

HLAA Twin Cities

Hearing Loss Association of America Twin Cities Chapter November 2007



Calendar of Events

November 17, 2007 - Hearing and Service Dogs of MN

December 15, 2007 - Brian Alexander - OSHA – noise safety standards and regulations & Holiday Potluck/Gift Exchange

January 19, 2008 - Michael Block – Starkey Tinnitus Clinic

February 16, 2008 - Mary Hartnett – Minnesota Commission serving the Deaf, HOH, Deafblind (MCDHH) (topics for the upcoming legislative session.

March 15, 2008 – Lion Dwight Maxa - Board of Directors for Lions Foundation

April 19, 2008 – Dr. Kristen Swan – Region's Hospital – returning psychotherapist

May 17, 2008 – Elections and potluck



I know it's a little early, but as you start your holiday shopping this month, don't forget to find that special gift for the gift exchange at the **HLAA Holiday Party** scheduled for **December 15**. We always have a great time with this event, so you will want to participate!

November 2007

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THE **NEXT MEETING** IS
NOVEMBER 17TH AT 9:30 AM
AT THE COURAGE CENTER
Courage Center
3915 Golden Valley Road
Golden Valley, MN 55422-4249

HLAA TC Website
www.hlaatc.org

HLAA National:
www.hearingloss.org

MN Contact Information:
info@hlaatc.org

➤ **Terry Portis**
Executive Director of
Hearing Loss Association of
America resigns see Page 5.

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

PRESIDENT'S MESSAGE

NOVEMBER 2007

Making a difference..

How about our October meeting?! Busy, busy but so invigorating mainly because of the enthusiasm and participation of our audience! Again, I was overwhelmed by all of the people who took time out of their weekend in order to come and talk to us simply because they wanted to make a difference in the lives of people with hearing loss.

I am sure that our speaker Rick Macpherson, the attorney from the Disability Law Center, could make heaps of money in private practice. However, his mission and passion are to make a difference in the lives of people with disabilities. On our behalf he is out there fighting *for* accessibility and *against* discrimination.

I was also struck by the two U of M students, Nick and Zac. They were encouraged to attend the HLAA TC meeting by Dann Trainer from the University Disability Services, one of our guests. The students asked for our opinion and input on a design project for a new device that they are working on with the assistance of the Medtronic Company. This is not a new hearing aid but an instrument that will provide awareness about their environment to people with hearing loss or deafness.

Nick and Zac were most pleased with the feedback from our members and guests. Being both fully hearing, there were so many details that they had never thought about. As the question and answer session went on, one could feel that these two young men became all fired up about their project, assured that they were on the right track. The students are quite confident that

in Spring they can demonstrate their prototype to us. I am totally jazzed about that. Yes!!

By giving Nick and Zac information, by sharing our needs and by asking questions, we became directly involved in the process of developing a potentially important piece of equipment for people with hearing loss.

So, why did Nick and Zac pick this particular project? They told me that their goal was to make a real difference in peoples' lives and not just complete some student assignment. What a difference we *all* made by working together!

Our speakers teach us about their specialty and to let us know how they or their organization can help us. They send us out into our communities, enriched with information. In return, we bestow on them valuable insights from the world of hearing loss.

By attending our meetings, by learning and sharing knowledge and experience we all become teachers, ready to make a difference in the lives of those who struggle with their hearing challenges and need support and encouragement.

In a way, we are all experts in our own right and by sharing what we know and learn, we can make huge differences to people in need every day of our lives.

Monique



HLAA Meeting October 20, 2007

Vice President Vicki Martin

Meeting Summary

Our October meeting was devoted to the memory of Marjorie Fahy, Crystal, a member of HLAA (SHHH) for 15 years, who passed away on April 9, 2007.

Monique introduced our featured speaker, Rick McPherson from the Minnesota Disability Law Center (see separate article).

As a member of the Metropolitan Airports Commission, Monique strongly encouraged us to contact them or MCDHH with our "airport stories". They need feedback in order to improve the situation.

She also reported that the mandate for newborn hearing testing has passed. Babies will routinely be tested for hearing loss soon after birth.

Vicki reminded people that the Guthrie Theater is starting to provide captioning for some of their performances. Details are in the newsletter.

Vicki also summarized the highlights of a recent presentation on Hearing Loss in the Workplace, given at 3M by Mary Clark of HLAA Orange County, CA. Mary is interested in connecting with our Minnesota group and would love to visit us if she is here on one of our meeting days.

ASL drill words for October: pumpkin, apple, chicken, little, newspaper, word, group.

Monique introduced Dann Trainer, who is a Disability Specialist at the University of Minnesota. Dann thanked HLAA-TC for our support of the University's Deaf and Hard of Hearing Day. Dann also introduced Sonny Wasilowski, a member of MADC, and emphasized their wish for all of our groups to

collaborate and support one another.

Zac Hivala and Nic Mulenberg from the University of Minnesota next presented their proposed idea for a tactile alerting device.

Funded by Medtronic, they are working on a warning device for deaf or hard of hearing people, that would indicate the loudness and the direction of the sound. They would like to get ours and others' input at this stage of development.

A brainstorming session followed, in which many suggestions were made regarding the device, and various problems and objections raised. Nic and Zac do not yet have a prototype,

Featured speaker, October 20, 2007

Rick McPherson, attorney, Minnesota Disability Law Center

MDLC provides legal services (attorneys and advocates) to people with disabilities throughout Minnesota. The services are free to clients, but only certain types of cases are accepted. Rick works with discrimination cases.

He cited a case in Brooklyn Park in which a woman needed wheelchair access to public parks in order to watch her son's sports team. The parks were not wheelchair accessible. It did not happen overnight, but over a period of time, the city made many parks accessible.

Though MDLC would not take a divorce case, for example, they would accept a case in which legal services were denied on the grounds that the client would require an interpreter or other accommodations.

MDLC does not handle employment cases (try DHHS for assistance) because they are very

Continued on page 4

Continued from page 3

limited in the number of lawyers available, and therefore in the types of cases they will accept.

An example of a discrimination case involving deaf and hard of hearing people is the driver's education case in St. Cloud. St. Cloud driving schools (five of them) would not accept deaf and hard of hearing students into their program if it meant they would incur the expense of hiring an interpreter. A case was brought against them to require them to provide interpreters as needed. The five schools worked out an acceptable plan whereby they would share the costs of the interpreters, and it would not fall to any one school to pay the full cost.

MDLC also facilitated the development of a plan for hospitals, so that they could provide interpreters with better qualifications and less delay. The justice and jail systems have also benefited from MDLC's input and "encouragement" (ie: lawsuit).

Better communications at airports is another area of improvement that is on their agenda, and they are working with the Metropolitan Airports Commission (MAC) to accomplish that.

Rick emphasized the importance of letting others know that you can't properly understand them. People have a tendency to think they "know" that you understand them because it may appear that you do, and because that is easier than providing accommodations. But this is not the time to "smile and nod". Do the best you can to understand, whatever the circumstances, but continue to state that you need an interpreter (or other accommodation) so it will be clearly on record that you requested it.

*Respectfully submitted,
Vicki Martin*

Smoke Alarms

Will you wake up?

According to the July 2007 study, "Waking Effectiveness of Alarms for Adults who are Hard of Hearing," the typical audible signal used by smoke alarms failed to wake up 43 percent of tested subjects with mild to moderately severe hearing loss despite the fact that all were able to hear the 3100 Hz tone when awake. Strobe lights woke up only 27 percent of the hard of hearing subjects. In contrast, a specific audible multiple frequency signal consisting of a 520 Hz square wave [1] successfully alerted 92 percent of the subjects at the benchmark level of 75 dBA and alerted 100 percent at 95 dBA.

The study, authored by Dorothy Bruck and Ian Thomas of Victoria University, Australia, estimated at least 34.5 million people in the United States have partial hearing loss and projected that this number would increase due to the aging of the baby boomer generation.

HLAA has long suspected that people have died in fires because they could not hear or wake up to high-frequency smoke alarms, but government investigations of fire fatalities have not inquired into whether the victims had hearing loss. Neither audible smoke alarms nor strobe lights were specifically tested with hard of hearing people during stages of deep sleep until the twenty-first century. The findings of this study indicate that millions of people with hearing loss will not be wakened from deep sleep by audible alerts which use only one tone in the high frequencies rather than a range of frequencies beginning at approximately 500 Hz.

"This study shows there is a critical need for emergency warning systems to be redesigned or supplemented as soon as technically feasible, said Terry Portis, executive director of HLAA.

More info. <http://www.nfpa.org/index.asp> in search box type –

smoke alarm study hard of hearing

Fake-Outs and Cop-Outs

Sue Brabeck, Secretary

Can you relate to these behaviors?

In McDonalds one morning, the clerk hands me my coffee, says something and smiles. I don't understand her, so I simply nod, say "Thank you", and walk away. I have no intention of leaning over the counter and straining to hear in the chaos of the morning rush to ask her to repeat.

At a family dinner, I sit at the table and occupy myself with my food, as a dinner-table conversation is impossible. After dinner, the family sits around for the traditional post-dinner extended chat. Me? I get up and start clearing, putting away leftovers, getting the dishes washed.

A co-worker retires, and invites the group to a cocktail reception at AppleBee's. Knowing full well that there's no way I can have any kind of conversation in the din of a bar, I elect to bring her a card on her last day, shake her hand, and wish her well. I decline the AppleBee's get-together.

At the cabin. I wander outside later in the evening and start a campfire. Later, the family members come to share in the warm fire and the clear night sky, and sit and talk. Soon, I glance at my watch. "Oh my, I'm tired! I think I'm going to bed"!. My hearing loss is compounded by the night's darkness – I can't see anybody's face – I simply can't participate in the conversation.

Dr. Sam Trychin calls these classic HOH "bluffing techniques" and "avoidance behaviors". He says they are "unacceptable" and strongly discourages them. I'm not so sure that I agree. I like to give them a kinder, gentler label of "coping mechanisms". I'm confident that what the McDonald's clerk said was insignificant – why stress the both of us asking

her to repeat, multiple times, only to find out she said "Have a nice day"? My family knows I'm uncomfortable in group situations because I can't hear, and that I prefer to make myself useful. I can connect with each of them separately one-on-one, at another time. My co-workers - well, they can think what they want.

I don't know what Dr. Trychin would offer to me as an alternative to these ways of managing my hearing loss in these difficult situations. Certainly I have all the electronic tools/gadgets available to me that could in theory help me in each of these scenarios. However, they don't help me in all situations, and I don't carry them around with me 24/7. I think we all do the best that we can in our daily lives with our various stress points that are a result of our disability. Call my methods whatever you like, but I can't think of any better ways than what I am using now. Everybody does what works best for them, and we all do things differently. I am certainly open to ideas, but would also like the freedom to choose (without guilt) the options that work the best for me, including avoiding situations where I know I simply can't cope. I'm sure you would too.

Rich Diedrichsen will be at the November meeting to discuss interest in a state Hearing Loss convention. Please give it some thought. Where would you like to see a convention held? When? Speakers of interest to you? How would you like to be involved?

Terry Portis, Executive Director of HLAA National in Bethesda, Maryland has announced his resignation after serving us for five years. He plans to pursue other leadership opportunities. He will stay with HLAA until his successor is found. His wife Denise has a hearing loss. They have two children.

Bits and Pieces

To find out where the movie, "**Music Within**" is playing go to **Fomdi**, type in your zip code and how long a distance you want to travel (example 40 miles) and the date you want to go. Each movie showing that day comes up with times, address etc.

Minneapolis Public Schools needs an ASL interpreter for grades K-12. It's classified as an Associate Educator/SignLanguage Interpreter. More info. www.mpls.k12.mn.us and click on employment.

Dr. Robert Davila came back to **Gallaudet** this year as interim President for a term that was supposed to expire in November 2008. He will be staying on a bit longer. The Gallaudet board of trustees agreed in principle with him to have his contract extended until December 2009.

Check out his web site
<http://emergency.cdc.gov/disasters/hurricanes/pa.asp>

for info. on **Centers for Disease Control and Prevention** - **Emergency Preparedness & Response**; in Script, Audio, Video, ASL and Podcast.

Washoe, 42, the first chimpanzee believed to learn ASL died of natural causes at Central Washington University Ellenburg campus, she knew 250 words. She lived there since 1980.

<http://www.friendsofwashoe.org/>

Sundance Film Festival Documentary Screening of "**Hear and Now**" in Minneapolis at the Riverview Theater, 3800 42nd Avenue S. Minneapolis

www.riverviewtheater.com, November 12-14 @ 12:30 and 3:45. Screenings of "Hear and Now" are scheduled over the next month in New York, Maine, Indianapolis, Missouri and Minnesota. This is a documentary created by Irene Taylor Brodsky about her parents, Paul and Sally Taylor, and their decision to get cochlear implants. Unfortunately, this showing is not captioned.

Come join the fun. **Hearing Loss Association of Florida** sets sail on Feb. 3-9 aboard the "**Jewel of the Sea**" in Ft. Lauderdale destination the Caribbean. Prices start inside room at \$749 per person. Ports: Key West, Cozumel, Costa Maya and Belize City. Please contact Barbara Maher at GO Travel to make your reservation toll free 877-371-7970 or email to Barbaram@contus.com.

The Real Economic Impact Tour is holding a **Blogging Championship for adults and youth with disabilities**. People with disabilities will blog about their financial goals and situations over the course of six months (January to June 2008). Applications are being accepted through November 30, 2007. For more information and applications, please visit www.reitour.org/blogs.

Jacqueline Law, a well known actress in Asia, recently completed her hearing journey at Advanced Bionics headquarters in Valencia, CA when she visited the manufacturer that provided her with bionic ears that can hear. Law, who lost her hearing eight years ago as a result of an unknown cause while on a scuba diving trip, hopes to share her hearing journey with the world as she wraps up filming her documentary, The Deafening Sound of Silence and My Journey Back to Life, chronicling her hearing journey from beginning to end.

Newindpress. com, India, November 8, 2007
Bhujanga Rao obtained Masters degree in Physics and Mechanical Engineering and is developing a low cost cochlear implant. "In India there over one million people who have hearing disorders and any damage to the ear cannot be repaired. The CI facility available in a few nations is high-priced. As an acoustics scientist, I want to develop an indigenous low cost one," Rao said. After successfully experimenting the device on pigs, he is now seeking permission from the Central Government to test the device on cats as the feline's ear is similar to that of humans.

Wake Up Call

By Vicki Martin



Sometimes I have trouble falling asleep. Sometimes I have trouble waking up.

I haven't started collecting the technologies for the former annoyance yet, but when it comes to waking up, I've got quite an arsenal.

I have a radio alarm that Dennis says has a terrible, garbled sound. That doesn't matter to me, though. To me, every radio has a terrible, garbled sound.

Each day at the expected time the radio, set to full blast and 12 inches away from my head, dutifully blares its raucous signal. And I wake up – sometimes. Inexplicably, I can not hear this gizmo at all with my "good" ear, only with my bad one. Oh, OK, they're both bad. But the worse one is the one that can rouse to this not-so-clarion call. I suppose that makes some perverse kind of sense. In any case, I sleep through this racket about half of the time.

"Shake-awake" is a handy little device I have actually had for years, but I always thought of it mainly as a travel alarm. It is, however, quite reliable as long as I don't thrash it over the edge of the bed during the night. But after two incidents in close succession when it failed to wake me (I like that: "it" failed. Not "I" failed...) from a deep slumber, I thought it was time to try yet another stratagem.

In my closet was a Sonic Boom, given to me by a deaf friend. It has a repetitive alarm tone with an adjustable pitch, an outlet for a bed shaker, and an outlet for plugging in a lamp which flashes when the alarm time is reached. You can use any of these features alone, or you can bring on all the artillery at once.

I hooked the "Boom" up to a lamp on the dresser. Two days in a row, I woke up to a

flashing lamp. It was a success!

Unfortunately, I couldn't hit "snooze" from across the room. This snooze-less-ness convinced me to move the whole contraption over by the bed, and add a small, bright light that would do the job without taking over the whole nightstand.

I found such a light at Office Depot: small, attractive, inconspicuous, and halogen-bright. I gave it a couple of nights, aiming it right at my head.....and slept right through it each time.

The third night there was a terrific storm, and as usual I slept through the raging thunder. Then the lightning began. At last I had a flashing light with enough wattage to rouse me! I sprang out of bed, ready for action. Then I saw it was 2 AM.

A full hour post-shake-awake, I finally woke up for good. I flew out of bed, pulled on whatever clothes came to hand, and sped to the office. I arrived in time to buy the last dregs of coffee from the bottom of the pot and gulp it down, grounds and all.

Now, *that* woke me up.



Not Broken, but Unfinished

We are not broken, but we are unfinished. Our lives are works of art, just waiting to be completed. As you work on your masterpiece, try to answer these four questions about your life.

What's unfinished for me to give?

What's unfinished for me to heal?

What's unfinished for me to learn?

What's unfinished for me to experience?

From *I Will Not Die An Unlived Life*

Performances Presented with Open Captioning through December 2007

By Linda Senechal

I am happy to report that captioned theatre is a reality in the Twin Cities. **Mixed Blood Theatre** and **Robin Gillette** have been bringing captioning to the audience for some time, and now **Jon Skaalen** of VSA arts has added his support. On Thursday evening, November 8, I saw my first captioned play at the **Guthrie**, *The Home Place*. It was also interpreted, and the deaf and hard of hearing audience was sizeable!

I plan to give feedback to the Guthrie on this early attempt, but it is really hard for me to be critical as I have wished for this for so long! The captioning was on the far right of the stage, and about 7 feet from the floor. It was easy to read, and generally kept up with the dialogue. It was not consistent about telling the patrons about the background sounds. I could hear birds in the trees, but the captioning did not mention this. In truth, the birds were not critical to the performance, but those sounds did give ambience to the scene.

The biggest problem was that, although we were seated on the right side of the theatre, one had to turn your head to follow the play and the captioning. If the captioning had been closer to the floor of the stage and in the direct line of sight, it would have been more efficient. *What to do, what to do???* One doesn't want to ruin the performance for hearing patrons, but this was not quite satisfactory. I hope that more of you will attend these productions and that we can brainstorm with the technical people for mutually satisfying solutions. Unfortunately, when you read this, the scheduled captioned performances at the Guthrie will be over, but we hope there will be more scheduled in the near future.

Access programs at the Guthrie are sponsored by **Xcel Energy Foundation**, with additional support by **Allianz Life Insurance**.

Other theatre to check out:

La Bohème Performed by **Theater Latte Da**
Captioning: October 27 – November 18, 2007

(each performance is sung in Italian with English subtitles) **Tix:** Reg. \$35; 612-340-1725

Location: Southern Theater, 1420 Washington Ave. S., Minneapolis

Website: <http://www.theaterlatteda.org/>

Description: the timeless story of young artists who find love, laughter and meaning in the face of adversity.

The Italian Girl in Algiers - a Minnesota Opera Company

Captioning: November 10, 13, 15, 17 and 18, 2007 (Sung in Italian with English translations projected above the stage)

Tix: 612-333-6669; TTY 612-729-6023

Location: Ordway Center for Performing Arts, 345 Washington St., St. Paul

Website: www.mnopera.org

Description: What lovers will go through to be together!

Between the Worlds Performed by **Interact Center for Visual and Performing Arts**

Captioning: Sat., Nov. 24 **upon request** by Nov. 16; also Dec. 15, 3:00

Tix: Nov. 24 Opening night Un-Gala \$50 (food 6:00, Kevin Kling 7:00, show 7:30, dessert 8:45); show only \$30; other performances \$16

(**Reduced to** \$10 for captioning patrons); 612-338-6131; **Location:** Mixed Blood Theatre, 1501 S. 4th St., Mpls. **Website:**

www.interactcenter.com or www.mixedblood.com

Description: It's the Crips vs. the Norms in Interact's tale of rival gangs and star-crossed lovers inspired by *West Side Story*! This play uses exuberant humor, music and dance to explore the timeless love story themes of betrayal, revenge and intolerance as it asks who is "normal" and who is "an other."

Run: November 24 – December 21, 2007

Hidden Yearning

Captioning: Fri. & Sat., Dec. 7-8, 8:00 PM

Spoken English, ASL & Farsi will be captioned above the stage.

Tix: \$15; 612-871-4444

Location: Intermedia Arts, 2822 Lyndale Ave. S., Mpls.

Website: <http://www.intermediaarts.org>

Description: This cross-cultural tapestry of Persian classical dance, multi-cultural music, video and Sufi poetry probes issues of immigration, assimilation and faith. Including Deaf dancer Canae Weiss. VSA arts of Minnesota is a collaborator.

Run: December 7-8, 2007



Closed/Open Captioned Movies in Twin Cities for Nov. and click - calender.

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

To find a movie by location, distance traveled or date see Fomdi: www.Fomdi.com

Rear Window Captions available in:

AMC in Eden Prairie Mall 18

AMC Rosedale 14 in Roseville

Crown Theatres Block E15 in Mpls.

<http://ncam.wgbh.org/mopix/nowshowing.html#MN>



Hearing Aid and Cochlear Implant Technologies Team up to Restore Hearing for Some with Late-Onset Hearing Loss

by Harold Pillsbury, M.D.

Options are limited for people with late-onset hearing loss that is severe but not enough to be a candidate for a cochlear implant (CI). Now new hope is being put to the test in the United States.

Electro-Acoustic System (EAS), a combination of hearing aid technology, which amplifies sound that can already be heard by a damaged ear, and CI technology, which bypasses damaged portions of the ear, sending sound signals to the brain via the auditory nerve, is now in phase III clinical trials in 13 sites around the country.

Essentially, the EAS is a hearing aid built into a CI. The electrode on the implant is inserted into

the cochlea, but to a lesser degree. The hearing aid picks up the low tones, while the implant picks up the high ones.

EAS may be particularly appropriate for people with late-onset hearing loss who can usually hear at least some low sound frequencies, but have lost their ability to hear higher frequencies.

James King, a North Carolina pharmacist, is one of the first U.S. patients to undergo the procedure as part of the study. King had been using hearing aids in both ears. When his hearing degenerated to the point that he was having difficulty understanding customers and physicians on the phone even with the hearing aids, he decided to pursue the possibility of receiving a CI.

King's low-pitched hearing was too good to qualify for a traditional CI, but his doctor thought he'd be a good candidate for a partial implant. His surgery was performed in April 2007 at the University of North Carolina at Chapel Hill, one of the phase III test sites.

About a month after the surgery, King's CI was turned on and adjusted and his hearing improved almost immediately. He is now able to hear sounds-- birds singing, crickets in the yard, the wind blowing-- that he hasn't heard in years. And King is not yet at his full hearing potential. The EAS is adjusted over a period of several months gradually amplifying hearing levels, allowing patients time to get used to sounds they haven't heard in a long time.

Pending successful EAS clinical trials, many others will have a new option for renewed hearing experiences similar to King's.

Harold Pillsbury, M.D., is professor and chair of the Department of Otolaryngology- Head and Neck Surgery at the University of North Carolina at Chapel Hill School of Medicine.

Hearing Health magazine, online exclusive, Fall, 2007

♪ Do You Hear What I Hear? Music with a CI ♪

Presented by **Tina Childress, M.A., CCC-A** at the
HLAA convention in Oklahoma City
By Cheryl Heppner 6/27/07

©2007 by Northern Virginia Resource Center for Deaf and Hard of Hearing Persons 

Cochlear implant technology is moving beyond words to music enjoyment. There are individual factors that can't be controlled, but hearing potential can be maximized through technology, practice, and choice of music.

Music can be broken down into rhythm, frequency, intensity/loudness, harmonics and melody.

Rhythm can be illustrated by tapping a foot. Rhythm is the heartbeat of music. Most people with cochlear implants can pick it up. It's important to know that not all people who can hear have rhythm or can sing in tune, so not all people with cochlear implants will be able to do this either.

Frequency or pitch ranges from low bass to high treble. Pitch is the vibration pattern. A cochlear implant can give many of the pitches. The first cochlear implants on the market were good at giving speech information, but people with cochlear implants complained that music didn't sound like it used to. That's because fewer channels are sufficient for speech, but the brain needs more complex information for music. Research shows that good results with music could require as many as 100 spectral bands or channels of information. The Advanced Bionics High Res 120 implant can provide up to 120 spectral bands of information. This makes it easier for the brain to understand music.

One of Tina's colleagues compared this with golf clubs. A set of five or six golf clubs may make it possible to play the whole course, but if you have the full range of clubs it's easier. And so it was for Tina, who found that as she went from using the earlier cochlear implant technology to the newer technology music became easier.

Loudness is better with a cochlear implant than a hearing aid, as it can provide more range of loudness levels without switching a program.

Harmonics can be illustrated by the difference in a piano and a guitar playing the same notes. Every instrument has a different vibration pattern. As instruments become closer, such as violin and cello, it may be hard to discern which is which while listening, but not all people who hear well can do that either.

Melody is the tune or song, a sequence of notes or frequencies. Frequency is limited to the number of electrodes of a cochlear implant that are being stimulated.

Tina's tips for listening to music and playing music:

- ♪ Don't start out with complex music. Tina played music she was familiar with; she recommends that others use music they remember. The brain will fill in the gaps.
- ♪ Get good quality equipment to play the music and use good quality speakers.
- ♪ Resist the impulse to crank up the music, because that can make it distorted.
- ♪ Listen or play music in rooms without a lot of echoes.
- ♪ To cancel noise, direct connect your implant processor to an iPod or other listening device.
- ♪ Don't be concerned if you don't understand all the words. Hearing people don't always get them either.
- ♪ Use visuals to enhance your music, such as watching a guitar player to see the strumming of the strings.
- ♪ Go to the web and type the song title into a search engine like Google to get the lyrics.

Tina's tips about where and how to practice:
♪ Go to <http://www.playmusic.org>. You can listen to a variety of music and train your brain or practice hearing different sections of the orchestra.

♪ Try <http://www.thirteen.org/publicarts/ orchestra> where you can listen to the different sounds made by various instruments.

♪ Use <http://www.apple.com/itunes>. You can type in a song title to sample different music. "Twinkle, twinkle" will pull up lots of artists!

- ♪ Listen to a variety of beats -- calypso, classical, jazz.
- ♪ Go to see live music; dance, lighting, singers and other elements will give a new dimension to music.
- ♪ Choose recitals with one or two instruments and familiarize yourself with the music or plot.
- ♪ Use assistive listening devices at music venues -- yours or theirs.

Tina pointed out that hearing aids and cochlear implants do not give us back normal hearing, but they do give us more information that we can fill in with auditory memory. Tina urged everyone to make their own music even if they do not play an instrument. Take your time; it's not something you learn overnight. Start simple with one instrument, then two, then add more when you are comfortable.



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Jerri McMahon, HIS

Manager

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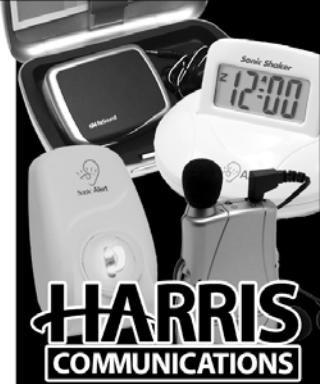
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This month's editor is Linda Senechal

Meetings are held the 3rd 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). Please visit the chapter's web-site at www.hlaatc.org