

HLAA TC SEPTEMBER 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.

September 21, 2013

HLAA TC Chapter Meeting
Courage Center – Looping and T-coils

September 22, 2013

Cochlear implant picnic
Brookview Park, Golden Valley

September 28, 2013

HLAA Walk4Hearing. 5K walk.
Lake Calhoun (Thomas Beach)

October 19, 2013

HLAA TC Chapter Meeting
Courage Center

November 16, 2013

HLAA TC Chapter Meeting
Courage Center

December 21, 2013

HLAA TC Chapter Meeting
Courage Center – Holiday Party

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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 Sept 2013

By Monique Hammond

And a Warm Welcome to All!

It seems like yesterday that we said “Good-bye for the summer” and “See you in September!” And here we are — ready to begin another productive HLAA TC year. So, welcome to all: members, visitors, friends, family members of those with hearing loss and anybody who wants to learn more about hearing challenges! If you join us for the first time, be assured that at HLAA TC we understand hearing loss. Also, HLAA TC is a safe haven where we can speak freely and where what we say stays in the room – unlike Vegas!

When I first came to the group I was in dire need of help. I will never forget how much I learned about hearing loss and its fallout from highly knowledgeable speakers and from the members

whom I considered true experts with years of first-hand experience. At HLAA TC I got a new perspective and lease on life in a dark and desperate time, a gift for which I will be forever grateful.

In 1979 when Howard E. “Rocky” Stone founded our group he called it SHHH, which stands for Self Help for the Hard-of-Hearing. I still love that name because it describes what we are all about as it goes to the heart of our mission: to open the world of communication to people with hearing loss through education, advocacy and support. We will continue in that spirit throughout the year. It is what we do and we do it well.

Moving right along, I have a couple of business items to share:

1) The *speakers* for our first meeting on September 21, 2013 will be **Steve Walsh**, a professional hearing loop installer and **Kim Fishman**, an audiologist and loop proponent. They will explain to us what a loop is; how it works and how it interacts with T-coils for clearer hearing. For those who do not know what I am talking about: you absolutely must come to this meeting!

The campaign to “loop” America is gaining momentum across the United States. As people with hearing loss we must understand looping and its advantages. It is an issue of access! But before we ask for loops to be installed in places of business, worship and employment, we must understand the system so that we can make our case effectively.

2) Last year we launched an active membership recruitment campaign by distributing brochures and posters to doctors’ and audiologists’ offices, churches, gyms, Minneapolis Park Board community centers etc. We will continue with the effort to increase our visibility throughout the Twin Cities. I invite anybody with ideas on how

to reach people with hearing loss more efficiently to please let one of the Officers know or to share with all of us at the meeting. We need and invite everybody's input. So, let the brainstorming begin!

3) On August 3rd, 2013 we held the kick-off lunch for our first big event of the season: The Twin Cities' Walk4Hearing on **Saturday, September 28, 2013**. We will once again walk around scenic Lake Calhoun. Registration begins at 9:00 a.m. The actual walk starts at 10 a.m. from Thomas Beach at the south end of the lake. You can get more information and sign up online at www.walk4hearing.org. Because this is a fundraiser any donations are hugely welcome. We will also discuss the Walk further in our meeting on September 21st. So, get your questions ready. For those who want to join our volunteer team, we do have opportunities available.

Yes, we are off to a good start. It will be again a busy and fast-paced year and that is good. As I have found out over time: There is never a dull day in the world of hearing loss.

Monique

Our Supporters

We are so lucky to have such supportive spouses and friends in our HLAA group. They faithfully show up and perform the jobs that make our meetings and events go smoothly. Often they are the ones that need to do the communicating or at least clarify what is going to happen with people who have little experience communicating with the hearing impaired. They are setting up the loop system, running around with cameras and microphones, plugging in laptops and setting up screens. They are the first ones to arrive and the last ones to leave.

Bob Knoll is one of those people. Bob has also served as chapter treasurer for a number of years and has found sources of funding for us (Lion's Steak Fry, etc.), especially in the lean years. He is always ready to solve any problem that may come up during a meeting or event. Being a Lion, this is a way of life for Bob, but let's not forget to thank him and all of our supporters all the same.



Meet Your New 2013 – 2014 HLAA Twin Cities Officers

Christine T. Morgan, Vice-President



I just retired 2 years ago after spending 30 years as a medical group administrator. The reason I retired is to take care of my first grandchild, “Fiona”.

I started noticing a decrease in my ability to hear about 9 years ago and got my first pair of hearing aids 8 ½ years ago. I was amazed at how well I could hear. I always talked on the phone with my left ear. One day about 2 years later (while at work) the battery in my left hearing aid went dead. I switched to my right ear and could not understand what the person was saying. It sounded like the teacher in the Charlie Brown cartoons.

I went to see my audiologist and told her there was something wrong with my hearing aid. To make a long story short, I saw two ENT doctors and finally ended up seeing Dr. Samuel Levine at the University of Minnesota. He put me on high dose steroids and my ability to understand jumped from 12 percent on the right ear to over 85 percent. I was on the steroids for 17 months (decreasing the dose gradually).

After being off for 6 months, the hearing in my right ear started deteriorating again. After more than a year, I was back on the steroids for 6 months without stellar results. My left ear was much better but far from perfect.

When I had one of my disappointing audiograms earlier this year and told the University audiologist how frustrated and embarrassed I was about my hearing loss, she suggested being an advocate for hearing loss and gave me the website of HLAA.

I was so excited when I attended my first meeting and with the help of my neck loop was able to understand the entire presentation. I was also surrounded by people who understood how I felt and had been there. My husband came with me and we were both so impressed. I joined immediately.

My hearing, especially in my right ear, has continued to decrease. This fall, I am being evaluated for a cochlear implant. It still scares me but through this Chapter I have spoken to many people with CI and have learned so much. They have been wonderful and supportive.

My goal as vice president is to get the word out to those with hearing loss who don't where to turn and who so badly need support. I know they are out there and I want to reach out to them and let them know what a wonderful organization we have.

Meet Your New 2013 – 2014 HLAA Twin Cities Officers

Lionel Locke, Secretary



My name is Lionel Locke; my wife is Christine Morgan and we both were elected to serve on the Board of Directors of HLAA in May of 2013.

I am recently retired from the sales and marketing industry and along with Christine have experienced the joy of being part of the growing up years of our granddaughter. My current passion is curling and I teach curling from novice to advanced athletes in St. Paul, MN.

I was born and raised in North Portal, Saskatchewan then the family moved across the border to Portal, North Dakota. After becoming an American citizen and graduating from the University of North Dakota, I worked in various industries specifically sales and management.

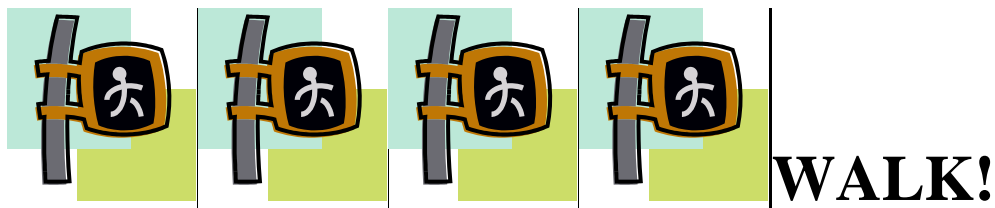
My life-long Interests include reading, writing and curling.

One of the challenges of any organization marriage is effective communication. If one of us does not hear what the other is saying, or does not understand the other, dialogue and understanding is diminished.

Both of us, therefore are very excited to be a part of an organization that is focused on building better ways to communicate; whether one or both have hearing disabilities.

I have learned so much from my wife Christine as together we learn to deal with hearing loss. We make eye contact when we talk with each other, something I took for granted before having to deal with Christine's loss of hearing in her right ear. Christine is very patient with me as I learn to deal with sensitivity and volume control issues. I am looking to the HLAA group to be a spokesman for those who have hearing loss and those who experience a loved one with that issue.

It is with strong anticipation that I look forward to the detail of the secretary position on the Board. At this point even though I do not have a hearing loss, I am ready to learn effective ways to communicate the Hearing Loss Association message to a wider audience.



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

2013 Cochlear Implant Picnic

Sunday, September 22, 2013 from 11:00 – 3:00 Magician Star Newman from 12:30 – 1:30

****Special thanks to the Multiple District 5M Lions Hearing Foundation for sponsoring our entertainment!**

Location: Brookview Park, Golden Valley – Large picnic shelter (signs will be posted)

Who: Adults and children with cochlear implants, prospective recipients and their families, any anyone curious about cochlear implants

Food: Pop, water, coffee, tablecloths, plates and tableware provided

The **Lions 5M District Hearing Foundation** will provide hamburgers and hot dogs.

You bring a dish to share.

BE SURE TO RSVP!! Dianna Hart is taking RSVPs until September 13. Indicate the number in your party. Dhart3@fairview.org or (612) 625-7907

Communication Tips from a Variety of Sources

- ❖ Look for a well lit table when you arrive at a restaurant and ask the host to seat you there.
- ❖ After someone has repeated something twice and you still didn't understand them, ask them to use different words. Repeat back what you DID hear so they can define the part you cannot understand.
- ❖ Choose your social events carefully and go with realistic expectations of what you will hear.
- ❖ Use a personal FM in a noisy environment with a neckloop.
- ❖ In meetings, ask everyone to please have only one speaker at a time. Remind them if they forget.
- ❖ Be a good listener. It is a challenge for someone with a hearing loss as talking is so much easier, but do try!

You can tell you are HOH or Deaf when

- You wake up in the morning and the TV is still on.
- The water faucet is still running to fill the coffee pot which you forgot about.
- Your alarm clock is still going off at 6 PM.
- An annoying dog has been outside barking for an hour when you realize it is YOUR dog.

When you share your experiences and feelings about hearing loss with others, you help others feel OK about theirs.



I can't hear you!!!!

In the News

Jacob Landis is a 24 year old cyclist from Annapolis, Maryland. He's currently riding his bike to all 30 major league baseball stadiums with the goal of raising \$1 million for people with hearing loss that could benefit from a hearing device but cannot afford one. His trip will cover 10,500 miles. He's recently been to the Twin's Stadium in Minneapolis. Visit jacobsride.com to keep up with him or to donate. He will finish his ride on September 24. Jacob received a cochlear implant when he was 10.



The 2014 national HLAA convention will be held in Austin, Texas!



VSA Minnesota

If **Captioning** is useful for you, please tell organizations that they can borrow a captioning display unit and software FREE from **VSA Minnesota** to caption their scripted shows. Or we can refer them to providers of CART and captioning.

To join the Access to Performing Arts email list, please

email access@vsamn.org or call VSA Minnesota, 612-332-3888 or statewide 800-801-3883 (voice/TTY).

Phone listings are updated weekly at 612-332-3888 or 800-801-3883.

On the web, listings are found at <http://www.vsamn.org/calendar.html>, www.mrid.org, www.accesspress.org, or <http://c2net.org> (**c2: caption coalition, inc.**), which does most of the captioned shows in Minnesota and across the country.

On Facebook: Sign up to connect with ASL Interpreted and Captioned Performances across Minnesota

(<http://www.facebook.com/pages/ASL-Interpreted-and-Captioned-Performances-Across-Minnesota/257263087700814>).

Editor's Note:

Sometimes the prices are greatly reduced for the captioning section. You can buy a ticket for yourself and a companion (sometimes more than one companion), have great seats right up front, and watch a captioned show.

Check it out!

Stress and Hearing Loss

Linda McIntire

We all have stress in our lives, but people with a hearing impairment have added stress. Psychologists tell us that we need to manage stress, to keep ourselves out of the danger zone where we are under too much stress.

Hearing loss affects our ability to see, hear, think, move, speak, learn, feel, and behave. It is not merely a loss of auditory clues. Sounds alert us to look at something happening. Sounds cause thoughts and inspiration in our mind. We can feel isolated in a group when we cannot hear what is being said. We frequently do not speak clearly because we cannot hear our own voice. People may perceive us as “standoffish” when we just want to avoid embarrassing situations.

Clearly, we need to minimize stress in our lives. How can we do that with our added stressor of hearing loss?

- It is doubly important to develop healthy habits just as people with normal hearing should – get plenty of rest, exercise, healthy diet, find relaxation time, nurture your spiritual side, whether it be religion, yoga, communing with nature, affirmations, meditation, or walks by yourself.
- Deal with the grief of a hearing loss. It is a loss and we do grieve. Give yourself permission to grieve for a certain amount of time when you need to, and then stop, and get on with your life. I have found this grief reoccurs periodically in my life for no apparent reason.
- Own up to the hearing loss: stop apologizing for it, give up perfection, and learn to tell people you have a hearing loss, and you need certain accommodations. Stop trying to fake it. Would you prefer that others think you are stupid or hard of hearing?
- Deal fairly with your family. Don't take your anger out on them. They will forget from time to time. We are all self-absorbed. Learn to communicate in non-threatening ways. (“I can't see what you are saying when you look away from me and I really want to hear every word that you say.”) Tell them how you feel – don't accuse. If necessary, find new activities to do together.
- Play. Keep the kid inside happy. Life doesn't have to be entirely serious.
- Find the humor in situations. Learn to laugh at yourself.
- Find friends who can accept your challenges. Avoid those who do not. They are not your friends.
- Find hobbies that you do well and enjoy. This will boost your self esteem.

- Learn to use technology as it can make life so much easier for you. We are so lucky to have so much to choose from. Don't let fear and confusion keep you from using the latest computers, phones, tablets, and assistive devices. Can't call old friends? Try Facebook!
- Volunteer. Help others. Don't be on the receiving end all of the time. You grow and get outside yourself.
- Join support groups like HLAA, meet often with people who share your concerns, contribute your experiences to the group and to newsletters.
- Take a class in something new.
- Enlist people to help you find solutions. At the clinic: "I am hearing impaired and am not going to hear when you call my name for my prescription. What do you suggest we can do?"
- Take time to be alone. Listening is hard work and we are often over stimulated.

From the Vault:

10 years ago - 2003:

Jodi Miller and Steve were married in November of 2003 at the Mall of America!

Mary Bauer spoke to the group about Humor and Hearing Loss.

Cynthia Farley published "Bridge to Sound with a Bionic Ear".

Rich Diedrickson spoke to the group about his hearing loss in the service.

Dr. John Lindlan was group treasurer.

Diana van Deusen spoke to the group about speechreading strategies.

15 years ago – 1998:

President Bill Clinton got hearing aids.

Our chapter had a booth at the annual "Aware Fair" which highlighted services for deaf and hard of hearing people in MN.

Voice carry over became available on the Minnesota Relay Service.

19 years ago – 1994:

More than 13,000 people sent inquiries to the national office of our group when it was mentioned in the "Dear Abby" column – thanks Abby!!

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**Hearing Loss
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of America

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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.