause coworkers to avoid you or dislike you.

So, check out these 40 topics that shouldn't be discussed on the job. Most are "no brainers" and the last 7 made the list because people tend to go on and on and on about them.

1. Your politics
2. Your religion
3. Your salary
4. Your medical history
5. Your sexual exploits
6. Any workplace gossip
7. Any plans to quit
8. Your aches and pains
9. How much you just paid for something
10. The progress, or lack thereof, of your therapy
11. Your blog URL
12. How much time you spend on Twitter, Facebook etc.
13. How messy your house is
14. Your extensive knowledge of curse words
15. The fact that you're ovulating, PMS-ing, or having your period
16. Your hot flashes
17. Gory details of any major illness or accident
18. Your Viagra side effects
19. Your tax problems
20. Your criminal record
21. How much you hate a thing
22. Your difficulty in digesting any food, and symptoms thereof
23. Your, or your wife's, fertility treatment
24. Your, or your wife's miscarriage
25. Your messy divorce
26. Your expertise in filching office supplies
27. Your penis size
28. Any odd/quirky, weird habits
29. The state of your undergarments
30. Your fear that you're going to lose your job.
31. How much you hate your job
32. How much you hate your customers
33. How much you hate your boss
34. Your cute kids
35. Your adorable pets
36. Your last, or next, vacation
37. Your new house, boat, car computer, etc
38. Your home remodel
39. Your wedding plans
40. Your diet

So are you wondering, "What is OK to talk about at work?" Well, you can discuss the work at hand as much as you want, of course. Article taken from USNews.com by Karen Burns.

DHHC Wish List Plastic Forks, Spoons, Knives, Napkins, Desk Chairs, Large Trash can liners (39 gal), Weed Killer, and Paper Plates.

DEAFNESS RESOURCE SPECIALIST News You Can Use

For more information please call me:
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Wow, the summer is here! What are your plans? Going on a vacation or just relaxing at home? Maybe you will have a lot of appointments with doctors or other things. Remember no matter what you do, you still have rights to ask for accommodations. ADA says providers must provide effective communication... so what does that mean? If you use ASL you can request a sign language interpreter. Please remember you must request it and ask the provider directly. Do not make requests at the interpreter agency because you will be told to go back and request directly from your provider. They might ask you to write notes or use other forms of accommodations. Remember, whatever works best for you to understand fully, you and the provider will need to decide together. I have some exciting trainings coming up for you. If you are deaf or hard of hearing and use ASL or any form of sign language you will be able to participate in these trainings. I will be providing two Deaf Self Advocacy Trainings. One will be presented on June 10 and 11 in Laredo, Texas and the second one will be on August 5 and 6 in Corpus Christi, Texas. These trainings are designed to gain a stronger understanding of how to advocate for yourself, develop higher self esteem, understand the interpreter's role, and how to advocate for communication access services. Contact me if you are interested and would like to register for these trainings. I hope to hear from you and have a great Summer!

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Deafness Resource Specialist Program funded by a grant from DARS - Office for Deaf and Hard of Hearing Services (DHHS)

DHHC Position Changes

The front desk will have a new face beginning June 2. Peggy Rodriguez will be working the front desk position as well as her other duties. DHHC feels it would be better to combine these two positions as one in order to efficiently provide services. Although Peggy will be at the front desk it will not deter her from doing Case Work and greeting people as they come in. We, the staff, want to thank Sherry Gilmore for her temporary stay with the DHHC. We appreciated her help as she answered phones and greeted people at the front desk.

Check our website at
www.deaf-hh.org for updated information and
the new calendar of events link.



Help Us Hear (HUH) Volume 5 Issue 1

For more information concerning the topics below, hearing loss sensitivity training, communication strategies, or assistive technology, please contact Judy Kurz, Hearing Loss Resource Specialist at (361) 993-1154 or judykurz@deaf-hh.org. Hearing Loss Resource Specialist Program funded by DARS Office for Deaf and Hard of Hearing Services



Are You Coping with Scopes?
A **stethoscope** can be a challenge for individuals with hearing loss. To gain knowledge of a comprehensive approach to the selection of the device and how to use it with your hearing aids or cochlear implants can be found in the February 2004 issue of "The Hearing Review". The writers suggest that ideally a stethoscope should be 1) easy to use, (ie, not requiring the removal of the hearing instrument), 2) it should be portable (pocket-size), and 3) accurately reproduce body sounds. They also list three steps to success: 1) Fine-tuning of the hearing instrument, 2) Choosing the "best" stethoscope and the appropriate interface, 3) Learning/relearning to distinguish body sounds. To read the complete article visit The Hearing Review on-line archives, or contact The Deaf and Hard of Hearing Center.

New Technology

Have you put off using a hearing aid because you don't want anyone to **see** that you have hearing loss? Here is the answer, snap this acrylic hearing device on your molar. The Soundbite is designed for people with single-sided deafness. It should be on the market soon and will cost around \$6000.00.



Hearing Loss an Invisible Disability

Judy Kurz, the Hearing Loss Resources Specialist at the Deaf and Hard of Hearing Center can help you with many resources.

- * Education and demonstration of assistive technology.
- * Getting connected with DARS/DRS for Vocational Rehabilitation Services.
- * Communication strategies and coping skills.
- * Sensitivity training for employees and employers.
- * College tuition waivers.
- * Other information related to hearing loss.

Hearing Loss Seminar

Monday, June 7, 14, 21, 28 at 10:30 a.m.
Information about : FREE telephones and head sets, STAP, Department of Assistive and Rehabilitative Services, Area Agency on Aging benefits, financial assistance benefits for hearing aids and coping with your hearing loss. Register by calling the DHHC at 361- 993-1154.

American Sign Classes

Summer ASL Adult Classes offered at the DHHC
June 7 thru Aug 2, Monday Nights 6:30 to 8:30
8 weeks for basic classes. The cost is \$55.



Sign Camp for Kids—children ages 6-12 are invited to come and learn basic sign language. They will learn through games, use pictures, and make crafts while learning basic sign vocabulary.

Starting June 14—18 classes will be held at the DHHC from 9:30 am.—12:00 pm. The cost is \$45.

Upcoming Event:

Catholic Deaf Ministry will be holding their annual Deaf Picnic at West Guth Park. July 11, at 1:00 p.m. - 6:00 p.m. For more information contact Celia Mendez 361-884-0651 ext. 226, VP: 866-255-0043 or cmendez@diocesecc.org

Deaf Awareness Day at Six Flags in Dallas on August 7th . Look for more information in the August Green Newsletter.



TSID ROUND UP 2010 ANNUAL CONFERENCE SAN ANTONIO, TEXAS JUNE 22-26, 2010

TSID will host this years conference in San Antonio, Texas. In depth information about the workshops, presenters, and agenda can be found at <http://2010.tsid.org>

REMEMBER: The Texas Society of Interpreters for the Deaf conference will be held June 22-26. **Please try to avoid scheduling appointments when needing an interpreter on these days.** Many interpreters and some DHHC staff members will be out of town for the conference. Thank you for your cooperation as we strive to improve skills and services to the community.

Del Mar College Corner

It's not too late to register for Del Mar ASL & Interpreting Program classes for the summer. June 7 is the first day of ASL II, and June 8 is the first day for ASL I (day and night sections) and the two non-credit classes—an ASL practice class open to anyone who has already taken at least one ASL class, and an Interpreting practice class open to anyone who has taken at least one interpreting class. For more information on any of these summer classes, contact Lucy James at 361-698-2813 or ljames@delmar.edu.



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Fri: 9:00am - 12:00pm

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Newsletter? Call our office today to
help us save postage.

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 10:00 a.m. SSS	3	4	5 9:00a.m. - 6:00 p.m. CBSC Picnic
6	7 6:30 p.m. Summer ASL Classes Begin	8	9 10:00 a.m. SSS	10	11 8:00 a.m. Summer Voyage Kick Off Day 	12 Deaf Awareness Day in San Antonio
13	14 6:30 p.m. Summer ASL Classes	15	16 10:00 a.m. SSS ~ Sign Camp For Kids ~ 14th thru 18 9:30 a.m. to 12:00 p.m. 	17	18 8:00a.m. Summer Voyage 	19
20	21 6:30 p.m. Summer ASL Classes	22	23 10:00 a.m. SSS	24	25 8:00a.m. Summer Voyage 	26
27	28 6:30 p.m. Summer ASL Classes	29	30 10:00 a.m. SSS	~ TSID Conference, held in San Antonio ~ EEC 9:30 - 11:30a Deaf Chat Starbucks at 7p Silver Silent Seniors 10a - 2p		



Happy Birthday!

Dorothy R. Allen
Alicia T. Alvares
Orville E. Bartlett
John Campbell
Lydia Castaneda
Kristopher Chesnutt
Rebecca Chitty
Beatrice Escamilla
Sarah G. Foy
Ricardo Gonzales
Jose T. Gonzalez
Troy Hall
Cylynda Johnson
Carl Lambert
Florence E. Little
Andrea Lopez
Pedro Loza
Linda Lugo Hill
Sara Martinez
Robert McConnico
Veronica A. Munyon
Heather Murray
Lorraine D. Parks
Jenna Schulze
Henry Sendejo
Mary Smith
Julian Vasquez
Ronnie Williams
Bill G. Wolfe

THANK YOU A big 'thank you' to all those who help support The Deaf and Hard of Hearing Center!

MONETARY
Mr. & Mrs. Robert Koester

MEMORIAL
Peggy and Dina Rodriguez
Mr. & Mrs. William Floerke
Judy Brashear
In Memory of Marie Holloran

MISCELLANEOUS
Dortha Ocker
Paper Plates

A special thanks to all the volunteers at The Jose G. Rodriguez Family Festival and Casino Night. The events couldn't have been successful without your help.

OUR CONDOLENCES
Our sympathy to Victor Vasquez. Victor's grandmother passed away last month. Our condolences to the family.

RETIREMENT!
We want to thank Renee Ocker for 29 years of dedicated service to the Regional Day School Program. This is Renee's last year working with deaf and hard of hearing students. She has been an outstanding teacher and role model for so many deaf students in the program. Thank you Renee for all your hard work and dedication. We wish you the best in your retirement.



Coastal Bend Silent Club Picnic

Date: Saturday June 5th
Place: Parker Pavilion in Flour Bluff
Located at Waldron and Graham Road
Time: 9:00 am to 4:00 p.m.

Come and Join us to have some Fun!

Swimming! Games! Prizes!

Free Admission and Games

Food can be purchased below:
 1 hamburger/chips and drink \$2.50
 2 hotdogs/chips, and drink \$2.00
 Frito Pie Bowl \$1.25
 Sausage \$1.00 each
 Snow Cones \$.75
 Whole Pickles \$.50
 Watermelon- one slice for \$.50
 Bottled Water \$1.00
 Soda Pop \$.50

We love our Facebook and are grateful for all our fans but we have to make some changes and hope it won't effect losing you as a friend or fan. We will be setting up a new page and hope you all follow us to our new place. If you have any question please call and we'll explain why we are making the changes.



Get on board for Summer Voyage 2010

Summer Voyage is an annual recreational and learning program designed for deaf and hard of hearing children. We provide fun and educational activities that are accessible for deaf and hard of hearing children. Register early to ensure a spot for a fun-filled Summer for young Campers. We want to plan ahead for our camper's adventure. We welcome campers ages 7 to 18 who have hearing loss. Summer Voyage is for you!
June 11 thru August 8th. Every Friday 8:00 a.m. to 5:00 p.m. DHHC, 5151 McArdle. Camp Aranzazu will be held the last week. Camp Fees are lower than last year: Great Package Deal!
 \$75 for Friday Activities only ~ \$100 for Camp Aranzazu only ~ or ~ \$150 for Complete Package.

Scholarships are made available to assure that no child is turned away. For registration call the Deaf and Hard of Hearing Center and ask for Lorri Hill or email her at lhill@deaf-hh.org. Donations are always welcome for snacks, bottled water, flavor packets and gas cards.

At Summer Voyage campers will:

Improve language and communication skills.
 Sharpen creative and logical skills.
 Strengthen fitness and motor levels.
 Develop awareness of community.
 Make new friends and have fun!

Fun Things to Do include:

Camp Aranzazu, Sports, Museums & Institutions, Fine Arts, and other activities. This year we are planning Schlitterbahn, trip to Goliad, photography contest, La Palmera Mall, Beach Day swimming, and a week at Camp Aranzazu.

Parents, if you have any questions or concerns about activities, programs or age limit please call to get more information.

