

HLAA Twin Cities

Hearing Loss Association of America Twin Cities Chapter December 2009

Next meeting is Dec. 19th

Where Do We Meet?

Courage Center - 3915 Golden Valley Road
Golden Valley, MN 55422

When: September through May

Time: 9:30 AM – Noon

3rd Saturday of each month

(No meetings - June, July and August)

Helen Keller – “Everything has its wonders,
even darkness and silence and I learn
whatever state I am in, therein to be content.”

2 0 0 9

December 19, 2009 – **Barbara Ronningen**

census campaign coordinator, open mic, gift
exchange, cookie sale and potluck

2 0 1 0

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 14, 2010 – **Steak Fry**

April 17, 2010 – **Monique Hammond** speaks on
Ototoxic Drugs

June 17 – 20, 2010 – **National Convention** in
Milwaukee, WI at the Hilton Milwaukee City Center
Early bird deadline is December 31, 2009.

***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.hlaatc.org
- **HLAA National**
www.hearingloss.org
- **MN Contact Information**
info@hlaatc.org

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- Steak Fry tickets available at the
December meeting.
- If you did not pay for/or make
arrangements with the treasurer for
membership, this will be your last
newsletter. They are available
online at www.hlaatc.org

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



Another year has flown by and we finally have a new blanket of snow on the ground. As we look forward to celebrating with loved ones and friends during the Christmas season, one thought in the back of my mind is hearing in large groups. This is one of the most difficult, frustrating and tiring listening situations that most of us will encounter.

To us, people in groups talk far too rapidly. I call this ping pong talking. Conversations among more than three or four people are nearly impossible to follow even for highly skilled speechreaders. Often we never catch up as our brains vainly try to make sense of what we're seeing.

When seated at a large table, I will ask my family if only one person speaks at a time and to face me. I will sit at the end of a rectangular table as I have found this helps me to see others more clearly. If that is not possible, I will choose a person to sit next to who does not have a mustache or beard and spend my time talking to them only.

I often bring my Assistive Listening device such as my Pocket Talker and have the person clip the lapel microphone to their shirt. Using my t-coil on my hearing aid with a neckloop has done wonders for me.

Other times I will ask people to move to another room that is quiet so I may hear them better.

One of the greatest lessons I have learned is to be bold enough to ask for what I need. I used to sit in these situations, sulk and wonder why I even showed up. Thanks again to our Twin Cities Chapter. We have so much to be thankful for! I wouldn't be where I am today without all of you.

Thanks again to all the wonderful speakers who have come to share their expertise with us, to all of you who help to set up and tear down at the meetings, to CART, our editors, current and past officers and to the Courage Center who allows us the use of their facilities free of charge.

Please remember that this organization belongs to all of us. If there is something you would like to change, assistance you need, please let the officers know. This December meeting, we will have some open microphone time. If there is advice that you need from others or important information to share, please do so. If you find this time of sharing to be helpful, I believe we can make time for it in future meetings.

Wishing all of you a Merry Christmas and a Blessed New Year!

President



Linda

November 2009 Synopsis **By VP Carole Blowers**

Patty Cowell, our November speaker, has worked for the City of Woodbury Safety Department for the past ten years. Patty spoke about numerous fire and general safety tips.

Smoke detectors should be on each floor and in each bedroom, and checked monthly. Change batteries yearly. There are hard-wired detectors with battery backup and strictly battery units. Smoke alarms should be replaced every ten years.

Carbon monoxide detectors should NOT be put near gas dryers, water heaters, or by an attached garage, but put by the bedrooms. Carbon monoxide is odorless and causes people to become lethargic and confused, and it can take your life. Carbon monoxide detectors have a 5-7 year life, and you can get some with strobes lights or vibrators (check Harris Communications).

Check furnaces yearly for carbon monoxide prevention. Don't store any chemicals near the furnace. Clean the wood burning fireplace flue yearly, and be sure to open the flue to start a fire. Turkey fryers are fueled by propane gas and they need a lot of oil, so the safest place to use one is in the middle of your driveway. Do not bring LP cylinders or gasoline into living quarters.

There are Class A, B, C, or D fire extinguishers which can be purchased at Menard's, Home Depot, etc. There are dry chemical, halon, water, and carbon dioxide extinguishers. Shake fire extinguishers monthly to recharge them. Most extinguishers last 7-10 years. Patty explained PASS (PULL pin, AIM low at base of fire, SQUEEZE handle, and SWEEP the extinguisher back and forth on the flames). Always have your back to the door when using a fire extinguisher, and only use on small home fires. Workplace fire extinguishers are inspected yearly. There is a powder in them, so they can be left in your garage (just not outside for extreme temperatures hot or cold). Keep one on each level of the house, and by the back door going into your house from the garage.

Grease fires—turn off heat source, put a lid on the pot, move pot to the side, and leave lid on for one hour. Do NOT put water on grease fires. For oven fires, turn off heat source and keep the door closed. Use a buddy system at work, so everyone vacates if a fire. Always take the steps (not the elevator) and stay to the right. You can notify Police/Fire that you are hearing impaired so it is noted on your home property record.

Practice two escape routes from every room in your home and crawling. Keep lighted candles away from paper products, drapes, etc. and matches and lighters away from children. Turn handles on cooking pots/pans to the center of stove. Space heaters should be three feet from combustible items and away from trash.

Never put ice on a burn, but run cool water on the burn for 10-15 minutes. If charring of the skin occurs, see a doctor to prevent infection. If clothing catches fire: stop, drop, and roll, covering your face and eyes with your hands.

Weather radios are very valuable if you cannot hear outside sirens or don't have TV or radio on when warnings come (especially at night), and they have scrolling messages. Can get them half price during months of March or April.

Booster car seat laws changed in July of 2009. Go to: BuckleUpKids.state.mn.us for more information. Make an inspection appointment at your local Police Department or Highway Patrol office.



Prestigious awards this week for 2 local business leaders

By PAUL WALSH, Star Tribune

Last update: November 30, 2009 - 8:53 AM

Two giants in Minnesota business will be honored this week with prestigious awards for their good deeds. **William F. Austin**, whose **Eden Prairie-based Starkey Laboratories** is a world leader in manufacturing hearing aids, is to receive the Woodrow Wilson Award for Corporate Citizenship on Tuesday at a dinner in downtown Minneapolis. Through its foundation, Starkey distributes hearing aids to many needy people around the world. Also Tuesday night, the Woodrow Wilson Award for Public Service will be presented to Stephen W. Sanger, who led Golden Valley-based General Mills as its chairman for 13 years until 2008.

Sanger is on the boards of the National Campaign to Prevent Teen Pregnancy, the Guthrie Theater and Catalyst, a nonprofit that works to advance women in business. Established by Congress, the Woodrow Wilson International Center for Scholars of the Smithsonian Institution is a nonpartisan institute for advanced study and a neutral forum for dialogue .Paul Walsh • 612-673-4482

Paula Rosenthal after 10 years of serving thousands of people with hearing loss and starting the URL "**HearingExchange**" is closing up the HearingExchange blog and community. As a substitute web site she has suggested

"An American Mom in Tuscany."

<http://www.rallycapsdotnet.blogspot.com/>
Editor: I have been a follower of hers for years. She has aided me in much of my research over the web and I thank her for the support she has given me.

These are the Answers for the Quiz on Page 5

- 1) Patty Cowell
- 2) Carole Blowers
- 3) Sue Brabeck / Eggs?...you better ask her
- 4) Lisa Richardson

Steak Fry – Where: Crystal VFW Post 494

Address: 5222 Bass Lake Road

Time: 5 PM to 7 PM Date: April 14, 2010

Dinner includes: Steak, Baked Potato, Cole

Slaw, Garlic Toast, Coffee Cost: \$10

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, repackaged, 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 dozens of different items in one package. The proceeds go to help the chapter.

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

On August 5, 1972, Julia Child, "The French Chef," in a program televised from WGBH studios in Boston, taught viewers how to make one of her prized chicken recipes. The significance of that day stretched far beyond the details of the entrée to have a profound and lasting impact on human communication. It was the first time Americans who are deaf and hard-of-hearing could enjoy the audio portion of a national television program through the use of captions.



The door prize winner at our November mtg. was **Sue Brabeck**
Carole Blowers donated a candle as this month's door prize
Thank you **Carole**.

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

January 2010

Our meeting room may be moved to 2nd floor. Please check the walls when you come in for the direction signs that will tell you where we are meeting.

QUIZ

How well were you listening at the November meeting? Ans. on Page 4

- 1) Who talked about space heaters, smokers, candles, pan handles on the stove, skin cell damage, weather radios, smoke alarms, Harris Communications, fire extinguishers, and carbon monoxide detectors?
- 2) Who is our delegate for the upcoming Milwaukee convention?
- 3) Who was the member that found the fire dept. parked in her driveway? What do eggs have to do with this story?
- 4) Who drew the winner for the door prize?

Thank you for your help in 2009 to make HLAA TC a success.

Officers

President: Linda Miller, VP: Carole Blowers,
Secretary: Mike Cowell, Treasurer: Bob Knoll,
Past President: Vicki Martin

DONATIONS - United Way, 3M, Cowell's, Hammond's, Knoll's, Martin's, Katz'

ADS – Jerri McMahon (Sonus in Crystal), Paula Schwartz (Audiology Concepts in Edina), UPS (Brooklyn Center), Harris Communications (Eden Prairie), David Bacik (Sky Blue Waters Realty in Crystal), Matthew Hjelden (Sonus in Roseville)

Paradigm CART – Lisa Richardson, Angie Sundell, Lori Morrow

PHOTOGRAPHER - Ross Hammond

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

NEWSPAPER WRITERS - Linda Senechal, Vicki Martin, Linda Miller, Sue Brabeck, Monique Hammond, Merrilee Knoll, Mike Day, Mike Cowell, Carole Blowers

Reporters - people who give the editors news leads for the paper - Lisa Richardson, Mike Day, Carole Blowers, Linda Miller, Ellen Thibodo, Leslie Cotter, Marie Koehler, Rich Diedrichsen, Mary Hartnett, Mary Bauer, Liz Brown, Monique Hammond, Sue Brabeck

Contact Person – Merrilee Knoll

LOOP SYSTEM - Ross Hammond, Linda Miller, Bob Knoll, Mike Cowell, Gary Phillips

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, Shannon, Tiffany, Holly Turley

SPEAKERS THIS YEAR - Mary Hartnett, Linda Senechal, Rubin Latz, Mary Bauer, Lisa McDonald, Jacqueline Hoppenrath, Donna Fowler, Patty Cowell, Catherine Riedel Jons,

Special Projects in 2009 – Sun News – Ross and Monique Hammond, Access Press – Bob Knoll

Steak Fry – Bob Knoll

Special thanks to everyone who worked the steak fry this year !!!!

Thank You



C A R T

A Woman's Prerogative

By Sue Brabec

We all know that it's a woman's prerogative to change her mind. I certainly "leverage" this prerogative as it suits my needs, sometimes on a daily basis. Even on those principles I thought I would hold fast to for a long time.

I've been mortified by all of the hearing-device ads, from anyone from reputable well-known hearing aid companies, audiologists advertising their services, and even from cheapo back-of-the-magazine ads touting some special new device disguised like a Bluetooth set so that "people will never know you are wearing it!!!". These ads really would get my dander up.

I think we can all agree that wearing a HA or any kind of device to enhance hearing should never be embarrassing in a perfect world. Never. Therefore, I felt that the HA/device industry was doing potential wearers a tremendous disservice when they use this tactic, by blatantly perpetuating the myth that someone *should* feel embarrassed.

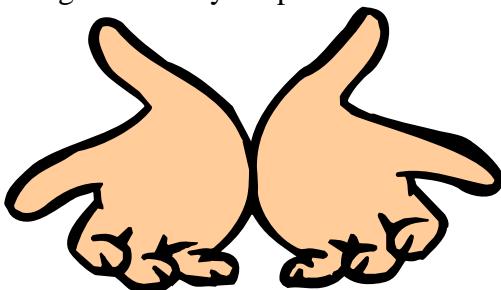
Don't get me wrong – I do admire those HA/CI companies that are coming out with devices and accessories in a whole rainbow of colors, not just the ho-hum kind that is intended to "blend in" with your skin tone. This gives us a wide range of new options with considerable visual zip. Great!

Cosmetics ceased to be a factor in my HA selection a long time ago. I can't afford to be that picky-choosy, I need something that works. It's that simple. For me.

But I can't change the fact that cosmetics will be a very real issue for a lot of people. One of the reasons someone near to me won't consider a good HA is because "they make people look old". Keep in mind that she's 77! Its human nature to be worried about your looks or how you are perceived by others. After all, that's the primary reason contact lenses were invented, because people didn't like how they looked in glasses.

So what if a patient wants a HA that is as small/discreet/hidden as possible? Or if they want something that looks like a cell phone device? A CI/BAHA of a color that matches their hair? As long as they are getting some help, that's really what matters. Yes, one could (correctly) argue that some of devices maybe aren't "the best" for that person's hearing loss, but it is certainly a step in the right direction, isn't it? The number of people with hearing loss is astounding, and we all know that the majority don't get any help from any kind of device at all. I think that having cosmetics be a factor in the selection of a hearing device is actually not as horrifying as I used to believe, because it's a whole lot better than doing nothing at all.

Now, thank you for listening! I will get off of my soap box. I think.



Do cosmetics have anything to do with the hearing aid industry? Read what Sue thinks.

National HLAA in Bethesda, MD

- The big news all over the Internet is the **Google/YouTube** initiative to caption videos on YouTube. HLAA staff attended the announcement in Google's Washington, D.C., office. Twenty hours of video are uploaded to YouTube every hour. Video producers can easily caption their videos as Google has developed software to automatically write the time codes for the captions. All the video producer has to do is upload the transcript. Then viewers click on the transcript button and captions will be generated by machine through voice recognition. Google is testing this with 13 educational partners to get feedback and improve the program. The captions allow the videos to be searched by text and even to search for specific text in the video. Also the captions can be subtitled in 51 languages. So a video could be viewed in other languages. This is an amazing innovation. The scale is enormous and brings captions to a very visible place on the Internet.
- FCC - On Nov. 6, 2009 **Lisa Hamlin from HLAA** met at Gallaudet University in Washington DC, to discuss the problem the HOH have that ASL does not take care of. There is a difference between Deaf and HOH and it takes a different strategy for each. Our needs are not being met.
- The **web chat** on hair cell regeneration by Douglas Cotanche, Ph.D., broke all HLAA web chat records with **85 participants**. To view the transcript go to:
<http://www.hearingloss.org/Community/transcripts.asp>
- The walks held earlier this year raised the goal of 1 million dollars and there are still donations to be posted. National is now working on the 2010 walks.
- The Board approved the 2010 budget that included the addition of an administrative assistant for the national walk manager.
- HLAA Signed a letter to the Senate with other consumer and hearing health professional organizations opposing the proposed medical device tax that would add sales tax on hearing aids.



This & That

A new book is out by our dear friend of HLAA TC Neil Bauman

"Keys To Successfully Living With Your Hearing Loss" for \$19.97 printed or eBook.
<http://www.hearinglosshelp.com/products/books.htm#keys>

Disturbing item-some **hearing aids** are now being made **without t-coils**. The excuse is people want the smallest HA possible and they are not asking for t-coils.

Extremely interesting, view actress **Marlee Matlin** as she fights to have the FCC pass a bill to have all internet videos captioned. Both in ASL and captioned.

http://www.youtube.com/watch?v=o-wHa0jZuiE&feature=player_embedded

Deanne Bray former star of "**Sue Thomas FB Eye**" Deaf lip reader, is featured in the Hearing Loss Magazine for Nov./Dec 2009 issue. She now stars in "Heroes." Story is also available online at http://www.hearingloss.org/magazine/2009NovDec/Deanne_Bray_Cover_Story_NovDec_2009HLM.pdf Visit Deanne Bray's website at www.DeanneBray.com

Chihuahua for a service dog? Sure, people in apartments need service dogs too. Read about this Malibu woman who has one.
<http://health.groups.yahoo.com/group/bhNEWS/message/45867>

For those having trouble with their **banks** and the **relay service**:
Go to: <http://esupport.fcc.gov/complaints.htm>



Researchers create phones using ASL

In Seattle, WA, 25 Deaf people are testing out the new phones for people who converse fluently in American Sign Language (ASL). This is favorable to ASL users who prefer to use their native language instead of texting. Not available to the public yet, it's still in the testing process started last year.

Could this happen in Minnesota?

Due to the tremendous decline in call volumes, the Michigan Relay Center in Dearborn will be closing sometime in January 2010.

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.



ENTERTAINMENT

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>



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ALOHA

When: Dec. 12, 2009 Saturday

**Time: Social hour from 5-6
(appetizers) Dinner served at 6:00**
**Where: The Summit Executive Office
Suites, 1500 McAndrews Road West
Burnsville, MN 55337**

RSVP & More Information:

Ellen: (651) 423-2249 (TTY)
ThibodoD@aol.com

Did you rent or buy the Disney movie “UP” and find no captions?

According to The Consumerist, Disney has responded to complaints that captions were missing from the DVD of the Pixar movie Up! by stating that they were left off in error. Disney apologized for the situation and says they are working to correct the problem. The Consumer relations department says: "Please save the receipt or shipping confirmation and mail it to us at WDSHE Consumer Relations, Attn: "UP Rental" PO Box 3100, Neenah, WI 54957, with your contact information (full name, home mailing address, phone number, email address) and we will contact you. Please let us know if you have any other questions or comments. You may contact us via email at: DisneyInfo@DisneyHelp.com or via phone at 1-800-723-4763 Mondays 9:30-7:30 CST and Tuesday through Friday 9:30-6:30 CST."

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Carol Finch
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Guthrie Theater *Open Captioned*

**January 23, 2010 7:30 PM
Romeo & Juliet**

March 27, 2010 7:30 PM

Macbeth

**March 28, 2010 7:00 PM
Brief Encounter**

<http://www.guthrietheater.org/accessibility>



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HLAA Twin Cities Chapter

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Treasurer – Bob Knoll,
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Aloha Event Coordinator –
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ThibodoD@aol.com

Contact Info. info@hlaatc.org

Photos Ross Hammond

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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