

HLAA TC

March 2023

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

March 18, 2023

Johnathan Taylor:
Music and Hearing Loss

Email (secretary@hlaatc.org) for meeting link.

April 15, 2023

Shari Eberts, author
How to Live Skillfully with
Hearing Loss



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Officers' emails

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www.hearingloss.org

The February Hearing Loss Association of America Twin Cities Chapter meeting (HLAA TC) will be a Zoom meeting on March 18, 2023

Email the secretary (secretary@hlaatc.org) for meeting information and link.

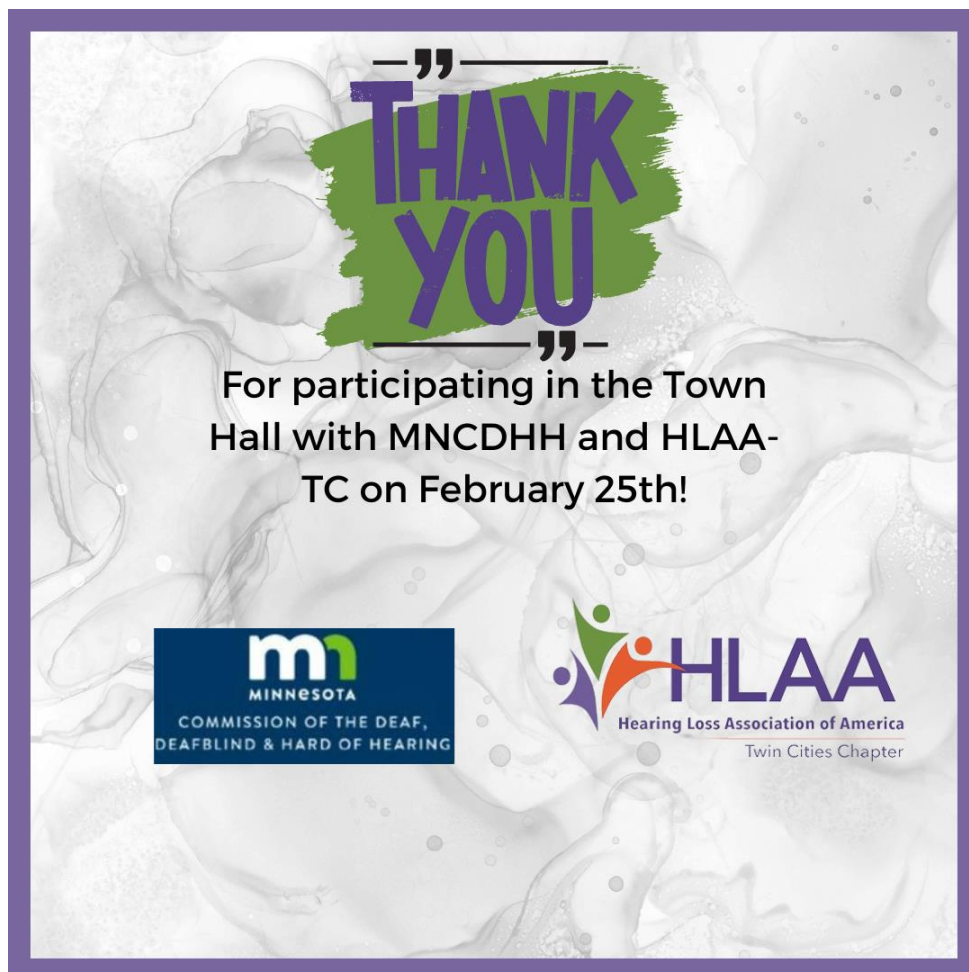
President's Message
HLAA-TC President's Message – March 2023
Robin Coninx

Here's just a reminder that our monthly HLAA-TC meetings are open to all. You need not be a member, nor even a resident of snowy Minnesota! Everyone is warmly invited to attend.

We continue to be offered a smorgasbord of stimulating topics, all selected to enrich our lives with ideas for better communication and further education. There is so much to learn, and these gatherings provide a way to taste a variety of offerings, and tap into resources we might not find on our own.

This month's speaker will talk to us about *Music and Hearing Loss* – a very broad subject, and an important one to most of us. Please join us on March 18 to delve into this universal theme.

Welcome!



Summary of HLAATC meeting Saturday, January 21, 2023

By Signe Dysken, Vice President

At 9:30 AM, prior to opening today's meeting, members and visitors enjoyed casual conversation and a discussion about improving speech and music perception.

Two out-of-state guests joined the meeting today, including a graduate student in speech and language pathology and a guest from Florida who had become interested in attending today's meeting after learning that the speaker would be addressing the topic of aural rehabilitation.

Our Florida guest spoke about his own progressive sensorineural hearing loss that first necessitated hearing aids and later, two cochlear implants. After the receipt of cochlear implants, he became committed to improving his speech and music perception and has been working with University of South Carolina's tech school on aural rehab. He reports improvement over the course of months in both areas, including pitch perception. He has found that Angel Sound, poetry.org/audio and the "Lace program" as well as USC's "bionic lab" and an APP called Meludia have all been helpful.

At 10 AM Byrdie opened the meeting, introducing herself and speaker Nolan Johnson, Consumer Engagement Manager at Med-El. His background is in deaf education and speech pathology. He has been working with people with cochlear implants for eight years. He strongly recommends aural rehabilitation for maximizing a person's ability to participate in activities affected by hearing loss.

The goal of aural rehabilitation is to reduce hearing difficulties by becoming more effective with hearing technology and communication strategies. Communication strategies include: (1) Avoid saying "huh," and instead be specific about what you did not understand. (2) Face the speaker. (3) Tell the speaker what he/she can do, such as slowing speech. (4) Turn off music (5) Consider stepping outside to talk.

Aural Rehabilitation Resources:

1. Bridge Store from Med-El (Bridgestore.us.medel.com), with free lesson kits available to anyone, including individuals who do not have an implant. The lesson kits are for listening practice.
2. Amptify is a computer-based training program (amptify.com) that includes a live hearing professional to guide the listener along. Cost: \$40 per month.
3. Angel Sound includes speech and music activities (free).
http://angelsound.tigerspeech.com/angelsound_download.html

Tips for listening to music

(1) Start simple: One instrument, simple songs, listen to your favorites - the music you grew up with. (2) Use an assistive listening device such as AudioLink or AudioStream. (3) Add visuals like reading the lyrics or watching a person play the song. (4) Broaden your musical tastes by listening to different genres. (5) Constant, consistent repetition and practice.

(meeting summary, cont.)

Further discussion centered on finer points of cochlear implants such as differences between brands of cochlear implants, rehab programs and issues of coordination of devices for persons with one implant and one hearing aid. Med-El does not require a person in this situation to have two APPS. Attendees emphasized that many patients have unique needs that require efforts to match a device with their individual needs and issues. Med-El works with all hearing aids (some brands do not).

Mr. Johnson emphasized that there is not necessarily an end to aural rehab – it can be an ongoing process.

Many websites and links were shared during the presentation and discussion, and Laura will post them on the HLAA-TC website. Mr. Johnson was thanked for his presentation. He provided his contact information:

Nolan.johnson@medel.com, tel. 919-928-4243.

Rehab.us@medel.com, tel. 1-888-633-3524.

After a short break, discussion resumed at 11 AM with Byrdie discussing a Town Hall meeting scheduled for Saturday, Feb 25. This meeting will include members of the Minnesota Commission for Deaf and Hard of Hearing (MNCDHH), and was arranged in response to Byrdie's request for better contact between the Commission and the Hard of Hearing Community. The vast majority of Minnesotans with hearing loss communicate through speech and hearing, in contrast to a smaller Deaf community that communicates by signing. State funding has tended to favor the Deaf community rather than the larger Hard of Hearing community. Byrdie recommended that members of HLAA-TC as well as their friends with hearing loss register for this Town Hall so that they can emphasize their issues and needs regarding hearing. Byrdie added that she hopes to bring forward three items that need attention: (1) Closed captioning in public spaces, (2) Communication access for families who have IEP meetings to attend and (3) Hearing aid affordability. CART availability for all legislative meetings is another possible agenda item.

Laura mentioned another bill currently in the legislature supporting closed captioning in public spaces.

Karla pointed out that there is a bill in the legislature that proposes the formation of a Department of Aging. Karla requested that we contact our legislators to support this bill.

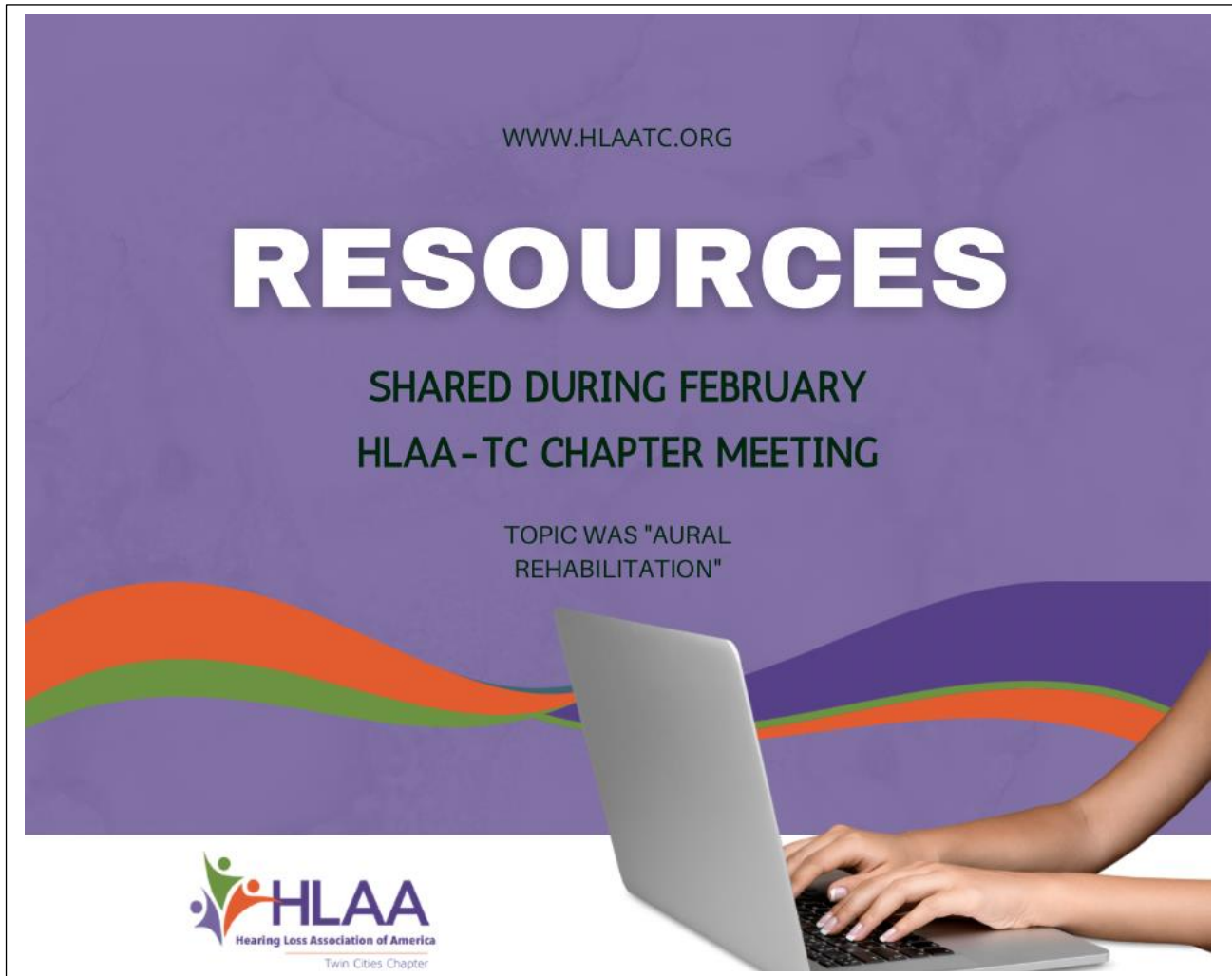
Respectfully submitted,
Signe Dysken, Vice President



Resources from latest meeting

By Laura Hagemann

On Saturday, February 18th HLAA-TC had our February chapter meeting (on Zoom) and we had Nolan Johnson from MedEl speak to us about "Aural Rehabilitation." In addition to the resources that Nolan Johnson shared, we also had some people in attendance who shared related and helpful information.



See below for a list of resources shared during the meeting:

http://angelsound.tigerspeech.com/angelsound_download.html Angel Sound: "an interactive auditory training and hearing assessment program that lets you take control of your listening rehabilitation independently or self-administer your functional hearing test at home."

<https://sites.usc.edu/bionicearlab/USC> Bionic Ear Lab: Auditory Processing and Signal Processing: "We study speech comprehension, pitch perception, music appreciation, and the way sound signals are processed in cochlear implants." They have a regular Zoom music appreciation group that you can learn about and join: <https://sites.usc.edu/bionicearlab/the-ci-music-hour/>

(resources, cont.)

<https://sites.usc.edu/bionicearlab/resources/> A list of resources, including apps and websites from the USC Bionic Ear Lab.

<https://www.meludia.com/en/free-trial/> Meludia is a French developer of music-based Brain-training apps. The Meludia method is founded on 25 years of expertise and is used in 168 countries.

Mentioned by speaker:

<https://bridgestore.us.medel.com/> "MED-EL's BRIDGE Rehabilitation Program provides a wide range of support materials developed with leading rehabilitation specialists. The resources in this program are designed to meet the needs of adults, teens and children with hearing loss, as well as their parents, audiologists, speech-language pathologists and teachers."

<https://amptify.com/> "HEARING HEALTH REIMAGINED: The whole-person hearing health platform. An ecosystem of hearing health built to improve the provider and patient experience through comprehensive tech-enhanced care."

Upcoming Meetings:

The next HLAA (national) Webinar is Tuesday, March 14th 1:00 pm - 1:30 pm (Central Time) and it's an HLAA Showcase Webinar on a new CapTel 2400i feature "Dialing By Picture." Register Here: https://hearingloss.zoom.us/webinar/register/WN_9gZfLvVvStaXtAQro0rJNQ

The next HLAA-TC Chapter Meeting is Saturday, March 18th from 9:30 am to 12:00 pm and the speaker is Jonathan Taylor and he is talking about Music and Hearing Loss. Email secretary@hlaatc.org for the Zoom link.

The next Book Club is Tuesday, March 28th from 7:00 pm - 8:30 pm (Central Time) and we are meeting on Zoom to discuss the memoir "Chasing Space" by Leland Melvin. Email Laura Hagemann to request a link: social@hlaatc.org

For other HLAA chapters virtual meetings, check out this calendar updated with meetings throughout the country: <https://hlaagroups.hearingloss.org/g/HLAALeaders/calendar>

QUIZ:

The AARP Bulletin for December 2022 included the following as symptoms of a condition that affects many adults. Can you guess what the condition is? (see answer in box at lower right):

easily distracted/ inability to focus/ trouble relaxing/ interrupting others/ trouble multitasking

You are forgiven if you were thinking the list describes a hard of hearing adult – because it does!

CHDV

Loop Minnesota News:

The evening of February 28, 2023 was a big deal for Loop Minnesota. We were one of three finalists in the Non-Profit category for the ACG (Association for Corporate Growth) MN BOLD awards.

Ultimately, the award went to a group whose mission it is to empower youths and to improve lives and communities. However, Loop Minnesota got a lot of visibility and a significant networking opportunity. We made new and encouraging connections. Thanks to this event, many more decision-makers in the local corporate and business worlds know now about Loop Minnesota and about the need for making venues and businesses accessible for those with hearing loss.

Just having been considered and nominated and designated as finalist for this award is a victory in itself. Encouraged by the experience, Loop Minnesota Boldly moves ahead with its mission. In the end, only good will come of it.

Monique Hammond
Vice President Loop Minnesota



Is this scary, or what?

Noted on Hearingtracker.com:

"Xrai Glass provides live closed captions for real-world conversations in real time, and I had the pleasure of trying them out at CES 2023. The glasses pick up the voices using directional microphones, process the information with minimal delay, and project transcribed speech on the glasses in front of you to see. The artificial intelligence built into the app can even recognize different voices and label them separately on screen to help you follow the conversation easier."

See the video here:

[Xrai Glass: Real-Life Closed Captions EVERYWHERE you go!!](#)

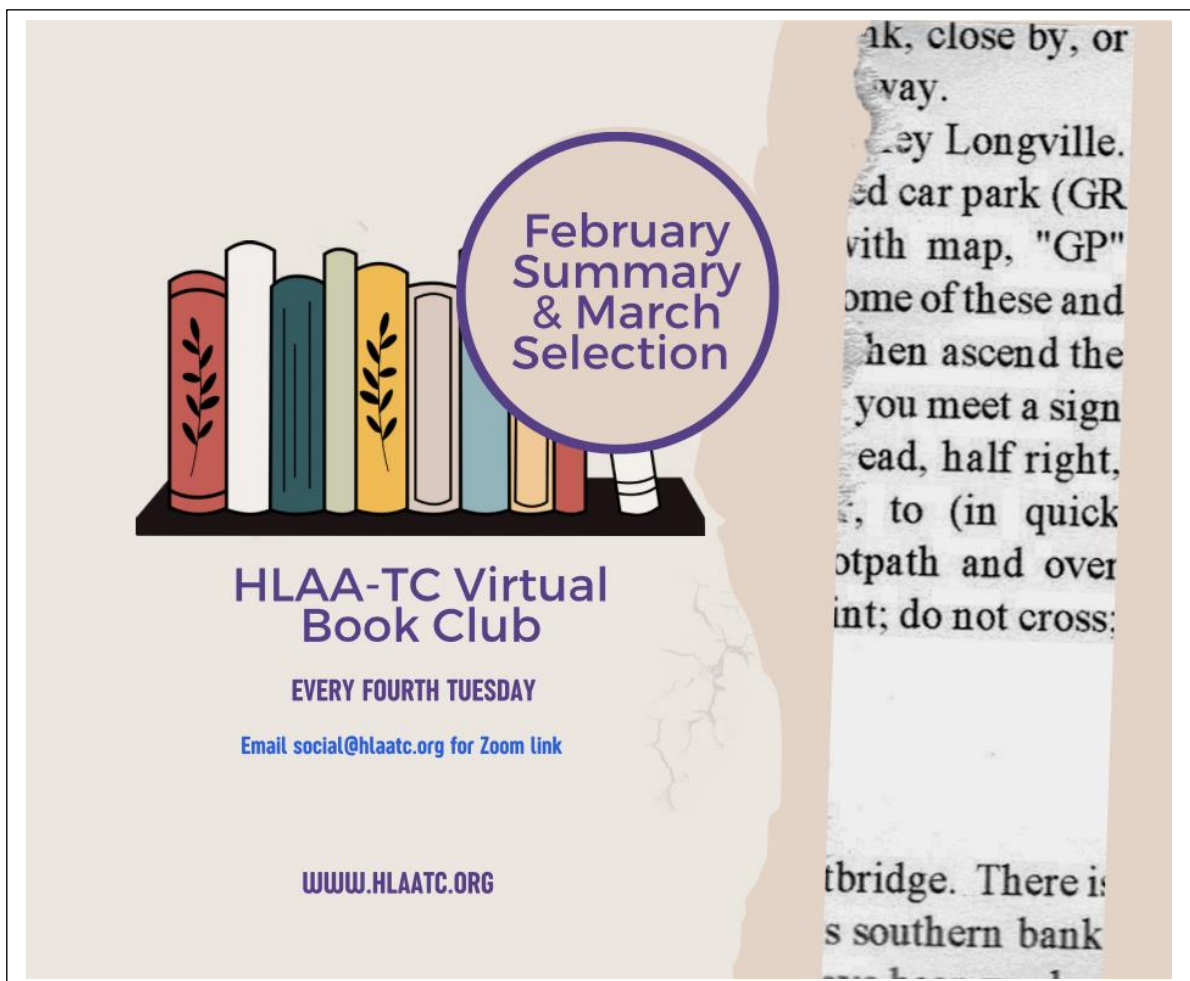
February Book Club Summary and March Book Selection

By Laura Hagemann

On Tuesday, February 28th the HLAA-TC Book Club met on Zoom to discuss the novel [“I Never Promised You A Rose Garden”](#) by Joanne Greenberg and we were honored to welcome author Joanne Greenberg. Ms. Greenberg joined us from her Colorado home and spoke to us about her long career as an author. “Rose Garden” was published in 1964 and she told us she’s written 23 books, 21 of which have been published. While “Rose Garden” was semi-autobiographical and based on a fictionalization of Greenberg’s own experience in a mental hospital, she also spoke to us about a fictional novel she wrote with deaf characters [“In This Sign” \(1984\)](#).

The Book Club discussion with Ms. Greenberg was a lovely question and answer session that covered many topics. Ms. Greenberg also mentioned that she had written a book with DeafBlind characters: [“Of Such Small Differences” \(1989\)](#).

The next book club will be on Tuesday, March 28th at 7:00 pm (Central Time) and we will be discussing the memoir [“Chasing Space: an astronaut’s story of grit, grace and second chances”](#) by Leland Melvin.



The graphic features a row of seven colorful books (red, white, teal, yellow, grey, blue, red) on a black shelf. A purple circle with white text is overlaid on the books. The background is a light beige color with a vertical strip of torn paper on the right side containing fragments of text. Below the books, the text reads: "February Summary & March Selection", "HLAA-TC Virtual Book Club", "EVERY FOURTH TUESDAY", "Email social@hlaatc.org for Zoom link", and "WWW.HLAATC.ORG".

February
Summary
& March
Selection

HLAA-TC Virtual
Book Club

EVERY FOURTH TUESDAY

Email social@hlaatc.org for Zoom link

WWW.HLAATC.ORG

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Writers wanted: articles, filler, letters, jokes

You don't have to be on the board, or in the hearing profession, or even an HLAA-TC member, to contribute to your HLAA-TC newsletter! Consider sending us your take on a new product, your reaction to a difficult situation, your opinion about a quiet restaurant – or anything else that affects you as a hard of hearing person.

Submissions should have something to do with hearing loss.

Submissions will be vetted (See website for writer's guidelines).

Still in the news: More on the Hearing Loss/Dementia link

Barrons, Feb 18 2023: Title: "What really matters in preventing dementia"

Opening line: "Put down that brain teaser and get your hearing tested!"

"Keeping your mind sharp in old age has less to do with your ability to finish crosswords, and more to do with exercising your mind – and body – in a variety of ways"

Additional statistics noted: people with untreated hearing loss have a 98% higher rate of dementia than others in their age group

(Barron's is a leading source of financial news, providing in-depth analysis and commentary on stocks, investments and how markets are moving across the world.)

Tinnitus and Covid

BYTARA HAELE
PUBLISHED FEBRUARY 10, 2023

The following quotes are from National Geographic Magazine, February 2023. If you are an NG subscriber, you can read the full story here:

<https://www.nationalgeographic.com/magazine/article/covid-vaccine-trigger-tinnitus?>

COVID can trigger tinnitus. Could the vaccines do the same?



“The CDC didn’t find a link between the vaccines and hundreds of new cases of a debilitating ringing in the ears, but some scientists say it must do more to investigate.

After Gregory Poland, an [internal medicine doctor](#) at Mayo Clinic who directs its Vaccine Research Group, got his second dose of COVID vaccine in February 2021 he developed such severe and sudden ringing in his ears that he nearly veered into the next lane of traffic while driving home....

Poland, one of the foremost vaccine researchers in the world and editor in chief of the medical journal *Vaccine*, is one of thousands of people who believe the ringing, or tinnitus, they developed after a COVID immunization could be linked to the vaccine. The condition is a [known consequence](#) of a COVID infection.

Mounting evidence—from scientific studies and case reports—suggests that there might be a connection between COVID vaccines and rare cases of severe tinnitus...”

“We are aware that this is occurring, but tinnitus is a very common condition that has many causes and many risk factors,” Sharan said. “We’re not dismissing it, and we’ll continue to monitor it, but there’s nothing that shows us that there’s a safety problem between COVID-19 [vaccine] and tinnitus.”

Donated hearing equipment -- free

(If you are interested in any of these, please contact Vicki Martin, gimme88@aol.com)

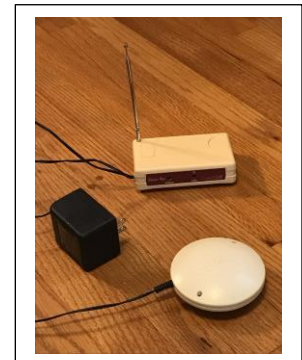
Big bed shaker by United TTY Sales and Service =>



Small bed shaker "super shaker" by Sonic Alert
(to be used with a Sonic Alert alarm clock) =>



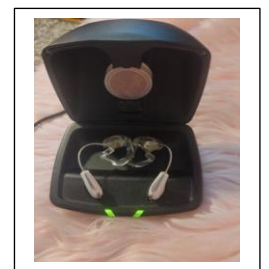
Silent Call fire alarm receiver, model SU5001-R
(to be used with sonic alert fire alarm transmitter) =>



Two Starkey Z series I-110 RIC Hearing aids =>



Starkey Livio Edge AI rechargeable hearing aids=>



HLAA TC
PO Box 26021
Minneapolis, MN 55426



Next meeting: March 18 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: HLA A 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 – Robin Coninx** treasurer@hlaatc.org
- Directors at Large:**
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- 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 March 18, 2023. Open to socialize at 9:30 AM, formal meeting 10 AM. **Email the secretary (secretary@hlaatc.org) for meeting information and link.**

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).