

HLAA Twin Cities

Hearing Loss Association of America Twin Cities Chapter October 2009

Our next meeting is on October 17th

👂 If you are a returning Vet you can join us free for a year.

👂 If you are unable to pay the \$25 membership, you are still welcome to join us.

👂 We do a short training of ASL (American Sign Language) at each meeting.

👂 The HOH (Hard of Hearing) are helped by Paradigm (CART) led by Lisa Richardson

2009

October 17, 2009 - Donna Fowler, Health East-how to talk to people in the medical field

November 1, 2009 - Daylight Savings Time-set your clocks back one hour.

November 21, 2009 - Patty Cowell, Home Safety tips for the HOH

December 19, 2009 - Ryan Dolan, census campaign coordinator, open mike, gift exchange, cookie sale and potluck

2010

January 16, 2010 - Mary Hartnett

February 20, 2010 - Rich Diedrichsen, technology for the HOH person, including cell phones, text messaging, communication devices. Bring along your communication devices to the meeting for Rich to look over.

June 17 - 20, 2010 - National Convention in Milwaukee, WI at the Hilton Milwaukee City Center



**Remember
It's time to pay
your chapter dues.**

Welcome back

The Mission of HLAA is to open the world of communication to people with hearing loss by providing information, education, support and advocacy.

- HLAA TC Website
www.hlaatc.org
- HLAA National
www.hearingloss.org
- MN Contact Information
info@hlaatc.org

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 **Hearing Loss
Association
of America
Twin Cities Chapter**



Communication Habits

When my hearing loss started to become more progressive, old patterns of communicating with my family and friends, who are hearing individuals, was beginning to degenerate into an exercise in futility. Misunderstandings left both of us frustrated and I was feeling embarrassed. Thanks again to our HLAA TC chapter, I began to learn communications tips to share and apply in my life as a hard of hearing individual. Many of these skills are simply NOT OPTIONAL. We need others to follow them if we are to hear and understand.

I like to ask people to get my attention first before speaking. I have actually had individuals think that I was being rude to them by not replying. I simply did not know they were talking to me. Getting in my line of vision, waving your hand or lightly touching me on the shoulder or arm will do the trick. Please make sure I am looking at your face before you begin, or I may not hear the first part of our conversation.

A distance of about 3 to 6 feet from me is ideal so my hearing aids work best and I will be able to speech read you clearly. It is almost impossible to understand you if I cannot see your lips, facial expression and gestures. I attended a lecture where the speaker had a long bushy mustache with beard and I could not see his mouth. I did not understand anything he said.

Standing in front of a bright light or window will put a person's face in a shadow and make it hard to lip read. So it is important that the light falls on your face, not behind you. Please do not talk to us with you back to us.

One of my biggest hurdles will always be in noisy background environments. Noises such as TV, stereo or household appliances and other people talking create obnoxious noise we have to hear you through. Moving to a quiet area or shutting off these items will greatly help.

If people talk too quickly, I politely ask them if they can slow their speech down. This gives my brain enough time to read lip movements. If you talk too fast, I may not keep up.

Linda Miller



Continued on Page 8

Synopsis for SEPTEMBER 19, 2009

Linda Miller, new HLAA-TC President, introduced Jacqueline Hoppenrath. At SoundPoint Audiology, Jackie provides a full range of hearing and balance care to adults.

Jackie spoke on the topic of tinnitus, a common problem where a person experiences ringing, buzzing, and/or shrill sounds in their ears. It is usually accompanied by hearing loss. At least half (15) of the 31 people present at our meeting have experienced tinnitus. Jackie provided us with some statistics on this: 50 million suffer from some form of it; and one million new cases a year are identified. There are 400,000 veterans on disability for tinnitus right now.

Tinnitus appears to be caused by a lot of different things. There is no known confirmed cause or cure. For medical professionals, it is a dilemma, as we can't see it, can't feel it, so it's hard to deal with. A diagnostic evaluation is crucial.

Some causes could be noise exposure (major factor), medical conditions (tumors, ear infections), stress, anxiety, caffeine, medications (aspirin), sodium, sugar, and fatigue.

Tinnitus affects people at home, at work, and socially. Some people try to ignore it, use relaxation, use fans at night for additional sound, wear hearing aids, or go through re-training therapy. Tinnitus sufferers strive to make the noise less noticeable so they have a sense of control over it.

Neuromonics is a treatment program used to reduce tinnitus. Individuals who are severely or profoundly deaf in both ears will not be able to benefit from treatment. This treatment program has been developed through more than 15 years of research. It has been proven to deliver consistent results including decreased awareness and disturbance from tinnitus.

The treatment is customized for each individual. That allows stimulation of a wide range of auditory pathways. The broad range acoustic neural stimulus forms the basis of the Neuromonics treatment and incorporates listening to relaxing music. The music tempers the limbic system, which assists with decreasing disturbance from tinnitus. It involves listening to a lightweight, compact device for around two to four hours per day.

Neuromonics provides long term benefits. Other available treatments, such as maskers, may provide a distraction from tinnitus, but only while they are being used. Neuromonics effectively reprograms the brain to filter out the sound of tinnitus. Awareness and disturbance should be significantly less by the end of treatment.

Jackie stated that Dr. Paula Schwartz from Edina uses relaxation and Neuromonics.

One visitor at our meeting recently suffered loss of hearing in one ear after having a bout of heatstroke. Jackie suggested a cross hearing aid (on the deaf ear) for better balance and localization.

One member at our meeting discussed her super-sensitivity to sounds (hyperacusis). She is a member of the American Tinnitus Association. She stated the Neuromonics program is very expensive (\$5,500), and there are no guarantees. This is difficult for a person who is desperately trying to find help with tinnitus.

Carol



Blowers

National HLAA in Bethesda, MD

A new HLAA resource is now available - an “**Employment Tool Kit**”- has been posted to the employment section of www.hearingloss.org. This was made possible by a grant from the Manhattan, NY Chapter, hours of volunteer work by John Pope (husband of immediate past president, Anne Pope), and HLAA staff time for the final product. It covers the following areas: Communication 101; Applying for a Job; Interview Strategies; On-the-Job (setting up workstations; Hearing Assistive Training in the workplace; Hearing Aids, Health Benefits and Insurance Coverage Fact Sheet; Hearing Loss and the Law in the Workplace; Employers: Information and Resources for HR Departments.

Start planning your trip to Milwaukee, WI for the **National Convention June 17-20, 2010**. This will be in our own back yard (sort of). Make your reservations at the Hilton Milwaukee City Center Midwest.

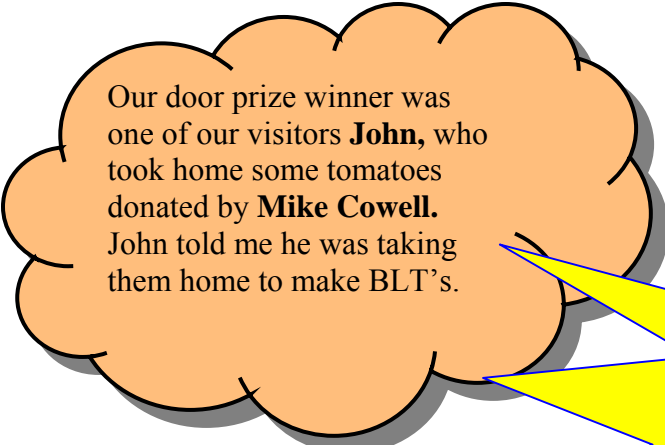
Brenda Battat, executive director of HLAA joined President Barack Obama at the White House (July 24) as they celebrated the 19th Anniversary of the ADA bill.

Lisa Hamlin from National will be a witness and give testimony as to what is happening when there is an emergency and the HOH are not given the message. These hearings will be streamed live **with captions** at the House Committee’s website at transportation.house.gov

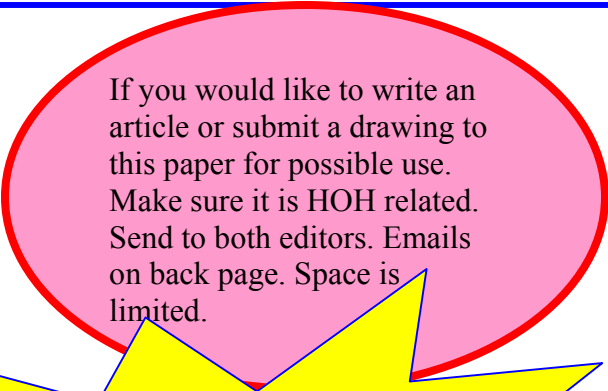
Vets

US Dept. of Veterans Affairs, has information about medications and hearing loss. A three-page information sheet on Tinnitus. Why Can’t I Understand Speech. Programs for Veterans and the Community. Etc. etc. <http://www.ncrar.research.va.gov/ForVets/Resources.asp>

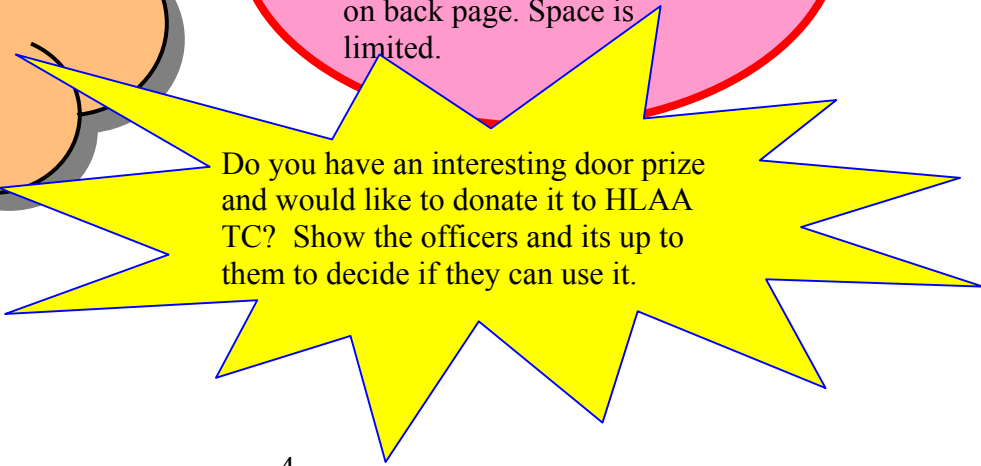
Any returning vet is welcome to join us for a year at no charge.



Our door prize winner was one of our visitors **John**, who took home some tomatoes donated by **Mike Cowell**. John told me he was taking them home to make BLT’s.



If you would like to write an article or submit a drawing to this paper for possible use. Make sure it is HOH related. Send to both editors. Emails on back page. Space is limited.



Do you have an interesting door prize and would like to donate it to HLAA TC? Show the officers and its up to them to decide if they can use it.

MEDS & HOW TO PAY FOR THEM

(PPA) The Partnership for Prescription Assistance connects you to more than 475 patient assistance programs through a toll free number (1-888-477-2669) or website www.pparx.org These programs assist you in finding ways to afford your meds during these hard times.

This is a live CI implant operation done June 26, 2007 it is not closed captioned. <http://www.or-live.com/tgh/1849/#> This is slow to load but is captioned. <http://tinyurl.com/yw29yp>

News from the past: These were items in our newsletters of the past.

1992-Aug. Jeremy Nyquist, member of Central MN SHHH was elected the new treasurer of the National. SHHH now HLAA board of trustees.

1992-March-By 1993 every TV set 13" and over will have the ability to display closed captions.

1993-April-Connie Chung was voted the "Most Readable Lips" for 1992 by Nat. SHHH and Alexander Graham Bells Assoc.

1994-Jan. Cliff Miller was the editor of the SHHH newspaper

2006-June-SHHH locally changed its name to HLAA TC



Thomas Jefferson University has new device for tinnitus sufferers

The city of brotherly love (Philadelphia) has an FDA cleared "Neuromonics Tinnitus Treatment," at Thomas Jefferson University, Department of Otolaryngology-Head and Neck Surgery. <http://www.neuromonics.com/> This therapy has been proven to offer long-lasting benefit, therapy is delivered via a compact, lightweight and uniquely designed medical device, typically used 2 hrs. per day for about 6 months, can be used while reading, relaxing or doing computer work. Source: Thomas Jefferson University
<http://www.jefferson.edu/news/news.cfm?artid=/news/2009/article18465.html>



Go Ask Mava

Q. I have just "inherited" a pair of hearing aids from a close relative. Is it safe for me to use them myself?

A. Actually no. They were not fit for your ears, they were or should have been fit by an audiologist who did an audiogram and made a wax mode of the 1st owners ears, not yours. The HA's were not designed for your hearing loss but for the 1st owners. This is similar to a medical condition, no two are exactly alike. There will be no services from where they were originally bought as far as fitting, warranty, 45 day returns, and repairs without a charge. There is the chance that you may damage your ears trying to fit these HA's into your ears or get an infection. It is never a good idea to try to fit into your ears a mold that was designed for someone else.

This & That



If you attended the 9th Starkey Hearing Foundation event in St. Paul, you probably saw Elton John, Gladys Knight, Tony Bennett, Billy Crystal, astronaut Buzz Aldrin, golf legend Arnold Palmer, 1961 Yankees teammates Moose Skowron, Whitey Ford, Bobby Richardson, and Bob Turley as well as Mickey Mantle's son David Mantle. The event was held July 12th at the St. Paul River Centre. If you attended this event, let one of the editors know so we can interview you. Over 5 million was raised at the 9th annual event. Starkey Hearing Foundation was founded in 1984 by William F. Austin.

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View over 400 captioned videos online, including Michelle Obama and musician Evelyn Glennie. At the lower left hand on home page be sure to hit English to make the captions come up. TED.com

Digital Hearing Aids and Cochlear Implants will be programmed differently in the future. Instead of tones or beeps it will be programmed using voice.
http://www.ivanhoe.com/channels/p_channel_story.cfm?storyid=21542



http://www.hearingreview.com/issues/articles/2008-12_01.asp?frmNewsletter=topten

Tinnitus Treatment and the Effectiveness of Hearing Aids: Hearing Care Professional Perceptions

Bath Time Taser

A man comes out of his own bathroom, sopping wet with only a towel on, and is instructed by the police who have just broken into his home to put his hands up. He is deaf without his hearing aids, he does not understand and is tasered. This really happened in Wichita, KS in 2007. The man said he had never had a gun pointed at him before and was shocked to see them in his house and unable to understand what the police were saying. It was settled out of court for \$50,000.

The police said they were responding to a nearby shooting, a false alarm and admitted to no wrong doing.

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The typewriter artist, Paul Smith was born in 1921. Because of cerebral palsy he did not attend school, he used only these characters to perform his art. @ # \$ % ^ & * () _ He passed away in 2007, leaving hundreds of drawings. Check them out and read his story, you may need a hankie.
http://www.paulsmithfoundation.org/main_bibliography.html

Thanks to Tami Klink for this lead.



<http://www.disaboomjobs.com/>

Jobs for People with Disabilities - type in your zip code and see what's available in MN, current listings

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<http://www.deaf411online.com/dfc.php>
Watch the captioned video, "Is Your City Deaf Friendly?"

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<http://abercap.com/blog/2009/08/12/closed-captioning-survey-results-are-in>

Caption survey results are in. What was the biggest complaint of captioning? See what people who use caption say about it.

Happy 30th Anniversary to HLAA

Now that the 30th Anniversary party is over in Nashville, TN, it is easy to see why such an organization like HLAA formerly called Self Help for Hard of Hearing People (SHHH) is still so popular. Hearing loss never dies does it? Of over 1100 attendees, at least 65 were young adults – more than we've ever had in our history. To read more details about the event, go to: <http://hlaaconvention.blogspot.com/>

SHHH was founded in 1979 by Howard E. "Rocky" Stone a former CIA agent. He started the meetings with the help of his wife Ahme in their home in Potomac, MD.

In 2006 the name was changed to Hearing Loss Association of America. Each state then had a change put on their name to identify where they were from. Such as the Twin Cities is HLAA TC and St. Cloud is HLAA Central, MN.

Right now HLAA is the largest organization that is geared towards the hard of hearing (HOH) where English is the person's first language.

This year National celebrated 30 years, with 14 state organizations and 200 local chapters with the motto -"Opening the world of communication through information, education, advocacy", and support that has helped hundreds of thousands of people live and work successfully with their hearing loss." Here's to 30 more HLAA.

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Deer Hunter

By Carole Blowers

On the afternoon of September 26th, I went bow hunting for deer with my friend Dan. With my hearing loss, I much prefer bow hunting over a shotgun. It's a lot more difficult, as the animal must be within a much shorter range. And, I must use hand signals if someone is with me, because I cannot hear whispering. I must also depend **only on my sight**, as I cannot hear a deer coming.

We each took our places in separate deer stands. About 6:56 p.m., I **saw** a buck come out of the woods and walk in between us. The deer noticed Dan, so it was closely watching him. I slowly got out of my chair and got ready!! It was about 25 yards away. I kept my eyes on it and focused on where I should shoot. I released the arrow, and the deer took off like a jet and vanished into the woods. In a few minutes we located my arrow. It was bent, parts missing, and some blood on the arrow, so I knew I had hit it. Letting the deer settle down a bit, we went to get supper.

After supper, we started tracking it with a half moon and flashlights. It was amazing to find it--an 8 point buck! My very first deer! I've helped process and package the meat.

Many people are truly amazed I would attempt hunting having a hearing loss, and were even more surprised I got my prize with a bow and arrow!

President's Message continued from Page 2

Alright, here comes the biggie!! Do not call us from another room and expect us to hear you. Now I have to admit that I have been guilty of this maneuver and have been chastised by my hearing friends. The best way to handle this is go to the person you want to talk too.

Another bad communication habit I have is saying "WHAT?" Often times I get a reply of "OH, forget it." I then feel discounted. I now go up to the person and ask them to repeat as I may have been to far away to hear or not looking at them. I even repeat what I think they said such as, "your going on vacation where?" Repeating back what you think you heard and clarifying the information is important.

Always remember that you need to mirror back what you desire others to do for you. Habits are hard to break and always remember to thank those people who help you along the way. You are your best advocate. Asking for what you need is best.

Continue to go Green

For a number of years HLAA TC has collected misc. items to help recycle. Lets continue to do that. Here is what we collect: magazines no older than 3 months, after they see our members they go to nursing homes, vets and Courage Center. Hearing Aids/glasses go to a Lion's Club's and remade and given to the poor. Campbell's Soup labels, UPC codes, and milk carton tops go to schools to buy equipment such as sports items. Holiday cards are recycled by Mary Andresen to make one of a kind gift tags.

If you can think of something else that we could collect to stay green, let one of the officers know about it. Thank you !

News Flash

From Hearing Health Magazine by Amy Gross, Staff Writer, Page 7 – taken in part.

In April 2010, movie theaters across the US will go digital - a conversion which according to captioning advocate Nanci LinkeEllis of CA, will change the movie industry forever. " For the first time since the invention of film; film production and distribution is going to change." Says Ellis. Instead of distributing their movies to theaters on 35 mm reels, motion picture companies will produce their films on servers and distribute them digitally, essentially as computer files.

Hearing Health Magazine, a publication of the Deafness Research Foundation is published quarterly, and is free to read online.

<http://www.drf.org/magazine/>

Lifetone Bedside Fire Alarm and Clock, **Harris Communications** is offering them for \$99.00, savings of \$80, until the end of October. Shipping is \$10. This is for online orders only. See special coupon code in ad.

<http://tinyurl.com/ycxp36y>

October is **National Audiology Awareness** Month.

Where do we meet?

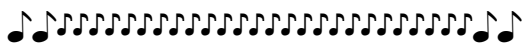
**Courage Center
3915 Golden Valley Road
Golden Valley, MN 55422**

**September through May
9:30 AM – Noon
3rd Saturday of each month
(Except June, July & August)
See Page 12 for contacts
and more information**



HLAA TC 2009





How to find Open (O) and Closed Captioned Movies (CCM)

Captionfish – National search engine for cap. mov. by location - www.captionfish.com

Regal Cinemas – OC and RWC (rear window) <http://www.regmovies.com/nowshowing/opencaptionedshowtimes.aspx#MN>

MoPix – See which mov. are slated for RWC <http://ncam.wgbh.org/mopix/>

Marcus Theatres – O and CCM most are first run films. www.marcustheatres.com

Fomdi – “Fomdi” will search for cap. movies for you by location. www.fomdi.com

Cinemark Theatres – National chain lists current OC movies. www.cinemark.com/ocfilms.asp

AMC Theatres – List of all O and CCM in the AMC lineup. <http://www.moviewatcher.com/jsp/amg.jsp>



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Freedom of the Seas, HOH Cruise leaves FL on **Oct. 17, 2010**. For more info. contact Lynn Rousseau at HLA Gainesville@aol.com put “2010 Cruise” in the subject line.



ALOHA

Aloha events are held on the second Saturday of each month. They are social gatherings in the homes of members of the group, usually including dinner, socializing, cards and games.

For information on the monthly schedule contact the coordinator, Ellen Thibodo at ThibodoD@aol.com

When: Saturday, October 10, 2009

Time: 5:30 to ???

Where: Marla & Thomas Drayton's home in Burnsville

What: Will order pizza (and some pasta perhaps) when most of us get there

You: Share of the pizza and pasta cost, bring your own beverage, a snack, dessert, fruit, whatever; and a folding chair. If it's nice out, we may be able to sit outside on the deck.

Rare Bonus: You can bring your kids/grandkids/any kid if you'd like, to play with Emme & Dorian!

Please let me know by Friday, the 9th, if you plan to attend. On Friday evening I will be sending out the directions to everyone that's RSVP'd.



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First Class



**HLAA Founder and his wife
Ahme and “Rocky” Stone**

HLAA Twin Cities Chapter

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This month’s editor is Merrilee Knoll

Meetings are held the 3rd Saturday of the month September through May at the Courage Center in Golden Valley, MN. We gather at 9:30 to socialize and the meeting starts at 10 AM. All meetings are real time captioned by Lisa Richardson and her staff of *Paradigm Captioning* (www.paradigmreporting.com). Please visit the chapter’s web-site at www.hlaatc.org