

We sincerely appreciate your generosity and support of DEAF C.A.N.! We couldn't provide our many programs and services without you. For a complete listing of our programs and services, please see the inside of the newsletter!

Platinum Membership

Bonacci, Rose and Gruetzner, Karl
Calaman, Becky and Doug
Garipey, Delores
Laginess, Joani
Prieur, Larry

Gold Membership

Avery, Robert
Bachman, Gayle and Gordon
Damon, Kristen and Ty
Dudis, Mr. and Mrs. Gary
Ingham, Billy & Baldwin,
Barbara
Meyerson, Arlyn and Hester
Peterson, Dianne
Sahakian, John and Pat
Schucker, Matthew
Van Andel, Carol
Zuckerman, Beverly & Steven

Silver Membership

Bayer, James
Becher, John
Depcik, Fr. Mike
Farnsworth, Stanley
Fredrick, Ronald
Gute, Eric
Hovinen, Vicky
Kobylak, Liz
Kutzen, Robert
Lage, Rita and Larry
LaMonte, John
Loehr, Mark & Judy

Makowski, Bruce
Mitchell, Anson & Kathy
Monte, Cheryl
Nadeau, Emily
Nemchik, Paul
Neubacher, Marjorie
Polk, David
Prasad, Karthik*
Saathoff, Scott and Beth
Swartz, Ron
Walatkiewicz, June
Warheit, Phil and Lynne
Weingarten, Elaine and Bruce
Willis, Gordy & Marlene
Wohlford, Pauline

Sustaining Membership

Alcock, Heidi Ann
Banos, Andy
Bogden, John and Sue
Bogden, John and Sue
Deer-Hall, Sue
Deranian, Andrea
Gugel, Carl and Shirley
Hannah, Ricky
Higgins, Shirley
Kalustian, George
Kirkpatrick, Mark & Christine
Kirsh, John
Kunkler, Karen
Loomis, Lavern
Martin-Agboruche, Jacqueline

Secord, Lynn
Shelton, Susan
Tomasko, Paul
Tucker, Rachel
Vora, Ravi and Daya
Weir, Darlene
Wolk, Glynnette
Wollard, Robert and Sheila

Regular Membership

Abols, Bonnie
Adams, Roger and Hanni
Ahern, Shelly
Auvenshine, Lorraine
Bartusek, Josef
Brazil, Valerie
Broome, Billy and Denise
Brovage, William
Chamberlain, Alice
Cobb, Angela
Cooper, Willy
Cox, Cindy
Crawford, Michael
Croff, Carol
Cross, James and Laurie
Dahlstrom, Jennifer
Damian, Claudia
Daniels, Philip and Nancy
Doren, Harry
Euseary, Cynthia
Farnsworth, Jackie
Fijal, Richard and Jane
Frame, Debra and John
Gelaude, Peggy
Glazer, Mr. & Mrs. Mark
Hamer, Larry
Hardenburgh, Frank & Diana
Harris, Susan
Harrison, Nancy
Hart, Megan
Henderson, Earnestine
Hughes, Johnnie
Hines, Diane
Huks, Talisha
Hull, Wade
Jitaru Family
Johnston, Sid and Kathy

Joseph, Courtney
Keane, William
Keel, Lois
Kerr, William and Rhonda
Kettinger, Al and Pat
King, Toniya
Kitchen, Kyah
Klarr, Donna
Koss, Emilia
Kowalczyk, Tina
Kronk, Larry
Langa, Jane
Langa, Jane
LaPorte, Florence
LeClerc, Robyn
Matzke, Michael
McGartland, Agnes
McLaughlin-Woods, Lula
Michener, Kim
Milar, Roberta
Morris, Donald & Jenny
Morrison, Mike & Freida
O'Reilly, Sharon and James
Ortman, Beatrice
Pachnik, Maciej
Price, Bruce
Rauls, Adija
Ray, Charlyss
Rood, Ronald
Roshchin, Galina
Schommer, Betty
Secord, Dylan
Shamy, Zahra
Shutt, Benny
Sirlin, Keith
Smith, Rose
St. Louis, Kimberly
Stemple, Marjorie
Thompson, James*
VanBuskirk, Edward & Emily
Wells, Lanise
Winkler, Cecelia

*denotes additional donation

DEAF C.A.N. INFO

Board of Directors

Marika Blumerick
Doug Calaman
Mary Gillman
Carmen Johnson
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

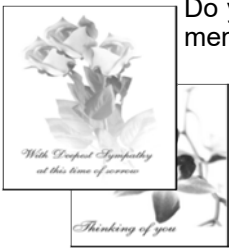


Volunteers

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 on.

Kroger Supports DEAF C.A.N.!

Please support DEAF C.A.N.! By enrolling in the Kroger Community Rewards Program. visit:

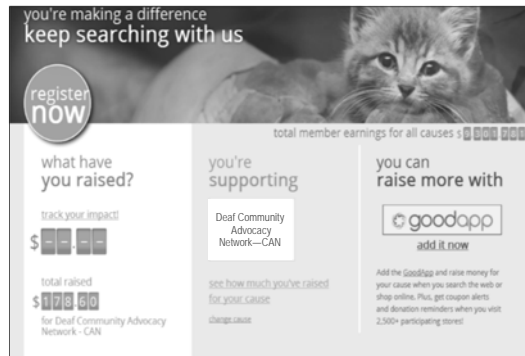
www.krogercommunityrewards.com

click on "Michigan" and click on "Enroll" to register for the first time and "Re-enroll" to re-register. All participants must have a valid online account at Kroger.com and must sign up online to participate. Look for Deaf Community Advocacy Network or ID #84737. This quarter you helped to donate \$111.59.

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! This quarter we earned \$52.30 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
Nicole Gaines - nicole.gaines@deafcan.org
Carol Jensen-caroljensen28@yahoo.com
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 added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. **We were received a \$20.29 donation from the AmazonSmile Foundation as a result of your generosity between July 1 and September 30, 2016.**

How do I shop at AmazonSmile?



To shop at AmazonSmile simply go to smile.amazon.com, choose Deaf Community Advocacy Network and SHOP! We get a percentage of your purchase.

YOU MUST RENEW EVERY APRIL!
Thanks you for your support



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

Faith Lutheran Church

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

First Baptist Church of Farmington

33400 Shiawassee Road, Farmington, MI 48335
www.fbfarmington.org or 248-474-0350
Sunday School 9:30 am/Church Service 10:30 am

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: Vernell C. Allen, (313) 415-3800 or allenvernell@yahoo.com

Grosse Pointe Congregational Church of Christ

The Grosse Pointe Congregational 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@mbccclarkston.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 Rd, Redford, MI
48240, (Chapel located in school behind the
church)

Our Savior Lutheran Church of the Deaf

1800 W. Maple Road—Birmingham
www.elms-deaf.org , Fax: 248-887-8342
Text pager: tdunseth@tmail.com

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.secondebenazer.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

Deaf Night at The District—Hosted by Mt. Zion Church

Third Saturday from 6:30-11:30 pm, 4005 S.
Baldwin Road, Orion Township, (248) 393-5625
voice, www.thedistrictvenue.com

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!

ASL Winners Alcoholics Anonymous (AA) Meetings in American Sign Language (ASL)

AA is a group of men and women who share their experience, strength and hope with a desire to stop drinking. Anyone with an alcohol problem can attend a meeting even if they just wish to learn about alcoholism.

Please Join Us!



St. John's Deaf Center, Eastpointe

**St. John's Deaf Center
Community Room
16103 Chesterfield
Eastpointe, Michigan**

**For Parking, must park at
24800 Phlox (church parking lot)
Eastpointe, Michigan**

~ No Street Parking ~

**Every
Monday at
7:00 pm**

**1st Monday of the
month Open
Meeting with an
Interpreter.
All other meetings
CLOSED**

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. Contribution 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

iCanConnect

iCanConnect, 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.!

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>



CONGRATULATIONS JoJo and Sean Forbes

From JoJo Forbes:

I am proud to be selected as a member of the 2017 Oakland County, Michigan Government Executive's Elite 40 Under 40 class, one of 40 individuals that L. Brooks Patterson is recognizing for their innovation, talent and leadership. I am honored to be part of this group. And congratulation to Sean Forbes who is on there as well. Thank you Oakland Community College for the nomination!! I work with great group of people and the program would not be possible without you all!! To learn more go to:
<https://www.oakgov.com/advantageoakland/elite40/Pages/>

Thank you for supporting Deaf Community Advocacy Network

Thank you to everyone who has donated to DEAF C.A.N.! A special shout out to Yvonne Delgiudice for her contributions to the agency. We sincerely appreciate you!

Thank you everyone

CAMP CHRIS WILLIAMS

Location: Camp Tutsmeheeta

10500 Lincoln Lake Rd. NE Greenville, MI, 48838

Interested in Exploring Science and Engineering? How about learning some leadership skills? Learn about all kinds of science and engineering occupations! Meet or learn about *REAL Deaf or Hard of Hearing* professionals.

Enjoy a fun filled week with other Deaf and Hard of Hearing campers!

Who: For Deaf and Hard of Hearing Youth, ages 11-17 years.

Register On-Line at: app.campdoc.com/register/chriswilliams/camper

Register with an non-refundable \$50.00 deposit to secure price and space.

Open to both Michigan and Non-Michigan Residents.

Questions? Email: campchris@michdhh.org or call : 586-932-6090, or check for updates at www.michdhh.org and click on the Camp Chris 2017.

Early Bird Special: \$350.00 if registered before December 31, 2016.

Fees: \$400 until May 1, 2017 or camp is full.

Late Registration: \$450.00 after May 1st, if space permits.

*Payment plans accepted. All fees must be paid in full prior to July 15, 2017.

No refunds after July 6, 2017. Unpaid spots go to those on waitlist.

Camp Activities:

- ◆ Climbing Wall
- ◆ Hiking
- ◆ Boating
- ◆ Swimming
- ◆ Archery
- ◆ Tent camping
- ◆ Story Telling



Many Campers find their own scholarships via their local Lions, Rotary, Kiwanis, or other community service clubs. Scholarships must be paid prior to start

"Friday Night with Tina Childress" Friday, March 17th, 6:00 pm, Grand Ledge Baptist Church
Register at: <https://fridaynighteventbeforefamilymatters.eventbrite.com>

**Saturday
March 18th**

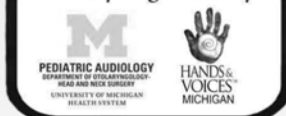
A One-Day Workshop
for Families of
Children who are Deaf
or Hard of Hearing

Co-sponsored by:

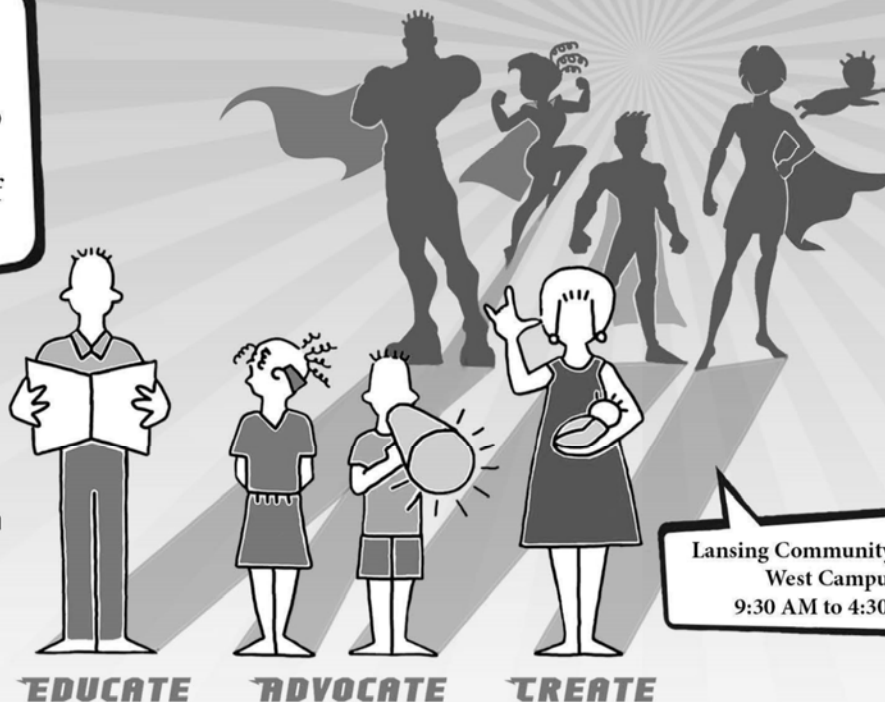


www.familymattersdhh.com

Proudly Organized By:



FAMILY MATTERS! 2017



Lansing Community College
West Campus
9:30 AM to 4:30 PM

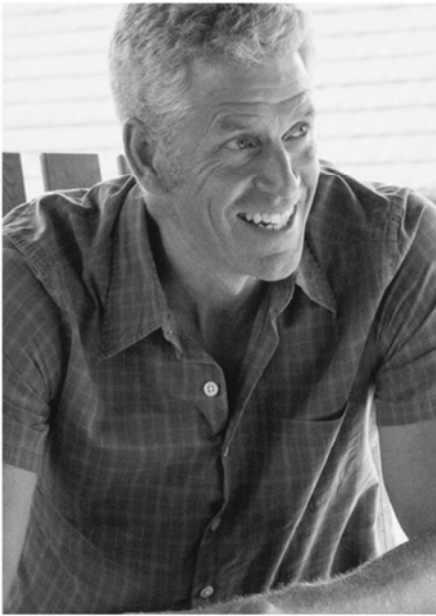
The Plant Based Nutrition Support Group



PBNSGTM

www.PBNSG.org

presents An Evening With **RIP ESSELSTYN**



February 27th, 2017
Monday 6:30 - 8:30pm

LOCATION: Groves High School Auditorium
20500 West 13 Mile Road
Beverly Hills, MI 48025

Rip Esselstyn is the New York Times bestselling author of *The Engine 2 Diet*, *Plant-Strong* and has just released *The Engine 2 Seven-Day Rescue Diet*.

He is a Whole Foods Market Healthy Eating Partner raising awareness about the benefits of eating a whole food, plant-based diet.

He is a former All-American swimmer, triathlete and Texas firefighter.

Meeting Tickets \$20 online until February 26th
(www.pbnsq.org/events) or \$25 at the door

Birthday Dinner Tickets \$30 online only until February 20th

All proceeds to support PBNSG

ASL Interpreters available for the Deaf and HOH

Help us celebrate PBNSG's 3rd Birthday Party!

Enjoy a fabulous catered plant-based dinner

5:00pm at Groves before the meeting

Tickets are \$30
(pre-orders only until February 20th)

available at www.pbnsq.org/events

All proceeds to support PBNSG

Plant Based Nutrition Support Group | PBNSG.org | 248-919-8726

PBNSG is a 501(c)(3) nonprofit organization dedicated to evidence-based education and advocacy of plant-based whole food nutrition and an active lifestyle, to help prevent or reverse chronic disease and achieve optimal health.



MSU Extension



MSU EXTENSION

Congratulations to the participants who completed the 8-week "Eat Healthy Be Active Workshop" series and graduated. Taught by Sandria Graham, MSU Extension Nutrition Program Instructor. The following is a list of names of those who received a Certificate of Recognition for successful completion of the Food, Nutrition and Health Programs

Detroit Group Graduated on November 18, 2016

April Stotts
Glenn Stewart
Portia Gray
Tommy Futris
Vicki Clark
Jim Bush

Jackson Group Graduated November 28, 2016

Connie Charles
Dennis Glorioso
John Collins
Julia Reed
Michelle Danley
Mary Murphy

Warren Group Graduated November 30, 2016

Barbara Varney
Cindy Landino
Emma Kennedy
Jack Noble
Joanne Galbo
Lilly Koeger
Rainer Koeger
Marcie Romanow
Lucia Buff
Janice Machalak

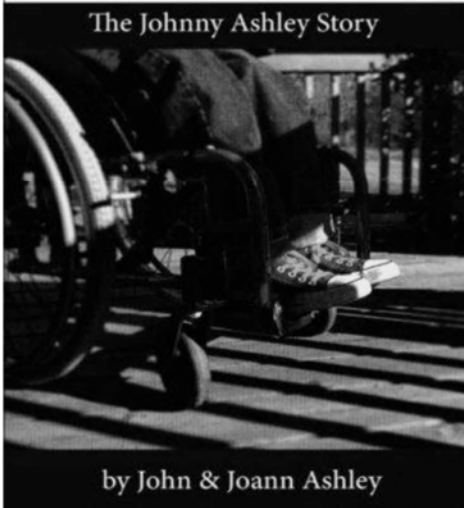
We want you to be healthy for 2017!

Finding Grace & Peace

IN SPITE OF

Trials & Tragedy

The Johnny Ashley Story



by John & Joann Ashley

FEB. 15, 2017

BOOK LAUNCH ON AMAZON.COM

Order Book here:

<https://www.amazon.com/Spite-Johnny-Ashley-Finding-Tragedy>

IN
SPITE
OF

Story of
inspiration In
Spite Of Trials and
Tragedy

MSD Graduate
Johnny Ashley

How faith helped
Johnny and his
family thrive

A candid look at
one family's walk
through difficult
circumstances

This book will
touch your heart

LIVING IN SPITE OF

P.O. Box 187
Linden, MI 48451

livinginspiteof.com

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 registration. Please call Marcy or Carol at (248) 332-3331.

We have a great team that works with students attending DPS.



PLANT BASED POT LUCK DINNER

Bring a Vegan/plant based dish to pass and enjoy delicious foods.

Learn plant-based nutrition education

Please RSVP
Friday, March 10, 2017
Home of Carol Jensen
18698 Webster Avenue
Southfield, Michigan

For more info:
248-504-7038 text
deafnutritionist@gmail.com



Kriston Lee Pumphrey to Sign At Super Bowl LI

Country music superstar Luke Bryan will sing the National Anthem as part of Super Bowl LI pregame festivities at NRG Stadium in Houston on Sunday, February 5, 2017. In addition, on behalf of the National Association of the Deaf (NAD), actor Kriston Lee Pumphrey will perform in American Sign Language both the National Anthem and "America The Beautiful". You may recognize Kriston from D-PAN as well.

Congratulations and we look forward to watching you at the Super Bowl

DEAF C.A.N.! Closed - President's Day

DEAF C.A.N.! will be closed for President's Day:

Monday, February 20, 2017

We will reopen on Tuesday, February 21st at 9:00 am. **If you need an Interpreter, please fax your request to: (248) 332-7334 or email to deafcan@deafcan.org**



Non-Profit
U. S. Postage
PAID
Pontiac Mailing

Health Tips in February for Heart Month

Author by Dr. Joel Kahn, MD, cardiologist

Heart disease continues to kill more people than any other preventable condition and most of it is due to clogged heart arteries. It does not need to be if we would eat our vegetables, push away our sweets and our meats, and get up and walk. There are additional tips that may help detect heart disease before it kills or maims. Here are my top tips.

1) Ask for a coronary artery calcium scan (CACs): A CACS is by far the most accurate way to determine if your heart arteries are silently suffering. The heart gives no warnings until the arteries are badly blocked, and the first symptom you have may be the day you die. In my community, this widely available CT scan costs \$80, uses no dye, and takes one minute. It's far more accurate for screening your heart than a stress test. Your score should be zero, and anything higher should prompt you to see a preventive cardiology expert.

2) Get an Advanced Labs: Rather than giving you an LDL cholesterol level, advanced panels measure LDL particle number and size, which are more predictive of future heart and stroke events. Two people with the same cholesterol levels can have widely different particle and size measurements, making for very different risks. Also, get your lipoprotein a Lp(a) level checked. This is a genetic form of cholesterol that's elevated in about 20% of those tested. It's rarely drawn, even though hundreds of research studies indicate that if it's high, the risk of heart attack and stroke skyrocket. Also ask for a homocysteine level. This amino acid is produced by a process called methylation. It's important for artery and brain health, and when elevated, it may be due to a genetic defect in the MTHFR gene, which is also easily measured. It can be treated with methylated B complex vitamins, and the level will return to normal.

3) Ask for an ECG: I suggest it for one particular reason: the measurement called the QT interval, which is the time between two waves in your heartbeat. A segment of the population has a genetic defect that causes the QT interval to be prolonged, and some people are prescribed drugs that prolong the QT interval. A long QT can result in death from a cardiac arrhythmia, and a number of medications have been pulled off the market due to this side effect. Knowing if you have a prolonged QT interval before you're prescribed antibiotics, antidepressants, and other medications is key.

4) The best news is that clogged heart arteries can be prevented in most, and reversed in many, by shunning animal products (eggs, meat, and dairy). The scientific studies of Drs. Ornish and Esselstyn have shown stunning reversal of even decades of heart problems in weeks to months. By adopting a whole food, plant-based diet, Heart Month would become the happiest month of the year.



Dr. Joel Kahn, MD, cardiologist believes that whole food plant-based or vegan nutrition is the most powerful source of preventative medicine on the planet. Having practiced traditional cardiology since 1983, it was only after his own commitment to veganism that he truly began to delve into the realm of non-traditional diagnostic tools, prevention tactics and nutrition-based recovery protocols. He passionately lectures throughout the country about the health benefits of veganism inspiring a new generation of thought leaders to think scientifically and critically about the body's ability to heal itself through proper nutrition.

One of the world's top cardiologists, Dr. Joel Kahn has treated thousands of acute heart attacks during his career. He'd like all that to stop. He'd like to prevent ALL future heart attacks by breaking through to the public to educate and inspire a new holistic lifestyle. **Now is the time to focus on educating the public to eat clean, sweat clean and apply cutting edge science to their lifestyle.** Visit his website at

<https://drjoelkahn.myshopify.com/> and <http://kahnlongevitycenter.com/>

