

HLAA Twin Cities

Hearing Loss Association of America Twin Cities Chapter September 2008
Formerly called....Self Help for the Hard of Hearing (SHHH)



Calendar of Events

2008

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, Potluck, White Elephant Gift Exchange, Cookie Sale

2009

Jan, 17, 2009 – Mary Hartnett – MCDHH

Feb. 16, 2009 – Lisa McDonald, Cochlear Imp.

Mar. 27-28, 2009 – State Convention in St. Cloud, **no** mtg. at Courage Center this month

September 2008

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THE **NEXT MEETING** IS
September 20th 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

IMPORTANT NOTE: Annual membership dues are to be paid in September. Please mail your check to the PO address on page 12 or bring it to the September meeting and give to our treasurer - Bob.

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

From your President Vicki Martin



By The Numbers

Many publications seem to have hopped on the “By the Numbers” bandwagon, presenting their readers with catchy captions, sidebars, or even entire pages given over to a list of spotlighted numbers. “Five!” “Twelve!” “Ninety-seven!” “Forty six!” Whatever your favorite number, you are sure to find it featured in “Bush by the Numbers”, “Fringe Festival By the Numbers”, or even “University of North Dakota By the Numbers”.

Whether this is a commentary on our ever-decreasing attention spans I’m not sure, but it is at least a fairly successful gimmick.

This month, as we launch a new HLAA-TC season, I would like to share a few numbers with you that are not gimmicks. How about these:

516,000-estimated number of people with hearing loss in Minnesota *

30 million-estimated number of people with hearing loss nationwide ***

660 million-estimated number of people with hearing loss worldwide.

200,000+ Number of hits per month on hearing loss related articles posted online in Wisconsin. **

Yes, you read that right! 200,000 is the correct number. Tami Klink, a hard of hearing Wisconsinite, contacted me this summer and shared this astounding fact.

That hundreds of thousands of people around the world have managed to home in on Tami’s articles clearly indicates a widespread hunger for information, assurance, encouragement, and connectedness

But we knew that already, didn’t we? That’s why HLAA-TC is here, too. Every meeting is another opportunity for each of us to become more informed, encouraged, and connected.

This year, as every year, we’ll be trying to meet those needs however we can. We don’t always know exactly how we’re going to do it, but whether by the numbers, by the book, or by the seat of our pants, it’s bound to be an interesting ride.

Welcome aboard!

* based on hearing loss incidence of 10%

Vicki Martin

**** Editor:** This total is the # of hits on the newspaper Milwaukee Journal Sentinel, not the # of hits on Tami Klink’s articles on hearing loss

***** Editor:** According to John’s Hopkins Hospital in Baltimore, and the July 2008 issue of Archives of Internal Medicine the new total nationwide is 55 million.

Living Lake Country

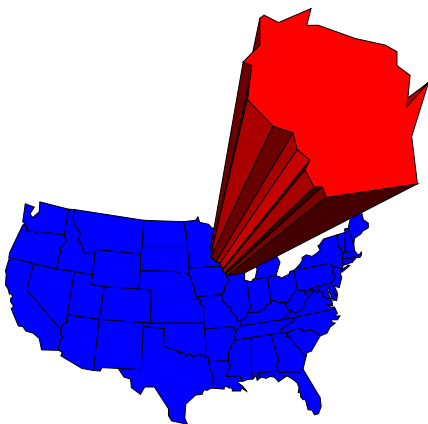
Tami Klink in Wisconsin

Tami is a hard of hearing (HOH) writer for the Living Lake Country paper online, as are all Journal Sental reporters she does it voluntarily. They do it because they like to write and/or they have information that needs to be shared. She started in March 2008, when the Journal Sental wanted to give this "new topic" on hearing loss a try, to see if there was any interest. Interest there was!!!! Lots of it.

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

To see some of Tami's articles go to:

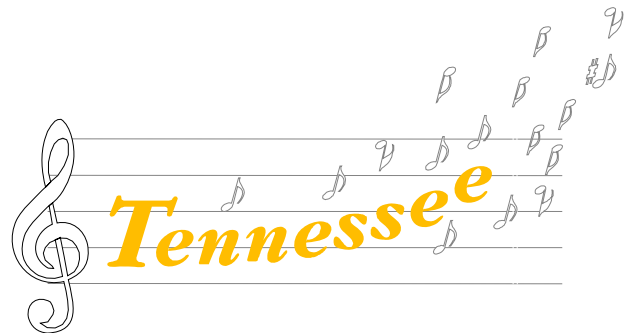
http://community.livinglakecountry.com/blog/s/hears_to_life/ go to the far right hand side, and see the dates and titles and pick an item you would like to read about. Currently there are 85 columns. This site has nothing to do with the HLAA State website in Wisconsin.



HLAA Convention 2009

is in Nashville, Tennessee from June 18-21, 2009. The Country Music Festival will be taking place in Nashville the week prior to the convention, so it's a great family vacation opportunity.

The site of the conference is the Gaylord Opryland Hotel and Convention Center. <http://www.gaylordhotels.com/gaylord-opryland/>. It boasts of nine acres of indoor gardens, cascading waterfalls and an indoor river with its own Delta flatboat, a 20,000 square foot resort spa and fitness center, Fuse Nightclub. Restaurants include Old Hickory Steakhouse Restaurant, Ristorante Volare, Cascades Seafood Restaurant, Water's Edge Marketplace Buffet, Jack Daniels' Saloon.



Business Cards-telling about HLAA TC can be obtained from treasurer Bob for \$1. These are easy to carry in your wallet to tell others about HLAA.

Sounds Beautiful

By Sue Brabeck

Not long ago, I was having a nice quiet evening, snuggled in the recliner with an old afghan, a black & white *Andy Griffith Show* re-run on the TV. My cat, Sesame, was in one of his moods where he feels he is entitled to some attention. He was on my lap, making happy-kitty-paws on the afghan. Soon he curled up and plopped down, ready for a long nap.

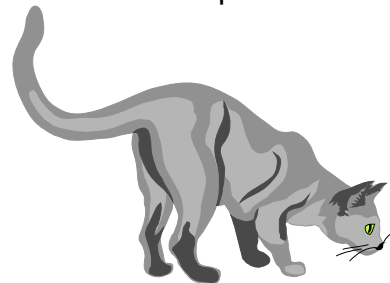
Then, I heard a soft sound, unfamiliar to me. When I hear an unidentified noise, it's tricky for me to find the cause. I don't know if the sound is to my left or right, or even if it's above or below me, behind or in front of me. This struggle happens more often than I'd like. Adding frustration to the issue is that the sounds aren't "normal", they don't sound at all like I remember. Most of the time it's too much work to figure out the source of a new noise, so I don't even try.

Then it dawned on me. Sesame was purring. I've lived with cats all my life, but I have not heard Sesame purr in several years. But that evening, the sun and the moon and the stars were all aligned correctly and the sound came through my hearing aid. It wasn't even close to how I thought it was supposed to sound, but there it was - one of the most wonderful things I've ever heard.

His purring was faint and I couldn't capture it for long, but the new sensation of hearing it was absolutely wonderful. Here was something I never thought I'd ever hear again, so unexpected. I pondered on it for a little bit, wondering what it was that made such an ordinary sound so magical.

It's those small moments in life that I have been missing. The tapping of rain on the roof, the rustle of a blanket as my daughter rolls over in her sleep, the happy chatter of children playing in the park next door, or a bird chirping in a tree outside my window. I don't hear the small things anymore, and I have accepted that I may never. In fact, I'd probably go so far as to say I've given up even trying to. It's enough work understanding and comprehending everyday conversation, and I think I've grown somewhat fatigued with trying to identify all the other noises of everyday life. I just don't have the energy.

In the weeks after this experience, I have been lucky and again caught a few wisps of Sesame's kitty-motor when I really try and focus. Because I heard it once, I know to work at trying to hear it again, re-training my ears as to what to listen for. I'm looking forward to perhaps trying other mystery-sounds, but right now I'm just going to enjoy the extraordinary gift of Sesame's beautiful purr.



Bits and Pieces

Michael H. Stone of Washington, D.C., son of founder Rocky Stone, has been named president of the board of trustees of the Hearing Loss Association of America (HLAA), the nation's largest organization for people with hearing loss. He officially assumed his new role with the organization at the HLAA Convention 2008 in Reno, Nevada. Other officers installed at the convention are: Jeannette Kanter, vice president, of Canandaigua, New York; Peter Fackler, treasurer, of Rochester, New York; and Deb Charlea Baker, secretary, of Chester, Vermont.

Blocks, great for learning the **ABC's of sign language**.
<http://www.signlanguageblocks.com/>

Chris 16 and Amanda 22, Deaf from birth get **cochlear implants**, see their stories
<http://tinyurl.com/5jcu88>

Read the 193-page book "**The Savvy Consumer's Guide To Hearing Loss**" by Karen Rockow, copyright 1997-2008. Read the entire book online. Topics include; what help is available, special concerns of teenagers, seniors, mental health, financial assistance, career help, support groups, ASL, letting people help you, HA's etc. etc.
http://www.mass.gov/Eeohhs2/docs/mcdhh/savvy_guide.pdf

Lip reading at home course **NEW**

<http://www.lipread.com.au/>

ASL at home course **NEW**
<http://www.learningsignsonline.com/>

New book, "**The Consumer Handbook on Tinnitus**" by Richard S. Tyler, Ph.D. He explains the challenges in simple terms and drawings, see excerpt at
www.hearingproblems.com

Hearing Loss reaches 55 million
according to USA Today, July 29, 2008 newspaper. The new number was supplied by John's Hopkins University, from the Archives of Internal Medicine. The rise which used to be 33 m, was due to people living longer and returning Vets.

October 29 - November 2, 2008
Association of Late-Deafened Adults
ALDAcon 2008

Celebrating the 20th Anniversary of the Association of Late-Deafened Adults is planned for October 29-November 2, 2008, at the Chicago City Centre Hotel and Sports Bar (Doubletree) and registration is now officially opened at www.alda.org



Congress Passes Legislation for Training of Realtime Writers

From the website of the National Court Reporters Association (NCRA)
www.ncraonline.org

On July 31, 2008, Congress passed the Higher Education Opportunity Act. Included in the Act is NCRA's Training for Realtime Writers language, which creates a competitive grant program to train realtime writers to provide both captioned information and communication access for the 30 million Americans who are deaf and hard-of-hearing.

The passage of the bill marks a triumphant end to eight years of effort put in by NCRA and our partners in Congress. Many legislators, especially Sen. Tom Harkin (D-IA) and Rep. Ron Kind (D-WI), have been advocates of this language since it was first introduced. NCRA has worked hand-in-hand with these lawmakers to ensure that this vital language reaches the President's desk.

"As a certified broadcast captioner and realtime writer who works with the deaf and hard-of-hearing community week in and week out, I laud Congress's passage of the Higher Education Opportunity Act with the inclusion of the Training for Realtime

Writers Act language," said NCRA President Karen Yates, CRR, CBC, CCP. "Through my daily work, I see firsthand the needs of people with hearing loss and the difficulties that some in the community have in fully accessing communication. This funding will encourage more individuals to enter the realtime writing workforce and deliver positive changes to the 30 million Americans who are deaf and hard-of-hearing. On behalf of the 23,000 members of the National Court Reporters Association, we thank Congress and our congressional champions for moving this vital piece of legislation forward.

"Moreover, I'd like to thank the thousands of NCRA members who have worked diligently on this issue – visiting Capitol Hill, writing e-mails and letters, advocating for almost a decade. This is a great victory not only for people with hearing loss, but also for the profession and the association."

The passage of this legislation is a major step in ensuring equal access to information for those people who are deaf and hard-of-hearing. In addition, this legislation enables the growth of the court reporting profession in order to keep up with the increasing demand for trained realtime court reporters.

ALOHA

Details on this month's Aloha party:

When: Saturday, September 13

Who: The Home of Carl and Lisa Fuechtmann

Where: Shoreview, MN

Time: 4 PM to 11 PM (not strictly enforced)(of course!)

You Bring: A potluck to share such as a casserole, salad, appetizer, etc. No junk food (or you might get thrown out, I'm not sure). ALSO bring your own drink and a folding chair. You're welcome to bring some games if you'd like.

Please RSVP to Ellen by Friday, September 12 if you plan to come and I will email you Carl and Lisa's address that day.

Ellen

ThibodoD@aol.com

Cochlear Implant Picnic

Would you like to learn more about cochlear implants and talk with lots of people who wear them?

What: Cochlear Implant Annual Picnic

Date: Sunday, Sept. 28, 2008

Time: 11AM - 3 PM

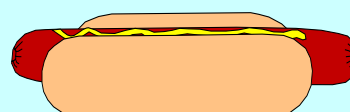
Where: Brookview Park in Golden Valley

More info.: Linda Senechal

The picnic is potluck with hamburgers and hot dogs as well as beverages and plates provided.

Please RSVP so we know how many are coming!

cilinda97@yahoo.com



SAVE THE DATE!

MARCH 27 AND 28,
2009

STATE HLAA
CONVENTION IN ST.
CLOUD

Remember HLAA TC meetings start up again on Saturday, September 20, 2008 at 9:30 for coffee, and our special guest speaker Mary Clark from California begins at 10 AM.

Soldier's story illustrates risks of hearing loss in war

From *USA Today*, 8/4/2008

The bombs along the Baghdad road exploded one after the other, leaving one soldier unconscious and another screaming from his wounds. Staff Sgt. Kevin Dunne's squad was under attack. Rifle and machine gun fire pinned them down. Then shots from a sniper.

Dunne yelled orders, but he and his squad were at a disadvantage.

Dunne says he couldn't hear well enough to tell where the sniper fire was coming from. "I had no idea," he wrote in an e-mail to USA TODAY.

In the four months before the April 7 attack, the chief physician at Fort Hood, Texas, had warned that Dunne's hearing was so bad that he should be removed from combat duties. Others in the Army overruled him and sent Dunne back to Iraq for his third combat tour.

Now, a member of Dunne's squad — Sgt. Richard Vaughn, 22, of San Diego — lay dead from a sniper's bullet. "He was lying in the middle of the street motionless," Dunne wrote. "I blame myself a lot for not being able to identify the threat simply because of the way I heard the shots."

Hearing loss is one of the most common ailments that affects troops sent back to combat, according to the Pentagon and government researchers. One in four soldiers serving in Iraq or Afghanistan have damaged hearing, the Army says. In addition, a recent study from the RAND Corp. reported one in five combat veterans suffer post-traumatic stress disorder (PTSD) or depression. Back pain, leg injuries and other muscular-skeletal problems are the top ailments of troops in the war zone, says Ellen Embrey, deputy assistant secretary of Defense for force health protection and readiness.

Dunne, who in Iraq was part of the 4th Infantry Division at Fort Hood, is now back home. Besides his hearing problems, he shows signs of PTSD and has severe back problems.

After more than five years of war marked by multiple deployments, many combat veterans are developing long-term health problems, raising the risk that ailing troops are being sent back into combat.

Since 2003, 43,000 troops who were classified as medically unfit in the weeks prior to deployment were still sent to war, Pentagon statistics show. That number began to drop after 2003, but the trend has reversed in the last two years. The U.S. Central Command, which oversees troops in Iraq and Afghanistan, is drafting rules that could make it more difficult to send unfit troops to war.

"As much as I wanted to get out there ..., I'm seriously physically challenged by not being able to hear," Dunne wrote. "The guys to my left and right don't deserve anything to happen to them because of my personal pride."

Dunne returned from Iraq in June. "I'm now at 29, feeling like I'm 50," he wrote before leaving Baghdad. He has fought off and on in Iraq since 2003, when his unit was profiled by USA TODAY. Dunne has been in occasional contact with the newspaper since then.

Meanwhile, Dunne began a series of routine medical exams and screenings to understand the war's toll on him. Doctors found:

- Hearing loss, which declined dramatically during Dunne's first tour. Army audiological records show loss in various frequencies, particularly in his left ear, says Anthony Cacace, an audiologist and professor at Wayne State University in Detroit. Cacace reviewed Dunne's medical test records provided by USA TODAY.

The weakness leaves him struggling to hear consonant sounds, especially if there is background noise.

"He's going to have one heck of a time understanding what people say, if he can't get visual

cues," Cacace says, adding Dunne has the hearing of a 70-year-old in his right ear and worse than that in his left.

- Tinnitus, or ringing in the ears that never stops. To sleep, he listens to rock music on his iPod, a common means of coping for troops with tinnitus, says Army Maj. Dan Ohama, an audiologist working in Baghdad.

Service-connected back and neck injuries have left nearly 50,000 Iraq- and Afghanistan-era veterans permanently disabled, Department of Veterans Affairs records show. The VA has treated 75,000 such veterans for PTSD and placed nearly 35,000 on permanent disability. And almost 70,000 suffer from tinnitus, VA records show.

In December, weeks before Dunne went to Iraq for his third tour, his company commander spelled out the staff sergeant's chief physical problems. The soldier's battle-damaged hearing, Capt. Alex Garn wrote, "limits his ability to identify enemy locations by sound, hear commands from his team leaders, hear radio traffic over a squad radio, or speak with local nationals in combat, which could have negative ramifications to the mission."

On Dec. 19, the chief physician and medical commander at Fort Hood, Texas, where Dunne is based, urged that he be taken out of infantry. "At risk of continued hearing loss," Col. Jeffrey Clark wrote.

Clark was the only doctor on a five-member panel reviewing Dunne's fitness for combat on Dec. 19. He was overruled by the other four panelists.

Dunne's brigade commander and three senior sergeants agreed that Dunne should stay in infantry and go to Iraq. "Hearing loss is present in all forms ... in the Army," wrote one panelist, Master Sgt. Ulysses Martin. "It's impossible to validate whether he will lose his hearing more or less in the future. I feel that infantry is his best place."

One factor in their decision was Dunne's desire to return despite his hearing loss. He said he felt a responsibility to be with his platoon. His unit's young soldiers, he wrote from Iraq, "needed as much help as they can get."

"That's pride," says Geni Gillaspie, Dunne's girlfriend and the mother of his two children. "That's Kevin ... wanting to lead his men and do the right thing."

Despite his desire to deploy, Dunne thought his commanders would limit his combat exposure because of his hearing loss. Garn had recommended in his memorandum that Dunne be given a hearing aide to wear into combat.

Neither happened. During that April firefight, Dunne realized he was truly handicapped.

"I came to terms with myself and realized that I was not as confident in my ability to continue my job," he wrote in an e-mail May 6. "It was better for me to realize this than to ignore it."

In a telephone interview from Texas, Dunne says he is uncertain about his long-term future. Another fitness hearing is scheduled and he has been assigned to a rear-detachment unit. Dunne says he once dreamed of law enforcement, but that his hearing loss has put that out of reach.

So shortly before coming home, Dunne accepted an offer to re-enlist for three years with an \$11,000 bonus. He hoped the Army would find a place for him away from combat.

Last week, he said he received some good news on that front — a new assignment as a casualty liaison officer for 4th Infantry Division wounded who arrive at the Army's Landstuhl Regional Medical Center in Germany. All casualties from Iraq and Afghanistan pass through that facility.

"I get back to helping out and doing things for these guys," he says. "I'm really excited."

Entertainment

NOW PLAYING!!

The **Guthrie Theatre** will have captioning at eight productions this year. Most of the productions are on Friday evenings. The price per ticket is \$20.

[Little House on the Prairie](#) - McGuire Proscenium Stage

Friday, September 26, 2008 at 7:30pm

Saturday, September 27, 2008 at 1pm

[A View from the Bridge](#) - Wurtele Thrust Stage

Friday, October 24, 2008 at 7:30pm

[Shadowlands](#) - McGuire Proscenium Stage

Friday, December 12, 2008 at 7:30pm

[A Delicate Balance](#) - McGuire Proscenium Stage

Friday, February 20, 2009 at 7:30pm

[The Two Gentlemen of Verona](#) - Wurtele Thrust Stage

Friday, March 13, 2009 at 7:30pm

[An Evening of Short Plays](#) - Dowling Studio

Friday, May 29, 2009 at 7:30pm

[Caroline, or Change](#) - Wurtele Thrust Stage

Friday, June 19, 2009 at 7:30pm



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.

Be sure to call these places as schedules change.

Kerasotes Block E Stadium 15 – Mpls.

Captioned movies in Twin Cities

612-338-1466

www.kerasotes.com

Science Museum of MN Omni

651-221-4585

www.smm.org/info/accessibility.php

MNOCFILMES

Open/closed captioned movies in Twin Cities

<http://www.mnocfilms.org/index.html>

ASL CHATS - are held at the Maple Grove Barnes and Noble Bookstore every first and third Wed. at 7 PM, and at the Har Mar B&N each Friday at 7 PM.

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First Class

Next meeting: Saturday, September 20, 2008

HLAA Twin Cities Chapter

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HLAA Twin Cities Chapter Welcomes You

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 Merrilee Knoll, Rknoll5200@aol.com
 This month's editors are a combo of
 Linda Senechal & 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