

Hands Across the Pacific

Newsletter

Welcome Back to School!

Aloha!

On behalf of the Hawaii and Pacific Deaf-Blind Project, we would like to welcome your student back to school for the 2021-2022 school year! We look forward to a productive partnership with you to ensure your student can achieve their highest potential. HPDBP would like to let you know that we are here and a part of your team.

Please feel free to contact us if you have any questions about being added to our census and setting up technical assistance. You can access the [HPDBP Parent Guidebook](#) on our website at www.pbd.hawaii.edu for more information and resources.

Mahalo,

Mellanie, Jennifer, Roz, and Ginger



HAWAI'I &
PACIFIC
DEAF-BLIND
PROJECT

LET'S CELEBRATE
CLASS OF 2021

CONGRATULATIONS
GRADUATES!

YOU DID IT!
see page 6



Protect Yourself, Our Keiki, and Our Islands!
Please wear a mask!

Highlighting Celebrity Chef Stew

Interviewed by Ginger Knowles



My name is Robert Stewart. On November 26, 1997, I was in a car accident where I hit my head so hard on the dashboard that I lost my hearing in my left ear. Ironically, the driving person broke his neck, and the person in the backseat broke his back. So compared to those injuries losing my hearing in my left ear was a blessing.

Now truthfully, it was kind of a gift and a curse because by me being able to hear out of both ears the first part of my life and losing my hearing at the age of 19, it has been a real challenge. People cannot look at you and tell you have a hearing disability. So often, people think that I am arrogant, I am ignoring them, or that I am just flat-out rude, but they have no idea that I can no longer hear in my left ear due to the injury. However, I could not allow this to stop me because I knew that it was no way that I was going to sit in the house because of the hearing loss. So what I had to do was adapt the best way that I could.

Some of my closest friends would always look out for me because they knew Robert really could not hear that well. For the most part, when I got into the job setting, it was a challenge, especially in the hospitality industry. Do you know how loud it is in the kitchen? Pans are banging; people are yelling and screaming! A few chefs under their leadership had no idea of my hearing disability and would yell at me all day long. Eventually, someone pulled them to the side and said, Hey, you have to make sure Robert is looking at you when you talk to him because he cannot hear you on the left side!

I have a special friend, Bradon Steven, who, realistically, probably is one of the best people I ever worked with. Brandon helped me feel like my disability was not a disability. Not only was he listening for himself, but he was listening out for me as well.



Unfortunately, the normal speaking voice is actually in the same range that my hearing does not work. So, when a person is talking to me in a normal speaking voice, we can be in close proximity, and if I am not looking at them, I will not hear a word they say. I tried to get hearing aids, but hearing aids only amplify and do not clarify. Therefore, I was not able to get a hearing aid to offset my hearing loss.

I know it is a tough challenge for anybody who may have a hearing loss, and I know I can not identify with someone who can not hear out of both ears because I am lucky enough to hear out of one ear, but I do understand the challenges one face.

I hope this message gives some inspiration and motivation to the people who have hearing loss to know that someone can identify with your challenges. I happened not to allow my disability to

stop me from becoming successful in the culinary art industry. It has been a tremendous challenge at times. Often I work in really loud environments birthday parties, weddings, bar mitzvahs, graduation, where the music is so loud that at times the music is so loud that it can almost give me a headache. For people who do not have hearing loss, sometimes the only way to describe what I go through is when taking a shower; sometimes water gets into your ear, and instantaneously it feels like the world has been cut off from you. You do everything you can to get the water out of your ear as fast as possible so that you can go back to hearing out of both ears. Still, for me, there is no way to get the water out of my ear, so I always feel as if I'm stuck with water in my left ear.

I hope sharing how adapting to living with being deaf in one ear and reaching my goals to become a successful celebrity chef motivates you to know that hearing loss cannot stop you, will not stop you, should not stop you from being successful! I would suggest that you surround yourself with like-minded people, encouraging and motivating to ensure that they have your best interest in mind. It is an honor to share my story with you!



by Ginger Knowles

The PicSeePal is a communication tool for all ages, abilities, and locations. Mrs. Chikyra Crabbe a preschool teacher gave PicSeePal a positive review. Mrs. Crabbe stated, the PicSeePal is lightweight and the colors are not a distraction for young children. The clear boards are easy to use as you can place your own PECS (Picture Exchange Communication System) inside to customize the communication. The double-sided clear plastic makes it very easy to organize the peccs and gives ample space for multiple peccs.

As a mother, I feel the PicSeePal makes using PECS a more convenient and stress-free method to bridge the gap between communication and connecting with others. I like being able to organize the PECS in one low-tech device. The hard case is durable and water-resistant which is perfect for my son who has high oral stimulation.

Tre' uses PicSeePal to communicate his needs by touching the PECS to communicate with others. The pictures below show Tre' having the option to chose which song he would like to sing by selecting the PECS inside the PicSeePal.

Self Care

3-Ingredient Sugar Scrub

Supplies:

- 1 cup sugar (granulated sugar, brown sugar, superfine sugar, or even sea salt works)
- 3/4 cup oil (coconut oil, grapeseed, or sweet almond)
- 1-2 drops essential oil (lavender, chamomile, tea tree, and peppermint are some great options)

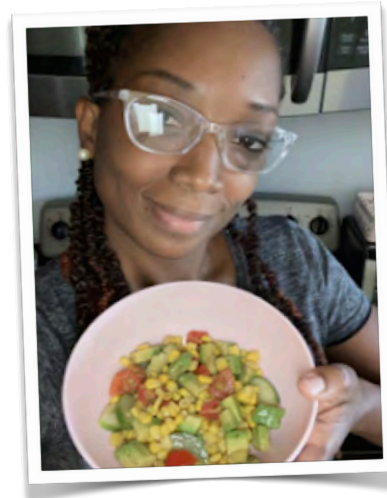
Instructions:

1. Add sugar to a bowl, then pour in the oil.
2. If you mixture seems dry, you can add a bit more oil (up to 1/4 additional cup)
3. Then, add 1-2 drops of essential oil and mix well.

Enjoy!



Add some **SPICE**
with **GINGER**



Corn Salad with Avocado

INSTRUCTIONS

1. Rinse corn under cold water. Drain.
2. Place remaining ingredients in a large bowl, drizzle over the lime juice, and a good pinch of salt and pepper. Toss gently, serve.

INGREDIENTS

- 14 oz canned corn, drained
- 1 avocado
- 7 oz cherry tomatoes, halved (or 2 large tomatoes, cut into large dices)
- 1/2 cucumber, cut into slices
- 1 small red onion sliced finely
- 2 tbsp lime juice or 1-1/2 tbsp lemon juice
- salt and pepper to taste

- Prep | 10 min
- Cook | 0 min
- Ready in | 10 min



Share a photo of you and/or your family enjoying the corn salad or sugar scrub, and receive a special gift from us! Please

email photos to gingermk@hawaii.edu.

Transitioning Into Adulthood Health Care

Is your child approaching adulthood?! What does that mean when it comes to health care? Have you ever wondered what might happen when your child starts to get older and moves into adulthood? What happens to your role as the parent and their role as your child? Who should you talk with about health care transitioning? Do you know when to start planning to transition? Have relationships been established between doctors over the years? What questions should you ask your doctor? Can your child advocate for themselves? Do you know the difference between pediatric care and adult care?

It's okay to feel overwhelmed, take a breath! You got this! You have been transitioning since Early Invention and Preschool! And just like at that time, you had someone to assist you to transition to the next step. Your Family Support Specialist is here to help you by giving you support in the transition process from pediatric health care to adult health care.

For more information about transitioning from pediatric care to adult health care, contact the Family Support Specialist, Ginger Knowles, at gingermk@hawaii.edu to discuss ways for your child to gain the ability to manage their own health care and navigate their health services while having a smooth transition from pediatric care into adult care.



Heartsaver First Aid CPD AED

In June, I had the opportunity to become certified in First Aid CPR AED training by the American Heart Association. I would like to personally thank the University of Hawai'i of Manoa for providing the opportunity for this certification.

As a parent of a deaf-blind son, it is essential to have the knowledge and skills to save lives in the event of an emergency. I have been First Aid/CPR certified three times in the past, yet I am amazed how much has changed since the last time I have taken the course, which was many years ago. However, this is the first time I have received AED training. An AED is a portable device that delivers an electric shock through the chest to the heart. The shock can potentially stop an irregular heartbeat and allow a normal rhythm to resume following a sudden cardiac arrest.

I would like to encourage everyone who has not taken the First Aid and CPR course or needs a refresher class to take the course. That way you are prepared in the event of an emergency. The course covers up-to-date emergency practices on infants, children, and adults. First Aid and CPR is conveniently offered virtually and at a reasonable cost.

Contact the Family Support Specialist, Ginger Knowles at gingermk@hawaii.edu to receive more information on First Aid and CPR training.

CONGRATULATIONS GRADUATES!



Ramzy Rubio

Konawaena High School

Ramzy's mom shared: "Ramzy was so excited to graduate. We celebrated her achievement and she enjoyed her time with her family and was very tired by the end of the day..."



Nathan Bigelow

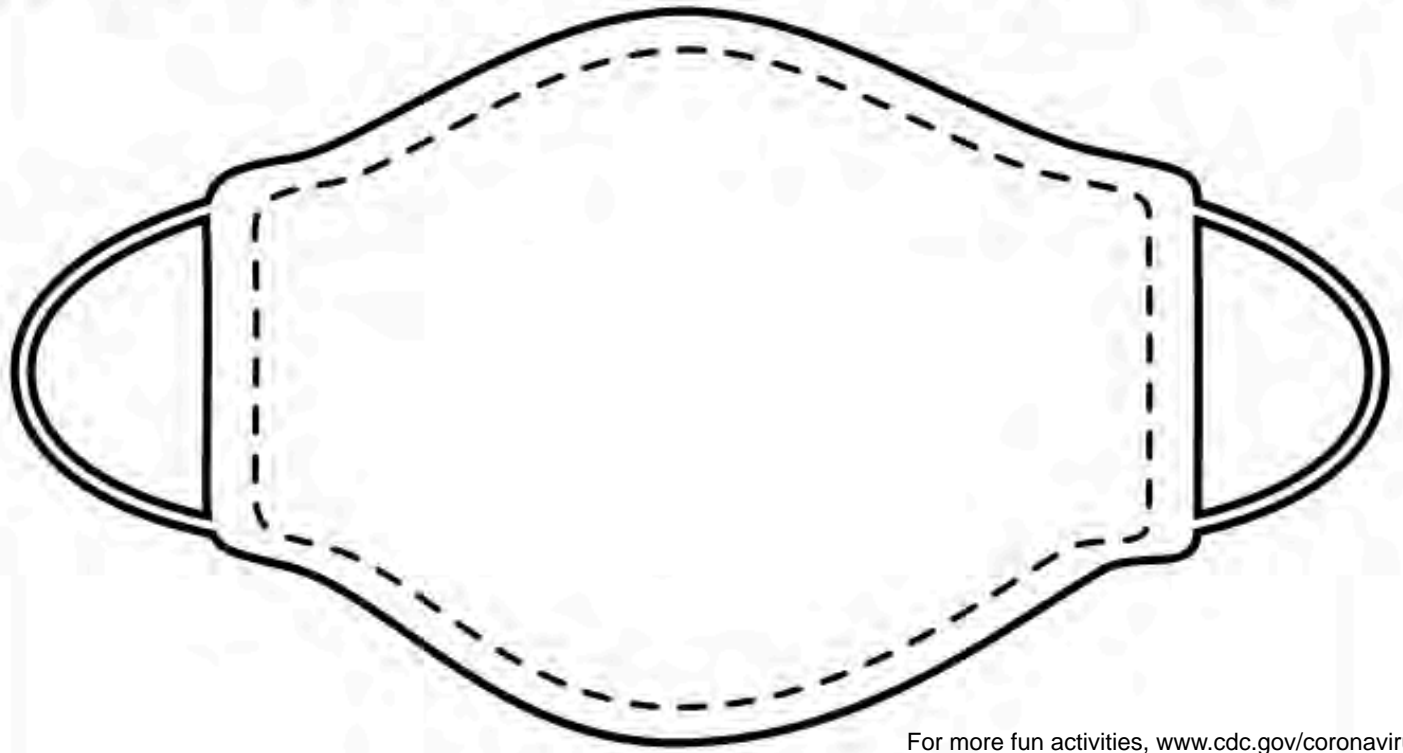
Kohala High School



Nathan's parents shared: "Nathan's graduation day was so fun! He got to walk with Uncle Kelby to get his diploma. Everyone was honking their horns in celebration, clapping and congratulating Nathan! So many people gave him leis and treats and gifts! Nathan was on top of the world all day!!!"

Design Your Mask

Some people who get COVID-19 might not feel sick. And they may get people them sick without knowing. Wearing a mask is a way we can help protect others! Be creative! Color in your own mask!



For more fun activities, www.cdc.gov/coronavirus

RHYTHM & MUSIC
with Ed

Logos: CSC, HPDBp, and a group of people icon.

On Zoom
Saturday
9/25/21
10-1030 am

Join locally renowned ASL Music performer Ed Chevy as he teaches families how to sign popular children songs with their child. Register: <https://tinyurl.com/CSCRhythmandMusic>

Upcoming Events

9/25 Rhythm & Music on Zoom at 10 am (HST)

11/6 Ohana Time on Zoom at 2 pm (HST)
(more info to come)

For more information, please contact Ginger Knowles at gingermk@hawaii.edu

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Special Mahalo to Randee Golden for editing.

As always, we want to hear from you, so please feel free to email us (mellanie@Hawaii.edu) or reach out on Facebook (Hawai'i & Pacific Deaf-Blind Project and we will make sure to respond.

We are migrating to a new listserv host, if you have not been receiving emails from us or would like to be included on our listserv please let us know, write to:jtarnay@hawaii.edu and we will happily add you.

If you have a photo or article to share in the next newsletter, please email it to rkia@hawaii.edu.

Be safe and well and remember, we are here to provide information, connections, and support. Much love and strength to you and your loved ones! While times are changing, we remain committed to supporting you however we are able.

Mellanie, Jennifer, Roz, Ginger, & Shayleen



The contents of this newsletter were developed under a grant from the U.S. Department of Education #H326T180027. However, these contents do not necessarily represent the policy of The Center on Disability Studies at University of Hawai'i, Manoa, nor the US Department of Education, and you should not assume endorsement by the Federal Government.