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CONNECT WITH US!



PROTECT YOUR EARS DON'T LET EVERYDAY ITEMS DAMAGE YOUR HEARING

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

You use cotton swabs to clean and dry your ears after the shower.

You turn up the volume on your favorite song in the car.

You listen to your mp3 player loud enough to drown out the surrounding noise.

You may not know it now, but you just might be damaging your hearing.

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WE WANT TO HEAR FROM YOU!

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



Upcoming Events

BIAAZ Rays of Hope Family & Survivor Annual Conference

May 2, 7 a.m. - 12 p.m.

Desert Willow Conference Center
4340 E. Cotton Center Blvd
Phoenix, AZ 85040

YMCA Marathon and Health Expo

May 2, 3 p.m. - 8 p.m.

May 3, 8 a.m. - 1 p.m.

Prescott YMCA
750 Whipple St
Prescott, AZ 86301

DEC Health & Wellness Fair

May 2, noon - 5 p.m.

May 3, 10 a.m. - 3 p.m.

Disability Empowerment Center
5025 E. Washington St
Phoenix, AZ 85034

A Hero's Salute

May 26, 1:30 p.m. - 5:30 p.m.

Crowder Hall - The University of Arizona
1017 N Olive Rd
Tucson, AZ 85719

Summit Healthcare Annual Community Health Fair

May 31, 9 a.m. - 4 p.m.

Flagstaff Athletic Club East Gym
3200 N. Country Club Drive
Flagstaff, AZ 86004

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PROTECT YOUR EARS

DON'T LET EVERYDAY ITEMS DAMAGE YOUR HEARING

CONTINUED FROM COVER

There are more than forty million Americans across the country who report having some degree of hearing loss and the research shows that one in five teens at least a mild hearing loss. And, many people do not know that items they use every day can damage their hearing.

WHAT CAN CAUSE DAMAGE?

Using cotton swabs to clean your ears

After a morning shower or an afternoon swim in the pool, one of the first things we do is grab a cotton swab to clean and dry out our ear canals. But, did you know that you are taking the chance on damaging your ear drum almost every time that you use them? Most people who use cotton swabs have at one time or another inadvertently jabbed them inside the ear, which can cause damage to the ear drum and possibly permanent hearing loss.

So, ditch those cotton swabs! Remember to not put anything in your ear that is smaller than your elbow. That means no cotton swabs, bobby pins, pens or pencils.

Turning up the volume just a little louder

We are all guilty of turning up the volume on our televisions or when our favorite song comes on the radio. But by turning up the volume in the car, you are putting your hearing at risk. Safe listening levels are below 85 decibels (dB). Normal conversation is 60 dB but some car stereo systems can exceed 100 dB. Turning up the volume for just one song in the car, can cause permanent damage to your hearing. For safer listening, lower the volume and limit listening time.

Listening to your mp3 player just a little bit longer

Did you know the maximum volume on most personal music players rings in at 100 dBs? That is equal to the sound of a jackhammer. That is too loud to listen to with ear buds or headphones! A good rule of thumb is that if your friend can hear your music coming out of your ear buds, it is too loud.

There are some solutions to help alleviate the noise. Noise reducing or volume limiting headphones, ear buds, and mp3 players are a good investment.

HOW DO I KNOW IF I MAY BE DAMAGING MY HEARING?

Every day things may be damaging your hearing. If you experience any of the following, it might be time to evaluate the situations that are causing you harm:

- * Ringing or buzzing in the ears.
- * Slight muffling of sounds. Difficulty in understanding speech. You can hear all the words, but you can't understand them.
- * Difficulty in hearing conversation in groups of people when there is background noise.

If you experience any of these early warnings signs, your hearing may have been damaged. Have your hearing checked by a hearing health professional, or have your ears examined by an ear, nose and throat doctor.

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

RELAY FRIENDLY BUSINESSES

At Arizona Relay Service we like to do business with organizations that are certified “Relay Friendly” and understand how relay works — and more importantly, how to use relay. Please welcome the newest relay friendly organizations to our group:

CITY OF PHOENIX EQUAL OPPORTUNITY OFFICE

PETER FISCHER

ADA COORDINATOR

251 West Washington, 7th Floor

Phoenix, Arizona 85003-2245

Phone: 602-534-9276

Fax: 602-534-1124

TTY: 602-534-1557

Email: peter.fischer@phoenix.gov

MESA COMMUNITY COLLEGE DISABILITY RESOURCES & SERVICES

MARISA PARK

COORDINATOR OF INTERPRETING SERVICES

DEAF AND HARD OF HEARING SERVICES

1833 West Southern Ave

Mesa, AZ 85202

Phone: 480-525-8087

Fax: 480-461-7907

Main: 480-461-7000

Email: marisa.park@mesacc.edu

Website: <http://www.mesacc.edu/disability-services/deaf-hard-hearing-services>

TEMPE ADA COORDINATOR

MICHELE STOKES

ADA COMPLIANCE SPECIALIST

DIVERSITY DEPARTMENT

31 E. 6th Street

Tempe, AZ 85281

Phone: (480) 350-2704 Voice

Email: Michele_Stokes@tempe.gov

Website: www.tempe.gov

TEMPE MAYORS COMMISSION ON DISABILITY CONCERNS

31 E. 6th Street

Tempe, AZ 85281

Phone (480) 350-2704 Voice

Website: www.tempe.gov

THE RELAY FRIENDLY PARTNERS PROGRAM IS A FREE PROGRAM THAT:

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



Arizona Relay Service 7-1-1

ARIZONA RELAY SERVICE WANTS TO HEAR FROM YOU

BY ARIZONA RELAY SERVICE

Arizona Relay Service always welcomes your questions, comments and concerns, including any feedback and/or suggestions related to your experience with our CA's or our Web site design and content.

If you're calling about an Arizona Relay feature or quality control issue, you can contact AT&T Customer Care at 1-866-259-1768 (voice) or 1-800-347-1695 (TTY), 24 hours a day, seven days a week. You also can ask a Communications Assistant (CA) to transfer you to Customer Care before, during or after a Relay call. Contact Customer Care Service at:

AT&T CUSTOMER CARE

871 Park Ave SW
Norton, VA 24273
TTY:(800) 347-1695
Voice: (866) 259-1768
Spanish (TTY & Voice): (800) 855-2886
Fax: (800) 288-2184
rm-attcustomercare@att.com

If you have any questions about Arizona Relay Service or would like to schedule a free presentation or training session please contact one of our AZ Relay Channel Managers:

CONNIE SHORT

Voice: (480) 515-7074
Fax: (480) 515-7199
E-mail: connie.short@att.com

LEE SAMS

Voice/VP: (480) 525-6394
Fax: (480) 515-7199
E-mail: lee.sams@att.com

Should you have an issue or concern go unresolved, you may file a complaint with the FCC's Consumer Information Bureau.

Voice: 1-888-CALL-FCC
TTY: 1-888-TELL-FCC
www.azrelay.org

UPCOMING EVENTS

MAY

BIAAZ Rays of Hope Family & Survivor Annual Conference
May 2, 7 a.m. - 12 p.m.
Desert Willow Conference Center
4340 E. Cotton Center Blvd
Phoenix, AZ 85040

YMCA Marathon and Health Expo
May 2, 3 p.m. - 8 p.m.
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750 Whipple St
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1017 N Olive Rd
Tucson, AZ 85719

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May 31, 9 a.m. - 4 p.m.
Flagstaff Athletic Club East Gym
3200 N. Country Club Drive
Flagstaff, AZ 86004

JUNE

Arizona Association For Home Care Conference & Expo
June 26, 9 a.m. - 3 p.m.
Radisson Fort McDowell Resort
10438 N Fort McDowell Rd
Scottsdale, AZ 85264

Arizona Sports Fan Expo
June 28, 10 a.m. - 6 p.m.
June 29, 10 a.m. - 4 p.m.
University of Phoenix Stadium
1 Cardinals Dr
Glendale, AZ 85305

JULY

Let Freedom Sing
July 4, 9 a.m. - 3 p.m.
Centennial Hall - The University of Arizona
1020 E University Blvd
Tucson, AZ 85724