

HLAA TC

September 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

Jeanne Kolo-Johnson

*Regional ombudsman for long-term care
MN Deaf and Hard of hearing Services*
Self-advocacy

October 21, 2023

Jim Curran

Audiologist (retired)
History of Hearing Aids and
Technology

November 18, 2023

Dr. Susan Sealy Arquette, PhD
Tobias Wilde, MSW, LICSW
Mental Health



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Officers' emails

Robin Coninx – president@hlaatc.org

Laura Hagemann - vicepresident@hlaatc.org

Susan Arquette - secretary@hlaatc.org

Treasurer (Open) – treasurer@hlaatc.org

Directors at Large:

Christy Myers

Karla Sand

Ed Benck

Mark Daly

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 11



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



It's time to change things up! HLAATC Chapter meetings are now in-person and online(hybrid).

Welcome to HLAATC 2023-2024 season of chapter meetings, while we are offering hybrid, we hope that you will join us in person, returning to be together again to socialize and support one another as we all journey through life with hearing loss.

This month Jeanne Kolo-Johnson will talk to us on the subject of self-advocacy and hearing loss...come hear what Jeanne has to say and enjoy a pastry at the same time!

Hope to see you on the 16th of September Chapter meeting starting at 9:30 a.m.

This September we are introducing a new HLAATC Board. HLAATC Vice-President, Signe Dysken has finished her one-year term.















Last May, the Board voted in Laura Hagemann as the new Vice-President. We welcome Laura to her new position within HLAATC, she has been with HLAATC doing a wonderful job on all social media for HLAATC plus assisting with the HLAATC website and spearheading the Book Club based with in HLAATC.

Ed Benck, who has rejoined us on the Board as a Director at Large, Ed has been HLAATC member for several years.

Mark Daly, who has been a member for about a year has been added to the Board as a Director at Large just this last August.

Here is the current HLAATC Board lineup for the 2023 – 2024 season:

Robin 'Byrdie' Coninx	HLAATC President
Laura Hagemann	HLAATC Vice President and Social Media manager
Susan Arquette	HLAATC Secretary
Vacant	HLAATC Treasurer
Christy Myers	Director at Large
Karla Sand	Director at Large
Ed Benck	Director at Large
Mark Daly	Director at Large

Seed		Flower	Pod		Stem	
Form	Cotyledons	Color	Form	Color	Place	Size
						
Grey & Round	Yellow	White	Full	Yellow	Axial pods, Flowers along	Long (6-7ft)
						
White & Wrinkled	Green	Violet	Constricted	Green	Terminal pods, Flowers top	Short (<1ft)
1	2	3	4	5	6	7

Hybrid Chapter Meetings Starting in September 2023

By the HLAA-TC Board

Starting with the chapter meeting on September 16, 2023 HLAA-TC will be offering Hybrid meetings. What that means is you will be able to attend chapter meetings either on Zoom or in person at our original meeting room at Courage Kenny Rehabilitation Center in Golden Valley, MN. See below for directions on how to attend either on Zoom or in person:

To attend the meeting on ZOOM:

Prior to the meeting, click the “register here” link on the [HLAATC website](#) (in the PURPLE BOX under Upcoming Meetings). After registering, you will receive a confirmation email containing information about joining the meeting via Zoom on the scheduled meeting day.

Please register by September 15

To attend the meeting IN PERSON:

Join us at Courage Kenny Rehabilitation Institute, 3915 Golden Valley Road, Golden Valley MN 55422. Sign-in begins at 9:30 AM.

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

The September 16th meeting is with Jeanne Kolo-Johnson of MN Department of Human Services, Deaf and Hard of Hearing Services Division (DHHSD).

We have announced some of the fall schedule of speakers on our website:
<https://www.hlaatc.org/meetings/>

A fun video explaining hybrid chapter meetings will be up on our website and YouTube channel soon.

August Book Club Summary and September Next Book

By Laura Hagemann

Thank you for book club in August where we discussed: [“The Silent World of Nicholas Quinn” by Colin Dexter](#) (fiction/mystery). BARD/NLS: BARD only: DB 108526.

Here are a few things we discussed:

- This was book 3 of 13 of the Inspector Morse series by Colin Dexter.
- The books were adapted into a TV series and can be watched on the subscription service “BritBox”
- ["The Silent World of Nicholas Quinn" by Colin Dexter is from the Inspector Morse series \(book 3\) and was actually episode 2 of season 1, back in 1987.](#) (I think you can do a 7-day free trial of BritBox to view it (but I am not 100 percent sure on that).
- [This article](#) is interesting about a lip reading app being tested in hospitals to help patients communicate with hospital staff (lip reading was a talked about topic in this book).

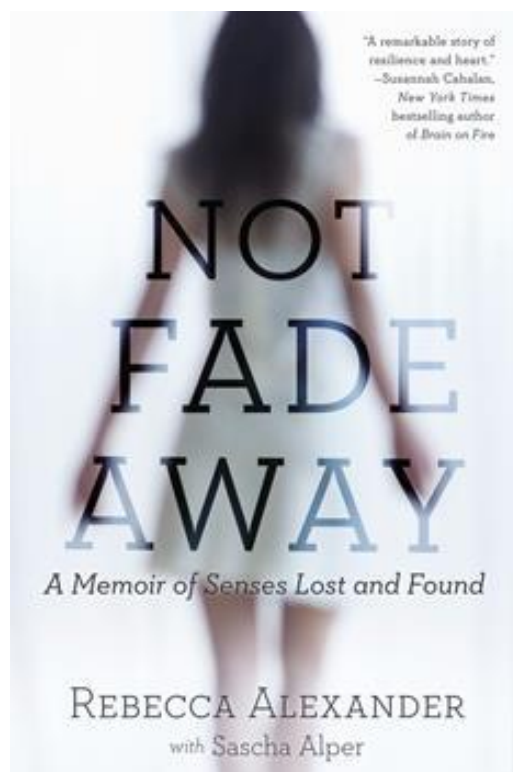


(Aug – Sep book club, cont.)

- Also, I have been contacted by an author of a new memoir that would like to be considered for one of our selections and she would be able to attend. [“The Butterfly Cage” by Rachel Zemach](#). Description: Rachel Zemach was hearing for half her childhood and Deaf the other half, after an accident left her Deaf at age ten. But it wasn't until much later, over a ten year period when she taught a Deaf class in a hearing, public school, that she began to identify as Deaf-with-a-capital-D. Incidents occurring in her classroom and in her interactions with the hearing administration and staff were often absurd, comedic and at times, shocking. The students were language-hungry, wonderful and smart. They-and their sometimes surprising journeys, particularly one boy whose story turned tragic-provided the fire and impetus for this book.
- A book Lynne (a regular book club member) found: [“Hello Darkness My Old Friend “ \(Memoir\) by Sandy Greenburg](#). A memoir about blindness and his friendship with musician Art Garfunkel (of Simon and Garfunkel). Description: The remarkable and inspiring story of a Columbia undergrad from a poor Jewish family who, after losing his eyesight to disease during his junior year, finds the power to break through the darkness and fulfill his vision for a life of great professional success and distinguished public service.

September Book Club:

September 2023: [“Not Fade Away: A Memoir of Senses Lost and Found” by Rebecca Alexander](#) (Nonfiction/Memoir) BARD/NLS: Yes, Braille: BR 20582; BARD: DB 80043. Book Club on Tuesday, September 26, 7:00 p.m. – 8:30 p.m. [[REGISTER HERE](#)]



Rebecca Alexander's "Not Fade Away" is a journey that's filled with a full range of emotions from sad and shocking to funny and hopeful. At 19, she received the news that she had Usher Syndrome Type III. It's a rare genetic mutation with profound consequences--loss of sight and sound.

Open Captioned Arts & Culture Events In September and October 2023

Wednesday-Thursday-Friday, September 27-28-29, 7:30 PM — “Ayodele Casel Rooted” at Northrop Auditorium Carlson Family Stage, Minneapolis — https://calendar.mnaccess.org/events/ayodele-casel-rooted-oc/?mc_id=10512.

Wednesday, September 27, 1:00 PM — “The Importance of Being Earnest” at the Guthrie Theater, Minneapolis — https://calendar.mnaccess.org/events/the-importance-of-being-earnest-4/?mc_id=10628.

Friday, September 29, 7:30 PM — “The Importance of Being Earnest” at the Guthrie Theater, Minneapolis — https://calendar.mnaccess.org/events/the-importance-of-being-earnest-7/?mc_id=10632.

Saturday, September 30, 1:00 PM — “The Importance of Being Earnest” at the Guthrie Theater, Minneapolis — https://calendar.mnaccess.org/events/the-importance-of-being-earnest-5/?mc_id=10630.

Sunday, October 8, 1:00 PM — “The Importance of Being Earnest” at the Guthrie Theater, Minneapolis — https://calendar.mnaccess.org/events/the-importance-of-being-earnest-6/?mc_id=10631.

DISABILITY TOPICS:

Thursday, Sept. 7, Oct. 5, Nov. 2, 7:00 to 9:00 PM — Monthly Open Flow discussion for artists with disabilities by Zoom — (ASL interpreting and Captioning available with advance request) — https://calendar.mnaccess.org/events/open-flow-9/?mc_id=10426.

Thursday, September 7, 14, 21, 28, Oct. 5, 12, 6:00 to 7:00 PM — Weekly “Disability and Progress” radio show on KFAI-FM — https://calendar.mnaccess.org/events/disability-and-progress-radio-program-71/?mc_id=10634.

THANK YOU for your interest in accessible arts and culture!

(Thank you, MNAA!)

OTCs: Mixed Reviews

By Vicki Martin

AARP Bulletin in their July/August 2023 article “Can You Hear Me Now?” points out some of the positive and negative factors regarding OTC hearing aids:

“OTC hearing aids likely have a bright future”

Yet “early sales figures for OTC hearing aids were ‘very, very, very low’” [yes, three “verys”!]

“It’s like the Wild West out there,” says one audiologist.

“I think someone new to hearing aids would be completely lost,” says Stephen Frazier, 85, a volunteer hearing support specialist for the Hearing Loss Association of America. Surveying stores...he found a small selection (or no hearing aids at all) and often employees who couldn’t answer questions or even find the devices – a real problem considering that...80 percent [of older adults] surveyed said they knew little or nothing about OTC hearing aids.”

“Lucid Hearing lets users of two of its OTC models bring them into Sams Club Hearing aid centers (if they are Sam’s Cub members) and for an extra \$200 convert them into prescription hearing aids with adjustments made by a hearing professional. That’s what [a named interviewee] did, and she found that the extra attention and customized sound made all the difference”

“There are quality hearing aids out there in the OTC market, but most older adults need help finding them, deciding which is most suitable for their own needs, and dealing with the setup. There are now a number of published independent reviews and buying guides to be found, including those by Consumer Reports, Everyday Health, Forbes, and CNET. AARP also provides lots of advice at www.aarp.org/hearing.”

This is welcome news, since even seasoned hearing aid users may have trouble dealing with all of the accessories, streaming setups, pairings, and phone connections that are so helpful to us once the setup is correctly done.

That said, researchers have followed two groups of older adults with mild to moderate hearing loss: one group set up their devices themselves, and the other group had help from an audiologist. After six weeks, both groups had nearly identical scores when tested for ability to communicate, and hear speech when background noise is present.

The takeaway? According to audiologist Nicholas Reed, co-author of AARP’s Hearing Loss for Dummies, “you can basically hand someone this product, and they can improve their hearing.”

Editor’s note: I have been handed other technology products that failed this test. Will this one be any different?

Parlez-vous
Français?

Habla Español?

Sprechen Sie Deutsch?

On Changing Doctors

By Vicki Martin

For a good part of my adult life, it seemed that I rarely saw the same doctor twice. Part of the reason for that is that I simply didn't go to a doctor very often, as is no doubt the case with many younger people. As I got older, more things began to need attention and follow-up, so I began requesting appointments with the same doctor each time, instead of whichever one had a convenient opening in her schedule.

But things happen. Like the rest of us, doctors change jobs, they retire, they move.

A move was in the works for the doctor I had seen for the past five years. I was sorry to see her go, but glad to enlist her help in selecting a suitable replacement.

Although I would prefer to see a woman doctor, that is not a requirement, nor is where they come from, or what they look like. What does matter is that they speak plainly, in unaccented upper midwestern American English. Sensing that it might not be politically correct to insist on a person from this exclusive club, I was quite apologetic in my inquiry: "I know you don't like to hear this kind of request, but..."

She was neither surprised nor dismayed. "Actually," she said, "that is one of the most common requests that we get - especially among older patients, who may not hear well." I breathed a sigh of relief. Now we could get down to business.

"There are four women on this list," I noted, and she described a couple of them to me. "How about this one?" I asked, pointing to the top of the list. "I don't think so," she cautioned me. "She's German."

Swedish and German names in Minnesota are usually a good sign if you want good old American English. Third and fourth generation Swedes and Germans are very common here. My own maiden name is German, so I would have thought nothing of just selecting the German name at the top of the list. In this case, though, it pointed to a native speaker of German.

Happily, I was forewarned. I can converse easily with my new doctor. And I was glad to find that the medical community is not offended by our need to select a practitioner we can communicate with.



from HearingofAmerica.com:

Here is part of a reading (and other media) list shared by Hearing of America, an independent audiology clinic in Oakdale Minnesota:

From books to films to podcasts, we've put together some inspiring, entertaining, or though-provoking options that have some connection to hearing loss or sound. Take a listen, watch, or read, and let us know what you think!

- [The Way I Hear It: A Life With Hearing Loss](#) (Book)

Humorist, actress, public speaker, and hearing loss advocate [Gael Hannan](#) takes readers on a journey of life lessons and more in this 2015 book. Her insights offer advice and inspiration not only for those with hearing loss but for their loved ones, too.

- [Sound of Metal](#)* (Film)

Imagine being a musician on tour when suddenly confronted with profound hearing loss. It's the challenge of a lifetime for heavy-metal drummer Ruben, who's also in recovery. The deep-diving movie has garnered praise in the Deaf community and generated exciting Oscar 2021 buzz.

- [The Hear Me Out! \[CC\] Podcast](#) (Podcast)

Everyone has a story worth hearing, and host Ahmed Khalifa sees to it. Whether talking deaf representation in pop culture, censorship in captions, or success at audiology appointments, Khalifa — a host with firsthand hearing loss experience — offers interviews and more in this candid series.

- [The Walking Dead](#)* (TV series)

You've probably heard of this juggernaut zombie series whose upcoming 11th season will be its last. But did you know recent seasons include two amazing actors — [Angel Theory](#) and [Lauren Ridloff](#) — who use American Sign Language on the show and have hearing loss in real life? Check it out!

- [Impossible Music](#) (Book)

This young-adult novel follows two Australian teens navigating deafness after having been able to hear most of their lives. The coming-of-age story about change, identity, belonging, relationships, adaptation, and resilience offers another perspective on life's twists, turns, and blessings.

- [Twenty Thousand Hertz](#) (Podcast)

Cool title, right? This podcast is all about sound — as in, what it is, how it works, how beings can hear, and so on. It breaks down interesting topics such as synesthesia — dig into the [January 13, 2021, episode](#) to learn more — and serves up backstories on well-known sounds you might recognize.

"Church setting" for Captions

By Vicki Martin

During the past several years our church, like many others, has been conducting hybrid meetings. Now that we have moved back to an actual building, we continue to rely on hybrid meetings – simultaneously in person and online (Zoom) - in order to accommodate as many of those who wish to come as possible.

We use a very large computer screen showing all zoom participants, any slides or power point illustrations the speaker may have, and (yay!) closed captions. Since we have a loop system installed, I rely less on the captions than I would otherwise. However, my position is: when it comes to an important message, you give it everything you've got. I may be watching the speaker and listening to streamed audio, but I am also checking the captions.

The captioning is not perfect, especially when we have speakers whose native language is not English. Their pronunciation is not standard. Even English-language natives may have their own peculiar (at least to us upper-midwesterners!) accents. Many captioning errors occur when these people speak.

Once in a while those errors cause offensive words to be displayed on our screen. This would be disconcerting anywhere, but it is especially jarring to see it in a Sunday morning church setting. Rare as it is, it has been offensive enough to elicit the suggestion that we not use captioning.

I'm curious – have any of you encountered a situation like this?

How was it handled?

What would you like to see happen in such a case?

As for myself, I would choose rather to ignore the error than to miss the message. But I can understand why others would prefer not to see captions at all, rather than have the message sabotaged by words that, at the very least, divert our attention from what matters more.

It would be nice to have a caption filter with a "church setting" that could be installed on a computer to censor certain words and not have them displayed as captions.

There are parental control applications that do this sort of thing. But here is the challenge: we want a filter for church that can censor a word that wasn't there in the first place!

Are we asking for a miracle?



Rethinking I-94 – with captions

Join representatives from the Minnesota Department of Transportation (MnDOT) to learn more about the alternatives that were recently released to the public as part of the Rethinking I-94 process.

MnDOT is actively engaging with community members in the upcoming months to solicit input on the alternatives and to listen to what the community wants to be incorporated and if additional alternatives should be developed. Your feedback is needed to help MnDOT understand the needs and hopes of people, so their work also builds and sustains healthy, equitable communities.

When

Monday, September 18, 2023, 6:00 PM - 7:30 PM

Where

Join us on Zoom from the comfort of your home.

Accommodations

ASL interpreters and CART will be provided. For additional accommodations, please email jessalyn.akerman-frank@state.mn.us by Monday, September 18, 2023.

Registration

Please register to attend so we have an accurate head count. The registration link is: [Rethinking I-94 Input Session \(September 18, 2023\) signup](#)

Calling in via phone is an option if preferred. First, register to attend. After registering, you will receive a confirmation via email. The confirmation will include information on how to call in by phone.

Recording

Please note, this public event will be recorded.



Reminder: HLAA-TC meeting attendance steps!

To attend the meeting on ZOOM:

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

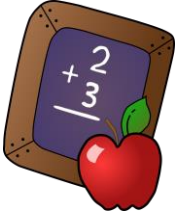
To attend the meeting IN PERSON:

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 is at 10:00 AM for both in-person and ZOOM

HAAA TC
PO Box 26021
Minneapolis, MN 55426



**Next meeting: September 16, 2023 in-person and Zoom
First Class**

HAAA 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
- _____ Contact me for newspaper advertising

**Mail to: HAAA 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

Directors at Large:

**Christy Myers
Karla Sand
Ed Benck
Mark Daly**

Contact Info. - info@hlaatc.org

Social Media - Laura Hagemann social@hlaatc.org

Newsletter Editor: Vicki Martin editor@hlaatc.org

The next meeting of the Hearing Loss Association of America Twin Cities Chapter (HAAA-TC) will be held at Courage Kenny 3915 Golden Valley Road, Golden Valley MN September 16, 2023, and on ZOOM.

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 is at 10:00 AM for both in-person and ZOOM

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