

APOLOGY Due to illness, staff were not able to meet the previous deadlines. We hope you will enjoy future issues.

NEWS SPOT



Three Minnesota Deaf Women make Deaf History!
CONGRATULATIONS TO MARY EDWARDS
On December 9, 2008 Mary Edwards graduated from Summit Academy's Com-

munity Health Worker Program. Mary will join Anita Buel on staff of the Deaf Community Health Worker Project. She will share an office with Anita at Bread of Life Deaf Church. We are extremely proud of Mary's accomplishments and know that she will be successful in her new career. Recently, Mary has been working with Anita Buel and Nancy Meyers on a research project. They have been interviewing Deaf immigrants about their healthcare experiences. This research is funded by grant from the Blue Cross Blue Shield Foundation of Minnesota. PHOTO: Mary, husband John, daughters Hannah and Monica.

FYI

Anita Buel remains in the spotlight nationwide. "The Robert Wood Johnson Foundation is proud to recognize and honor 10 courageous individuals who are leading and shaping health care practice and health policy through local action." "These Community Health Leaders are truly unsung heroes who have stopped at nothing to help the people of their communities live healthier, better lives." (CEO Robert Wood Johnson Foundation) Eight-hundred people were nominated! Anita was one of 10 people picked to receive a \$20,000 personal award and \$105,000 for the Deaf Community Health Worker Project.



The newsletter is sponsored by the following:
DCHW Deaf Community Health Worker Project
DHEP Deaf Hospice Education & volunteer Project
CH Caring Hands
The Pink Deafies (support group for Deaf Breast Cancer Survivors)

MEDICAL WORDS

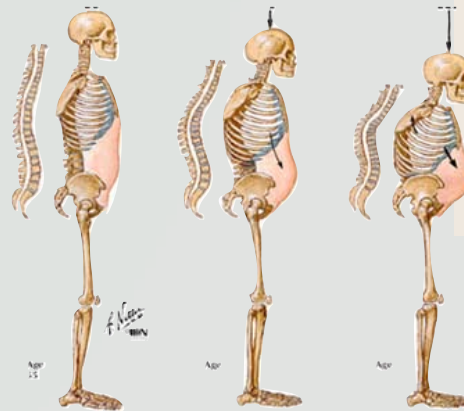
MEDICAL WORDS

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DEGENERATIVE DISORDER – body parts wear out or get worse. Example: arthritis

OSTEO – means bone. Usually the first part of a longer medical word.

OSTEOPOROSIS means, bone is porous (soft or like a sponge) often called, loss of bone density.



OSTEOARTHRITIS means the cartilage (cushion between bones) wears out. Result: pain and stiffness because one bone is now rubbing against another bone.



Medical Library Association:
<http://www.mlanet.org/resources/medspeak>

Copies of the e-newsletter will be available at:
Charles Thompson Memorial Hall
1824 Marshall Avenue
St. Paul, MN 55104
651-644-3455 TTY

Please forward this e-newsletter to friends and families. Tell them to contact us and we will add them to our list

Speaking of volunteers

PHOTO L to R: Willis Mann, Nancy Meyers, Barb Schmidt, Bertha Scofield, Ron Nomeland.



Barb Schmidt receives National Award

Barbara Schmidt was honored with the Metlife Foundation's Older Volunteers Enrich America Award. The award honors individuals who volunteer to improve the health of their communities.. Bertha Scofield and Nancy Meyers, also from Minneapolis flew with Barb to Washington, D.C. for a reception and award ceremony. What Barb didn't know was that a surprise was awaiting her. Special guests from Gallaudet University and Deaf Seniors of America in the Washington area came to celebrate with her. Anyone who knows Barb knows

how hard it is to pull off a surprise for her! All of the honorees received engraved gifts, and the organizations they volunteer with received \$1,000. Barb is a founding member of the Deaf Hospice Education & Volunteer Project.



If My Mother Died Of A Heart Attack Does This Mean I Will Too?

NO. Maybe your parents were big smokers or were overweight and never exercised. Many things can lead to heart problems. Family health history does not mean you will get the same disease. It helps doctors predict the risk. It gives them information to help forecast the possibility – like forecasting bad weather.

What will I do with my family health history?

- ◆ Give a copy to your doctor
- ◆ Give a copy to your children
- ◆ Carry a copy with you to your doctor appointments.

Filling out long forms will be a lot easier.

KNOW YOUR FAMILY HEALTH HISTORY

It is very important for you and your doctor to know about your family's history of illness and disease. **WHY?** Members of a family can share many common diseases. Some diseases, like cancer can be shared by generations. Maybe your grandmother died of ovarian cancer and her daughter (your mother) died of breast cancer. This means you might be at risk for breast cancer. Maybe your grandfather had a heart attack when he was 50 years old and your father had a heart attack at 56 years old. If your doctor has this information, he might do extra tests to see if you are developing or already have a heart problem. The illnesses that most often show up in families are: heart disease, cancer and diabetes.

Want to learn how to draw your family health history on the computer?

1. Go to <https://familyhistory.hhs.gov/>
2. Contact Anita Buel or Mary Edwards at the Deaf Community Health Worker Project and set up an appointment.
3. Come to a **WORKSHOP** and learn how to create your family health history. We will e-mail details.



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WARNING! Do not believe everything you read on web-sites!

LINKS for GOOD Health

You may be making health decisions using wrong or old information.

Make sure that you trust the person who gives you health information. Many web-sites should not be trusted. Anyone can say they are an M.D. There are no laws to govern the internet. Example: One person WAS a doctor but lost her license!

- ◆ A good site to start with: <http://www.webmd.com/>
- ◆ This web-site help you know if it is good or bad.
<http://www.nlm.nih.gov/medlineplus/webeval/webeval.html>
- ◆ Health Topics explained in ASL by interpreters
<http://www.nlm.nih.gov/medlineplus/languages/asl.html>

- ◆ Be careful about trusting sites that try to sell a product. Example: special vitamins to cure many illnesses or a pill with a secret ingredient.
- ◆ Be careful about trusting sites that promise a quick fix or a miracle cure.
- ◆ There are many quacks (fakes) on the Web. Remember the old saying: “If it sounds too good to be true, it probably is.”
- ◆ The National Health Institutes (NIH) or the National Library of Medicine (NLM) in Washington, DC have worked very hard to write in plain, simple English for consumers (patients).
- ◆ If a web-site address ends in [.gov](#) or [.edu](#) or [.nih](#) or [.nlm](#) it is good. The Mayo clinic and all major healthcare systems also have health information on their web-sites (Allina, Fairview, Park Nicollet, HealthPartners etc.)

We accept questions but we can not answer all of them. A committee prioritizes. All answers are reviewed by health professionals.



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