

HLAA Twin Cities

Hearing Loss Association of America Twin Cities Chapter November 2009

Join us November 21st

Where: Courage Center, 3915 Golden Valley Road Golden Valley, MN 55422, Courage Center is a nonprofit rehabilitation and resource organization serving the community since 1928.

When: Every third Sat. of the month (Except June, July and August)

Time: 9:30 AM – NOON

All meetings are captioned by **Paradigm (CART)** led by **Lisa Richardson** since 1990.

2009

PICTURES
SEE PAGE 9

VETS
Special Edition
See Pages. 6, 7, 8

November 21, 2009 - Patty Cowell, Home Safety tips for the HOH

December 19, 2009 - Ryan Dolan, census campaign coordinator, open mic, gift exchange, cookie sale and potluck

2010

January 16, 2010 - Mary Hartnett

February 20, 2010 - Rich Diedrichsen, technology for the HOH person, including cell phones, text messaging, communication devices. Bring along your communication devices to the meeting for Rich to look over.

March 20, 2010 – Light Rail Safety – tentative

April 17, 2010 – Monique Hammond speaks on Ototoxic Drugs

June 17 – 20, 2010 – National Convention in Milwaukee, WI at the Hilton Milwaukee City Center

Check out Page 4 to find out about our Dec. mtg.

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

- HLAA TC Website
www.hlaate.org
- HLAA National
www.hearingloss.org
- MN Contact Information
info@hlaate.org

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Can you believe it's holiday time again? Sign up at the November meeting telling what you can bring to the December potluck. Thank you

Stop the i-nanity

By Vicki Martin

I recently received an email from Jim Bliwas, a Toronto-based marketing management consultant, columnist, and former classmate of mine, a copy of his article “Confessions of a Techno-Luddite”. Most of his articles are over my head politically, but this one seemed aimed right at my level.

Some excerpts:

“I am a complete techno-Luddite: Not only do I not have a cell phone, I don’t own a BlackBerry, pager, PDA, laptop, digital camera, Webcam, iPod (or, for that matter, iAnything), cordless phone, home network, WiFi, Wii, Skype, Kindle and whatever else took the world by storm yesterday....

It’s a losing battle, I realize, my fight against cells and other techno-stuff. The 5% of us who don’t always want to be instantly connected to everyone are like Dutch boys with our fingers in the dikes. We may stop one small leak but waves of water are washing over the top, drowning us in a sea of gizmos and gadgets.”

To which I made the following reply:

“Dear Jim,

It was good to hear from you, and to read what you are thinking about all those i-things.

I never had a cell phone either until two months ago. I finally decided to get one though, and you know what? It’s not so bad! It doesn’t cost much, and I am never bothered by people calling me.

That’s because I don’t give anyone my number.

Lest you think me even battier than I am, let me explain. Because of my hearing disability, which I have always had (and now more so), I can’t use a phone the usual way. Instead, a telecoil switch and/or inductive loop sends the sound directly to my hearing aid. Cell phones were developed using a different technology and until recently, the sound from a cell phone couldn’t be picked up by the T-coil. Ergo, no cell phones for hard of hearing people. The law now says that cell phones must be compatible with hearing aids.

Like you, I do not want phone calls 24/7. What I do want is the capability of communicating with the outside world if it is ever necessary. That’s it. No calls most days, most weeks, or most months. Just a quiet, obedient little device that gives me (not other people) the potential to make a call.

Thus, my new gadget. It is T-coil and inductive loop compatible, has a full keyboard should I need to use text, and it can be set up to use as a TTY. It could give me email, internet access, and no doubt all sorts of other functions that would keep Verizon rich. I can buy the potential I need (and some limited amount of use) for less than \$8.50 USD per month. This price scheme will work as long as I am the only one making calls.

I don’t need anyone to call me on my cell phone. I wouldn’t hear it ring anyway.

I hope you agree that I’m not really crazy to have a telephone but not give anyone my number.

Continued on Page 2

Synopsis from the October 2009 Meeting

By VP Carole Blowers

Donna Fowler was our October speaker. Donna has worked as the Deaf/Hard of Hearing Coordinator at HealthEast Care System since February of 2009, ensuring that patients, families, and companions with hearing loss receive the services they need in the medical setting.

Donna spoke on how to effectively communicate with medical personnel to alleviate anxiety due to unfamiliar doctors/nurses/vocabulary, limited medical knowledge, personal situations, and accommodation needs.

When looking for a doctor, consider convenient location, patient portal access, insurance coverage, phone appointments, payment policies, hospital rights/access/ security, nurse relationships, and valet services/parking.

When planning for a doctor visit, have your medication list and insurance cards, write down your concerns, research conditions/problems you have, recall how long/where/and when you have had the symptoms, know your family history, and be an advocate for your own care. Make sure you know where the statistics come from and when the information was last updated when researching on the Internet.

Know your rights as a patient, covered by federal and state mandates and provider policies. If you need accommodations, be sure to ask for them. Have your medical file marked that you are hard of hearing. You may want to have someone come with you to take notes, ask for explanations/clarifications on prescriptions and/or medical procedures. Ask for a Certified Nurse Practitioner and/or charts and written information if needed. Make sure you understand when/if/how to take your prescriptions, as well as side effects, and how long before you should notice a change. If it is recommended you receive further testing, find out if it's covered by your insurance, what kind of procedure it is, side effects, and how soon you will have results.

Hospitals vary in what they handle best in their ER. You may be asked about your eating, sleeping, drinking, and exercising habits.

Pharmacists are very good sources of information on prescriptions/physical problems. You should stay with the same company when filling your prescriptions, i.e., Walgreens, Target, CVS. It's best to leave a message for your pharmacist to research something instead of asking for the information in person.

In the end, evaluate if accommodations were helpful, and could you understand and communicate well with your doctor.

Continued from Page 1 – Stop the *i-nanity*

I should have done that with my land line too.

Vicki (Beck) Martin”

In his reply to my reply, I learned that Jim doesn't think I am crazy, and even calls my low price “a steal” (although exactly who is stealing from who is not quite clear).

If you likewise do not think I am crazy, and would like further information about this deal, feel free to contact me.

E-mail only, please.

Our gracious President and VP have given up their usual spots of Pages 1 & 2 to permit some new authors to come aboard. We appreciate their cooperation. TY

President



**Linda
Miller**

National HLAA in Bethesda, MD

Brenda Battat attended the 1st International Audio Loop Conference in Winterthur, Switzerland with over 100 people from 15 countries to discuss looping systems. See the complete story and pictures of HLAA's executive directors trip. www.hearingloops.org

HLAA attended a mtg. at the Smithsonian Institute to discuss captions or writings by all the paintings and exhibits without defacing the work.

HLAA met with AARP to discuss the importance of them making hearing loss a top priority with the elderly that they serve. Also, the course on defensive driving is not available to HOH so that should be changed.

A letter is being sent out to all cochlear implant centers with the November issue of Hearing Loss Magazine (HLM) to encourage the centers to become professional HLAA members. The letter is signed by Jeff Greiner, CEO of Advanced Bionics and the HLM mailing is being sponsored by Advanced Bionics.

Did you know? This monument was given to the US from Russia as a memorial to the lives lost after 911. It sits on the tip of Bayonne, New Jersey across from "The Lady." Strange we have not heard more about it.

Thanks to Mike Day for this information.



December 19th Meeting

December is holiday party time. We have many things to squeeze into out mtg. this time. We have a speaker (about 20 minutes), the white elephant exchange, cookie sale, ASL, spotlight speaker, announcements and of course the POTLUCK.

What is a white elephant exchange? Anyone attending who brings a gift prewrapped, costing \$10 or less, and would like to have a gift in return is welcome to join in the fun.. Please make this suitable for either a man or woman.

Cookie Sale - Bring 1,2 or 3 . dozen cookies, bars, holiday candy, fudge etc. etc. The items are then separated and repackage and sold for \$3. You go home with a wonderful assortment of goodies, or you could give them as a gift to someone else. What a great treat to have a dozens different items in one package. The proceeds go to help the chapter.

Potluck – Bring a food item and share in the luncheon.

Rich Diedrichsen, the Regional Manager of the Deaf and Hard of Hearing Services office in St. Cloud, MN and long time member of HLAA was this year's recipient of the Minnesota State Council on Disability's (MSCOD) "Access Award." Rich, and his wife Katherine, were in Duluth on Monday, October 12 to receive the award from Kathy Peterson, MSCOD advisory member.

Rich was nominated by one of his DHHS colleagues. Here are excerpts of the nomination:

It is my pleasure to nominate Rich Diedrichsen for the Minnesota State Council on Disability "Access Award." For years, Rich has worked tirelessly to improve communication access for individuals with hearing loss. He has traveled the state to help make residences, places of employment, conferences, meetings and special events communication accessible. It is important to note that Rich does not only offer these services while on "work time. He has given an abundant amount of personal time during evening hours and weekends to ensure that Minnesotans with hearing loss have access to information. Rich has been instrumental in teaching people with hearing loss how to advocate for themselves for better communication access. As a result, many of these individuals are more independent and self-reliant, and experience an enhanced quality of life.

This past year, Rich became the statewide "Technology Specialist" for Deaf and Hard of Hearing Services Division. Through his ongoing commitment to communication access and his true passion for working with others, this title is well deserved.

Thank you for giving strong consideration to this nomination!

The door prize winner at our October mtg. was **Mona Anderson**.
The homemade preserves were made by **Vicki Martin**.
Thank you Vicki.

Any returning vet is welcome to join us for a year at no charge.



Where Do We Meet?

Courage Center
3915 Golden Valley Road
Golden Valley, MN 55422

September through May
9:30 AM – Noon
3rd Saturday of each month
(Except June, July and August)
See Page 12 for contacts and more information.

Gallaudet University the only Deaf college in the world selected its next president on Oct. 18, 2009, his name is T. Alan Hurwitz.

Three years ago there was controversy about hiring a hearing person for the job, sit ins and boarding up of the school prevailed. I King Jordan, the first Deaf president at the U. had made a selection of Jane K. Fernandes as his successor, But because she was not Deaf, did not sign until she was in her 20's, her record at Gallaudet and the search process she never took office. Robert Devila was appointed as temp pres. and his term ends this Dec.

A Letter to Returning Vets with Hearing Loss

By Betty Coombs

Betty Coombs is 90 years old and has spanned the ages of several wars. For all of her 90 years she has had a hearing loss. First, a long-time hearing aid wearer, and now a cochlear implant wearer. Betty is fun-loving, positive, and a blast to be with. She also looks at her hearing loss realistically. She founded the HLA of Beaumont, California, Chapter. Here, she shares her personal perspective about hearing loss in her message to our men and women who are serving our country.

With much sorrow I am learning that a great many of courageous and heroic soldiers are returning from war in Iraq and in Afghanistan with hearing loss. I am also sorry that so many people are saying, "Oh, isn't it lucky that he lost his hearing and kept both his legs and his arms?" How lucky can he get?

For hard of hearing people as well as people who are totally deaf, this can be a catastrophe. Many of us with hearing loss know what this will mean to person in uniform.

People with normal hearing will never understand how sad it is to never hear or understand what their family members are saying. Never to be able to enjoy the sounds of birds, music is never going to be the same. Yes, they will be fitted with hearing aids or cochlear implants but these are not going to restore the hearing back to normal. These devices are very helpful for hearing loss but understanding loss is the problem that technology has not perfected.

It is necessary for anyone losing hearing in later life whether a soldier, Marine, sailor, guardsman, or civilian, to get the help of a good speech therapist as it sometimes happens that when you can't hear your own voice and speech skills deteriorate. It's bad enough that you can't understand the hearing person talking to you but worse when the hearing person cannot understand you.

For example, at a job interview, you might have all the skills necessary to perform the job that is offered and you might feel very confident that there will be no problems with your hearing loss but if the person interviewing you cannot understand what you are saying you may not get the job.

Losing your hearing can be a great blow to your sense of self. Your dignity, pride, ego, confidence and sense of humor disappear at the same time as your hearing. You will learn as time goes on how much more difficult it is to just go through life. Crossing a busy street for instance is a hazard you never experienced before as you might hear a car approaching but be unable to discern the direction it is coming from. Of course, someone might call you to warn you about the car but if you can't hear the car you certainly won't hear the call.

Your social life will change drastically. Parties where everyone is speaking at the same time and laughing and so forth, get noisier to you with a hearing aid or cochlear implant. You will never have the natural automatic selective hearing that you once enjoyed. The hearing aid or implant may just pick up ALL the sounds and many of those

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sounds will effectively drown out the words you are trying to hear. You will learn to confine your conversations to a one-on-one talk.

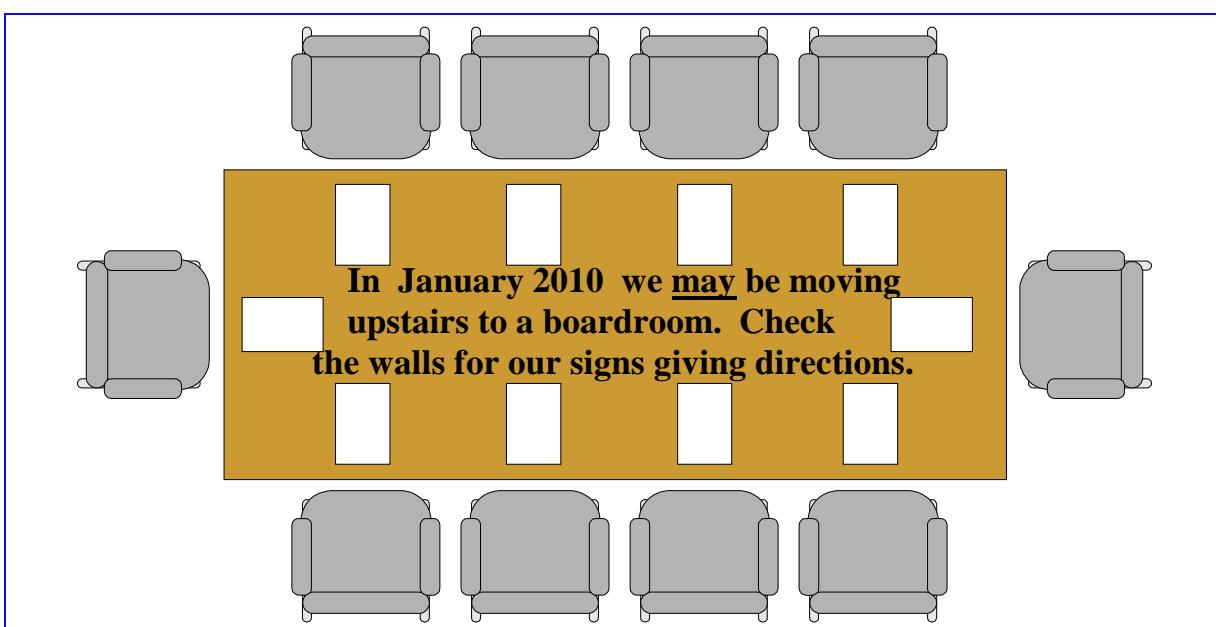
Family dinners will be a trial. You thought the bickering and the family problems were what made these dinners a joy or a dreadful occasion, whatever, you haven't seen anything yet. I suggest you clear the table and go wash the dishes in the kitchen where it is quiet and rest your ears. You can't win any family arguments at the table if you can't hear all the members so you might as well just let them argue without you.

A sense of humor is a very necessary trait to learn. Whenever you make a mistake such as entering into a discussion only to discover that that is NOT what they were talking about, be the first to laugh and then they will be laughing WITH you and not AT you.

The next thing is one that I try to help elderly people with. Some people, not all, lose hearing as they age. Unfortunately, there are many people who think all elderly people can't hear. So, there are some, men in particular, who feel that a hearing aid will add age to their appearance. This is plain vanity. I am an old lady of 90 and have had a severe hearing loss for all of those 90 years. I also know that the cochlear implant companies are fitting people of all ages, from children to elderly people like me. I just wish I knew the statistics of how many people are hard of hearing in the United States and how many are taking advantage of the wonders of technology and wearing aids of some kind and how many of them are children.

One more thing to remember. You may have lost your hearing but you have not lost your mind.

To our wonderful men and women in the armed forces who have made so many sacrifices for us, we thank you. We hope the very best of life awaits you and may you still hear the grass grow.



Armistice Day

On this Armistice Day we should remember the U.S. Navy Reservists who were assigned to the US Ward when WWII broke out with the Japanese assault on Pearl Harbor. The Ward was patrolling a few miles off shore near the entrance to the Navy base there. Crewman spotted a small Japanese submarine and fired on it. Two rounds from the 4" deck guns were fired. The first round missed, but the second round hit the conning tower and sent the sub to the bottom. That sub had the intention to enter the port and fire two torpedoes at the American ships that were docked there. This engagement occurred just a few hours before the Japanese struck with overwhelming force. That day was Sunday, so chosen by the Japanese because they thought we would be asleep. The USS Arizona still lies in the water in the position where it was attacked, in mute testimony to the savage ferocity of the assault. The day after the attack President Franklin Delano Roosevelt offered this initial reaction; "December 7, 1941, a day that will live in infamy."

The Ward was a destroyer built during the last part of WW1 and saw service in the Atlantic theater. It was commissioned on 24 July 1918. It was decommissioned on 21 July 1921. It was recommissioned on 15 January 1941 and was sent to Pearl Harbor, assigned to local patrol duties in Hawaiian waters during the next year.

In 1942 The Ward was sent to the west coast for conversion to a high speed transport. She then steamed to the south Pacific to operate in the Solomon Islands area. She served in many of the pacific battles in escort and transport duties. As the Pacific War moved closer to Japan the Ward was assigned to assist operations to recover the Philippine Islands. She was patrolling off the invasion area when she came under attack by several Japanese kamikazes. She was sunk in battle by a Japanese kamikaze suicide bomber on 7 December 1944, 3 years to the day after firing that first round.

The 4"/50 caliber gun that fired that famous shot was gun No. 3. It was removed when the destroyer was converted to a high speed transport. This gun was later installed in 1956 as a memorial at the Minnesota State Capital in St. Paul, in honor of the Minnesota Naval Reservists who fired it on that fateful morning, becoming the seminal act of defense of the United States of America. The ships bell is now displayed in the St. Paul City Hall on the 3rd floor between the council and mayoral offices. No other ship in the United States navy has borne this name.

Respectfully submitted by Mike Day



This & That

If you remember the show "Sue Thomas FBI" about a Deaf woman who worked for the FBI and was an excellent lip reader, the star who played Sue Thomas (**Deanne Bray**) will be featured in the November and December HLAA magazine.



<http://tinyurl.com/plunn3>

Food and Drug Administration has a new web site for current and potential hearing aid users



Marlee Matlin (deaf actress and producer) spoke in Washington, DC November 4-6 about Internet captioning. Details are in this NAD news release: <http://www.nad.org/news/2009/10/marlee-matlin-champions-internet-access-nad>



**Hearing Loss
Association
of America**

**National Convention
June 17-20**



**2010
Milwaukee**

Hilton Milwaukee City Center

Get invaluable information about hearing loss
meet old friends and make new ones while
you enjoy the pleasures of Milwaukee,
where entertainment, celebration and
fun are everywhere.

Cancellation of Meetings

Living in MN this happens !!!!!
Always bear in mind that safety is our main concern. If you think it is unsafe to attend a mtg. because of weather, stay home. You are welcome to contact any of the officers the AM of the mtg. either by phone or email. Their contact info. is on Page 12 of this newsletter.

PICTURES

Pictures in the newsletter make for a more interesting read and helps people get to know one another and see what our group is all about. But, if for some reason you would not like your picture in the paper, please let Merrilee know, she will let the other editors know about it.

The HLAA convention is a highly interactive, accessible event for anyone affected by hearing loss. Dynamic speakers, lots of great workshops, a staggering range of hearing loss related products in the huge Exhibit Hall, services, information and more.....

Milwaukee is a premiere Midwestern meeting destination. You'll enjoy state-of-the-art convention facilities conveniently located in the heart of Milwaukee's dynamic downtown that offers a vast array of shopping, dining, cultural and nightlife opportunities. Explore the RiverWalk, Water Street Entertainment District, the Downtown Theater District, museums and professional sports.

REGISTER EARLY AND SAVE

Early-bird registration opens soon !

Register early and you'll not only save, if you register for the full activity package by December 31st, your name will go into a drawing for 3 FREE NIGHTS at the Hilton Milwaukee City Center! (Must be used on the nights of June 17 -19, 2010; taxes are the responsibility of the winner.)

For more details or to register, go to:
<http://www.hearingloss.org/convention/index.asp>
or call: (301) 657-2248

First-time Attendee Discount:

For first-time attendees, there's a special registration discount! That's right, if you've never been to an HLAA convention before, now's your chance !



How to find Open (O) and Closed Captioned Movies (CCM)

Captionfish – National search engine for cap. mov. by location - www.captionfish.com

Regal Cinemas – OC and RWC (rear window)
<http://www.regmovies.com/nowshowing/opencaptionedshowtimes.aspx#MN>

MoPix – See which mov. are slated for RWC
<http://ncam.wgbh.org/mopix/>

Marcus Theatres – O and CCM most are first run films. www.marcustheatres.com

Fomdi – “Fomdi” will search for cap. movies for you by location. www.fomdi.com

Cinemark Theatres – National chain lists current OC movies. www.cinemark.com/ocfilms.asp

AMC Theatres – List of all O and CCM in the AMC lineup.
<http://www.moviewatcher.com/jsp/amg.jsp>



ALOHA

When: Saturday, November 14
Time: 5:30 PM SHARP!!!!
Where: Monterrey's Mexican Restaurant
Address: 9141 S Highway Dr
Circle Pines, MN 55014-3937
Phone: 763-785-0656
Contact: Ellen (651) 423-2249 (TTY) before Nov. 12 so she can give the restaurant an exact count. Be on time. Spots are not held.

ThibodoD@aol.com

Games afterwards at Lynne Voss' home.

A Christmas Carol

By Charles Dickens

Location: Guthrie Theater, Wurtele Thrust Stage
818 2nd St. S. Minneapolis.

Captioning: Sat. **Dec. 5 (1 PM)** (by c2inc.)

\$25 for caption performance, usual is \$29

Phone: 612-377-2224, **TTY** 612-377-6626.
www.guthrietheater.org/accessibility

Celebrating 35 years with a new 90-minute adaptation, this perennial family holiday entertainment follows the miserly Scrooge as he encounters the Ghosts of Christmas Past, Present and Future while coming to terms with his own ghosts and reevaluating his worldview, all with a little help from Tiny Tim.

OAKDALE [MN]: *Will not play open captions this weekend – waiting for machine replacement as of Nov. 11, 2009*

Center for Hearing and Communication, "Ask the Experts" found at www.chcheearing.org Q & A forum that pertains to HOH. This lead came via Lisa Richardson



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Do you know what this is?

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This month's editor is Merrilee Knoll

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