

HLAA TC April 2015



Twin Cities Chapter

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

April 18, 2015

Gary Johnson, "Scams, Fraud, and Identity Theft"
(** see details page 4)

Coming soon:

May 16, 2015

Mary Bauer, "DHHS services for people with hearing loss"
Pot luck lunch



Hearing Loss Association of America Twin Cities Chapter (HLAA TC) is held the 3rd Saturday of the month (September thru May). We gather at 9:30 to socialize, and begin our meeting at 10 AM at The Courage Center, 3915 Golden Valley Road, Golden Valley, MN 55442. The meeting adjourns at noon.

Contents

President's Message	Page 2
Meeting Synopsis	Page 3
Speaker Gary Johnson	Page 4
The Second-Best Way to...	Page 5
Name That Disability!	Page 6
Help/Fish Story/Freebies	Page 7
Calendar of Events	Page 8
Photos	Pages 9-10

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President's Message

April 2015



Christine Morgan

President's Message

April 2015

Wow! Our “year” is quickly winding down. Only this and next month and then we break for the summer. However, there are still a lot of activities going on from May through September.

In May, Northern Voices is having their walk, Walk to DeFeat Hearing is in June, our kickoff for Walk4Hearing is in August, and the walk is in September. Walking is a healthy exercise that most people can participate in, takes no special equipment, and these walks are for a great cause.

If you have the time, the HLAA Annual Convention is in St. Louis at the end of June. For further information on all these happenings, see our events section of this newsletter.

Our April presentation is on Scams, Fraud and Identity Theft. This is a hot topic right now,

especially with all of the data-breaches, etc. In May, we have Mary Bauer giving us a presentation on the many ways her organization can help us, or those we care about, who have a hearing loss. We end our year with a Pot Luck during the May meeting.

It's been great to see so many new faces at our meetings. We need to get the word out and to let those with hearing loss know that we are here for them. A few years ago, I was fortunate to have a great audiologist who suggested instead of being embarrassed by my hearing loss, I should become an advocate. She provided me with HLAA-TC's website and changed my life.

I also want to encourage previous members and visitors whom we have not seen for a while to continue to attend our meetings. We are all on this journey together. We need all of you in order to be a viable organization.

Please be sure to respond to the questionnaires the Board is sending out. We want to know what we are doing right, what we could be doing better and how we can improve the organization.

Christine T. Morgan



HLAA TC February Meeting Synopsis

by Lionel Locke
HLAA-TC VicePresident



President Christine Morgan called the meeting to order at 10 AM. She welcomed all those in attendance and prior to introducing our speaker, Christine spoke briefly about famous people who have had hearing loss and have overcome it. Of particular mention is the actress Halle Berry who lost 80 % of her hearing due to domestic abuse.

According to a study from Rochester Institute of Technology, Deaf and hard of hearing individuals are 1.5 times more likely to be victims of relationship violence. The number is thought to be much higher because women with hearing loss are very hesitant to go to a shelter. Most have no interpreters nor assistive hearing devices. Inability to communicate easily compounds the problem. No easy answers to this problem, but one we should be aware of.

Lionel Locke, Vice-President briefly told the group about "Meet your Legislator Day" held on March 4 announcing over 240 appointments at the state capital. One bill in particular mentioned the push for audio loops in state funded buildings. Please stay tuned for further information of this and other legislative updates.

President Christine welcomed our speaker Tanya Gahler from Northern Voices. Tanya has a BA in Communication Disorders and a Master's Degree in Early Intervention and Deaf Education. Tanya has earned several honors including teacher of the year and is a deaf role model for Minnesota Hands and Voices. Tanya has a hearing loss and wears a cochlear implant and hearing aid.

Tanya tells us that what she does is both personal and professional. She works with children who have hearing loss, teaching them to listen and talk. Tanya told the group about what normal hearing is, what causes hearing loss, various tests and types of hearing loss, devices in the market place and about her employer Northern Voices.

At Northern Voices, Tanya has students as young as 18 months, on up to 7 years of age. She explained many of her teaching techniques and shared a video of students talking with the aid of cochlear implants. It is important to be diagnosed at birth or at least within the first year of life so that teachers can help children learn to communicate and enter the mainstream educational systems.

Tanya closed her presentation by stressing parent involvement as the most important tool in learning to communicate. Supportive schools and teachers are also extremely important. The goal of Northern Voices is to get the children ready for kindergarten and have them mainstreamed by the age of 5.

After the break, Past President Monique talked about Loop Minnesota and the importance of installing loops in public meeting places. She mentioned Senate Bill 1784 that addresses that need. HLAA will continue to monitor progress of that bill.

Brief announcements from Treasurer Marie welcoming new members and guests and Past Treasurer Bob Knoll reporting on the steak Fry were next. The group also heard from Kim Fishman, Audiologist on consumer labeling of device sales. Past President Monique then thanked all those in attendance and declared the meeting adjourned at Noon.



HLAA-TC April Chapter Meeting

Public invited to hear BBB speaker Gary Johnson on identity theft

Gary Johnson, Senior Outreach Manager for the Better Business Bureau of Minnesota and North Dakota, will speak at the Hearing Loss Association Twin Cities chapter meeting on Saturday April 18. Gary brings 40 years of business experience to the speaker's platform. Gary will discuss scam alerts and how to protect yourself in today's marketplace, with a particular focus on identity theft.

The public is invited.

Date: Saturday April 18, 2015

Time: 10 AM (with coffee prior at 9:30 AM)

Place: Courage Center, 3915 Golden Valley Road, Golden Valley, 2nd floor

The Second Best Way to get a Senior's Attention

By Vicki Martin



The speed at which new movies come, play, and move on leaves this Senior flailing about trying to catch up. I never got to see *The Best Exotic Marigold Hotel*. But when *The Second Best Exotic Marigold Hotel* showed up this winter, I was ready – and, wanting to see Maggie Smith on screen again before she retires, I cornered my husband and we went.

It has its moments. Not necessarily *Senior* moments, though. The Marigold Hotel caters to the senior population, and some of its humor derives from the ways in which it either reinforces or smashes popular conceptions of what it means to be a Senior.

The Marigold's patrons, mostly in their 70s and 80s, are much more likely to “check out” unexpectedly than would a younger clientele. To make sure none are left dead in their rooms (OK, I’m skipping the euphemisms here), the young proprietor Sonny takes a roll call every morning. He calls from the large patio, where about half of the guests are enjoying their breakfast.

Everyone hears him! Most confirm their presence without so much as a glance at Sonny. They remain preoccupied with their reading or their conversations. No one on the patio needs to speechread, or even pay much attention.

The remainder of the guests are in the lobby or even still in their rooms, yet they too call out their presence unhesitatingly as soon as their names are uttered.

In real life, of course, we know that 25% of those ages 65-74, and 50% of those over 75 have hearing loss.* Given those statistics, how effective would a morning roll call from the patio be? I do think that a real-life Sonny and his crew would be responding to a lot of false alarms if they assumed that failure to answer to one’s name meant that the person had died.

But I’ll cut the director some slack. It is fiction, after all. And, how interesting would it be to populate a movie with characters who are constantly saying “hmmm?” or “what?”, or having to repeat themselves?

I guess when I go to a movie, I will heed the English professor’s words about enjoying fiction: it should be plausible in its own context, if not in the real world. That’s called “suspension of disbelief.”

It’s the second best idea yet!

(* *National Institute on Deafness, at nih.gov*)

Name that Disability!

By Christine Morgan

Have you seen the “Please Don’t Call Me Names” article in the March/April 2015 Hearing Loss Magazine? There are many things that Robin Itzler asserts that I totally agree with.

She finds the terms “hearing-impaired” and “hard-of-hearing” insulting. I don’t find them insulting, personally, but neither do I consider myself impaired. I think “hard-of-hearing” is a nonsensical term. What exactly does that mean? Hard of?

I know that HLAA prefers the term “person with a hearing loss”. Reminding us that we are a person first and that our “loss” should not label us. Makes sense to me!

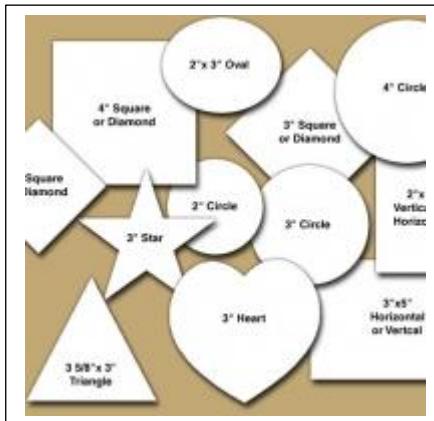
Ms. Itzler prefers Deaf (as in no hearing), Legally Deaf (probably a lot of us with severe to profound hearing who use hearing aids and/or a cochlear implant) or Hearing Loss (as in a minor loss of hearing). Hmm. Just three categories to describe such a vast array of hearing loss?

I suppose since I have both a hearing aid (which helps some but not much since my hearing loss in that ear is severe at best) and a cochlear implant, that I AM legally deaf! Yikes! Even if that’s true, I’m not sure I want to announce that to hearing people. Although Ms Itzler says “We’re Legally Deaf – Get Over It”, I just can’t utter the words “I’m legally deaf”. Does that mean I’m in denial?

Unless hearing people have a true understanding of hearing loss, might they either yell or think I need an ASL interpreter? Do I need to explain that my implant helps me to converse in most situations? Do I need to tell them details? I don’t think I want to provide them with TMI *.

I don’t propose to have the answer to this perplexing question: What is the best way to describe ourselves when we have a hearing loss? I’m just pondering the possibilities and trying to come up with some answer more in my comfort zone. My comfort zone and yours are most likely different.

I could say “I have a severe hearing loss and it would help me if you would.....”? Not a bad choice, I guess. I’d love to hear from our readers on suggestions or how they are handling this conundrum.

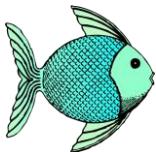


* Too Much Information!

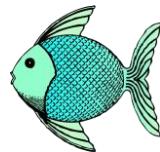


Volunteers needed for setup (8:45 AM) and take-down (12 noon, after meeting) on meeting days. Please respond to President Christine (president@hlaatc.org) or Vice President Lionel (VicePresident@hlaatc.org)

Articles needed for HLAA-TC newsletter: HLAA-TC welcomes Newsletter submissions on all aspects of hearing loss such as coping skills, work issues, conference or presentation reports, personal experiences, technology and research. (Submission guidelines available on website www.hlaatc.org)



Fish Story



Sounds fishy, but you may be able to protect your ears by eating seafood. New research in the American Journal of Clinical Nutrition found that women who eat two or more servings per week of any type of fish, even shellfish, lower their risk of hearing loss by 20%. Experts suspect that the omega-3 fatty acids in fish help to maintain blood flow in the inner ear.

(Judi Swan found this gem)

FREEBIES!

(Awesome equipment at no cost!)

CAPTEL PHONE

Captel telephone complete, with handbook
contact: Judi Swan at swanjudi@yahoo.com

CI FILTERS

Set of filters for Cochlear Americas Nucleus 5
Contact: Vicki Martin at gimme88@aol.com

MICROPHONE

Unitron uMic with mini USB splitter. Requires UDIRECT 2 and Unitron Hearing Aids.
Contact: Christine Morgan at president@hlaatc.org or at the HLAA-TC meeting.

Got stuff?

Advertise here to find a home for hearing equipment or accessories you can no longer use.

Make someone happy!

Events calendar



April HLAA-TC Date: Saturday April 18, 2015

Time: 10 AM (with coffee prior at 9:30 AM) Gary Johnson from BBB "Scams, Fraud, and Identity Theft"

Place: Courage Center, 3915 Golden Valley Road, Golden Valley, 2nd floor

May HLAA-TC Date: Saturday May 16, 2015

Time: 10 AM (with coffee prior at 9:30 AM) Mary Bauer, Deaf and Hard of Hearing Services.

Topic: services available to Minnesotans with hearing loss

Place: Courage Center, 3915 Golden Valley Road, Golden Valley, 2nd floor

Loop Minnesota

Loop Minnesota meets on the second Friday of the month in the St. Louis Park City Hall Council Chambers located at 5005 Minnetonka Blvd. St. Louis Park. The meetings run from 11:30am to 1:00pm. The Chambers are "looped."

Next meeting date: Friday April 10, 2015 11:30 – 1 PM

Free Class: Dispelling the Myths: Deaf and Hard of Hearing 101

Date: Thursday, May 14, 2015

Time (Pick one): 9:00 – 11:00 a.m. OR 1:00 – 3:00 p.m.

Location: Hennepin County Government Center, Auditorium (A0304)*

300 6th Street S, Minneapolis

*Level A or the "Lower Level." (If you park in the garage under the Hennepin Counter government Center, it will be labeled as "A.")

Registration: Call the DHHS Metro office at 651/431-5940 or send an email to dhhs.metro@state.mn.us

April CI group Adult Cochlear Implant Social Group

Sunday, April 19, 2015, 1:30 – 3:30 PM

Gethsemane Lutheran Church, 715 Minnetonka Mills Road, Hopkins, MN

Northern Voices walk Saturday, May 9 at Central Park, Jaycees Shelter 2540 Lexington Ave N., Roseville Registration opens at 7:45 AM, the 5K run is at 9 AM, the fun run/walk is at 9:05 AM, awards at 10 AM, and family-friendly activities until noon.

Register for 5K race at www.active.com or Northernvoices.org Additional questions: email erinl@nothernvoices.org

To make a donation, visit <http://northernvoices.org/donate-now/>

Walk4Hearing kickoff Kickoff Event

Saturday, August 01, 2015, 11:30a.m. to 1:30 p.m.

Pizza Luce Downtown 119 N 4th Street Minneapolis, MN

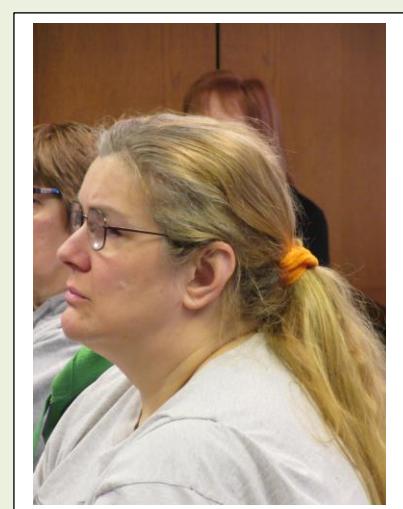
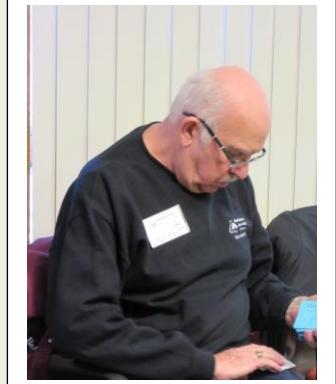
RSVP to Ronnie Adler radler@hearingloss.org by Friday, July 24, 2015

Walk4Hearing walk Saturday September 26, 2015 Lake Calhoun Thomas Beach (south end of lake), Minneapolis Registration 9 AM, walk 10 AM distance 5K (3.1 miles) chair Ronnie Adler (radler@hearingloss.org) and www.walk4hearing.org

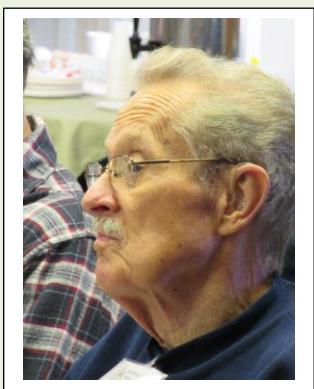
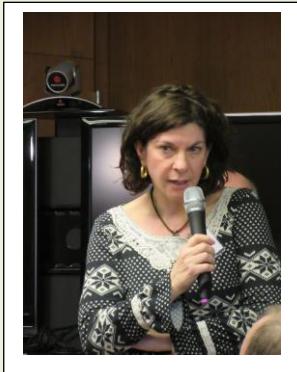
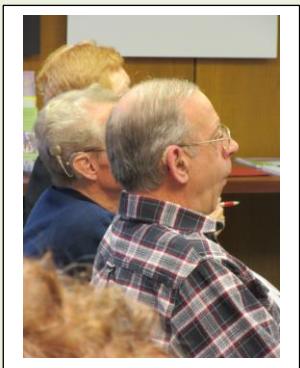
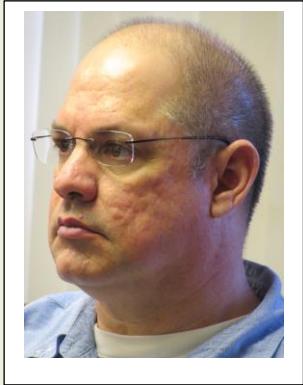
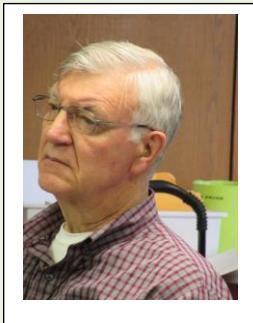
March HLAA-TC Meeting



March speaker
Tanya Gahler (with banana phone)



March Meeting: members and guests



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Our next meeting is April 18, 2015

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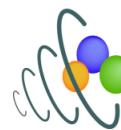
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Vice President – Lionel Locke
vicepresident@hlaatc.org

Secretary – Lisa Richardson
secretary@hlaatc.org

Treasurer – Marie Saliterman
treasurer@hlaatc.org

Contact Info. - info@hlaatc.org

Photos – Vicki Martin

Newsletter Editor -
Vicki Martin, editor@hlaatc.org

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.