

HLAA TC May 2022

Twin Cities and Greater Minnesota



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

UPCOMING MEETINGS

Zoom meetings continue through the end of the 2021-22 season:
(email treasurer@hlaatc.org for invite)

May 21, 2022

Jim Rau, HLAA Wisconsin
Communication access
for veterans

September 17, 2022

Can training improve
understanding speech in noise?

October 15, 2022

Preventing noise-induced
hearing loss



Contents

✚ Upcoming Meetings	Page 1
✚ President's Message	Page 2
✚ May Speaker	Page 3
✚ April Meeting Summary	Page 4
✚ Regeneration/Mars	Page 6
✚ Book Club	Page 7
✚ Casting Call	Page 8
✚ MCDHH/Lanyard	Page 9
✚ Misc	Page 10
✚ Nominating Committee Rpt	Page 11

Officers' emails

- Christine Morgan – president@hlaatc.org
- vicepresident@hlaatc.org
- Lionel Locke - treasurer@hlaatc.org
secretary@hlaatc.org
- director@hlaatc.org

HLAA TC Website - Minnesota

www.hlaatc.org

HLAA TC telephone 763-447-9672

Contact Information - Minnesota

info@hlaatc.org

HLAA National - Maryland

www.hearingloss.org

Meetings of the Hearing Loss Association of America Twin Cities Chapter (HLAA TC) will be held on Zoom until further notice.

President's Message



HLAA-TC President's Message – May 2022 ***Christine Morgan***

Better Speech and Hearing Month is observed in May each year. The purpose is to increase public awareness and education regarding communication disorders and hearing loss. It is a time to provide support for those living with communication disorders and loss of hearing!

This month, we have Jim Rau as our presenter talking just about the same type issues, with an emphasis on our veterans. I'm sure you are aware of at least some problems that they encounter and have encountered during their service and, unfortunately, afterwards. Veterans do NOT always receive optimal care for their hearing issues!

May is also election time for our incoming Board. We are very fortunate to have an amazing line up this year. You will find a list of the candidates/positions in this newsletter. You will also have an opportunity to "throw your hat in the ring" if you would like. Voting is open to all paid members.

The May meeting is the last until September. However, the Board will be working on a number of projects and initiatives. An important one will be offering "hybrid" meetings to our Chapter. Hybrid, of course, meaning in person or Zoom options for attendance. The Board will continue to work on fundraising to allow us to expand our outreach and services to those with

hearing loss. On that note, I want to give a shout out of thanks to the Wayzata Lions and the ASL Interpreting Services for their donations to our Chapter. As well, a warm thanks to those members who have made personal donations to our Chapter. In this, my last President's message in almost a decade, I want to thank each and every one of you for your efforts, dedication, passion, and compassion towards those with hearing loss. Thank you for helping to build and sustain this (the only) Chapter in Minnesota.

Respectfully,

Christine

Board Members

Christine Morgan
President

Barb Schneider
Acting Vice President

Christy Meyers
Acting Secretary

Lionel Locke
Treasurer

Laura Hagemann
Acting Director at Large

HLAA-TC Newsletter Editor
Vicki Martin

Social Media Specialist
Laura Hagemann

May Program



Jim Rau
**President, HLAA Wisconsin
State Association**

About Jim:

Jim is an advocate for hearing loops and veterans health care. Jim is a veteran himself with a service connected disability for hearing loss. He lives in WI about 40 miles east of Duluth with his wife of 49 years. Jim is currently president of HLAA Wisconsin State Association and a member of the Veterans Across America Virtual Chapter since its inception which was right here in Minneapolis at the HLAA National Convention.

Presentation:

Jim was repeatedly disappointed by what he found in VA medical facilities for helping veterans to hear, from the check-in counters to the waiting rooms to the providers offices. Looking deeper into it he discovered that VA, as part of the Executive Branch of the US Government, is not required to comply with ADA standards, but rather are governed by Section 503 of the Federal Rehabilitation act which requires accommodation for disabilities. His initial requests for hearing accommodations were not addressed. While mobility accommodations and PTSD seem to be well covered, hearing accommodation generally are not. Much of this problem applies to the private sector as well. So it is up to all of us, veterans and other citizens, to request disability access accommodations in medical settings and other places as well.

Summary of HLAA-TC Meeting April 16, 2022

Barb Schneider

Treasurer Lionel Locke welcomed everyone to the meeting at 10am, noting that President Christine Morgan would not be with us. He welcomed several out of state visitors, and introduced the current Board. Our speakers from Audiology Concepts in Edina, MN were Jeff King, AuD, and Rachel Algor, AuD. Dr. King spoke on “hidden hearing loss” (HHL), in which the client has normal/near normal test results with tone and pitch frequencies, but has trouble understanding speech especially when there is background or competing noise. Dr. Algor gave an update on hearing technology.

Dr. King reviewed the different types of hearing loss and the usual testing included in a hearing evaluation. A speech in noise test can reveal HHL with results being markedly different from the other tests. The question for audiologists is whether this is a peripheral brain processing deficit or a central issue involving the auditory nerve. A prominent researcher on cochlear synaptopathy hypothesizes that it is peripheral. His theory: The inner ear is a very complex system which depends on a hydraulic-type energy which converts to a chemical energy and chemical reaction. This results in a cascade of electronic energy as we hear sounds go down the auditory nerve. HHL happens at the intersection of hair cells and the auditory nerve when not all sounds travel up the auditory nerve system. So while hairs are intact, there is no connection to produce clarity, even though hearing itself is normal. Basically, it's a degeneration of the cochlear synapses without hair cell loss. (He showed helpful diagrams) HHL is distinguished from central auditory processing disorder in testing.

Causes for HHL are the same as for normal hearing loss. Treatments are still experimental, so there is no definitive plan yet for HHL. Dr. King states HHL is not an uncommon complaint in their office. It is real, even though it is not obvious except to the client. Research funding is needed to bring this to the wider public. This was a fascinating, technical presentation.

Dr. Algor covered over-the-counter (OTC) hearing aids, personal sound amplification products (PSAPs), Telecoils/rechargeables, and hearing aids with smartphone apps. New legislation created the **OTC** opportunity at a lower price point and with fewer programmable features. These are sold at Walgreens, Costco, etc. Concerns with self-diagnosed hearing loss include no clinical evaluation for tumors or infections, and a volume limiter to avoid further damage. Some models are less noticeable, so more popular. **PSAPs** help with amplification and background noise filtering.

Telecoils work with looped rooms, typically churches, auditoriums and theaters, so that the PA system pairs with hearing aids that have telecoils. The sound comes directly to your ears. Loop Minnesota advocates for the installation of loops around the state and maintains a list of known looped venues. **Rechargeable** units use lithium-ion batteries (no known problems with aids) which either plug into the wall or are self-contained. Aids are secured in the

(April meeting summary, cont.)

charging unit overnight. **In the ear** rechargeable aids are very new and virtually invisible, making them easier to use with masks and no worries about stigma. **Bluetooth** functionality provides faster processing speeds and varied smartphone app controls for brands such as Resound, Signia, and Starkey. Ross and Monique cautioned that it will be many years before Bluetooth has complete functionality. “Set it and forget it” brands are Phonak, Unitron, and Oticon. The variety of options ensure everyone will get what they need. **Q/A** noted many tech issues such as lack of leadership in the industry, costs of technology, and poor interprofessional cooperation.

Prospective Board members gave short introductions – election will be during our May meeting.

Tip from Prez Christine:

For those of us with Cochlear Implants or even those of you who are considering one in the future, the American Cochlear Implant Alliance (<https://www.acialliance.org>) is a wonderful resource.

The ACI Alliance is a non-profit organization that sponsors research, drives awareness, and advocates to improve access to cochlear implants. Their mission is research, advocacy, and awareness.

Check out their website. If interested, they also have a comprehensive newsletter called "Listening" that you can sign up to receive.

AARP Addresses Hearing Loss:

In the AARP Bulletin Jan/Feb 2022 “Turn the Sound Back On” Joyce Purnick shares her personal story about late-onset hearing loss, and getting a cochlear implant.

“Hearing loss, a challenge at any age, throws a sharp curve at those who lose hearing later in life. We have no coping mechanisms — no sign language, no lipreading, and our friends and family relate to us as if we could still hear.”

Read her story here: <https://www.aarp.org/health/conditions-treatments/info-2022/cochlear-implant-surgery.html>

....
And in the AARP magazine February/March 2022 the “Whole Body Reset” article mentions **folate** as playing a crucial role in battling hearing loss.

Regenerative Medicine for Hearing Loss

It's ironic, I suppose, that these efforts to give life, health, and happiness are coming at such a time as this, when wars, divisiveness and violence seem to be conspiring to take all of that away.

But it is mind-boggling to realize that this potential resides in the human body. We are fearfully and wonderfully made, to be sure!

Learn more on this website

<https://scitechdaily.com/mit-scientists-develop-new-regenerative-drug-that-reverses-hearing-loss/>

Mayo Clinic is participating in a research mission aboard the ISS:

<https://mayomagazine.mayoclinic.org/2022/03/mayo-clinic-in-space-benefactors-next-adventure-is-research-mission-on-the-iss/>



Sound on Mars

Sound travels slower in less dense atmosphere. Earth's atmosphere is much more dense than Mars'. On Mars, there are two distinct speeds of sound. Higher sounds (above middle C) travel faster than lower sounds.

In contrast, at Earth's surface, sound moves through the air at only one speed, no matter the pitch. The two speeds on Mars, the researchers say, are because of its carbon dioxide-rich atmosphere. Carbon dioxide molecules behave differently with one another when sound waves with frequencies above 240 hertz move through the air compared with those below 240 hertz, affecting the waves' speed.

You can listen to some sounds from Mars here:

<https://www.sciencenews.org/article/mars-two-sound-speeds-laser-helicopter>



Now, imagine listening to music on Mars!



Book Club April Wrap-up and May book selection
By Laura Hagemann

The HLAA-TC Virtual Book Club met on Tuesday, April 26th at 7:00pm to discuss the book "Burn Down the Ground: A Memoir" by Kambri Crews. We were joined by author Kambri Crews for an engaging and interesting conversation about her book. It was a small group with local members and members from other parts of the country. The memoir was about Crews' experience growing up as a Child Of Deaf Adults (CODA) and her relationship with her father. The book was published in 2012 so Kambri shared with the group what had happened in her life (and her father's) since writing it.

If you didn't get a chance to read the book or attend the book club with Kambri Crews, our book club certainly recommends the book (available from libraries, [Amazon](#), etc.). To find out more about [Kambri Crews](#) visit her website (check out the Press page on her website to read about her more recent activities).

(Book Club, cont.)

MAY selection and meeting

The next HLAA-TC Virtual Book Club will be **Tuesday, May 24th at 7:00 p.m.** (Central Time). We are reading the novel "Deafening" by Frances Itani. The book is widely available. A synopsis can be found on the [Amazon](#) page: "Grania O'Neill, the daughter of hardworking Irish hoteliers in small-town Ontario, is five years old when she emerges from a bout of scarlet fever profoundly deaf—suddenly sealed off from the world that was just beginning to open for her. While her guilt-plagued mother cannot accept it, Grania finds allies in her grandmother and her older sister, Tress. It isn't until she's enrolled in the Ontario School for the Deaf in Belleville, that Grania truly begins to thrive. In time, she falls for Jim Lloyd, a hearing man with whom Grania creates a new emotional vocabulary that encompasses both sound and silence. But just two weeks after their wedding, Jim leaves to serve as a stretcher bearer on the blood-soaked battlefields of Flanders. During this long war of attrition, Jim and Grania's letters back and forth—both real and imagined—attempt to sustain their young love in a world as brutal as it is hopeful. Winner of the Commonwealth Book Prize, Frances Itani's debut novel is a "brilliantly lucid and masterfully sustained" ode to language—how it can console, imprison, and liberate—with "the integrity of an achieved artistic vision, the kind of power that is generally associated with the gracious, crystalline prose of Grace Paley, the flagrantly good, good lines of Robert Lowell and W. H. Auden's poetry" (Kaye Gibbons, author of A Virtuous Woman)."

If you would like to receive a meeting link for the May book club, please email Laura Hagemann at social@hlaatc.org

Innocaption announces: Community Casting Call

Representation Matters! Are you an actor or interested in becoming one?

Are you hard of hearing? Do you use hearing aids or cochlear implants?

As a company that prides itself on accessibility and inclusion, we want to make sure the images of the individuals we portray in our marketing are actually members of the deaf and hard of hearing community. We realized this was no easy feat with licensed photos and videos currently available, so we thought it was time to change that and we would love for you to be a part of it.

To apply submit the following:

- Headshot
- Experience (if any)
- Video Reel
- Availability

Compensation: \$500/day

Thanks, Innocaption,
for this effort!

(The downside?
You'll have to relocate
to Southern
California!)



Note the familiar names in this announcement provided by MCDHH
Thank you, HLAA-TC members and others, for making our voices heard!

MCDHH reports on bill currently being considered:

Closed Captioning in Public Places (HF1134/SF1136)

This bill expands the list of general prohibitions against disability discrimination to include the refusal to provide closed captioning in public places of accommodation. We would like to thank the following individuals for their in-person and written testimony in support of the bill:

- Shaun Riffe, a veteran and advocate for veterans with service-related hearing loss,
- Laura Hagemann, a person with hearing loss who also relies on captions because of a traumatic brain injury, and a representative of the Hearing Loss Association of America, Twin Cities Chapter,
- JaNahne McCready-Johnson and Neil Johnson, who are culturally Deaf and the original advocates for this bill,
- Waymon Hudson, a community advocate who is late-deafened,
- Barbara Schneider, a community advocate with age-related hearing loss and (acting) vice-president of the Hearing Loss Association of America, Twin Cities Chapter
- and Sonny Wasilowski, a culturally Deaf community member.

Currently, this bill is included in a House omnibus bill (HF4608). While the bill was not heard by a Senate committee, we will be urging conference committee members to include it in the final omnibus.

The Sunflower Lanyard Program, introduced by Gatwick Airport in 2016, is now in place in over 25 US Airports and 72 airports around the world. The program is described as being an assistance service for people with hidden disabilities.

KSTP News reported on the Sunflower program at MSP airport. The volunteer who was interviewed **wore a see-through mask** throughout the interview.



The Minnesota Speaking DeafBlind Group's, MSDBG, mission is to outreach into Greater Minnesota.

The focus is to community provide resources, advocacy and a support system through group email and a monthly teleconference. Eligibility: hearing loss and uses assistive listening devices, legally blind and uses voice for communication. If interested to subscribe contact the Host: Ade (Adrienne Haugen) at adrienne.haugen67@gmail.com or by phone (voice or text) 320-522-0987.

Starting in May 2022, Deaf and Hard of Hearing Services Division (DHHS) will begin offering in-person services.

In-person services will initially be by appointment only.

In-person appointments will be available for mental health services, regional services and the Telephone Equipment Distribution Program.

DHHS plans to establish walk-in hours for each office soon. Please watch your email for updates!

If you prefer virtual services, DHHS will continue to offer services by phone and video, too.

To schedule an appointment, or if you have questions, Please contact DHHS by:

Videophone: 651-964-1514

Voice or preferred relay service: 800-657-3663

Email: dhs.dhhsd@state.mn.us

Web: mn.gov/deaf-hard-of-hearing

We look forward to serving you!

AirPods Review and comment from hearingtracker

AirPods offer instant access to advanced wireless earbuds that provide personalized amplification, digital noise reduction, and sophisticated beam-forming directional microphones—technologies that are more often associated with medical-grade hearing aids. And with AirPods Pro priced at or below \$199, the technology is far more accessible than traditional hearing aids.

If you own a pair of AirPods Pro, and have no worse than a mild-to-moderate hearing loss, there's no reason not to grab your pair right now and set them up as "hearing aids" by following this [simple instructional video](#).

Caption Gaffe!

In a video talk about Biblical parables, the “publican sinners” was captioned as ...

the Republican Senators!

HLAA-TC 2022 NOMINATING COMMITTEE REPORT

NOTICE OF HLAA-TC ANNUAL ELECTION

All HLAA-TC members in good standing are invited to cast their votes during the annual election on Saturday May 21st, 2022. The nominating committee report is shown below, and was also published in the April newsletter. Please note that nominations can still be made from the floor during the May annual meeting.

Respectfully submitted,

Lionel Locke, Treasurer HLAA-TC

<u>Office</u>	<u>Candidate</u>	<u>Term length</u>
PRESIDENT	BARB SCHNEIDER	2 years
VICE-PRESIDENT	SIGNE DYSKEN	1 year
SECRETARY	SUSAN ARQUETTE	2 years
TREASURER	ROBIN CONINX	1 year
IMMEDIATE PAST PRESIDENT	CHRISTINE MORGAN	2 years
DIRECTOR AT LARGE	LAURA HAGEMANN	2 years
DIRECTOR AT LARGE	ED BENCK	1 year
DIRECTOR AT LARGE	KARLA SAND	1 year
DIRECTOR AT LARGE	ADRIENNE HAUGEN	2 years

HLAA TC
PO Box 26021
Minneapolis, MN 55426



Next meeting: Zoom on May 21

First Class

HLAA Twin Cities Chapter

Name.....

Address.....

City.....

State.....Zip.....

Phone.(area code).....

E-Mail.....

Newsletter via email included in all memberships

- _____ Individual \$15
- _____ Professional \$50
- _____ Supporting \$100
- _____ Newsletter only \$15
- _____ Contact me for newspaper advertising

**Mail to: HLAA Twin Cities Chapter
PO Box 26021
Minneapolis, MN 55426**



Welcomes You!

President -
Christine Morgan - president@hlaatc.org

Acting Vice President –
Barb Schneider vicepresident@hlaatc.org

Treasurer –
Lionel Locke treasurer@hlaatc.org

Acting Secretary –
Christy Myers secretary@hlaatc.org

Acting Director at Large -
Laura Hagemann director@hlaatc.org

Contact Info. - info@hlaatc.org

Newsletter Editor -
Vicki Martin editor@hlaatc.org

Photos – Vicki Martin
Social Media - Laura Hagemann social@hlaatc.org

The next meeting of the Hearing Loss Association of America Twin Cities Chapter (HLAA TC) will be held on Zoom on May 21, 2022. Open to socialize at 9:30 AM, formal meeting 10 AM.

Please visit the chapter’s web-site at www.hlaatc.org or visit us on Facebook: groups/HLAA-TC.

Accommodations: All meetings are real time captioned by Lisa Richardson and her staff of *Paradigm Captioning (www.paradigmreporting.com)*.