



**A Year in Review ~ 2022**

**HCAD Newsletter**

**Highlights and Reflections from the  
2022 Year**

# January - Health & Fitness

January is the usual month for everyone to improve your health with diet and lifestyle changes. On this token, HCAD invited Debra Wolfe to share her expertise on her workout program and food plan. Deborah taught us so much in a short time. You could feel her passion and positive energy toward a healthy lifestyle! If you are interested, Deborah can help you implement lifestyle changes to improve your physical health.

Howard County Association of the Deaf  
Invites everyone to a

## HCAD's 2022 Zoom Webinar "Health and Fitness"



Come and listen to our guest speaker Debra Wolff and her immense knowledge of health and fitness. Her favorite motto is "Fitness is not a diet." There will be a question and answer session after the presentation.

Moderator: Heidi Burghardt

**Thursday, January 6, 2022**  
**6:30 PM - 9:00 PM**

\* Please register in advance  
for this webinar  
<https://tinyurl.com/4fd9fa7u>



For more info, please email at  
[hcadeaf@gmail.com](mailto:hcadeaf@gmail.com)

# *January - Health Seminar by Debra via Zoom*



<https://www.youtube.com/watch?v=QbD5KDwTq2U>



### Special Guest: Kirsten Poston

Moderator: Chris Johnson (CJ)



Kirsten Poston is one of the greatest leaders in the Deaf Community. She will share with us her experiences as a Deaf Black Woman.

Chris Johnson (CJ), President of DC Black Deaf Advocates, will be our moderator. Come celebrate Black History Month with us on Zoom.



**Tuesday, February 22, 2022  
7:00 - 8:30 PM**

*Please register in advance for this  
Webinar by using the link below:*

<https://tinyurl.com/y2zr9833>

*This event is hosted by District of Columbia  
Black Deaf Advocates and Howard County  
Association of the Deaf.*



For more info, please email @ [hcadeaf@gmail.com](mailto:hcadeaf@gmail.com)

## *February - Black History Month*

February came around quickly, and it being Black History Month, MDAD President Kirsten Poston joined our moderator, Chris Johnson, for the zoom event. HCAD is a believer in building respect and empathy for other people and celebrating their differences as well as the similarities. We've known Kirsten as a leader of all kinds of organizations, but do we know her on a personal side? No, and this was why HCAD invited Kirsten to share her life with us. She welcomed us to embrace her and her upbringing. Kirsten has an amazing childhood with four different backgrounds: living with a black mother, white father, being in the Deaf world, and a hearing world. Kirsten has incorporated 360 degrees of the spectrum of all kinds. Wow!

# *March Madness at Green Turtle*



March screamed madness for the basketball games! HCAD held the March Madness event at the Green Turtle in Columbia for the first time since covid. It was and still is a popular gathering event with a nice crowd of old and new faces mingling and chatting all night. Best of all was we all came and met in person. It felt as if we needed to make up for our absence during the pandemic. We look forward to another March Madness in March of 2023.



# *March Madness Fun Night*



# April Events

In April, we hosted two important events - Coffee Chat with Cops and Deaf Author event with Alan Hurwitz.

HCAD remains committed to staying close to the Howard County Police Department. We held another Coffee Chat with Cops with them. It was a nice, relaxing, and informal environment that welcomed any issues to be discussed. One of the hot topics was the body camera that the policemen now wear. These cameras can start recording the minute when a police officer meets with a person on site. This gives security for both police and citizens.

## JOIN TO MEET POLICE OFFICERS FOR FREE COFFEE & CONVERSATION!

**Saturday, April 9, 2022  
10:30 AM to 12:00 PM**

**Howard County Public Library  
Miller Branch  
9421 Frederick Road  
Ellicott City, MD  
at the Avalon Room**



*Purpose of this Coffee Chat  
Meet face to face in a  
neutral environment to ask  
questions, voice concerns,  
and get to know Howard  
County Police Officers.*

*Coffee and donuts will be  
provided!*



For questions about this  
event, contact Lisa at  
443-878-9469 or email at  
[hcadeaf@gmail.com](mailto:hcadeaf@gmail.com)







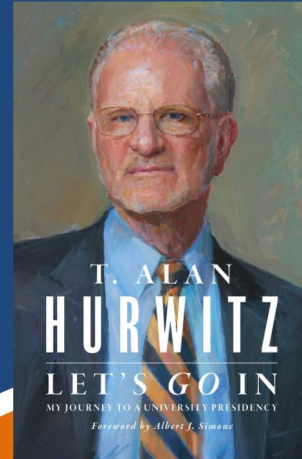
## *April Events - continued*

HCAD has partnered with Howard County Library System (HCLS) and Maryland Deaf Culture Deaf Library (MDCDL) several times in the past. We were delight to host together again, and this time, it was with Alan Hurwitz, the former President of NTID and Gallaudet University on his book called "*Let's Go In: My Journey to a University Presidency.*" He shared raw experiences that expressed his true views and feelings during his journey. Moderator Angie Officer shined an uplifting spotlight on both Alan and his wife Vicki as they shared their personal stories which was the highlight of our evening!

JOIN US FOR A CONVERSATION WITH

**Dr. T. ALAN HURWITZ**

Former President of Gallaudet University and  
National Technical Institute for the Deaf



Presenting his book:  
***Let's Go In: My Journey to  
a University Presidency***

**Moderator: Angie Officer**  
Sr. Project Manager , T-Mobile Accessibility

**Thursday, April 7, 2022  
7:00 PM – 8:00 PM EST**

Registration is open to  
everyone. Register in  
advance for this webinar at  
<https://bit.ly/hurwitzapril>

*Voice interpretation and CART  
provided. Q and A will follow  
after the interview.*

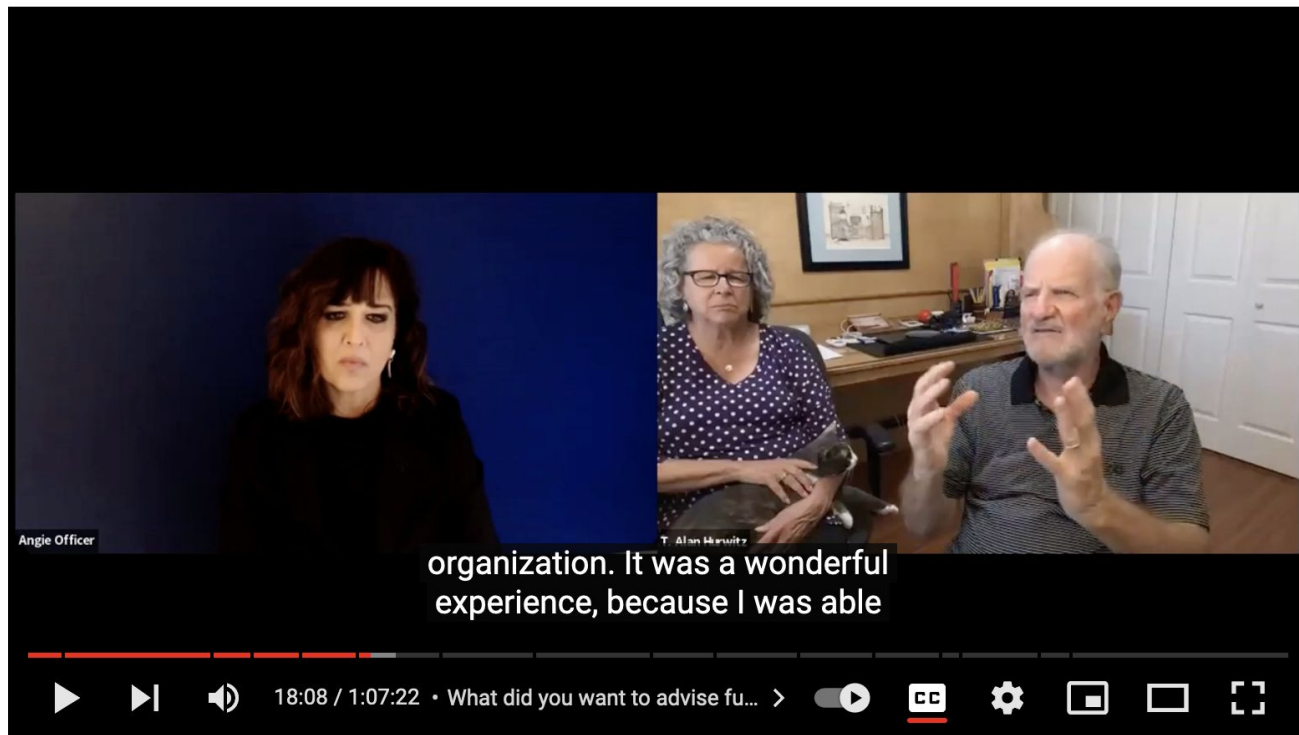
*Presented as part of a partnership between Howard County Association of the Deaf,  
Howard County Library System and Maryland Deaf Culture Digital Library.*



**HOWARD COUNTY  
LIBRARY SYSTEM**  
Public Education for All



## *April Events - Zoom with Alan Hurwitz*



Author Works: T. Alan Hurwitz & Let's Go In: My Journey to a University Presidency

<https://www.youtube.com/watch?v=aRMi9OL2wWI>

## *May Events*

HCAD has decided to show our support for MSD's 50th Anniversary fundraising by participating in the pickleball tournament which was held in Westminster, MD. Several of the HCAD board members attended and played there to give our support. Additionally, HCAD was proud to be acknowledged for our bronze sponsorship to MSD 50th Anniversary celebration at MSD Columbia Campus which was held in September.



MARYLAND  
SCHOOL FOR THE DEAF



## *June Events*

June's weather motivated us to go out and about. We had two fun filled events. The first event was the fundraising dinner event at Phoenix Upper Main in Old Town Ellicott City for both HCAD and MSD's 50th Anniversary. It was a great turnout at the event! Sadly, no pictures were taken at that dinner event - guess we had all the excitement to see old friends and forgot about taking some pictures!!!



## *Ellicott Distillery Company Tour - June*

The following day, HCAD hosted a tour at Ellicott Liquor Distillery Company in Old Town of Ellicott City. It was a fun informational tour to learn a variety of liquors they made. Of course, it brought us a little tipsy after trying samples of different liquors! Many of us dined in the cozy cute cafe upstairs and chatted for the remainder of the evening.



## *July & August*

HCAD went hibernating for the season...





## *September Events*

September approached and livened up HCAD to start acting again. Instead of our traditional annual cookout, we held our first Social Gathering & PickleBall tournament at Schooley Mills Park. About 30 people signed up to play and had a blast time! Fortunately, the weather was perfect for this event. We have been asked to host the event again so we might do it again in the Spring of 2023.



A vibrant yellow poster for a Pickleball Tournament. In the top left corner is the Howard County Association of the Deaf logo, which is a circular emblem with a tree and a building, surrounded by the text 'HOWARD COUNTY ASSOCIATION OF THE DEAF' and 'EST. 1999'. To the right of the logo are three pickleball paddles in red, yellow, and green, along with a yellow pickleball. The main title 'PICKLEBALL TOURNAMENT' is written in large, bold, green and blue letters with a white outline. Below the title is a black silhouette of two people playing pickleball. To the right of the silhouette, the date and time 'Sept 17, 2022 9 AM – 5 PM' are written in green. Below that, the location '@ Schooley Mill Park 12975 Hall Shop Rd Highland, MD' is written in black. At the bottom, the text 'Men's & Women's Doubles' is written in black, and 'Proceeds will go to the HCAD's 25th Anniversary' is written in a smaller black font.

**PICKLEBALL TOURNAMENT**

**Sept 17, 2022  
9 AM – 5 PM**

@ Schooley Mill Park  
12975 Hall Shop Rd  
Highland, MD

Men's & Women's Doubles

*Proceeds will go to the  
HCAD's 25th Anniversary*

# *Players at the HCAD Pickleball event*





# *October Road Clean up*

October was a perfect month for our HCAD's annual Adopt-a-road clean up. The weather was comfortable and we did the cleanup at our adopted road near Home Depot in Columbia. We felt good seeing the area being taken care of. After the clean-up, HCAD treated the crew with drinks and munchies at Starbucks! We will resume again maybe in Spring and for sure in October !





# *November workshop*

In November, HCAD hosted a gathering again with the Howard County Police Department. This time, HC Police gave a great presentation on "*Identity Theft and Scams*". HCAD was delighted to partner with Maryland Deaf Senior Citizens (MDSC) in which we had a large crowd of about 40 people. We learned a lot about the issues and how to be prepared for this. We chatted afterwards with coffee and munchies.

## Learn about protections from identity theft and scams



**Saturday, Nov. 5, 2022**  
**10:00 AM to 12:00 PM**

Howard County Public Library  
Miller Branch  
9421 Frederick Road  
Ellicott City, MD  
at the Avalon Room

*Howard County Police PFC Smith and OFC Kreitzer will share with us how we can protect ourselves from scams and identity theft. Q and A will be provided after the presentation.*



*Coffee and donuts  
will be provided!*



## *November - HCAD workshop with HC Police*



# *December Holiday Gathering at Maggiano's*



December wrapped up the year with warm holiday greetings at Maggiano's Restaurant. Much to our surprise, the gathering kept pouring in with people coming in and out. It was a heartwarming evening to celebrate the holiday cheers. A memory to cherish!



# *December - HCAD Holiday Gathering*



# *Happy New Year 2023!!*

The year of 2022 gave us a great confidence in emerging from the hibernation imposed by the coronavirus pandemic and we hosted more in-person events with people, more than in 2021. Meeting, mingling, and reconnecting gave us a great feeling. I look forward to more of it in 2023! Your loyalty to us means more and more with every passing year. Thank you for all your support toward HCAD.

On behalf of the HCAD Board, we wish you and your dear ones a happy, prosperous, and blissful new year of 2023!

Elke Pieters

*HCAD President*