

December 2010

December 18, 2010 –

John Coverstone, Au./Holiday Party, White elephant exchange, cookie sale

January 15, 2011 –

Mary Hartnett MCDHH

February 19, 2011 - Canine Speaker (tentative)

March 19, 2011 - open

March 25 – 26, 2011 – MN State Hard of Hearing Conference, Holiday Inn, St. Cloud

April 13, 2011 – Steak Fry

April 16, 2011 – Marie Koehler DHHS

June 16 – 19, 2011 – National Convention, Hyatt Regency in Crystal City, Washington, DC



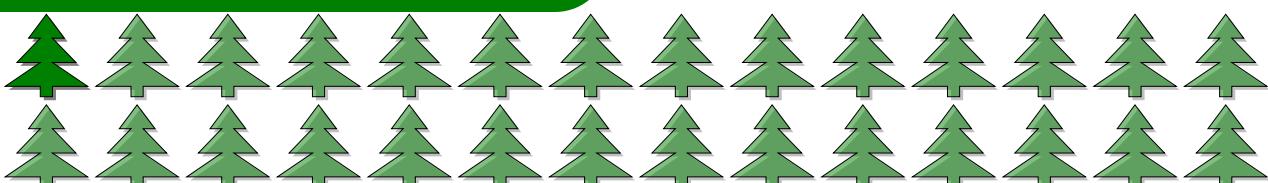
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- ✗ Officer's emails
- ✗ Carole Blowers - president@hlaatc.org
- ✗ Hunter Sargent & Shannon Turley - vicepresident@hlaatc.org
- ✗ Holly Sargent - secretary@hlaatc.org
- ✗ Bob Knoll - treasurer@hlaatc.org

Steak Fry tickets available at the December meeting from the treasurer. Steak Fry event is Wednesday, April 13, 2011.



HAPPY HOLIDAY'S FROM HLAATC TO YOU

- **Dec. 18th is our Holiday Party.** Please bring a food item to share. Plates, cups, bowls, napkins and silverware are provided. 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 possibly 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, fudge, candy canes etc. We repack them in foam containers, so each person can have a nice assortment to take home. Each box is sold for \$3. This is one of HLAATC's fundraisers.

THE SOUNDS OF CHRISTMAS

President's Message

It's that time again---the time of the year to HEAR and ENJOY the sounds of Christmas.



I hear
French horns
Christmas songs playing,
Bells, drums, and trumpets
Children's voices and church plays
Instruments, harps, and glorious choirs
Festive dinners, parties, and family get-togethers
Stores playing music to "put us in the mood"!
TV ads wanting us buy this and that, with
Catchy tunes getting our attention!
What do you hear?
I hear

The sounds of Christmas!

I AM NOT COMPLAINING!!! I love music, whether it is provided by instruments or voices, whether it is provided by children or adults, whether it is provided while I entertain or am entertained, or whether it is provided when I shop. I am just thankful I can HEAR it. Because some day, I might not be able to HEAR it. Here are some of my favorites:

I Heard the Bells on Christmas Day

I heard the bells on Christmas Day
Their old familiar carols play.
And wild and sweet the words repeat
Of Peace on earth, good will to men.

Little Drummer Boy

Little Baby, pa rum pum pum pum
I am a poor boy too, pa rum pum pum pum
I have no gift to bring, pa rum pum pum pum
That's fit to give the King, pa rum pum pum pum,
rum pum pum pum, rum pum pum pum,
Shall I play for you, pa rum pum pum pum,
On my drum?

Jingle Bells

Dashing through the snow, in a one-horse open sleigh,
Over the fields we go, laughing all the way.
Bells on bob-tails ring, making spirits bright,
What fun it is to ride and sing a sleighing song tonight.
Jingle bells, jingle bells, jingle all the way!
O what fun it is to ride in a one-horse open sleigh.
Jingle bells, jingle bells, jingle all the way!
O what fun it is to ride in a one-horse open sleigh.

Do You Hear What I Hear?

Said the night wind to the little lamb,
"Do you see what I see?
Way up in the sky, little lamb,
Do you see what I see?
A star, a star, dancing in the night
With a tail as big as a kite,
With a tail as big as a kite."
Said the little lamb to the shepherd boy,
"Do you hear what I hear?
Ringing through the sky, shepherd boy,
Do you hear what I hear?
A song, a song high above the trees
With a voice as big as the the sea,
With a voice as big as the the sea."
Said the shepherd boy to the mighty king,
"Do you know what I know?
In your palace warm, mighty king,
Do you know what I know?
A Child, a Child shivers in the cold--
Let us bring him silver and gold,
Let us bring him silver and gold."
Said the king to the people everywhere,
"Listen to what I say!
Pray for peace, people, everywhere,
Listen to what I say!
The Child, the Child sleeping in the night
He will bring us goodness and light,
He will bring us goodness and light."

MERRY CHRISTMAS TO YOU ALL AND BE SURE TO ENJOY THE SOUNDS OF CHRISTMAS!

Synopsis from the November 20th meeting

By Merrilee Knoll

Dr. Paula Schwartz is a licensed audiologist in the State of Minnesota with over 27 years of experience in serving the needs of the greater Minneapolis area. She is also board certified by the American Academy of Audiology.

Paula has a personal interest in tinnitus because her son when he was 7 or 8 yrs. old, after attending a church concert had ringing in his ears that did not stop.

Although there is no cure for tinnitus (T) there is a lot we do know about it. She started out by going over the neuro anatomy and the mechanics of (T). Because there are so many reasons why you may have (T) and each may be different, there was not enough time to go into that.

50 million American's have it, and 20% have it bad enough to interfere with daily living. (T) is a symptom not a disease. If you were to get tested, you would go through a physical to weed out an illness, a visit to an ENT doctor.

Sensorineural hearing loss is by far the most common. This is the hearing loss we acquire due to aging, hereditary congenital factors, we acquire due to noise exposure, certain drugs can cause sensorineural hearing loss. This is where the cell hair cells of the cochlea are damaged.

Paula said that when you go to a physician with the (T) and he is unable to give you a pill to fix it or says go home and learn to live with it. That offers you no hope. It is better to try to help the 20% learn strategies to live with (T) and maybe they can then be part of the 80% who have it and have learned coping skills, making it more manageable and easier to live with. Again, there is no cure.

A question was asked; what is TRT? Tinnitus retraining therapy, started in the 1990 by Dr. Jastreboff, I've been trained by him twice as has my staff. He's really the guru of everything we know about (T).

In this group, I know that hearing losses are pretty significant. So TRT, for example, would be implemented into a program using your hearing aids. But part of the first step in anything is understanding the concepts we're talking about today. Because when people don't understand and the lack of hope, the fear factor, fuels the limbic system, and that fueling keeps that tinnitus in the forefront. So simply by understanding things, knowledge is power.

VP Hunter Sargent said he had talked to Mark Richie's about captioning. Suggestions were made to aid in getting captions; write a letter about a month before voting time stating why you need captions, volunteer on a candidates campaign trail, learn the ropes, get yourself recognized by them.

(Synopsis continued on Page 6)

Editor's Note: At the last meeting, Nov. 20, 2010, a question in written form was asked, "Why I joined HLAA TC?" The first is a response I received via email written by Vicki Martin, on the following page you will see the answers I received in written form at the meeting.

Why HLAA?

In 2004 I was employed at 3M as a programmer-analyst. Working on systems that required government reporting sometimes necessitated telephone calls to government offices around the country. I knew nothing about hearing accommodations at that time. I only knew I couldn't make the calls.

I started looking for information and ideas that might lead to a solution, and in doing so, I came across 3M's Disability Advisory Committee, part of whose mission is to ensure equal access in the workplace for people with disabilities. At last, I thought, I would find an expert who could tell me what to ask for.

I was warmly received at my first DAC meeting, though of course I couldn't hear what was happening in the meeting itself. Who was the hearing expert, I wondered. As it turned out, I was. They had never had a hard of hearing person on the committee before (we all know why, right?).

Finding myself in the role of "expert" meant that I would need to acquire some expertise, and do it – as they say at the office – ASAP!

I used the internet to search for information and organizations about hearing loss, and I found HLAA (then SHHH). I scrolled to their chapter listings where I found contact information for the local chapter. I eagerly contacted Merrilee, who persuaded me to attend the next SHHH meeting.

It was exactly what I needed! I couldn't imagine tackling hearing advocacy on the scale needed, without having the support of this knowledgeable group. Every month I learned valuable things that I was able to bring back to my workplace, and put to use in a venue where "hearing accommodations" was formerly an unknown concept.

Now retired, I still rely on everything I have learned here as I focus my advocacy efforts on church and community.

Thank you, HLAA!
Vicki Martin

WHY DID YOU JOIN HLAA TC ?

“Why I Joined HLAA TC?

- Chaplin at Courage Center, Dr. Lee recommended I go.....Anonymous
- Meet people...Michelle
- Information about hearing loss....Anonymous
- I joined the HLAA because I wanted to meet people and learn hearing loss things.Shannon
- I initially attended shortly after my hearing loss was diagnosed and came mostly out of curiosity. I have continued attending in part because everyone understands my difficulty with communication. Other people all communicate like I do.... Anonymous
- Meet new people and learn new things....Holly
- Went on line and found HLAA TC...Visitor
- Friend of mine Vicki MartinVisitor
- Audiologist told me about HLAA TC...Visitor
- I needed help finding resources for hearing loss, HLAA helped me and I have made many new friends in the process. Thanks....Mike
- To get information on coping with hearing loss....Anonymous
- The reason I joined HLAA, was looking for a sense of belonging and share with others who are just like me, a hard of hearing individual. Together we can make magic, and hear once again.....Joe
- So I can meet people. I learn a lot of new things....Anonymous
- I joined so I can learn how to communicate with my wife who is hearing impaired like me....Hunter
- Connection to people with similar hearing problems. To gain information about hearing loss treatment. Because Bonham Cross was so insistent.....Anonymous
- Although I was born deaf in one ear, I have recently lost a lot of hearing in my other ear. This has impacted me in so many aspects of my life and HLAA has provided me with resources and information. The group has been so welcoming, and members so kind. Thank you....Anonymous
- I have a hearing loss that really annoys my family members...Adrienna
- I learned how to watch people and announcements, make plans for listening, meet Deaf and hard of hearing people.....Anonymous
- My ASL teacher at North Hennepin Community Collage suggested it and so did DHHS, so I decided to try it out.....Merrilee
- Location.....Anonymous
- I joined HLAA TC because I found a support group with whom I could interact with, ask questions, and learn more about dealing with my hearing loss. I joined because I learned so much from the speakers and the different topics they discussed each month. I also made many new friendships at HLAA TC.....Carole



HLAA Twin Cities Website
www.hlaatc.org

HLAA National
www.hearingloss.org

MN Contact Information
info@hlaatc.org

At our last meeting we had 37 people attending, 6 were visitors.



The Editor's would like to wish everyone a very Happy Holiday, Merry Christmas, Happy Hanukkah etc. etc. We would especially like to say a kind "Hello" to all of our wonderful friends who cannot be with us at the Holiday Party on Dec. 18th, that includes those that are ill, our wonderful vets away from home, those on vacation, those with physical disabilities, our sponsors, our hard workers, and others with prior commitments. We miss you.

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

Synopsis..... Continued from Page 3.....

Treasurer's report; another donation was made in memory of Bonham Cross from Williams Sound. We have received a total of \$600 from a person (who recently passed) that had never been a member that I wished we could have helped her with a lot of the information that is now helping all of us.

Williams Sound had provided a flyer with a Holiday Special offered to HLAA TC members only. It was a TV earphone set up greatly reduced in price.

Steak Fry tickets will be available at the Dec. meeting. Please let me know if you would like to help at this event. The shirts that have been ordered will be available for pick up at the Dec.mtg.

Paradigm CART was thanked for the great job they do in captioning for us.

Vicki told about DHHS offering 20 free classes; deaf culture, mental health, impact of hearing gloss, working with ASL interpreters, beginning sign, workplace etc. www.dhhsd.org She then led us into the ASL lesson for today, words included, turkey, pies, potato, vegetable, salad, bread, wine, coffee, full.

The door prize winner was Rich.

Open Season

By Vicki Martin

In the old days, people had kitchens, they had dining rooms, and they had living rooms. What you did in a kitchen was cook. You ate in the dining room. And living rooms – well, that's where you would yak it up with your family and friends – the architect's idea, no doubt, of "living".

Times have changed. Today's architects pride themselves on how many walls and doors they can take out, and how much space they can combine into one single gargantuan room. It's so much more chic to have an "open plan", where guests can mingle with the cooks, and maybe lend a hand while you lend an ear.

If you are hosting a gathering in your home, you now have to do much more than cook. Positioned in the command center, you can oversee every aspect of your event: the simmering gravy that begs to be stirred, the competitive games the children are quarreling over, the argumentative parrying of the teen contingent, as well as Aunt Ida asking where you keep the serving spoons, cousin Jan attempting to have an intimate chat with you, and Mom advising you on an easier way to do it all.

Our own mid-20th century home is not fully open, but neither does it have rooms that can be closed off. Our arrangement presents its own challenges. Guests enter at one end of the kitchen and move to the other, where they congregate by the island -- blocking passage to the refrigerator, the microwave, and the rest of the kitchen. But wait, I can handle that -- I even like it. The warmth and camaraderie that even two or three people bring into the room is why we have them here in the first place.

What I can't handle is conversation. For every word I must hear, there is an equal and opposite effect on our potential meal. Listen, and a pot boils over. Listen again, and I lose track of a major dish. Listen once more, and the rolls are burned.

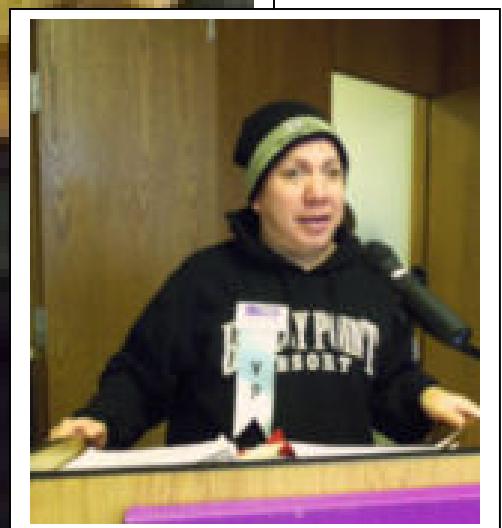
Since listening takes all of my attention, the problem may seem unsolvable. But there is hope, I promise! You just have to change your menu.

It's that simple, really. Just make sure that every single thing on your menu can be done ahead. Limit it to a crock-pot dish and two sides. Make a list (yes, even for three things). When it is time to eat, look at your list, put the three things on the table, and sit down with your guests.

OK, it's not going to be turkey and stuffing, mashed potatoes and gravy, almond-topped green beans, candied yams, cranberry relish and homemade rolls with butter.

What you will have instead is peace of mind. And maybe even some relaxing conversation.





Hearing Aids or CI's in the Hospital

By Merrilee Knoll

What do you do with them, if you are having surgery? Almost all surgeons or doctors will allow you to wear the HA (hearing aid) or CI (cochlear implant) unless the surgery is ear or head related. Some people tape them in place so they don't fall out.

In the past some have said; why not keep them at home? Well, the reason not to do this is; you need to hear what the doctors and nurses are saying to you, be it instructions, responses to surgery, meds, etc. If you can't hear, and a nurse comes in and asks you, have you had your insulin today, and you give the wrong answer you are in a lot of trouble. Being able to converse is important after surgery, as the anesthesiologist uses your responses to determine how well you are doing and coming out of your "sleep." People respond faster and leave the hospital faster if they are able to intertwine with others and are having customary responses to situations.

You are your best advocate, but when you are ill it's hard to be that. If that is the case have someone with you, like a spouse, good friend, church buddy or neighbor to speak up in your behalf about needing things like your HA's, captioned TV, or special phone.

Some people use a Hospital Kit, which sometimes includes 1.button that says "Please Face Me, I Lipread," 2.a pad and pen, 3.snack size baggie for your HA's with your name, your room #, and HA's written on the package (you could also attach a large "baby safe" safety pin to the bag if you need to remove them for tests and pin it to the gown), 4.signs above your bed and your door that say HOH, 5. there are stickers with an ear slash through it, that means you are deaf or HOH, they should be on your hospital file, and at the nurses station where you call for assistance. That way the nurse knows she cannot use the regular system to ask you a question, but needs to go to your room to converse. Also included are a 6.flyer called, "Be Prepared-When you and Your Hearing Loss are Going into the Hospital or Clinic."

Many times HA's are placed in a tissue or in a cup and placed on the bed stand, then tossed by the cleaning staff never to be retrieved. So need I say, be careful where you put them.

There are some folks who feel all these items are a little scary and may lead to theft when you are ill. Others feel the risk is worth it. Each must be their own judge in this decision.

If you wear HA's or CI's you know how expensive they are, try not to take anything else of value to the hospital.

Linda Senechal has made these kits for years for people getting CI's at the U of M. We have some available if you would like one, please contact Linda, or Merrilee.





Registration is Open for the HLAA National Convention June 16-19, 2011.

[Register online](#) or use the [registration form](#) for Convention 2011 and/or the 2nd International Hearing Loop Conference. HLAA members who register for the Full Activity Package and/or the Loop Conference by **December 31st** will be eligible to win a Kindle 3G! Register today! Visit the National web site for more information.

Feeling nostalgic or wanting to know more? Read HLAA Founder Rocky Stone's editorials in [*An Invisible Condition*](#). Celebrate the founding of this organization 31 years ago by reading [*A Collection of Memories About Founder Rocky Stone*](#).

Joseph & the Amazing Technicolor Dreamcoat

Lyrics by Tim Rice; music by Andrew Lloyd Webber.

Produced by: the Ordway.

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

Captioning: Friday, December 17, 7:30 PM (by c2 inc.).

ASL: Saturday, December 18, 2:00 PM.

Interpreters: Stephen Medlicott, CI/CT; Tammy A. Hanson, CI/CT, NAD III.

Tix: \$27 (standing room), \$30 partial view, up to \$80; if using ASL or Captioning, request seating in that area; phone: 651-224-4222, TTY 651-282-3100

Web: <http://www.ordway.org/accessibility/>

Description: This new and playful production of the story of Joseph, his jealous brothers and one very colorful garment in Biblical Egypt features American Idol finalist Anthony Fedorov as Joseph, with 40 Twin Cities-area school children joining him onstage in a tale filled with surprising humor for adults and dazzling delights for children.

Run: December 7 – January 2, 2010.

For a much easier list to follow that has all the events listed go to **VSA**. This allows you to check by calendar, event, captioned, & ASL performances. It is very compact and well laid out.

www.vsamn.org

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Our next meeting is Dec. 18, 2010

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Secretary – Holly Sargent
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Treasurer – Bob Knoll,
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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