

HLAA Twin Cities

Hearing Loss Association of America Twin Cities Chapter

January 2008



What's Happening?

January 19, 2008 - Michael Block – Starkey Tinnitus Clinic

February 16, 2008 - Mary Hartnett –(MCDHH) Minnesota Commission serving the Deaf, HOH, Deafblind (topics for the upcoming legislative session.

March 15, 2008 – Lion Dwight Maxa - Board of Directors for Lions Foundation

April 19, 2008 – Dr. Kristen Swan – Region's Hospital – returning psychotherapist

May 17, 2008 – Elections and potluck

June, July, August – NO MEETINGS

June 12 –15, 2008 – HLAA **National** Convention in Reno, Nevada

September 20, 2008 – To be announced

New People since Sept. 2007 –

Midwest Hearing - Professional

Mary Hartnett

Todd Kalk

Dave Lovell

Dennis Martin

Mary Ann O'Brien

Welcome to HLAA TC

January 2008

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NEXT MEETING

January 19th AT 9:30 AM AT
Courage Center
3915 Golden Valley Road
Golden Valley, MN 55422-4249

HLAA TC Website

www.hlaatc.org

HLAA National:

www.hearingloss.org



Thank you Ross Hammond who snapped all pictures in this issue.

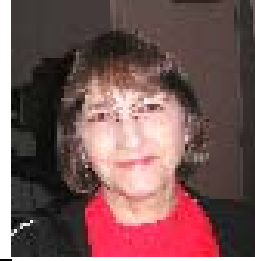
MN Contact Information:

info@hlaatc.org



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 President's Message January 2008



New Year's Resolution Challenge: Crank down the noise for the sake of our kids!!

I do not know about anybody else, but I had a great time at our Holiday party. We nourished the body and the mind and had great fellowship. We even raised a quite a bit of "cookie money" as we celebrated in style!

Besides the yummy food for the tummy catered by our members, our speaker **Ron Anderson from OSHA** (Occupational Safety and Health Administration) provided the food for thought. I actually formulated my New Year's resolution as I listened to him.

In the coming year, I will be a lot more verbal on behalf of our children and the prevention of noise induced hearing loss.

As we learned, technically *employees* are protected at the work place by OSHA noise limit regulations. Employers can be counseled or cited if they neglect to comply with the rules. However, the general public is pretty much left to its own choices on how to limit noise exposure in order to avoid hearing loss. We also found out that there are virtually no sensible regulations for noisy toys.

So what about our children? Who speaks for them? At least in their homes kids should be shielded from the ear killing clamor with which they are bombarded - unfortunately all too often by the grown-ups in their lives.

Toys making "realistic noises" are quite the rage: blaring video games, high pitched screaming fire trucks, planes with roaring jet engines, portable high tech entertainment devices pumping out the decibels!

Even as toddlers **Mr. Rogers** and **Big Bird** blare at them because the sound is fed through the super-duper, surround-sound, woofer-home-stereo system, not to make it pleasant for the child but to satisfy the adults. *How about kicking it down a few notches?*

An estimated 12.5% of U.S. students, ages 6 to 19, have already a measurable noise induced hearing loss. Some of the problems start when our children are still in diapers! This totally freaks me out. It is so sad because noise induced hearing loss is preventable.

The bottomline is that noise is the enemy of ears. It is neither cute nor fun. It is a health hazard. As HLAA TC members and people who know a thing or two about the fallout from hearing loss, let's pledge that at least in our families we will intervene on behalf of the young people when things get too loud. **WE** must become the educators! Who knows, while cranking down the volume for others, we might even be saving the hearing that we have still left ourselves!

Monique

HLAA Meeting.....by Vice President Vicki Martin

Synopsis Part 1

HLAA mtg December 15, 2007 Speaker – Ron Anderson

Ron Anderson from OSHA was our guest speaker. He talked about noise regulation and hearing loss.

State regulations may be different from Federal rules, but they must be at least as stringent. OSHA regulations apply only to employers. Independent contractors, students, and the general public are not covered by OSHA.

In Minnesota, 85 decibels of sound for an average of eight hours per work day is the “action level” at which hearing testing must be done. If it is determined that hearing is being lost over time, hearing protection must be provided by the employer to bring the noise to below that level.

People who do not remain in the same job year after year (such as those in the construction industry) may fall through the loophole, since they are not present year after year to have their audiograms compared.

90 decibels is the level at which hearing protection is mandated.

Many experts believe that the action level and mandatory protection level are too high.

Education about the effects of noise on hearing loss is very important, because there are so many people exposed to noise who do not fall under the OSHA regulations.

Other agencies, such as NIOSH, continue to do research on the effects of chemical and physical agents on hearing

Environmental noise regulations are primarily designed to prevent nuisance conditions, not to protect hearing. These regulations are made by governments at the federal, state, and municipal level, and are generally not enforced unless the noise is creating a disturbance and there are complaints.

Snowmobiles, ATVs, toys, firearms, and other noise-making devices are sometimes under regulations regarding noise levels, but the levels are so high as to be nearly useless.

Both in industry and in the environment, it is mainly up to the individual to protect their own hearing. That is why education about these matters is so important.

Vicki



(Synopsis continued on Page 5)

2007 - HLAA TC HALL OF FAME

It is only fitting that along with the Academy Awards, Grammy's and Oscars that WE give tribute to those that make our organization what it is.....**GREAT**

Officers: Monique Hammond (President) Vicki Martin (Vice President) Sue Brabeck (Secretary) Bob Knoll (Treasurer)

Early Set Up: All officers and their significant others (see below) and Mona Anderson, Hunter Sargent, Turley Sisters

Significant Others: Ross Hammond, Jim Smith, Merrilee Knoll, Dennis Martin

Coffee Committee: Hunter Sargent, Turley Sisters (Holly, Tiffany, Shannon)

Greeters: Mary Andresen, Turley Sisters (Holly, Tiffany, Shannon)

Sign Posters: Ralph Katz, Turley Sisters

Clean UP: All officers and spouses, Hunter Sargent, Turley Sisters

Web Master: Dave Miller

Editors: Linda Senechal, Merrilee Knoll

Photographers: Ross Hammond, Jodi Ostman, Linda Senechal

Reporters: Sue Brabeck, Vicki Martin, Monique Hammond, Jim Smith, Linda Senechal, Kathryn Bakke, Merrilee Knoll

Contact Person: Merrilee Knoll

Loop System: Bonham Cross who donated the loop system

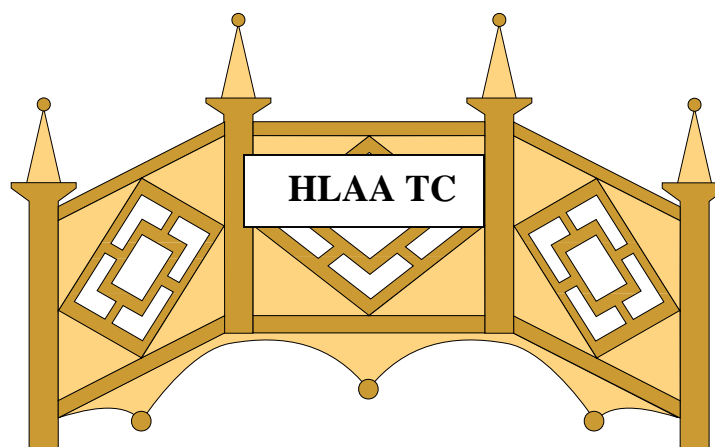
Loop Installers: Ross Hammond, Jim Smith, Bob Knoll, Gary Phillips, Joe O'Brien

CART: Lisa Richardson, Angie Sundell, Suzanne Hagen, Lori Morrow, Lori Sorrenson

Newspaper leads: Dora Weber, Alfred Tsang, Leslie Cotter, Ellen Thibodo, Cindy Graph, Kathryn Bakke, Candace Meinders,

NO JOB description: – we ask they say yes.....Jodi Ostman, Linda Senechal, Mike Day, Turley Sisters

Speakers this year: Dr. Jon Shallop, Dr. Kristen Swan, Jon Skaalen, Alina Schroeder, Michelle Kimmer, Rick McPhearson, and Ron Anderson.



Next month - a tribute to those that made donations.

HLAA Executive Director to Resign

Current executive director, Terry D. Portis, Ed.D., resigned during the November Board meeting held in Bethesda. He will continue to serve as executive director for the near future. Anne Pope said: “Throughout the last five years Terry has been a masterful educator. If you visit www.hearingloss.org you know that Terry has positioned HLAA in the Internet era with a handsomely designed website that has vastly expanded content including interactive chat rooms and message boards. He helped HLAA fulfill its mission to educate, inform and support. During his tenure, Terry has been an advocate for communication access specific to the needs of people who are hard of hearing. With his wife, Denise, Terry has made legions of friends across the country while educating them with his informative and entertaining presentations on hearing loss and its impact.

Terry Portis commented: “The organization is well positioned for an expansive growth period and sustained success in accomplishing its mission. No other organization is advancing the cause of hearing loss as well as the Hearing Loss Association of America. Serving as executive director was more of a personal cause than simply holding a professional position. My wife Denise and I plan to remain active members of HLAA and continue to support the Frederick (MD) Chapter. I appreciate the opportunity to serve as executive director for the past five years.”

Synopsis Part 2 (Business) HLAA TC Mtg December 15, 2007

Guest Dave Lovell brought two big boxes of ASL instruction materials, including videos, which he donated to our organization. They are available now for anyone to take for their own use. Since we do not have a lot of storage room at Courage Center, we will find homes elsewhere for anything left over. It will all be put to good use. Dave’s wife Diane acquired these items when she minored in ASL in college, so this is all quality material. Thank you Dave!

Rick McPherson, our guest speaker two months ago (from Minnesota Disability Law) has received the Justice Advocate Award from MCDHH. Congratulations, Rick!

Bob has the tickets for the Steak Fry, one of the HLAA fund-raisers, sponsored again by the Lions of Crystal. Tickets are \$9 each this year. The date is Wednesday, April 9th.

Bob also mentioned that 3M has a “volunteer match” program, and donates \$200 per year per volunteer, if employees (or retirees) donate at least 25 hours of their time to a qualified organization. HLAA qualifies for this donation via Sue and Vicki. He encouraged others to check out whether their employer (or former employer) has a similar program.

The business meeting was followed by a free-for-all...um, that is, a gift exchange. Always full of surprises, this year’s gifts included a Kirby Puckett statue (which was snatched away as many times as allowed), a plastic ear, plenty of candy, and a few things we actually need.

There followed our annual pot luck lunch before everyone headed home heavy bellies and light hearts.



Holiday Season Nostalgia!

By Monique Hammond

Now that the Holidays are officially over, I can share without getting emotional one little item that I resent my hearing affliction for – at least still a little bit. I am making progress though.

I have never been a power shopper. However, during the Holiday Season I always enjoyed a trip or two to downtown *Dayton's* - later *Marshall Field's*. Ah! Those festive decorations and the ever present scent of potpourri - from the exotic to the mundane - were enough to kick anyone into the spirit of the Season.

I would linger for hours seeking out the European imported goodies: wooden toys, Advent Calendars, chocolates filled with praliné from Belgium! And what would any winter Holiday be without the German Marzipan mushrooms, lady bugs and rosy little pigs? Touching the blown glass Christmas tree decorations transported me right back to my youth. Can one be homesick, happy and sad at the same time?

Of course, there was also the music piped in over the loudspeakers. As a special treat a pianist delighted the chattering buyers with artistic renditions of all those songs that we hear but once a year - over and over yes, I know. But nevertheless these Holiday Season outings were special to me.

That was before my hearing loss complete with balance problems, recruitment, tinnitus and aggravated hyperacusis.

Now the crowds of excited shoppers make me dizzy causing me to weave and stumble. Small kids! Mercy! I flee and seek shelter among the coat racks. The little nippers might just scream suddenly which makes me yelp out in pain. The hearing aid makes things even worse.

Music with pianos, sopranos and flutes? There is no longer anything angelic about it. It only puts the tinnitus into overdrive which feels like the dentist is drilling my ear. That bee in my bonnet is getting awfully upset! After ten minutes I can think only of getting out of there. Forget the Marzipan pigs! I want some peace and quiet!

How I miss my fully-hearing Holiday excursions! I have warm memories, and there is a lot to be grateful for. The doctor once told me: "You will develop coping skills. You do whatever works!"

Even though the painted, carved nutcrackers left me a tad cold, with the help of industrial strength earplugs I actually tolerated the challenges for a bit longer this year than last year. At least I was able to visit my specialty departments for a little while to see, wonder and touch. I could hardly make out a word of the sales pitches from various vendors: smile and keep on stumbling forward! So, if nothing else, my goodness, did I save money!

Monique

People Magazine - Janice Schacter, NY, was featured in "People Magazine," Jan.2008, as a devoted advocate for deaf and HOH people. If you see one of these symbols ("oc" "cc" "rwc" an ear with dots, an ear with T or other symbol) at an entertainment facility anywhere in the world, snap a picture of the facility and where it is located and email the info. to Janice Schacter at jagbell@nyc.rr.com She is making a list of these places for a survey and where more work is needed to meet the needs of people with hearing loss. Put the name of the theater or museum in the subject line.



National Website – Unreadable?

Many have complained that the Nat. website is too small for people to read comfortably. Here is the way to fix that...magnify it.....All limited by how good the orig. is.

Windows XP

<http://www.microsoft.com/windowsxp/using/accessibility/magnifierturnon.msp>

Windows ME

<http://www.microsoft.com/enable/training/windowsme/magnifier.aspx>

Windows 98

<http://www.microsoft.com/enable/training/windows98/accessoptions.aspx>

Apple Zoom:

<http://www.apple.com/accessibility/vision/>



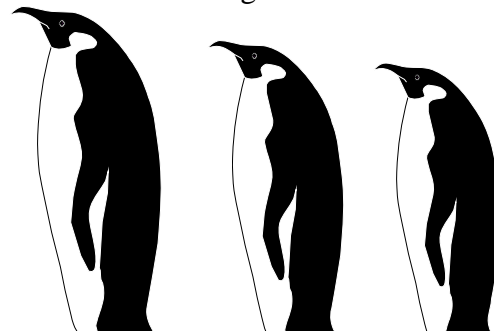
Sue, Dennis, Vicki

The Power of Team

Thanks to Marie Koehler at DHHS

The flightless fairy penguin of Australia stands less than a foot tall and is clumsy on land, where the fox is its natural enemy. Alone, one penguin wouldn't survive for long. So, after each day in the water, they gather where the surf meets the shore, waiting until the last penguin joins them. Then shoulder to shoulder they march up the beach to their burrows. They support each other. they rely on each other. And everyone but the fox, wins.

We are a stronger team because of you.



Test Your Balance

An interesting item was that this researcher, Americo Migliaccio, had a simple test for determining whether or not your sense of balance was intact. What you do is to hold your hand in front of your face, about five or ten inches away from you, palm facing you, fingers spread. Focus your eyes on your hand. Now, holding your head still, shake your hand to the left and right, fast. Notice that your eyes cannot follow the motion of your fingers, right? Now, holding your hand still, shake your head fast, to your left and right as if you were saying "no," and keep your eyes focused on your hand. If you have good balance, your eyes will be able to remained focused on your fingers. If your balance is very poor, your fingers will appear blurry, just as for the case when you held your head still and shook your hand.



Closed/Open Captioned Movies/ Twin Cities

<http://www.mnocfilms.org/ocaptions.html>

To find a movie by location, distance traveled or date see Fomdi: www.Fomdi.com

If you are interest in current movies that offer captioning using a rear-window system, contact one of the three MoPix equipped theatres in the Twin Cities for their schedule. Rear Window Captions available in:

AMC in Eden Prairie Mall 18

<http://www.amctheatres.com>

AMC Rosedale 14 in Roseville

Crown Theatres Block E15 in Mpls.

[\[theatres.com/theatres/minnea_block_e.html\]\(http://www.theatres.com/theatres/minnea_block_e.html\)](http://www.crown-</p></div>
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Science Museum:

www.smm.org/visitorinfo/hours/showtimes_dyn_amic.php or

www.smm.org/info/accessibility.php



Aloha events are generally held the second Saturday of each month. The group may go out to a restaurant or meet at someone's home for dinner and games. If you are interested in attending, contact Ellen Thibodo for information on upcoming events.

Phone 651) 423-2249 (TTY)

E-mail: ThibodoD@aol.com

**WRAD Halloween Mexican Riviera
Cruise October 2008**

Leaving Los Angeles, Sunday October 26, 2008
Return Los Angeles, Sunday November 2, 2008
Visiting Cabo San Lucas, Mazatlan, and Puerto Vallarta

Name of ship is: Vision of the Seas by Royal Caribbean International

Sign Language interpreters/ **CART service** providers onboard and for Tours in Mexico.

More info.: <http://www.wrad.org>

Hi, Everyone,



I regret to inform you that due to not having anyone available to host this month's Aloha event nor being able to obtain reservations at a restaurant for our group, we have to cancel this month's Aloha event. Apparently there are still several companies that are having holiday parties for their employees. Many of the other places I tried would not take a group of our size without our renting a private room. Others simply do not take reservations and admitted to me that it would be difficult to seat us as a group if we did come in and try our luck.

I know many of you, myself included, are disappointed being that this is a time we all look forward to.

Next month's Aloha is Saturday, February 9 at the home of Linda Senechal in Bloomington. More details will follow at the end of January or the beginning of February.

If anyone can pick a definite month they can host an Aloha event this year, I'd really appreciate it. I know many of you already told me that you'd like to do it - I just need a few more volunteers if possible!!! In the meantime I'm still going to try and work out some reservations to places that would have taken us had they not been filled up this month.

Ellen



New arrival Dec. 22, 2007 to Dave, Karin, Micaiah and Josiah. Miriam Jov Miller



Rob



Iodi



Jim & Linda



Joe



Linda



Dora



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Ron

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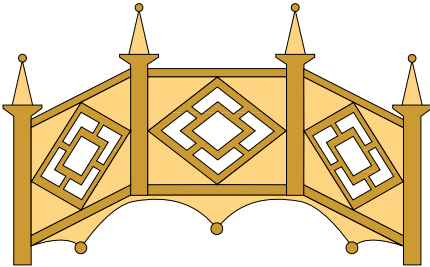
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If you would like to advertise in this newsletter, contact Merrilee Knoll at
RKnoll5200@aol.com

**HLAA TC
PO Box 8037
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First Class



Next meeting: Saturday, January 19, 2008

HLAA Twin Cities Chapter

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HLAA Twin Cities Chapter Welcomes You

President – Monique Hammond,
E-mail: president@hlaatc.org

Vice President – Vicki Martin,
vicepresident@hlaatc.org

Secretary – Sue Brabeck,
E-mail: secretary@hlaatc.org

Treasurer – Bob Knoll,
E-mail: treasurer@hlaatc.org

Aloha Event Coordinator –
Ellen Thibodo, (651) 423-2249 (TTY)
E-mail: ThibodoD@aol.com

Contact Info. info@hlaatc.org

Website www.hlaatc.org

Newsletter Editors -
Linda Senechal, cilinda97@yahoo.com
Merrilee Knoll, Rknoll5200@aol.com

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