

HLAA TC

JUNE 2013



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

June 8, 2013 - Lions' DeFeet Hearing Loss Walk

June 15, 2013 – Brooklyn Park Tater Daze Parade with HLAA-TC presence!

June 27-30, 2013 HLAA NATIONAL CONVENTION Portland, Oregon.

August 3, 2013 HLAA Walk4Hearing Kickoff Luncheon – Ramada Inn Bloomington, 2300 East American Blvd, 12 – 2 pm

September 21, 2013
HLAA TC Chapter Meeting
Courage Center

September 22, 2013
Cochlear implant picnic
Brookview Park, Golden Valley

September 28, 2013
HLAA Walk4Hearing. 5K walk.
Lake Calhoun (Thomas Beach)

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Officers' emails

- **Monique Hammond** president@hlaatc.org
- **Christine Morgan** - vicepresident@hlaatc.org
- **Bob Knoll** - treasurer@hlaatc.org
- **Lionel Locke** - secretary@hlaatc.org

HLAA TC Website - Minnesota

www.hlaatc.org

HLAA TC telephone 763-447-9672

Contact Information - Minnesota

info@hlaatc.org

HLAA National - Maryland

www.hearingloss.org

Hearing Loss Association of America Twin Cities Chapter (HLAA TC) is held the 3rd Saturday of the month (except June, July and August). We meet at The Courage Center, 3915 Golden Valley Road, Golden Valley, MN 55442

President's Message



President's Message May/June 2013

By Monique Hammond

How time flies! To paraphrase a line from a song: "We had only just begun," and here it is already – the end yet another HLAA TC year. However, under the leadership of President Judi Swan we did not waste any time and had a very busy and productive season. We will benefit from the upgraded website and from the colorful redesigned brochures and posters. Although we have had a good start, the efforts of spreading the word about our group throughout the communities will carry over into the next year. The membership drive continues.

So what are *some* of the things that we can tell people confidently about ourselves?

- HLAA TC is for people with hearing loss run by people with hearing loss
- Our mission is one of education, support, advocacy – and I add – hope
- We understand hearing loss, do not judge and help each other
- HLAA TC is a safe haven for those with hearing challenges
- We are family – another line from a song – and what we share of ourselves in meetings does not travel any further
- We welcome anybody who wants to learn more about hearing loss and its challenges: those who have hearing loss already as well as their friends, family members, coworkers etc. Students are also always welcome
- With HLAA TC on their side people are not alone

For those who have attended meetings, what has the group meant to you?

I can say that when I first joined, I was pretty much a confused, dazed and downtrodden person. Then I found peers who could not only relate to my issues – they actually understood what I was talking about. They demonstrated that there is indeed life with hearing loss and tinnitus and noise sensitivities. I had not laughed in quite some time; then I saw smiles and encouraging nods. What a difference! I will be forever grateful for the support that I got at a very crucial time in my life. Yet those who helped me turn the corner never even knew how important their words were.

Therefore, at HLAA TC everybody is important and everybody's input and expertise count and are needed. In the words of author Stephen King: "For we never know which lives we influence, or when, or why." That's why we keep doing what we do.

Here's to looking forward to September 21st for yet another successful year! See you all then. Have a safe, healthy summer.

Monique



HLAA TC Meeting May 18, 2013

Synopsis by Monique Hammond

The last meeting of our HLAA TC “year” was called to order by President Judi Swan at a few minutes past 10:00 a.m. As the Courage Center needed the Board Room – our usual venue – for their own use, we were relocated to a different wing of the building. It took us all a while to find our way but eventually we gathered, got the room organized and settled in for the meeting. Paradigm CART services were cheerfully provided by Lori Morrow.

President Swan welcomed all those present and asked our special guest from Starkey Laboratories to introduce himself. She thanked all the members and visitors for a successful year. She also extended her appreciation to our CART operators, newsletter editors and photographer. She complimented the Board members for their teamwork. Judi spoke of the HLAA TC accomplishments like redesigning our brochures and posters, and upgrading our website.

VP Monique Hammond admitted that she had forgotten the brochures and posters that she had meant to distribute during the meeting. We might be off during the summer but spreading the word on our group never ends. She took mailing orders from those who felt that they had ways to place the information at different locations such as MD and audiologists’ offices, churches, high-rises etc. Monique reminded us that we need to increase both our membership numbers and predictable meeting attendance as this is almost a requirement for attracting the quality speakers that we are used to. The active membership drive will remain a main focus for the year to come.

Treasurer Bob Knoll agreed that we had no problems with our treasury but that membership was becoming an issue. Some years back we had the opposite problem: more members but little money, he said. Bob gave us a quick summary of all the summer events that are coming up the details of which can be obtained by checking the May edition of our HLAA TC Newsletter.

The Lion’s “D-Feet Hearing Loss” comes up first on June 8th at the U of M arboretum in Chaska - registration at 9:30a.m; walk at 10:30a.m; free lunch at Noon. HLAA TC has made a donation large enough to allow up to 40 of us to attend at no charge. When registering, tell them that you are with HLAA TC.

As you might have read in the last Newsletter, Bob and past-president Carole Blowers are engaged. This happened on April 21st during the last scene of the play Wild West Women in which Carole had a part. Bob gave us some of the details as Carole regretfully could not be with us during the meeting. She had to attend a work-related Conference. Judi read a lovely poem that she wrote herself in honor of the happy couple about the fact that “Fairy Tales do come True.”

Bob invited us to an engagement party that will take place on June 9th at the Brooklyn Park Elks 44 Lodge, 2875 Brookdale Drive in the Brookdale Crossings Mall – from 6p.m to 11p.m. Let Bob know if you plan to partake in the festivities. Email your reservation to him by June 1st at rknoll5200@aol.com .

For June 15, HLAA TC has registered to walk in the Brooklyn Park Tater Daze Parade. Walking distance is about a mile. Line up at 11a.m. The parade starts at 12 noon. We will be handing out earplugs stapled to our HLAA TC business card. We will carry our banner and wave to the crowd. Increase our visibility? We sure hope so. For directions and details check the website at www.brooklynpark.org

Next up is the National HLAA Convention in Portland, Oregon, June 27 to 30, 2013. Registration information can be obtained online and also in the March/April edition of the Hearing Loss Magazine.

On August 3rd, we have the official kick-off lunch for the Minneapolis Walk4Hearing, which will take place on September 28, 2013 at Lake Calhoun. If you plan to attend the lunch, register with Carole Blowers at carolejdoll@aol.com by July 26, 2013. The venue has been listed as the Nicollet Island Inn in Minneapolis. This has been **changed** to the **Ramada Inn, Bloomington, 2300 East American Boulevard** from 12 Noon to 2p.m.

Next we had our Board Member elections for the upcoming HLAA TC year, which runs from September 2013 to May 2014. The new Board is made up by:

Monique Hammond, president; Christine Morgan, vice president; Bob Knoll, treasurer; Lionel Locke, secretary; Judi Swan, immediate past president.

Our thanks go to the outgoing Board members for a job well done: Judi Swan, president; Candace Meinders, secretary; Bob Knoll, treasurer; Monique Hammond, vice president.

Next we enjoyed a delightful, ample potluck lunch. Thanks to all who so generously contributed. At last we bid farewell to our friends knowing that we will meet again in the Courage Center Board Room on the 21st of September 2013 for the start of another successful HLAA TC year.

Have a safe, relaxing and healthy summer!

Monique





Thank You Outgoing Officers!



*Outgoing President
Judi Swan*



*Outgoing Secretary Candace
Meinders*



*Monique Hammond - past Vice-
President now serving as President*

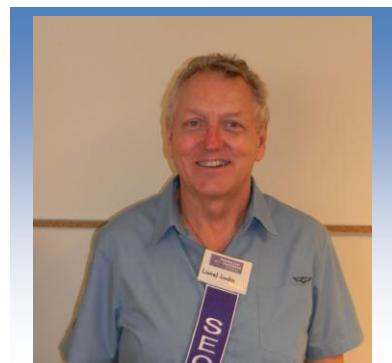
And Thank You Continuing Officers!

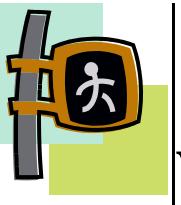


Bob Knoll, Treasurer



*Vice-President
Christine Morgan
and Secretary
Lionel Locke*





WALK!

Several Walk events are coming up this summer and fall. Join us for as many as you can. It will do a body good, give you an enjoyable day out, and serve the cause of hearing loss awareness. Here are some of the details.

Lions' Defeat Hearing Loss walk – June 8

Time	Register 9:30, walk 10:30, noon lunch
Place	Minnesota Landscape Arboretum
Cost to participant	Our chapter donated \$1000 for 40 participants
Freebies	T-shirt, admission to walk and Landscape arboretum, lunch
What we'll do	Walk
Sign up	No need to pre-register if you are with HLAA. Just check in when you get there
More info	https://secure.qgiv.com/hobnob/event/12911

Brooklyn Park Tater Days Parade -- June 15

Time	12 noon but Line up at 11 AM
Place	Festival site at Noble Sports Park on Regent Ave N just north of the Hwy 610 bridge, go north on Regent Ave N, turn west on 101st Ave N and end at Xenia Ave N (approximately 1 mile), Brooklyn Park
Cost	Free
What we'll do	Carry HLAA banner or hand out ear plugs and HLAA business cards to the crowd
Sign up or join	For HLAA TC: let Bob Knoll (treasurer@hlaatc.org) or Carole Blowers (carolejdoll@aol.com) know if you are coming

More info at: <http://www.brooklynpark.org/sitepages/pid91.php> click on "Parade" on left side

Walk for Hearing Kickoff Luncheon (No walking involved here)

Date	August 3 from 12 – 2 *****FREE!*****
Place	Ramada Inn Bloomington, 2300 East American Blvd., Bloomington
What we'll do	Eat lunch, listen to pep talks
How else to help	Greet/welcome people
Sign up or join	Respond to Carole Blowers by July 26, 2013 - online; http://hlaa.convio.net/site/TR?fr_id=2110&pg=entry or at carolejdoll@aol.com

And the Big One!! HLAA Walk4Hearing

Date	September 28
Time	9 AM (walk begins at 10)
Place	Lake Calhoun South Beach
What we'll do	Sign up donors, walk with team or as independent
How else to help	8 AM set up tables, 9 AM volunteer at registration table, 12 noon take down tables (contact president@hlaatc.org)
Freebies	Coffee, snacks, Walk T-shirt if you raise \$100 or more

Sign up or join www.walk4hearing.org (start or join a team, register as an individual, or register in person on the day of the walk. Sign up donors. After you register online, you can sign up donors on your own walk page

News from National: Anna Gilmore Hall Named by Hearing Loss Association of America to Succeed Brenda Battat as Executive Director

BETHESDA, MD: The Board of Trustees of the Hearing Loss Association of America (HLAA) is pleased to welcome Anna Gilmore Hall as the next executive director. Anna will be officially introduced to the HLAA membership at its Board of Trustees meeting on Thursday, June 27, in conjunction with HLAA Convention 2013 in Portland, Oregon. She will officially assume the position of executive director on July 8, 2013.

Brenda Battat is retiring in July.

Sample Listing of local captioned entertainment Why not try a captioned performance this summer?

Orpheum Theatre

June 13, 7:30 – Minneapolis: Orpheum Theatre: “War Horse”.

Ordway Center

June 13, 7:30 – St. Paul: Ordway Center: “Buddy – the Buddy Holly Story”.

Guthrie Theater: Phone: 612-377-2224, TTY 612-377-6626, <http://www.guthrietheater.org>
“Clybourne Park”, July 3 & 19

“Pride and Prejudice”, August 16 & 21,

Disney's Aladdin Jr. Performed by: Stages Theatre Company.

Location: Hopkins Center for the Arts Mainstage, 1111 Mainstreet, Hopkins.

Captioning: Saturday, June 29, 1:00 PM; Saturday, July 6, 1:00 PM.

Captioning + one companion and seating section when making reservation: Phone: 952-979-1111 option 4 (Tues.- Sat. noon to 6:00). **Website:** www.stagestheatre.org



*Carole
and Bob
engaged
at “Wild
West
Women”*

Book Review - (See page 10 for information on a signed copy of this book.)

Shouting Won't Help: Why I - and 50 Million Other Americans - Can't Hear You

Katherine Bouton

(Sarah Crichton Books, Farrar, Straus and Giroux, New York, 2013)

Reviewed by Dianne Beck

This is not a book for the Deaf (i.e., the profoundly deaf, who use ASL or similar means of communication). It is, rather, for and about those of us who are classified as "hearing impaired" or "partially deaf." Bouton - a former editor at The New York Times - began losing her hearing when she was thirty. She continued working for years, trying to hide her disability and to compensate for it. After losing her job ("Not a team player" they said), she began to write about hearing loss and its effect on the individual... and those around him/her.

Her book is entertaining and informative. There are chapters on the causes of hearing impairment (noise, age, genetic), on hearing aids, how to choose and pay for them, and on the technology of cochlear implants. The latter chapters are especially informative for those who may be considering implants and want to know more about the joys and risks of having the surgery and the long process of adjustment.

In addition, Bouton describes promising biotechnological research in cell regeneration for future reversal of sensorineural hearing loss (about 90% of all cases). Perhaps in 10 - or maybe 50 - years the nerve cells which have flattened or died may be regrown. An exciting prospect, if not for us, for our children or grandchildren.

I have dealt with hearing impairment all my life. I particularly enjoyed reading about Bouton's efforts to hide her deafness (I do this! You do, too - admit it!), the bland smiles and nods, the long conversations where you interject what you hope are appropriately noncommittal comments while having no idea of the topic, or (worse!) the inappropriate response that immediately causes all talk around you to stop cold. Knowing that Bouton completely understands the emotional investment, the constant work it takes, to keep up with the hearing world makes her book all the more compelling.

Highly recommended.

Reviewer profile:

Dianne Beck is a retired chemical engineer who has dealt with her own inherited sensorineural hearing loss since infancy. Most of her published writing has been of a technical nature.

Book Review - (See page 10 for information on a signed copy of this book.)

What Did You Say?

By Monique Hammond

An unexpected journey into the world of hearing loss

Minneapolis 2012, Two Harbors Press \$16.95

Reviewed by Vicki Martin

Monique Hammond's title question illustrates the dual disadvantages that a person with hearing loss encounters in looking for answers and solutions to the problem of hearing loss. Not only is there no central repository of information to which one can turn for a survey of current knowledge, but due to the nature of the disability, even the bits and pieces one is offered often go unheard, or are misheard.

Monique's struggle to get a clear picture of the import and probable implications of her hearing loss, which she experienced suddenly as an adult, is what drove her to write *What Did You Say?* , the book she wishes she'd had on the day that her hearing changed forever. "Access to some organized, easy-to-understand information related to ear and hearing issues would have been enormously helpful to me," writes Monique.

Since Monique experienced a wide variety of symptoms, from vertigo and balance problems to tinnitus, hyperacusis and deafness, she is able to give us the grand tour. Her professional experience as a pharmacist doesn't hurt either.

The book is well-researched and thorough. Though it makes no claim to be comprehensive, it provides a good layout of the terrain of the world of hearing loss. A person may be able to get his bearings here, and map out a journey through the minefields of specialists, tests, medicine and technology that can help him at least to figure out what questions to ask.

What Did You Say? addresses audiogram measurements and meaning, causes of hearing loss, ototoxic substances, equilibrium, tinnitus, hearing aids, assistive listening devices, surgical implants, and emotional impact. Appendices provide checklists for preparing for appointments and hearing tests, selecting a hearing aid vendor, and buying hearing aids. A list of helpful websites is supplied, and there is a glossary and index to help you find your way back to the topics you want to revisit.

What Did You Say? contains good, helpful information about hearing loss and how to deal with it. But just as a hearing aid does not improve the hearing of a person who will not wear it, a book about hearing loss is of little use if it not read. *What Did You Say?* is far from being a collection of dry facts. I for one enjoyed the quick sprint through "the quirky world of logarithms", and appreciated her acknowledgement of the complexity of something as apparently simple as choosing ear plugs.

Most of all, this book is readable because it is the story of a real person. Monique's own story is woven through all of the details that she has brought together for us, and this keeps it lively.

A book offering a broad view of the landscape of hearing loss is long overdue. *What Did You Say?* fills a genuine need, and more – it's also a good read.

Vicki Martin is a member and past president of HLAA-TC (Twin Cities chapter), and co-editor of the HLAA-TC Newsletter.

Two Book Signings

On Friday June 28, and Saturday June 29 at the **HLAA 2013 National Convention**, the above two books on hearing loss will be offered for sale and for signing by the authors.

Friday at noon, **Katherine Bouton**'s book Shouting Won't Help will be available, as will the opportunity to meet the author herself. Bouton's writing has appeared in the New Yorker and the New York Times magazine, and she is currently a regular contributor to the Science Times section of the New York Times.

Saturday at 11 AM, our own **Monique Hammond** will be on site with her book What Did You Say? Monique needs no introduction to most of us, but just as a reminder, she is a past President and Vice President as well as President of our chapter for the upcoming year. She is a seasoned writer of books and articles, and has also shared her expertise through public speaking and presenting workshops. Convention-goers can look forward to meeting both of these compelling authors in person, and reading their latest works!

From the Vault:

10 years ago - 2003:

Phyllis Nesset retired as co-editor of this newsletter leaving Merrilee Knoll and Linda Senechal as co-editors.

Dave Miller was chapter president and Cliff Miller was state president.

Bonham Cross set up the sound system.

Ralph Katz brought calendars for the group to share, Alfred Tsang ran for the Robbinsdale School Board, and Jodi (treasurer) & Steve tied the knot.

Joe O'Brien and Lori Snyder became engaged on May 26, 2003.

Meetings were held at the Courage Center.

15 years ago – 1998:

Chapter member Marla Germundson developed the first chapter web site.

Leslie Cotter was president. She noted that 22 of the 88 commercials during the Super Bowl were captioned.

The chapter was planning and preparing to host the 2000 National Convention in Minneapolis.

Meetings were held at the Hennepin Avenue United Methodist Church.

19 years ago – 1994:

Patti Chase was president and Lynne Voss VP. Ellen Tompkins (now Ellen Thibodo) was in charge of Public Relations and Cliff Miller was newsletter editor.

Meetings were held in downtown Minneapolis.

The Aloha group met at restaurants and discussed jobs, job hunting, relationships and trying to make sense of world problems.

The first MN HOH conference was held in St. Cloud.

The spring banquet was held at the Nankin Café and featured a magician.

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Vice President – Christine Morgan
vicepresident@hlaatc.org

Secretary - Lionel Lock–secretary@hlaatc.org
Treasurer – Bob Knoll, treasurer@hlaatc.org

Contact Info. info@hlaatc.org

Photos – Ross Hammond

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Vicki Martin gimme88@aol.com
Linda McIntire, cilinda97@yahoo.com

This month's editor is Linda McIntire

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 or visit us on Facebook: groups/HLAA-TC.