

HLAA TC

December 2024

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

January 20, 2024

Darlene Zangara

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

February 17, 2024

Phil Burke

Traveling with a Disability
Metropolitan Airports Commission



See page 11 for registration details

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The January Hearing Loss Association of America Twin Cities Chapter meeting (HLAA TC) will be a hybrid meeting (in person and Zoom) on January 20, 2024
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 – January 2024
Robin Coninx



Our President reminds us to save the date!
Walk for Hearing June 2, 2024 from 9:30 AM to 1:00 PM.

Save the date! Start organizing your team and identifying
possible donors/sponsors

HLAA-TC's Walk for Hearing will take place at
(a location yet to be determined)

Why have a Walk for Hearing? You may think it is just to raise
money to support the HLAA organization. That is a worthy reason.

But there is more!
The Walk for Hearing increases the visibility of HLAA and
HLAA-TC,
and it is also an occasion that provides useful information on
hearing loss to the public.

Meeting Summary, HLAATC meeting December 16, 2023

By Laura Hagemann, Vice President

Note: Due to the technical difficulties we experienced during the December hybrid meeting, links from the presentation that were intended to be shown were placed in a [blog](#)

The December hybrid chapter meeting of HLAA-TC (with attendees both at Courage Kenny in Golden Valley, MN and on Zoom) was a holiday party. HLAA-TC Director- At-Large Christy Myers put together a presentation that showcased humor and hearing loss. She entitled it “You Just Gotta Laugh” and fittingly technology proved frustrating and caused us to ‘just gotta laugh.’

The holiday festivities started with a game of holiday BINGO. No prize was awarded to the winner other than a round of applause! Christy had put together a great presentation of laughs and fun. See below for the links (that didn’t show properly during the presentation).

- DJ Demers is the Canadian, hard of hearing comedian that we were going to share the first 7 minutes from his stand up set from a few years ago at “Just For Laughs” Festival in Toronto:
https://www.youtube.com/watch?v=k6CP_0UXctg
- Deafies in Drag caption machine at movies:
https://www.youtube.com/watch?v=IXRfZ6WBn_o
- Rhett & Link “Christmas Carol Caption Fail”:
<https://www.youtube.com/watch?v=wY0F31G-i9Y>
- Christy also prepared a fun demonstration of misheard Christmas lyrics.

Those attending in person brought treats and snacks to share that were eaten before, during and after the presentation. Attendees also wore Christmas outfits (Byrdie wore a Grinch sweater and Laura had a Christmas Tree headband and sweater). The January meeting will be a hybrid meeting on January 20th featuring MNCDHH Executive Director Darlene Zangara.

Thank you to Christy for organizing this presentation/party and bringing humor to the forefront for all of us. Thank you to everyone who attended in person or via Zoom. Thank you to those who brought food to share in December.

January Speaker



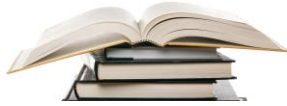
Darlene Zagara

Executive Director, Minnesota Commission of the Deaf, DeafBlind and Hard of Hearing

Legislative Update

Executive Director Darlene Zangara, Ph.D., LPC believes in servant leadership. A person of great empathy and foresight, Darlene started out as a teacher of deaf and hard of hearing students in a self-contained classroom. Next, Darlene became a clinical therapist, providing mental health, vocational, and educational assessments and counseling services. She was also an adjunct instructor for psychology, and later, interpreting and transliterating training courses.

Feeling a gravitational pull towards stewardship, Darlene moved on to key leadership roles. To date, she has served as a director or executive director for several organizations



But You Look So Normal, a memoir by Claudia Marseille

Claudia Marseilles' memoir, "But You Look So Normal", is a book about life with hearing loss. Born into a hearing family, Claudia spent her first four years in a world of silence. During those years, she never guessed that she was any different from others.

Once she started pre-school though, an attentive teacher recognized her disability and, together with her parents, arranged to have her hearing tested. Soon after that, she was equipped with a hearing aid – a clunky older model that was not easy to hide. She wore this self-consciously in grade school, occasionally breaking silence by showing it frankly to her teasing classmates.

With her hearing aid, language quickly became part of her life. As she listened, she learned to speak, and before she was five, reading followed. She also learned to love and read music, and play the piano.

As a middle-schooler, she received a hearing equipment upgrade, to binaural BTEs using newer technology. Her greatest joy accruing from this improvement, she tells us, was the increased resonance of piano music.

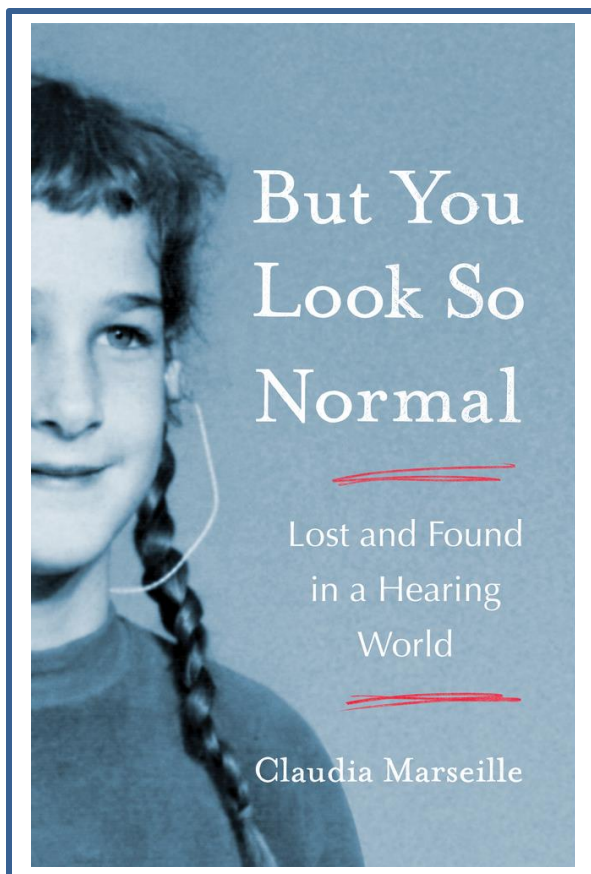
She was in tenth grade when she learned the history of her mother's earlier life in Nazi Germany, which had profoundly affected not only her mother but her father and grandmother as well. The setting in which this information is revealed to her is idyllic: she is having tea with her mother in a sunny, flower-laden garden on a lovely spring day, a contrast which heightens the intensity and gravity of the dark story she is hearing.

The setting of Claudia's memoir is primarily California, but there are significant interludes, including her time in Germany with old family friends and her months at an Israeli kibbutz. Through her relationships at home and abroad, with parents, school friends, several boyfriends, one short-lived marriage and another lasting one – she lays the panoply of her life before us in full color.

(book review, cont.)

Despite her hearing loss and the challenges of a semi-dysfunctional family, Claudia made the most of her talents, intelligence and creativity. She has been a pianist, model, typist/receptionist (no small accomplishment for one with hearing loss), earned a Master of Public Policy, successfully held a job in market research, worked at the Council of State governments on regional policy issues, became a photographer, earned a Master of Fine Arts degree, became a successful artist, mother, and now – author.

If this sounds far removed from the average person’s life (that is, our own), it is. And yet it isn’t. She shares all these experiences with us in a matter-of-fact way that allows each reader to find something familiar in her account. It is this talent that makes her book so accessible. I recommend reading it when it becomes available on May 14, 2024.



While you are waiting, you can preview and/or pre-order the book here

<https://www.amazon.com/But-You-Look-So-Normal>

Book Club January 2024

About the book for January 2024 Book Club

By Laura Hagemann

January BOOK CLUB: Tuesday, January 23rd 7:00 p.m. – 8:30 p.m. The HLAA-TC Book Club will be meeting on Zoom to discuss the novel [“Keeping Lucy: A Novel” by T Greenwood](#) (originally our December book and moved to January).

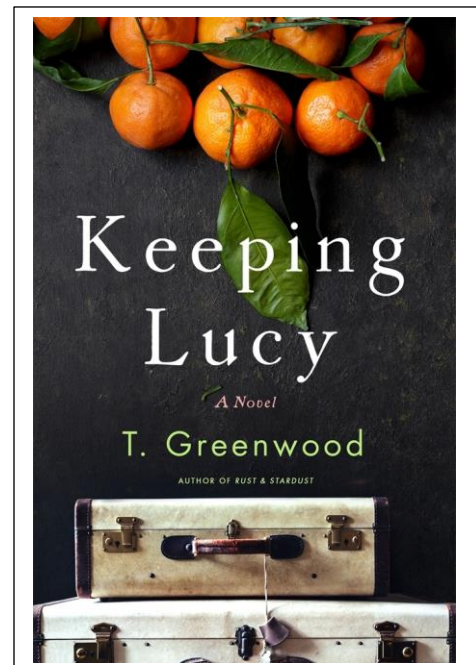
Description of the book on Amazon: “The heartbreaking and uplifting story, inspired by incredible true events, of how far one mother must go to protect her daughter. Dover, Massachusetts, 1969. Ginny Richardson's heart was torn open when her baby girl, Lucy, born with Down Syndrome, was taken from her. Under pressure from his powerful family, her husband, Ab, sent Lucy away to Willowridge, a special school for the “feeble-minded.” Ab tried to convince Ginny it was for the best. That they should grieve for their daughter as though she were dead. That they should try to move on. But two years later, when Ginny's best friend, Marsha, shows her a series of articles exposing Willowridge as a hell-on-earth--its squalid hallways filled with neglected children--she knows she can't leave her daughter there.”

The meeting will be captioned. It will start at 7:00 pm and end around 8:30 pm (central time). (All meetings are free and open to HLAA members or non-members.)

To receive a link to the Book Club Zoom meeting, Register:

<https://us06web.zoom.us/meeting/register/tZEId-yoqzsoE9HgL6RLwalzAV7HK5s7B1Cs>

For more information about the book club (a reading schedule for the rest of 2024 hasn't been decided on yet), visit the HLAA-TC Book Club Page: <https://www.hlaatc.org/book-club/>



AARP shares 10 Treatments for Tinnitus

- 1. FIRST, SEE YOUR DOCTOR** Start with your primary care physician, who can determine if there is an underlying medical cause.
- 2. CHECK FOR MEDICATIONS** - Some of the more common medications that can affect tinnitus include analgesics like aspirin, diuretics, cancer drugs and [certain antibiotics](#).
- 3. GET EARWAX REMOVED** – But be careful trying to remove earwax by yourself.
- 4. TRY A HEARING AID** Tinnitus and [hearing loss](#) are often associated, particularly in older people.
- 5. CONSIDER SOUND THERAPY** It can be music, water, sounds of nature or white noise. Any sound you find pleasant and calming
- 6. MASK THE SOUND** - Maskers are a step up from sound therapy. They look like hearing aids but with open ear buds.
- 7. REDUCE STRESS** - Studies have shown that stress can contribute to the beginning or worsening of tinnitus.
- 8. TRY COGNITIVE BEHAVIORAL THERAPY** - One of the most common treatments for tinnitus relief is to moderate the person's reaction to the sound.
- 9. TRY A MEDITERRANEAN DIET** - You are what you eat — and what you eat can affect your tinnitus.
- 10. LIMIT ALCOHOL AND NICOTINE; COFFEE IS PROBABLY FINE**



READ THE WHOLE ARTICLE HERE:

<https://www.aarp.org/health/ear-hearing/conditions/tinnitus/tinnitus-treatments>



Accessible Healthcare communication

By Vicki Martin

What if the first thing your doctor wanted to know was how well you are hearing? Before talking about that nagging cough, or that bad knee? Often, your hearing is not a consideration at your visit at all. It's not what you came in for, right? And most of us don't normally raise the issue ourselves.

But the Americans with Disabilities Act, and the Affordable Care Act both mandate that healthcare communication be accessible for all. How can it be, if you don't hear what your doctor says?

According to Hearing Life (Fall, 2023), "promising strategies are addressing these inequities".

The writer (Michael McKee, M. D.) suggests that hearing screening be made a standard first step that would bring medical practice into compliance with the accessibility mandates.

The University of Michigan's Department of Family Medicine identifies three main steps toward that goal:

- Requiring information about patient accommodation needs when scheduling an appointment
- Addressing those accommodation needs (ASL, personal amplifier, etc.)
- Best-practice alert for physicians to address possible hearing issues of any patients over 55

Read the whole article here: <https://hearingloss.org-mckee>

DIY Tech

By Vicki Martin

I always enjoy reading job counselor Amy Lindgren's columns in the Pioneer Press. I'm not sure why, since I am long since retired, and have no intention of re-joining the workforce. Maybe it's because a lot of things that could help you find a job, might help you in other ways too.

One of her columns that caught my eye begins "Can you guess who some of the most tech-savvy people in the United States might be?... I'm confident in my guess that individuals with disabilities would lead the pack" Why? Because the lives of people with disabilities depend on technology.

She cites many recent, new, or about-to-be technologies that can open doors to disabled people formerly shut out. Then she notes the dark side: "our preoccupation with assistive devices and technologies places the burden on the individual..." (Don't tell me you haven't noticed that if "there's an app for that", it's probably going to be a do-it-yourself project!) She notes, "improved technology solutions could lead employers to expect individual workers to solve their own accessibility problems". True not just in the workplace, but in the world.

Thankfully, we also have such things as HLAA and other support groups to help bridge that gap. That's where our mission of advocacy comes in. Both the technology and the organizations exist, and we are grateful for that. Alone, neither will change our lives. But add advocacy to the equation, and that can change.

Thank you, Amy, for reminding us of that.

Deaf and Hard of Hearing Services Division will host a webinar on creating accessible spaces for people with hearing loss: **Effective Communication 101** will:

- Examine the different hearing loss groups.
- Discuss what communication access looks like for each group and how to provide it.
- Describe steps to creating inclusive and equitable environments for people with hearing loss.
- Examine state and federal accessibility laws.
- Explain how Deaf and Hard of Hearing Services Division can help.

When Tuesday, January 23, 2024, 11 a.m. to 1 p.m.

Where Zoom. You receive the link when you register.

Who should attend?

- Social workers, health care workers and nurses
- Other county, state, and non-profit service providers
- Family members, friends and caregivers of people with hearing loss.

Accessibility Presented in ASL and English with ASL/English interpretation and real-time captioning. If you need other accommodations, please contact us by January 9.

Register Registration is free. Please register by January 9, 2023.

[Register for webinar](#)

Contact Deaf and Hard of Hearing Services Division for more information

Videophone: 651-964-1514

Voice or preferred relay service: 651-431-5945 or 800-657-3663

Email: dhs.dhhsd@state.mn.us

Web: mn.gov/deaf-hard-of-hearing

Troubleshooting your hearing aids – brought to you by : HearingofAmerica

Troubleshooting tips are available on the HearingofAmerica blog. Check them out.

Feedback or Whistling

Distorted or Weak Sound

No Sound at All

Fast Battery Drainage

Rechargeable Hearing Aids Not Charging

Background Noise Too Prominent

Hearing Aids Not Connecting to Bluetooth

For suggestions for these issues, click here: <https://www.hearingofamerica.com/blog/>

Twofer Toother

By Vicki Martin

National Geographic, in its January 2024 magazine, notes that dental implants have the potential to help people hear. The “jawbone transmits sound to the ear just as well as the mastoid bone used by some hearing aids”. This may lead to the development of dental implant hearing aids that are comfortable and invisible to others.

Cool! But it does raise a few questions.

If you have trouble hearing, would you make an appointment with your audiologist or your dentist?

Would you need to use a toothpick to change the settings on your hearing aid?

Would a hearing aid check be about as comfortable as a root canal?

Would you hear all of those smacking and chewing sounds really loud?

What if you got a toothache?



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 January 20, 2024, and on ZOOM.

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 January 20 (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

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: January 20, 2024 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
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Welcomes You!

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