

HLAA TC

November 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

November 18, 2023

Dr. Susan Sealy Arquette, PhD

Tobias Wilde, MSW, LICSW

Mental Health

December 16, 2023

[planning in progress!]

Holiday themed program



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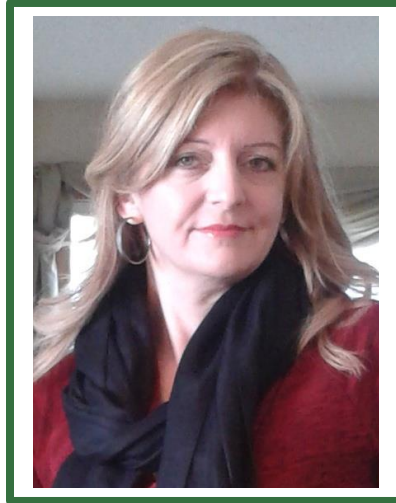
info@hlaatc.org

HLAA National - Maryland

www.hearingloss.org

The November Hearing Loss Association of America Twin Cities Chapter meeting (HLAA TC) will be a hybrid meeting (in person and Zoom) on November 18, 2023
To register for in-person meeting, email president@hlaatc.org
For zoom meeting, click "register here" on the HLAATC website to receive link

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



November 2024 HLAATC President Message

Thank-you to Jim Curran for his in-depth and insightful presentation on his experience as an audiologist and the challenges of fitting hearing technology. Attendance was twice what it had been before. We also appreciated everyone's patience as we got the room captioning set up for attendees at Courage Kenny.

This month on November 18, 2023, we have Tobias Wilde from Deaf and Hard of Hearing Services, Dept of Human Services, and our very own HLAATC Secretary Susan Arquette giving a talk on hearing loss and mental health.

In December we are going to change up the format a little bit with a Holiday Theme. Stay tuned for more information to come. Please let me know if you can lend a hand with planning or helping the day of the chapter meeting, December 16, 2023.

Look forward to seeing everyone on the 18th this month for another great meeting and time together.

Byrdie

Meeting Summary, HLAATC meeting Saturday, October 21, 2023

By Laura Hagemann, Vice President

Note: We decided not to put the chapter meeting on our YouTube channel as there were some recording/technical difficulties.

Robin "Byrdie" Coninx started the second hybrid chapter meeting of HLAA-TC (with attendees both at Courage Kenny in Golden Valley, MN and on Zoom). She introduced the speaker, Jim Curran, a retired audiologist who talked about "The History of Hearing Aids."

Jim started off his presentation with an overview of the eye so that we could better understand the difference in treating vision loss versus hearing loss.

Jim noted that hearing aids perform better with some types of hearing losses than with other. He stated that often "when a loss is supposed to be mild or moderate, the ability to wear amplification depends on a lot of adjustments by the user and by the fitter."

"You can get a clear sound without any distortion through the middle ear and into the cochlea, and up to the brain. Most hearing loss is not of the conductive type but the middle ear is involved because there is a dysfunction in the nerve." Jim relayed that hearing loss differs from vision loss in that vision just needs an onboard image. Hearing loss requires identifying what is lost and what needs to be replaced with a hearing aid. Jim posed the question as to why it's seemingly easier to aid vision loss with over-the-counter (OTC) glasses versus hearing loss. He talked about how there is a fundamental misunderstanding of how the ear works. Several people both in person and on Zoom asked Jim questions and shared their experiences.

After the presentation Laura Hagemann spoke briefly about the HLAA-TC monthly Zoom book club. The December meeting was also discussed and it will likely be a holiday party happening both in person and on Zoom.

November's presentation will be by Dr. Susan Sealy Arquette, PhD, retired psychologist (also the current HLAA-TC secretary), and Tobias Wilde, MSW, LICSW on the topic of mental health.

Thank you to Jim Curran for his helpful and informative presentation.

“Risk Factors for Dementia Among our Deaf/Hard of Hearing Community”



Deaf and Hard of Hearing Services, along with the Minnesota Commission of the Deaf, DeafBlind and Hard of Hearing is sponsoring a program that will be of interest to most people in our community.

“In this special presentation, Dr. Jaime A.B. Wilson embarks on a fascinating and entertaining journey on the what, how, and why of the dementia and hearing loss tie-in...Dr. Wilson discusses what we can do to protect ourselves against the disease of dementia while maximizing the quality of our lives during the Golden Years...

This special presentation offers a rare and unique perspective into the world of dementia through the lens of hearing loss...

Dr. Wilson grew up wearing bilateral hearing aids and primarily communicated using spoken language, although he is also an American Sign Language user.”

Saturday, December 9, 2023

St. Catherine University, Jeanne d'Arc Auditorium (in Whitby Hall)
2004 Randolph Ave
St. Paul, MN 55105

10:30 a.m. - 12:30 p.m. Presentation

12:30 - 1:30 p.m. Book signing, ***“Preserving the Etchings of the Mind: Aging, Dementia, and Hearing Loss”*** by Dr. Jaime A. B. Wilson

ASL interpreters and **real-time captioning (CART) will be provided**. We have reserved seating for senior citizens and for deafblind community members.

Meet the Board



Mark Daly

As Director-at-large, Mark Daly is the most recent addition to our HLAA-TC board. During nearly 20 years as an investigative and special projects reporter for KARE11 News (NBC affiliate, Minneapolis), Daly won numerous national awards while focusing on stories about resilient individuals overcoming a wide variety of challenges.

In addition to HLAATC, Daly also serves on the board of *Access Press*, a monthly newspaper serving the disability community in Minnesota.

Daly's commitment to sharing stories about ordinary people doing extraordinary things continued during his 13-year tenure as "Chief StoryTeller" for Anytime Fitness, a global fitness club chain headquartered in the Twin Cities.

Daly has been wearing hearing aids since age 35. He's been married for nearly 40 years and he's immensely proud of his two young adult daughters.

AARP lists these clues that your hearing isn't what it used to be:

- You get irritated at others for mumbling.
- You're having trouble following conversations.
- Talking on the phone is more challenging.
- Some sounds seem louder than normal.
- It's harder to carry on a conversation in a crowded room.
- Everyone is telling you to turn down the TV.
- You feel like you're getting clumsier.
- You don't remember things people tell you
- You don't get jokes like you used to.

AARP also warns that hearing loss makes people more susceptible to scamming:

Older people who have been victims of financial exploitation have much poorer hearing and marginally weaker eyesight than those who have not been ripped off, a new study out of the University of Southern California found...

Scammers and fraudsters' methods "put a stress on being able to see and hear things accurately," Han says. Poorer hearing and eyesight may make people at risk for exploitation by causing them to "miss critical details during interactions," the study says.

Get more details here: [AARP Website hearing loss](#)

**Mark your calendars for the December 16
HLAA-TC holiday party and chapter meeting!**

There will be comedy, games, treats and just generally a good time to enjoy each others' company.

Wear your favorite holiday attire, if so inclined. The party will be held in person and via Zoom.



Director Christy Myers shares this information:

The Governor has announced openings on the Commission's Board and Advisory Committees for regions in the state, including the Minnesota Commission of the Deaf, Deafblind and Hard of Hearing.

You can apply at <https://commissionsandappointments.sos.state.mn.us/>

More information on the requirements for serving on the Board are on the Commission's website.

How Loud?

Minnesota's Deaf and Hard of Hearing Services Division would also like to remind everyone to take steps to protect your hearing. Check out "what is a decibel" in the link below. You may be surprised to learn that a vacuum cleaner at 80 Db is 100 times louder than ordinary conversation at 60 Db. And don't even think about using a chainsaw without hearing protection!

"Sound is measured in decibels (dB). Decibels increase exponentially, meaning that sound at 110 decibels is 100 times louder than sound at 90 decibels. For more information, see ["What is a decibel" from Healthy Hearing.](#)

Many people are not aware of how loud every day sounds are:

- 85 dB: City traffic
- 90 dB: Lawnmower, shop tools, truck traffic, subway
- 100 dB: Snowmobile, chainsaw, pneumatic drill
- 110 dB: Rock music, model airplane
- 120 dB: Jet plane take-off, car stereo, band practice
- 130 dB: Jackhammer
- 140 dB: Firearms, air raid siren, jet engine.

At 100 decibels, the volume of a snowmobile or a concert, you can have hearing damage in just 14 minutes. You may not notice it right away, but over time this exposure is what leads to hearing loss as you get older."

Hearing Care Year-End Checkup (advice from HearingofAmerica audiology professionals)

"About 40% of regular health insurance plans provide \$500 to \$1,000 toward the cost of hearing aids, and sometimes as much as \$2,500. Hearing insurance, while only offered to about 15% of the workforce, can provide much greater relief in terms of cost...

What's more likely is that your employer offers an FSA or HSA (flexible spending account or health spending account) that pulls money from your paycheck pre-tax and sets it aside for future medical expenses. In this case, your hearing care costs will still come out of your pocket, but they will be untaxed and therefore take you a little farther...

These benefits run dry at the end of the year if they aren't used — and holiday gatherings are when you want to be hearing your best!"

Hunting for hearing protection

The Pioneer Press' "Outdoors" feature on the weather page reminds hunters of the dangers to one's ears from hunting with a shotgun without using proper hearing protection.

"Significant hearing loss as well as profound tinnitus can result – a condition that is aptly named "shooter's ear".

The National Institute on Deafness and Other Communication Disorders says hearing damage can occur with as little as 85 decibels of noise. Rifle and shotgun blasts produce 140 – 170 decibels of sound. A single blast can cause permanent hearing damage."

There are a number of ways to reduce the chances of that happening. Some can reduce the sound, some can block sound while still allowing you to hear that turkey gobbling or leaves rustling. Electronic ear protection can let soft sounds through and yet reduce the ear-damaging loud sounds, but you may have to do a little research.

Custom electronic ear buds: expensive, but do not get in the way of the rifle or shotgun

Electronic earmuffs: generally provide better protection than in-the-ear plugs

Suppressors (silencers) for shotguns: may be expensive, and some hunters find them ungainly to use

Subsonic shotgun shells (eliminates the sonic boom)

So remember: you don't have to be that guy who says "If only I had known...I would have done something sooner"

In addition, "you should keep in mind that some firearms produce a pressure wave strong enough cause hearing loss by damaging the bones behind the ear, even if the ear canal is protected by an ear plug. This is particularly true for people shooting indoors or those exposed to repeated shots from shotguns or rifles (such as waterfowl hunters or hunting guides)" <https://thebiggamehuntingblog.com/best-hunting-ear-protection/>





HLAA-TC IS PARTICIPATING IN MINNESOTA'S GIVING HOLIDAY
GIVE TO THE MAX DAY IN NOVEMBER. PLEASE DONATE TO US
IF YOU'RE ABLE. THANK YOU!



[HTTPS://GIVEMN.ORG/ORGANIZATION/HLAATCMN](https://givemn.org/organization/hlaatcmn)

MDCHH has published instructions for using YouTube accessibility tools:

Did you know that you can not only turn captions on, but also adjust the font, size and color?

You can also adjust the speed of the video, and thus of its captions.

Now you can watch any video at the speed that you are comfortable with. We hope these tools will enhance your viewing experience!

Get more details here:

[YouTube Accessibility Tools \(govdelivery.com\)](https://govdelivery.com)



Hearing loss doesn't come with an operating manual —until now.

BOOK FOR SALE: \$18*

*A delivery charge will be added to this price.

Available to buy at chapter meetings

"Survival guide" to living with hearing loss

Practical Advice

Great Tips

HEAR & BEYOND
Live Skillfully with Hearing Loss
SHARI EBERTS
GAEL HANNAN

Hear & Beyond: Live Skillfully With Hearing Loss
By Shari Eberts and Gael Hannan

Email if interested in purchasing a book:
president@hlaatc.org

Coming accessible events in local theaters

Culled by The Minnesota Access Alliance (MNAA)

Sunday, November 12, 4:00 PM — “Twelfth Night” by Ten Thousand Things Theater at the Capri Theater, Minneapolis — https://calendar.mnaccess.org/events/twelfth-night-asl/?mc_id=10675.

Sunday, November 26, 2:00 PM — “The Wickhams: Christmas at Pemberley” at Lyric Arts Company of Anoka — https://calendar.mnaccess.org/events/the-wickhams-christmas-at-pemberley-asl/?mc_id=10730.

Saturday, December 2, 1:00 PM — “A Christmas Carol” at the Guthrie Theater, Minneapolis — https://calendar.mnaccess.org/events/a-christmas-carol-ad-asl-2/?mc_id=10735.

Friday, December 8, 7:00 PM — “Dr. Seuss's How The Grinch Stole Christmas!” at Children’s Theatre Company, Minneapolis — https://calendar.mnaccess.org/events/dr-seuss-how-the-grinch-stole-christmas-ad-asl/?mc_id=10686.

Veggie Transport?

Our son Yvain always likes to know what we are eating. He's good at guessing the ingredients, but sometimes he hits a snag, and I have to help him out.

"There's parsnips", I told him. "And rutabaga."

"That's a car!" he said, no doubt wondering how it got into our stew.

As a hard of hearing person, I wouldn't bat an eye if someone told me they drove a rutabaga – if it weren't for the fact that the last one rolled off the production line in 1966.



Meeting information

We are asking virtual and in-person attendees to register, so we can track attendance.

The next meeting of the Hearing Loss Association of America Twin Cities Chapter (HLAA-TC) will be held at Courage Kenny 3915 Golden Valley Road, Golden Valley MN November 18, 2023, and on ZOOM. **Volunteers needed!**

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

To attend the meeting IN PERSON: Send email to president@hlaatc.org, and then join us at Courage Kenny 3915 Golden Valley Road, Golden Valley MN 55422 on November 18 (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 realtime captioned by Captioners from Veritext/Paradigm (www.caption-paradigm@veritext.com).

HLAA TC
PO Box 26021
Minneapolis, MN 55426



**Next meeting: November 18, 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

_____ 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 – Laura Hagemann vicepresident@hlaatc.org

Secretary – Susan Arquette secretary@hlaatc.org

Treasurer – Robin Coninx treasurer@hlaatc.org

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