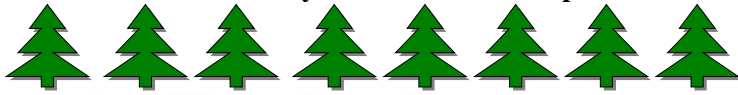


HLAA Twin Cities

Hearing Loss Association of America Twin Cities Chapter December 2008

Formerly called....Self Help for the Hard of Hearing (SHHH)



**Hearing Loss
Association**

of America

Twin Cities Chapter

Calendar of Events 2008

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** March meeting at Courage Center this month

April 8, 2009 – Steak Fry

April 18, 2009 – Open

May 16, 2009 – Open

June 18 - 21, 2009 – Nat. Conv. Nashville, TN

June, July, August – No meetings

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

December 2008

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THE **NEXT MEETING** IS
November 15th at 9:30 AM
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



Dec. 20th is our **Holiday Party**. Please bring a **food item** to share with the members. We also have a **white elephant gift exchange**; this is where you bring an item under \$10, or maybe an item that Aunt Toetofoot gave you that you can't possible use, wrap it, make it suitable for a man or woman and put it on the gift table, if you bring a gift you go home with a gift. **Cookie Sale**-bring 2 dozen cookies or bars. We repack them in foam containers so ea. person can have a nice assortment to take home. Each box is sold for \$3. This is one of the big HLAA TC fundraisers of the year.

Putting the CART Before the Horse (and other proverbs)

By Vicki Martin

I'm not the only one who struggles with the need to balance gratitude with militance. I've heard from some of you too, who are happy about progress being made, but not so happy that it is so little, and so slow in coming.

If we point out only what needs to be improved, we do not inspire anyone to do more.

Don't look a gift horse in the mouth

Yet if we show only the positive – our gratitude – we forfeit the opportunity too provide direction and guidance.

A cat in gloves catches no mice

Who but users can give direction and energy to hearing accommodations? Because the product is so important to us, we are more likely to flail in the angry waters of frustration than to offer up a stream of praise.

Should we praise the presence of the ALD, or bemoan the quality of the sound? Praise the theater for its captioned showings, or lament the awkward time slots they always choose? Thank our employer that one meeting has CART, or complain that none of the others do?

Which side should we let the public see?

Silence may be golden, but *the squeaky wheel gets the grease*

I have a story to relate, in which I play the role of the unbudging, leave-it-as-it-is conservative. One of the people I have urged to always “ask for what you need” has taken this to heart, and practices it much more than I do. She asked for CART for a technical program she wanted to attend via webstream. It was something we had never done before at 3M. We had two days to get it arranged for, and I was busy. I actually hoped it would just blow over. Maybe we wouldn't be able to schedule CART on short notice anyway. Others, however, were eagerly pursuing the possibility. One person got remote CART scheduled. Another found the technical crew we needed to transfer the text to the broadcast. The requester herself tuned in, took screen shots of the webstream/CART presentation, and actively participated in the event, even asking questions during the Q&A period. Then she sent enthusiastic letters of thanks to all involved.

This event was a hit with everyone who knew about it. The technical forum would love to provide this for all events. The audio-visual crew loved it too. They hadn't known such a thing was possible.

But it was a lot of effort. The woman requesting it probably spent three or four hours arranging for it, tuning in on her computers and following up with letters of thanks. It takes a lot of time.

That's why most of us give up.

But, it doesn't have to overwhelm us. If we all persevere, we can make a difference. Let's work on this together, remembering that

Many hands make light work.

HLAA TC Meeting November 15, 2008
Vice President Linda Miller

Meeting Summary

Guest Speaker: Linda Senechal "Cochlear Implants, A Personal Perspective."

A long time member of HLAA TC and one of the Editors of our monthly newsletters, Linda shared with our group her experiences as a CI user since 1997. At the age of around 16, her hearing began to deteriorate to a mild Sensorineural hearing loss. The last two years of college, her hearing loss was down in the 60% range. When she taught high school mathematics for two years, her hearing loss declined to severe. There was no hearing left at all except if she was standing next to a jet plane. Before her implant, Linda had been profoundly Deaf for twenty five years.

After the implant surgery and hook up to the processor, Linda explained the wonder of first hearing the bell on the elevator 'ding,' hearing her own footsteps, the telephone ringing and hearing her own children for the first time! She went from being profoundly Deaf to having a mild hearing loss.

Linda also explained to us that not everyone that gets a CI does that well, but has yet to meet anyone that didn't do better than they did before the implant. It doesn't restore perfect hearing. Linda also shared with us the surgical process and the parts involved. It isn't that the CI helps her to hear, it creates hearing for her. It doesn't assist anything that she has, it makes sounds and sends them to a nerve that takes them to the brain. It's not an aid, it creates hearing.

Pres. Vicki had the honor of presenting the Bonham Cross award plaque to Marie and David Cross. Bonham's wife and son. What a pleasure to have them with us!

Mary Andresen informed us that she has Christmas gift tags, and will bring them next month to sell at 6/\$1.

Secretary Sue officiated our door prize that went to Michelle who won a silly hat and tie. Sue made her "model" it for us. Thanks for being such a good sport Michelle.

Treasurer Bob asked those who had not turned in their dues, to please do so. It was also decided to continue next years Steak Fry, which is scheduled for April 8, 2009. The tickets will be available at the Dec. mtg.

Our member spotlight was Mike Cowell. Mike lost much of his hearing from a tumor in both ears even after surgery. He works at 3M as a project manager where he met Vicki and Sue. He then became a member less than a year. Mike is a woodworker who donates pens to us as door prizes. He also does a lot of work in metal and is a mechanical engineer by training. Mike will be implanted with the Baja, a bone-conducting hearing aid. He hopes that it will enable him to function at his job during meetings.



Linda

TACKLING THEATER FOR THE FIRST TIME IN MY LIFE By Carole Blowers

After attending several plays at the Collings Theater of Fine Arts in Brooklyn Park, it looked like fun, and I wanted to try it! I had already been on stage for dance, choir, band, and orchestra. Even so, I had concerns about being in a play. What if I couldn't remember all my lines? What if my hearing impairment would be a problem? Considering all the above, I asked the director to give me a small part, being this was my very first play! She decided to give me the part of Blanche, the Bossy Head Nurse in the melodrama called "Surgical Skullduggery".

We practiced every Friday night, and Saturday and Sunday afternoons for almost two months. I taped all my lines and listened to them in my car repeatedly. It was hard to remember all my lines! At the theater, I stayed in the backstage area most of the time so I could closely hear and follow all what was going on and not miss an entrance. It was harder to hear because I wore a wig, which somewhat blocked my hearing. I explained to many cast members that I wore hearing aids. They appreciated knowing about my hearing loss, and some seemed amazed I would tackle such a project! Everyone couldn't believe this was my very first play ever!

"Opening Night" was October 24th--one of eight performances. A professional photographer had taken pictures of us during practices, and they were on display in the lobby for everyone to see. Our names were in the program. This was for real! The crowd's reaction to the play at each performance was interesting and different. The "seasoned" cast members were very helpful. After our last performance, we had a big potluck dinner, and awards were given out to everyone. I made many new friends, and hope to do this again, even though at first I thought I had bit off more than I could chew!.

Carole



Correction: In last month's issue Mike Cowell was thanked for making hard carved pens, this should have been hand carved pens. Thanks Mike for the pens.

* Indicates these items when brought to the HLAA TC mtgs. can be recycled.

Read the article that mentions **Rich Diedrichsen** in the **Access Press**, Nov. 10, 2008 issue, Page 13, about Qwest listens, customers benefit
http://www.accesspress.org/archive/2008/11/story_qwest%20listen_customers_benefit.htm

Cochlear Implants - if you are considering a CI, contact Linda Senechal at cilinda97@yahoo.com

Free Phones - to see if you qualify for a free CapTel or TTY phone, check with DHHS to see the guidelines.

***Old Hearing Aids and Glasses** – these can be recycled by Lion's clubs. Bring to the next HLAA TC mtg.

***Magazines** – no older than 3 months, no religious or political ones accepted, these are recycled

Hospital Kits – made by Linda Senechal, please make a donation for these, these come in handy when you are hospitalized, contain misc. items telling staff that you are hard of hearing. Check tables at next meeting to view.

***Cards:** Used cards, picture part only, these are recycled by Mary Andresen into attractive gift tags. Someone left a "wedding or prom picture" in one of the cards last month. Contact Mary to get it back.

Want Ads in the HLAA TC paper – For Sale Items....\$5 per month, three lines (about 20 words), must be hearing related. Contact Merrilee Knoll for more information.

Example: For Sale

TTY machine for sale, slightly used,
Contact: Jean Doe at 611-111-1111
Or email:....icecream@aol.com

Item Wanted **(no charge for this)**

Book: Joy of Signing by Lottie L. Riekehof
Contact: Jean Doe at 611-111-1111
Email: icecream@aol.com



Tidbits Newspaper, Page 3, Nov. 17, 2008 - titled "TV Beyond The Stars" taken in part from the article... Closed captioning was initially demonstrated at the First National Conference on Television for the Hearing Impaired in Nashville. This 1971 event offered CC for programming that had been created especially for the conference. ABC and the National Bureau of Standards offered a second demonstration in 1972 at Gallaudet University, this time showing captions embedded on an episode of "The Mod Squad." One year earlier, the French Chef on PBS became the first program to use "open" captions. (That is, the captions were burned right onto the video and were visible on any TV – not just those with built in caption decoding equipment).

See StarTribune, Nov. 20, 2008 article on **Tinnitus** called "**New Music treatment for tinnitus is promising.**"
Thank you Sue Brabeck for this news item.

<http://www.startribune.com/lifestyle/health/35231799.html?elr=KArksLckD8EQDUoaEyqyP4O:DW3ckUiD3aPc: Yyc:aUUF>

President Elect Obama is featured on the website YouTube <http://change.gov/page/s/economy> and his speech is captioned. Go to the far right hand side and click that button, up comes selection for captions (CC) click that, wait for the video to load (mine too awhile-but mine always do).



2008 HUGE THANK YOU TO THESE PEOPLE

Officers

President Vicki Martin, **VP** Linda Miller, **Secretary** Sue Brabeck,
Treasurer Bob Knoll, **Past President** Monique Hammond

We give these people a standing ovation, with Deaf applause and hearing applause for all their hard work.

DONATIONS – Bonham Cross Family, Janis Lajon, Vicki Martin, Sue Brabeck, Ralph Katz, Alfred Tsang, Williams Sound, Jerri McMahon, Ken Simons

ADS – Jerri McMahon, Paula Schwartz, UPS Brooklyn Center, Harris Communications, David Bacik

Paradigm CART – Lisa Richardson, Angie Sundell, Suzanne Hagen, Lori Morrow

Contact Person – Merrilee Knoll

PHOTOGRAPHER-Ross Hammond

NO JOB DESCRIPTION-we ask and they say “yes” regardless of what it is...Jodi Ostman, Linda Senechal, Mike and Janet Day, Holly, Shannon and Tiffany Turley, Hunter Sargent, Mike and Patty Cowell, Ross and Monique Hammond, Lisa Richardson, Gary Phillips

NEWSPAPER WRITERS-Linda Senechal, Vicki Martin, Linda Miller, Sue Brabeck, Monique Hammond, Merrilee Knoll

LOOP SYSTEM- Bob Knoll, Ross Hammond, Linda Miller, Jim Smith

EDITORS-Linda Senechal, Merrilee Knoll

COFFEE COMMITTEE- Holly, Tiffany and Shannon Turley, Hunter Sargent

WEB MASTER-Dave Miller

SET UP and CLEAN UP-Turley Sisters, Hunter Sargent, all officers and their significant others

GREETER-Mary Andresen

SIGN POSTERS-Ralph Katz, Turley Sisters (Shannon, Tiffany, Holly)

SPEAKERS THIS YEAR-Michael Block, Mary Hartnett, Kirsten Coverstone, Dr. Kristen Swan, Linda Senechal, Rubin Latz, Mary Bauer, Mary Clark

NATIONAL NEWS

"Surviving the Holidays with Hearing Loss" Guest Speaker: **Sam Trychin**,
Ph.D. Date & Time: **December 11** at 7PM (Eastern Time)



Early Bird registration to the National convention in
Nashville, TN on June 18-24, 2009. Deadline is Dec. 31, 2008.

HearngLossNation is a hearing loss website similar to Facebook
but for young people (18-35) with hearing loss. Lots of fun and
meet new people. <http://hearinglossnation.ning.com/>

Pathways to Employment launches media campaign

Submitted by Ruban Latz our December speaker

Pathways to Employment (PTE), a federally funded state initiative to increase employment and earnings of people with disabilities and to meet state work force needs, is launching a statewide mass media campaign starting in mid-November. PTE is a collaboration between DHS, the Minnesota Department of Employment and Economic Development and the Minnesota State Council on Disabilities.

The campaign will include ads in the Sunday editions of the Hibbing Daily Tribune, Bemidji Pioneer and the Marshall Independent newspapers as well as in bus shelters, on and inside buses and a sponsorship on Minnesota Public Radio. The bus ads will appear in the Twin Cities, Duluth, St. Cloud, Willmar and Rochester. The campaign will run through the end of 2008.

Most of the people featured in the campaign are highlighted in PTE successful employment stories, found on this site.

In addition to highlighting employment of people with disabilities, the ads promote the [Disability Linkage Line™](#) as a primary source for information referral and assistance for people with disabilities, their families and friends.

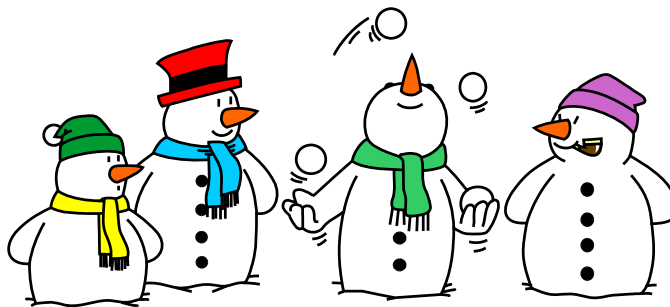
Francisco Barrientos, "[Made a Difference](#)"

Julie Trebotske, "[Health Benefits](#)"

Kathleen Schlener, "[Right Choice](#)"

Luke Harabour, "[Fear Didn't Stop Me](#)"

Paul Agre, "[Pride](#)"



GettingHired.com

By Tami Klink

Tuesday, Nov 18 2008, 08:39 AM

Many thanks to Jeff Blackwell for sending me the following information. He found it via the www.marketwatch.com website. That's one of the great reasons to be a part of this blogging group. We try and help each other out once we find something that's not in our specialty area. Wouldn't it be nice if everyone in the world did this?

On November 13, 2008, GettingHired.com announced its launch as the first employer subscription based online career center and social networking community for people with disabilities. They are now the first job portal and social network that enables the nation's 22.3 million working age people with disabilities to connect - without limitation - to peers, mentors, employers, advocacy groups and a national registry of product and service providers dedicated to the career advancement of those living with disabilities.

The GettingHired Advisory Council is comprised of experienced leaders from numerous organizations around the country devoted to providing companies and executives with valuable insight and guidance in regards to employing individuals with disabilities.

All subscribing employers and job seekers with disabilities are given access to a comprehensive network of local service providers that offer work place accommodation support and solutions in addition to niche resources.

GettingHired.com's advanced technology infrastructure enables social networking access to millions of users who are visually, hearing or cognitively impaired.

They also provide job seekers with disabilities unique career-building tools, services and resources to prepare them for the workplace and enable them to effectively present their individual skills and talents to potential employers. Available free tools include a cover letter and resume builder, video interview training, a comprehensive peer mentoring program and career compatibility assessment and reporting.

This is the only national registry of its kind that provides people with disabilities access to a local network of providers to help candidates with a wide range of needs. For more information call, 866-352-7481 or visit their website at www.gettinghired.com

Have a great week!

The paper Milwaukee Journal Sentinel has a readership of 200, 000, which started at 367 in March 2008. Tami's column alone has hits from 17 countries. The Journal Sentinel Group 'owns' the Milwaukee Journal as well as several Community Newspapers in a 4 county area in Southeastern Wisconsin.

2008 LivingLakeCountry.com.



On Attitude and Gratitude

By Monique Hammond

Yes! I know that I am a bit ahead of the crowd, but I have made my New Year's resolution already. Naturally, I would love to lose those 10 pounds that I have sworn to dump for years on end. Maybe it will be easier if I do not focus so much on it!? So, for the upcoming 2009 I will do something more altruistic and rewarding.

Actually, I got the idea while listening to our now famous Dr. Sam Trychin tapes. He talks of course about communication problems that face people with hearing loss. He empathizes with all of us who have to repeat multiple times - usually to the same crowd - that indeed we do have a hearing problem. Could they speak up a bit, face us, turn down the background music? You know the drill.

Anyway, a very good point was made: Yes, we have to say the same thing over and over. However, people simply forget which is actually quite human. They do well for a while and then poof! There we go again. Let's take it from the top. This can be quite taxing, and we, the people with hearing loss, tend to become resentful and feel ignored. We often wind up in a rather sulky and ornery mood which threatens to give us a reputation for being demanding and self-absorbed.

Dr. Trychin's suggestion was that people with hearing loss also must become more understanding and more accepting of the fact that those around them need gentle reminder nudges. Acting obviously annoyed does not foster better cooperation and gets in the way of communication. In other words, we too could stand an *attitude adjustment*. Why not *express our gratitude* for any effort that anybody makes in order to accommodate us?

Bingo! Next time when someone suggests a quieter restaurant so that the whole dining experience is less painful for me, the dessert will be my treat. I will do better remembering the birthdays of those who are considerate of my ear conundrum and thank them for their kindness. *Why not reward people for what they do right rather than give them the evil eye for their goofs?* I will also polish my sense of humor and be less edgy. Humor really helps to bridge so many communication gaps. I believe that time has come for me, and maybe for all of us, to practice cutting others some slack for a change.

My favorite ice skater, Scott Hamilton, who has been dealt some rough cards along the line, believes that "*the only disability in life is a bad attitude*" – to which I would add "*and a lack of gratitude.*"

HAPPY HOLIDAYS AND A FABULOUS NEW YEAR TO ALL!

Monique

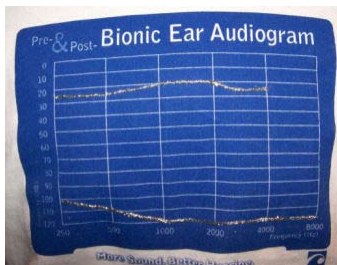


Accessible Entertainment

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. Please specify if you want to receive the Captioned shows, Audio Described shows, ASL-Interpreted shows, or the combined list

Aloha EVENT

Jan. 10, 2009 at Doug and Ellen Thibodo's home, contact Ellen at ThibodoD@aol.com for more information.



Vicki presents the Bonham Cross award to David and Marie Cross on November 15, 2008





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RKnoll5200@aol.com

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First Class



NEXT MEETING: SATURDAY, DECEMBER 20, 2008

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Newsletter Editors -
 Linda Senechal, cilinda97@yahoo.com
 Merrilee Knoll, Rknoll5200@aol.com

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