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!

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Damian, Claudia
Daniels, Philip and Nancy
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Hull, Wade
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Keel, Lois
Kerr, William and Rhonda
Kettinger, Al and Pat
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Kitchen, Kyah
Klarr, Donna
Koss, Emilia
Kowalczyk, Tina
Kronk, Larry
Langa, Jane
LaPorte, Florence
LeClerc, Robyn
Matzke, Michael
McGartland, Agnes
McLaughlin-Woods, Lula
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Milar, Roberta
Morris, Donald & Jenny
Morrison, Mike & Freida
O’Reilly, Sharon and James
Ortman, Beatrice
Pachnik, Maciej
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Rauls, Adija
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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, Laniwe
Winkler, Cecelia

*denotes additional donation
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.

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.

YOU MUST RENEW EVERY APRIL!

Thanks you for your support
**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) 246-2300 or bcc@bethedchristian.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**
1015 Fisher Detroit. All meetings in ASL. Sat. 10:15am Bible Lecture, Thursday 7:30pm Bible Study, 313-263-4627 VP or mbcdeaf@comcast.net, (586) 615-4607 V/Text, (586) 739-2207 fax or (586) 665-6158 or www.uuaa.org

**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.uuua.org (second service interpreted)

**Flint Deaf Lutheran/Christ the King Lutheran Church**
248.889.3978 TTY or 248.887.8342 fax pastor4deaf@gmail.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.gethsemane.org

**Greater Emanuel 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 Point Congregational Church of Christ**
The Grosse Pointe Congregational Church United Church of Christ has a monthly service, 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@quinoivanic.com

**Lighthouse Chapel of the Deaf**
3242 Whiney Ave, Flint, MI 48432. Fellowship 9:30am, Sunday School 10am & Worship 11am, Wed. Prayer/Bible Study 6:30-8pm Pastor Stan Covey, stan6468@gmail.com

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

**Master’s Hands Deaf Church**
Master’s Hands Deaf Church, 6209 Miller Road, Swartz Creek, Fellowship: 9:30am; Sunday School 10am, & Worship 11am. 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 Maybes Road, Clarkston, MI 48346 (248) 391-6166 voice or www.mtzion.org 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

**Our Lady of Loretto, West Detroit Catholic Deaf**
Birmingham 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

**Our Savior Lutheran Church of the Deaf**
1800 W. Maple Road—Birmingham www.elms-deaf.org , Fax: 248-887-8342 Text pager: tduseth@gmail.com

**Parkview Baptist Church**
27350 Chicago Road, Redford, (313) 414-1054 www.pimb.net. Service begins at 11 am

Please let us know if anything has changed!
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

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

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

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.

Camp Activities:
- Climbing Wall
- Hiking
- Boating
- Swimming
- Archery
- Tent camping
- Story Telling

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

Register with a 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.

*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:

Michigan Coalition for Deaf & Hard of Hearing People

August 6-12, 2017
Staff reports Aug 5th

Location: Camp Tutsmehet
10500 Lincoln Lake Rd. NE Greenville, MI 48838

Lansing Community College
West Campus
9:30 AM to 4:30 PM
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 on November 28, 2016
- Connie Charles
- Dennis Glorioso
- John Collins
- Julia Reed
- Michelle Danley
- Mary Murphy

**Warren Group**
Graduated on November 30, 2016
- Barbara Varney
- Cindy Landino
- Emma Kennedy
- Jack Noble
- Joanne Galbo
- Lilly Koeger
- Rainer Koeger
- Marcie Romanow
- Lucia Buff
- Janice Machalak

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**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.

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**We want you to be healthy for 2017!**
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.

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

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/