

HLAA TC

February 2014



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

February 15, 2014

HLAA TC meeting: Speaker Marty Barnum, Nursing Homes and Hearing Loss Issues

March 15, 2014

HLAA TC meeting: Speaker Judi Swan, Hearing Loss and Relationships

April 19, 2014

HLAA TC meeting: Christine Pett (Med-El), Types of Hearing Loss, Hearing Aids, and Cochlear Implants

April 9, 2014

Steak Fry! HLAA TC fundraiser (see details inside)

May 17, 2014

HLAA TC meeting: Mary Bauer, Clear Speech, Promotion and Practice. Annual elections Year-end pot luck



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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



Monique Hammond

"Our lives begin to end the day we become silent about things that matter."

Dr. Martin Luther King, Jr.

This was our quote of the day during our January HLAA TC meeting. These have been words to-live-by ever since hearing loss became a "thing that mattered" greatly to me: It turned my life upside down. The old "normal" was dead and a new, unfamiliar and often demoralizing normal had set in. Ever since I started on my journey into the world of hearing loss, Dr. King's wisdom has been a source of encouragement and motivation that yanked me out of complacency and maybe a tad of self-pity.

Yet, as we all know, not falling silent on things that matter is not easy. It takes energy and often a fair amount of courage to swim against the stream of denial, misunderstandings and myths related to hearing loss, its potential side effects and consequences. It takes fortitude to even admit to hearing loss and to utter the words "needs" or "accommodation."

Certainly, as individuals we are not asked to step

onto a soapbox and rally the crowds with flamboyant speeches but we can support those who are acting on our behalf. Some easy actions let us all take part in the process of keeping hearing loss a "thing that matters" not only to us but also to the general public, professionals, employers and politicians.

- As we discussed in our last meeting, we need to know who our elected officials are. Who represents us in our State as well as nationally, in Washington? I found my answers by typing in my address, complete with Zipcode at this link: www.gis.leg.mn/OpenLayers/districts/ (Who Represents Me – Minnesota)
-
- Signing up with the MCDHH (Commission for Deaf, Deafblind and Hard-of-Hearing Minnesotans) for email updates will keep us in the loop on State legislative actions that could affect us or on events that we can support by attending. The MCDHH staff does a great job of tracking developments and does not spam our email inbox. <http://www.mncdhh.org/take-action/12/email-sign-up> Enter your email address and submit.

Of course, at HLAA TC we are lucky to have each other. We learn together about hearing loss, tips for coping, tinnitus, emotions, technology and so much more. But we are also advocates and self-advocates who stay informed and who refuse to fall silent on a condition that matters greatly— Hearing Loss.

Monique



HLAA TC Meeting December 21, 2013

Synopsis by Christine T. Morgan



Mary Hartnett

President Hammond called the meeting to order. She thanked everyone for coming on this snowy day that made roads difficult to navigate. We had people drifting in late because of the weather and road conditions. Members and guests were welcomed to the first TC Chapter meeting of 2014. She thanked Lori from CART for providing captioning services today. She also reminded those with T-coils to turn them on because the room is looped.

President Hammond informed the group that HealthPartners is going to be distributing our brochures and telling patients about our chapter. When you take brochures to your doctor's or audiologist's offices, be sure to tell them that this is an education, support and advocacy group for people with hearing loss. We also have posters available. Kim Fishman, an audiologist from St. Louis who is very involved in the looping along with Steve Walsh, is also providing patients with information. President Hammond also passed out brochures when she was at a Health Expo in New Brighton the previous weekend. People seemed interested in coming out and checking out the organization.

There was a short discussion about overflow parking and the availability of more than one parking lot. The South lot is available and there are many "nooks and crannies" to park in.

With Monday being Martin Luther King holiday, President Hammond presented the following from Dr. King: "Our lives begin to end the day we become silent about things that matter."

She then introduced Mary Hartnett, the executive director for the MNCDHH (Commission for Deaf, DeafBlind and Heard of Hearing) who gave an overview of legislative issues that might be popping up this session that could affect us negatively or positively. Mary was joined later by Jessalyn Akerman-Frank, the new director for the MNCDHH public policy and projects.

MNCDHH is a Governor appointed commission that was created in 1985 to advocate for and with people that are deaf, deaf/blind and hard of hearing. They listen to community concerns and do focus groups with different populations. Together they have created "this whole public health system that didn't used to exist." They have a website called "deaf rights" which has hundreds of policies and laws that are in place to protect those with hearing loss.

Not enough is being done on hearing loss and healthy aging. There is not a system in place to support seniors who are losing their hearing over time. There is a connection between hearing loss and dementia and falling. The commission is going to be working on that. The commission had only two staff doing all the work with community partners. Now they have three and they will have six by the end of 2015.

They also hear stories about hearing aids not working in large group settings, inconsistent messages from

ENTs, audiologists, speech-language pathologists, etc. Hearing screening isn't even part of a basic wellness check. Every person's story is unique.

Mary introduced Jessalyn who came from Services for the Deaf where she was program manager for the state and oversaw a lot of domestic violence projects and working with adult basic education. Jessalyn is the first deaf person and first person with a disability who has been selected by the Governor to be on the Martin Luther King Council. They are learning that there has to be CART, interpreters and live stream. There is a big celebration planned at the History Center on January 20, 2014.

Jessalyn is currently working on eliminating old bills that don't make sense. They're also working on employment support, the requirement for TV captioning, getting voting out for people with hearing loss, etc. The Federal Government now requires that airports be accessible to the deaf and hard of hearing .

They are looking for people to come in and testify about captioning and how necessary a bill is to require it. They are also putting together a task force for a pilot program to address age related hearing loss. It is important to attend either the DFL or GOP caucuses and develop a relationship with your legislator. Before you attend a caucus, be sure to call and request CART accommodation or assistive listening devices. That is your right. Legislators need to know that you care. Be sure to say you are a constituent when you call or e-mail.

The MNCDHH's website has a link to find your congressional, national and local legislators. President Hammond said that you could follow her on Twitter at [whatdidyousay88](#) where she tries to put important links. People have to put their "story" in their own words.

President Hammond asked everyone to call their Senators and Representatives to ask them to support the tax credit bill for Hearing Aid devices. Again, let them know that you are a constituent. The requested amount is \$500.

The FCC is requesting public comments on the closed captioning of video clips by January 27. The docket number is 11-154 at www.fcc.gov/ecfs. Marty Barnum will be our speaker for February, talking about hearing loss in nursing homes.

Bob announced the Steak Fry at the Crystal VFW on April 9 from 5:00-7:00 p.m.. This is a fund raiser. Tickets are \$10. Bob will have tickets at the next meeting and is also looking for volunteers to help serve and clean up. The Lions will be doing the cooking and prep work.

Christine lead the group in a discussion about tips, secrets and things that members found worked for them. She shared a story about using her caption phone and letting the person know there would be a delay in her answers. Another member told a story about her hearing loss and traveling to another country. Christine mentioned the feedback at a previous meeting where the member did not use the microphone at the fast food line but went directly to the person you pay to give her order.

Mary then stated that they have a relationship with the director of the airport who wants citizen feedback. They are setting up an advisory committee to make the airport accessible for people with hearing loss. Monique helped them pick out new hand dryers because the previous ones were so noisy they hurt children and those with hearing aids. There is a dedicated page on the airport website for deaf/hard of hearing people. Another suggestion was boarding the plane with the handicapped and those with children and eliminating the stress of trying to figure out when your group is being called.

Christine thanked everyone for coming and the meeting was adjourned.

Giving the Gift of Hearing*

In the shadow of Angkor Wat, Cambodia and some of the oldest temples on earth, the sounds of a modern-day gift.

Hundreds have come here, the very young and the very old, all of them deaf, or nearly so, looking for a miracle.

On a makeshift stage, a team of Americans led by Bill and Tani Austin have come here to prove that most aren't deaf at all, and they say 95 percent of the world's so-called deaf are merely hearing impaired, but have no way to do anything about it.

"Let's see if we can get her to respond," Tani Austin says, as she fits a 12 year old girl with powerful hearing aids. The girl's mother believes she is completely deaf. As her mother wipes away tears, the young girl can hear, and tries to speak for the first time in her entire life.

"Hearing is very emotional," Tani says, "it's the road to the heart." From the Buddhist monks of India to the Bronx, to New Orleans to the tribes of New Guinea, the Austins' Starkey Hearing Foundation has fitted 165,000 free hearing aids alone. After getting rich many times over running a hearing aid company, Bill's mission is now to spend it by giving back. His goal: helping a million people hear by the year 2020.

"For me, a day here is better than any day on any beach anywhere in the world," Bill Austin says, "its better than any fine meal in Paris. I would stay here and not eat at all and work for these kids and go home tired and say I had a good day.

Soon there are others. Six-year-old Dennis slowly emerges from his cocoon of silence. Like a light switch finally turned on, in one day, more than 400 faces light up.

"You know what you're seeing is hope. Mothers are the same all over the world," Tani says. "They want education for their children. They want safety in their homes, they're hoping to have a better life for their child."

They all go home with a year's worth of batteries and local contacts for help too, all of it no strings attached.

"It's the best job ever", Tani says, as she starts to cry,
"because it never gets old."

*Source: ABC News
(submitted by Judi Swan)

Call your legislator – it really makes a difference!

Find out who to contact by typing in your address, complete with Zipcode at this link: www.gis.leg.mn/OpenLayers/districts/ (Who Represents Me – Minnesota) If you send an email, put “from constituent” in the subject line so they don't think it is spam

Meeting Snapshots



Jessalyn



Monique, Steve, and Mary



Attentive group

(More Meeting Snapshots)



Have You Heard???

CaptionCall phones now available FREE!

Late in 2013, the captioned telephone industry was ordered by the FCC to require captioned telephones to be sold for at least 75.00. CaptionCall disagreed with this regulation and filed a formal request with the Court of Appeals, arguing that the new FCC ruling violated the rights of people with hearing loss as guaranteed by the Americans with Disabilities Act. The request was granted, and CaptionCall is now allowed to offer the phones for free with professional certification of hearing loss.

Most importantly, this means that you can tell your qualified friends and family that they can receive it free with professional certification. This also means the phone is free, the service is free, installation is free and hands-on-training is free. This free offer is guaranteed to remain

In effect until the case is decided by the court this summer. The outcome of the case will determine if the phones will be free for qualified individuals in the future.

If you previously paid a 75.00 fee for a CaptionCall telephone, you are eligible for a full refund by providing a Professional Certification form. The form can be found at:
www.CaptionCall.com.

If you are interested in a wonderful way to keep in contact by phone with the world, this is the way to go. I personally have one, and it has helped me so much, in so many ways.

Submitted by Judi Swan

HLAA-TC Public Service Announcement

HLAA-TC now has a public service announcement on video, thanks to Monique and Ross Hammond. It was requested by the Mankato office of Deaf and Hard of Hearing Services, and these two intrepid servants of HLAA-TC rose to the challenge. The video is two minutes long, yet it says everything that needs to be said when introducing new people to HLAA-TC.

In addition to the dates, times and location of our meetings, Monique emphasizes our accessibility to all via PA, telecoil loop and CART. She gives our website address and mentions some of the things that are available on it (meeting schedule, topics of upcoming presentations and events such as the Walk4Hearing or our yearly Steak Fry).

The following quotes give a sense of our purpose:

“HLAA TC is an education, support and advocacy group for those with Hearing Loss.”

“HLAA TC is a safe haven for us where we exchange our experiences.”

Monique ends by extending a personal welcome to all who wish to visit.

This video is currently available on DVD and on our website hlaatc.org. It is an excellent introduction to HLAA-TC, and may be easily shown to groups or individuals. Please take our message public! Show it at educational or medical venues, clubs or churches, or your own community bridge or book group. It can also be aired on public television.

Thanks Monique and Ross for keeping the ball in the air – or should we say, “on the air”!

Aural Rehabilitation Class Schedule

These classes are **free and open to everyone**. Please RSVP by calling **651-647-2451** or email audiology@healthpartners.com.attend

Attend any or all of these helpful classes
information for both hearing aid wearers and non-hearing aid wearers.

Classes will be held at HealthPartners Como clinic (2500 Como Ave Saint Paul)
Monday afternoons from 3 to 4:30 starting on February 3, 2014.

Monday February 3: Introduction, Basics of Hearing, Hearing Aid Technologies. David Geddes, AuD. & Eric McCabe, AuD.

Monday February 10: Care and Use of Hearing Aids
Eric McCabe, AuD. & Rebecca Widen, B.A.

Monday February 17: Psychosocial and Emotional Impact of Hearing Loss
Kristen Swan, L.P., M.A..

Monday February 24: Aural Rehabilitation Listening Strategies to Improve Communication. Part one of two. Vicki Anderson, AuD

Monday March 3: Aural Rehabilitation Listening Strategies to Improve Communication. Part two of two. Sara Oberg, B.M., M.A. CCC-SLP

Monday March 10: Assistive Listening devices and Community Resources
Mary Bauer, Rebecca Widen, B.A. & David Geddes, AuD.

Adult Cochlear Implant Social Group

Hosted by ENT professionals: audiologists, ENT surgeons and psychologist

Sunday, February 9, 2014
1:00 – 3:00 PM

Penn Lake Library
8800 Penn Avenue South
Bloomington, MN 55431
612-543-5800

Hosted By: Dr. Manuela Fina, Dr. Christopher Hilton, Sheryl Erenberg, Laura Eklund,
Kristin Swan

Please send your RSVP to
Sara Oberg: mncisocialgroup@gmail.com



Steak Fry!

Great steaks, great company, great HLAA-TC fundraiser

The Steak Fry is coming – sooner than you think! Here are the details:

Date: April 9 (Wed)

Time: 5-7 PM

Place: Crystal VFW, 5222 Bass Lake Road

Cost: \$10 per ticket

Purpose: HLAA-TC annual fundraiser (helps pay for our captioning)

How can I help?

- 1) sell tickets (no experience needed – they sell themselves)
- 2) volunteer to serve and clear tables (no experience necessary)
- 3) come and eat steak (experience helpful!)

Help our organization thrive by selling tickets to friends, family, neighbors, church members, clubs...

Tickets will be available from Bob Knoll at the February and March HLAA-TC meetings. You can pick up tickets to sell then – or better yet, start right NOW! Just email Bob (rkknoll5200@aol.com) and he will put the tickets in the mail to you.



<p>You might not be able to do everything at once, you can however do it all in one place.</p>	
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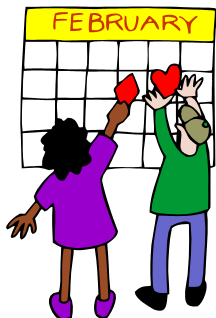
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Our next meeting is February 15, 2014

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**Hearing Loss
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of America

Twin Cities Chapter Welcomes You!

President - Monique Hammond -
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This month's editor is Vicki Martin

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.