

# HLAA TC May 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.

May 16, 2015

**Mary Bauer**, "DHHS  
Services for people with  
hearing loss"

(\* see details page 5)

(Meeting will be followed by a pot  
luck lunch)



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HLAA National - Maryland

[www.hearingloss.org](http://www.hearingloss.org)

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.

# President's Message

April 2015



*Christine Morgan*

## **President's Message**

May 2015

Wow! Our last meeting of the 2014-2015 season is almost here. At the risk of sounding old and clichéd, "where did the year go?".

The May meeting gives us the opportunity to hear what Mary Bauer has to say about how her Department (Deaf and Hard of Hearing Services, division of Minnesota Department of Human Services) can be of assistance to us. In the past, Mary has given us a presentation of "Clear Speech". We are fortunate to bring her back to provide us with more valuable information.

Don't forget our potluck lunch at the May meeting. Come to enjoy an informative presentation, some great food and socializing. Feel free to bring a friend and/or family member as well.

We have started filling our calendar for the 2015-

2016 year already. We are fortunate to line up some top notch speakers with some very interesting presentations of value to those of us with hearing loss. These speakers (like all our speakers) are donating their time and efforts to improve the lives of those us with hearing loss (and our communication partners, as well). They provide us with information, education and/or a sneak-peak of what the future may hold for the millions with hearing loss.

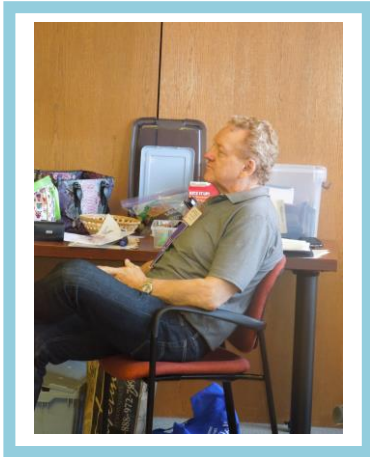
I also want to take this opportunity to thank all the wonderful members of our Board, the volunteers and the members (and their families). You all do your part to help our organization grow and to get the word out about HLAA-TC to those who don't know about the organization and how it can improve their quality of life.

I have truly enjoyed my first year as President. I have met some pretty terrific, courageous people. HLAA-TC has made a tremendous difference in my life. I hope it has made a positive difference in yours as well.

I look forward to my second year as President. If there is any way I can be of assistance to you or someone you love with hearing loss, please do not hesitate to e-mail me.

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 introduced our speaker, Mr. Gary Johnson, senior outreach manager for the Better Business Bureau of Minnesota and North Dakota. Mr. Johnson's topic for the meeting included the danger of scams, how the Business Bureau reviews businesses and most importantly how to protect yourself and others in today's marketplace.

First and foremost, the BBB is a non-profit organization supported by accredited businesses. Those companies use the BBB logo on their advertising and have agreed to a code of ethics in advertising and in business practices. Individuals looking for a service provider can access the BBB by phone or online. The bureau gives out information on those who belong to the organization as well as non-members. As a consumer you can feel confident that the information you receive is fair and not biased towards members.

The primary focus of the Bureau is to create trust in the marketplace and provide consumers with good, solid information. They have been actively doing that in Minnesota for 102 years. The second focus is dealing with complaints. The Bureau will take a complaint, talk with the company and try to get resolution. Good businesses do not want to have issues pending or unresolved.

Gary provided details about scams that many people are subject to, including professionals in the business world and educated people who ask the right questions, yet still become victims of criminals. Some of the Red Flags we should be aware of include getting phone calls asking for personal information, products that sound too good to be true, unusual charges or unexplained charges on your credit card bills, and emotional appeals from charities.

To combat those scams take the following advice from the Bureau according to Gary; not interacting with people you did not call, check with the Bureau before you sign contracts and make financial decisions, never send money for taxes and fees for winning prizes, and send money directly to the charity of your choice rather than contributing by phone. More of your money will go to the charity and less to administration costs.

Gary ended his presentation by directing us to various government agencies for help as needed. They include the MN Department of Commerce, the MN Attorney General's office, National

Social Security Administration office, and the three credit reporting agencies.

Gary answered several questions from the floor including several about identity theft protection. After the coffee break, President Morgan thanked Gary for his presentation and then informed the group about famous athletes who succeeded in their sports with hearing loss. Some of those names included Derrick Coleman, football; David Smith, Volleyball; Jeff float, swimmer (no joke); Jim Ryan, track and field and congressman; Tamika Catchings, basketball; Chris Coal, diver; Marie Berger, gymnastics; and Jim Kyle, hockey.

Lionel Locke, Vice President reported on current legislative activity and the upcoming events calendar. Marie Saliterman, treasurer gave the group information on the recent steak fry, the upcoming walk for hearing in Roseville sponsored by Northern Voices, and our current dues structure.

The remaining meeting time was reserved for conversation about recent questionnaires sent to members and guests, next months' speaker, and most importantly day to day frustrations that people with hearing loss experience in the public domain. Whether it be in retail businesses, clinics, banks, or general conversation with people, the discussion centered on ways to inform others of how to communicate effectively with people with hearing loss.

There being no further business to come before the group, President Morgan adjourned the meeting at Noon.



## Hearing Humor



Two funny things happened recently:

The first happened after the April HLAA-TC meeting. My good friend (who is deathly afraid of bees) and I were having tea at Barnes and Noble prior to book shopping. We were right in the middle of a conversation, when she reached for her purse and I heard her say "Was that a bee?"

Of course, I responded, "A bee! In Barnes and Noble?" She laughed and said "I said is that you or me? I thought I heard one of our cell phones. Believe me, if it was a bee, I wouldn't be sitting here!"

We both had a good laugh about this.

The very next day, I was having lunch with another friend who has a nephew who is culturally Deaf. Evidently, Mom and Dad were driving down the street, when one of their hearing children started yelling from the back seat: "Mom, David (not his real name) is signing naughty things out the window!"

Oh the joys of hearing loss!

---- Christine Morgan

# HLAA-TC May Chapter Meeting



**Mary Bauer**

## **DHHS services for people with hearing loss**

Ever wonder the history of Deaf and Hard of Hearing Services (DHHS) and what services staff actually provides? Well come to this presentation and do a little time traveling to the late '70s and early '80s to learn more about the beginnings of DHHS. Then fast-forward to 2015 to learn what services are provided by DHHS to Minnesotans who are deaf, deafblind, or hard of hearing along with human services providers, employers, schools, and other interested individuals.

Mary Bauer is a Deaf/Hard of Hearing Specialist at Deaf and Hard of Hearing Services (DHHS), a division of the Minnesota Department of Human Services. She has been at DHHS since 1996. She provides consultation, information & referral, technical assistance, and training regarding issues related to hearing loss. Mary is well-known for her presentations and she brings several aspects to her trainings – including her own experiences as a person who is hard of hearing. She graduated from Augustana College in Sioux Falls with a double major in Elementary Education and Deaf Education and has worked with deaf and hard of hearing persons and their families since 1980.

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

## Privileged to Ignore

*By Vicki Martin*

For almost two years now\*, I have been privileged to hear many things I was unable to hear before. What I have recently discovered is that it is also a privilege to be able to ignore things.

Of course, everyone ignores the things they can't hear at all. But if you have *some* hearing, and if you give that hearing a boost with amplifiers, hearing aids, or other devices, there will be a lot of sounds vying for your attention. Many of those sounds will be unimportant, some will be confusing, and nearly all of them will be distracting.

As a musician, I found it not a little ironic that having music playing when I was trying to do something else was both stressful and distracting. For me, there was no such thing as "background music" (or "background" sound of any kind, for that matter). Everything was foreground. I *had* to listen, I had no choice. I was never sure if that was because I was a musician, or because I was hard of hearing.

Everything is foreground. Maybe that is why listening in noise is so difficult. You can't focus on one thing if your brain is trying to focus on everything.

"Fact: when a person starts to lose their hearing, they not only have trouble hearing but they have trouble picking out the voice they want to listen to. The ear's filtering ability is reduced." (Affiliated Community Medical Centers, Audiology department, [www.acmc.com](http://www.acmc.com)). In other words, the less you hear, the less you can ignore.

A study by Purdue University researchers "confirmed that...in terms of how the cochlear neurons are processing the tones ... once noise was added, we did observe a diminished coding of the temporal structure... In a normal system, the channels are sharp and focused, but they get broader and more scattered with hearing impairment... now we know that a major physiological effect of hearing loss is that the auditory nerve fibres are particularly distracted by background noise." These findings, known empirically to most hard of hearing people, are now verified and documented, and were published in *Nature Neuroscience*\*\*.

We sit in the dining room, Dennis and I, reading the news and drinking coffee. Out of the quiet comes a question: "Did you hear that bird?" I hesitate, and try to remember the sounds I ignored four seconds earlier. "Yes," I say, smiling.

I'm smiling not only because I could hear it, but because I could choose not to.

*\*The author has been hard of hearing since early childhood, and is a cochlear implant user since 2013.*

*(\*\* in September 2012. **Nature Neuroscience** is a monthly scientific journal published by Nature Publishing Group. Its focus is original research papers relating specifically to neuroscience and was established in May 1998.)*





**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](mailto:president@hlaatc.org)) or Vice President Lionel ([VicePresident@hlaatc.org](mailto: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](http://www.hlaatc.org))

### **FREEBIES!**

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contact: Judi Swan at [swanjudi@yahoo.com](mailto:swanjudi@yahoo.com)

#### **CI FILTERS**

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Contact: Vicki Martin at [gimme88@aol.com](mailto:gimme88@aol.com)

#### **MICROPHONE**

Unitron uMic with mini USB splitter. Requires UDirect 2 and Unitron Hearing Aids.

Contact: Christine Morgan at [president@hlaatc.org](mailto:president@hlaatc.org) or at the HLAA-TC meeting.



### **Deaf Abuse**

The Rochester Institute of Technology recently released their findings of a study which I found quite interesting.

Being an abuse victim of childhood and some adult life, and profoundly hard-of-hearing all that time, it hit home with me.

"The deaf and hard-of-hearing in our society are 1.5 times as likely to be victims of relationship or sexual violence in their lifetime."

The study continues to find out why this occurs.

(Culled by Judi Swan)

# Events calendar



## **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 County 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](mailto:dhhs.metro@state.mn.us)

## **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

## **May CI Social group** Date: Friday May 29, 2015 4:00 - 6:00 PM

Como Park Zoo and Conservatory

1225 Estabrook Drive

St. Paul, MN 55103

651-487-8201

Host: Sara Oberg

We will be meeting in the Zobota Café in the Conservatory. I am planning on sitting at one of the tables near the main doors from 4:00-4:30 and then we can walk around and enjoy the beautiful conservatory and zoo! You are welcome to bring a spouse, partner, friend, family member, and/or significant other to any of these events! Please check this website for parking and other helpful information:

<http://www.comozooconservatory.org/plan/#/visitor-guide>

## **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](mailto:radler@hearingloss.org) by Friday, July 24, 2015

## **Walk4Hearing walk** Saturday September 26, 2015 Lake Calhoun Thomas Beach (south end of lake), Minneapolis

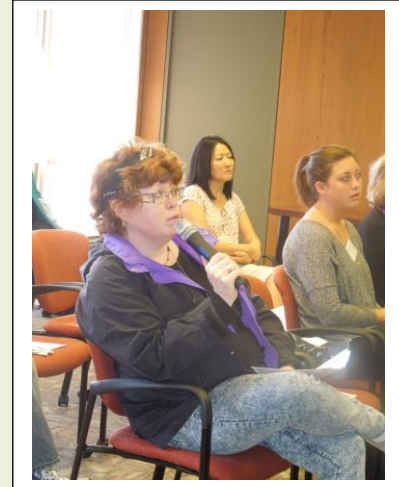
Registration 9 AM, walk 10 AM distance 5K (3.1 miles) chair Ronnie Adler ([radler@hearingloss.org](mailto:radler@hearingloss.org) and [www.walk4hearing.org](http://www.walk4hearing.org))



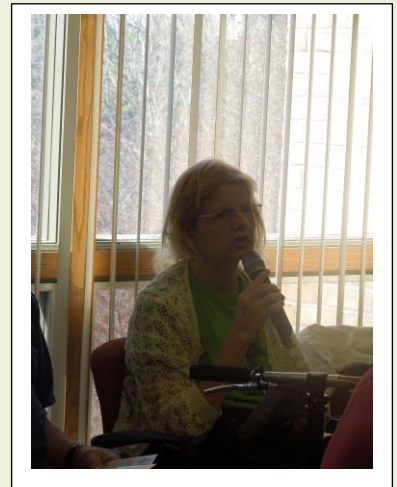
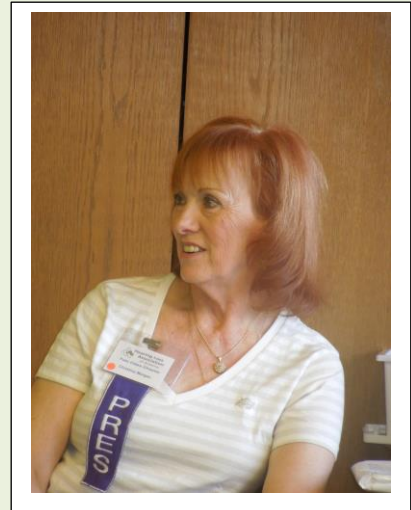
## April HLAA-TC Meeting



April speaker  
Gary Johnson



## April Meeting: members and guests





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**Our next meeting is May 16, 2015**

### First Class

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**Photos – Rhonda Jensen**

**Newsletter Editor -**  
Vicki Martin, editor@hlaatc.org

**Meetings are held the 3<sup>rd</sup> 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](http://www.hlaatc.org) or visit us on Facebook: groups/HLAA-TC.**