

NEWSLETTER



2013 NBDA NATIONAL CONFERENCE NEW ORLEANS, LA



The NBDA National Conference is just around the corner and the senior citizens program committee is in full gear toward making this conference a memorial and enjoying one for seniors and attendees.

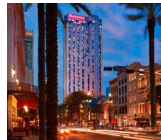
Newsletter Editor



Thomas Samuels

Let me start by saying as of now, more than 100 seniors age 55+ have already registered and the number is expected to increase after this distribution of this newsletter. That would be the highest number of seniors to attend a NBDA conference since it started in 1982.

Partly credit goes to the success of the first ever NBDA Senior Citizens Reunion that was hosted in 2011 in Orlando, Florida with approximately 150 attendees. Also, partly credit goes to NBDA for hosting the national conference in the beautiful and attractive city of New Orleans.



The 2013 NBDA conference has a list of excellent workshop and events and as usually, there will be several senior related workshops including a workshop that will be given by American Association of Retirement Persons (AARP) that focus on people age 50 and over. Another informative workshop will be given by the Social Security Office of New Orleans. Special thanks goes to Dr. Anthony Arumburo, for his help in securing those two workshops. Dr. Arumburo was a former coordinator of NBDA's ITOC program and is currently an active member of NOLA chapter.

NBDA Senior Citizens

The Black Deaf Senior Citizens Program aims to develop and strengthen a support network for Black Deaf seniors, assist NBDA in becoming better informed about the unique needs, concerns and challenges faced by members of this particular segment of Black Deaf community, and design and implement outreach programs and activities tailored to respond to their unique need.

Our traditional luncheon for seniors 55 and up will take place on Thursday at noon. The cost for admission to this senior luncheon is ONLY \$10.00 and can be purchase via PayPal on the NBDA web site or by sending a check or money order to: National Black Deaf Advocates, Inc. c/o Sharon White, Secretary, P.O. Box Frankfort, KY. Time is limited, you need to purchase your ticket to the luncheon ASAP.

On Thursday at 6 pm, there will be a roundtable discussion between a selected group of seniors individuals and NBDA executive board members. The purpose for this special meeting is to share with the NBDA board ideas and concerns they seniors may have. If you are a senior and would like to share your concerns by participating, you can contact me at: seniors@nbda.org or meet with me before this event take place. 'Only' seniors will be admitted to this event.

NBDA Officers

President
Benro Ogunyipe

Vice-President
Cory Parker

Secretary
Sharon White

Treasurer
Betty Henderson



Several of our seniors group will cruise the Mississippi River on the Natchez Steamboat that is scheduled for Thursday at 2 pm. The cost for this ride is \$26.00, you can send your payment to: NBDA, c/o Sharon White, secretary, P.O. Box Frankfort, KY. The steamboat is located less than 10 blocks from the Sheraton Hotel and can be reached by cab. The cab fare is approximately \$10.00 one way, saving can be made on the cab fare by sharing the cab with others.

The NBDA Senior Citizens 2014 reunion planning committee will have their meeting during the conference to outline plans for the 2014 Black Deaf Senior Citizens Reunion that will be hosted September 11-14, 2014 at Myrtle Beach, South Carolina.



General information and sales of the long awaited 2011 reunion picture DVD will be on sale at the NBDA/Senior Citizens exhibit booth. All procedures from sales of the DVD will go into the senior citizens fund to help defray expenses for future events. Please check the 2014 reunion announcement flyer on page 5 of this newsletter.



Obituary



On May 6, 2013 at 12:15 pm, the Lord called home Madgelene Sawyer.

Professional services was held on May 18, 2013 at the Tabernacle Baptist Church, Orlando, Florida,

The National Black Deaf Advocates express its sincere and humble gratitude to Madgelene for her outstanding contributions to the NBDA Senior Citizens Program and the Black Deaf Senior Citizen of Florida. Our prayer goes to her family during time of sorrow.



Dr. Reginald Redding passed away on May 4, 2013.

Dr. Redding was one of the first Black Deaf person to earn a doctoral degree from Gallaudet University in 1995, and served as the president of National Black Deaf Advocates, Inc. from 2001–2005. Dr. Redding was a leader in the field of Deaf Education . In 2009, Dr. Redding was recognized for his service to Black Deaf communities across the country when he received the Andrew Foster Humanitarian Award from the National Black Deaf Advocates, Inc.



2011 NBDA Senior Citizens Reunion Picture DVD



The 2011 NBDA Black Deaf Senior Citizen Reunion picture DVD is now available.

The charming DVD will be a reminder of the great time we all had at the first ever NBDA senior citizens reunion that took place October 13-16, 2011 in Orlando, Florida.

This DVD includes more than 225 extraordinarily photos of various individuals, groups, actives, and surrounding where the reunion took place, including the welcome reception, NBDA history workshop, A Conversation with Ida

Hampton (the first Black Deaf female to graduate from Gallaudet College), BBQ cookout, Saturday night closing event.



This DVD is a fundraising item that was created to help defray the cost for future NBDA Seniors Citizens Program activities. The cost for the DVD is \$20.00.

Purchase can be made during the NBDA conference at the NBDA/Senior Citizens exhibit booth or contact Thomas Samuels at seniors@nbda.org.

All procedures from sales of this DVD will go to the NBDA Senior Citizens Fund.

Your support is much appreciated!



Harold Williams

Photos of 2011 Black Deaf Senior Citizens Reunion-Orlando,



HIGH BLOOD PRESSURE

Message from the editor

So many of my Black Deaf and hard-of-hearing friends, family members, and people I know have 'Hypertension' that is also called high blood pressure. Some of us may have it and possible diabetes.

This is why I decide to share these two articles and a couple of health tips. Please read on ...

Do You Know...

Hypertension, also known as high blood pressure affects one in five Americans.

Nearly one-third of individuals with high blood pressure are unaware of it because the condition usually has no symptoms.

People with blood pressure readings of 140/90 or higher, taken on at least two occasions, are said to have high blood pres-

sure.

"What are some of the risk factors, and how do I know if I have hypertension?"

There are many factors that influence high blood pressure, including the condition of your kidneys, nervous system or blood vessels and the amount of water and salt present in your body. In many cases, no direct cause of hypertension can be identified

In some cases, the condition causes symptoms that include chest pain, confusion, vision changes and fatigue. If you experience any of these symptoms, see your doctor immediately.

They may be signs of a complication or dangerously high blood pressure that can lead to a hyper-

tensive crisis. A hypertensive crisis is a severe increase in blood pressure usually above 180/110 which causes acute damage to important organs, such as the heart (leading to heart failure, angina, or heart attack) or the brain (leading to stroke). The condition usually occurs when hypertension goes untreated or if the patient fails to take his or her medication as directed.

Hypertension can increase an individual's risk of developing a stroke or heart attack. If you are diagnosed with the condition, be sure to see your doctor on a regular basis to have routine blood pressure screenings.

by Joseph Bove, M.D.,
Chairman of Emergency Medicine

DIABETES THE SILENT KILLER

(This article is from Dr. Ronald Tamler, a diabetes specialist, He is the clinical director of the Mount Sinai Diabetes Center).

Diabetes is one of the biggest health problems of our age. It affected more than 25 million Americans.

Over 90% of all diabetes in the United States is type 2.

An estimated 4 million American men have low testosterone.

One study found that 50% of all men who were overweight and had diabetes also had low testosterone.

Diabetes falls into two categories, Type 1 and Type 2. IN Type 1 diabetes, the body suddenly turns against itself and makes antibodies that destroy the cells that make insulin, the hormone necessary for processing the cells that metabolize carbohydrates and fats.

Type 2 diabetes grow over time and is related to obesity and a sedentary lifestyle.

Obesity, diabetes and low testosterone have similar causes, and one may lead to the other.

Sign & Symptoms:

Diabetes is called a silent killer because it often gives no warning signs, it progresses without symptoms. The only way to detect it is to get screened by your doctor with a blood test. Once diabetes becomes more advanced, the high sugar in the bloodstream can cause complications like heart disease, blindness, kidney disease and nerve problem. Most patients die of complications related to diabetes rather than the disease itself.

Traditional Treatment for diabetes and testosterone

It important to find the root cause and fix it. Whether it obesity, sleep apnea, a hormone problem or even a medication side effect. If the root cause can't be identified and treated successfully, the next line of attack us testosterone replace-

ment.

Diabetes also has many treatment options. The most common combination in lifestyle changes and pills, not just for diabetes, but also for blood pressure and cholesterol.

Research Breakthroughs

The latest things is that more and more patients are using smart phone apps to help them manage their diabetes since your phone is always on you, you can use it to track blood sugar, to calculate insulin doses, scan food labels and even to nag or motivate you..

What You Can Do

Check the American Diabetes Association (diabetes.org) or (mountsinai.org/diabetes).

Know Your Numbers

Everyone with diabetes should ask how high their A1c is (the number corresponds to the average blood sugar over the past three months) and what it should do.

TAKING CARE OF YOURSELF ON SICK DAYS

(This is from a bulletin board in a hospital lobby)

When You are sick, your blood sugar level can go up. Never take over the cold or stomach medications without having your health-care provider approve them. Many have enough sugar and/or alcohol to effect your blood sugar level.

Call your health-care provider if:

- You have been sick for more than one day.
- You are vomiting or have diarrhea.
- Your fever is 101 or above.
- You are showing ketones in your urine.
- Your bold sugar level is 240 mg/dl or higher.

Follow these sick-day practices

- Stick with your regular meal plan, if possible.
- If you are having stomach problem, try a soft/liquid diet.
- Drink at least 8 oz. of liquid every 30-60 minutes (no coffee).
- Try water, tea, (no sugar) or a diet soda.
- Take your normal dose of insulin.
- Take your normal dose of diabetes pills. If you are unable to keep them down, call your health-care provider right away.
- Test your blood sugar and ketones every 3-4 hours. Record the result.
- Report high blood sugar level to your health-care provider. He or she may want you to take extra insulin.
- Ask anyone to check on you from time to time.

ANNUAL SHOTS ARE THE BEST MEDICINE!

Get an annual flu shot and a shot against pneumococcal disease.

These diseases can be serious for people with diabetes, but these shots can help protect you.



Social Security New Video

We all know that Society Security is an important part of our lives because it effects us and our family. There is a new video titled "Social Security, SSI, and Medicare - What you need to know about these vital programs" .The video provides essential information, in an ASL format, about the benefits offered under our Retirement, Disability, Survivors, Medicare, and Supplemental Security Income programs. The video is on a CD and if you would like a copy, please contact Billy Bowman at Billy.Bowman@ssa.gov or by phone at 410-670-4481. To view this video, go to: <http://www.socialsecurity.gov/multimedia/video/asl/> .

Social Security Online Account

My Social Security is an online account that allows you quick access to your personal Social Security information. During your working years, once you create your online account, you can use My Social Security to obtain a copy of your Social Security Statement to check your earnings record and see estimates of future retirement, disability, and survivor benefits you and your family may receive. If you already receive Social Security benefits, you can now sign onto your account to view, save, and print your benefit verification letter, check your benefit payment information, and even change your address and phone number in our records. You can start of change your direct deposit information. Check it out at:

SENIOR HUMORS

"Laugh's are good for the soul"

WOMEN'S PROBLEM

- Women has Man in it
- Mrs. Has Mr. in it
- Female has Male in it
- She has He in it
- Madam has Adam in it

Have you also notice how all of women's problems start with MEN?

- MENtal illness
- MENstrual cramps
- MENtal breakdown
- MENopause
- GUYnecologist

When women have real trouble, it's a HlStereotomy



DOCTOR'S VISIT

A hard of hearing senior citizen goes in for his yearly physical with his wife . When the doctor enters the examination room he says, "I will need a urine sample, a stool sample, and a sperm sample." The man turns to his wife and asks, "What did he say?" The wife yells back to him, "GIVE HIM YOUR UNDERWEAR!"

THE FIX

(This article was sent to the President from a senior citizen)

Dear Mr. President: Please find below my suggestion for fixing America's economy. Instead of giving billions of dollars to companies that will squander the money on lavish parties and unearned bonuses, use the following plan:

There are about 40 million people over 50 in the work force. Pay them \$1 million apiece severance for early retirement with the following stipulations:

1. They MUST retire. Forty million job openings- Unemployment Fixed

2. They MUST buy a new AMERICAN car. Forty million cars ordered. Auto Industry Fixed.

3. They MUST either buy a house or pay off their mortgage. Housing Crisis Fixed.

If more money is needed, have all members of Congress pay their tax. If there still more money is needed, make Congress retire on Social Security and Medicare.



JOB

A retired senior walk into a local unemployment office and march

straight up to the counter and says, "Hi, I would rather have a job".

The clerk behind the counter say, "Your timing is excellent. We just

got a job opening from a very wealthy old man who wants a chauffeur for his nymphomaniac daughter. You will have to drive around in a Mercedes. Because of the long hours, meals will be provided. You will have a two-bedroom apartment above the garage. The starting salary is \$200,000 a year".

The retired senior says, "You are kidding me!" The clerk says, "Yeah, well, you start it".



DID I SAY THAT????

Police Los Angeles had luck with a senior citizen robbery suspect who just couldn't control himself during a line up. When detectives ask each man in the lineup to repeat the words: "Give me all your money or I will shoot", the man shouted, "That not what I said".

THE OLD COUPLE

An older couple is laying in bed one morning. They had just awakened from a good night's sleep. He takes her hand and she responds. "Don't touch me." He asked, "Why not?" She answered, "Because I am dead." The husband asked, "What are you talking about?" We are both laying here in bed together talking to one another!" she said, "No, I am definitely dead." He insisted, "You are not dead. What in the world makes you think you are dead?" "Because I woke up this morning and hurts."

WE ARE ON THE WEB!

nbda.org/seniors



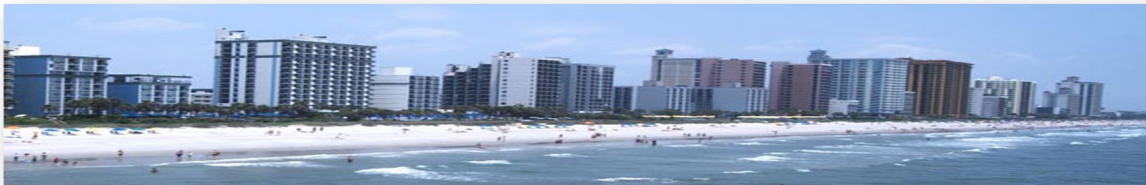
SAVE THE DATE

National Black Deaf Advocates, Inc.

SENIOR CITIZENS PROGRAM

Presents

*2nd Black Deaf Senior Citizens Reunion
Myrtle Beach, South Carolina*



September 11-14, 2014

Information on price of registration, hotel, program schedule, and activities during the reunion will be announced after the NBDA Conference in New Orleans.

Who should attend: Seniors age 55+ but exemption may be made for others under this age such as; special guests, researchers, and volunteers. Also, hearing family members who will be traveling with their senior deaf parents.

Please continue to check the NBDA web site (nbda.org) for updated information. Clicking on 'EVENT', then click 'Senior Citizens Program'.

For more information, contact Thomas Samuels: seniors@nbda.org



The purpose for this reunion is to bring Black Deaf senior citizens together to socialize, share their experiences as Black Deaf individuals, learn our history, and provide them with the opportunity to network with other seniors.