

HLAA TC

September 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.

September 19, 2015

Barbara Young

Fairview Rehab Services

(See page 3)

Topic: balance and how it affects those with hearing loss

October 17, 2015

Laurie Carlson, Can-Do Canines

November 21, 2015

Mike Griffitt, Willams Sound



Contents

President's Message	Page 2
September Speaker	Page 3
WALK4Hearing	Page 4
Dues and Freebies	Page 5
Sneak Preview	Page 6
Mayo Presentation	Page 7
Calendars	Page 8
Magazine Miscellany	Page 9
Invisible Disability	Page 10

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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 Kenny Rehabilitation Institute, 3915 Golden Valley Road, Golden Valley, MN 55442. The meeting adjourns at noon.

President's Message

September 2015



Christine Morgan

President's Message

September 2015

Can you believe it's September already! What a busy summer it has been.

Lionel and I were fortunate to be able to attend the National HLAA Convention in St. Louis in June. Such an amazing place. The hotel was gorgeous, the sessions were thought provoking, and the people were so friendly and helpful. I have to say I've never seen so many "hearing" service dogs. There were all breeds and sizes and so well behaved.

This was my first HLAA convention but certainly not my last. We are already planning to attend next year when it is in Washington, D.C. I would encourage everyone to experience at least one of the conventions. You will be amazed at the energy, excitement, and wealth of knowledge present. There were so many great sessions that we often split up and compared notes afterwards.

Check out the picture of me and Mime friend (above).

In August, I had the privilege of presenting at the Annual Mayo Clinic Cochlear Patient, Friends, and Family Picnic. I spoke after one of the Mayo surgeons who gave a very informative presentation on cochlear implants.

Over 100 people were in attendance and they were very receptive and interested in hearing about HLAA and our chapter. Many had never heard of HLAA and

the majority of the attendees came up to me afterwards and were very interested in our organization. We had a table at the luncheon where we provided brochures and other information and many stopped by to pick them up and ask questions.

We have a variety of terrific speakers and topics this coming year. I hope you will have the opportunity to join us. Bring your family, friends, neighbors, etc.

As always, we are very interested in your feedback and suggestions. If you have a particular topic or speaker that you would like to suggest, please let one of our Board members know.

Christine T. Morgan



HLAA-TC president Christine Morgan

*featured speaker at Mayo Clinic Cochlear
Implant annual event*

September Speaker

Barbara Young

“Balance Issues with Hearing Loss”



Barb is a physical therapist who specializes in seeing people with neurological and/or vestibular disorders, ie: people who have dizziness/vertigo and/or balance/gait problems.

Usually these medical issues involve the inner ear and/or brain.

Barb works for the University of Minnesota Health department, directly in the ENT clinic in MPLS and at the Maple Grove Medical Center. She has worked for Fairview Rehabilitation Services for over 20 years.

She is an APTA board certified neurological clinical specialist (2007). She completed her vestibular certification in 2001 and advanced certification in 2003.

Welcome to HLAA-TC, Barb!

Chances are you or someone you know is affected by hearing loss.



Hearing Loss Association of America

**WALK4
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*It's
time to
STEP
UP!*

Minneapolis Saturday, September 26, 2015

LOCATION:

Lake Calhoun
Thomas Avenue S &
West Calhoun Parkway
(near Thomas Beach)
Minneapolis, MN

REGISTRATION:

9:00 a.m.

WALK STARTS:

10:00 a.m.

DISTANCE:

5K (3.1 miles)

WALK CHAIR:

Ronnie Adler
radler@hearingloss.org

Walk4Hearing is produced by



**Hearing Loss
Association
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For more information and to register today, visit www.walk4hearing.org

HLAA is the nation's largest consumer advocacy organization for people with hearing loss and is dedicated to providing information, education, support and advocacy to enable those with hearing loss to live full and productive lives.

For more information and to register today, visit www.walk4hearing.org.



Note from our treasurer

Dues Due!

Hi Everyone, The HLAA-TC 2015/16 season is here. With that, this is a reminder that annual Membership Dues are due in September.

Rates are as follows: \$15 - Individual; \$50 - Professional; \$100 - Supporting; \$15 - Newsletter Subscription.

Please bring your dues to the first meeting, or mail to: HLAA Twin Cities Chapter, PO Box 8037, Minneapolis, MN 55408-0037. Thank you for your continued support!

~ Marie

FREEBIES!

(Awesome equipment at no cost!)

HATIS Single-side silhouette
For use with T-coil

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.

CAPTEL PHONE

Captel telephone complete, with handbook

contact: Judi Swan at swanjudi@yahoo.com

Pair of ZenithBTE hearing aids ZP5179 (used)

Miracle Ear mini BTE hearing aid

Contact: Vicki Martin at gimme88@aol.com

Mini shotgun condenser microphone (can be used with pocket talker)

Contact: Vicki Martin at gimme88@aol.com

GOT EQUIPMENT? (that you are not using) Add it to our FREEBIES list and find it a home!

Sneak Preview!

Here's what is coming this year



HLAA-TC meetings are held the third Saturday of the month from September through May. We gather at 9:30 to socialize and begin our meeting at 10 AM at the Courage Center, now known as the Courage Kenny Rehabilitation Institute, (2nd Floor Board Room) 3915 Golden Valley Road, Golden Valley, MN 55442.

For further information, call 763-447-9672

2015-2016 Presentation Schedule

September 19, 2015 Balance Issues with Hearing Loss by Barbara Young, U of M

October 17, 2015 Can Do Canines by Laurie Carlson

November 21, 2015 Williams Sound Technologies by Mike Griffin

December 19, 2015 Accessible Arts by Jon Skaalen of VSA

January 16, 2016 Legislative Update by office of Mary Hartnett

February 20, 2016 Yahoo and Skype for HOH by Dennis Martin

March 19, 2016 The Esteem Hearing Implant by Brent Lucas

April 16, 2016 Cochlear Implant Update Panel (3 CI Companies)

May 21, 2015 Assistive Listening Devices by Krista Nevelle (Harris Communications)

The Board room has a permanent loop (for T-coils) and all meetings are captioned



Christine Morgan, speaker at Mayo Clinic
Saturday August 8, 2015

Christine Morgan, President of the Twin Cities Chapter of HLAA (Hearing Loss Association of America) addressed the Mayo Clinic Cochlear Implant annual patient meeting on Saturday August 8, 2015. Over 100 cochlear implant recipients and their families listened while Christine shared the History of HLAA and delighted the audience with her story of hearing loss and the success of her cochlear implant.

The crowd also heard from Dr. Doug Sladen, PHD and Director of the Mayo Implant Group and Doctor Matthew Carlson Neuro-Otologist also from Mayo Clinic. Dr. Sladen welcomed the group and introduced both speakers.

The annual meeting picnic included representatives from Med El, Cochlear America, and Advanced Bionics hosting vendor product tables during lunch.

Those in attendance were pleased to use their tele-coil functionality as the auditorium was looped for the occasion and CART was also provided. The annual picnic has grown from a small backyard meeting to a large auditorium setting.

Christine Morgan also met with those in attendance at the HLAA table during the lunch hour and invited all to consider membership in HLAA.

(Press release by Lionel Locke, HLAATC Vice President)

Events calendar



HLAA-TC Meeting Saturday September 19, 2015 at the Courage Kenny Rehabilitation Institute 3915 Golden Valley Road, Golden Valley MN. We gather at 9:30 to socialize and the meeting starts at 10 AM

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)

Can **FREE** training = **GOOD** training?

Yes it can; in fact it can equal very good to excellent training!

Deaf and Hard of Hearing Services Division, a program of the Minnesota Department of Human Services, offers **FREE diversity related** training seminars once a month at the Golden Rule Building in downtown St. Paul.

You are invited to review the training calendar and check out what will be offered starting September 2015. (This posting shows sessions through November only. For a full schedule, go to mn.gov/dhs/deaf-hard-of-hearing/ and select "resources" then "training")

Introduction to Deaf Culture

Sept. 16, 9:30-11:30

Learn more about the vibrant Deaf Community. Its history, values, norms and traditions. Participants will also be exposed to language and communication challenges that impact persons who are deaf in family settings, on the job and in everyday life.

Beginning Sign Language

Oct. 22, 1:30-3:30

Learn basic signs & phrases, and become familiar with some of the characteristics of American Sign Language and glean an understanding of the importance of gestures, mimes and reading facial expressions and body language.

Hearing Loss: National Health Alert!

Nov. 18, 9:30-11:30

Hearing loss is a growing public health issue. During this workshop you will gain an awareness of the impact of hearing loss and some strategies to use when working or living with a person who is hard of hearing or late-deafened.

Magazine miscellany

“We’re All Ears” (AARP Magazine April/May 2015, aarp.org/hearing)

“AARP’s Hearing Resource Center aarp.org/hearing) offers advice on how to pick the best hearing aid—and the lowdown about why they’re so expensive. Also find articles on the causes of hearing loss, a quiz to see whether you should get a professional hearing evaluation, suggestions for household devices that might help and advice on minimizing the likelihood of hearing loss.”

I went to the website and found this information on hearing aids:

“Behind the ear (BTE): Plastic tube carries sound to a custom ear mold (not shown). PROS: Larger size makes it easier to manipulate. Tends to last longer than smaller devices. Accommodates directional microphone, volume control. CONS: Conspicuous. Awkward for phone use.” Have they not heard about telecoils?

“Mini behind the ear (Mini BTE): Plastic tube connects to an earbud inside the ear canal. PROS: Leaves the ear canal open, for more natural sound, especially your own voice. No custom mold required. No “plugged up” feeling. CONS: Harder to use with the telephone.”

“In the ear (ITE): Custom-made shell fits in the outer ear. PROS: Easy to insert; can house a directional microphone and volume control; easy to use with the telephone. CONS: Conspicuous and bulky.”

Pioneer Press 5/23/15 “To Your Good Health”

“Q: I recently had a hip replacement. I am 84, with hearing loss. My family says my hearing is worse after the operation. My daughter talked with several seniors who experienced the same thing. They think it has to do with the anesthesia. Fact or fiction?

A: Possibly fact. Hearing loss is a known and rare occurrence after surgery, and there are several ways in which it can happen. You mentioned anesthesia. Several anesthetic agents, especially nitrous oxide, can cause temporary hearing loss, but nitrous oxide is not used as often during surgery as it once was. Changes in the fluid pressure in the ear also can cause both temporary and permanent hearing loss. Finally, antibiotics given around the time of an operation can cause hearing loss.”

TIME magazine June 29, 2015 provides the following list:

World’s most common health complaints:

US	back pain
Ireland	major depressive disorder
Saudi Arabia	diabetes
Iraq	iron deficiency anemia
Qatar	opioid dependence
Burma	hearing loss

It’s interesting to speculate why? What, for instance, causes hearing loss in Burma?

Invisible Disability and Forgotten Disability?



The ADA is was passed 25 years ago. However, according to Janice S. Lintz, the symbol is a person in a wheelchair which cannot represent all disabilities.

Why? This is the question Ms. Lintz (Consultant, Consumer Advocate, Journalist, Foodie, and Traveler) asks in her article “Hearing Loss – The Forgotten Disability” in the August 1, 2015, issue of the *Huff Post Accessibility*.

The symbol doesn’t represent hearing loss, visual impairments or cognitive disabilities. In fact, according to Ms. Lintz, a recent Disability Pride Parade chose a wheelchair symbol and then added the ASL symbol, even though the vast majority of those with hearing loss don’t use ASL.

Different companies have different definitions of effective communication for people with hearing loss. Even among federal agencies there is discrepancy in what is provided for people with hearing loss.

The DOJ oversees access and effective communication. However, who decides what is effective communication? And who is checking for ADA compliance? Not the DOJ! The burden falls to the people with hearing loss. Complaints are enforcement driven which puts the burden on the people who need the DOJ protection and there are few, if any, penalties for non-compliance.

Although state and local governments are covered by ADA, federal government agencies are covered by section 504 of the Rehabilitation Act (the model for ADA).

According to Ms. Lintz, there should be one central place to file ADA complaints. The burden should shift from the person seeking accommodation to the government agency responsible for addressing the lack of access. ADA should be strictly enforced and effective communication should include audible, visual and qualified interpretation.

People with hearing loss deserve clarity and access. That was the original intention of ADA.

Christine Morgan

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Our next meeting is September 19, 2015

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Please visit the chapter's web-site at www.hlaatc.org or visit us on Facebook: groups/HLAA-TC.