

HLAA TC

June 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.

September 20, 2014

HLAA TC meeting: Jason Galster, Ph. D., Starkey, "Wireless Technology"

October 18, 2014

HLAA TC meeting: Vicki Martin, HLAA-TC member, "Cochlear Implant Year One – Predictably Unpredictable!"

*Thanks outgoing officers
Monique and Bob!!*



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Officers' emails

- Christine Morgan - president@hlaatc.org
- Lionel Locke - vicepresident@hlaatc.org
- Marie Saliterman - treasurer@hlaatc.org
- Vacant - secretary@hlaatc.org

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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

June 2014



President's Message June 2014

The 2013-2014 year was a very successful and exciting one for HLAA-TC. The installation of the permanent loop made a great difference to those of us with t-coils in our hearing aids and cochlear implants. Our lineup of speakers was top notch. There were so many positive things happening, it is hard to remember them all. These great accomplishments were under the excellent leadership of President Monique Hammond. The Board and membership did a great job as they performed many of the duties required to keep our organization running and to make it a success.

The May elections were held and as your new President, I look forward to another exciting year. Lionel Locke (our past Secretary) is now the new Vice President. After many years in the organization, Bob Knoll has decided to retire as Treasurer. However, we now welcome Marie Saliterman as the new Treasurer. Unfortunately, the position of Secretary has not been filled. The Board members will share the required duties until someone steps forward to occupy this position.

We would love to have someone volunteer to be the Secretary for the coming year. The job is not hard, does not require "experience" and the rest of us are always willing to help. It does require a time commitment of approximately two to four hours a month, not including time spent setting up, tearing down and attending the meetings. We usually have 2-3 Board Meetings during the year. If you, or someone you know is interested, please let us know.

Monique with all her expertise and energy will be a hard act to follow. I will look to all of you to let me know what I can do to help this organization expand and for the meetings to become one of the highlights of your month. We need great speakers to keep you excited and well informed. However, we need to increase membership in order to attract those top notch speakers.

There are many hard-of-hearing people in the Twin Cities metro that we haven't yet reached. I know how excited I felt when I attended my first meeting. Here was a "safe place" where people understood my hearing loss, where I didn't need to be embarrassed and where, thanks to the looping system, I actually understood what the speaker was saying for the first in a very long time. I also learned so much from the speakers and from all of you sharing your experiences. As the commercial says: "priceless". I want others to enjoy the same great experience. We all need to work together to achieve this.

I am asking for your help in making 2014-2015 a successful year with great speakers and increasing membership. Feel free to contact me or any of the board members via their e-mail or in person at the meetings.

I am excited to be a part of HLAA-TC.

Christine T. Morgan



Mary Bauer

HLAA TC Meeting May 17, 2014

Synopsis by Christine T. Morgan

President Hammond called the meeting to order. She welcomed members, guests, visitors and Jayne Carriker of CART to the last meeting of the season. She thanked the Paradigm company for providing their expert services throughout the year.

President Hammond also announced that Steve Walsh (our expert loop installer) completed the loop in the City Council Chamber office in St. Louis Park. HLAA-TC supported the looping project with a donation. Our mission is to help people with hearing loss throughout the Twin Cities.

The quote for the day is from President Theodore Roosevelt: "Do what you can, with what you have, where you are". We don't have to be rich, powerful, etc. in order to be active and effective. Advocacy starts at home.

Vicki Martin (the editor of our newsletter) introduced Mary Bauer. Mary is hard-of-hearing and graduated from Augustana College (Sioux Falls, SD) with a double major in Elementary Education and Deaf Education. She is a Hard-of-Hearing Specialist at DHHS. Mary provides direct consumer assistance, training, consultation, information, referral and demonstration of assistive devices. She has also conducted numerous workshops and training sessions.

Mary stated that over and over again she has heard people say that if people would just talk clearly and not mumble, they would be able to hear better. She told a humorous story from the Listen Up website many years ago about a person calling room service and what confusion it entailed.

It is common for people to run things together in a rapid manner that is not precisely articulate. Normal speech is usually spoken with inadequate or inappropriate projection of the voice. Often if you ask people to slow down, they go slowly and then revert to their natural way of speaking. They do not do this on purpose, it is just second nature to them. They forget and it is very hard to change.

Mary said you could buy a game that demonstrates this called Mad Gab. She bet that everyone in the room had a story about what they thought they heard and what was actually said. She told another humorous story about mishearing someone.

Clear speech is a way of speaking. It has been shown to improve intelligibility approximately 17 to 20 percent for a variety of people. Those that are hard-of-hearing, not native speakers and even normal hearing people in noisy places, and children with learning disabilities are also helped by it. However, it is not a substitute for all the other communication strategies that we know work for those with a hearing loss.

Mary feels that Walter Cronkite should be the poster child for Clear Speech. By enunciating or

accurately pronouncing the words, making them fully formed, the voice tends to be naturally louder. It is also lively. It's not a monotone and doesn't use contractions. It is not shouted, staccato, very sharp and broken up. It should feel natural.

When people drop their voice, it tightens the muscles in the cheeks and makes it harder to lip read. Hearing loss is the invisible disability and if you want to have a good interaction with someone, you need to tell them what they can do to help you. You must be very specific. Things like having people look at us, eliminating background noise, lighting, etc.

Neil Bauman came up with a sample letter to give to family and friends explaining how to tell them what you need. You can also go on line and get a booklet from Oticon that incorporates strategies including Clear Speech. Sam Trychin was recently in town to help put together an online teaching program for mental health therapists to help them understand hearing loss and how to better work with people that have a hearing loss. Sam says both communication partners have the responsibility to make it work. An important message from him is to not bluff!

Be patient because most people are going to try their best, but they forget. Practice what you preach. Humor can also build bridges. Monique has also written a book about hearing loss, assistive listening devices, etc. It is available for \$10. Mary then took questions before the break.

Bob brought the new HLAA-TC banner. The banner was donated by Fast Signs of Brooklyn Park and is available to use for parades, etc. Just let Bob or Carole know if you want to walk in a parade or want them and others to participate. The next parade is in Brooklyn Center on the 26th of June. The Lions Defeat Hearing Loss walk is June 7th at the Arboretum. HLAA-TC donated \$1,000 so there is no cost to come out and walk. Food is also provided. Carole is going to be a clown and has extra costumes for anyone interested.

Bob stated that we made about \$850 from the steak fry. He thanked everyone who helped. President Hammond then thanked everyone who has helped doing the multiple jobs that keep the group going. She also thanked the members for their loyalty and support. She then thanked the board members for their help and support. President Hammond especially thanked Bob for his support and hard work as treasurer these past eight years and for all the activities he has been involved in with the group for a very long time.

Carole then came up and presented flowers to the board members in recognition of their hard work during the year. She also thanked Ross for all his work and Vicki for hers.

Elections of officers was next. The past president serves for one-year in an advisory role. The Vice President (Christine Morgan) becomes the president, so there was an opening for Vice President and Treasurer as Bob plans on retiring. President Hammond spoke about the duties of the officers. Our officers have e-mail addresses in the newsletter. Christine and Lionel also cover the cell phone. We get calls from the community and can also use the phone for emergency messages, such as cancelling the meeting due to weather, etc.

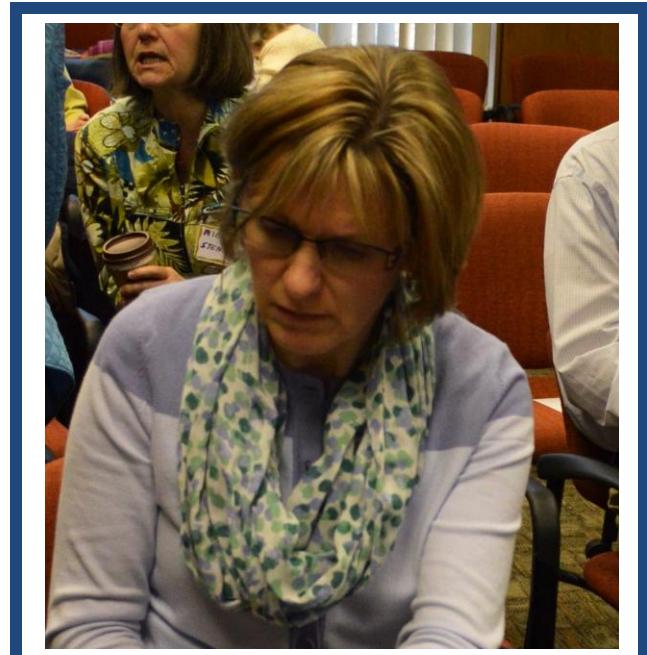
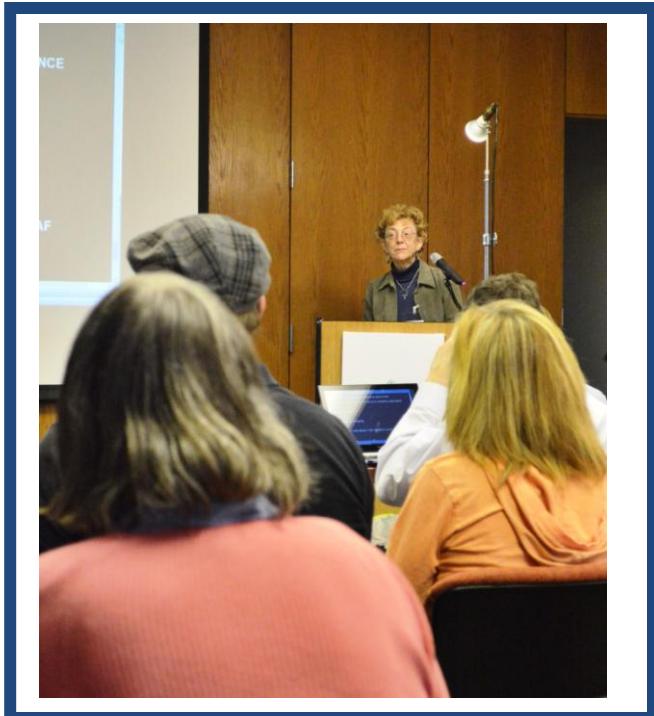
Lionel was nominated, seconded, approved and accepted the position of Vice President. Marie Saliterman was nominated, seconded, approved, and accepted the position of Treasurer. We did not have any nominations or volunteers for Secretary. Anyone interested should let one of the officers know as soon as possible.

The door prize was awarded and everyone was encouraged to think about possible speakers for the next year. Christine led everyone in a round of applause for Monique for the terrific job she has done. The official meeting was adjourned and the pot-luck enjoyed by all.

May 2014 Meeting



Jayne hard at work



Hearing Impaired Drivers

I recently took a class in defensive driving to get a discount on my auto insurance. I thought I knew a great deal about safe driving, but I learned a lot in the course. For example, due to air bags, the safest position for hands is now 4:00 and 6:00, not 2:00 and 4:00 as I had thought.

Some people think you need to be able to hear to drive, but there are people with long-term, severe hearing loss among the safest drivers on the road today. Driving is mainly a visual activity, and those individuals that rely on their vision entirely may be more alert than those that can hear.

One instance where hearing is useful behind the wheel is car horns. However, much of the horn honking that goes on today is just impatient drivers sounding off. You can compensate for not hearing horns by being visually alert to problems all around you. Use the side mirrors as well as the rear view mirror to be aware of what is going on behind and beside you as well as in front of you. People with a long term hearing loss most likely already do this, but if you are new to hearing loss, you may need to retrain yourself to be more visually alert when you drive.

Another auditory clue you may miss is a siren. Hearing impaired people are not the only drivers who do not hear sirens. Cars are more soundproof than they used to be, and other drivers may be distracted by loud radios or cell phone conversations. Again, you can compensate for not hearing sirens by being visually alert. The law states that emergency vehicles must have their lights flashing if the siren is sounding. Watch in your mirrors and all around you for the flashing lights. Intersections are more challenging as you may not see the lights flash on the vehicle if it is behind a building. Watch for the white light above the intersection indicating the presence of an emergency vehicle. Do not swerve around a vehicle that behaves strangely (brakes suddenly, refuses to move on a green light, or moves to the side of the road). He may be hearing something that you are not hearing. Remember that the presence of one emergency vehicle most often means another is soon coming. Be extra alert.

Do not carry on a conversation in the car when you need to concentrate on driving, and know where you are going before you put the car in gear. It is even more important for people with hearing loss to avoid distractions when driving. Texting, cell phones, eating, reading, or any other activity that takes your attention from the road should be a no-no. Pull over if you need to check directions.

Some other noises for which you will need to compensate are seat belt warnings (make it a habit to always buckle up and make sure your passengers are buckled up as well), door not closed buzzer (look for red lights on your dash), keys left in ignition, headlights left on, signals clicking (especially after lane change). Train yourself to look for the visual signals on your dash.

Just started your car but not sure if your car's motor is running? Look at the tachometer. If you happen to be taking a hearing person for a ride, ask them to mention any strange noises in your car as they are often an early sign of mechanical problems.

Do you know what to do if you are stopped? Roll down your window and keep your hands on the steering wheel. Make sure the officer knows that you have a hearing impairment immediately as you may have difficulty following the officer's instructions. A visor card showing that you are hearing impaired is a great help.

Now – safe driving everyone!!

Linda McIntire



Carole presenting flowers at the May meeting to outgoing officers

* **Monique Hammond** (president),
* **Bob Knoll** (treasurer),
* **Christine Morgan** (vice president), and
* **Lionel Locke** (secretary).

Many thanks from everyone for a job well done!!



The Changing of the Guard!

Officers for 2014 – 2015 Year:

- ✿ **President Christine Morgan**
- ✿ **Vice-President Lionel Locke**
- ✿ **Treasurer Marie Saliterman**



Accessible Arts Calendar Performances/Arts Events presented with **Captioning** in June & July, 2014

Compiled by VSA Minnesota

10 Performances in June and July will be **Captioned** for people who are hard of hearing;
3 will feature performers with disabilities or disability topics (**DIS**).

Find more information and links to arts websites on the VSA Minnesota's online Accessible Arts Calendar: <http://vsamn.org/community/calendar/>.

This calendar includes:

1. A chronological Index of shows with **Captioning (OC)**.
2. Cinemas that offer **Captioned** films.
3. Venues that offer accommodations on request and their schedules.



Tips for using the Accessible Arts Calendar:

- * Find out which shows offer discounts by looking under **TIX: DISCOUNT**.
- * Skip from one show listing to the next by searching for three asterisks (***)�.
- * In making reservations, be sure to confirm details with a box office that the service you need is offered, along with the correct date, time and price.
- * If you hear of a show you would like to attend but the accessible service you need is not offered, contact the performing company as far in advance as possible to request the service.
- * If **Captioning** is useful for you, tell organizations that they can borrow a captioning display unit from VSA Minnesota for FREE!
- * On the web, find listings at <http://www.vsamn.org>, www.mrid.org, www.accesspress.org, or <http://c2net.org> (c2: caption coalition, inc.)

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

*** **My Fair Lady** *** directed by Joe Dowling, Guthrie Theater.

Captioning: Wed., July 23, 1:00 PM; Fri., Aug. 15, 7:30 PM.

Tix: DISCOUNT: Reduced to \$25 for **Captioning** (phone: 612-377-2224, TTY 612-377-6626.

Website: http://www.guthrietheater.org/visit/access_services.



HLAA Banner

Carole and Bob with the new HLAA-TC banner, donated by Fast Signs of Brooklyn Park. It is available to use for parades and events.

Upcoming Walks

March!

The new, professional HLAA-TC banner will be put to good use in the next **parade in Brooklyn Center** on the 26th of June. If you'd like to walk in this parade, or borrow the banner for another such event, just let Bob or Carole know, and they will provide the information and/or make the banner available to you.

Stroll!

HLAA-TC donated \$1,000 to the **Lions Defeat Hearing Loss walk**. The walk will take place at the Minnesota Landscape Arboretum. There is no registration or other fees for us. Just come out and walk! Look for the walk signs at the arboretum and follow them to our meet-up site. The walk will be June 7th, and will begin at 10 AM. Lunch will be provided afterward.

Walk!

Walk4Hearing will be held again in September at Thomas Beach, south side of Lake Calhoun. Walk will be Saturday September 27, with registration and check-in at 9 AM, and walk beginning at 10.

There is no registration fee, just come and walk! (Donate if you wish.)

Join a team, or walk as an independent. Show Minnesota some clout!

For more information, or to register online, go to www.walk4hearing.org

Cochlear Implant Social Group Gatherings

Three Cochlear Implant Social Group gatherings are planned for the summer and the details follow. These social gatherings are for anyone interested in cochlear implants, whether you already have one, are contemplating getting one, or just want to know more about them. Friends and family are also welcome.

Sunday June 22, 2014 1:00 pm to 3:00 pm at Como Lakeside Pavilion in St. Paul.

Paul. Meeting will end at 3 with lots of daylight left for more Como fun. Meet in the Pavilion, 1360 North Lexington Pkwy, Larry Kitto Room on the lower level (windows overlooking lake). Take the elevator to the lower level. Beverages or treats can be purchased in the café on the first floor if you want them. No outside food or beverages please. Coming from south of Como Park stay on Lexington Ave until you see the lake off to the right. You will see the first parking lot for the pavilion and you can park for free there. There is another lot further up on Lexington that is also free. The area around the pavilion is very nice and there is a walking path around the lake. There is a jazz group playing at the Pavilion at 3:00 - The Paula Lammers Jazz Combo. There are paddle boats for rent at the pavilion on the lake. The Como Park Zoo and Conservatory are open until 6:00 pm. Hosted by Donna Savage.



Sunday, July 13, 1:30 – 3:30 pm at the Stafford branch (Central Park) Library in Woodbury. Library phone is 651-731-1320. Meeting is in meeting room in the far northeast corner. As always, you are welcome to bring others. Refreshments can be brought to this meeting. Directions to library: Take I-494 to Valley Creek Road in Woodbury. Go east on Valley Creek to Radio Drive. Turn right (south) on Radio Drive, and go 1 block to Central Park Place.

Turn left on Central Park Place. Stafford Library (aka Central Park Library) is on the right. Hosted by Vicki Martin.



Sunday, September 7 at Brookview Park in Golden Valley. Annual Cochlear Implant Picnic at Brookview Park in Golden Valley, Sunday, September 7. Picnic begins at 11:00.

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



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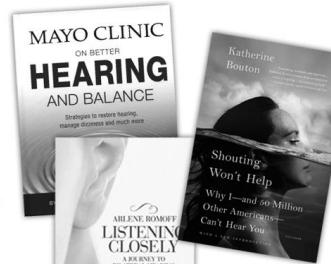
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Secretary – Vacant –secretary@hlaatc.org

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Photos – Ross Hammond

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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.