

# HLAA TC

# October 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.

This month:

October 17, 2015

Laurie Carlson, with Stephanie and FRED, from

**Can-Do Canines**

(see details on page 4-5)

Coming Soon!

November 21, 2015

Mike Griffitt, Williams Sound

December 19, 2015

Jon Skaalen, VSA

Accessible Arts



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## Officers' emails

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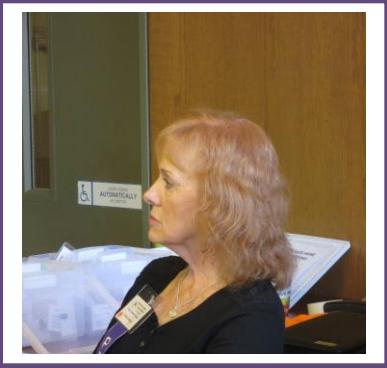
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**HLAA National - Maryland**

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

October 2015



*Christine Morgan*

## President's Message

October 2015

Fall is such a busy time for all of us. The holidays are fast approaching and at times, our stress levels are rising a bit higher. We need to remember to take time to enjoy the beauty of the changing seasons. Hard isn't it?

We had a great time and lovely weather for the Walk4Hearing. It was fun catching up with old friends and making new ones while getting some much needed exercise walking around beautiful Lake Calhoun.

I want to extend our thanks to the many volunteers without whom this walk would not exist and be the success that it is.

One of the people I had met before came over to talk after the walk. She was complaining about going to the movies and not being able to understand the dialogue. I asked her if she went on CaptionFish.com to check out what type of assistive listening devices were available. I told her about the site and that Regal had these great Sony captioning glasses. She had never heard of CaptionFish nor the Sony glasses.

I thought I would mention this in my message this month in case anyone else was not familiar with CaptionFish. When you open the site, there is even a drop-down for you to choose the device if you wish. It lists the Theaters, movies and times that the ALDs are available. I was familiar with the Sony glasses because Regal was at the National Convention in St. Louis and I had the chance to try them out. Very cool!

I also want to take the time to thank those members and visitors who help us set up before and tear-down after the meetings. We appreciate everything you do.

We just heard that the documentary on adult onset hearing loss is set to preview on Twin Cities Public Television on October 25. Right now we don't know what time it will be aired. Watch our website for further details as we receive them.

I hope to see you at our next meeting on October 17.

*Christine*

*(The program "Hearing Loss Matters" will air Sunday October 25 at 7 PM on TPT MN (Comcast cable channel 243).*

*It will also be aired on the MN Channel on Sun, Nov. 1st at 1:00 am  
Sun, Nov. 1st at 7:00 am  
Sun, Nov. 1st at 1:00 pm  
and on the TPT Life Channel, (Comcast cable channel 17, or non-cable channel 2.3) on Sun. Nov. 15th at 12:00 pm.)*



## HLAA-TC September 19th, 2015 Synopsis

BY LIONEL LOCKE, VICE-PRESIDENT

President Christine Morgan called the meeting to order at 10:00 AM. After welcoming our guests and returning members to the meeting after the summer break, she introduced the Board members and thanked the Board and all the volunteers who work to make our organization successful. Christine then introduced Barbara Young, a physical therapist with the University of Minnesota in the ENT clinic.

Barb specializes in dealing with dizziness, vertigo and/or balance problems which usually involves the inner ear or the brain. Barb has been with the Fairview Rehab Services for over 20 years and is an APT board certified neurological clinic specialist. Barb began her presentation by explaining that she works with people who need physical therapy from the neck up not down.

According to Barb, some people get off balance when sitting in a chair or when they are on their feet and moving. Dizziness can happen when you are laying down, sitting or when you are moving. She went on to explain how using her questionnaire she can help determine which direction the therapy will take.

Balance, for example, is the ability to maintain the body's center of mass over your base of support. The brain gets input from three sensory inputs: your vision, your vestibular or inner ear, and your muscles, tendons, skin and joints called proprioceptive input. Barb explained how each of these groups of sensors give our brain input so that we can judge where our head is in space. If our two ears receive different messages and does not like those conflicting messages, then we feel dizzy, lightheaded, spinning, vertigo and nausea.

Barb then explained various strategies that she employs through physical therapy to retrain motor reactions to help deal with issues. These strategies only happen after a number of different balance tests at the clinic. One example is training eye and head coordination to help with balance issues. A second is several fun tests of the inner ear or balancing in the dark.

Overall Barb's job is to come up with the right exercises or assistive device to keep you moving or to get you on a general overall cardiovascular and core trunk strengthening program that could help your balance system.

The second part of Barbs' presentation related to dizziness and vertigo sometimes called vestibular disorders, including symptoms like ear ringing, generalized fatigue, visual complaints, nausea and vomiting. Anxiety has a lot to do with vestibular disorders as well. People worry about what would happen if they do various activities because it is usually uncontrollable.

These disorders are difficult to diagnose and many people end up seeing a number of physicians. The clinic staff work very hard trying to funnel the patient to the right provider. Barb explained different tests that she conducts in order to determine the correct diagnoses.

Barb answered a number of questions from the audience about nausea and falling. She stressed that in the clinic she has to re-create the vertigo and the patient's symptoms to treat the symptom correctly.

President Christine Morgan thanked Barb for her presentation and the program continued with presentations from the Treasurer on annual dues notification, from the Vice President on a legislative update, an ASL presentation from our newsletter editor Vicki, and a President message about the HLAA National Convention and an upcoming documentary on adult hearing Loss to be aired on Public Television.

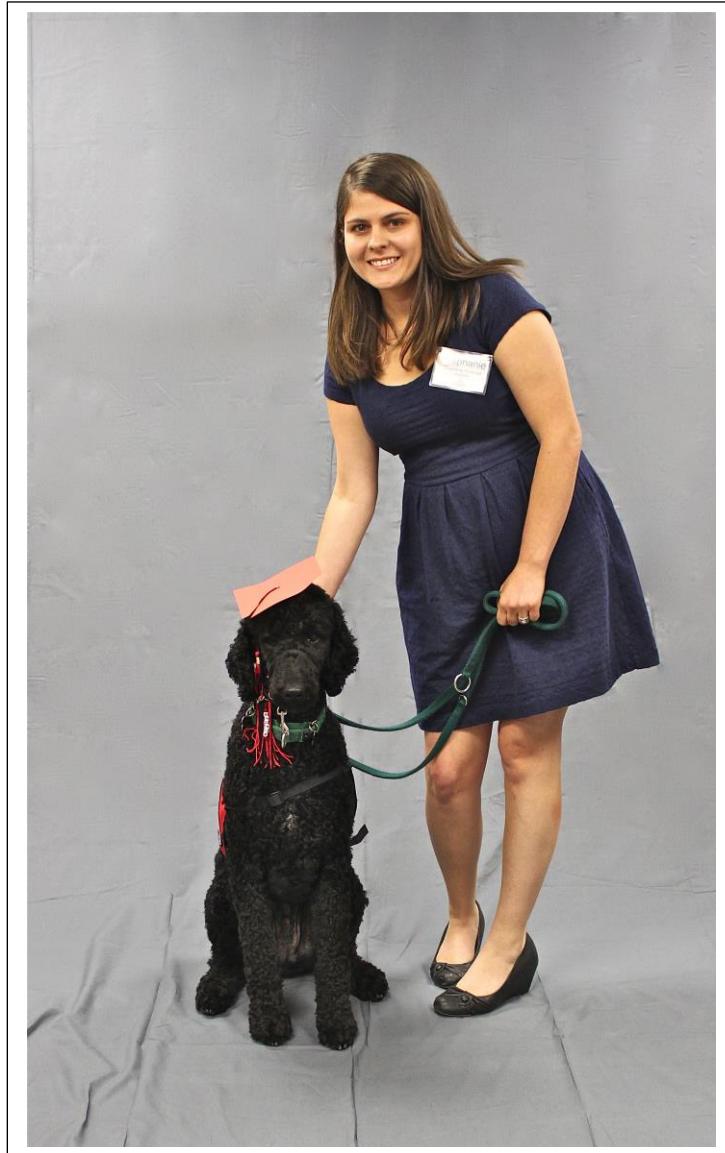
Lionel Locke, Vice-President presented a captioning pledge campaign for restaurants and hotels in cooperation with the Department of Deaf and Hard of Hearing. This program is underway with a listing of public places that already have closed captioning in effect in their public viewing areas. This listing can be found on the State Website and will be added to the HLAA -TC website.

Loop Minnesota is also conducting a campaign to ask restaurants to turn down the music. These efforts are part of our Associations' efforts to have people with hearing loss function effectively in everyday activities.

There being no further business, President Morgan invited all in attendance to attend the Walk for Hearing and then adjourned the meeting at Noon.

**October Speaker**  
Laurie Carlson  
with Stephanie Fortman, assisted by teammate Fred

***Can-Do Canines***



*Fred and Stephanie*

## October Speaker (cont.)

### Speak!

On Saturday October 17, Hearing Loss Association of America Twin Cities Chapter will meet to learn about Hearing Assist Dogs. The public is invited.

Come and meet Fred, a standard poodle, who also happens to be a Hearing Assist Dog!

The meeting will be held in the second floor conference room at Courage Kenny Rehabilitation Institute, 3915 Golden Valley Road in Golden Valley. The meeting begins at 9:30 AM with coffee and social time, and the presentation will begin at 10 AM.

Although Fred can probably “speak” for himself, we’ll happily hear from Laurie Carlson, volunteer coordinator at **Can-Do Canines** along with client Stephanie Fortman, assisted by teammate Fred.



### FREEBIES!

(Awesome equipment at no cost!)

#### 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.

#### HATIS Single-side silhouette For use with T-coil

Pair of ZenithBTE hearing aids ZP5179 (used)

Miracle Ear mini BTE hearing aid

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

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

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

## **“You Can Observe a Lot by Just Watching”**



I had gotten dental crowns before, but not since I began wearing a cochlear implant processor on my head. But I didn't expect that to make any difference.

As the technician declined the chair, she asked me if my hearing aids would buzz. “The hearing aid may give feedback,” I said, pointing to the left side of my head. “but the CI processor won’t,” indicating the other side.

She asked if I would mind removing the hearing aid and, being quite accommodating (it works both ways, after all), I did. “Can you still hear me?” she asked. “Yes!” I was happy to reply. She prepared the dentist’s equipment, tilted the chair further, and the work began.

I tensed at the dizzying whine and whizzing of the dental machinery, and my head seemed about to shatter from the vibrations. Then suddenly, the world went silent. My CI magnet had fallen off and, due to my semi-upside-down position, gravity could not hold the processor on my ear. I reached up quickly to catch it. The dentist stopped working while I tried several times to reposition it. No luck. “I’ll just take it off for now,” I offered, and we proceeded.

I closed my eyes as I usually do under such circumstances, since I don’t care to look at either the bright lights or the threatening motion of the tools coming at my teeth. I left the whirring and whining behind as my lids closed, and became peacefully unaware of the head-shattering cacophony around me. I remained this way for a while, noting with interest that a big part of the dental experience is the sound.

“Bite,” said the dentist, as I mused on the effect of silence on pain and discomfort. I didn’t bite.

“Bite,” he said again, and then again. I still didn’t bite. He tapped me on the shoulder, and I opened my eyes. “Bite,” he said again. He clenched his teeth in a comically exaggerated way, and closed his fingers against his thumb multiple times like the jaws of a shadow-monster on the wall. I bit.

And so it went until the end of the procedure, when the technician inclined the chair and I stuck the magnet back on my head.

It had been nice not to hear all the unnerving noises of the dental office, but not very practical. Next time I will remember to attach an earmold to the processor, or wear a headband to hold it in place.

But I will be thinking about ways to turn off the sound temporarily too, since I realize now that just by not sending the sound signals to your brain, you can greatly reduce the stress and annoyance of the dental experience.

Or, as Yogi once said, “Ninety percent of the game is ... half mental”.

*By Vicki Martin*

Sometimes it's all about baby steps or making small ripples in the big pond.....

By Christine Morgan

After reaching out several times to the History Theatre in downtown St. Paul, I finally got a response. I had complained that I was unable to use their device (essentially a type of pocket-talker) and just because my seat was in the front row did not mean that I was able to enjoy one of their performances.

I recently received an e-mail telling me that they looked into looping (too expensive) and will be providing captioning this fall.

The second was a less than stellar experience at the Endoscopy Center (280 and University). They have patients (me included, even though I explained that I had an implant and hearing aid) watch and listen to a video. The nurse stated nicely that she was leaving the room and it was up to me whether I watched it or not. Hmm!

Unfortunately for them, but fortunately for me, they sent an e-mail asking if I had a outstanding patient experience. Of course, I responded and the same afternoon got more than one call back including a call from the Director the following week.

We spoke on the phone that week and she assured me that IT was working on captioning the video. When I mentioned the communication style of the staff even after hearing that I had an implant and hearing aid, she said they were having a staff meeting and would be training the staff on communications strategies when dealing with patients with hearing loss.

I offered my services but she did not seem interested. I wondered to myself who would be providing the training.

Oh well.....Rome was not built in a day!

### **“Oh no! Flashing red lights behind me.....”**

By Christine Morgan

While I was “playing” on the internet one night, I came across the *Center for Hearing Loss Help* Website. Neil Bauman, PhD is well known in the hearing loss world. He runs the Center which has many interesting offerings. ([www.hearinglosshelp.com](http://www.hearinglosshelp.com)).

One of the products that caught my eye was the Visor Cards – Bridging the Communications Gap When Stopped by the Police. Not that I have ever been stopped by them! Okay, maybe once or twice. I do sometimes have a bit of a heavy foot on the gas.

You can decide between the Hard-of-Hearing Packet or the Deaf Packet. Packets are \$4.95 plus shipping and handling. I bought one for each of our cars. I also sent one to my sister in New Jersey with hearing loss.

In the packet you get: a very easy to read brochure with suggestions for use, a laminated two-sided visor card to hand to the officer and a small wallet-sized card explaining what your special communication needs are (which can be used for any situation).

Happy internet surfing.

## Magazine miscellany

### **“Best Practices in Hearing Enhancement” Hearing Loss Magazine July/Aug 2015**

*Article by Cynthia Compton-Conley, Ph.D. (HLAA director of consumer technology initiatives)*

“This process [the Probe-Microphone Test] is the ONLY – I repeat, ONLY way to objectively determine what Sound Pressure Levels (SPLs) the hearing aid is delivering to your eardrum and to verify that the fitting is a good one. Without this Probe-Microphone Test (also called Real Ear) it’s anyone’s guess as to whether the hearing aid is adjusted properly. ...Before you make an appointment to be fitted with hearing aids, always ask if the audiologist uses probe-mic (or real-ear) testing to verify a hearing aid fitting. If the answer is ‘no’, find another audiologist.”

### **“4 Myths About Hearing Loss” (AARP Magazine June/July 2015)**

Craig Newman, one of the country’s leading audiologists, identified four of the most common myths about hearing loss. The four he chooses to address in this article are these:

- 1) Hearing loss happens only to old people
- 2) Your hearing loss was caused by all those rock concerts years ago
- 3) If other people would just talk louder, you would hear just fine
- 4) As long as you can hear some sound, it’s OK to wait to get hearing aids

*(For the full story, see page 18 of the above publication).*

### **“What is the best job in America?” Time magazine July 6-13, 2015**

Audiologist is the best job, based on several criteria, including stress level, salary and job opportunities.

Salary: \$69,720

Stress level 6.3 (very low stress)

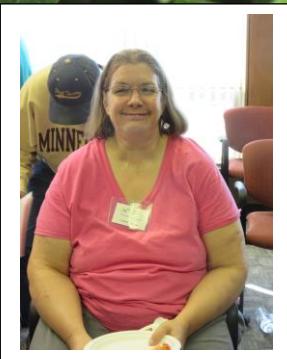
Growth 34% (2012 to 2022 according to Bureau of Labor Statistics forecast)

*(audiologists, do you agree with Time’s assessment?)*

### **On 3D printing of hearing aids: Time magazine July 6-13, 2015**

Percentage of hearing aids that are 3D printed: 90%

# October Meeting



# Walk4Hearing



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<p>Let us help you with that.</p> <p><b>Shipping Services</b>  <b>Packaging Services</b>  <b>Mailbox &amp; Postal Services</b>  <b>Copying Services</b>  <b>Finishing &amp; Printing Services</b></p> <p>©2003 United Parcel Service of America, Inc.</p>	<p><b>The UPS Store™</b></p>  <p>6066 Shingle Crk PKWY  Near Target  Brooklyn Center MN 55430  763-560-1282  (fax)560-1014</p>

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**Our next meeting is October 17, 2015**

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**Meetings are held the 3<sup>rd</sup> Saturday of the month September through May at the Courage Kenny Rehabilitation Institute 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](http://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.**