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TAKE AWAY THE ANXIETY OVER TECHNOLOGY WITH THESE SMART PHONE APPS

BY THE ARIZONA COMMISSION FOR THE DEAF AND THE HARD OF HEARING AND ARIZONA RELAY SERVICE

Remember when a phone was just a phone? There were no special applications or "smart phones" to worry about.

Living in this fast-paced technology world can be a bit overwhelming when trying to keep up with all the new advancements, updates, products available to you.

Whether you have an iPhone or an Android, there are hundreds of free apps that are available that are easy-to-use and can be useful in your day-to-day activities.

Below are some phone apps that we recommend that can assist in making your daily life less stressful.

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WE WANT TO HEAR FROM YOU!

LET US KNOW HOW WE ARE DOING BY TAKING THIS SHORT SURVEY.



Upcoming Events

OCTOBER

Women's Life and Style Expo
October 18, 10 a.m. – 5 p.m.
DoubleTree by Hilton Hotel Tucson
445 S. Alvernon Way
Tucson, AZ 85711

.....
2014 Pan de Vida Foundation Health and Community Fair
October 18, 9 a.m. – 2 p.m.
21802 S. Ellsworth Rd
Queen Creek, AZ 85142

.....
8th Annual AZSCORN Fall Conference and Vendor Fair
October 25, 6 a.m. – 3 p.m.
Hilton Sedona Golf Resort & Spa
90 Ridge Trail Drive
Sedona, AZ 86350

NOVEMBER

.....
My Health and Wellness Expo Conference
November 15, 10 a.m. – 5 p.m.
Mesa Convention Center
263 N Center St
Mesa, AZ 85201

.....
See complete list on page 4

FREE IPHONE AND ANDROID APPS Continued

Do not let your anxiety keep you from embracing these easy-to-use phone applications. These apps are designed for ease of use and to help de-stress your daily life.

DRAGON DICTATION

Telephone conversations can sometimes be difficult for people with a hearing loss. It is here that Dragon Dictation can be very helpful. As a person is speaking, Dragon will transcribe the words for the person who is hard of hearing to read. Though it is not perfect, it will usually give enough information to improve understanding of the conversation. This is a great free tool and works best in environments that are not overly noisy.

MAGNIFYING GLASS WITH LIGHT

This app is recommended for those that may need a little extra visual enhancement while reading a menu, or perusing a map. Acts like a magnifying glass and also has a light associated to help distinguish those little things even more.

MEDWATCHER

This app allows users to follow up on medical treatments, and it can even provide access to support and help from its online community. The self-monitoring function can empower you to track your own medical progress.

NTOUCH MOBILE

ntouch Mobile turns a mobile device into a video phone (VP) empowering deaf and/or hard of hearing users to communicate anytime, anywhere. ntouch Mobile includes video as well as the myRumble feature. myRumble provides vibration and flash patterns that correspond to contacts so users know who is calling, even when the phone is in their pocket.

For more information visit www.acdhh.org or www.azrelay.org.

SHOCKING STATISTICS CONTINUE TO CLIMB FROM THE DANGERS OF TEXTING AND DRIVING

BY THE ARIZONA COMMISSION FOR THE DEAF AND THE HARD OF HEARING AND ARIZONA RELAY SERVICE

We all do it. We get behind the wheel, start driving, our phone dings and without even thinking we pick up our phone and see what it is... and more often than not we will even answer. But everyone should think twice before answering that "very important" text or email.

Texting while driving is unfortunately a growing trend and quickly becoming one of the country's top killers. Drivers assume they can handle texting while driving and remain safe, but the numbers don't lie.

Texting While Driving Causes:

- * 1.6 million accidents per year – National Safety Council
- * 330,000 injuries per year – Harvard Center for Risk Analysis Study
- * 11 teen deaths EVERY DAY – Insurance Institute for Highway Safety Fatality Facts
- * Nearly 25% of ALL car accidents

- * Is the same as driving blind for five seconds at a time – Virginia Tech Transportation Institute
- * Takes place by 800,000 drivers at any given time across the country
- * Slows your brake reaction speed by 18% – HumanFactors & Ergonomics Society
- * Leads to a 400% increase with eyes off the road

Texting While Driving Is:

- * About six times more likely to cause an accident than driving intoxicated
- * The same as driving after four beers – National Highway Transportation Safety Administration
- * The number one driving distraction reported by teen drivers

Texting while driving is now the leading cause of death among teenagers – surpassing drinking and driving, according to a study by Cohen Children's Medical Center. Disturbing statistics from the report include:

- * More than 3,000 teens die each year in crashes caused by texting while driving
- * Approximately 2,700 teens are killed in drunk driving accidents
- * More than 50% of teens admit to texting while driving

Texting While Driving:

- * Makes you 23 times more likely to crash – National Highway Transportation Safety Administration

TIPS ON STRESS-FREE HOLIDAY PLANNING

THE HOLIDAYS ARE FAST APPROACHING AND WILL BE HERE BEFORE WE KNOW IT! HERE ARE SOME TIPS ON HOW PLAN AND ENJOY A STRESS-FREE HOLIDAY SEASON!

1. PLAN AHEAD

With busy schedules with work, family and children, your days fly by and then you are running around at the last minute to organize a party. Look at your calendar, pick the date you want to have your party, and plan a month in advance and make a weekly task list. This allows plenty of time to get everything accomplished in a timely manner.

2. PICK A THEME

Picking a theme can be a lot of fun (an ugly sweater party is a popular choice) that allows friends and families to get dressed up. Picking a theme also helps with preparing the food you are going to serve and invitations you may send out.

3. PLANNING THE MENU

Choose foods that can be eaten while standing and are not messy. A good rule is to have cheese, fruit and crackers and other appetizer type food. Try and also incorporate food options for those that are vegetarian or have food allergies.

4. MUSIC/PLAYLIST

Set up a playlist with your favorite holiday music and other music to play in the background. Creating the playlist in advance gives you time to add any new music and simply plug-and-play the day of your party.

5. RELAX

The day of the event, sit back and enjoy. By planning way in advance, you have the peace of mind knowing everything has been accomplished and that everyone will have a great time, so no need to stress – just enjoy!

HAVE A SAFE AND HAPPY HOLIDAY SEASON!



BE AWARE OF NOISY TOYS THIS HOLIDAY SEASON

BY THE ARIZONA COMMISSION FOR THE
DEAF AND THE HARD OF HEARING AND ARIZONA
RELAY SERVICE

With the holiday shopping season approaching quickly, it is time for parents to start getting ideas and schedule possible shopping outings for toys for their children. Oh what fun this can be... but it is important for parents to be aware not only of the types and age-appropriateness, but also the noise level of a toy as well.

It is advisable that when parents are out shopping for toys that they carefully read the warning label. Toys that emit noise should have a warning label of the level of noise the toy makes. In fact, the American Society of Testing and Materials, which sets international standards for safety, states the sound-pressure level produced by toys (except close-to-the-ear toys) shall not exceed 85 decibels (dB) when approximately two feet away.

In fact, 85 decibels (dB) is the maximum volume a child should be exposed to and for no more than eight hours. Decibels are a unit of measurement to gauge volume. Sounds over 100 dB can damage hearing in less than 15 minutes of exposure.

So how do you make sure you are keeping the young ones happy and still protecting their hearing?

Ask yourself these questions:

- * Is the toy loud to you? Because if it is too loud to you it is probably too loud for your children.
- * Do the toys have an on/off switch for the noise? It is easy to check if the toy has an on/off switch for the volume. The switch helps control the noise volume, and is easy on the ears.

For more information visit www.acdhh.org or www.azrelay.org.



PRESENTATIONS

OCTOBER

EVAR Vital Signs at Encore AZRS/CapTel PPT
October 16, 10 – 11 a.m.
Encore Senior Village
25 W. First Ave
Mesa, AZ 85210

Fountain Hills Senior Center AZRS/CapTel PPT
October 16, 1 – 2 p.m.
Fountain Hills Senior Center
13001 N. La Montana Drive
Fountain Hills, AZ 85268

United Cerebral Palsy Speech-to-Speech PPT
October 21, 10 a.m. – noon
281 W. 24th St # 147
Yuma, AZ 85364
Note: Skype Presentation

Senior Nutrition and Adult Center AZRS/CapTel PPT
October 21, 3 – 4:30 p.m.
160 E. First St
Yuma, AZ 85364
Note: Skype Presentation

**Regional Center for Border Health AZRS/
CapTel PPT & Friendly Relay Business PPT**
October 22, 9 a.m. – noon
Regional Center for Border Health
214 W Main Street
Somerton, AZ 85350
Note: Skype Presentation

Phoenix Equal Opportunity Department
October 28, 8:30 a.m. – 4:30 p.m.
October 29, 8:30 a.m. – 4:30 p.m.
Assembly Rooms A, B, & C at City Hall
200 W. Washington
Phoenix, AZ 85003

NOVEMBER

Phoenix Equal Opportunity Department
November 12, 8:30 a.m. – 4:30 p.m.
Assembly Rooms A, B, & C at City Hall
200 W. Washington
Phoenix, AZ 85003

DECEMBER

Phoenix Equal Opportunity Department
December 5, 8:30 a.m. – 4:30 p.m.
Assembly Rooms A, B, & C at City Hall
200 W. Washington
Phoenix, AZ 85003

TEXTING AND DRIVING Continued

As an Arizona Relay Service provider, AT&T has a great “It Can Wait” campaign that has some great tips for drivers of all ages.

- * **Be smart.** Don't text and drive. No text message is worth being distracted while you drive.
- * **Be in control.** Remember it's your phone. You decide if and when to send and read texts so take control. Consider turning your phone off, setting it to silent or even storing it in the glove box before hitting the road.
- * **Be caring.** Never send a text message to a friend who is driving to meet you, or to anyone you know is likely behind the wheel. Wait for them to call or text you once they have arrived safely at their destination.

- * **Be a BFF.** Friends don't let each other text and drive. Visit www.facebook.com/att to take a pledge not to text and drive, and encourage your friends to do the same.
- * **Be a resource.** Share information about the risks of texting while driving.
- * **Be an example.** Don't send the wrong message by texting while you drive. Your children and others will follow your example.

For more information on AT&T's campaign visit: www.att.com/txtngcanwait. And, if you're on Facebook, visit www.facebook.com/att to take the pledge online and encourage your friends (and family) to do the same.

RELAY FRIENDLY BUSINESSES

At Arizona Relay Service we do business with the following “Relay Friendly” businesses! They are certified “Relay Friendly” and understand how relay works — and more importantly, how to use relay.

ABBOTT HEARING CENTER

Becky Haber, M.S., H.I.S.
1300 South Milton Road, #205
Flagstaff, AZ 86001
Phone: 928-214-7114
Email: becky@abbottflagstaff.com
Website: www.abbottflagstaff.com

COUNTRY FINANCIAL

Jason Maleski, Financial Representative
7445 North Oracle Road, Suite 201
Tucson, AZ 85704
Phone: 520-299-8455
Email: jason.maleski@countryfinancial.com
Website: www.countryfinancial.com/jason.maleski

FAIRFILEND INN AND SUITES

TownePlace Suites Sierra Vista
SpringHill Suites Thatcher
Corby Frehner, District Manager
3855 El Mercado Loop Sierra Vista, AZ 85635
3399 Rodeo Dr. Sierra Vista, AZ 85635
Phone: 520-439-5900
Fax: 520-439-5905
Email: corby.frehner@marriott.com
Website: www.marriot.com/fhuts

KIWANIS CLUB OF BISBEE

La Frontera Arizona, Inc.
504 W. 29th St.
Tucson, AZ 85713
Phone: (520) 884-9920
Email: kiwanisclubofbisbee@gmail.com
Website: www.lafronteraaz.org

THE RELAY FRIENDLY PARTNERS PROGRAM IS A FREE PROGRAM THAT:

- * Offers FREE training to assist your business with receiving and placing Arizona Relay Service calls
- * Reduces or eliminates hang-ups on relay users
- * Allows customers to know you are certified as a Arizona Relay Service Relay Friendly Partner
- * Offers you a free listing on the Arizona Relay Service website
- * Provides a Relay Friendly Partner logo to post on your business' website
- * Provides a Arizona Relay Service Relay Friendly Partner decal for your door or window

To view the entire list of relay friendly businesses or for additional information on becoming a relay friendly business please visit our website at http://www.azrelay.org/home/relay_friendly_business