

HLAA TC

November 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

November 19, 2022
Grief (Hearing Loss and
Loss)
Kristen Swan

December 17, 2022
Family-Centered Hearing
Care
Barbara Joy Schneider



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The November Hearing Loss Association of America Twin Cities Chapter meeting (HLAA TC) will be a Zoom meeting on November 19, 2022
For the Zoom meeting link email secretary@hlaatc.org

President's Message

HLAA-TC President's Message – November 2022

Robin Coninx



Happy Thanksgiving to all! My hope is that this finds you all enjoying the pleasant weather we are having this November.

This month is when I celebrate my birthday and as each year has passed me by, I reflect on what I have learned.

Here is what I would like to share with you about a recent lesson when engaging with a coworker who is hard of hearing and wears hearing aids and how it ties into our mission of HLAA-TC.

We should all learn to advocate for our needs when addressing our hearing loss, whether we are at the audiologist's office, with family or a group of friends, or trying to listen to a lecture. Should we feel uncomfortable when we need to ask for a repeat, request CART services, or let someone know to face you when speaking so you can speech read? While I would like to say a resounding 'no', I know that is not the case in many circumstances as we don't want to stand out as different and not understanding what is being said.

Two things to remember: 1) you have a right to communication access, and 2) learning how to respectfully ask for your hearing needs to be met is imperative to a full life, so you feel you are included within your family and/or social group.

Another point to keep in mind: if you need to connect with others who have hearing loss and would like to chat with others in the same boat, HLAA-TC is here for you, with chapter meetings on the third Saturday of each month September through May.

This month we have Kristen Swan presenting on mental health and hearing loss. Please join us at 9:30 am for social time and welcome, with speaker presentation starting at 10. The meeting usually ends by noon.

Byrdie

Meet the Board



Secretary
Susan Arquette

I am a retired psychologist and clinic manager. My sensorineural hearing loss has progressed since my mid-twenties.

I retired in November, 2021, and am indulging my interests in beadwork, reading, bicycling, and creative writing.

I am especially interested in advocacy for the needs of hard of hearing people whose lives are in the hearing community. We in that group tend to feel caught between two worlds.

I would love to see expanded access to t-coil loops, and other technology that can help us better to understand speech in noisy environments.

Noise-induced Hearing Loss Conference Summary

By Laura Hagemann

Conference Summary

(From OCTOBER 15, 2022)



HEARING- HANDLE WITH CARE

WHEN IS LOUD TOO LOUD?



Topics Covered:

WHAT IS NOISE-INDUCED
HEARING LOSS (NIHL)?



HEARING PROTECTIVE DEVICES



PROTECTING HEARING AT WORK



EMOTIONS OF HEARING LOSS



On Saturday October 15, 2022 from 9:00 am to 1:30 pm a hybrid conference (both in person and on Zoom) on noise-induced hearing loss was held. Sponsored by Hearing Loss Association of America- Twin Cities (HLAA-TC) in conjunction with the Minnesota Department of Human Services, Deaf and Hard of Hearing Services Division (DHHSD) and the University of Minnesota – Twin Cities. The following blog post is a summary of the event with links to documents shared at the conference.

With people attending both in-person at the Minneapolis Marriott West in St. Louis Park, MN and online via Zoom, the conference started with a brief introduction by new HLAA-TC President Robin "Byrdie" Coninx. Mary Bauer and TJay Middlebrook from DHHSD welcomed attendees who were attending in person and on Zoom.

(conference summary, cont.)



From Left to Right: (first row)- Dr. Kerry Witherell, Monique Hammond, RPh, Dr. Peggy Nelson (second row) Kristen Swan, MA, LP, Robin "Byrdie" Coninx, Mary Bauer, (third row)- the audience at Minneapolis Marriott West.

The first speaker was Dr. Kerry Witherell, A.u.D, CCC-A from the University of Minnesota- Twin Cities. Her topic: "Introduction to Noise and Hearing Conservation." Dr. Witherell explained Noise Induced Hearing Loss (NIHL) and talked about how to protect hearing. In the audience, various apps and technologies for measuring decibel levels were discussed during the questions period after Dr. Witherell's talk. One such app that we have shared before on this blog is [SoundPrint](#) (available both on [Apple](#) and [Android](#) smartphones).

The second speaker was Monique Hammond, RPh. Her topic: "Preventing Noise-Induced Hearing Loss in the Loud Workplace." Monique discussed being aware of the loudness in your workplace and how to advocate for hearing protection. Monique shared that [Minnesota has its own Occupational Safety and Health Administration \(MNOSHA\) state-plan program](#), which is approved by federal OSHA, to protect workers at private and public worksites.

(conference summary, cont.)

The third speaker was Dr. Peggy Nelson, PhD, CCC-A from the University of Minnesota-Twin Cities. Her topic: “What is a Hearing Protection Device (HPD) and Why Do I Still Need to Wear Them When I Have a Hearing Loss?” Dr. Nelson showed several different kinds of hearing protectors that she uses and began a discussion with the audience on what HPDs they use and that they should actively be a part of everyone’s hearing protection plan.

The fourth and last speaker was Kristen Swan, MA, LP. Her topic: “The Grief and Emotional ‘Backdraft’ of Acquired Hearing Loss.” Kristen started her session by leading the group in deep breathing to relax after all we had learned. She led a discussion on how to acknowledge the grief that comes along with any loss, including hearing loss. Kristen will be continuing her discussion of grief and hearing loss in the November HLAA-TC chapter meeting where she is giving a talk entitled “Grief (hearing loss and loss).” That meeting will be on Saturday, November 19th at 9:30 am.

The conference ended with a brief wrap-up by Robin "Byrdie" Coninx (of HLAA-TC) and Mary Bauer (of DHHSD). If you would like to receive slides or information from the presenters at the conference, please email Mary Bauer, mary.bauer@state.mn.us of DHHSD and she will send them to you (see below for specifics). For documents shared with the in-person audience, see below.

Documents on Tinnitus:

- [NIDCD-Tinnitus Fact Sheet](#)
- [DHHSD Fact Sheet on Tinnitus](#)

Noisy Planet Documents (NIDCD Program on noise-induced hearing loss):

- [Keeping It Down At Home Brochure](#)
- [Hearing Protectors](#)
- [How Does Noise Damage Your Hearing?](#)
- [How Loud Is Too Loud?](#)

Miscellaneous Materials on NIHL:

- [Do You Need a Hearing Test? Bookmark](#)

Materials from and about DHHSD:

- [DHHSD Brochure](#)
- [DHHSD Preventing noise-induced hearing loss fact sheet](#)
- [The Minnesota DHS Telephone Equipment Distribution \(TED\) Program](#)

Materials from and about National Institute on Deafness and Other Communication Disorders (NIDCD):

- [Noise-induced Hearing Loss \(NIHL\) Fact Sheet](#)
- [Hearing Protectors Fact Sheet](#)

(conference summary, cont.)

Presentations from Conference:

Presenter 1: Dr. Kerry Witherell, AuD, CCC-A “Introduction to Noise and Hearing Conservation”- Email Mary Bauer, mary.bauer@state.mn.us of DHHSD and request the presentation.

Presenter 2: Monique Hammond, RPh “Preventing Noise-Induced Hearing Loss in the Loud Workplace”- [Click here to Download a Presentation Summary PDF](#)

Presenter 3: Dr. Peggy Nelson, Ph.D., CCC-A “What is a Hearing Protection Device (HPD) and Why Do I Still Need to Wear Them When I Have a Hearing Loss?”- Email Mary Bauer, mary.bauer@state.mn.us of DHHSD and request the presentation.

Presenter 4: Kristen Swan, MA, LP “The Grief and Emotional ‘Backdraft’ of Acquired Hearing Loss”- [Click here to Download a PDF of the Presentation](#)

Memos from the President



While it is our **goal to start hybrid meetings** (in person and online simultaneously), we are not able to do so currently as **there is a need for assistance** in setting up and taking down the board room at Courage Kenny.

Please email me if you can assist! Byrdie – president@hlaatc.org

Thank-you to all who have paid their 2022 – 2023 HLAA-TC dues! Not sure if you have paid or if you need to pay - please let us know at – president@hlaatc.org or secretary@hlaatc.org for assistance.

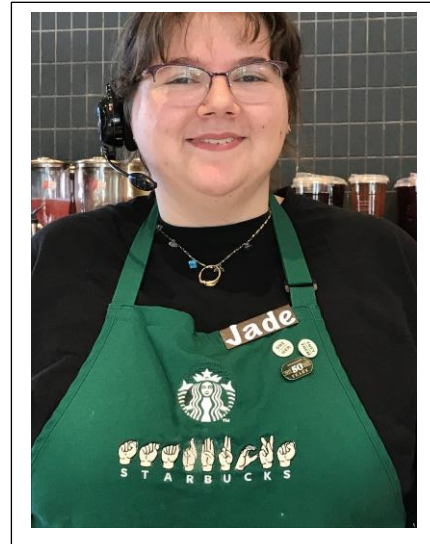
We have **openings on the HLAA-TC Board**, the following positions need to be filled:

Director-at-Large
Treasurer

Would you like to be considered for one of these positions ? Please let us know and you can attend one of our board meetings.



First, the coffee. Then – so much more!



On a recent stop at a Starbucks in Maplewood, I had the pleasure of meeting Jade. Jade works at Starbucks when she isn't going to classes at St. Paul College. She moves seamlessly among the other workers, all of them alike in their cheerful service, yet each one unique.

I noticed Jade because of her apron. It's the typical green Starbucks uniform with the white company logo center front – but with a difference: Underneath the logo are images of hands spelling out the name "STARBUCKS". This is what prompted me to communicate with her.

She told me she had seen the ASL aprons on workers at the "Deaf Starbucks" (who knew there was such a thing?) in Washington D. C., and she knew she had to get one of those. It suits her well.

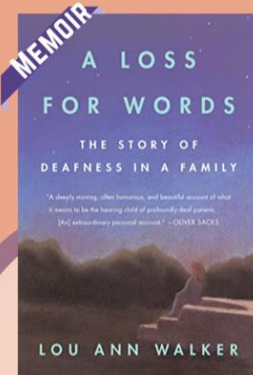
She had not heard about HLAA (she has now!), but agreed to pose for a couple of snapshots for our newsletter.

If you happen to visit her store and see Jade, say "Hi" from Vicki! Don't be shy. She's good at speechreading.

View a signed video from the Deaf Starbucks here:

<https://stories.starbucks.com/stories/2018/eight-things-to-know-about-the-new-starbucks-signing-store/>

NOVEMBER HLAA-TC BOOK CLUB



WITH SPECIAL GUEST
AUTHOR LOU ANN WALKER



Email social@hlaatc.org



for Zoom link

TUESDAY, NOVEMBER 22ND AT 7:00 PM (CENTRAL TIME)
BOOK: "A LOSS FOR WORDS" BY LOU ANN WALKER

Sound Familiar?

On Tuesday November 8, 2022 the St. Paul Pioneer Press shared this problem in their Dear Abby column:

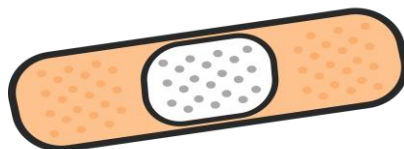
"On Deaf Ears" writes,

"My husband is hard of hearing. No matter what I ask of him or when we have a conversation, he denies I ever spoke to him... Our marriage has turned into one big fight. I have asked him to say, 'I didn't hear you. Could you repeat that?' but.... he still flat-out denies that I said anything to him... How can I convince him that he needs a hearing aid before these fights end our marriage?"

Abby replies,

"This is a problem you both should discuss with your husband's doctor... Sadly, his denial is shared by many who equate hearing loss with something to be embarrassed about."

Abby warns that the problem will get worse without intervention, but offers this "band-aid" approach: "For now, if you want his attention, touch his arm or shoulder before asking him a question. That way, he will have to pay attention."



Ade (Adrienne) Haugen calls our attention to the following:

Here is a resource to look into! The Deaf and Hard of Hearing Services Division has been updating its website and the link shown below is a great start! You are encouraged to visit the DHHS website for many of its resourced information.

"Communicating with people with hearing loss"

or <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7914-ENG> , has been updated.

To print website content, open the page, then select the three ellipses in the upper right-hand corner of the page. From the drop-down menu, select print.

(DHHS Homepage: <https://mn.gov/deaf-hard-of-hearing/#>)

Information on hearing accessible technologies culled by Laura Hagemann:

iOS 16: <https://support.apple.com/guide/iphone/live-captions-beta-iphe0990f7bb/ios>

Display CC on iPhone: <https://support.apple.com/guide/iphone/subtitles-and-captions-iph3e2e23d1/16.0/ios/16.0>

OS 16 Accessibility Features: <https://techcrunch.com/2022/09/12/all-the-nifty-ios-16-features-you-want-to-know-about/>

More information on iOS 16 accessibility features: <https://mashable.com/article/apple-ios-live-captions>

Information on Google Apps for HL: <https://www.chchearing.org/post/google-accessibility-apps-for-people-with-hearing-loss>

Microsoft Translator (app for iPhone, iPad, Apple

Watch): <https://apps.apple.com/us/app/microsoft-translator/id1018949559>

Using Notes for Accessibility: (there is a lot of information out there about this).

Ava captions: <https://www.ava.me/>

Otter captioning and note taking on mobile/computer: <https://otter.ai/>

5 Best Speech to Text <https://www.speechtexter.com/>

LiveTranscribe on Android: <https://www.android.com/accessibility/live-transcribe/>

Live Captions in Google Chrome (only on computers): <https://support.google.com/chrome/answer/10538231?hl=en>

Use Dictation: <https://support.apple.com/guide/iphone/dictate-text-iph24206370d/ios>

Cardzilla – free to download, easy to use, available for Apple or android

<https://apps.apple.com/us/app/cardzilla/id623346823>

<https://play.google.com/store/apps/details?id=com.nulltone.cardzilla&gl=US>

Environment

There is a lot of attention being paid to environmental concerns these days – and for good reason – but I was still surprised to come across an article on **“The environmental footprint of disposable hearing aid batteries”** on the *hearingtracker.com* website. It’s not something I have thought about much. I do appreciate the convenience of rechargeable batteries, but I have never sought to go that route with a hearing aid.

Here is an excerpt from the website:

“To our surprise, disposable Zn-air batteries have a major environmental footprint.⁴ For example, Ross Dueber, PhD, estimated in 2014 that more than 1.4 billion disposable hearing aid batteries disappear on landfills* around the world each year, and this number at the time was expected to double every 9 years.^{5**} While there are several reasons why disposable batteries will remain a practical choice in hearing aids for some time to come, we can try to reduce their environmental impact. Theoretically, if before 2024, all new hearing aids were to become rechargeable, there would be no demand for disposable hearing aid batteries by 2030.***”

[The Carbon Footprint of Hearing Healthcare and How to Reduce It \(hearingtracker.com\)](http://hearingtracker.com)

So, why haven’t I been looking for a rechargeable hearing aid? In a word: power outage. Listen to this: “power outages ... are occurring more frequently than ever before — and sometimes they can still last for several days or even weeks, especially if natural disasters strike.”

How often do these occur? Some websites show in the hundreds per state per year, others in the thousands. Maybe it depends on how widespread the outage is, whether it gets counted. But we all know people (maybe ourselves) who have experienced days-long outages in the past year. So it may be worth asking: how long can you go without hearing?

We invite comments, opinions, and facts on this topic. (Send yours to editor@hlaatc.org)

Vicki Martin



HLAA TC
PO Box 26021
Minneapolis, MN 55426



Next meeting: November 19 on Zoom

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

Vice President - Signe Dysken vicepresident@hlaatc.org

Secretary – Susan Arquette secretary@hlaatc.org

Treasurer – VACANT

Directors at Large:

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Karla Sand

Adrienne Haugen

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Newsletter Editor: Vicki Martin editor@hlaatc.org

Photos – Vicki Martin

Social Media - Laura Hagemann social@hlaatc.org

Link to our Facebook group here:

<https://www.facebook.com/groups/hlaatc/?mibextid=6NoCDW>

The next meeting of the Hearing Loss Association of America Twin Cities Chapter (HLAA TC) will be held on Zoom Nov 19, 2022. Open to socialize at 9:30 AM, formal meeting 10 AM.

For the Zoom meeting link email secretary@hlaatc.org

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).