



**November  
2017**

**MISSION STATEMENT**

The *FAMILY CENTER on DEAFNESS* empowers Pinellas County families with deaf or hard of hearing members by providing programs and services to promote communication and independence.

**FREE AMPLIFIED PHONES**



CALL FCD AT  
727-399-9983  
FOR DETAILS

**CONTACT US:**

12445 62nd St. N #303  
Largo, FL 33773  
727-501-2323 voice  
727-235-6285 vp  
www.fcdpinellas.org

Check our website for latest news and announcements!



# Hand Talk

## Giving Thanks Year-Round Can Change Your Life



During the Thanksgiving season, we traditionally think about giving thanks, but scientific research indicates there are endless benefits to a year-long practice of thanksgiving. Practicing gratitude daily leads to more positive, better sleep, stronger immune systems, and increased compassion.

Although it seems simplistic, according to Ph.D. Robert Emmons, a professor of psychology and the world's leading scientific expert on gratitude, giving thanks "is literally one of the few things that can measurably change people's lives." One of the beauties of gratitude is that it is also contagious. When we feel grateful, we share the goodness we have received with others.

In afterschool programs like REACH, we teach Deaf and hard of hearing students the importance of giving thanks for the gifts we have been given, and the significance of giving back to the community. Having a grateful heart includes learning to be a constructive member of society, and discovering each of us has a purpose within our larger social groups and families.

At FCD, we are sincerely grateful for the students and families we serve, as well as for the many volunteers that help to make our programs possible. We are also thankful for the big and small ways donors contribute, and the many Pinellas Deaf educators who collaborate with us. We recognize we could not be who we are without each and every one of you. Thank You! (more on page 4)

## Pumpkins, ASL Stories, and Ice Cream...Oh My!

**REACH** On October 18, REACH students enjoyed a field trip to the Pumpkin Patch, where each student was able to pick out a small pumpkin to decorate. This was followed by Halloween Stories in ASL. Next the students enjoyed homemade ice cream in Dunedin. Strachan's Ice Cream is an institution in the city, and students had a blast eating their scoops and socializing with friends.

Raising  
Expectations &  
Achievement of  
Children with  
Hearing Loss



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**REACH : Continued from Page 1**

On October 25th, REACH students also participated in their annual Halloween Party. They listened to not so spooky Halloween ASL stories, received candy goodie bags, made crafts, and played games.

On November 15th, REACH will go to Chick Fil A, where students will get a behind the scenes peek in the kitchen. They will learn about employment opportunities and the way nuggets and fries are made.



**FCD's Girl Squad**

Girl's can change the world...

At Girl's Squad, high school and middle school girls are invited to learn about body image, bullying, health, friendship, online safety, and more. Girls' Squad will meet the last Thursday of every month from 4pm-6pm. October's topic was bullying and healthy friendships. In November, there will be a team building fieldtrip. Contact [addie@fcdpinellas.org](mailto:addie@fcdpinellas.org) to join. or volunteer.



On October 21, Teen Scene students participated in workshops sponsored by RIT.



The Sunshine 2.0 professional traveling theater troupe based at Rochester Institute of Technology's National Technical Institute for the Deaf (NTID), provided workshops on how to turn storytelling into digital film.

Students also participated in a STEM field trip to the Florida School for the Deaf and Blind in St. Augustine. To learn from Deaf professionals working in Science, Technology, Engineering, and Math. RIT sponsored the trip, and FCD students toured the historic city while expanding their employment horizons.

To celebrate Halloween, teens constructed a haunted house and invited students and families to take the chilling tour.



Each year, teens participate in the annual Halloween event, which is a collaboration between FCD and The Deaf Literacy Center. Many thanks to Blossom Montessori school for sharing much of the festive décor.



On November 11, Teens are invited to participate in a fall kayaking trip.

**The trip will cost \$5, which will include food.**

**For more information, Contact [franklin@fcdpinellas.org](mailto:franklin@fcdpinellas.org)**



## FCD FAMILY PICNIC

### You're invited!

On Saturday, November 18th, FCD clients are invited to our annual Thanksgiving Picnic located at John Taylor Park Shelter #1 from 3pm to sunset. FCD will provide the turkeys. Bring a side dish or desserts to share, and plan for a fun-filled evening of food, fellowship, crafts, and field games. Please RSVP so we can arrange adequate food preparations. We certainly don't want anyone going home hungry.

RSVP at [Beth@fcdpinellas.org](mailto:Beth@fcdpinellas.org)



All Profits from the FCD annual poinsettia sale support 2018 summer camp programs for Deaf and hard of hearing students.

### Final Deadline for Orders is November 16

The annual poinsettia sale is a terrific way to help FCD provide quality, accessible, and educational summer camp experiences for our students. In addition to changing lives, the plants for the sale are all sourced locally and support local growers.

Flowers are reasonably priced between \$5 and \$20, and purchases can be made by cash, check, or credit card.

To view our flower catalog or to place an order, go to

[www.fcdpinellas.org/poinsettia-sale-2017](http://www.fcdpinellas.org/poinsettia-sale-2017)

Or

Contact [Jennifer@fcdpinellas.org](mailto:Jennifer@fcdpinellas.org)

Voice/Text: 727-501-2323

VP: 727-269-5674



# REACH



## Teen SCENE

## SPECIAL EVENTS!

November 1, 2, 7, 8, 9, 14, 15, 16

**Middle School—** 1, 6, 8, 13, 15, 27, 29

**Middle School Teen Social—** November 3

**No Teen Scene:** 10, 17, 24

**Teen Kayaking Trip:** November 11

**FCD Thanksgiving Picnic:** November 18

**Girl Squad:** November 30



### TIPS TO PRACTICE GRATITUDE

- **Keep a Gratitude Journal**  
Write 3 things you're grateful for every day.
- **Create a Gratitude Jar**  
Encourage your kids to record good things that happen on slips of paper. Consider reading the memories during Thanksgiving dinner.



Many thanks to the families who joined us in October for our Family Event located at Splash Harbor in Indian Rocks. We had such a fabulous time, we hope to follow up this program with another trip to the park in the spring. If you missed the trip, we hope you'll join us next time.

### Do you need assistance over the holidays?

Contact your FCD case manager or call 727-501-2323, and we will register you and your family for a Thanksgiving holiday meal as well as Toys for Tots.

Families who register will be contacted with a date and time to pick up your groceries.

### Family Center on Deafness Staff

<b>Julie Church</b>	Executive Director
<b>Kathy Kemp</b>	Office Manager
<b>Jennifer Boggess</b>	Lead Youth/Family Support Spec
<b>Franklin Smith</b>	Youth/Family Support Specialist
<b>Addie Osmar</b>	Youth/Family Support Specialist
<b>Caitlyn Dollar</b>	Youth/Family Support Specialist
<b>Beth Engelman</b>	Parent Support Specialist
<b>Sally Shortz</b>	Program Support Specialist
<b>Dawn Varner</b>	Youth/Family Support Specialist
<b>Gwen Sand</b>	FTRI Supervisor
<b>Tammy Shuman</b>	FTRI Distribution/Outreach

### Volunteers

Robin Alexandratos  
Fred Beam  
Sabila Beganovic  
Lisa Kingston  
Jill Radford  
Dennis Sofr  
Daphne Woodham  
SPC Students  
Sunshine 2.0

### Donations

Kimberly Albury  
Robin Alexandratos  
Joshua Barber  
Jessica Borst  
Amber Craven  
Kim Family  
Daphne Woodham  
Blossom Montessori School