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# Hearing Loss Association of America – Twin Cities Chapter

HLAA TC Website: [www.hlaatc.org](http://www.hlaatc.org)

HLAA National: [www.hearingloss.org](http://www.hearingloss.org)

MN Contact Information: [info@hlaatc.org](mailto:info@hlaatc.org)

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✖ Carole Blowers & Linda Miller: <a href="mailto:president@hlaatc.org">president@hlaatc.org</a>	
✖ Judi Swan -	<a href="mailto:vicepresident@hlaatc.org">vicepresident@hlaatc.org</a>
✖ Bob Knoll -	<a href="mailto:treasurer@hlaatc.org">treasurer@hlaatc.org</a>

## Dates to Remember

### April 21, 2012 –

Marlene Martinek,  
Lions 5M Hearing  
Foundation

### May 19, 2012 –

Elections/Pot Luck,  
*Linda Miller* on Sam  
Trychin's "How to talk  
(and not talk) to Hard  
of Hearing People"

### June 21 - 24, 2012 -

HLAA National  
Convention  
Providence, Rhode  
Island

### August 4, 2012 – Kick- off meeting for MN *Walk for Hearing*

### September 15, 2012 – Fall kick off meeting at Courage Center

### September 16, 2012 – Cochlear Implant Picnic at Brookview Park in Golden Valley

### September 29, 2012 – *Walk for Hearing!!*

## THE SOUNDS AND SIGHTS OF SPRING!

I love the sounds and signs of spring.  
What does spring sound and look like to you?

Is it the sound of kids in the park playing?  
Or the sound of someone hitting a home run?  
Is it the sound of a lawn mower?  
Or the sound of the birds chirping early in the morning?

Is it the sound of a thunderstorm and the raindrops that follow...  
Or, a bobber hitting the "water" on the lake?  
Maybe it's the sound of motorcycles heading up the highway!  
Or basketballs bouncing on the court.

Whatever is your favorite sound, I hope you can HEAR it!  
Whatever your favorite sight it, I hope you can SEE it!  
We become so busy in life, we're told to stop and smell the roses.

But.....we also need to stop and listen and look at the wonderful things around us!

I love the sight of a mother robin building her nest for her babies.  
I love the sight of the lilacs budding out in my yard.  
Spring is not complete without the ducks and geese returning.  
And of course, the return of all the "bugs"!

We can't forget the sight of the tulips pushing through the ground.  
And the sight of the golfers out on the golf course.  
It won't be long and people will be walking around in shorts every day,  
And riding their bikes on the trails.

And children will run through the sprinklers.  
And play in the parks and pools.

### HAPPY SPRING TO YOU ALL!

By Carole Blowers, Co-President



## FROM THE CAPITOL

### Congratulations! HF2253/SF1861 Passed House&Senate:Now on Governor's Desk

When the bill is signed, Medicaid will cover children who are deaf, deafblind, and hard of hearing that use American Sign Language (ASL) as their first language and need accessible inpatient mental health treatment. Thanks to Bruce Hodek and John Gournaris for their technical assistance, to Dr. Rebecca Goffman, Sheena Gamm, Cindy Bruning for their compelling testimony. And thanks to all of you for your advocacy and contacting your legislators. It clearly made a difference. We asked the Governor's office for a signing ceremony (no pun intended). We'll let you know what he says. In the meantime, please contact [rep.kathy.lohmer@house.mn](mailto:rep.kathy.lohmer@house.mn) and [sen.michelle.benson@senate.mn](mailto:sen.michelle.benson@senate.mn) and thank them for being the champions of this the bill.

### Update

Crazy at the capitol. For the first time since I began working here, I do believe they will end early. FYI Andrew Palmberg has been our eyes at the capitol. He was an intern last year and did a great job. We brought him back this year as a consultant at the legislature. He just got hired for a temporary job at the Minnesota Department of Transportation doing ADA reviews of facilities and will be leaving us in a week or two. We are bummed, but happy for him. In August, he will go back to grad school in architecture. Andrew is deaf and will bring the policy experience he gained here to his career as an architect. Good Luck Andrew!

Thank you all for your great advocacy!

*Mary Hartnett*



## March Meeting Synopsis

Vice President Judi Swan

Bob Knoll introduced our speaker, Steve Cunningham, who is retired from a career as Operations Manager with various corporations, served in Vietnam and as a Regional Manager for the American Red Cross. He came to us representing AARP, and his topic was "Fraud and Scams".



Scammers are becoming very technically involved, their methods being harder to detect, therefore, the importance to be equipped with the basic "red flags". There are door-to-door scams, postal, telephone, computer, email, iphone scams to name a few. Their commonality is giving you a line and taking your money. Remember, you have the power, not them. Always wait a day to decide. If it's good today, then it will be good tomorrow likewise.

Sweepstakes, lotteries, insurance offers, and medical coverage offers are all very common. Government representatives do not sell by phone or mail. Go online or place a call to check out any offer you may receive. Never click on an email Link which you are not familiar with since this little bit of information can be used to obtain more information about you that you don't want out there. Often banking and checking security contacts arrive; respond only by calling your financial institution.

Be suspicious of anything that comes to you which you did not seek out. Review all your monthly bills and check for accuracy; scam artists can get into the system to add charges, which, while small, add up by their numbers for the scammer. Never ever give out social security numbers, bank account numbers or membership numbers; if you are asked, you can be 100% sure it is a scam.

Information was provided in packets of much information that we all need to know and remember and pass on to others. Steve had much more information, far too numerous to detail here, but some of the "red flags" he did name for us to watch out for:

1. You won some lottery money, just send money to collect it.
2. You are asked to purchase a product and send money upfront.
3. Grandmother Scam, a call reporting a family member is in distress, trouble, or injured and needs money sent.
4. Unordered merchandise and checks or money orders which you are asked to cash, which are of course bogus, and you end up the loser.
5. Any transaction you are asked to "keep quiet" about; contact your local police department as soon as possible and report this.
6. Never ever mail valuables from a home mailbox, take them to the post office and place in their blue mail box.

After such a wealth of information was presented, a very great discussion session followed, Steve did a great job answering those queries and hearing the experiences and comments of our members.

After break time, the meeting resumed with Mary Andreson giving a quote. Being it was St. Patricks' Day, she chose an old Irish blessing. Linda brought past president Monique Hammond forward to talk about her new book release which Vicki Martin has reviewed in this newsletter. Door prize winners were Marion, who received a copy of Monique's new book, and Jeanette Larson.

Co-President Carole announced some upcoming events: Steak Fry in Crystal VFW on April 11, and see page 1 for the plans for the April and May meetings. We break for the summer months and resume again on September 15. The National Convention will be in Providence, Rhode Island, June 21-24.

Vice President Judi announced the availability of the new Capti-View units in the metro Marcus Theatres. The unit is picked up at ticket purchase at no charge. She also told of calling CenturyLink about a question on her phone bill. The Service Rep that she spoke with, when she informed him of her CaptionCall phone, became very interested and talkative about learning more about this. He was also happy to learn of HLAA. He has been staying in contact with her, when he has questions about hearing issues and helping his customers to the max.

Treasurer Bob announced the need for more servers at the Steak Fry. He mentioned that Monique is the fourth published author from our TC group. Financially we are doing fine and have funds to work with to do what we feel is needed as a chapter.

He expressed the need for more people to think about and consider being an officer on the board, so the same persons are not carrying this responsibility over and over. He adjourned the meeting.

March CART was aptly provided by Jayne Carriker.



Vice-President Judi Swan

## HLAA Speaker Coordinator Announced

*Judi Swan*

After some discussions between us, **Vicki Martin** has agreed to assume the responsibilities of coordinating our monthly speakers.

Here is how we can all help to make the opportunity of having a coordinator work to the optimum.

### Provide Vicki with:

1. Ideas you may have on speakers or topics you would like to see at our monthly meetings.
2. Names and contact information for persons you know who may be willing to speak, who have something we can learn from them.
3. Names of speakers who have been with us in the past who may have updated information to share with us.
4. A topic you may be willing to share with the group that may have relevance or interest to our HLAA group.

Vicki, in turn, will keep track of this information, passing it onto the Board for their planning purposes. This is a long range project, which will enable the Board to more easily plan future meetings without the hassle of last minute searching, or in case of cancellations.

Our beloved Merrilee has done this so wondrously in the past, a fact for which we will always be thankful. Speakers are in place for April and May at this time. The Board will be having planning meetings over summer break, at which time the agendas will be set in place for the fall season. If we all pull together, the burden will not fall on one or two people, and your Board can bring you the information you want and have reason to expect from your HLAA-TC chapter.

## New Book Release

### Interview with Author Monique Hammond

By Vicki Martin

During our March meeting spotlight member HLAA TC past President Monique Hammond introduced us to her recently published book: **“What Did You Say?” An Unexpected Journey Into the World of Hearing Loss**. For those who were not at the meeting, Monique answers a few questions for us today.

*What actually happened to your ear(s), and how did it affect your life?*

Until the 12<sup>th</sup> of September 2005, I had wonderful acoustic hearing. However, on that day, I suffered a very sudden, profound hearing loss in my left ear. My hearing went into freefall over a four-hour period. A little later, I was beset by a vertigo attack so severe that I ended up in the hospital: My whole inner ear had gotten whacked. I was told that I had a Sudden Sensorineural Hearing Loss (SSHL).

The “ear event” left me with a severe loss in the upper frequencies, lopsided hearing, aggressive 24/7 tinnitus, noise sensitivity, and pesky balance problems. The incident became a life-changer and ultimately a career-ender. Yet, it also put my life on a different track with a different mission.

*When did you start writing?*

I began writing early 2007. As I tried to learn about my condition, I found out that I either did not know enough about ears and hearing or that I knew the wrong stuff, which made it hard to communicate effectively with my specialists. I finally decided that, in order to make sense of the puzzle, I had to do some serious studying up myself — starting with the very basics. It took a bit over three years to write, refine, and organize the text. After that, the editing and publishing processes followed, which are not for the faint of heart.

*What is the book about?*

This is my story — what happened, how it affected me, but mostly what I learned from the experience. It is a book for “we the people”, and not a medical

textbook. It has three basic messages regarding hearing loss: Importance of education, raising of awareness, and prevention.

*What were some of the challenges you found in writing about your own hearing loss?*

When writing anything even vaguely biographical one relives the events over and over, which can be painful and unsettling. I kept wondering if and where I dropped the ball. Making sense of disjointed and often contradictory reference materials was a major challenge. One must also be careful with the choice and credentials of internet sources.

*What convinced you to write the book?*

Hearing loss is a very complex issue. I share what I learned to ease the road for others. I wrote the book to help the general public, with hearing loss and without, understand hearing loss and its often complicating consequences better.

*How long has the book been on the market?*

The paperback version listed with amazon.com in mid-March. It is listed with Barnes & Noble and e-versions are now available. I also invite you to visit me at my website [www.what-did-you-say.net](http://www.what-did-you-say.net) to learn more about the book. The blog supports the book, and I try to post interesting, new, and amazing things about ears, hearing, and health in general.



## Employment and Workplace News:

Carole forwarded a link to the March publication of the **MN Department of Employment and Economic Development (DEED)**. One of the articles entitled “Ready and Able” highlights **Walgreens** as an employer committed to hiring people with disabilities. Walgreen’s Distribution Centers across the country have a goal of filing more than 20% of their jobs with people who have disabilities. One of them is located in Rogers, MN.

A quote from the article: “Walgreens’ vision is unusual, considering the reluctance of many companies to hire people with disabilities. The road for job seekers with disabilities often can be difficult in a competitive labor market. In Minnesota, where about 1 in 10 people have a disability, the employment rate for working-age adults (ages 21 to 64) with disabilities was 44.3 percent in 2009, compared with 82 percent for people without disabilities.”

For their deaf employees, Walgreen’s hires interpreters for meetings when needed and has a video phone at work in case their deaf workers need to make a phone call. One of their deaf employees has been trained to drive a forklift. This woman’s last employer would not let her drive a forklift because she is deaf, she said. She feels Walgreens job assignments are based on capabilities – not disabilities.

Follow this link to read the entire article:

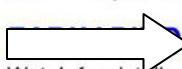
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## NATIONAL CONVENTION IN RHODE ISLAND!!



Make plans now to set sail for  
**Providence, Rhode Island**  
**CONVENTION 2012**  
Rhode Island Convention Center  
and The Westin Providence  
June 21-24, 2012

The 4-star Westin Providence hotel will be your home port as you sail out each day to explore the wonders of Convention 2012. Fascinating workshops, a whole new world of products and information in the exhibit hall, an inspiring keynote speaker, a fascinating research symposium, a unique riverside experience called “Waterfire” and a glamorous closing banquet will send you home with knowledge and memories you will treasure for years. Meet old friends and make new ones. Come early or stay late to explore this charming and historic New England city.



**REGISTRATION IS NOW OPEN**

Watch for details in your next issue of Hearing Loss Magazine,

Call (301) 657-2248 or go to: <http://www.hearingloss.org/content/convention>





Co President Linda Miller



Janet and Mike Day



Treasurer Bob Knoll

*Photos  
from the  
March  
meeting*



Greeter Mary

## Thank you!!

Kudos to all those who worked so hard at to make the Steak Fry a success again. Bob will have a Treasurer's summary for us soon, Ross took lots of good pictures, and another successful Steak Fry was completed this week. Thanks to those who sold tickets or worked in the dining room.



## **Bits and Pieces, April, 2012**

**CONGRATULATIONS!!!!** Vicki and Dennis Martin became first time grandparents on April 3, when Amber Joy and Paul Robinson welcomed their daughter Eleanor Joy Robinson, weighing in at 5 lbs. 11 oz. Everyone is doing fine. Born in New York, Martins will be holding this little girl by the time you read this newsletter. We are happy for you Vicki and Dennis.

**April Adult Cochlear Implant Social Group** - Sunday, April 22, 2012, 12:00-2:00 PM at Shoreview Community Library, 4570 Victoria Street North. Shoreview, You are welcome to bring a spouse, partner, friend, or family member.

**CaptionCall phones free!** If you are hearing impaired, have a landline, and have internet, CaptionCall will install a free captioned phone for you at no charge. Send your name, address & phone number to Paul Tuveson at [ptuveson@captioncall.com](mailto:ptuveson@captioncall.com) and he will arrange for installation. CaptionCall is an excellent phone with a 40db receiver. It is easy to use, has great captions on both outgoing and incoming calls – and it looks cool! All this, and it won't cost you a cent!

**Carole Blowers in play:** The spring melodrama "**WRINKLE WARP**" will be performed at Collings Fine Arts Theatre, 7441 Newton Avenue N., Brooklyn Park, on the following dates:

Friday, April 27	Saturday, April 28	
Friday, May 4	Saturday, May 5	Sunday, May 6
Friday, May 11	Saturday, May 12	

All performances are at 7:30 pm; except the Sunday, May 6 performance is at 3 pm. Call 561-4037 for tickets in advance! You can pay for them at the door, but you must make advance reservations. Admission is \$12/per person; \$10/per person for groups of 10 or more. This is a very informal small theater, so dress casual. **Carole Blowers** will be performing in this play. This will be her third melodrama and her fourth performance on this stage.

## **TURN DOWN THE VOLUME, PLEASE!**

The 17th Annual **International Noise Awareness Day** is on April 25, 2012. Excess noise is one of the most prevalent yet preventable causes of hearing loss. Let's spread the word in our families, social circles, and at our places of work and worship: Loud noise is not fun and is harmful to ears. Dead hearing cells do not regenerate. Ears are precious, and 85 dB are the maximum limit for safe listening. **Monique**

**Cindy Graf** sent the following information: I have attached a flyer for an upcoming National DHH event. It will be held August 4<sup>th</sup> & 5<sup>th</sup> in Shakopee, MN at **Living Hope Church**. Lisa Richardson's PARADIGM group will provide C.A.R.T, plus there will be ASL Interpreters and FM / Loop Systems available. Various workshops will be available, including a panel of people with hearing loss with very different backgrounds. I have been asked to be one of the people on the panel. There will also be food and plenty of social time!!! For all the information and to register for the event: <http://www.wels.net/special-ministries/mdhh-register>



Plan now to participate in the 2012 Walk 4 Hearing. The Minneapolis Walk will be held on September 29, 2012 at Lake Calhoun. The national 2012 fundraising goal is \$1.3 million. The Minneapolis W4H goal is \$40,000. Funds raised are shared between national and local HLAA .

### There are many ways to be involved in HLAA's Walk4Hearing.

The Hearing Loss Association of America's (HLAA) Walk4Hearing is the largest walk of its kind in the country that raises awareness and helps to eradicate the stigma associated with hearing loss. HLAA's Walk4Hearing is held in multiple cities across the country. Since 2006, over 26,000 walkers have stepped up and helped raise money for programs and services for people with hearing loss and their families. Money raised is shared between the national organization and local Walk sites. Examples of how funds are used include:

### National Programs and Services

- Provides timely and reliable information about hearing loss through its website, *Hearing Loss Magazine*, the online e-News, the Hearing Loss Support Specialists Training, message boards/chat forums, monthly webinars and holds annual conventions
- Works at the national level to affect legislation that impacts people with hearing loss, whether it's funding for hearing aids and cochlear implants, communication access in public places, or other important issues
- A nationwide network of 200 chapters providing personal support and 14 state organizations advocating for expanded state services
- Support for parents of children with hearing loss at [www.kidsandhearingloss.org](http://www.kidsandhearingloss.org)
- Outreach to veterans returning with hearing loss
- Social networking site for young adults with hearing loss at [www.hearinglossnation.org](http://www.hearinglossnation.org)

### Local Programs and Services

- Captioning and hearing assistive technology at HLAA chapter meetings to make them accessible
- Scholarships toward college tuition for students with hearing loss
- Funding for hearing aids and devices for people who cannot afford them
- Installation of hearing assistive technology in public places, such as community rooms and public libraries
- Captioning of live theater productions
- Seminars on coping with hearing loss for families

You may start your own team, or join with another team that is already formed, or walk as an individual. It is not mandatory that every walker on a team raise money for the Walk, but it is hoped that they will if they can. You may get support for the walk from your family, friends, neighbors, and/or coworkers.

For complete information on the Walk, go to  
[http://hlaa.convio.net/site/PageServer?pagename=walk\\_home\\_page](http://hlaa.convio.net/site/PageServer?pagename=walk_home_page)



## Guthrie Theatre Access

Our upcoming accessible performances: For each of these performances there is a section of seats reserved specifically for patrons using those services. Tickets in these sections are \$20 for AD and ASL and \$25 for Open Captioning.

### **HAY FEVER**

Open Captioned by c2 inc **Friday, April 20 at 7:30 p.m.**

ASL Interpreted by Elizabeth Bonderson and Mary Catherine Friday, April 13 at 7:30 p.m. and Thursday, April 19 at 7:30 p.m.

### **TIME STANDS STILL**

Open Captioned by c2 inc Wednesday, May 2 at 1 p.m. and Friday, May 18 at 7:30 p.m.

ASL Interpreted by Patty Gordon and Carrie Wilbert Friday, May 11 at 7:30 p.m. and Thursday, May 17 at 7:30 p.m.

To purchase tickets to one of these performances or for more information on the Guthrie's access services, please call the Guthrie Box Office at 612.377.2224 or e-mail [accessibility@guthrietheater.org](mailto:accessibility@guthrietheater.org).

Upcoming performances:

<b>The Amen Corner – Friday, June 15</b>	<b>Roman Holiday – Friday, July 20</b>	<b>The Sunshine Boys – Friday, August 17</b>
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**Don't miss our April Meeting! Lion Marlene Martinek from the Lions 5M Hearing Foundation will be telling us about the exciting things the Lions are doing in Minnesota!**

You might not be able to do everything at once, you can however do it all in one place.



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**Our next meeting is April 21, 2012**

## First Class

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*HLAA Twin Cities Chapter Welcomes You*

**Thank you Officers!**

**Co-Presidents - Carole Blowers & Linda Miller -**

president@hlaatc.org

**Vice President – Judi Swan**

vicepresident@hlaatc.org

**Treasurer – Bob Knoll,**  
treasurer@hlaatc.org

**Contact Info.** info@hlaatc.org

Meetings are held the 3<sup>rd</sup> 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](http://www.paradigmreporting.com)). Please visit the chapter's web-site at [www.hlaatc.org](http://www.hlaatc.org)