

HLAA Twin Cities

Hearing Loss Association of America Twin Cities Chapter January 2010

~~Next meeting is Jan. 16th~~

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)

2010

January 16, 2010 - **Mary Hartnett**

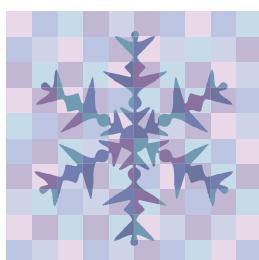
February 20, 2010 - **Rich Diedrichsen**,
technology for the HOH person, including cell
phones, text messaging, communication
devices. Bring along your communication devices
to the meeting for Rich to look over.

March 20, 2010 - Light Rail Safety – tentative

April 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



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 January meeting.**

Steak Fry – Where: Crystal VFW Post 494
Address: 5222 Bass Lake Road
Date: April 14, 2010
Time: 5 PM to 7 PM
Dinner includes: Steak, baked potato, cole
slaw, garlic toast, and coffee
Cost: \$10

President

Linda



Hospitals and the Hard Of Hearing

I remember my first stay at the hospital and wondering how I would be able to understand what was going on around me. Would the staff of nurses and doctors become impatient or indifferent if I asked them to repeat or write down instructions? Would they take care in knowing that I was hard of hearing and needed extra assistance? As I was able to express my individual needs, I was quite astounded that they were very corporative in handling my requests. Of course as we all know, communication is a habit and I did find myself having to repeat occasionally what I needed.

I told them it was important that I have my hearing aids on before they began to speak to me. To my amazement, hospitals can have a lot of background noise. It was also important that they do not talk to me with a mask on their face. This again was important for speech reading. I also asked them to look at me when we spoke together and if necessary to write down any instructions for medication and other important matters. Other times I would repeat back any important information that they told me. This way we both knew that instructions were understood. Of course, if you find yourself sedated or on pain medication, it's really best to have an advocate with you if at all possible.

If I was asleep, I asked them to gently touch me on the arm or shoulder to get my attention or if I had my back to them so I would not be startled. I also discovered that if a night light was not efficient, using my small flashlight I found in my purse was helpful. It helped me to lip read the staff if not turning on the overhead light was an option because of my neighbor. Again, our eyes are our ears.

Another important factor is finding out if we are right or left-handed before inserting an IV. I discovered that I really relied on my dominant right hand to put on my glasses and hearing aids and this also allowed me to write notes and to keep these entire items close by.

It is also helpful to ask the staff to make a notation and highlight it on each of our charts indication that we are hard of hearing and how we like to communicate. One example could be: HARD OF HEARING – USES HEARING AIDS AND SPEECHREADS. One of our members at HLAA TC mentioned that by not advertising the fact that we are hearing impaired, may keep us from being vulnerable to the public. This I agree with. Please remember that you know what you need best to communicate and to share these needs as it will make your stay much more comfortable.

I hope everyone had a very Happy New Year and see you all at our next gathering.

December Speaker Barb Ronningen, Census Campaign Coordinator



Barbara Ronningen with Monique Hammond

Barb Ronningen, a demographer and the Minnesota Census Campaign Coordinator, was our December speaker. Barb gave us a brief history of the census and the latest news on the 2010 census.

Our Constitution directs the census to be done every ten years. Census day is April 1st. Many people do not understand the importance of completing the census survey. One of the biggest impacts of the census is the reapportionment of the number of Congressional seats that our state will have. At the current time, we have eight seats out of the total 435 seats. If the state of Minnesota loses any seats, we would have less political power.

Also the census determines the distribution of federal funds (for housing, medical, educational, roads, etc.. Every year, over \$400 billion dollars will be distributed based on the census counts. The census gives a portrait of America per state, city, and household. The 2010 census will cover ages, races, etc. It will be mailed the middle of March with a postage paid envelope.

In Minnesota, we started planning for the 2010 census in 2007! The Census Bureau has been working with local governments to determine correct addresses. The census will count all citizens AND non-citizens.

The census date is 100% confidential per Title 13 of the U.S. Code. If census collectors breach confidentiality of a person's information, they could receive five years in prison and a \$250,000 fine.

In 2000, the census form was long (60 questions). The census form for 2010 will only have ten Congress-approved questions (birthdate, gender, race, head of household confirmation, own/rent, phone #, name) and some administrative questions that will not be required.

Minnesota retirees don't complete the census in the state where they winter—they complete it here—their home state. She also stated they will be working with the young people (in their 20's) and refugees and immigrants to explain the importance of

completing the census form. For people who have had their properties foreclosed on, they should complete the form wherever they are living.

Communities and organizations will be forming “complete count committees” to get their groups or organizations to be 100% compliant. Questionnaire Assistance Centers will be set up at various locations to help non-English speaking people. Questionnaire guides will be available in 59 languages. “Census in the Schools” is another program being used to help others. Surveys will also be available at “Be Counted” sites.

Special problem areas are people who have post office boxes only. The census forms will be mailed to your address; if you don’t complete and return the form, someone will call and/or come to your door. Rural route addresses will have theirs delivered to their doors.

Barb also spoke about the American Community Survey (like the long form) which will involve 250,000 households each month. In March, some people will receive both the 2010 census form and the American Community Survey.

Further information on the census can be obtained on their website at
www.MN2010census.org



Submitted by Carole Blowers, Vice President

Folic Acid supplementation found to decrease hearing loss

The Annals of Internal Medicine (January 2007) reported on a controlled study by a Netherlands team of five doctors (PhD).

The study concluded that folic acid supplementation slowed the decline of low- to mid-frequency hearing in older adults. It did not affect high frequency decline.

Read “Effects of Folic Acid Supplementation on Hearing in Older Adults” online

<http://www.annals.org/content/146/1/1.abstract?etoc>

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.

Coming in 2010 – stay tuned:

MN DeafBlind Expo to be held on October 9, 2010.

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

Vowel Fouls (and Constant Consonants)

By Vicki Martin

What do all of the following words have in common?

Bond, bunt, mind, mitt, been, pint, bent, mend, putt, ban, pant, meant, mod, pot, bat, bud, met, man, band, mid, mat, bed, man, bend, pat, med, panned, mend, made, mutt, pad, might, paid, pit, bin, pet, bid, pond, bet.

Does that sound like a Marilyn Vos Savant question? You don't need an IQ of 210 to answer this one – just the experience of trying to understand speech with a hearing loss.

Vowel Fouls (cont.)

Of course – you all got it! These words all look the same on the lips of the speaker.

Vowels are produced inside the mouth and, for the most part, are invisible to the "listener". Add to this the fact that vowels are the most slippery of sounds, different from person to person and changing with even the slightest accent. It's what makes each voice unique.

Consonants generally can be read more easily, but even those that are plainly visible do not have a unique identifying look. "T", "D", and "N", for example, all look the same. Multiply these possible interpretations by the number of phonemes in an average sentence and you have an astronomical number of possibilities to choose from.

No wonder we so often get it wrong. But what is surprising is how often we get it right. What enables us to cut through so much of this uncertainty and – sometimes, at least – correctly guess what the speaker is saying?

To be continued (maybe)



National HLAA in Bethesda, MD

HLAA Convention 2010

This year's HLAA National Convention will be held right next door - in Milwaukee Wisconsin!

Convention dates are June 17-20 at the Hilton Milwaukee City Center and Midwest Airlines Center. You may be able to take advantage of these special discounts:

- **First-time Attendee Discount:** For first-time attendees, we are offering a registration discount! That's right, if you've never been to an HLAA convention before, now's your chance!
- **OIF/OEF Veteran with Hearing Loss: Complimentary Registration:** Calling all vets of OIF and OEF with hearing loss. We want to show our support and gratitude for your service by offering a complimentary registration. Email convention@hearingloss.org for more details.

The convention will feature:

- Special workshops for parents and educators of hard of hearing children
- Keynote speaker deaf-blind adventurer Bill Barkeley
- Research symposium on hearing aid research and development

If you are interested in attending, why not connect with other local HLAA-TC members to share transportation and housing?

HLAA Joins NAD and AG Bell in Comments filed with the EEOC

December 11, 2009

Hearing Loss Association of America joined the National Association of the Deaf (NAD) and Alexander Graham Bell Association of the Deaf & Hard of Hearing (AG Bell) in comments filed with the Equal Employment Opportunity Commission (EEOC). The EEOC had posted a Notice of Proposed Rulemaking (NPRM) with their proposed rules implementing the Americans with Disabilities Act Amendments Act of 2008.

* * * How do you feel about an alliance with NAD and other deaf organizations? Will this empower us in HLAA? Or might it cause us – or the organizations we work to persuade – to lose focus? What do you see as the pros and cons of such alliances? Let us know, and we'll get some discussion going.

-- editor

This & That



A **bill has been introduced** in the House of Representatives to require TV ad volume to follow the broadcast limits. "The Los Angeles Times," says instead of getting the gov. involved, use your mute button, volume control or tape your shows ahead of time and remove all the ads. Nice eh?

Stafa, Switzerland - **Phonak** is joining forces with Macy's Stores in NYC, Miami and Philadelphia to raise awareness about the importance of hearing, the Phonak "Hear the World Tour" will begin in Jan 2010.

Sonic Innovations and **Starkey Laboratories Inc.** have been announced as 2010 award nominees by the Consumer Electronics Association. Sonic's Touch hearing aid and Starkey's S Series with Sweep Technology have won 2010 Innovations awards in the show's Health and Wellness category. The event will be held Jan. 7-10 in Las Vegas.

This year for the first time, the **Better Hearing Institute** joined in the global effort to promote World Diabetes Day on Nov. 14. BH is urging those with diabetes to have their hearing checked weather you are Type 1 or Type 2. Diabetes now effects 1 in 3 people at some time in their life.

Colored Audiogram - Dr. Dennis Hampton has added color to a new twist on the audiogram, in order to make the graph more easily understood by his patients. Read more

http://www.hearingreview.com/issues/articles/2009-09_02.asp

Dr. Oz shows a woman with mild hearing loss who got the smallest in the ear hearing aid.

<http://www.doctoroz.com/videos/medical-miracle-invisible-hearing-aid>

Lyric Hearing Aids Information
<http://www.lyrichearing.com/>

Some of our HLAA TC members have **handicapped stickers** for our cars. Remember that it is illegal to drive with the sign in your rear view mirror.

Aloha

Aloha is a social group of deaf and hard of hearing people who meet monthly to eat and talk (isn't that what friends are for?). Ellen Thibodo is the coordinator.

Ellen writes: "My wish for everyone this year is good health, better prosperity, and to enjoy many good times with family and friends." To help meet that goal, she adds, "I am also hoping to find more of you willing to host an Aloha party this year..."

You can host a party

- In your own home
- At Chris Lano's Bloomington home
- In a restaurant at which you make the reservation

To volunteer, or for more information, contact Ellen at ThibodoD@aol.com or (651) 423-2249 (TTY).

You Tube captioning

"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." -- HLAA National website

Have any of you viewed You-Tube captioning? Your opinion, please!

Performances Presented with Open Captioning through March 2010

The following performances will be Open Captioned for people who are deaf or hard of hearing. Selected performances offer reduced admission prices for the patron and one companion. When you call a Box Office, confirm the Captioning service, date, time, ticket price and anything else you need to know (length of performance, smoking onstage, etc.). If you attend a show, please share your feedback with the performing organization, captioner and VSA arts of Minnesota.

Schedule updates are available by voicemail -- VSA arts of Minnesota, 612-332-3888 or 800-801-3883 (voice/TTY) or the MACT Hotline, 612-706-1456 or 800-290-2428 (voicemail box 4). Schedules are posted on the Web at: www.vsaartsmn.org/theater.html, www.accesspress.org and elsewhere. Accessible cinemas and a list of arts venues who typically don't schedule access services unless requested are at the end of this listing. You can request services you need from them.

CAPTIONING:

Open captioning is a general term used to describe text displayed simultaneous to live speech, dialogue or performance. As opposed to closed captioning, which requires special equipment for viewing, this Open captioning can be seen by anyone via a 4-foot-wide screen placed adjacent to the stage that displays dialogue from the show in real-time.

Selected Guthrie performances are captioned by c2 (caption coalition) inc, a consultant and service provider of Live Performance Captioning and CART (Communication Access Real-time Translation) Captioning for patrons who are hard of hearing and deaf at events at more than 150 venues across the country. FM receivers for hearing assistance are also available at the Level 4 Service Center..

Romeo & Juliet

by Shakespeare.

Performed by: The Acting Company in association with the Guthrie Theater, directed by Penny Metropulos.
Location: Guthrie Theater's McGuire Proscenium Stage, 818 2nd St. S., Minneapolis.

Captioning: Saturday, January 23, 7:30 PM (by c2 inc.).

Tix: Reduced to \$20 for AD/ASL, \$25 captioning (regular \$15-40); phone: 612-377-2224, TTY 612-377-6626.

Website: www.Guthrietheater.org

Description: On the heels of last year's co-production of *Henry V*, The Acting Company and the Guthrie partner for a national tour of Shakespeare's iconic romance. When Romeo Montague is struck by the sight of young Juliet Capulet at a dance, he determines to pursue her despite the feud between their two prominent families. Swords clash, everlasting love is promised and a treacherous sleeping potion is swallowed in the greatest love story of all time, embodying the passion of youth.

Run: January 9-31, 2010.

ACCESSIBLE MOVIES: The following movie complexes in Minnesota offer a variety of captioning or description services. Contact the theatres below for showtimes of their accessible films. For MoPix-equipped Rear Window Captioned Films, go to <http://ncam.wgbh.org/mopix/nowshowing.html#mn>. The cinemas are:

Science Museum of Minnesota Omnitheater –

Films shown at the Omnitheater often offer accessible features (CC: Closed Rear View Captioning; AD: Audio Description; or Spanish translation).

Titanica is a 45-minute film (playing through January 28, 2010).

To request accommodations for exhibits, call at least 72 hours in advance: 651-221-9406. Open Monday-Wed. 9:30-5:00, Thurs.-Sat. 9:30-9:00, Sun. 12:00-5:00. Contact info: 120 Kellogg Blvd. W., St. Paul 55102, **Phone:** 651-221-9444, option 2 for film times, reservations or questions; TTY 651-221-4585; **E-mail:** info@smm.org; **Web:** Accessibility: www.smm.org/accessibility; Hours & Showtimes: www.smm.org/hours; **Tickets:** <https://www.smm.org/tickets>.

Kerasotes Block E Stadium 15, 600 Hennepin Ave., third floor, Minneapolis 55403; 612-338-1466, bloc@kerasotes.com. Accessible films in Auditoriums 2 & 12. (NOTE: DVS patrons: If your show is in Theatre 2, request headset with Letter C. If your show is in Theatre 12, request headset with Letter G.) Enter parking ramp on 7th Street next to the Hard Rock Café.

<http://www.kerasotes.com>Showtimes.aspx?OptionTheater=Go&TheaterSearch=8630> (Scroll down the lower right-hand column every Friday morning to see what two films will have rear view captioning or DVS that week at Block E.)

AMC Eden Prairie Mall 18 Theatres, 8251 Flying Cloud Drive Suite 4000, Eden Prairie 55344 (Eden Prairie Shopping Center, Hwy 212 & 494), 952-656-0010; movie listings: 952-229-4262. Park in upper level lot between Sears & Kohl's. Accessible films in Auditorium 4. www.amctheatres.com or www.moviewatcher.com/index.html or www.moviewatcher.com/isp/amg.jsp. Email 0650@amctheatres.com

AMC Rosedale 14 Theatres, 850 Rosedale Center, Roseville 55113 (Rosedale Center, Hwy 36 & Snelling Ave.), 651-604-9347. Accessible films in Auditorium 14. www.amctheatres.com or www.moviewatcher.com/index.html or www.moviewatcher.com/isp/amg.jsp. Email 0651@amctheatres.com.

Oakdale Ultrascreen Cinemas (Marcus Theatres), 5677 Hadley Ave. N., Oakdale 55128 (I-694 & Hwy 36 next to Fleet Farm); 651-770-4994. This cinema uses DTS® (Digital Theatre Systems, Inc.) to superimpose open-captions over the bottom of select movies. Subscribe to an Open Caption weekly e-mailer at www.marcustheatres.com/theater.cfm?theater_id=2506.

Lakes 10 Theatre, 4351 Stebner Rd., Hermantown, and **Duluth 10 Theatre**, 300 Harbor Drive, Duluth 55811; Movie Line 218-729-0335; Emergency Line 218-729-0334; Fax 218-729-0334; Sfennessey@cectheatres.com. Theatre 6 at Lakes 10 offers Rear Window Captioning and DVS when available.

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>

In Memory

We are sad to announce the death of Ralph Katz, long time HLAA-TC member

Matthew Hjelden, M.S., CCC-A
Audiologist

Tel: 651-646-9200
Fax: 651-646-8111
matthew.hjelden@amplifon.com

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Excerpts from the HLAA November chat on hair cell regeneration with Dr. Douglas Cotanche, Associate Professor of Otolaryngology Boston University School of Medicine:

Caller Eileen wonders if she might be a candidate for hair cell regeneration:

Hi Eileen, Sorry to hear about your unexplained hearing loss. Unfortunately, at this time there are no clinical trials for therapies to regenerate hearing in humans. The work you're referring to is experimental basic science that is being conducted on birds and mice. Although we are learning more every day about hair cell regeneration, it is not yet at a point where any experimental therapies and at a point where they can be tried on human patients.

Caller Kathleen asked about clinical trials:

Hi Kathleen, Unfortunately, at this time there are no clinical trials for therapies to regenerate hearing in humans. Although we are learning more every day about hair cell regeneration in animal models, the science is not yet at a point where any experimental therapies and at a point where they can be tried on human patients.

Caller Lin asked when this procedure might be available:

Hi Lin, Thanks for your interest in our work and for following over the years. We are still in the very early stages of developing techniques for inducing hair cell regeneration in damaged mouse and guinea pig ears. To date, we have not yet perfected a technique that leads to full or even partial functional recovery in a damaged cochlea. I would project that a potential therapy will not be available for at least 20 years.

Caller Carol asked if people with cochlear implants might become candidates:

Hi Carol, The new cochlear implants are thought to not damage as much of the cochlear components as the original CIs. So it is possible that those who currently have a CI might be able to take advantage of any therapies that might be developed in the future.



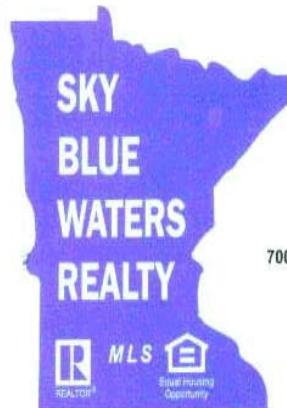
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Jerri A. McMahon
Hearing Instrument Specialist

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treasurer@hlaatc.org

Aloha Event Coordinator –
Ellen Thibodo, (651) 423-2249 (TTY)
ThibodoD@aol.com

Contact Info. info@hlaatc.org

Photos Ross Hammond

Newsletter Editors –
Linda Senechal, cilinda97@yahoo.com
Merrilee Knoll, Rknoll5200@aol.com
Vicki Martin gimme88@aol.com

This month's editor is Vicki Martin

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