

SHHH News

Minnesota Chapter #1 Volume 20 Issue #21 February 2006

SELF HELP FOR THE HARD OF HEARING

Calendar of Coming Events

February 18, 2006 - Tina Childress, MA-CCC-A, Advanced Bionics, (see Page 5)

March 1, 2006 – Cochlear Implant Coffee and Chat at the U of MN, 10:00 AM

March 18, 2006 – General Meeting

April 12, 2006 – Steak Fry to benefit MN SHHH Chapter #1. See Bits and Pieces for more information. Page 5

April 15, 2006 – General Meeting

May 20, 2006 – General Meeting

June 29 – July 2, 2006 – National Convention in Orlando, FL

Please remember to thank our wonderful CART people who make it possible for us to understand what is being said at our meetings.

February 2006

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National Website:

www.hearingloss.org

Minnesota Website:

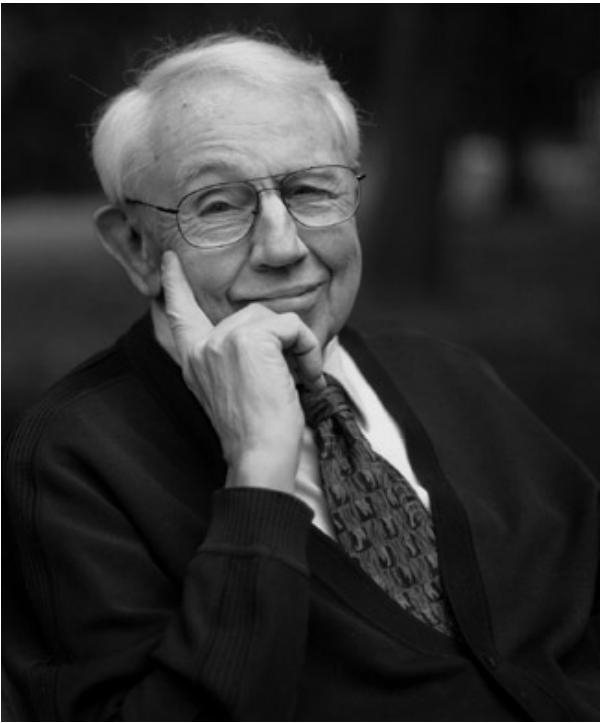
<http://deafvision.net/shhhmn1/>

MN Contact Information:

shhhmn1@hotmail.com

Maple Grove and Crystal Lions Club
International Thank you!!!! See Page 9





Bonham Cross receives 1st Chapter 1 Award

- Participant/Member of:**
- Deaf Pilots Assoc. Inc.
 - The Hearing Society of Minnesota
 - The Minneapolis Metro Regional Service Center for the Hearing Impaired
 - The Minnesota Commission Serving Deaf and Hard of Hearing
 - The Minnesota Association of Deaf Citizens
 - Self-Help for the Hard of Hearing Minnesota Chapter.
 - Vision Loss Resources/Deaf-Blind Services of Minnesota
 - MN Senior Federation
- Awards:**
- First recipient of the lifetime award, and started because of him:
- Lion Roars Humanitarian Award 2005
 - Self Help for the Hard of Hearing Chapter 1 MN 2006
- Other Awards:**
- MN Registry of Interpreters for the Deaf for 30 yrs.
 - McKnight Binger Award 2002
 - 1997 national Spirit of SHHH Award

I've had the pleasure of knowing Bonham since I joined SHHH, probably somewhere in the neighborhood of 20 years. I have never known a more gifted and giving man. To my knowledge I've never heard him say no, if he didn't have the answer he'd get it. All questions relating to looping were easily responded to. Not only did he generously volunteer his time and talents and equipment for our chapter, he advised and provided service to Hennepin Avenue United Methodist Church, the state meetings of SHHH, legislative day on the hill for the Minnesota Commission Serving Deaf, hard of hearing and Deaf Blind, various professional organizations serving persons with a hearing loss. He has been honored by several groups for his generosity and skill. But perhaps, most of all, he never fails to say only the best about the people associates with, and for me, that tops the list.

Cliff Miller

Bonham Cross now 85 yrs. old told us at the last SHHH mtg. "I became involved in a youth group at church one of the biggest in Mpls. at that time and then the war came, and that changed everything." He signed up in the Air Force and became a B-25 pilot.

He lost part of his hearing to scarlet fever when he was young, more when he flew B-25's in WW11 and more in Africa to malaria, which he had twice.

After the war he attended college. When he worked at Glacier Nat. Park he met Marie and they married. They both enjoy hiking and return to the park frequently. Bonham also enjoys sailing.

He started at the Star and Tribune as a photographer then onto the advertising dept. In the print shop he met his new friends and learned ASL, at this time he was nearing retirement age. He attended MN Assoc. of Deaf Citizens mtgs. He was one of few HOH who learned ASL.

(Continued on Page 6)



January Synopsis

By Dora Weber

The meeting was opened by Joe with a welcome to all in attendance. Dora introduced all visitors. Sue Brabeck, Jeanette Johnson, Ceil and Irving Schecter who have been married for 70 years. Elizabeth, a friend of the Turleys, and Wendy Williams from Fairibault.

Lori reported that there were 21 people who gathered to package 7344 meals for the Feed my Starving children program.

Joe presented Bonham, one of the founding members of our group, with a lifetime membership. He was then placed in the spotlight and was recognized by several members.
(Read Cliff's report)

Bob reminded the group about the upcoming steak fry that is being sponsored by the Crystal Lions in April. He reported that the group received a donation from the Maple Grove Lions organization.

Break

Dora introduced 2 more visitors, Phyllis and Henry from Plymouth

Dr. Jon K. Shallop, audiologist from the Mayo Clinic in Rochester, Mn. was introduced by Dora. Dr Shallop spoke about causes and treatment for hearing loss. He began by telling us how we hear sound. A picture of the ear was shown and we told how each part functions.

It is impossible to include every thing that he shared with us so I am going to highlight what I think were some of the important items.

- 1-Most people have a high frequency loss
- 2-The majority of hearing loss is hereditary
- 3-Some are syndromic (Downs Syndrome, Wardenbergs syndrome)
- 4-Traumatic (car accidents, falls, noise induced)
- 5-Drugs (Streptomycin)
- 6-Infection or disease- (meningitis)
- 7- Conductive hearing Loss
 - Something stuck in the ear
 - Wax
 - Hole in eardrum
- Sensorinaural
 - Damage to hair cells
- Helped by hearing aids and cochlear implants
- 8-Tumors

Treatments

- a-Bone conduction hearing aids
 - b-Hearing aids
 - c-Cochlear Implants
 - d-Medical and surgical
- 9-Don't seek a simple solution
 - a-Health food store
 - b-Do nothing
 - 10-See primary care physician
 - 11-See ear specialist, audiologist
 - 12--Genetic research is being done that may eliminate hearing loss in the future

Several questions were asked and answered following the presentation.



Confessions of a CI Reject

By Vicki Martin

Well, OK. I haven't actually been rejected – yet. But if I ever get up the nerve to be evaluated for a cochlear implant, I'm sure I will be, if only because of my attitude.

Clearly, I am not ready for this.

But let's assume for the moment that I would be considered a candidate. Reasons for my hesitation are not hard to find. We can just look at some of the pros and cons that a cochlear implant would present.

On the plus side, it offers a person the potential to hear better. That, in fact is its only “plus”, but it is a very big one. It is the CI's whole reason for being. It is the one and only reason that people are willing to go to the trouble, the expense and the risk of having the implant.

But note: this “plus” is not the *promise* of better hearing – it is the *potential*. And, as our grade school teachers were fond of reminding us, potential isn't always realized.

And then there are the “minuses”.

First of all, it may not work. More than the loss of your time and money, you risk losing what little hearing you've got. That 5% of normal hearing that you cling to happens to be 100% of what you have. Now may be a good time to think about this much-neglected mathematical principle: something is infinitely more than nothing.

But suppose it does work. What would the quality of the sound be like? Would music really sound like music, or would I enjoy that Schubert concerto just as much if I read a musical analysis in a textbook?

CIs are expensive to maintain. Several batteries are used at one time, and they last only a couple of days. Will they even be available all of the time? Besides the batteries, the devices themselves must be maintained. Who will pay for that? Medicare? C'mon.

Not only do they cost money, they cost time. Dora Weber, in her 2004 book “I Danced,” describes her 20-year odyssey of appointments, “mappings”, re-programmings, continual experimentation and occasional pain. Admittedly, several years' worth of problems are telescoped into a few short chapters, and Dora herself is unwavering in her claim that it is all worth it, but it still scares me off. It sounds too much like a full-time job and, thanks – but I already have one.

And maybe I would hate it. I already know that hearing sounds I am not used to hearing (ie: with a high-powered hearing aid turned all the way up) can be disorienting. If I am not used to the sounds, if I don't know what they mean, it can make it even harder to understand speech. Am I eager to crank up my stress level? I don't think so.

Continued on Page 10

February 18, 2006 Speaker

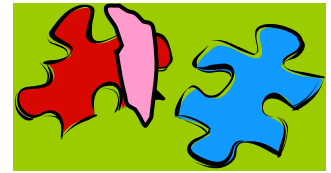
Tina Childress is currently a Consumer Services Specialist with Advanced Bionics. She supports both pediatric and adult CI candidates and users via e-mail and by attending and/or presenting at consumer events such as workshops, meetings and conferences. She is a late deafened adult due to Autoimmune Inner Ear Disease. In Spring 1999, she began to experience a rapidly progressive bilateral hearing loss and in August 2000, she received her first Advanced Bionics (Clarion) C-1 cochlear implant. Tina became a bilateral recipient in December 2005 when she received a HiRes 90K implant in her opposite ear. She is looking forward to seeing what this bilateral journey brings her! To read more about her experiences, you can access her blog at

<http://tinagoesbici.blogspot.com>

If you live in **California** and throw a used **hearing aid battery** in the trash, as of Feb.9 you'll be breaking a new state law, reported the Tri-Valley Herald. Consumers will be required to recycle used batteries by taking them to a household hazardous waste facility, a universal waste handler or an authorized recycling center. The ban covers virtually every kind of household battery, including AA, AAA, C cells, D cells and button batteries.

Deaf teachers: If you are interested in learning more about **cochlear implants** in the children in your classroom to apply for the next 6 week Educational Consultant Training Program (ECTP) which will begin in mid-June. This will be the 8th time that the ECTP program has been offered. Over 60 teachers from 38 states have completed the ECTP program. Classes are held in CA, PA and GA. Receive certificate and 9 graduate credits. See www.chop.edu/ectp for more info.

Cochlear Implants will be the discussion each Monday on the **National HLAA web site**. Starting Feb. 20th at 8 PM Central Time. Go to www.hearingloss.org and Visit Our Chat Room



STEAK FRY APRIL 12, 2006

Where: Crystal VFW Post 494
 Address: 5222 Bass Lake Road
 Time: 5 - 7 PM (you can come anytime during 5 - 7 and get your steak)
 Date: Wed. April 12, 2006
 Cost: \$8
 Dinner includes: steak, baked potato, cole slaw, garlic toast and coffee.

After costs 80% will go to SHHH.

The smoking ban was reversed at this facility, so this is now a smoking VFW.

Thank you to the generous people who **go beyond** membership in support. Irving Schechter, Cliff Miller, Maple Grove Lion's Club, Linda Senechal, Bob Knoll, Bonham Cross, Ralph Katz and Crystal Lion's Club.

Thank you also for the people or organization who help by placing ads in our paper. Harris Communications, Paula Schwartz, and Jerri McMahan

Jer Loudenback who played the father in the Bravo tapes that teach sign language (available at Harris Communications) had a cochlear implant and so did his deaf sons last year.

If you want to be able to **view videos** on the **computer** that are **not captioned** you should join in the efforts that others are doing and write an email to your server requesting that they be added

http://www.medel.com/Shared/pdf/en/MEDEL_ColoringBook.pdf

A Cool **Coloring Book** for **CI Kids**, Online from Med-El

Bonham and Marie Cross

(Continued From Page 2)

This paragraph was taken from the Star Tribune, Nov. 22, 2002 paper, pages B and B6. "Bonham Cross, Minnetonka, a volunteer for the hearing impaired people who helped persuade the Legislature to establish the TTY text messaging system that enables the deaf to communicate over the phone. He helps groups adapt technology so that the deaf people can communicate."

Thank you Marie Cross

Not many people would make it without the support of a willing spouse. Do you think Martin Luther King Jr., Rocky Stone, or Bonham Cross would have done as well without the spouses they had? I hold Marie Cross amongst those great women who did not complain that their husbands were not beside them always. They let their mate have the wings to fly in their own directions. Thank you Marie for giving Bonham that freedom.

Harris Communications is having a problem with their web site in taking the discount off for SHHH members. Keep in mind Local SHHH does not have any #'s. You must be a member of National SHHH to get the discount, your membership must also be up to date (yearly). Ok, if you have all those things in order, you still cannot get the discount on the web site.....this is a Harris web site problem, and they said they are working on it. So in the meantime type your #'s in the comment section. This will give you the discount. Also if something is already on sale the SHHH discount does not apply.

Good Morning on this fabulous February morning! For those who missed last months meeting, you missed a very well attended meeting with an awesome speaker. Our speaker was Dr. Shallop, a doctor of Audiology from the Mayo Hospital in Rochester, MN. He spoke on the many types of hearing losses and causes that affect us in our daily life. I myself became more aware of my type of hearing loss, which is sensor-neural hearing. I am sure everyone left with more knowledge from the information gained from Dr. Shallop.

I hope too see you at this months meeting where our featured speaker is from Advanced Bionics.

The Prez,
Joe



A New Book by Dr. Neil Bauman, Ph.D. is

offered through his Center at Hearing Loss Help at:

<http://www.hearinglosshelp.com/director.htm>

"Help! I'm Losing my Hearing - What Do I Do Now?"

It was released the end of January 2006, 118 pages, \$18.95. He goes through the basics of HL, the causes and the understanding.

Dr. Bauman is the author of many books and articles and he is very good, as he has a hearing loss himself.

Neil is well known by SHHH MN, as he was here for the State Convention a few years back. He also knows many of us as old friends and classmates at the Leadership Training we took in 2001.

In the chapter Broken Ears - Wounded Hearts, the emotional aspects of hearing loss are explored in depth.

Here, the framework of "The Five Stages of Grief" (Elizabeth Kubler-Ross - "On Death and Dying" as adapted to hearing loss, the basics being: Denial, Anger, Bargaining, Depression and Acceptance.

He talks about stigma, embarrassment and loneliness of hearing loss. I think you will find his new book, his best one ever.

Other books he has written are:

- Phantom Voices, Ethereal Music & Other Spooky Sounds (\$22.49)
- Ototoxic Drugs Exposed (\$39.99)
- When Your Ears Ring! Cope With Your Tinnitus—Here's How (\$18.95)
- When Hearing Loss Ambushes Your Ears—Here's What Happens When Your Hearing Goes On The Fritz (\$10.75)

See web site above to view ALL he has written.



**June 29 –
July 2**

**Hearing Loss Association of America
(SHHH)
21st International Convention**

Member Registration \$235
Member Registration (Couples) \$415
Member Registration (Daily) \$110
Member Registration (Student) \$150
Member Registration (Student -Daily) \$ 85

Non Member Registration \$260
Non Member Daily \$160
Non Member Student \$200
Non Member (Student-Daily) \$110

Research Symposium (Sunday) \$ 25

Association Banquet \$ 60
Special Event (Mexican Buffet) \$ 35

Registration fees do not include transportation or hotel accommodations.

Mail in registration forms will be provided in the March/April edition of Hearing Loss Magazine.

Additional Convention information is provided on the web at
<http://www.hearingloss.org/html/2006conv.html>

Convention updates will be provided in the e-news. Sign up at:
<http://www.hearingloss.org/html/sen.html>

RECORD LIBRARY USE IN 2005

Hennepin County residents are using their libraries, in-person and online, in record-breaking numbers. Over 12.7 million titles were borrowed last year, **twice the national average.**

(Continued from Page 4)

**Confessions of a CI Reject
By Vicki Martin**

I also worry that I might have to do things that I legitimately can't do as a hard of hearing person: answer the telephone, rush to the teakettle when it whistles, and talk to people at noisy parties (this one is actually supposed to be fun, but I don't know. I haven't been able to test it).

Finally, it's just not "who I am". It has taken me decades to find my place as a hard of hearing person. At last, I know where I belong – and I'm supposed to cut loose and drift again?

All of these pros and (mostly) cons mainly boil down to two things: 1) I'm afraid I might hear less than I do now, and 2) I'm afraid I might hear more.

I'm what, you say?
Could you repeat that?
Oh....resistant to change?

Who, me?

Meetings are held at:

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

**September through May
9:30 AM – Noon**

**See Page 12 for contacts and
more information.**

**TWIN CITIES HOSPITALS, CLINICS
FORM CONSORTIUM**

A group of 22 hospitals and urgent care clinics in the Minneapolis and St. Paul, Minn. area have formed a consortium to provide better emergency medical treatment for deaf and hard-of-hearing patients.

The Deaf and Hard of Hearing Services Division (DHHS) of the Minnesota Dept. of Human Services developed the partnership over a three-year period, with staffer Marty Barnum leading the way. CSD, a national nonprofit telecommunications and human services organization, will provide sign language referral services to the new consortium, and Joan Del Rio has been hired as project administrator.

The new partnership represents a long overdue solution to the interpreting needs of deaf people in the Twin Cities, said Jan Florand, executive director of CSD of Minnesota.

House of Java Coffee Shop

Is owned and operated by a hard of hearing person and her husband, Kim and Clint. This quaint little restaurant has menus where you check off what you want to order no conversation necessary. They also have an at home atmosphere where you could have a mtg. or gathering such as an ASL group or Officers Mtg. Location: 3320 Brookdale Dr. in Brooklyn Center. Phone 763-503-5749 Hrs. 6 AM – 6 PM. clintkime@comcast.net



2006 Conference/Convention Links:

SHHH/HLAA and Others

April 5-8, 2006 (Louisville, KY)

Postsecondary Education Programs

Network <http://www.pepnet.org>

June 17-23, 2006 (Baltimore, MD)

American Association of the Deaf-Blind

<http://www.aadb.org/conference.htm>

June 23- June 27, 2006 (Pittsburgh, PA)

Alexander Graham Bell Association

<http://www.agbell.org/DesktopDefault.aspx?p=Convention>

June 29- July 2, 2006 (Orlando, FL)

Hearing Loss Association of America

(formerly SHHH)

<http://www.hearingloss.org/html/2006conv.html>

June 29-July 3, 2006

National Association of the Deaf

<http://www.nad.org/2006conference>

October 18-22, 2006

Association of Late- Deafened Adults

<http://www.alda-freeport.org/aldacon2006.htm>

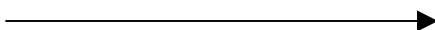
To celebrate **Valentine's Day**, all novelties are 10% off at **Harris Communications!**

Closed or Open Captions

What's the Difference?

Closed captions are the kind of captions you get on your TV. Most viewers don't see them. You have to "select" to receive them. Use your remote and select Menu.

Open captions are always on view, for everyone. Foreign films which are subtitled



would be considered "Open Captioned." There are a couple of companies that offer "open caption" screenings for U.S. theatrical movies, where the caption information is on the screen. They're usually scheduled at special times once or twice a week, at most.

There are also Closed Caption" theatrical movies, also known as "Rear-Window Captioned" films. The captions are displayed on a small screen at the BACK of the theater, and you use a reflective panel, positioned in your cup holder, so you can see the captions and the movie at the same time.

Speechreading/Lipreading Classes

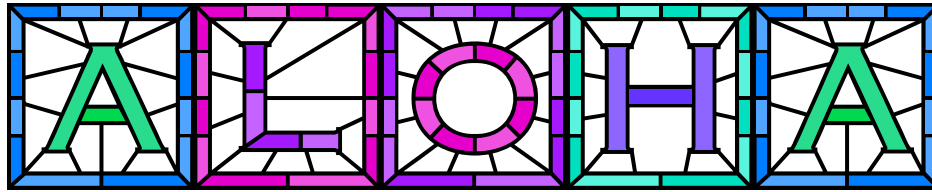
in the Twin Cities

- (1) "Lifetrack Resources," Individual sessions with Ellen Mach at ellenm@lifetrackresources.org
- (2) Marlene Schoenberg of "Ethnic Communications Arts" 651-699-9233, 411 Warwick St., St. Paul,
- (3) Pearl Grossman 763-559-3535 Ext. 7535 (w)
- (4) Jane Carlstrom, U of M 612-524-3322

Thank you, to the Maple Grove and Crystal Lions Club of MN for their generous contributions to SHHH.



Lions Clubs



Saturday, February 11 at 5:30 pm

At the home of: **Lynne Voss**

City: **Blaine**

Directions will be given once you RSVP to me any time this week.

Lynne is going to order a pizza and that bill will be evenly split by those that attend.

Please bring your own beverages. You can bring a dessert or a snack if you'd like, as we'll have some card games after dinner.

Ellen

Editors note:

Ellen will write more next month telling us some of the responses she received as far as changes for the Aloha dinners. She also has interesting information on a workshop for deaf/hoh parents of hearing children.

**YOUR UNITED WAY
CONTRIBUTION CAN BE DIRECTED
TO SHHH**

Even though SHHH is not a United Way agency, you may designate SHHH MN Chapter 1 as your "donor choice" for your United Way fund drive. The form should have a space to "designate" United Way funds to another charity. If not, you can write SHHH MN Chapter 1's information (PO Box 8037, Minneapolis, MN 55408-0037) anywhere on the form and notify your Financial Coordinator.

SHHH – Self Help for the Hard of Hearing
Our mission statement.....Our mission is to open the world of communication to people with hearing loss by providing information, education, support and advocacy.



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Doctor of Audiology
7450 France Ave. South
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Edina, MN 55435
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fax 952-831-4942
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link through www.audiologyconcepts.com

Please note

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

**THIS SPACE IS
AVAILABLE FOR
REACHING HARD
OF HEARING
PEOPLE.
CONTACT
MERRILEE
AT
rknoll5200@aol.com**

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PO Box 8037
Minneapolis, MN 55408-0037**

First Class



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MN Chapter #1 Welcomes You

- President** – Joe O'Brien, (952) 941- 2087
jlobrien1103@yahoo.com
- Co-Vice Presidents** - Dora Weber,
Merrilee Knoll, Cliff Miller,
- Secretary** – Lori Snyder-O'Brien, (952) 941- 2087
jlobrien1103@yahoo.com
- Treasurer** – Dr. John Lindlan
- Aloha Event Coordinator** –
Ellen Thibodo, (651) 423-2249(TTY)
ThibodoD@aol.com
- Contact Info.** shhmn1@hotmail.com
www.deafvision.net/shhmn1
- 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*. Please visit the chapter's web-site at www.deafvision.net/shhmn1