

HLAA Twin Cities

Hearing Loss Association of America Twin Cities Chapter March 2007

Formerly SHHH Minnesota Chapter #1

Calendar of Coming Events

Mar. 17, 2007 - Open Forum & Access to Performing Arts & Program Coordinator -Jon Skaalen – see page 2 for times

April 11, 2007 – HLAA TC Steak Fry

April 21, 2007 - Deaf/Safe Speaker Alina Schroeder

May 19, 2007 - Elections & Pot Luck

June 21 – June 24, 2007 – HLAA National Convention in Oklahoma City

September, 2007: Michelle Kimmer (MN Employment Center)- job coaching for deaf and HOH

October, 2007: Rick McPhearson - attorney with the MN Disability Law Center

November, 2007: Hearing dogs

December, 2007: OSHA - Brian Alexander : NOISE - regulations and hearing issues



STEAK FRY

The Steak Fry will be April 11, 2007 (Wednesday), from 5 – 7 PM at the Crystal Lions Club. This is a major fundraiser for our group.

Please turn in your money and unsold tickets to the treasure at the March meeting.

Steak Fry Reminder:

What: Steak Fry - major fund raiser for HLAA TC

When: Wednesday, April 11, 2007

Time: 5-7PM

Place: Crystal VFW Post 494,
5222 Bass Lake Road in Crystal

Cost: \$8 presold tickets, \$9 at the door

If you need more information contact Bob at treasurer@hlaatc.org or call 763-537-7558 (V).

Thank you to these people who volunteered to serve the steaks, Linda S, Jim, Sue B, Mr. & Mrs. Mike Day, Dorothy A and family, Jerry P, Bob & Merrilee and photographer Jodi Ostman.

Last year we made \$600 for HLAA TC.

Thank you to the Crystal Lion's Club for sponsoring us AGAIN.

March 2007

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President's Message



Hmmmm I get frustrated when there is an event, class, movie, play, concert etc.etc. and they say.....accommodations available. Then it says call for what you need...ASL, Hmong, tactile signing, Spanish, French, Chinese, Russian. So where is my accommodation? I'm hard of hearing I don't speak any of those languages. I sometimes wonder in a country that is supposed to be based on English, why aren't my needs of an English speaking, writing, emailing person being met. When I became HOH my mind did not switch to channel ASL or Hmong.

The last count I heard and it varies from whomever is doing the write up, but 52 million people are Deaf or HOH. Guess which has the largest number? You got that right, the HOH. So why are we lagging in accommodations?

It really pains me to see a young man of 20 go off to war and fight for our country and freedom for others, and he comes back deaf or HOH. What kind of a trade off is that? There are men and women from all the wars still with us from WW1, WW11, Korean, Viet Nam, Afghanistan, Iraq etc. etc. Hearing loss is not going to go away.

We will be able to discuss some of those issues at our March 17th meeting. It is an open forum and some guidelines for the event are listed in the newsletter. Besides

the forum we will have Jon Skallen from "Access to Performing Arts & Program Coordinator." He will be taking a survey "are YOUR art accommodations being met?" There is also a write up in "Access Press" available in the Courage Center lobby (free) to anyone who wants to see the upcoming Art selections. If you attend a show please share your feedback with Jon.

www.vsaaartsmn.com

Merrilee



Legislation at the Capitol



Advocate for this year's big issues, mandate newborn hearing screening and intervention money for intervenors and SSP's for DeafBlind children and Adults. Funds for Interpreters for Health Care, Youth Transition Programs and more. online at

<http://www.mncdhh.org/Form.html>

HOUSE AND SENATE TELEVISION GUIDE



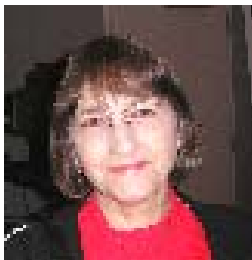
Legislative television programming is produced and created by the television staff of the Minnesota House of Representatives and the Minnesota Senate.

Programming is broadcast and cablecast to Minnesota residents weekdays from 8 a.m. until 5 p.m., with extended coverage available on select days and over select cable systems. Broadcast times may vary among systems.

Twin Cities: tpt17 (broadcast and cable)
<http://www.house.leg.state.mn.us/hvtv/liveweb.htm>

HLAA TC Meeting 2/17/07

By Monique Hammond VP



Monique

We had a total of 29 people attending our very dynamic and informative meeting. Lisa Richardson provided our CART service.

President Merrilee reminded us all to keep checking the free information box and other available displayed materials. Next month, our own Dora Weber will give each one of us a copy of her book that she wrote on cochlear implants. Thank you, Dora!

Good news: *Almanac*, the weekly show on *tpt* is now captioned!

Vicki Martin started her introduction to ASL, a most important skill for all hearing disabled. This will be continued in future meetings.

In exchange for a donation, we “sold” off some of our library materials. Jodi Ostman took on the task of tending to these transactions.

Treasurer Bob is getting curious about the status of the steak fry ticket sales. How many tickets have been sold so far? Next meeting, please report to Bob and show him – no, *give him* - the money. Bob needs to get an idea about how much meat to order.

We have now 3 new **members**: Beverly Fish, Elisabeth Lieske and Linda Miller. It was also great to greet so many **guests** whom we would very much like to see join us again: Jane Archer, Julie Leon, Dave Lovell, Dennis

Martin, Jim Smith and Judy and Dave Swan. To all a very warm welcome!

The main event was our speaker Kristen Swan, a highly experienced psychologist from Region’s Hospital. Kristen specializes in working with the deaf and hard of hearing. She talked about the 6 main reasons why people with hearing disabilities seek her services.

Among other factors, she talked about the anxiety and depression that often go hand-in-hand and put us into an emotional downward spiral. Problems with relationships, trouble at work and in the end actual physical complaints - like muscle tension, sleep issues or even nausea - decrease our quality of life and interfere with our daily activities. Lack of energy, low self-esteem and low self-confidence can easily turn us into recluses who try to avoid yet more psychological trauma. This vicious cycle often can only be broken by seeking help from a professional familiar with the challenges of the hearing disabled.

Kristen gave us tips on coping and compromising strategies. She also offered suggestions and on how to communicate our needs and limitations better to our friends and family. She got many very relevant questions from the audience. Some of the highly complimentary comments directed at her visibly moved her. I think that her obvious compassion, insights and understanding gave all of us some relief and new hope.

Thank you all for a very productive meeting. See you next month.



Kristen
Swan,
Region’s
Hospital

You Hear What You Want to Hear

Vicki Martin

You all know they say it. Sometimes they say it loud enough for you to hear. Sometimes they even put it into writing: “You hear what you want to hear”.

That reminds me of Mr. Larson, a sixth grade teacher who sent us all home one day with the assignment of finding out what you should believe. How do we know what to believe? “Ask your parents,” he said, knowing full well we wouldn’t believe *them*. Some of us, nevertheless, reported our parents’ recommendations back to the class.

“My dad says you shouldn’t believe anything you hear and only half of what you see,” reported one student. Another said, “My dad said to believe everything you see but only half of what you hear.” After a few rounds of comments on the relative generosity of each father’s views, we began to discuss it in earnest. How do you know that? How do you know anything? What if I disagree? What if everyone else thinks so, or doesn’t think so?

Finally, having cornered one contender and insisted on an answer of her own, Mr. Larson elicited this outburst: “How should I know?!” Carol cried. “You believe what you want to believe!”

“Ah!” Mr. Larson shouted, holding up his hand as if he had found the prize. The room went silent.

You believe what you want to believe.

You hear what you want to hear.

Are we making the connection?

In what ways are believing and hearing alike? In my book, they are not. Hearing is a physical process in which sound waves cause vibrations in our inner ear mechanism, which in turn signals the brain that this action has taken place.

Believing, on the other hand, is a subjective process that takes place in our brains after the

facts have been gathered. Deciding what to believe is not the same as gathering information. Our eyes, nose, sense of touch, and - yes, our ears – are part of the information-gathering system. What we do with the information is up to us.

Instead of “you hear what you want to hear”, it would be more accurate to say we guess what we want to hear, or we believe what we want to hear, or we believe what we guess we might have heard.

Are you still with me?

We have all kinds of ways of getting clues, and our brains constantly work to let us know what is going on.

“Who would like an ice cream cone?” your Mom calls. Maybe you feel someone walking in the next room, or sense the freezer door opening. You might catch a glimpse of Mom in the kitchen. You are hot, hungry and hopeful. You wander out there in time to see her scoop some ice cream into a cone.

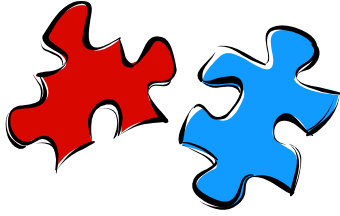
“She didn’t have any trouble hearing *that!*” your aunt says.

Of course, our level of vigilance is higher when we anticipate something delightful, something we wouldn’t want to miss. But it is a level that simply can’t be maintained constantly. To expect that would be to expect what no human can do.

It is true that we are more aware of activity when it has a special relevance to our immediate needs. We anticipate, we guess, we hope. We believe. But if there are no hair cells, or no eardrum, or something blocks the sound, we will not *hear* what we want to hear, no matter how much we want to hear it.



BITS AND PIECES



Steak Fry April 11, 2007 - please turn in your money and unsold tickets to the treasure at the March meeting. We had a terrific turn out last year and made some funds for the chapter, lets see if we can do it again.

Laurent, SD, the town designated to be an ASL friendly environment for Deaf patrons who work, live and shop in the town has reached an end. Because of numerous items including; lack of money that had been promised, decline in the Deaf schools and the founders own children (4) who need a good education. The founder and his family Marvin Miller will move to Indiana where his children will attend the Indiana School for the Deaf and is widely regarded as one of the top in the nation. Enrollment if over 340. Right now the idea of having this town called Laurent is now on hold. See www.LaurentSD.com for updates.

http://www.fcc.gov/cgb/dro/tips_on_filing_cc_complaint.html

Captioning complaints? No caps during an emergency, storms, bad cap? Contact the above web site. The more people who say their captioning is inferior the more likely FCC will respond to it.

<http://www.bionicear.com> **Advanced Bionics** has a new website.

Grants and Scholarship list for people with hearing loss and other conditions.

<http://admin.sfcc.edu/~drc/Independence%20Cafe/Scholarships%20and%20Grants2.htm>

Daylight Saving Time - don't forget to set your clocks one hour ahead on March 11, 2007.

Take the **online course** in the facts of **ADA** at <http://www.adabasics.org> Topics (12) include

purpose and structure, cross cutting issues, employment and more. To date, thousands have taken the course and the tests (all Free) with good comments.

Car airbags will cause 17% permanent hearing loss predictions says Richard Price from the Nat. Hearing Conservation Association. US cars more so than foreign as our airbags are bigger. For full story see <http://www.aip.org/isns/>

New book out..."On the Job with Hearing Loss," will be available for distribution April 2007.\$29.95 plus \$4.50 shipping, more info. <http://tinyurl.com/25wrrb>

Message from Starkey's Jerry Yanz, he was at the Dec. mtg. and said volunteers were needed. Here is his update:

Further progress on our wireless projects has been slow lately in the midst of a large number of projects currently in the works. I have the list of names of your members, and I truly appreciate the interest they have expressed in participating in our efforts. I will be in touch with you or the people who signed in as soon as our development projects are at the point of needing further testing and input.

Warm regards,
Jerry

Actor **Hugh O'Brien** starred as Wyatt Earp on TV in 1955 and it ran 6 1/2 yrs. Read about his hearing loss.

http://www.healthyhearing.com/library/interview_content.asp?interview_id=111

Norm Crosby, actor, comedian tells about his hearing loss that started in the military aboard an anti-submarine sub-chaser in WWII

http://www.healthyhearing.com/library/interview_content.asp?interview_id=155

Sam Trychin is a HOH psychologist, educator and author. He is offering an **online workshop** titled "Trychin Self Management Program for Living With Hearing Loss" Course includes strategies and tactics for effectively dealing with hearing loss and its effects for those people who have hearing loss and for those people with whom they communicate.

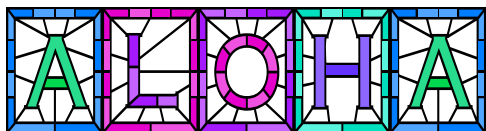
www.trychin.com

Keep in mind for the MARCH MEETING (Open Forum)

From Self Help for Hard of Hearing People (Central Arkansas Chapter)

10 Commandments for Communication

1. Raise your hand when you wish to say something.
2. Wait for someone to call on you before you speak.
3. Always use a microphone when you speak.
4. Do not keep raising your hand without giving others a chance to speak.
5. Get to the point.
6. Keep the meetings POSITIVE by avoiding inappropriate negative comments.
7. Show respect toward your fellow members and guests.
8. Remember your communication needs may be different from mine.
9. Tell us what you need to communicate better. How else will we know?
10. Self explanatory.



Aloha is a social group of adults of all ages that share a hearing loss.

Contact Ellen Thibodo at ThibodoD@aol.com for Aloha events.

19 YEARS AGO:

May 10, 1988

The Washington Post

Ear Implants for the Deaf: Limited Use Panel of Experts Finds Them Valuable for Some, Uncertain for Many

The cochlear implant consists of a small microphone, an external computer-transmitter and an internal device that stimulates nerve endings in the spiral-shaped cochlea. Typically, people hear these signals as clicks, beeps and buzzes; some learn to use these sounds so well that they can converse on the telephone. The device is recommended for fewer than 1 percent of people with substantial hearing loss, and doctors can't predict which of the profoundly deaf will benefit. A computer the size of a portable radio, worn on the belt, transforms sounds into electrical signals and sends them by wire to a transmitter behind the ear. Different designs have different numbers of sound channels. In general, devices with more channels, separating high frequencies from low frequencies, are thought by some to provide the best chance of understanding speech.

Haven't we come a long way!!



Sue talking with one of our visitors at the February, 2007 meeting.

Paint-A-Thon



Are you deaf, deafblind or hard of hearing?

Is your monthly income less than \$1,633
(or \$2,200 for a family of two)?

Do you have a permanent physical disability
or are you over the age of 60?

Do you own and live in a single-family home?

Is the exterior (outside) of your home in need of paint
(but not major repair)?

Do you live in Anoka, Carver, Dakota, Hennepin, Ramsey, Scott or
Washington County?

IF YOU ANSWER **YES TO ALL OF THE QUESTIONS ABOVE**, and would like
to apply to see if your house can be painted **FREE OF CHARGE**, please contact:

[Deaf and Hard of Hearing Services ~ Metro Office](#)

IMPORTANT TO NOTE: DHHS staff cannot promise that your house will be
painted, but we can help you get the application form and assist you with
completing it. The Metro Paint-A-Thon Program staff will decide if your house will
be painted.

If you are interested, contact DHHS **by April 30, 2007.**

E-Mail:
or
Phone: 651.297.3640 (Voice),
651.297.1316 (Video Phone),



Dhhs.metro@state.mn.us
or 1.888.206.6513 (TTY)
or 70.91.179.85 (IP#)

"Let Me Get You an Interpreter "

By Terry D. Portis, Exec. Director, SHHH
From the July/August 2005 issue of Hearing Loss, a publication of SHHH (Self Help for Hard of Hearing).

Almost every day one of our members tells us that he or she asked for some type of accommodation and was offered an interpreter. Of course, the problem is that this person does not know American Sign Language (ASL), and does not intend to learn it. We hear from our local chapters who ask for support from a state agency for CART (computer-assisted real-time transcription) at their meetings and are told it would not be paid for, "But we could send an interpreter."

A few weeks ago I found myself in a conference where a speaker suggested that more people learn ASL so we can support "deaf and hard of hearing people." Consider that, of the 28 million Americans with hearing loss: 94.8 % are hard of hearing, 3.8 % are late deafened, 1.4% are prelingually/culturally deaf. The SHHH philosophy has always been "use whatever works for you." If you want to learn ASL to supplement your communication skills, go ahead. If it would do you no good, because you don't even know anyone that uses sign language, then that is okay too.

Most of our members rely on hearing technology and visual clues such as speechreading (or lip reading) to help them communicate. The last membership survey for SHHH showed less than three percent of our members know ASL. With that said, we need to be very clear that most of the "deaf and hard of hearing" people in this country are not users of sign language. The most generous study I can find projects that 500,000 people are ASL users. That is out of 28 million people who are "deaf and hard of hearing." Some studies suggest a more accurate figure would be 100,000 people. In spite of this, how much of state and federal dollars are used to support the communication choice of the vast majority of

people whose lives are impacted by hearing loss? While it is difficult to come up with exact numbers, I would suggest that state and federal funding for supporting hearing loss is exactly opposite of what it should be. The statistics of people who are hard of hearing are used to justify funding that then usually never gets to them.

Sometimes we avoid saying what I have just said, because we don't want to cause a rift in the hard of hearing and deaf community. We do not want to get into the Deaf/ deaf/hard of hearing/person with hearing loss/ etc., debate. However, it is time that advocates for people who are hard of hearing start to make some noise about serious funding inequities that are found throughout the country. For example, here are some questions you can ask in your state:

*How much does your state deaf and hard of hearing service provider spend for ASL services versus CART services?

*How much is spent by your vocational services agency to provide technologies for hard of hearing people?

*Will your local court system provide an ASL interpreter for a deaf person? If so, will they also provide CART for a hard of hearing person?

*Does your state fund video relay (so people can see an interpreter)? Then, do they also provide an equal level of funding for CAPTEL phones?

These questions will help us to publicize some of the inequities that exist.

Terry D. Portis, Ed.D



Longtime member
Shirley at
the February,
2007 meeting

[View Hearing Loss Magazine free online](http://tinyurl.com/lormh)
<http://tinyurl.com/lormh>



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

National Website:
www.hearingloss.org

Minnesota Website:
www.hlaatc.org

MN Contact Information:
info@hlaatc.org

HLAA Twin Cities Chapter meetings are held at the Courage Center
3915 Golden Valley Road,
Golden Valley, MN 55422

on the 3rd Saturday of each month (except June, July and August). Meetings start at 9:30 and last until Noon. Everyone is welcome!

Please note: Opinions expressed in this newsletter are those of the person submitting the information and not necessarily those of HLAA MN Chapter #1. Mention of goods or services does not mean endorsement nor should exclusion suggest disapproval.

UNIVERSITY OF MINNESOTA STUDY ALERT!

The University of Minnesota is looking for families with hearing disabled/deaf children who were born AFTER August 1997. Researchers want to review the newborn blood spot test that is performed on all newborn babies. They try to establish whether the virus CMV (Cytomegalovirus) might be linked to **newborn** hearing deficits. The study deals with “ Congenital CMV.” CMV belongs to the Herpes family of viruses to which we have all been exposed in some way or another. The question becomes: Can this virus infect a developing fetus and cause hearing damage?

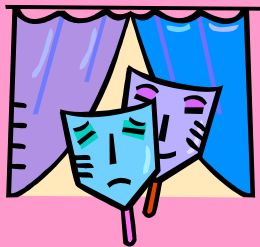
In order to perform the study, researchers need the family’s *written* permission in order to retrieve the child’s blood spot card from the archive at the Minnesota Department of Health. Prior to August 1997, the blood spot cards were not stored. The test is done at **no cost** to the parents and the child will remain anonymous. The results will be shared with the family. It is very important that the researchers get a large enough sample of patients that they can review. They are looking for 200 cases.

Anyone who might be interested in participating – or knows of a family that could help them out - can contact the University at cmv@umn.edu for more information. Audiologists can also connect the families with the doctors at the University to address questions and concerns.

Monique, VP

The best and most beautiful things cannot be seen or touched - they must be felt with the heart ~ Helen Keller

Entertainment



CAPTIONED THEATRE

The Pajama Game

Performed by: *Mixed Blood Theatre.*

Captioner: *Robin C. Gillette.*

Tickets: **Reduced by \$5, regularly \$24; Phone: 612-338-6131 or email: boxoffice@mixedblood.com.**

Location: *Sabathani Theater, 310 E. 38th Street, Minneapolis.*

Website: *www.mixedblood.com.*

Description: The recipient of two Tony Awards and nine Tony nominations in 2006, this classic 1950s chestnut is adapted to modern times as a labor/management musical in a garment industry dominated by Latinos. The recognizable lyrics and melodies of "Hernando's Hideaway," "Steam Heat," and "Hey There" will be joined by uniquely Latin arrangements.

Captioned performance is Friday, March 23, at 7:30 PM

Rear Window[®] Captioning

was developed by The Media Access Group at Boston public broadcaster WGBH to make theaters accessible to audiences with disabilities the day and date films debut, and during regular showtimes.

Rear Window Captioning enables movie fans with hearing loss to enjoy a film via reflected captions that appear on a plexiglas panel at the seat. Patrons sitting in the surrounding seats cannot see the captions. DVS Theatrical presents concise narration of visual cues, including scenery, facial expressions and silent movement of characters, through a FM or infrared system delivered to headsets. There is no additional charge to use the systems.

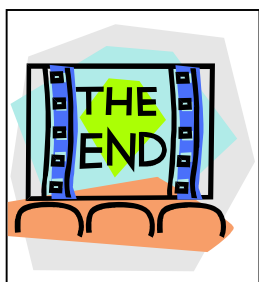
These unique access technologies are installed in the following Twin City theaters:

AMC Eden Prairie Mall 18, Eden Prairie

AMC Rosedale 14, Roseville

Crown Theatres Block E 15 (2 auditoriums equipped), 600 Hennepin Ave., Minneapolis

Science Museum of Minnesota, St. Paul



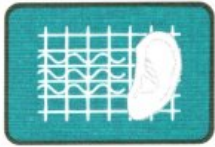
To check opened captioned movies in March and April, 2007

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

Closed captioned movies:

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

To find a movie theater near you that has captions, simply type in your zip code at this Web site www.Fomdi.com



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HLAA Twin Cities Chapter Welcomes You

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This month's editor is Linda Senechal

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