

HLAA TC

December 2023

Twin Cities and Greater Minnesota

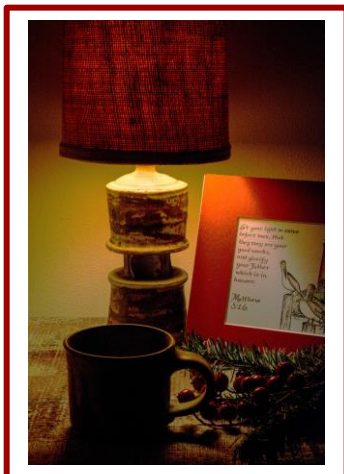


The mission of HLAA TC is to open the world of communication to people with hearing loss by providing information, education, support and advocacy.

UPCOMING MEETINGS

December 16, 2023
“A Hard of Hearing Holiday”
Celebration

January 20, 2024
Report from the Minnesota
Commission of the Deaf, DeafBlind
and Hard of Hearing (MNCDDH)



See page 11 for registration details

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Officers' emails

Robin Coninx – president@hlaatc.org

Laura Hagemann - vicepresident@hlaatc.org

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Karla Sand

Ed Benck

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HLAA TC Website - Minnesota

www.hlaatc.org

HLAA TC telephone 763-447-9672

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info@hlaatc.org

HLAA National - Maryland

www.hearingloss.org

The December Hearing Loss Association of America Twin Cities Chapter meeting (HLAA TC) will be a hybrid meeting (in person and Zoom) on December 16, 2023
Click “register here” on the HLAATC website to receive link for zoom meeting,
See page 11 for further details

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

December 2023 HLAATC President Message



My hope is that you all had a Happy Thanksgiving with family and friends. May that joy continue into Christmas and other holiday celebrations!

I hope you have found the past chapter meetings insightful in navigating your life, with tips and tools to assist your conversations with family and friends. Last month Dr. Susan Arquette (current HLAATC secretary) and Tobias Wilde of DHHS in their wonderful presentation brought forward how vital it is for individuals to have meaningful engagement with family and friends. Remember, there are tools and accessories that can help you 'hear' better in different environments.

Please join us on December 16th at the Courage Kenny Center, for the HLAATC version of a 'Hard of Hearing Holiday Celebration'!



Merry Christmas! Happy Holidays! And a Happy New Year to All!

Meeting Summary, HLAATC meeting November 19, 2023

By Laura Hagemann, Vice President

Note: The November meeting presentation and now the (fixed) October presentation is our HLAA-TC [YouTube Channel](#).

Robin “Byrdie” Coninx started the hybrid chapter meeting of HLAA-TC (with attendees both at Courage Kenny in Golden Valley, MN and on Zoom). She introduced the speakers Dr. Susan Sealy Arquette, PhD (also the current HLAA-TC secretary) and Tobias Wilde, MSW, LICSW and gave the floor over to them for this HYBRID presentation. Susan was virtually on Zoom joining us while Tobias was presenting at Courage Kenny. Tobias Wilde is from the Minnesota Department of Human Services, Deaf and Hard of Hearing Services, a mental health specialist, and a licensed independent clinical social worker (serving the Moorhead area) and Susan was a licensed psychologist for 36 years until she retired 2 years ago. Tobias was a sign language interpreter for 15 years and after interpreting in some mental health settings, decided to go back to get his master’s degree because he felt there is a disconnect, “a bridge that needs to be built between therapist and those with hearing loss.” They noted that 28.8 million people across the country have some kind of hearing loss.

Tobias shared that the first thing hearing loss can do for many (in terms of mental health) is create a lot of anxiety. Tobias gave two examples of people reacting to their hearing loss: a man who hid his hearing loss and coped with his anxiety by over-talking and dominating conversations so he wouldn’t show his hearing loss by not hearing someone else speaking; and a woman who self-isolated and hid from social situations so she didn’t show her hearing loss. In both scenarios anxiety is present with the hearing loss.

Susan shared her personal experience of having her hearing worsen each time she was tested in her twenties and thirties, and deciding to get hearing aids. She said that while she was elated with how hearing aids improved her hearing it was nonetheless anxiety-provoking to experience the increased decline in her hearing. Susan shared that, “hearing loss can be associated with isolation, depression, cognitive decline and other negative health outcomes.” Signs of anxiety include “a decrease in interest or enjoyment in activities that the person previously enjoyed, changes in weight and appetite - either loss of appetite or eating for comfort, and disturbed sleep.”

They spoke of the importance of self-care and finding a balance between self-isolating and frustration. Susan gave many practical tips such as planning ahead, and having a hearing partner who makes sure you understand. They also mentioned various technologies to help (telecoils, Bluetooth, FM systems, pocket talkers) all with the aim to ease anxiety and prevent social isolation. Many links were shared during the meeting, and a blog post was put on the HLAA-TC website along with a link to the presentation recording: <https://www.hlaatc.org/november-meeting-links-and-video-recording/>

Thank you to Susan and Tobias for an informative and helpful presentation.

The December meeting will be a HYBRID Holiday Party.

November Meeting Links and Recording

By Laura Hagemann

The recording of the presentation and question and answers of the November 2023 Chapter Meeting on mental health is now available to watch. Please share with those who you feel may be interested and let them know that they are always welcome at an HLAA-TC meeting. (For a list of upcoming meetings, go to our [Meeting](#) page.)

YouTube Video link for November Chapter Meeting:

<https://www.youtube.com/watch?v=l4YXf4nSKOU>

(The video will remain on our [YouTube page](#) and you can always watch it there and it will be linked on our [Videos](#) page as well.)

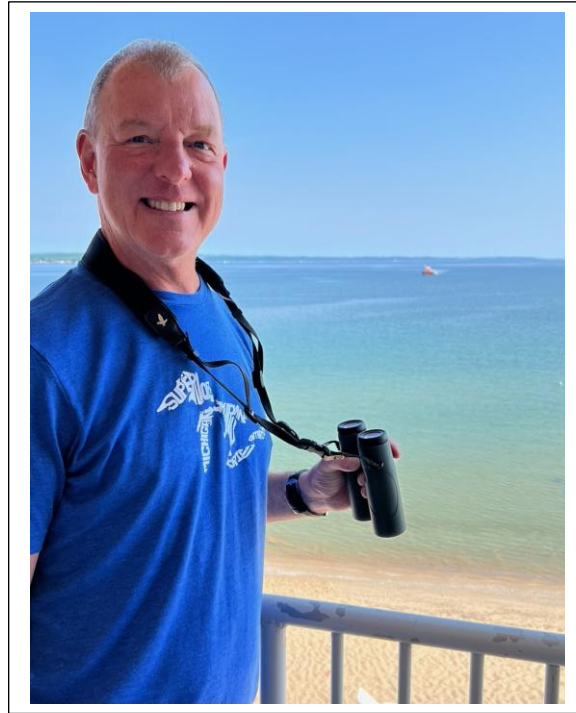
- [Otter](#): Transcription app with ability to record and keep recordings. [Google Play](#) or [Apple App Store](#)
- Speech to text apps: [Previous blog](#)
- Knowing your legal rights and how to ask for what you need (from DHHSD): <https://mn.gov/deaf-hard-of-hearing/communication-access/legal-rights/>
- How to ask for CART: <https://mn.gov/deaf-hard-of-hearing/communication-access/cart/>
- How to get an interpreter: <https://mn.gov/deaf-hard-of-hearing/communication-access/interpreter/>
- Assistive Technology: <https://mn.gov/deaf-hard-of-hearing/assistive-technology/>
- Flyer: <https://edocs.dhs.state.mn.us/lfservlet/Public/DHS-7344-ENG>
- <https://edocs.dhs.state.mn.us/lfservlet/Public/DHS-7352-ENG>
- <https://accesspress.org/voting-in-person-be-ready-know-the-rules/>
- <https://mn.gov/deaf-hard-of-hearing/assistive-technology/telephone-devices/>
- <https://edocs.dhs.state.mn.us/lfservlet/Public/DHS-7915-ENG>
- <https://mn.gov/deaf-commission/news/?id=1063-600268>
- <https://edocs.dhs.state.mn.us/lfservlet/Public/DHS-6556D-ENG>
- <https://edocs.dhs.state.mn.us/lfservlet/Public/DHS-7438-ENG>
- <https://edocs.dhs.state.mn.us/lfservlet/Public/DHS-7438-ENG>
- We also have a large list of helpful links on our homepage: <https://www.hlaatc.org/>

HLAA-TC Information:

- Our [Give To The Max/GiveMN page](#) is still accepting donations, please donate if able.
- The next HLAA-TC Hybrid Chapter meeting is a holiday party on Saturday, December 16th. It is taking place both at Courage Kenny in Golden Valley and on Zoom. To attend on Zoom, please register: <https://us06web.zoom.us/meeting/register/tZwucOmgpjwoHtVikJRf6VAfNXIGDNgkL0TB>

If you would like more information about an upcoming meeting or you have a suggestion, please email HLAA-TC President Byrdie Coninx at: president@hlaatc.org

Meet the Board



Ed Benck

Ed Benck has been an active, contributing member to HLAA-TC for nearly a decade. Prior to the Pandemic, he filled the position of Secretary to the Board and also as Director-at-Large, which is now his current role in the organization. Over the years, Ed has learned to fully appreciate how important our society is to our hearing loss community. It also provides a bridge between friends and family members of those coping with hearing loss to help improve their quality of life.

Ed is a retired mechanical engineer and owned two businesses prior to retiring. His journey with hearing loss began in the 1990's. While in his mid-30's, he was diagnosed with bi-lateral otosclerosis. He has undergone a half dozen inner ear surgeries at the U of M. In mid-2016, he suddenly lost a majority of his hearing in his right ear, which up until that time was his best hearing ear.

Ed, along with his spouse Katy have one adult son who lives near Madison, WI. Ed and Katy are passionate about travel and nature. They both agree that being involved with HLAA-TC has provided them much-needed support when it comes to understanding and living with hearing loss. They will always be indebted to the organization and its core mission of helping those with hearing loss, and perhaps just as important, helping family members and spouses of those who suffer from hearing loss.

You Just Gotta Laugh

December Holiday Meeting

HLAA-TC



It's a Party! Join us in person or via Zoom on Saturday, December 16th from 10AM to Noon. Our theme is You Just Gotta Laugh! and we will be doing our best to bring some holiday cheer to everyone.

We will be playing an interactive game of Holiday Bingo, figuring out the original sources of misheard holiday songs and watching some comedy videos featuring D.J. Demers, a funny and well-regarded comedian who incorporates his hearing loss into his routines. We'll also hear from Deafies in Drag, who use visual and slapstick humor to laugh at the various irritations of living with hearing loss. Along the way we hope to have plenty of opportunities to enjoy each other's company and get acquainted.

For those of us attending in person, there will be treats and time for visiting before and after the games and videos (beginning at 9:30).

So, don your favorite holiday togs and join us via zoom or in person! (click here to register for Zoom attendance): [https: Register here](https://registerhere)
Register by Thursday December 14 if you want to participate in the Bingo game on Zoom.

We will meet in the Board Room on the second floor of Courage Kenny Rehabilitation Institute in Golden Valley (3915 Golden Valley Road).

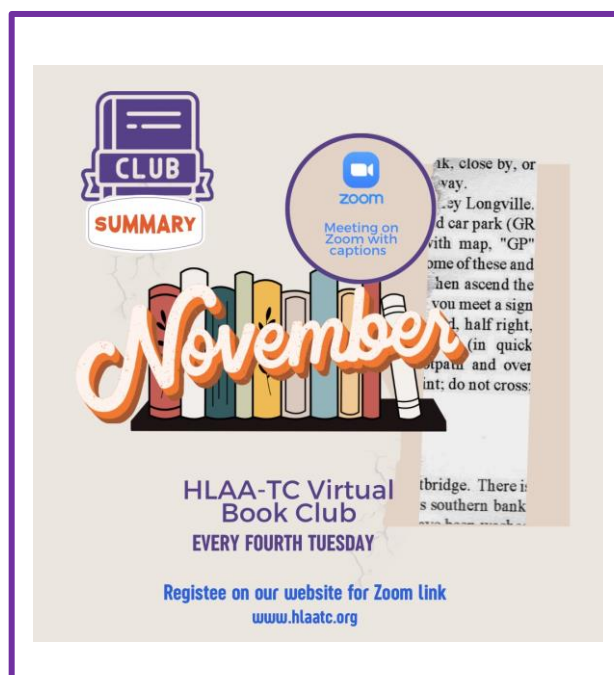
Want to bring a treat to share? That would be wonderful! Let Christy Myers know (cmyersphoto@gmail.com).



November Book Club Summary

By Laura Hagemann

Thank you to all who attended our book club discussion of “Haben” by Haben Girma.



Below is the summary with links:

- Haben Girma’s website: <https://habengirma.com/>
- Haben’s remarks on 25th Anniversary of ADA: <https://youtu.be/61HzFPs2LXQ>
- Link to her article in “The Financial Times” entitled “People with Disabilities drive innovation”: <https://habengirma.com/2017/09/13/people-with-disabilities-drive-innovation/>
- A Brief Disability Accessibility Guide from Haben’s website: <https://habengirma.com/2016/10/12/producing-positive-disability-stories-a-brief-guide/>
- PopSugar Article by Haben Girma: Haben Girma: Why I Never Tell People With Disabilities to “Just Work Harder”: <https://www.popsugar.com/smart-living/habengirma-essay-about-working-disability-45311620>
- She has a list of articles she’s written on her website: <https://habengirma.com/writing/>
- A list of videos featuring Haben on her website: <https://habengirma.com/videos/>
- Haben on Facebook: <https://www.facebook.com/habengirma>
- Haben on Twitter/X: <https://twitter.com/habengirma>
- Haben on Instagram: <https://www.instagram.com/habengirma>
- Haben on LinkedIn: <https://www.linkedin.com/in/habengirma/>

Other items and Links discussed:

- “Cutting for Stone” by Abraham Verghese (book on Ethiopia that a member recommended).
- A member talked about Auracast technology in hearing aids:
 - <https://www.bluetooth.com/auracast/>
 - HLAA webinar on Auracast: ([YouTube recording on November 2022 webinar](#))
 - HLAA is having a new webinar on Auracast: “ReSound: Auracast™ Broadcast Audio and Hearing Aids: The Future of Wireless Sound has Arrived.” Wednesday, December 6th, 11:30 a.m. ET, 30 minutes: Register: https://hearingloss.zoom.us/webinar/register/WN_pfiUJQ6TQjC04mJvms8dpA?#/registration
- A member talked about using this Smartphone specifically for transcription: BLU 6GB Smartphone using LiveTranscribe ([visit BLU phones on Amazon](#))
- Hearing Accessibility in iOS: <https://support.apple.com/en-us/HT210070>
- I shared a blog post I wrote last year for HLAA-TC “Surviving the Holidays with Hearing Loss”: <https://www.hlaatc.org/technology-hearing-devices-for-surviving-the-holidays-with-hearing-loss/>

We have decided to change the schedule so we won't have Book Club in December and we will move that book to January.

(No Book Club in December 2023) Next book club will be in January 2024.

JANUARY BOOK CLUB: Tuesday, JANUARY 23, 7:00 p.m. – 8:30 p.m.

“[Keeping Lucy: A Novel](#)” by T. Greenwood (Fiction) [[ZOOM- REGISTER HERE](#)]

Half of under-35s 'left with poor hearing from loud headphones'

“Exposure to loud noises from [headphones](#) and commuting is leaving half of under-35s with poor hearing, a study has found.

“Experts said the extent to which loud or prolonged exposure to noise is causing irreversible [damage to young people's ears](#) was an ‘emerging crisis’.”

The Telegraph

Click here for the full article: [half-young-people-difficulty-hearing-114752953.html](https://www.telegraph.co.uk/news/health/2023/12/01/half-young-people-difficulty-hearing-114752953.html)

MICHAEL SEARLES

December 1, 2023 at 10:54 AM

HLAA-TC Presentation Videos on YouTube

By Laura Hagemann

As you may be aware, HLAA-TC has a [YouTube Channel](#) where we are putting the chapter meeting presentations (most anyway) since March 2023. What follows is a brief description and link to the presentation videos you may be interested in checking out.



Spring 2023 Presentations

- [March 2023 Presentation](#) on Music and Hearing Loss by Jonathan Taylor (a former professional musician and current Vice President of HLAA- New York City Chapter).
- [April 2023 Presentation](#) and Q and A with Shari Eberts on “Living Skillfully with Hearing Loss.” Shari writes a popular blog (<https://livingwithhearingloss.com/>) about hearing loss and has published a book on the topic (most recently "Hear and Beyond" co-authored with Gael Hannon).
- *May 2023 wasn't recorded* as it was a discussion between members about tips on living with hearing loss and there was no presenter.

Fall 2023 Presentations

- Learn More About HYBRID MEETINGS in this fun video: <https://youtu.be/oroDNh3OgnE?si=RRmWdS8Y28iNy0Ia>
- September 2023 presentation with Minnesota Department of Human Services- Deaf and Hard of Hearing Services (DHHSD) wasn't recorded.

- [October 2023 presentation](#) by Jim Curran (retired audiologist) on "The History of Hearing Aids" *was just uploaded (we had recording difficulties, so there was a delay in putting the video up).*
- [November 2023 presentation](#) by Dr. Susan Arquette, PhD and Tobias Wilde, MSW, LICSW from DHHS on "mental health and hearing loss."
- December 2023 *won't be recorded* because it's a *HYBRID HOLIDAY PARTY and no presentation.*

DECEMBER CHAPTER MEETING: Saturday, DECEMBER 16

See page 11 for meeting and registration information

You can also always see a listing like this of videos on our [Videos](#) page on our website. If you have any questions about the recordings or our YouTube Channel, please email Laura Hagemann (Vice President and Social Media Specialist) social@hlaatc.org

Membership Renewal

A friendly reminder to renew your membership in the Twin Cities Chapter of HLAA if you have not done so already. You can renew by printing and filling in the membership form that is at the end of this email or go online to HLAATC.org and print that membership form. Mail your membership form to HLAA TC Chapter, P.O. Box 26021, Minneapolis, Mn 55426.

Membership is only \$25. As a member you will be supporting our goal to open the world of communication to people with hearing loss by helping our Chapter to grow and prosper.

You will also receive our great newsletter via email and be eligible to vote on Chapter matters and to participate on the Board of Directors.

Thank you for your participation!



FEMA needs participants for a new study on emergency information accessibility:

This project aims to survey **US adults** to assess their disaster preparedness levels, disaster experience, and willingness to use broadband wireless devices for disaster preparedness. The results will help us determine comparisons in disaster preparedness and use of technology for disaster preparedness among older adults (aged 65 and older) and younger adults (aged 18 – 64) for the purpose of tailoring preparedness training technologies for our older adult population.

Take the Survey!

Time for participants: about 10 minutes

Potential benefit for participants: The potential to win a \$50 gift card.

IRB approved: SUNY Institute Review Board Study Number 23X081.

Sponsored by the Federal Emergency Management Agency (FEMA)

Link to survey: <https://tinyurl.com/28ajdujk>

Meeting information

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 December 16, 2023, and on ZOOM. **Volunteers needed!**

To register for ZOOM meeting: Prior to the meeting, click "register here" on the HLAATC website (or click here for direct link to register: [ZOOM- REGISTER HERE](#)) You will receive a confirmation email containing a link to the meeting.

To register for the IN PERSON meeting, email: president@hlaatc.org or call 763-447-9672 and leave a message with how many people are attending in your party. Then, join us at Courage Kenny 3915 Golden Valley Road, Golden Valley MN 55422 on December 16 (the 3rd Saturday of the month).

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

Please RSVP by December 15

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: December 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

_____ 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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