

# HLAA Twin Cities

Hearing Loss Association of America Twin Cities Chapter October 2008  
Formerly called....Self Help for the Hard of Hearing (SHHH)



## Calendar of Events

### 2008

**Oct 18, 2008** - Mary Bauer, DHHS -  
Equipment Lending Program

**Nov. 15, 2008** – Linda Senechal – CI's

**Dec. 20, 2008** – Rubin Latz - Dept. of  
Vocation Rehabilitation, Potluck, White  
Elephant Gift Exchange, Cookie Sale

### 2009

**Jan, 17, 2009** – Mary Hartnett – MCDHH

**Feb. 16, 2009** – Lisa McDonald, Cochlear Imp.

**Mar. 27-28, 2009** – State Convention in St.  
Cloud, **no** mtg. at Courage Center this  
month

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

## October 2008

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THE **NEXT MEETING** IS  
October 18th at 9:30 AM  
Courage Center  
3915 Golden Valley Road  
Golden Valley, MN 55422-4249

## HLAA TC Website

[www.hlaatc.org](http://www.hlaatc.org)

Contains map to our location,  
resources, officers, upcoming  
events and newsletters.

## HLAA National:

[www.hearingloss.org](http://www.hearingloss.org)

## MN Contact Information:

[info@hlaatc.org](mailto:info@hlaatc.org)

**IMPORTANT NOTE:** Annual membership dues were to be paid in  
September. Please mail your check to the PO address on page 12 or bring it  
to the October meeting if you have not paid.

## **From your President -** **Vicki Martin**



### **Go With The Flow – or Not!**

Fall is a good time to get in a few last bike rides before the roads become icy and the winds blustery. But which side of the road should you ride on? Unless the law has changed since I was in grade school, a bicyclist is expected to follow the same rules of the road as a person driving a motor vehicle. This means you ride on the right, with the flow of traffic.

Rules of the road are not based on politeness. There is one reason for them, and that is safety. It is considered safer for all concerned if cyclists ride on the right.

But is this really the safest practice for people who do not hear? I have a confession to make: I break the law when I ride my bike. I ride against traffic so I can see it coming and get out of the way.

I admitted as much to a MNDot rep at the State Fair, whose exhibit highlighted bicycle safety. I explained why I needed to ride against traffic. Off the record, he agreed with me: do what is safest. But he was not willing to go on record as saying it is OK to break the law, even in the interest of safety.

There have been times – well OK, one time – when I was moving through an alley in the direction of traffic, and a car approached me from behind. The driver was going slowly, but he never did stop. No doubt he assumed that I knew he was there and I would move. Well, I didn't know, and didn't move. At least, not until the last split second when I caught a glimpse of a moving object (or its shadow) and bolted. He missed me by inches.

No, I prefer to see what's coming rather than trust the driver to accommodate.

I have also been on the other side of the steering wheel, when someone on a bicycle veered toward me in my lane. It was unexpected, and required my full attention to keep clear of the oncoming rider.

So the question remains: should we ride on the right or the left? Should we go with the flow or against it?

There may be no single right answer, but I know what I will do – I will do what feels safest, and if that should mean going against the flow, then so be it. The principle of safety should be our guide.

Putting the principle ahead of the practice requires a little thought. We must, after all, decide what the principle is: what is most important?

At HLAA, we all probably embrace the “whatever works” principle of accommodation. Hearing aids, CART, sign language, cochlear implants, amplified phones, Captel, TTYs – or none of the above. It is all fine with us, as long as it promotes better and easier communication.

At times this bewildering array of ideas may seem less like a flow, and more like a maelstrom. But continue to share those ideas, the technologies you have tried, the resources you have found helpful. There is bound to be someone else who needs to know, and for whom it would help the communication – flow!

## TO VOTE OR NOT TO VOTE..?

By Monique Hammond

Is this a question? The choice is, oh, so obvious. VOTE!!

How often do we listen to people who complain that they have no say on anything that goes on in the Government and that nobody cares about their opinion? I do not expect my elected officials or the President to call me up personally and ask: "Well, Monique, what do you really think about this?" We might have some very long conversations.

However, I never hesitate to contact those who represent me either locally or nationally and score high on responses. If I feel strongly about an issue, it is time to put in my two-cents'-worth. I call, email - whatever it takes. Why? I am their constituent. I follow what is happening, and I do vote. My vote holds them accountable.

Oh, you might say: "One vote does not count anyway." So, let me think why established as well as would-be politicians come around and try to convince me to join their side? They leave information on the doorstep, hold town hall meetings, walk around handing out their flyers, invest in some serious shoe leather and spend major money - vying for my vote. They want to meet more people rather than fewer. Presidential candidates suddenly have a hankering for waffles and BLTs at local cafés. They shake every hand they can. *Politicians know that every vote counts.*

This year, on November 4<sup>th</sup>, we will be asked our opinions on local issues as well as on national matters. Among others, we will help to select the head of our country, the President. I think that this is a pretty

major decision that deserves our attention.

Ever since I came to the United States, it has both amazed and riled me a bit to witness how few people actually voice their opinion at the voting booths. The right to vote, to be heard and counted, is something that people through the ages have fought for, marched and protested for, have been incarcerated for and died for. Do we take all of this for granted? Why do so many so willingly simply forfeit their privilege and right to have a say in matters of State? After all, the right of people to express themselves through their votes in free elections is the essence of Democracy.

This year the Commission for Deaf, Deafblind and Hard of Hearing Minnesotans (MCDHH) is actively engaged in getting out the vote. Need a *ride* to the polling place? MCDHH can help. **Taika Pakalns** is the contact person. I left information sheets during the last meeting with the details. We will put them out again in October. For more information you can call the MCDHH: TTY 1-800-627-3529, voice 651-297-7305, or you can access the website [www.mncdhh.org](http://www.mncdhh.org). Check out that voter information video! ASL signed and captioned! Cool!

Remember that decisions are made by those who show up. Businessman and former Secretary of the U.S. Treasury **William E. Simon** once stated that "*Bad politicians are sent to Washington by good people who don't vote.*" Wouldn't it be marvelous if we could prove him wrong? If you are a citizen and of voting age (18+), just do it. VOTE!!



Monique

## 9/20/2008 Meeting Synopsis



**Speaker: Mary Clark, Orange County CA**  
September 20 Topic:  
**Emergency Preparedness  
for Hard of Hearing People**

Our speaker was Mary Clark, President of the Orange County CA HLAA group. Mary began by explaining that disasters are not only natural ones such as fires, earthquakes, tornadoes, and floods, but they can be man made disasters such as terrorism, a house fire or a bridge collapse. All disasters are unexpected and unpredictable. They can disrupt access to our most basic life necessities such as power, shelter, food, water, and communication. Personal safety is at risk. Thus the key is BEING PREPARED.

The first step is planning. Gather personal records. Decide where you would take cover in the event of a tornado or terrorism event. Would you be able to hear evacuation alerts? Mary suggested informing our neighbors of our hearing loss and the importance of carrying a whistle so rescue personnel can find you.

Sanitation can become a problem if no water is available. We should have one gallon of water per person for three days. Remember to think about your pets needs also. The shelf life of bottled water is less than six months. Consider buying water in drink boxes that have a shelf life of five years. Other sources of water would

be a water heater.

Mary suggested having a backpack in your car. What are you going to eat? Choose non-perishable foods, including items such as manual can opener and a scissors in your kit. What about a light source? Mary suggested using Light Sticks, the kind children carry at Halloween. Carry a L.E.D. flashlight or headlight. Light is important for reading.

What about communication? Consider purchasing a crank generated light with solar power, a siren and radio combo. Make sure you have ear buds if that will help to hear the radio. What about a text pager? Many cell phones bands are usually taken by emergency personnel. Contact Harris Communications for emergency devices for the hard of hearing. You may consider a weather radio to purchase. Don't forget your hearing aid batteries and a first aid kit. Use a buddy system both at home and work and don't forget maps in your car. In your backpack, bring comfortable shoes, a bandana and leather gloves for broken glass or branches that could get in your way. What about a shovel, deck of cards, tape, zip lock bags or Tums, emergency blanket, toilet paper and bar of soap? Think of those items that you would want to use on a daily basis.

We need to be PREPARED to be self-sufficient for at least the beginning of any kind of disaster.

For more information, go to  
[weather.com](http://weather.com),  
[independence.org](http://independence.org) or  
the American Red Cross.

Thank you Mary for coming to talk to us in your very busy schedule. We are feeling much more PREPARED.

Submitted by Vice President Linda Miller



## 9/20/2008 Business Meeting

### Synopsis

by Vice President **Linda Miller**



**President Vicki** informed us that we received an email from William Sound President and CEO that we were chosen for the **Bonham Cross** Memorial Award. This award came to us in the amount of \$1,500.00. Many of you know that Bonham passed away last spring and was well known by people at William Sound.

She also officially recognized our Setup Coordinators, **Holly, Shannon and Tiffany Turley** and **Michelle Suomein**. Thank you so much!! If you would like to assist in setting up, please see these wonderful people.

If anyone is interested in a CAPTEL phone for \$99.00, forms are available on the back table.

**Rich Diedrichsen**, Vice President of the St. Cloud Chapter of HLAA told us about the upcoming 2009 Conference on hearing loss in Minnesota. The conference will be in St. Cloud, MN on March 27 and 28, 2009 at the Holiday Inn. The cost will be less than \$40 and includes a Saturday meal, all speakers and handouts. Please mark your calendars and get the word out.

**Secretary Sue:** Sam Trychin Videos are back and if anyone wants to view the four VHS tapes, they may sign them out. They are captioned and very informative. Please make sure you return them.

**Treasurer Bob:** Generic Business Cards available to purchase. \$1.00 for packet of 35 to hand out to people who maybe interested in our group. It included our name and website. Those interested in purchasing t-shirts, let him know.



Note: If you haven't paid your dues for the year, they were due in September. Please send a check to the address on page 12 or bring your check along to the next meeting. Your membership dues support all of our activities. Thanks!

**Vice President Linda:** I shared about a workshop I attended this summer in which I advocated for myself the need for an assistive Listening Device. Hard work paid off. By contacting Mary Bauer, she arranged for Rich Diedrichsen to setup a William Sound FM system and it was the best learning experience I ever had. Thanks to those two wonderful people.

**Past President Monique:** Election year is here and pre-registration form has to be in by October 14<sup>th</sup>. If you do not register by the 14<sup>th</sup>, you can still register to vote the day of elections. Bring your picture I.D. You may also request an absentee ballot from the Secretary of State. You don't have to go to the voting booth if you have a disability or you are going to be out of town. You have to apply for an absentee ballot, and they will send you the registration form, then send you the ballot which has to be filled out and mailed back by election day. You may also arrange to get a ride to your polling place. Forms are available on the back tables. Thanks Monique!

Thanks again to our wonderful **Lisa Richardson** who offered us her wonderful talented C.A.R.T. services.

# Calling... 711

## Relay Tip #1

\* \* \* \* \*

Did you know....the relay operator's first words to the person you are calling are "Hello. This is Minnesota Relay. Have you ever received a relay call before?" If they have, of course, you are good to go. But if not -- well, doesn't this kind of smack of a sales call? Dear friends have answered this question, "Umm, no, I don't think we're interested (click)." And less kindly ones no doubt think "No, and I don't want to start now! (CLICK)."

If you give no directions to the relay operator, he or she will begin with their standard opening. But if your friend knew it was you, or the business knew it was a customer, they would want to stay on the line. You can make that happen! Before you give the operator the number, simply state "Please begin with 'I have John Doe on the line'", or "Please begin with 'I have a customer on the line'", If they know you are a friend or a customer, they will be glad to talk to you.

So try it -- next time you call someone on relay who may not be familiar with it -- remember, you can change the operator's opening words. And by the way, don't say "John Doe" unless that is your name, please. Sounds too much like a crank call.



## HLAA Conventions 2009 ..

The national convention is in Nashville, Tennessee from June 18-21, 2009. The Country Music Festival will be taking place in Nashville the week prior to the convention, so it's a great family vacation opportunity.

The site of the conference is the Gaylord Opryland Hotel and Convention Center. <http://www.gaylordhotels.com/gaylord-opryland/>. It boasts of nine acres of indoor gardens, cascading waterfalls and an indoor river with its own Delta flatboat, a 20,000 square foot resort spa and fitness center, Fuse Nightclub. Restaurants include Old Hickory Steakhouse Restaurant, Ristorante Volare, Cascades Seafood Restaurant, Water's Edge Marketplace Buffet, Jack Daniels' Saloon.

The **Minnesota state** convention will be held

## MARCH 27 - 28, 2009

## IN ST. CLOUD

# ALOHA

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Details on this month's Aloha party:

**When: Saturday, October 11**

**Who: The Home of Al and Laurie  
Fuechtmann**

**Where: Afton, MN**

**Time: 5:30 PM to 11 PM (strictly enforced)**

Ours Hosts will be serving: Soup and Chili  
YOU should bring:

Crackers if your last name starts with A - C

Meat and cheese trays if your last name  
starts with D, E or F

Fruit trays if your last name starts with G - I

Veggie trays if your last name starts with J, K  
or L

Salads if your last name starts with M - O

Appetizers if your last name starts with P, Q or  
R

Bread if your last name starts with S - U

Snack food (such as chips/dip) or a Dessert if  
your last name starts with V, W, X, Y or Z

You should also bring: your own beverage  
AND Some lawn chairs (they will have a  
bonfire if the weather cooperates).

**Please RSVP to Ellen by Friday, October  
10 if you plan to come and I will email you  
directions.**

**Ellen**

[ThibodoD@aol.com](mailto:ThibodoD@aol.com)

## **October 29 - November 2, 2008 Association of Late-Deafened Adults ALDAcon 2008**

ALDAcon2008, celebrating the 20th Anniversary of the Association of Late-Deafened Adults is planned for October 29-November 2, 2008, at the Chicago City Centre Hotel and Sports Bar (Doubletree) and registration is open at [www.alda.org](http://www.alda.org)

ALDAcon2008 will be filled with workshops and special plenary sessions with ALDA's early leaders taking us back to the beginning and launching us into the future. Honored Guests Dr. I. King Jordan, Dr. Robert Davila, and Dr. Alan Hurwitz bringing their own history with ALDA to this special celebration. Special Friday Night Entertainment and ALDA's Famous Karaoke Party add excitement to this historic event. The vendor hall offers the latest in technology and services to enhance the lives of attendees. ABOUT ALDA - The mission of the Association of Late-Deafened Adults (ALDA) is to support the empowerment of late-deafened people. ALDA is committed to providing a support network and a sense of belonging by sharing our unique experiences, challenges and coping strategies, helping one another find practical solutions and emotional support, and working together with other organizations and service providers for our common good.

## **SAVE THE DATE!**

### **MARCH 27 AND 28, 2009**

### **MN STATE HLAA CONVENTION IN ST. CLOUD**



## Bits and Pieces

**Hearing Health** magazine is now free online, you can get a hard copy free also upon request. Go to <http://www.drf.org/magazine/>

\*\*\*\*\*

Guess there is some confusion at **Starkey** about the Hearing Aid called **Zon** which was advertised as being the first waterproof HA. It's not, the Dolphin #HB-54 from Rion was, over ten years ago. Also this Hearing Aid has no t-coil or way to interface with Assistive Listening Devices. Read about the Zon <http://www.openfit.com/hearing/> & <http://tinyurl.com/3t5wfl>

\*\*\*\*\*

**NBC** now has some of its shows (full episodes), like 30 Rock, **captioned online** <http://www.nbc.com/video>

\*\*\*\*\*

**Hearing Health Magazine** is free online at [www.hearinghealthmag.com](http://www.hearinghealthmag.com) learn more about tinnitus, usher syndrome, sudden deafness and lots more.

\*\*\*\*\*

### **News release October 1, 2008**

The FDA is alerting healthcare professionals that the x-rays emitted during CT exams may cause some electronic medical devices to malfunction. These

malfunctions are different from those related to MRI scanning, which are caused by strong electrical and magnetic fields.

Most patients with electronic medical devices do not experience problems with CT scans, but FDA has received a small number of reports in which the scans may have caused unintended shocks from neurostimulators, malfunctions of insulin pumps, and transient changes in pacemaker output. Theoretically, defibrillators, **cochlear implants** and retinal implants could also be affected.

<http://tinyurl.com/4khoow>

\*\*\*\*\*

Join others in the **National chat room** on Oct. 17, 2008 at 7 PM with Marcia Dugan, Author of "**Living With Hearing Loss**" <http://www.myhearingloss.org/> register and sign in to chat with this speaker <http://www.hearingloss.org/Community/schedule.asp> tells about upcoming speakers.

### **Upcoming Chats:**

November 12 - **Dr. Michael D. Seidman** (Tinnitus)

December 11 - **Dr. Sam Trychin** (Surviving the Holidays with Hearing Loss)

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### **HLAA Launches New Initiative for Young Adults (Ages 18-35)**

HLAA Member Patrick Holkins moderates the discussions for young adults. Go to <http://hearinglossnation.ning.com/>

\*\*\*\*\*

200 people turned out for the U of MN **CI Picnic** on the last Sunday in September – a new record!! **Bob Nemeth** of the Lions once again brought and grilled burgers and hot dogs for everyone.

\*\*\*\*\*





### **Dennis Martin, Member Spotlight**

Dennis is the husband of our own President, Vicki Martin. He shared with us how the two of them met around 1966. He shared how hearing people and hard of hearing have to learn how to adapt together and because Vicki has many family members who have varying degrees of hearing loss, he learned quickly. He talked about if they were walking somewhere and they were about 5 or 6 feet away, particularly in a crowd, she would not hear what he said. He learned that he had to stay close if they were to communicate. They also have children with hearing loss and this has required some adaptation in their family behavior too.

Thanks for sharing with us Dennis!

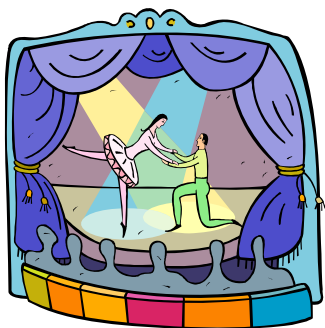
# **ADA NEWS**

The Americans with Disabilities Act (ADA) Amendments Act of 2008 was signed into law on September 25, 2008 and becomes effective January 1, 2009. Because this law makes several significant changes, including changes to the definition of the term "disability," the EEOC will be evaluating the impact of these changes on this document and other publications. See the list of specific changes to the ADA made by the ADA Amendments Act at [EEOC.gov](http://EEOC.gov).

Also at [www.eeoc.gov/facts/deafness.html](http://www.eeoc.gov/facts/deafness.html), learn how the ADA might apply to job applicants and employees with hearing impairments, including:

- ★ when a hearing impairment is a disability under the ADA;
- ★ when an employer may ask an applicant or employee about a hearing impairment;
- ★ how employers can ensure the confidentiality of applicants' and employees' medical information;
- ★ what types of reasonable accommodations an individual with a hearing disability may need;
- ★ to what extent an employer must provide a reasonable accommodation to an individual with a hearing disability;
- ★ how an employer should handle safety concerns and harassment issues; and,
- ★ how an individual with a hearing impairment can file a claim against an employer under the ADA or the Rehabilitation Act.

## Entertainment



### NOW PLAYING!!

The **Guthrie Theatre** will have real time captioning at **eight** productions this year. Most of the productions are on Friday evenings. The price per ticket is only \$20.

[A View from the Bridge](#) - Friday, October 24, 2008 at 7:30pm

[Shadowlands](#) - Friday, December 12, 2008 at 7:30pm

[A Delicate Balance](#) - Friday, February 20, 2009 at 7:30pm

[The Two Gentlemen of Verona](#) - Friday, March 13, 2009 at 7:30pm

[An Evening of Short Plays](#) - Friday, May 29, 2009 at 7:30pm

[Caroline, or Change](#) - Friday, June 19, 2009 at 7:30pm

The **Mixed Blood Theatre** also offers captioning at select performances.

## Accessible Entertainment

**Note:** Due to space limitations in this newsletter, we are usually not able to list all entertainment events every month which are accessible to hard of hearing people. If you are interested in receiving a complete list every month, please ask that your name be added to the email directory from VSA Arts Minnesota. To receive this list by email each month, send an email to [jon@vsaartsmn.org](mailto:jon@vsaartsmn.org). Please specify if you want to receive the Captioned shows, Audio Described shows, ASL-Interpreted shows, or the combined list.

### Be sure to call these places as schedules change.

#### Kerasotes Block E Stadium 15 – Mpls.

Captioned movies in Twin Cities

612-338-1466

[www.kerasotes.com](http://www.kerasotes.com)

#### Science Museum of MN Omni

651-221-4585

[www.smm.org/info/accessibility.php](http://www.smm.org/info/accessibility.php)

#### MNOCFILMES

Open/closed captioned movies in Twin Cities

<http://www.mnocfilms.org/index.html>

### **Science Museum of Minnesota**

**Omnitheater** – In “Mysteries of the Great Lakes,” journey through the greatest lake system in the world and get swept up in the amazing geography, ecology and history of a region that boasts some of the most spectacular wilderness scenery on earth. It will play in the Omnitheater with Rear View Captioning and Audio Description (DVS) through January 2009.

Contact info: 120 Kellogg Blvd. W., St. Paul 55102, 651-221-9444, option 1 for film times, reservations or questions; TTY 651-221-4585; [info@smm.org](mailto:info@smm.org); Accessibility: [www.smm.org/accessibility](http://www.smm.org/accessibility); Hours & Showtimes: [www.smm.org/hours](http://www.smm.org/hours)

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## Tinnitus and Hyperacusis Clinic

**Paula Schwartz, Au.D.**

Doctor of Audiology

7450 France Ave. South  
Suite 280

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**952-224-0308**

fax 952-831-4942

plschwartz@msn.com

link through www.audiologyconcepts.com



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**HLAA TC**  
**PO Box 8037**  
Minneapolis, MN 55408-0037

## **First Class**



**Next meeting: Saturday, October 18, 2008**

### **HLAA Twin Cities Chapter**

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City.....  
State.....Zip.....  
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**Minneapolis, MN 55408-0037**

### **HLAA Twin Cities Chapter Welcomes You**

**President –** Vicki Martin  
                  president@hlaatc.org  
**Vice President –** Linda Miller  
                      vicepresident@hlaatc.org  
**Secretary –** Sue Brabeck,  
                  secretary@hlaatc.org  
**Treasurer –** Bob Knoll,  
                  treasurer@hlaatc.org  
**Aloha Event Coordinator –**  
                  Ellen Thibodo, (651) 423-2249 (TTY)  
                  [ThibodoD@aol.com](mailto:ThibodoD@aol.com)  
**Contact Info.** info@hlaatc.org  
**Website**       [www.hlaatc.org](http://www.hlaatc.org)  
**Newsletter Editors -**  
                  Linda Senechal, cilinda97@yahoo.com  
                  Merrilee Knoll, Rknoll5200@aol.com

This month's editor is Linda Senechal

**Meetings are held the 3<sup>rd</sup> Saturday of the month September through May at the Courage Center in Golden Valley, MN. We gather at 9:30 to socialize and the meeting starts at 10 AM. All meetings are real time captioned by Lisa Richardson and her staff of *Paradigm Captioning* ([www.paradigmreporting.com](http://www.paradigmreporting.com)). Please visit the chapter's web-site at [www.hlaatc.org](http://www.hlaatc.org)**