



DEAF C.A.N. NEWS

Free Monthly Publication

December 2017

Volume 37 Number 491

We sincerely appreciate your generosity and support of DEAF C.A.N.! We couldn't provide our many programs and services without you.

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Thank you to:
Darlene Weir
Elaine and Bruce Weingarten

thank you

DEAF C.A.N.! Closed

Deaf Community Advocacy Network will be closed on:

Friday, December 22 through Monday, January 1, 2018

We will reopen on Tuesday, January 2 at 9:00 am.

If you are in need of a Sign Language Interpreter, you can still fax your request to: 248-332-7334 or email it to: deafcan@deafcan.org.

The interpreting department will still be open during the break.

Happy Holidays and a Happy New Year

All of us at DEAF C.A.N.! wish you and your family the best this holiday season. May 2018 bring health, happiness and peace.

From the Board of Directors and staff of
Deaf Community Advocacy Network

All our best

*Marcy Colton, Kristen Damon, Nicole Gaines,
Carol Jensen, Henry Lowe, Susan Lundy,
Regina McMullen, Brenda Newbeck,
Michelle Osterhout, and Dylan Secord*

**DEAF COMMUNITY
ADVOCACY NETWORK**

2111 Orchard Lake Road #101 ... Sylvania Lake, MI 48320
(248) 332-3323 TTY—(248) 332-3331 Voice—(248) 332-7334 Fax
248-209-6437 or 248-209-6438-VP—deafcan@deafcan.org
www.deafcan.org

DEAF C.A.N. INFO

Board of Directors

Marika Blumerick
Doug Calaman
Mary Gillman
Kris Kelly
Jamie Maes
Sean Miller
Dan McDougall
Paul Nemchik
Ron Swartz
Deborah Wright

- Marcy Colton, MA, LPC, BEI 1, Director
- Kristen Damon, Office/Outreach Coordinator
- Nicole Gaines, BA, Case Manager
- Carol Jensen, Interpreter Coordinator
- Susan Lundy, BS, Heal & Shield
- Regina McMullen, BA, MSA

- Brenda Neubeck, BS, BA, Heal & Shield
- Michelle Osterhout, BA, LEAP
- Dylan Secord, MSW
- Henry Lowe, BA, BEI 3, EIPA Secondary

STAFF: Marcy Colton, Carol Jensen, Regina McMullen, Kristen Damon, Nicole Gaines, Susan Lundy, Brenda Neubeck, Michelle Osterhout, Henry Lowe and Dylan Secord

DEAF C.A.N. Staff



Volunteers

Thank you to the many volunteers who help us at DEAF C.A.N.! You're the best!



Memorial /Tribute Cards

Do you want to honor the memory of someone who has died or honor someone who is celebrating a special time in their life? Please consider a donation to DEAF C.A.N.! We send out a beautiful card acknowledging your contribution. The recipient will know that you have made a donation to support DEAF C.A.N.!

When sending your check explain: Who you want the card sent to (Complete address) and who the card is from and any greeting that you want on the card.

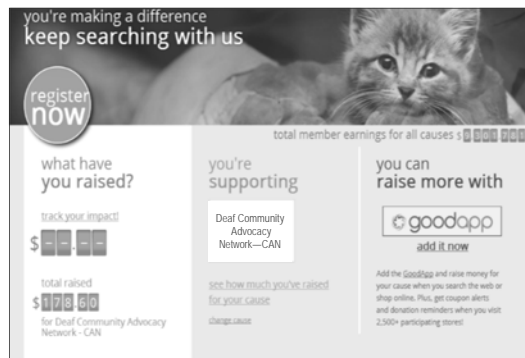
Please consider making a donation to DEAF C.A.N.! In honor of someone or in memory of a loved one.



www.goodsearch.com

Don't forget to use

www.goodsearch.com as your search engine! DEAF C.A.N.! earns a penny a search! Type in Deaf Community Advocacy Network in the toolbar!



Your pennies will add up! We have already received several checks from them!



GOODSHOP

Thank you for all of you who shopped through Goodshop! Every quarter we earn money from the purchases that you made through Goodshop. This all adds up and helps us out. Thank you for your support. It helps us out! Please remember to use Goodshop for your online purchase.



DEAF C.A.N.!

2111 Orchard Lake Road #101
Sylvan Lake, MI 48320
(248) 332-3323 TTY/(248) 332-3331 V
(248) 332-7334 Fax
(248) 209-6437 and (248) 209-6438-VP
deafcan@deafcan.org or www.deafcan.org

Marcy Colton-marcy.colton@deafcan.org
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Henry Lowe - dps@deafcan.org
Brenda Neubeck-brenda.neubeck@deafcan.org
Susan Lundy-susan.lundy@deafcan.org
Dylan Secord - Dylan.secord@deafcan.org

DEAF C.A.N.! is open:

Monday—Friday from 9:00 am—5:00 pm
(closed 12:00—1:00 pm for Lunch)
Give us a call to make an appointment!

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the bonus that Amazon donates a portion of the purchase price to your favorite charitable organization. **How do I shop at AmazonSmile?** Simply go to smile.amazon.com, choose Deaf Community Advocacy Network and SHOP! We get a percentage of your purchase.

Detroit Public Schools

If you are looking for full time or part time employment, DEAF C.A.N.! is hiring for our Detroit Public Schools Interpreting contract. Requirements for the position: Valid BEI, NAD, EIPA or RID Certification and compliance with the State of Michigan. Please call Marcy at (248) 332-3331.

DEAF C.A.N.! has a new Facebook Page

Please check us out! Visit and LIKE our Facebook page at:

<https://www.facebook.com/deafcan2>



COMMUNITY RELIGIOUS

DBDA Meeting

Detroit Black Deaf Advocates, Ch. #6 monthly meetings ~ 2nd Saturday of the month from 3:00 pm to 6:00 pm Veterans Administration Center (Auditorium), 4646 John R. (Detroit) dbdach6@yahoo.com

NAOBI Detroit

National Alliance of Black Interpreters, Chapter #8 monthly meetings, 2nd Saturday of the month 11:30 am to 1:30 pm. Email for information at: naobidetroit8@gmail.com

Community Churches

Ann Arbor Baptist Church—Interpreted Service
2150 S. Wagner Road, Ann Arbor, (734) 995-5144 or (734) 995-9818 fax or (734) 646-3214 text. Sunday, 9:45 am Interactive Bible Study, 11 am and 6 pm Service and Wednesday at 7 pm

Bethesda Christian Church
14000 Metro Parkway, Sterling Heights Voice: (586) 264-2300 or bcc@bethesdachristian.org. Every Sunday

Calvary Apostolic Tabernacle
1013 Hughes Avenue
Flint, Michigan (810) 275-0904
Sunday 1 PM and Wednesday at 6:30 pm

Christ Community Church
(586) 776-5452 voice or (586) 776-9913 fax
25410 Kelly Road, Roseville. 9:00 am Sunday and 7:00 pm Wednesday nights Interpreted

Crossroads Baptist Church
2580 Packard Rd., Ann Arbor, Sunday School 11 am, Worship 9:30 am, Monday Night Bible Study 7 pm, msmibcd@comcast.net. (734) 971-0773. Fax: 734-971-9321

**Detroit Sign Language
Congregation of Jehovah's Witnesses**
151 Fisher Detroit All meetings in ASL
Sat. 10:15am Bible Lecture Tues. 7:30pm Bible Study, 313-263-4627 VP 313-961-2212 Voice

Emmanuel Lutheran Church
offers interpreted services every 1st and 3rd Sunday of the month at 9:15 am, 800 S Military Street; Dearborn, Michigan 48124

Faith Lutheran Church
50600 Shelby Road, Shelby Twp, MI 48317.
faithshelby@wowway.com. Interpreted service 10:30 am every Sunday. 586-731-8112.

First Unitarian Universalist Church
(734) 665-6158 or www.uuaa.org
(second service interpreted)

Flint Deaf Lutheran/Christ the King Lutheran Church
248.889.3978 TTY or 248.887.8342 fax
pastor4deaf@tmail.com

**Flint Sign Language Congregation of
Jehovah's Witnesses**
All meetings in ASL, 1805 Lapeer Road, Flint, MI 48503, Sat. 10:15 am Wed 7:30 pm
(248) 931-0334 phone/text VP (810) 250-7074

Gethsemane Missionary Baptist Church
29066 Eton, Westland, 734-721-2557
J.woods@gethsemane02.org/
www.gethsemane02.org

Greater Emmanuel Institutional Church of God in Christ
19190 Schaefer Hwy, Detroit. Sunday 8:30 am/11:30 am worship Interpreted. Info: Andrea Wallace at (313) 502-3328 or ladyandrea53@icloud.com

Grosse Pointe Congregational Church of Christ
The Grosse Pointe Congregational Church United Church of Christ has a service monthly; first Sunday of each month, 240 Chalfonte Grosse Pointe Farms, MI 48236. Contact: Paul Fugate at Paul@ASLDeafined.com or 313-884-3075

Joseph Campau Avenue Church of God
17401 Joseph Campau, Detroit, (313) 717-6333 V.
Cencelia Thomas, Purposed4God@aol.com

Lake Orion Church of Christ
Lake Orion, Michigan—(248) 693-7242
http://www.orion.lib.mi.us/lococ/home.html
or timk@quinovainc.com

Lighthouse Chapel of the Deaf
3242 Whitney Ave, Flint, MI 48532.
Fellowship 9:30am, Sunday School 10am, & Worship 11am, Wed. Prayer/Bible Study 6:30-8pm
Pastor Stan Coveyou, stan6468@gmail.com

Maranatha Baptist Church
248-625-2700/voice, Dan Osterhout,
deafministry@mbccclarkson.org or
www.mbccclarkston.org. Sundays: 9:15 am class,
10:30 am worship. 6 pm services.

Master's Hands Deaf Church
Master's Hands Deaf Church, 6299 Miller Road, Swartz Creek, Fellowship: 9:30am; Sunday School: 10am; Deaf Worship: 11am; "Whatever Wednesday": 6:30pm. Contact: johnb1090@comcast.net

Memorial Deaf Fellowship
(586) 615-4607 V/Text, (586) 739-2207 fax or
(586) 580-8327 VP or mbcdeaf@comcast.net,
12651 Clinton River Road, Sterling Heights

Mt. Zion Church
4600 Maybee Road, Clarkston, MI 48346
(248) 391-6166 voice or www.mtzion.org
Interpreted services are offered Sunday mornings at 10:30 am and Wednesday evenings at 7:30 pm

Our Lady of Loretto, West Detroit Catholic Deaf
Office: 16103 Chesterfield Ave.
Eastpointe, MI 48021, (586) 439-0146 VP (Office),
(586) 439-0440 VP (Public) or (586) 764-8476
Voice/Fax. Sunday ASL Mass - 9:30 am at Our
Lady of Loretto, 25700 W. 6 Mile Road,
Redford, MI 48240, (Chapel located in school behind the church)

Oak Pointe Church Milford
1250 S. Hill Road, Milford
For more info contact: Greg
Frohriep gfrhriep@me.com

Our Savior Lutheran Church of the Deaf
1800 W. Maple Road—Birmingham
www.OSLCD.org , Fax: 248-887-8342
Reverend Tylor Walworth at 816-590-1692

Parkside Church of Christ
Dearborn Heights, Michigan
(313) 278-8120 or www.parksidecoc.org. Sunday
service at 10:30 am and 6:00 pm.

Parkview Baptist Church for the Deaf
(734) 261-8281 TTY/fax or (734) 261-6180
Contact: Kathy at or www.parkviewdeafchurch.org

Prayer Temple Missionary Baptist Church
27350 Chicago Road, Redford, (313) 414-1054
http://www.ptmbc.net. Service begins at 11 am

Resurrection Lutheran Church
20531 Kelly Road in Detroit
313-372-4902 V. revsebenjamin@yahoo.com
Interpreted Service 4th Sunday of month

Rochester First Assembly - NEW CHURCH
4434 N. Rochester Road (Corner of Rochester/
Snell), Rochester, Michigan
Sunday's at 10:00 am—Interpreted by Jessica
Mitchell. 248-652-3353.

Second Ebenezer Church - Deaf Ministry
14601 Dequindre Rd (I-75 @ East McNichols)
Detroit MI 48212. secdeaf_ministry@yahoo.com
or www.secondebenezer.org. 313-867-4700

Saline First Assembly of God
300 Old Creek Drive, Saline, MI ASL Interpreted
worship every Sunday at 10:45 am,
734-429-7732, www.salineag.org

Sign of Hope Neighborhood Church
Deaf Pastor Dean Bliss—Sunday Service 10 am
1378 W. State Rd, Lansing, MI 48906
517-588-4598 VP or
signofhopechurch@gmail.com

Silent Assembly Deaf Church
18513 Lahser, Detroit, Michigan, 48219, Services
signed with voicing. Sunday 10 am—Noon. Pastor
Scott McCain. (734) 347-8105 text or
tsmccain@aol.com

St. John's Deaf Center—NEW ADDRESS
Office: 16103 Chesterfield Ave., Eastpointe, MI
48021, (586) 439-0146 VP (Office)
(586) 439-0440 VP (Public), (586) 764-8476
Voice/Fax, Senior Citizens - Tuesdays 10 am -
4pm. Sunday ASL Mass - 11:30 am
Holy Innocents Church, 16359 Frazho Road
Roseville, MI 48066

Troy Church of Nazarene
(248) 879-8888 Voice. Sunday morning Interpreted

The Shores Deaf Church
20880 Ten Mile Road—St. Clair Shores,
(586) 772-7740 or (586) 772-9050
signpreach@sbcglobal.net

Venture Church
8457 E. Highland Road
Howell, MI 48843
11:00 am Every Sunday (interpreted)

Woodside Bible Church
6600 Rochester Rd., Troy has interpreted services
every Sunday morning at 11:30. Deaf Bible Study
Every Wednesday night - 7:00PM - Contact Bethany
at spencerbethany70@gmail.com

Word of Faith Ministry
VP/TTY: (248) 355-0242, Voice: (248) 353-3476
Fax: (248) 354-8534 or ghalliburton@woficc.com.
Interpreted/captioned services



Please let us know if anything has changed!

Great Lakes KODA Camp

are looking for highly motivated or self starting individuals for these volunteered positions:

- Grant Writing/Finance Director
- Public Relations
- Fundraising Director
- Counselor In Training (CIT) Director
- Activities Director
- Secretary and Records Keeper
- Team Leader
- Parent Volunteers
- Human Resources
- Interpreter Volunteering

If interested, Please contact Dragan Jaksic at greatlakeskoda@gmail.com for more information.

Application will be sent upon request.

WHAT'S GOING ON

Wharton Center Plays INTERPRETED - East Lansing



Sunday, December 17, 2017

Finding Neverland
The winner of Broadway.com's Audience Choice Award for Best Musical, this breathtaking smash "captures the

kid-at-heart," says TIME magazine. Vogue cheers, "It's a must-see you'll remember for years to come!" Directed by visionary Tony® winner Diane Paulus and based on the critically acclaimed Academy Award® winning film, *Finding Neverland* tells the incredible story behind one of the world's most beloved characters: Peter Pan. Playwright J.M. Barrie struggles to find inspiration until he meets four young brothers and their beautiful widowed mother. Spellbound by the boys' enchanting make-believe adventures, he sets out to write a play that will astound London theatergoers. With a little bit of pixie dust and a lot of faith, Barrie takes this monumental leap, leaving his old world behind for Neverland, where nothing is impossible and the wonder of childhood lasts forever. The magic of Barrie's classic tale springs spectacularly to life in this heartwarming theatrical event. *Finding Neverland* is "far and away the best musical of the year!" (NPR).

Sunday, February 18, 2018
On Your Feet

Sunday, March 18, 2018
Something Rotten

Sunday, July 15, 2018
Lion King

For tickets contact:
WHARTON CENTER FOR PERFORMING ARTS
Michigan State University
750 E. Shaw Lane, East Lansing, MI
PHONE: (517) 432-2000

DEAF C.A.N.! Closed

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248-332-7334 or email it to: deafcan@deafcan.org.

The interpreting department will still be open during the break.

Deaf Santa December 2017 Events 8th Year

Picture with Deaf Santa \$8.00
Donations Support Charity

SUNDAY, DECEMBER 3
2 PM TO 5 PM

DENNY'S LAKESIDE MALL
44945 Woodridge Drive
Sterling Heights, Michigan 48313

THURSDAY, DECEMBER 7
5 PM TO 9 PM

CHUCK E. CHEESE
3489 Miller Road
Flint, Michigan 48503

SATURDAY, DECEMBER 9
1 PM to 5 PM

EMMANUEL LUTEHRAN CHURCH
800 S. Military Street
Dearborn, Michigan 48124

VISIT WWW.DEAFSANTA.COM TO PURCHASE T-SHIRTS AND OTHER MERCHANDISE

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The Kroger Family of Stores is committed to bringing hope and help to local communities. We do this through a variety of activities, including charitable giving, sponsorships and the unique Community Rewards Program of Kroger. As your neighborhood food retailer, we deeply value our ability to support local organizations like yours. Go to: www.krogercommunityrewards.com to sign up and support DEAF C.A.N.! We receive a percentage of your purchases at no charge to you! This last quarter you raised \$137 for DEAF C.A.N.! THANKS!



iCanConnect (ICC) also known as the National Deaf-Blind Equipment Distribution Program, is an FCC program administered by organizations in all 50 states as well as Puerto Rico and the U.S. Virgin Islands.

In the state of Michigan, Perkins School for the Blind is responsible for the iCanConnect program, and works with Deaf C.A.N.! to provide local service in Michigan. Those interested in applying to the program should contact DEAF C.A.N.! To learn more about ICC, please go to <http://www.icanconnect.org/>

I want to join DEAF C.A.N.!

Name _____
 Address _____
 City _____
 State _____ Zip _____

Enclosed please find my gift in the amount of:

- \$250 \$200 \$100 \$50 \$36
 \$25 \$18 \$15 Other _____

DEAF C.A.N. is a 501(c)(3) tax-exempt organization. Contributions are tax deductible as permitted by law. Please make checks payable to DEAF C.A.N.! Thank you for your support.

Please mail your check to: DEAF C.A.N.
 2111 Orchard Lake Road #101
 Sylvan Lake, MI 48320

Sustaining Membership

Anonymous
 Yvonne DelGuidice

Hearing Loss Association of America Michigan Chapters

Information about chapter meetings is below. Please confirm a meeting by emailing the leader prior to attending.

Kalamazoo Chapter

Leader: Howard Potrude, kalamazoo@hearingloss-mi.org
 Meets: Informally the second Saturday of the month for breakfast at a Kalamazoo restaurant. Please email the leader for location/time

Lansing Chapter

Leader: Ann Liming, HLALansing@aol.com or lansing@hearingloss-mi.org
 Meets: 1st Wednesday of each month – September through June, 6:30-8:00pm
 Location: Asbury United Methodist Church, 2200 Lake Lansing Road, Lansing. (Near corner of Lake Lansing Road and Wood St.)

Macomb Chapter

Leader: Lynn Huff, Macomb@hearingloss-mi.org. Meets: 4th Thursday of each month, 1:00-3:00pm. Location: Trinity Lutheran Church, 38900 Harper Ave. Clinton Township,

Mid Michigan Chapter

Leaders: Stu Frohm and Lori Orr, mid.michigan@hearingloss-mi.org
 Meets: 4th Monday of each month, 7:00-8:30pm, Location: Saginaw Valley State University, 7400 Bay Road, University Center, MI 48710-0001. Room: Curtiss 129

Royal Oak Chapter

Leaders: Sue Selewski, Pam Dangovian, royaloak@hearingloss-mi.org
 Meets: 4th Tuesday of each month, September through May. No meetings July, August and November. December and June are planned potlucks, please contact the leaders for those dates and times. 6:30pm social. Meeting is

held from 7:00-8:30pm. Location: Huntington Woods Library, 26415 Scotia Road, Huntington Woods, MI 48070. CART is provided *There is free parking right next to the library. The room is DOWNSTAIRS from the lobby with an elevator. The library is West of Woodward between 10 and 11 Mile Roads.**

Western Wayne Chapter

Leader: Tony Ferack, western-wayne@hearingloss-mi.org
 Meets: 2nd Wednesday of each month, 6:30-8:00pm (Sept to May). The chapter does not meet in the summer. Location: William P. Faust Public Library of Westland. Meeting Room B, 6123 Central City Pkwy., Westland,



MENTAL HEALTH SERVICES AVAILABLE THROUGH THE VP - FREE!



We are pleased to announce a new partnership between DEAF C.A.N. and Michigan Medicine (formerly University of Michigan Health System), with assistance from the State of Michigan Department of Health and Human Services, to begin offering mental health services on video-phone. All services will be provided in ASL by Deaf therapist (counselor), Dylan Secord, LLMSW, and ASL fluent therapist, Leslie Pertz, LMSW, NIC, both clinical social workers. The therapists will be able to see Deaf, DeafBlind, and Hard of Hearing clients from anywhere in Michigan, from New Buffalo to Alpena, and from Monroe to Copper Harbor.



The therapists will be available to help clients manage mild to moderate mental health concerns such as anxiety, depression/post-partum depression, marriage/relationship/family concerns, grief, stress, and managing chronic pain and chronic health problems. Drs. Zazove and McKee will serve as consultants to this project, but the therapists will help clients manage their mental health in coordination with a client's local doctor. If the therapists or the clients feels that videophone therapy is not the best fit for their needs, the therapists will help to find what services in the client's local community may work better. The therapists also continue to be available to see people in-person in their individual clinics.

If you would like more information about this program, please contact us to discuss your needs. deafhealth@med.umich.edu or call 810-355-2743.



WHAT'S GOING ON

Holiday Giving

There are so many ways to support DEAF C.A.N.! And still give the gifts of love to your family! Please remember the following ways to support the agency at no cost to you!

GOODSHOP - A great way to save money and support DEAF C.A.N.!

goodshop Search Stores for Coupons Categories M. \$17.57

Black Friday Gumdrop goodshop live Goodsearch

Deaf Community Advocacy Network - CAN

RECOMMEND TO A FRIEND [Share](#) [Tweet](#)

About Amount Raised Supporters

About Deaf Community Advocacy Network - CAN
A non-profit organization servicing the Deaf and Hard of Hearing communities in southeastern Michigan. Deaf C.A.N.I strives to link Deaf and Hard of Hearing people with the community through communication, advocacy, leadership and socialization.

Address
2111 Orchard Lake Road Suite 101, Sylvan Lake, MI 48320

Website
<http://www.deafcan.org>

Information out of date? [Update Contact Information](#)

0 Comments Sort by [Newest](#)

Add a comment

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\$511.99

Get Gumdrop by Goodshop to raise money for this cause whenever you shop online

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Shop now and make a big difference!

Find great coupons and shop at your favorite stores and we'll donate to Deaf Community Advocacy Network - CAN

[Go Shopping](#)

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Please go to:
<https://www.goodsearch.com/goodshop>

Sign up and get an account and make sure you pick Deaf Community Advocacy Network (DEAF C.A.N.!) as the charity you wish to support. We get a percentage of all sales.

AMAZON - www.smile.amazon.com - Support us when you buy anything off of Amazon

amazon smile prime www.smile.amazon.com black friday deals week

Supporting: Deaf Community Advocacy Network

Departments [Account & Lists](#) [Orders](#) [Prime](#) [Cart](#)

fire tv stick echo dot

Hands-free control of your Fire TV

~~\$89.98~~ **\$69.98** Limited time offer

Go to: www.smile.amazon.com
Pick DEAF C.A.N. as your charity and we receive a percentage of everything you spend! No cost to you at all. It's a win-win

AMAZONSMILE
Supporting: Deaf Community Advocacy Network
Donations Generated: **\$5.52**

PRIME
Prime members save on turkeys at Whole Foods

FRESH
Local favorites delivered: save a trip across town

VIDEO
Recommended for you: One Mississippi - Season 1

MUSIC
Listen for a chance to win the all-new Amazon Echo

thank you!

DEAF C.A.N.! T-Shirts for Sale— Great Stocking Stuffers



Our 50/50 Blend T-shirts make an excellent stocking stuffer! T-shirts are black with white ink! We have all sizes

Small
Medium
Large
XL
XXL
XXXL

We also have a few youth sizes
Small
Medium
Large

Each shirt is \$10 if you come into the office and pick it up. If you want us to mail it to you it's \$13

KROGER - Community Rewards Program

Kroger | Change Store | Find a Store

What are you looking for today? 🔍

Welcome back! **Marcy** | Sign Out

My Shopping List (96)

Kroger Community Rewards

Giving More Back to the Community!

Kroger is committed to helping our communities grow and prosper. Year after year, local schools, churches and other nonprofit organizations will earn millions of dollars through Kroger Community Rewards.

Kroger Community Rewards makes fund-raising easy..all you have to do is shop at Kroger and swipe your Plus Card!

[View Your Rewards Details](#)

Are You an Organization Looking to Apply?

[Apply Now](#)

For all your holiday shopping, please link your Kroger Card to Kroger Community rewards. Choose Deaf Community Advocacy Network as your charity and we receive a percentage of your purchase. No cost to you!

Go to Kroger Community Rewards
www.krogercommunityrewards.com

Tips for A Healthy Holiday Season

The average person gains 5-10 pounds over the holiday season. But it doesn't have to be that way. Here are 3 tips for navigating the holidays healthfully all the while enjoying the festivities:

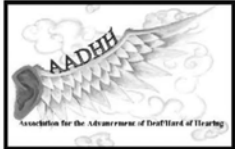


1. Go whole. Pick the wholeset ingredients possible when preparing or enjoying dishes. Having the most fiber intact will enable satiety with fewer calories. More nutritional bang for your caloric buck. For example, choose brown, wild, or forbidden black rice over white rice; whole or sprouted grain bread over white bread; and sauté with vegetable broth or water instead of oil to save hundreds or thousands of calories.
2. Eat the rainbow. The pigments that compose the colors in fruits and vegetables are powerful phytochemicals that will enhance immune function and keep you healthy with the fewest calories. Serve food over a bed of cooked greens or fresh salads. Add greens and veggies to everything. Make half your plate veggies and fruits. They go gorgeously with everything!
3. Balance calories. Both with calorie intake and calorie output. Plan ahead and save calories by eating less before and after big meals. Maintain your fitness routine or even up the ante by moving more to stay healthy and keep your metabolism functioning optimally.


By Julieanna Hever, MS, RD, CPT. www.plantbaseddietitian.com.

Wishing you and your family a very healthy happy holiday season.


Provided article by Sandria Graham, dietitian/nutritionist. Any questions, contact Sandria at deafnutritionist@gmail.com.



AADHH



Association for the Advancement of Deaf/Hard of Hearing





Women & Wedges!!!



A fundraiser to further the mission and vision of AADHH



Saturday, December 16, 2017 12 noon to 4:00 p.m.

28125 Grand River Ave, Farmington Hills, MI 48336

Greater Seth Temple Banquet Hall

\$25.00 a person


(includes 1 pair of shoes or a purse of your choice)

Silent Auction

Door Prize drawings Give-a-ways

Food and Entertainment and Vendors

Photo Booth



For tickets and Information

Call: Deborah Love 313-279-1494 Txt: 313-377-7767

Voice/Text : Khadija Hicks 313-457-5832

VP 313-246-3317

aadhhnonprofit@gmail.com

ASL Interpreter will be onsite!