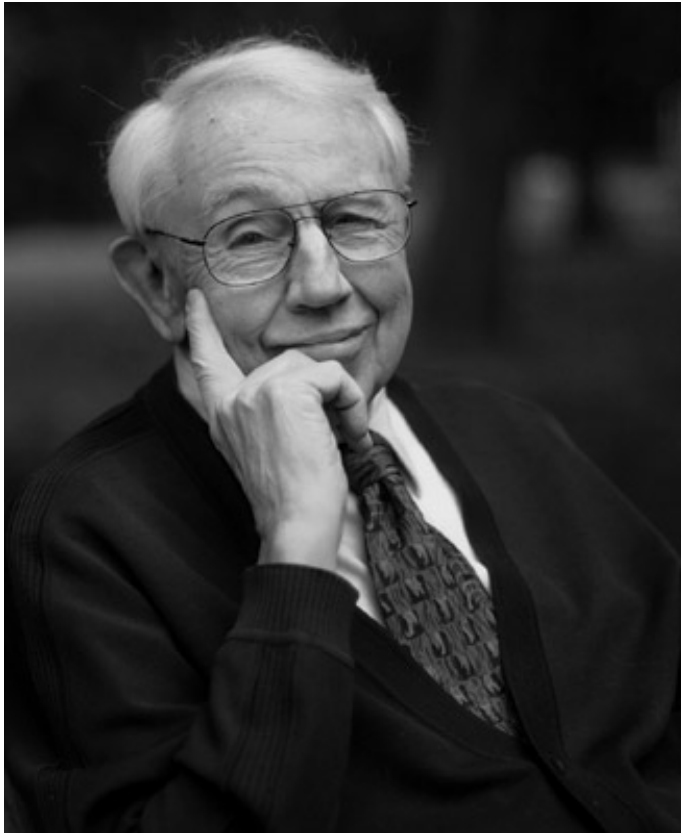


HLAA Twin Cities

Hearing Loss Association of America Twin Cities Chapter May 2008

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



Picture from the 2002 McKnight Award

Bonham Cross
1921 - 2008



May 2008

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THE **NEXT MEETING** IS

May 17th at 9:30 AM

Courage Center

3915 Golden Valley Road

Golden Valley, MN 55422-4249

HLAA TC Website

www.hlaatc.org

contains map to our location,
resources, officers, upcoming
events and newsletters.

HLAA National:

www.hearingloss.org

MN Contact Information:

info@hlaatc.org

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



Monique Hammond, President

HLAA TC President's message May 2008

And so another HLAA TC meeting session comes to an end! Time flies!!

I do not know about anyone else, but in my mind this has been a very successful year. There seem to be all sorts of uplifting feelings in the air when we get together – feelings of belonging, of not being alone on a sometimes tough journey.

HLAA TC is “**our**” organization! It is not just a project to keep the Officers busy. We really have grown as a group, which is wonderful. This reminds of a song: “We Are Family..” People help out with the chores of setting up before the meeting and with cleaning up after the meeting without being asked. It all proceeds like magic.

Usually, the President's last message is particularly focused on saying **Thank You**. This one is no exception. I will not name names, unless I print a list of all of the members and guests who have made it such a joy for me to be President.

Thank you for attending the meetings, for bringing guests, new members and treats. Thank you for all for the help and support for the organization. I have learned again so much in these last 9 meetings, not only from our outstanding **speakers** but mostly from **all of you**.

I want to also express my gratitude to the **Officers** who supported me and helped steer the ship through at times choppy waters.

Of course, we also want to remember our friends at **CART**. How many times did they rescue us this year when we had amplifier problems? Without their staunch support our meetings would be impossible. I said it a thousand times, so here it is once more for the road!

Let us also bow to our two devoted **Newsletter editors**. Sorting through all sorts of information and making value judgments what best serves our readers is no small task.

As we found out last month, we had a hugely successful Steak Fry, our yearly fundraiser. The efforts of all of those involved in the process let us look forward to covering our expenses for yet another year. Anyway, A BIG THANK YOU to all for a job well done!

I leave you with the words of **Helen Keller**: “When one door of happiness closes, another opens. But often we look so long at the closed door that we do not see the one which has been opened for us.”

Have a great summer! Just one more song: “See you in September..”

Signing off!

Monique

HLAA TC Meeting April 19, 2008*Vice President Vicki Martin*

Meeting Summary

Guest Speaker: Kristin Swan, psychotherapist, Regions Hospital

In this portion of Kristin's presentation, she emphasized the things that we need to be aware of, the things we can do, to help others to communicate with us. Though we may feel that we are always the ones who must make adjustments, we should step back and realize that we are asking a lot of others too.

Patience is needed, even in something as basic as the request to speak louder. Loudness level, along with all of our other speaking traits, is a lifelong habit, and it can't be changed overnight. Be wary of criticizing, because it puts people on the defensive. Try a positive approach, such as "I have an idea how we can make this conversation work better...." – and then share those ideas. Make sure you also give feedback ("That's great! I can see your face now..."). This will help keep things on track, and a little "thank you" will make them feel more appreciated.

We need to be able to share our sadness and anger too, but save that for the special people who can help you with it. In everyday interactions, try to be upbeat. No need to be apologetic either, just keep it matter-of-fact.

Bluffing is not a very productive approach, though we all do it (Kristin does too!) A good way to minimize bluffing is to really be interested in the speaker. You won't want to miss anything, and they won't want you to.

Do feel free to take breaks as you need them, with a short explanation to your conversation partner about how your hearing (not his talking) tires you.

There are times when we need to be the ones to give in: go to that movie that you can't hear, or the party where you can't understand anyone – for

those you love. There are times for these compromises, though it is not all the time.

Learning to relax is very important, especially since hearing loss is very stressful.

Kristen ended her talk by expanding on the idea of "radical acceptance". We will never get past trouble, pain, disability, or tragedy if we cannot accept it. And accepting it does not mean that we must consider it good. It is not good, but we accept that it is.

Two handouts were provided for the program, one on "Strategies for Coping" and the other "Guidelines for Effectiveness."

Business Meeting

President's Message:

Monique noted upcoming events for HLAA, including the FCC speaker for May, and the Minnesota Hearing Loss Convention scheduled for March of 2009.

Vice President Vicki's messages:

ASL words for this month are:

Break
Vacation
Retire
Nice
Volunteer
Help

Vicki reported some information from Ultratec that may be helpful to those whose TTYs are sending (and/or receiving) garbled messages: Ultratec recommends hitting the space bar after each message. This seemed to work for Vicki when using one machine, but had no effect on another. Another HLAA member suggested that there could be a problem in the physical line.

(Continued on Page 8)

**From a 2006 HLAA TC article about
Bonham**

Bonham Cross now 85 yrs. old told us at the last SHHH mtg. "I became involved in a youth group at church one of the biggest in Mpls. at that time and then the war came, and that changed everything." He signed up in the Air Force and became a B-25 pilot.

He lost part of his hearing to scarlet fever when he was young, more when he flew B-25's in WW11 and more in Africa to malaria, which he had twice.

After the war he attended college. When he worked at Glacier Nat. Park he met Marie and they married. They both enjoy hiking and return to the park frequently. Bonham also enjoys sailing.

He started at the Star and Tribune as a photographer then onto the advertising dept. In the print shop he met his new friends and learned ASL, at this time he was nearing retirement age. He attended MN Assoc. of Deaf Citizens mtgs. He was one of the few HOH who learned ASL.

From his friends, some no longer with us:

I've had the pleasure of knowing Bonham since I joined SHHH, probably somewhere in the neighborhood of 20 years. I have never known a more gifted and giving man. To my knowledge I've never heard him say no, if he didn't have the answer he'd get it. All questions relating to looping were easily responded to. Not only did he generously volunteer his time and talents and equipment for our chapter, he advised and provided service to Hennepin Avenue United Methodist Church, the state meetings of SHHH, legislative day on the hill for the Minnesota Commission Serving Deaf, hard of hearing and Deaf Blind, various professional organizations serving persons with a hearing loss. He has been honored by several groups for his generosity and skill. But perhaps, most of all, he never fails to say only the best about the people he associates with, and for me, that tops the list.

Cliff Miller (Cliff passed away in 2006)

My Uncle Bonham taught me a great long word. "hotten-totten-strater-trottel -mutter-beidel rotten-lattin-gidder-wetter-cotter atten tatter". which he could rattle off with great speed, as a part of an old folk legend. He was a gifted story teller and singer and played the sweet potato (ocarina) and jaw harp. We loved watching him work in the dark room, developing film and printing.. What a photographer!!!

Marilyn Cross

Bonham was a man you met once and then you were a friend for life. He was always giving to others and never seemed to run out of goodness to give. We will miss him greatly and owe it to him to carry on his good works by giving to others in the same spirit he gave to us all.

Rich Diedrichsen

Bonham always had a smile and a hug for everyone. I will miss him greatly

Diana van Deusen

Participant/Member of:

- Deaf Pilots Assoc. Inc.
- The Hearing Society of Minnesota
- The Minneapolis Metro Regional Service Center for the Hearing Impaired
- The Minnesota Commission Serving Deaf and Hard of Hearing
- The Minnesota Association of Deaf Citizens
- Self-Help for the Hard of Hearing Minnesota Chapter.
- Vision Loss Resources/Deaf-Blind Services of Minnesota
- MN Senior Federation

Awards:

- MN Registry of Interpreters for the Deaf for 30 years
- 1997 National spirit of SHHH Award
- 2002 McKnight Binger Award
- 2005 Lion Roars Humanitarian Award
- 2006 HLAA TC (formerly SHHH) first and only to receive the lifetime membership award.



Bonham Cross
Remembered



Bonham and Marie,
were married 64 yrs.

He always had a tremendous amount of energy and a good story to tell.

From a spouse of Bonham's cousin.

B-25 pilot
during
WWII



On the memory table were model airplanes, a Star and Tribune delivery bag, newsletters from different groups he was in, an old 1950 newspaper telling about the Jim Crowe days and a roll of duct tape. The HLAA TC paper and tape made me cry.

Merrilee Knoll

I too, will miss this very special man, Bonham; he was a Strib co-worker & friend of my own father's, and he was an FM tech. mentor to me, in addition to being a simply wonderful, generous & fun-loving man.

Rubin Latz

Bonham was one of the first people I met at SHHH (Now HLAA), and I can't tell you how much he meant to me. Always taking time to make sure I and others at the SHHH meetings could hear via the loop, signing, writing or using an ALD. His stories were always interesting and fun. I never heard him say no to the group and he did a wonderful job teaching others about all the wonderful technology out there for us. He will be missed.

Jodi Ostman

Some things you may not know about Bonham:

- When he worked for the Star/Tribune one job he was told to do was go to MO to take snapshots of the arousal of the Jim Crowe events. The writer for the story was a black man and he and B. had a problem getting a room.
- He was a stickler for getting ASL signs correct.
- Because it was so noisy in the print shop at the Star Tribune only deaf employees worked there, Bonham thought it would be a good opportunity to learn ASL as he wanted to tell and hear there stories.
- Bonham, shyly when asked to give his profile for the 1998 Deaf Pilots (IDPA) Yearbook, hesitated to do so because none of more then 2,000 flying hrs. were as a deaf pilot he was only HOH. Because he thought others were more deserving of the honor, he was reluctant to be mentioned in the yearbook.

Bits and Pieces

Captioned video of Deaf after getting a CI-

The ASL-Cochlear Implant Community
<http://aslci.blogspot.com/2008/04/faces-of-asl-ci-users.html>

The San Francisco **SPCA Hearing Dog Program** (HDP), which has been a fixture of saving canine lives has been **closed** by the SF/SPCA Board of Directors. The new VP thinks the program does not save enough dogs given the cost that goes with the program which has been in existence for 25 yrs. The staff was fired and the remaining dogs will go up for adoption.

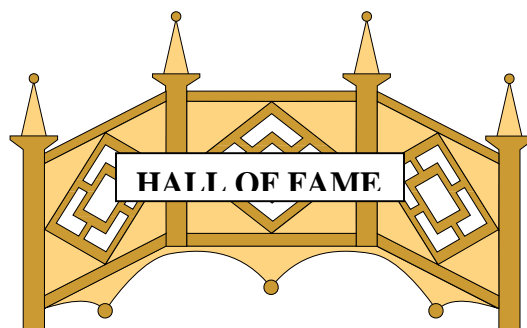
San Francisco Law would require that **TV's** be programmed to show closed captions in **public places** whenever the TV is on. There would be civil penalties of up to \$500 per day after the 3rd violation within one yr. of the first fine. A fine of \$100 for the 1st violation and \$200 for the 2nd.

Minn. bill tailors campaign ads to hard of hearing. **Campaign ads in MN** could soon carry a new feature; closed captions. MN Senate voted to require candidates for state level offices to carry cc for both TV and web sites.
<http://tinyurl.com/4z75c2>

After 15 years in the business, **InSight Cinema** has been forced to close its doors. They are a non-profit org. and did not have the finances to continue. From the founder/president Nanci Linke-Ellis "We will leave up the home page and all links (non profit alliances, related arts, audiologists, etc.) that do not require daily updates. We will have Fandango, Movies Tickets.com and all of the theater links where you can find open captioned films.

www.aarp.org/drive Want to keep current on your driving skills? Drivers 50 and older who take the **AARP driving class** can receive an insurance discount.

Advanced Bionics, <http://www.bionicear.com>
eLearning Library. View on-line classes, interactive learning modules and articles newsletters that have been uniquely designed to fit your education needs. To view the FREE eLearning opportunities click on the category that best describes who you are.



We would like to thank these people/orgs. listed below who have helped us by placing ads in our paper.

- ▶ **David Bacik-Sky Blue Waters Realty**
- ▶ **Dr. Paula Schwartz-Audiology Concepts & Tinnitus and Hyperacusis Clinic**
- ▶ **UPS of Brooklyn Center**
- ▶ **Jerri McMahon-Sonus**
- ▶ **Harris Communications**

THANK YOU



RADICAL ACCEPTANCE

By Sue Brabeck

Kristen Swan's talk at the April 19 HLAA-TC meeting put a name to what I have come to practice nearly every day. She talked about "Radical Acceptance". Her handout said "Freedom from suffering requires ACCEPTANCE from deep within of what is. Let yourself go completely with what is. Let go of fighting reality". Oh boy – that sounds too much like work. But what helped me to accept "acceptance" (???!) is that to ACCEPT something is not the same as judging it good. Its not the same as giving up. This was a revelation to me, and I needed to hear it.

The more I think about it, the more I find that I am increasingly doing this. I have had to do this for life-altering events, the day-to-day grind of living and the things around me that I can't control, and of course my hearing loss. Let me illustrate.

In November, I received a diagnosis of cancer, with subsequent surgery at Christmas. Acceptance? Well, let me tell you that the process took a while. I had to deal with the anger and the "why me" feelings, and once I did that, I slowly came to accept the battles ahead of me.

Just weeks after my surgery, I lost my brother Dennis, my only sibling. I am still working on the "acceptance" of that loss. I anticipate a very long road.

Then there are the day-to-day frustrations. The price of gas? Oy. I can't change it, but I also refuse to dwell on it. I have made some changes in my driving habits, but ultimately I accept that the price of gas is outrageous. I can't turn on the TV or open a newspaper without alarming headlines shouting out about how there is no end in sight. While I "accept" it, please understand that I don't find it "good". I accept the price, but I don't have to like it. I simply don't have the energy to complain about it.

Over the years, my hearing loss and I seem to have come to some sort of mutual understanding. I have constant tinnitus that never abates, but it disturbs me less than it once did. I have managed to find some work-arounds for many situations at work and in my personal life. For those that I can't, well, so be it. The less I "fight" in my mind, the happier I seem to be. I have to accept my loss, over and over, and it can be exhausting.

Those of us with hearing loss are probably at a whole range of levels of acceptance. I think that because we have reached out to HLAA-TC for support, that we have taken a significant step towards acceptance. At HLAA we're not alone. Our stories are remarkably similar in many ways. While this doesn't make our hearing loss "good", and certainly none of us is "giving up", it does make acceptance just a tiny bit easier.

I just wish I could find a one-way ticket to Acceptance-land. I'm tired of making the round trip!

(Synopsis continued from Page 3)

Secretary Sue:

Sue “officiated” at this very special door-prize giveaway: a wood pen and pencil set hand-made by Mike Cowell, who donated the prize for today’s meeting. And beautiful it is!

Treasurer Bob:

We pre-sold 130 tickets for the steak fry, with Joe and Lori capturing the honors for highest ticket sales (36) , and Mary Andresen close behind with 35. Along with walk-in customers, it made for a total of 202 dinners served. A hearty thanks to all our volunteers (both sales and service!). We received a check from the Lions for \$903 for the event, and we owe them a debt of gratitude as well, for this annual effort on behalf of HLAA-TC.

Carole Blowers, member spotlight

Carole has worked in City government for 20 years, and was diagnosed with a hereditary hearing loss 14 years ago. She has had hearing aids for only a year. She discovered HLAA-TC just this year, while searching the internet for a support group. With support from HLAA-TC, and information she has gleaned, Carole has been pro-active in dealing with problems on her job. Both behavioral and technical solutions have helped.



Aloha time! The details for this month's event:

Who: Chris Lano's home

Where: Bloomington

What: We will be having pizza and we'll each chip in a few bucks to help with the cost.

When: Saturday, May 10

Time: 5:30 to ?

You: Bring your own drink, a chair, and either a snack, dessert or appetizer to share.

ThibodoD@aol.com

Please RSVP to me by Friday if you plan to attend. And have a nice springy week!

Calendar of Events

May 17, 2008 – FCC speaker, digital TV changeover and captioning, elections and potluck

June, July, August – NO MEETINGS

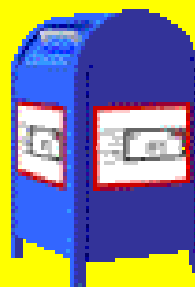
June 12 –15, 2008 – HLAA **National** Convention in Reno, Nevada

Sep 20, 2008 - Mary Clark, president, Orange County CA HLAA group: Emergency Preparedness for hard of hearing people

Oct 18, 2008 - Mary Bauer, DHHS - Equipment Lending Program

Nov. 15, 2008 – Linda Senechal – CI's

Dec. 20, 2008 – Rubin Latz - Dept. of Vocation Rehabilitation



42¢

May 12, 2008

Postal rate increase for first class (1 oz.)



The Crystal Lions Steak Fry on April 9th was a giant success. Over 200 dinners were served. Our wonderful serving staff should be very proud of the job well done. And to all of those selling tickets, well done to you too. A big Thank You to all those involved in any way, shape or form, a big Thank You. Less than a week after the steak fry, The Crystal Lions sent a check for \$903.00. Hard work does pay off. Good job to all. Treasurer Bob



Big Ticket Sellers

**Mary
Andresen**

and

**Joe
O'Brien**

**With help
from his
VIP
Lori Snyder**

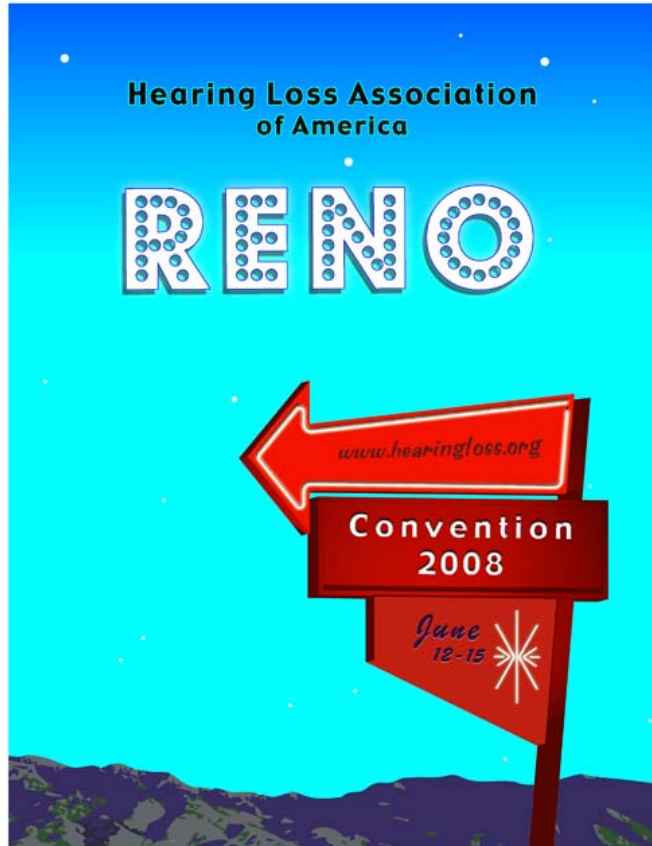


Workers

**Jim, Sue, Ross,
Monique, Joe,
Bob, Mike D,
Janet, Lisa, Patty,
Mike C, Janis,
Merrilee**

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.



HLAA has a **National Convention** in Reno, NV on June 12-15 with Olegario "Ollie" D. Cantos, VII special counsel to the acting assistant attorney general for Civil Rights in the US Department of Justice. For more information see: <http://www.hearingloss.org/convention/index.asp>

Punch Line Submitted by Vicki Marten

A retired friend sent me a batch of "senior" jokes recently. He's even more senior than I am, so I guess he's entitled to do that occasionally. What caught my attention in that group of stories was that out of eight "senior" jokes, fully half of them were about hearing loss.

Here's a sample:

"An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentle-man to hear 100%. He went back to his doctor after a month and the doctor said 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to the con-versations. I've changed my will three times!'

Are we laughing yet?

To me, it seems that the real "punch" line of this story is the statement that the man's hearing aids allowed him to hear perfectly. Ouch!

Of course, I'll grant some literary license in the course of storytelling. I'm as capable of "suspension of disbelief" as the next guy. I guess I just can't suspend it quite that far.

Some people do find this joke funny, though. They are probably the ones who believe the myth that hearing loss can be "fixed" by getting hearing aids.

Another joke explodes this myth:

"A man was telling his neighbor, 'I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect.' 'Really?' answered the neighbor. 'What kind is it?' 'Twelve-thirty.'"

Now I'm laughing. This kind of thing actually happens all the time, and the two folks having the conversation can't help but learn that even "state of the art" isn't perfect.

But in another way, it probably perpetuates the same myth as the first one did: that hearing aids are *supposed* to make one's hearing perfect, and if they don't, there is something wrong with them.

Will the future of hearing aids – and thus, "hearing humor" – be different? Some people think so. But no matter how good hearing aids become, the fundamental problem lies not behind our ears, but within our brains. And for that reason, says Mark Ross (HL magazine, Nov/Dec 2007), "the psychosocial impact of a hearing loss is not likely to change". Not a very funny line, maybe, but it's one with some real "punch".

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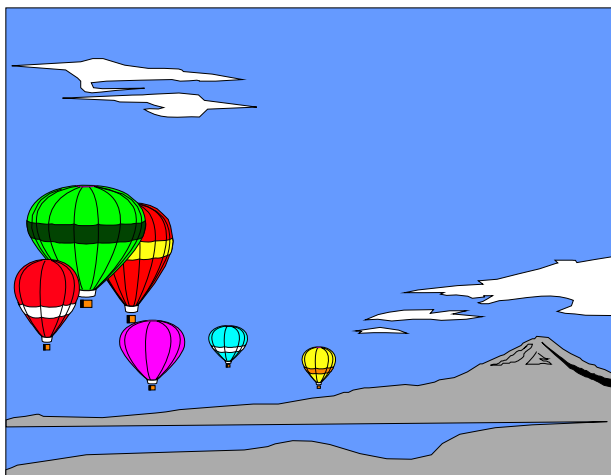
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First Class



Next meeting: Saturday, May 17, 2008

HLAA Twin Cities Chapter

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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