

# HLAA TC

## October 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

**October 15, 2022**

Preventing noise-induced hearing loss  
Conference Program

It is **FREE** and open to the public.  
Both Zoom and Marriott will have  
CART captioning.

**Registration is required for both  
Zoom and Marriott by  
Wednesday, October 12<sup>th</sup>.**

Register online here:  
<https://www.hlaatc.org/register2022/>



**November 18, 2022**  
Grief (Loss and Hearing Loss)  
*Kristen Swan*

**December 16, 2022**  
Family-Centered Hearing Care  
*Barbara Joy Schneider*

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#### Officers' emails

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HLAA TC telephone 763-447-9672

Contact Information - Minnesota

[info@hlaatc.org](mailto:info@hlaatc.org)

HLAA National - Maryland

[www.hearingloss.org](http://www.hearingloss.org)

The October Hearing Loss Association of America Twin Cities Chapter meeting (HLAA TC) will be a conference program on noise-induced hearing loss held at the Minneapolis Marriott West Hotel 9960 Wayzata Blvd, St. Louis Park, 55426 in person and on Zoom on  
October 15, 2022

## President's Message

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

*Robin Coninx*



Fall is here, 2022 has started with the colors becoming bright with the reminder that we live a wonderful state where all four seasons bring forth distinct changes to the outdoors.

As the recently elected President of HLAA-TC, I consider it my honor to follow the footsteps of those who built a strong community and foundation.

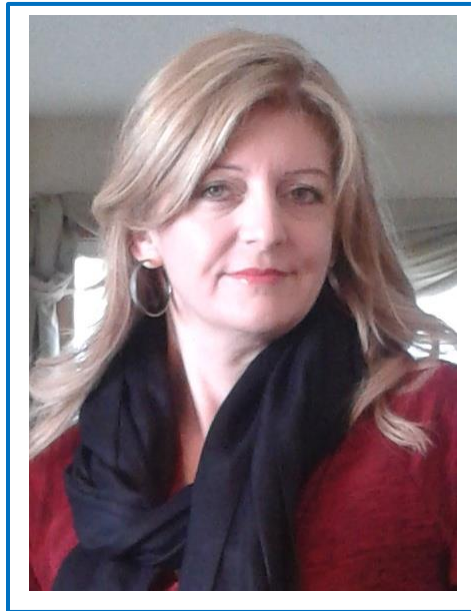
My hope is that you have registered for the October 15<sup>th</sup> Conference at Minneapolis Marriot West Hotel ~ 'Hearing – Handle with care – When is Loud is too Loud?' from 9 am – 1:30 pm. This conference can be attended in person or on-line. We have a great line-up of speakers and topics! Strong connection and collaboration is needed to continue advocating for the needs of those with hearing loss who use spoken language, and this conference is part of that journey.

This meeting will be in place of our October HLAA-TC Chapter meeting! Register online <https://www.hlaatc.org/register2022/> to reserve your spot.

Hope to see you there!

*Byrdie*

## Meet the Board



### President

*Robin ("Byrdie") Coninx*

My name is Robin Coninx, members of the HLAA-TC can call me 'Byrdie'.

I have a hearing loss in left ear at a high frequency level for which I use a hearing aid. My first language is spoken English and my accessibility choice is CART. I also use sign language to communicate with my daughter who is deaf.

My background in addressing hearing related issues have been from a personal perspective that turned into a professional opportunity because of my daughter's hearing loss. My background work includes working in family support with MN Hands & Voices as a Lead Metro Parent and Educational Advocacy Coordinator.

As a highly trained advocate in the world of hearing loss, it is my goal to lead HLAA-TC with the solid foundation that has been created by previous Presidents, to keep the hard of hearing community connected, supported, and engaged with topics that lead to a quality life when having a hearing loss.

In my free time, I love spending time with my 4 adult children, their wives and girlfriends and my granddaughters. Other interests are being an avid reader of history, exploring art galleries, museums, and road trips of various destinations to explore the USA.

Do you have thoughts that you would like to share with your HLAA-TC President? Please email me at: [president@hlaatc.org](mailto:president@hlaatc.org)

Now that you have met the President, we look forward to introducing the remaining members of the HLAA-TC Board in upcoming issues of the HLAA-TC Newsletter. Note that there are still two positions open.

Whose picture will appear there?

*How about yours?*

**MEET THE NEW HLAA-TC BOARD**

 Robin "Byrdie" Connix PRESIDENT	 Signe Disken VICE PRESIDENT	 Susan Arquette SECRETARY	 OPEN POSITION NEEDS TO BE FILLED TREASURER	 Barbara Joy Schneider IMMEDIATE PAST PRESIDENT
 Laura Hagemann DIRECTOR-AT-LARGE	 Adrienne "Ade" Haugen DIRECTOR-AT-LARGE	 Karla Sand DIRECTOR-AT-LARGE	 OPEN POSITION NEEDS TO BE FILLED DIRECTOR-AT-LARGE	

The 2022-2023 HLAA-TC board is eager to serve.

[www.hlaatc.org](http://www.hlaatc.org)

HCAA-TC Zoom Meeting Sep 17, 2022, Minutes by Signe Dysken, Vice President  
Captions by Megan Stumm, RPR, Paradigm Reporting and Captioning, Inc.

## Part 1: Guest speaker

The link to the meeting was opened at 9:30 AM, with informal socialization for 30 minutes. The meeting was called to order at 10:00 AM by the new president, Robin Coninx (Byrdie), who introduced the speaker of the day.

Speaker was Dr. Ed Auer, Associate Professor in the Dept of Speech and Hearing Sciences at George Washington University, who spoke on "Can Training Improve Understanding of Noisy Speech for Listeners with Hearing Loss?" His research areas include multi-sensory speech perception, and spoken word recognition with specific focus on examining the perceptual, cognitive and neural consequences of experience and training.

Dr. Auer reported on an ongoing clinical trial that trains participants to lipread. He emphasized that training does help with understanding of speech in noisy situations. Training consists of 8 sessions, 30 minutes long and does not involve listening, but instead involves training in lipreading. He said that lipreading involves more than simply watching a speaker's lips. Skilled lipreaders observe lip, jaw, cheek and tongue movements to help them to understand speech. He showed a video to demonstrate the observable movements that are involved for detecting various consonants.

Dr. Nicole Jordan, clinical coordinator of audiology at the GW Speech and Hearing Center then spoke about why lipreading is important for those who have hearing aids. Hearing aids do not give a person normal hearing. Often, in programming hearing aids, audiologists fit the hearing aids to optimize audibility while still optimizing comfort. High pitches are often decreased to optimize naturalization of sounds, although this also decreases clarity in some of the softer, higher pitched sounds like s, th, sh, p and f.

Because of the deficiencies that continue even with hearing aids and cochlear implants, hearing speech with surrounding noise is problematic. With lipreading, speech is easier to understand and separate from background noise. Being able to see the speech together with hearing devices makes a big difference in noisy situations.

The GW team has concluded that expert lipreaders have the ability to recognize a large number of words without knowing the context. Successful training in lipreading includes feedback on errors and should be generalizable – i.e. should lead to real-world benefits. The team is developing various protocols for training in lipreading, all of which are meant to build word recognition skills.

Dr. Auer said that this training is not yet available to the public because as a first step, all the data must be analyzed.



## Part 2: Business meeting

Byrdie began a discussion of changes in members of the Board.

President: Byrdie (Robin) Coninx

Since the treasurer position is open, Byrdie will also handle treasurer duties with assistance from current board members.

Byrdie introduced other Board members:

Vice President: Signe Dysken

Secretary: Susan Arquette

Immediate Past President: (Barbara) Joy Schneider

Director at Large: Laura Hagemann

Director at Large: Adrienne (Ade) Haugen

Director at Large: Karla Sand

One Director at Large seat remains open and members who are interested in serving are encouraged to come forward.

### Upcoming Conference on October 15<sup>th</sup> at the Marriott West Hotel:

This conference will take the place of a regular chapter meeting. It will be held in-person AND virtually, i.e. hybrid. The conference is sponsored by the Hearing Loss Association of America Twin Cities chapter in conjunction with the Minnesota Department of Human Services, Deaf and Hard of Hearing Services Division, and the University of Minnesota – Twin Cities.

Lionel Locke will be sending pamphlets for members to distribute to encourage participation. (Ade and Laura have already put out considerable efforts to publicize this wonderful event; others are encouraged to spread the word also!)

The focus of this conference is Introduction to Noise and Hearing, and prevention of noise-induced hearing loss in the loud workplace. Two audiologists from UMN will be speaking – a researcher and a clinician. Monique Hammond will also speak about protecting hearing in loud environments. Kristen Swan will discuss grief secondary to hearing loss.

Regarding setup – Lionel would appreciate setup help. Please email Lionel to discuss; (locke058@umn.edu). The doors are opening at 9:00 AM, but Lionel will be there earlier, around 7:30 AM. Ross plans to be there to help Lionel, but others surely would be welcome. It is unlikely that we will have vendors because of limited space. There will be a temporary loop in one part of the room.

Future HLAA-TC meetings will be virtual through the end of 2022. Meetings will be returning to hybrid as soon as we can make arrangements for technical and set-up volunteers at Courage Kenny. Contact Byrdie at: [president@hlaatc.org](mailto:president@hlaatc.org) if you can help. Announcement of when the hybrid meetings will begin will be made on the HLAA-TC website and in the newsletter.

The meeting closed at 11:30 AM with a reminder for everyone to send in dues, as the fiscal year began September 1<sup>st</sup>. The meeting ended on a note of enthusiasm about the new Board and an acknowledgement of our gratitude to Christine, who will continue to give advice as needed and who has ensured that we have a stellar lineup of speakers for the year.

Byrdie encouraged us all to tell our friends about our organization and to welcome them to join us for upcoming HLAA-TC meetings.



## October 15, 2022 Hearing Conference By Laura Hagemann

The next meeting of HLAA-TC will actually be the hybrid conference “Hearing Handle With Care: When is loud too loud?” Sponsored by the Hearing Loss Association of America, Twin Cities Chapter in conjunction with the Minnesota Department of Human Services, Deaf and Hard of Hearing Services Division, and the University of Minnesota – Twin Cities.

The conference will be held both in-person and online on Zoom on Saturday, October 15, 2022. The in-person event takes place at the [Minneapolis Marriott West Hotel](#), 9960 Wayzata Blvd, St. Louis Park, 55426. Doors open at 9:00, presenters start at 9:30. The event will be simultaneously live streamed on Zoom and all presentations will be able to be watched with CART live captions (both in-person and on Zoom).

The focus of all the presenters is on noise-induced hearing loss. University of Minnesota Audiologists Kerry Witherell, AuD, CCC-A and Peggy Nelson, PhD, CCC-A will speak on the dangers of even short duration noise exposure, and the prevention of further hearing loss. Monique Hammond RPh will advise on how to protect your hearing in the workplace. Kristen Swan, MA, LP will discuss grieving the loss of hearing, and of additional hearing loss.

It is FREE and open to the public. Registration is required for both Zoom and Marriott by Wednesday, October 12th. [To register: click this link, fill out the form and click submit.](#) You can also request other hearing accommodations as needed on the registration form.

**View the conference webpage for more information:**  
<https://www.hlaatc.org/hearing-loss-conference-2022/>



# HEARING- HANDLE WITH CARE WHEN IS LOUD TOO LOUD?

## FREE CONFERENCE

### OCTOBER 15, 2022

Doors Open @ 9:00  
Speakers @ 9:30

#### Sessions include

1. Your Introduction to Noise and Hearing Conservation
2. Preventing Noise-Induced Hearing Loss in the Loud Workplace
3. What Is a Hearing Protection Device (HPD) and Why Do I Still Need to Wear Them When I Have a Hearing Loss?
4. The Grief and Emotional 'Backdraft' of Acquired Hearing Loss

Other accommodations upon request at registration.

### MINNEAPOLIS MARRIOTT WEST HOTEL

9960 Wayzata Blvd, St. Louis Park, MN 55426

#### ATTEND ONLINE OR IN PERSON

REGISTER by filling out a form on our

REGISTRATION PAGE:

<https://www.hlaatc.org/register2022/>

BY OCTOBER 12, 2022





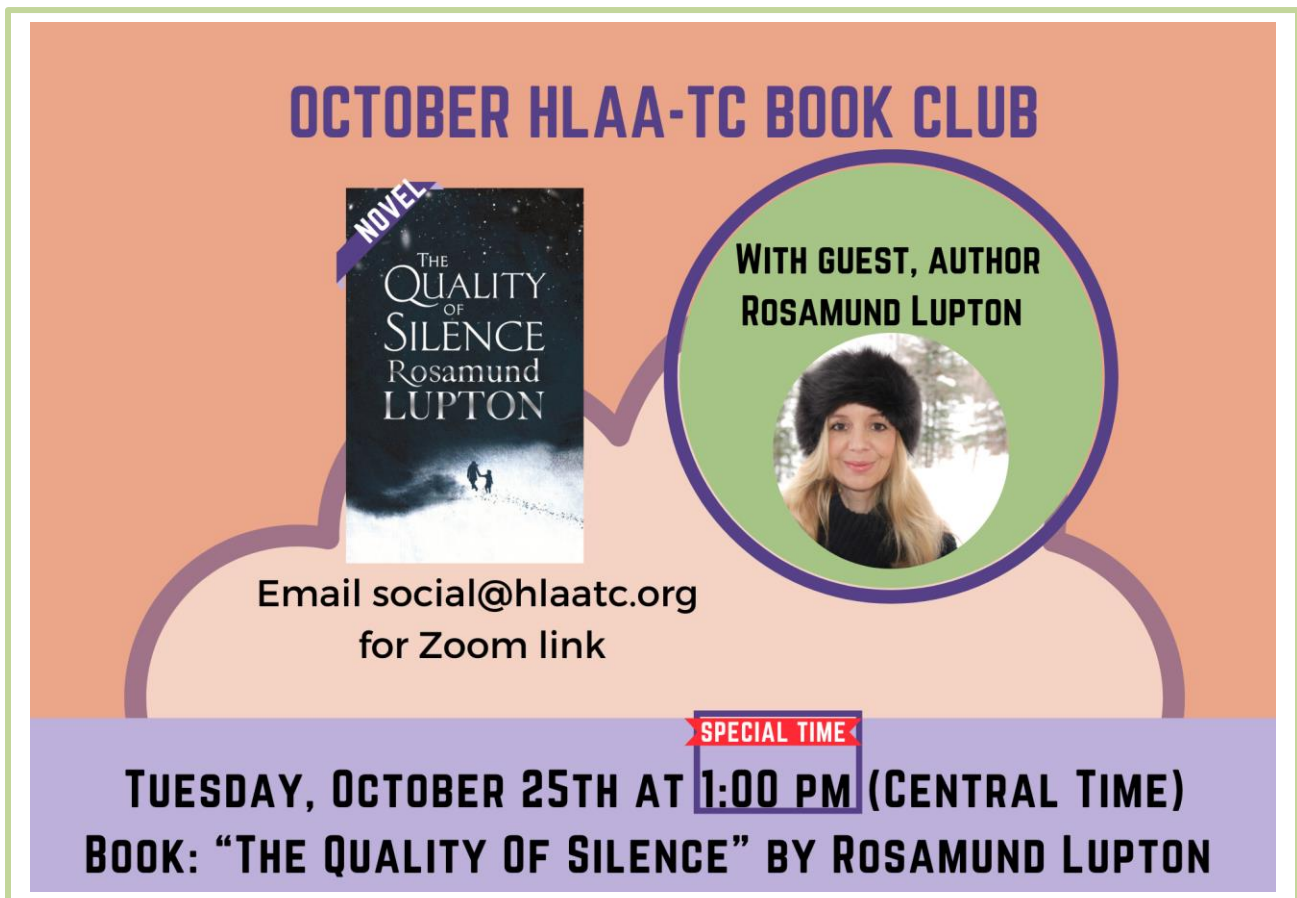
## October Book: “The Quality of Silence” with guest author Rosamund Lupton

*By Laura Hagemann*

On Tuesday, September 27th the HLAA-TC Book Club welcomed the author of our September book selection: Kim E. Nielsen. Professor Nielsen joined us via Zoom to talk with us about her book “The Radical Lives of Helen Keller (The History of Disability Book 1)” (2004). Dr. Nielsen spoke with the book club and shared her extensive knowledge of the little known aspects of Helen Keller’s life: her political beliefs, etc.

The next HLAA-TC Book Club and book selection is:

Tuesday, October 25, 2022 at the SPECIAL TIME of 1:00pm (CST): “The Quality Of Silence” by Rosamund Lupton (Fiction). We are meeting at THE SPECIAL TIME OF 1:00 PM since we will be joined by author Rosamund Lupton from her home in England.



The graphic is a promotional poster for the October HLAA-TC Book Club. It features a light orange background with a large, stylized purple outline of a person's head and shoulders. Inside the head area, on the left, is the book cover for "The Quality of Silence" by Rosamund Lupton, which has a dark, snowy scene with two figures. A purple banner with the word "NOVEL" is at the top left of the book cover. To the right of the book cover is a circular inset with a green background containing a portrait of author Rosamund Lupton, who is wearing a black fur hat. Above her portrait, the text "WITH GUEST, AUTHOR ROSAMUND LUPTON" is written in black. Below the book cover, the text "Email social@hlaatc.org for Zoom link" is displayed. At the bottom of the graphic, a purple banner contains the text "TUESDAY, OCTOBER 25TH AT 1:00 PM (CENTRAL TIME) BOOK: 'THE QUALITY OF SILENCE' BY ROSAMUND LUPTON". A small red banner with the words "SPECIAL TIME" is positioned above the time.

**OCTOBER HLAA-TC BOOK CLUB**

**WITH GUEST, AUTHOR  
ROSAMUND LUPTON**

Email social@hlaatc.org  
for Zoom link

**TUESDAY, OCTOBER 25TH AT 1:00 PM (CENTRAL TIME)**  
**BOOK: “THE QUALITY OF SILENCE” BY ROSAMUND LUPTON**

To see a listing of the books we’re covering for the rest of 2022 check out the book club page on our website: <https://www.hlaatc.org/book-club/>

(Book Club, cont.)

About the HLAA-TC Book Club:

The HLAA-TC Book Club meets every month throughout the year on the fourth Tuesday of the month. We alternate between reading fiction and nonfiction books each month and our selections often deal with hearing loss, deafness or disability.

We are meeting virtually on Zoom and have had several authors and special guests join us to discuss the books. We meet on Zoom (with computer/AI captions).

For more information about the book club and to request an upcoming meeting link, please email Laura Hagemann (HLAA-TC Social Media Specialist) at [social@hlaatc.org](mailto:social@hlaatc.org)

## **Dues are Due!**

Although HLAA-TC is not a for-profit organization, it does take a little something to keep us operating.

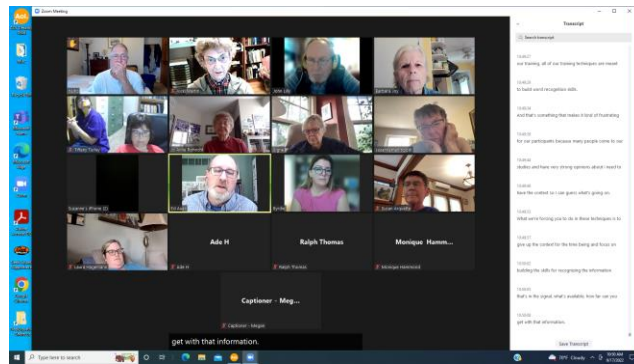
This is just a reminder that the time has come to pay our annual membership dues.

If you are able, please help us out by contributing at the following rates:

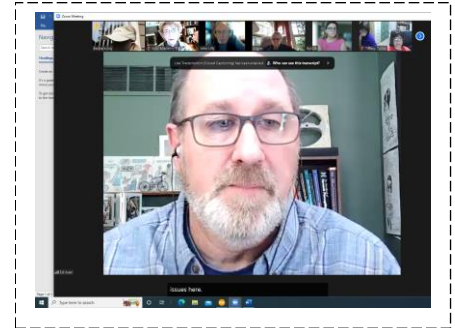
Individual \$15  
Professional \$50  
Supporting \$100  
Newsletter only \$15

To pay your dues, you may send a check made out to “HLAA-TC” to the following address:

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



**Zoom  
Lens**  
Images from  
zoom meeting  
9/17/22



## Free Hearing Equipment

**Donation made to HLA-A-TC from Linda Murphy in memory of her mom: Shirlee Horton**

- 1 pair – Widex in the ear Hearing Aids
- 1 pair – Phonak in the ear Hearing Aids
- 1 pair – Resound in the ear Hearing Aids
- 1 Resound TV2 Streamer
- 1 Retention Kit for Standard + Receiver
- 1 Hearing Aid Kit, Brush and Cloth
- Hearing Aid Batteries - 4 Boxes (8 batteries x 10 packages per box) + 1 pkg of 8 and 1 pkg of 3
- 7 Cerustop in the ear hearing aid cleaning packages, 1 partial package of 3 cleaning sticks

### **Individual Anonymous Donation:**

SurfLink Mobile (streaming device)

*if interested in any of these items, please contact Byrdie Coninx  
at her email address: [president@hlaatc.org](mailto:president@hlaatc.org)*

HLAA TC  
PO Box 26021  
Minneapolis, MN 55426



**Next meeting: Marriott Minneapolis West in person and zoom on October 15**

### 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 – Robin Coninx** [president@hlaatc.org](mailto:president@hlaatc.org)

**Vice President - Signe Dysken** [vicepresident@hlaatc.org](mailto:vicepresident@hlaatc.org)

**Secretary – Susan Arquette** [secretary@hlaatc.org](mailto:secretary@hlaatc.org)

**Treasurer – Robin Coninx** [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org)

#### Directors at Large:

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Karla Sand [karlaviolets@hotmail.com](mailto:karlaviolets@hotmail.com)

Adrienne Haugen [adehaugen@hlaatc.org](mailto:adehaugen@hlaatc.org)

#### Immediate Past President:

(Barbara) Joy Schneider [lovemercy3@yahoo.com](mailto:lovemercy3@yahoo.com)

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**Social Media** - Laura Hagemann [social@hlaatc.org](mailto:social@hlaatc.org)

The next meeting of the Hearing Loss Association of America Twin Cities Chapter (HLAA TC) will be held at Marriott Minneapolis West and on Zoom Oct 15, 2022. Open to socialize at 9:30 AM, formal meeting 10 AM.

Please visit the chapter's web-site at [www.hlaatc.org](http://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](http://www.paradigmreporting.com)).