

HLAA TC

June 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

September 16, 2023

ADA and

Self-advocacy

Deaf and Hard of Services
Division of MN Department of
Human Services

See President's message (page 2)
for registration instructions



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Officers' emails

Robin Coninx – president@hlaatc.org

Laura Hagemann - vicepresident@hlaatc.org

Susan Arquette - secretary@hlaatc.org

Robin Coninx – treasurer@hlaatc.org

Directors at Large:

Christy Myers

Karla Sand

Ed Benck

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

The September Hearing Loss Association of America Twin Cities Chapter meeting (HLAA TC) will be a hybrid meeting (in person and Zoom) on September 16, 2023
To register and receive zoom meeting link, follow instructions on page 2

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

My hope is that you are all having a fabulous summer! As we all enjoy our time with walks or a picnic, we still are hard of hearing and our daily lives still consist of navigating our world by asking for our access needs so we can 'hear' all conversation that we need to understand what is happening around us.

Coming this fall, HLAATC Chapter meetings will be "hybrid" - held over Zoom and in person - barring that nothing interrupts the process of learning the technology. Our September chapter meeting will host the Deaf and Hard of Services Division of the Minnesota Department of Human Services. The topic is ADA information and learning to advocate for your hearing needs.

To attend the meeting on ZOOM:
Prior to the meeting, click the "register here" button on the HLAATC website. After registering, you will receive a confirmation email containing information about joining the meeting.

To attend the meeting IN PERSON:
Join us at Courage Kenny 3915 Golden Valley Road, Golden Valley MN 55422 on September 16 (the 3rd Saturday of the month). Sign-in begins at 9:30 AM.

Meeting time:
Social time in person begins at 9:30 AM (no social time on ZOOM)
Formal meeting begins at 10:00 AM for both in-person and ZOOM

While we hope the new format will be accommodating to all, HLAATC asks for your patience. We will be as proactive as we can with the technology setup, however we will encounter hiccups in the process.

Hope to see you all in September!
Have a Blessed rest of your summer!

Byrdie
HLAATC President

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Summary of HLAATC meeting Saturday, May 20

By Robin ("Byrdie") Coninx, President

Laura Hagemann led the meeting in a discussion with members about hearing loss and entertainment. Resources cited were the national HLA Website, and the Minnesota access art board calendar that has captioned events listed throughout the state of Minnesota.

Minnesota History Theater is presenting performances of "The Defeat of Jesse James" with open captions. Open captions are viewed on the screen.

Mixed blood theater is doing captioned performances as well. Their captions are directly streamed to your phone (you can find a link on their website). The HLAATC book club meets on the fourth Tuesday of each month. The May 23rd book club held an informal chat, with plans for an author-attended meeting June 27th.

HLAATC secretary Susan Arquette shared about her recent purchase of new hearing aids, and the T-coil technology that can connect directly to all capable technology. If you would like more information, please e-mail her at secretary@hlaatc.org.

In the past, Self Help for the Hard of Hearing (the previous name of HLA) sponsored a temporary hearing loop at the cost of \$2500 at the Mill City museum. Mary Hartnett has engaged with HLAATC to develop a policy on hard of hearing accessibility in public places.

A discussion took place among members of the viability of T coils and whether this was an obsolete or current way to connect to audio systems and hearing aids. Some people feel that hearing loops are old technology.

HLAATC member and immediate past president Monique Hammond pointed out hearing loop technology has improved.

In 2014 Loop Minnesota was started. This organization helps explain how loops work, and how to advocate for loop installation. They also have communication cards to help people when discussing how to install loops. It was mentioned that public access for the hearing needs to become standard and the installation of hearing loops needs to be one of the access technologies used in public spaces. Loop Minnesota can do individual consultations in about 10 minutes. It was noted that in other countries taxis, buses and trains have hearing loops. A comment was made that some Hennepin County libraries have hearing loops (locations of the libraries with hearing loops were not given).

(meeting summary, cont.)

Monique also talked about her work experience and her sudden hearing loss, how it impacted her life, and her grieving and recovery process. Monique authored the 'Book What Did You Say' as part of her journey during this time.

Another point of topic was public education on hearing loss and dementia. One member brought forward that we all need to learn to advocate for ourselves.

Laura made a comment about the drive-through experience and how some drive-throughs have camera access and can show your order on a screen. This enables the customer to check the accuracy of the order.

Some members feel that the hearing aid industry does not have patients' best interest in mind. It was also stated that hearing professionals need to provide more information to their patients on all functions of hearing aids.

A new concept of hearing remediation is being explored which posits that it may be possible to manipulate DNA to prevent or reverse hearing loss.

Results of voting on new board members are:

New Vice President: Laura Hagemann
New Director at Large: Christy Myers
New director at Large: Ed Benck

Last but not least, we wish to thank Signe Midelfort Dysken, for her service on the HLAATC Board!

Readers Digest Health magazine May 2023 asks: **“Can hearing loss be reversed?”** and proceeds to answer in the affirmative. Vanessa Milne writes:

“The journey of a sound from outside the ear into the brain, which takes only milliseconds, is mind-bendingly elaborate...Is it such a big deal if we can't hear certain sounds? Yes, as it turns out...it's not just an annoyance, it's a major health issue...

“...researchers are looking at ways to help the cochlea grow new hair cells...[so] that, instead of just turning up the volume of all noise, as hearing aids do, we'd be able to ...easily pick out speech from background noise.” *[this statement tends to reinforce a false assumption about hearing aids – that they amplify every sound the same – editor].*

“In the future”, Milne says, “genetic testing will become more common...as we move forward with gene therapy for hearing loss.”

The article ends with the prediction that gene therapy could replace hearing aid technology in 10 to 20 years.

HLAA-TC Board Members 2023-2024 and open positions



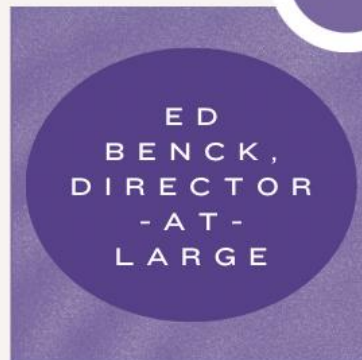
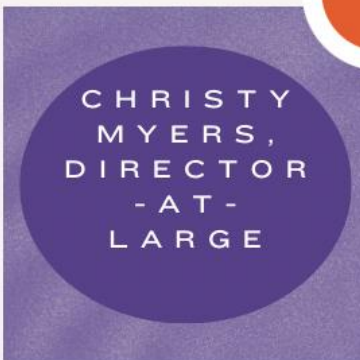
Robin "Brydie" Coninx,
President
president@hlaatc.org



Laura Hagemann,
Vice President & Social Media Specialist
vicepresident@hlaatc.org
social@hlaatc.org



SUSAN
ARQUETTE.
SECRETARY



Open Captioned Arts & Culture Events In June and July 2023

The Minnesota Access Alliance (MNAA) provides this Accessible Arts & Culture Information. Here are some excerpts from the May-June events calendar for Open Captioning

Friday, June 23, 7:30 PM — “Next to Normal” by Theater Latte Da at the Ritz Theater, Minneapolis — https://calendar.mnaccess.org/events/next-to-normal-2/?mc_id=10277.

Saturday, June 24, 2:00 PM — “Relaxed Family Concert - Juneteenth: Celebration of Freedom” by the Minnesota Orchestra at Orchestra Hall, Minneapolis — https://calendar.mnaccess.org/events/relaxed-family-concert-juneteenth-celebration-of-freedom/?mc_id=10307.

Saturday-Sunday, June 24-25, 2:00 PM — “Next to Normal” by Theater Latte Da at the Ritz Theater, Minneapolis — https://calendar.mnaccess.org/events/next-to-normal-3/?mc_id=10278.

Wednesday, July 5, 1:00 PM — “Into the Woods” at the Guthrie Wurtele Thrust Stage, Minneapolis — https://calendar.mnaccess.org/events/into-the-woods-6/?mc_id=10334.

Friday, July 14, 7:30 PM — “Into the Woods” at the Guthrie Wurtele Thrust Stage, Minneapolis — https://calendar.mnaccess.org/events/into-the-woods-5/?mc_id=10332.

Saturday-Sunday, July 15-16, 1:00 PM — “Into the Woods” at the Guthrie Wurtele Thrust Stage, Minneapolis — https://calendar.mnaccess.org/events/into-the-woods-8/?mc_id=10336.

Wednesday, July 19, 1:00 PM — “Into the Woods” at the Guthrie Wurtele Thrust Stage, Minneapolis — https://calendar.mnaccess.org/events/into-the-woods-7/?mc_id=10335.

Saturday, July 22, 4:00 PM — “12x12: Rondo x Hawona Sullivan Janzen” by Mixed Blood Theatre at Rondo Commemorative Plaza, St. Paul (and by Zoom) — https://calendar.mnaccess.org/events/12x12-rondo-x-hawona-sullivan-janzen/?mc_id=10417.

Saturday, July 29, 4:00 PM — “12x12: North Minneapolis x Joe Davis” by Mixed Blood Theatre at the Capri Theater, Minneapolis (and by Zoom) — https://calendar.mnaccess.org/events/12x12-north-minneapolis-x-joe-davis/?mc_id=10414.

(Thank you, MNAA!)

Book Club Summary and June Book Selection

By Laura Hagemann



“I love this book. It is witty, profound, and unself-pitying. It is the best account of growing up deaf since David Wright’s Deafness.”

- Oliver Sacks

(Book Club and related material, cont.)

HAAA-TC Book Club met in May for an informal chat about books since we decided to push our May book to June.

The next Book Club is June 27th and it's a Questions and Answers with Henry Kisor about his book [**"What's that pig outdoors?"**](#) Send Laura at social@hlaatc.org your questions for Henry by no later than June 20th.

Below are Links and talking points from our May Book Club/Chat:

- A member encountered a different transcription app called Scribr. It's .99 cents and offers some unique features such as transcribing voice memos, a means to organize transcribed files and it recognizes 10 different languages. [**Apple App Store**](#)
- Speaking of different languages, did you know that Zoom will translate a foreign language being spoken in the Zoom meeting and display the translated text in the captions? (Hard to know how accurate the translation is without trying it out). [**Read about how to do that here.**](#)
- Transcription App that picks up really well in not ideal acoustics (it's only Apple, not Android): [**Group Transcribe: A Microsoft Garage Product**](#)
- We talked about technology a fair bit (as you can see) and several previous HAAA-TC blogs on technology for hearing loss were mentioned, you can read those technology blog posts [**here**](#) and [**here**](#).
- A member was recommending a local Minnesota author: [**William Kent Kruger**](#) (crime/mystery novelist). His highly acclaimed book from several years ago was "Ordinary Grace."
- An historical novel was mentioned, [**"By Her Design" by Piper Huguley**](#), it is a fictionalized account of a true thing: an African American woman, Ann Lowe, who designed Jackie Bouvier's (highly regarded) wedding dress when she married John F. Kennedy. [**About the dress; About Ann Lowe \(the designer\).**](#)

This Book Club Chat was fun to talk about all manner of subjects (not just hearing loss, deafness or disability). As mentioned, the next Book Club is on June 27th and we are having a Questions and Answers session with author Henry Kisor on his memoir "What's that pig outdoors: A Memoir Of Deafness" (the link to register for that June book club is: <https://us06web.zoom.us/meeting/register/tZ0pfu2urD4uEteQ0byW-4SzLLyOFHN0VGS5>

Links and Information from the May 2023 Chapter Meeting
By Laura Hagemann



See below for links and information shared in the May chapter meeting entitled "A Group Discussion of our Individual Ways of Living with Hearing Loss”:

- The link to find other HLAA chapters virtual meetings:
<https://hlaagroups.hearingloss.org/g/HLAALeaders/calendar>
- For captioned cultural events happening around town, subscribe to Minnesota Access Alliance [MNAA] Accessible Arts & Culture Calendar <https://calendar.mnaccess.org>
- HLAA-TC blogged about several upcoming events, subscribe to our blog as we post 1-2 times a month with helpful information: <https://www.hlaatc.org/upcoming-captioned-cultural-events-virtual-and-in-person/>
- Our own HLAA-TC virtual Book Club: <https://www.hlaatc.org/book-club/>
- A previous HLAA-TC blog post that talks about various apps and websites to help aid with hearing loss: <https://www.hlaatc.org/technology-hearing=devices-for-surviving-the-holidays-with-hearing-loss/>
- For iPhone users: if you have an iPhone 11 or newer you can update to iOS 16 and turn on Live Captions and be able to caption everything. [Live captions on your iPhone: Settings/Accessibility/Live Captions (Beta)] This article is a good overview: <https://tinyurl.com/8bv2b6m6>

(Links, cont.)

- Monique Hammond spoke about hearing loops and she spoke at our October 2022 Conference on Noise-induced Hearing Loss (you can visit Monique's information from that [presentation here](#) and you can also [see more information from that conference here](#). Monique's website and blog: <https://hearing-loss-talk.com/blog/> The organization that Monique and her husband Ross manage: <https://www.loopminnesota.org/> And you can also contact Monique via the email address she shared: monique.hearing@gmail.com
- An article on hearing loops: <https://hearinghealthmatters.org/thisweek/2023/telecoils-hearing-aids-loops/>

As always, our website is constantly updated with meeting information, etc.: <https://www.hlaatc.org/> and we will be updating it in the coming months with an updated [Meeting Schedule](#).

Thank you everyone for your participation and enjoy the summer.

Book Club: Book Club continues to meet year round on Zoom on the fourth Tuesday of the month. In June and July we are welcoming author guests (visit our book club page for more information: <https://www.hlaatc.org/book-club/>)

Board Meetings: The HLAAC-TC Board meets year round (typically on Zoom) and HLAAC-TC members are always welcome to join. To request meeting information and a Zoom link, email Byrdie Coninx, president@hlaatc.org

Tinnitus Research Study

University of Minnesota

We are testing the usability of a medical device designed to treat tinnitus. The Lenire device is made by Neuromod Devices and is CE approved for use in Europe. This neuromodulation device delivers sounds and tongue stimulation that work together to reduce tinnitus. We are interested in your feedback after using the device.

This study lasts about 6 months and involves:
• 1 in-person visit • 3 virtual zoom visits • Daily use of the device (~1 h/day) Earn up to \$150 upon completion of the study

Please contact us if interested
TinnitusUMN@umn.edu
[IRB] STUDY00015524

Tinnitus Research Study

UNIVERSITY OF MINNESOTA
Driven to Discover™

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[IRB] STUDY00015524

Approved for Effective on [IRB Study Number: STUDY00015524]

TESS Lab

Excerpts from the Experts:

(blog excerpt)

(excerpted from: <https://hearinghealthfoundation.org/blogs/hearing-better-can-help-you-think-better?>)

A new paper in the Journal of the American Geriatrics Society, "[It's Time to Change Our Message About Hearing Loss and Dementia](#)," argues that linking hearing loss and dementia helps create the assumption that hearing loss necessarily leads to dementia. This, the authors say, has the potential to stigmatize people with hearing loss who already may be experiencing bias at the workplace, in social situations, and in other areas. ..

While the authors note that "several prospective cohort studies have found an association between hearing loss and incident dementia," the precise mechanism for the link is still uncertain. The paper details four theories: 1) It could be that the social isolation that can come with hearing loss contributes to cognitive decline; 2) the "cognitive load" that comes with trying to understand speech diverts resources for other brain tasks; 3) some unknown factor tied to aging affects hearing as well as the brain; and 4) hearing loss could trigger degenerative changes in the brain such as atrophy...

Editor's note: The paper also addresses a question we've received regarding any association between dementia and those born with hearing loss, with an answer that makes sense and is not surprising:

"Hearing loss as discussed here generally refers to age-related hearing loss. A clear message would exclude those who identify as deaf (yes, with a capital 'D'). This group uses sign language to communicate and does not rely on their hearing. They would not benefit from better hearing. To our knowledge, there is no evidence that the risk of dementia in this population is any different than the general public."

Who knew?

Doctor's Book of Home Remedies (Rodale, 2003 best-seller by the authors of Prevention magazine) offered three suggestions for prevention of tinnitus:

"Obtain a hearing aid if necessary. About 90 percent of those with severe tinnitus also have hearing loss. Using a hearing aid often helps both problems at the same time" (*but we already knew this*).

"Hum. Humming activates a muscle in the inner ear which pulls tiny bones together and prevents some sound waves from getting through" (*huh?*)

And, my favorite:

"Let your hair grow. If your hair is reasonably thick, wearing it over the ears will provide three or four decibels of protection"... "that may not sound like much, but reducing sound by three decibels means you can be exposed to the sound for twice as long before damage occurs." (*Could there be a method to the madness of rock musicians having longish hair?*).

HLAA TC
PO Box 26021
Minneapolis, MN 55426



**Next meeting: September 16, 2023 in-person and 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 \$25

_____ Professional \$50

_____ Supporting \$100

_____ Newsletter only \$15

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



Welcomes You!

President – Robin Coninx president@hlaatc.org

Vice President – Laura Hagemann vicepresident@hlaatc.org

Secretary – Susan Arquette secretary@hlaatc.org

Treasurer – Robin Coninx treasurer@hlaatc.org

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**Christy Myers
Karla Sand
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Contact Info. - info@hlaatc.org

Social Media - Laura Hagemann social@hlaatc.org

Newsletter Editor: Vicki Martin editor@hlaatc.org

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