

# HLAA TC

# May 2016



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:

May 21, 2016

Year-end meeting  
Special showing:  
DVD "Unheard Voices"  
Board elections  
Pot luck lunch

## Coming Soon:

Fall 2016:

Watch for talks on sensory issues, Meniere's, and tonal distortion

September 24, 2016

WALK4Hearing



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## Officers' emails

- Christine Morgan - [president@hlaatc.org](mailto:president@hlaatc.org)
- Lionel Locke - [vicepresident@hlaatc.org](mailto:vicepresident@hlaatc.org)
- Lisa Richardson - [secretary@hlaatc.org](mailto:secretary@hlaatc.org)
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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 Kenny Rehabilitation Institute, 3915 Golden Valley Road, Golden Valley, MN 55442. The meeting adjourns at noon.

## President's Message



Christine Morgan

May 2016

*Wow! Can you believe it is already May and our last meeting before our summer break!*

*It's been an exciting year: we've had some terrific speakers, intriguing and timely topics, and, last but not least, some fun and friendship. I am so thankful for our Board, our members, guests, speakers, and volunteers. A special thanks to the transcribers from Paradigm for providing us with captioned meetings. Special thanks also go out to our newsletter editor Vicki and her photographer husband Dennis for all their time and efforts. And, I don't want to forget those who help us set up and tear down for the meetings, especially the dynamic sister duo (Tiffany and Shannon) who are always willing and ready to help. All of you make our organization strong and vital.*

*This month we have our potluck lunch,*

*which usually means loads of creative, delicious food and yummy desserts. We also have our Board elections for the upcoming 2016-2017 sessions. If you are interested in serving on the Board, please let me or one of the other Board members know. We would also love to have you on at least one of the committees.*

*Unfortunately, our speaker for May (Harris Communications) is unable to make the meeting. However, we are planning a special end-of-the-year meeting including the DVD (Unheard Voices), some short but interesting topics and an opportunity to share experiences and solutions.*

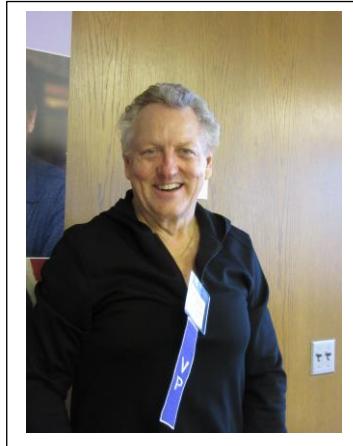
*Last, but not least, I want to encourage you to be an advocate for yourself and the others who for whatever reason, cannot advocate for themselves. I truly believe we can change things for the positive with some (and sometimes a lot) of effort. Baby steps.....but it can and does result in those without hearing loss learning and finally understanding some of our challenges and frustrations.*

*I hope to see you on the 21st of May.*



# HLAA-TC April 16, 2016 Meeting Synopsis

BY LIONEL LOCKE, VICE-PRESIDENT



President Christine Morgan called the meeting to order at 10 AM. She welcomed all those in attendance and introduced a Cochlear Implant Manufacturer panel, Julia Biedenstein, from Advanced Bionics, Jennifer Brown, from Cochlear and Christine Pett, from Med-El. Each person introduced their company credentials and brief history and then answered a list of prepared questions from President Christine Morgan who served as moderator of the panel.

Some of the prepared questions included advice to those considering a cochlear implant, common complaints from people who already have cochlear implants such as hearing in background noise and talking on the telephone, future trends in the industry, where each company differed on what their focus is, and then a discussion on hybrid devices.

Questions from the audience included insurance coverage for cochlear implants, and the criteria needed to obtain that coverage, Medicare coverage for a second implant, how well can music be heard with an implant, and what a person really hears after receiving an implant.

These questions prompted a lively discussion from the audience and the panel which then led to comments about age related hearing loss. Concluding remarks from the panel included having many conversations and tests with your audiologist, manage your expectations when considering implant surgery and do your research as ultimately the decision is in the hands of the consumer unlike many other forms of surgery.

After the break, Vicki Martin delivered the ASL Lesson on the alphabet and numbers; President Morgan reported on recent progress in advocacy for accommodation at local theaters including captioning and looping systems; Vice President Lionel reported on several legislative updates both State and Federal; called for nominations from the floor for the Board positions to be elected in May, and asked for volunteers to serve on our standing committees; and

(synopsis, cont.)

Treasurer Marie delivered our financial report.

Marie also announced membership opportunities to help other groups in support of hearing loss including the Hero Walk for Kids in May, the Lions Walk in June, and of course the HLAA walk in September.

After fielding other questions from the audience about Facebook, blogs about hearing loss, and petition signing, President Morgan thanked those in attendance and then adjourned the meeting promptly at Noon.

TO: ALL MEMBERS OF HEARING LOSS OF ASSOCIATION- TWIN CITIES CHAPTER

Election of officers for two year terms is scheduled for the May 2016 general membership meeting. Nominations are open from the floor during the May membership meeting, May 21<sup>st</sup>, 2016. If any member is interested in serving on the Board, please contact another member and request that your name be placed in nomination at the May membership meeting.

Several committee positions are also vacant. If you are interested in serving, please contact a Board member. You are needed!

Positions available:

**Greeters (2)** to greet members and guests when they come in and help them sign in and get their name tags

**Social Media Committee (2+)** at least 2 people to work on our social media (Facebook, Twitter, etc.) creating and keeping it up to date

**Legislative Committee (2+)** to work on legislative issues. Committee headed by Lionel

**Membership Committee (2+)** to work on ways to increase our exposure and membership

**Free!**

**HP Photosmart Plus Printer.** Works fine. Color and Black & White. Copies, etc. Call or email Lionel or Christine.

For the following items (also free) contact Vicki Martin [gimme88@aol.com](mailto:gimme88@aol.com)

**Pair of Zenith hearing aids (ZP5179)**

**Single Miracle-Ear hearing aid ME 1000 RIC**

**Hatis monaural telecoil silhouette**

**Williams sound handheld shotgun microphone** (see link below for description and photos)

[http://www.harriscomm.com/search?q=micophone+shotgun&order=created\\_at&dir=desc](http://www.harriscomm.com/search?q=micophone+shotgun&order=created_at&dir=desc)

## On Public Theater Access

Those of you familiar with the quaint town of Lanesboro might be familiar with the lovely B&Bs, biking, canoeing, camping, and the CommonWeal Theater. It is a small theater with some great offerings. We haven't been there for about three years but have enjoyed our four visits to the town.

I recently received their brochure for the upcoming season and noted with interest that they offer ASL and auditory assistance, but no captioning or looping, nor do they mention assistive listening devices.

I e-mailed the general manager asking about access and mentioning the 98% of those of us with hearing loss who do not sign and need access. I was amazed to get a response within 2 hours! They apologized and admitted that they were not aware and wanted to do something about it. Wow!

I provided them with information (including VSAs contact information), our website, and an offer for one or more of them to attend our meetings. They were very receptive and I will be interested to learn what their plans are.

Baby steps...

*Christine T. Morgan*

## On Home Theater Access

*For the electronically inclined: (Kathy from Geneva Illinois describes a successful TV setup!)*

When Gib and I were going together well over a half a century ago, we loved to go to drive-in movies because I could have the speaker right next to my right ear which was the ear that had the hearing aid and the best hearing. What we did was replicate that same experience in the house, so I can control volume right next to my ears, although I now wear two digital hearing aids which self adjust and have other programs, and I also have a pilot control.

You will notice two tan speakers on the table [*describing a photo of their family/TV room*] next to the couch. This is the side next to the fireplace which spans the entire wall of the family room, and they almost blend into the rocks. Although you can't see the end table, you can see two speakers. They are computer speakers with a volume control.

Across from the couch is a 55" flat screen TV. For many years I've had those speakers which are now connected into this TV. Erik and Gib ran the wires through the basement ceiling under the family room and up to the table and hooked up the speakers.

Today one can buy wireless speakers to put almost anywhere to enhance the hearing experience. But we don't need to do that since my wired speakers work extremely well.



## CLOSE YOUR EYES AND CONCENTRATE (thoughts on distraction)

"Close your eyes now and just listen." Have you ever been in the audience when a speaker asked you to do this? Maybe he even asked that the lights be turned out, so nobody could "cheat".

But are the commands to close your eyes and to concentrate mutually exclusive? They are to people who don't hear. When you close your eyes, you lose touch with what is going on around you. Your mind wanders. You may even fall asleep in the middle of a talk -- maybe even in a meeting. (Come to think of it, you don't always need to close your eyes for that to happen!)

People often assume that closing your eyes will help you focus on the topic. But if you don't understand what is being said, you lose your focus instead of increasing it. Yes, I speak from experience. Whether the speaker is live with you in the room or reaching out to you from a recording, you inevitably begin thinking about something else – or nothing at all.

I can offer a new perspective on this now: wearing a CI, I tune in to an online Sunday service on a snowy evening. I get comfortable in a chair as a resonant voice begins to speak. I close my eyes. To my surprise, my mind no longer wanders. I am more focused, more thoughtful than I am on Sunday morning with my eyes open.

OK, now I get it! Now I know why a presenter may occasionally ask the audience to close their eyes and listen. But, speakers, please don't make this a mandate. Don't be annoyed if I keep my eyes open, because in order to focus, you need to have something to focus *on*. If I can't hear what you say, I don't have that. So I look at you. Sometimes it's the best I can do, so please accept it.

But when I *can* understand you – it's wonderful to be able to enhance that focus with closed eyes. Thank you for reminding me!



## Fun Things for your Ears! (who says you have to be a kid?)

Glitter styles: turquoise, silver, purple, red, etc. and patterns: music, dots, stripes, and more. From music to Mickey Mouse, find a style to fit your personality. Earstixfacebook.com/earstix



Hearing aid and CI stick-on decors.

Leave no residue when removed

Inexpensive (as little as \$2/set)

## Magazine Miscellany

**Minneapolis Star/Tribune February 28, 2016** excerpted from article: "Kids not so good at blocking out noise to process speech"

Excerpts from the article: "Noise is more distracting to a child's brain than to an adult's...what a child hears in a noisy environment is not what an adult hears...they have a greater need for understanding speech around them but at the same time they're less equipped to deal with it...the ability to understand and process speech against competing background noise doesn't mature until adolescence...an adults' experienced brain automatically substitutes a logical choice...young children don't do this. Their brain doesn't fill in the gaps."

**St. Paul Pioneer Press, May 7, 2016**, excerpted from "Sainted and Tainted"

"I am deaf and depend on the captions on TV to get my news. Lately the WCCO captions are run so fast I can't read them all so quickly. Can they be slowed down a little?"

*(I would 'taint' them for the opposite reason: the captions are so slow, they are half way through the next news story before another word appears. Comments? -- Editor)*

**St. Paul Pioneer Press, May 8, 2016** excerpted from "Dear Abby"

"Q: My handsome, intelligent, physically fit husband looks much younger than his age. But he is vain and won't get hearing aids. Because he can't hear, he stands looking at people with a faraway expression on his face that makes him appear like he has dementia. It takes him a while to process the spoken word, and then sometimes he gets it wrong...Any tips for me on how to deal with this?...He could easily afford to buy hearing aids.

A: What's going on is not only not good for your relationship with your husband, but also extremely isolating for him. I do have a suggestion for you. Discuss your concern with your family physician. Perhaps if the doctor suggests he have his hearing checked by an audiologist, your husband will be less likely to tune the message out. Advances in hearing aids are being made all the time, and some of them fit into the ear canal and are hard to detect."

*(Dear Abby: Why do people think that being 'hard to detect' is the most important feature of a hearing aid? -- Editor)*



# Take a Hike! Find your stride, and support people with hearing loss

## Minneapolis Walk4Hearing 2016

[http://hlaa.convio.net/site/TR?fr\\_id=2360&pg=entry](http://hlaa.convio.net/site/TR?fr_id=2360&pg=entry)

**The Walk is on Saturday September 24th** at Lake Calhoun (near Thomas Beach).

**Date:** Saturday, September 24, 2016

**Location:** Lake Calhoun, West Calhoun Parkway, Minneapolis, MN [Directions](#)

**Schedule:** 9am - Registration/Check-in, 10am - Walk begins , *Distance: 5K (3.1 miles)*

## Lions D-Feet Hearing Loss Walk (<https://secure.qgiv.com/event/820350/>)

D-Feet Hearing Loss is a great opportunity for individuals and teams to come together. You and your teammates can take a half mile, two mile, or three mile walk through the beautiful University of Minnesota Arboretum.

Time & Date: Saturday, June 4, 2016 from 9:30 am to 1:00 pm.

Location: University of Minnesota Arboretum, 3675 Arboretum Drive, Chaska, MN 55318.

Schedule: Registration 9:30 am to 10:30 am. Walk starts 10:30 am; Lunch 12:00 noon.

Parking: There is plenty of free parking

Registration: You can register online by clicking on the "Register" tab above. Or appearance at the walk and a donation of \$25.00 gives you an event t-shirt, lunch, dancing with the Teddy Bear Band, children's games, beautiful lush nature walk paths through lush gardens and scenic water features.

Food: Free Lunch (including root beer floats) will be provided.

Need Help? Phone: David Dominick 651.261.0944 or email [david.dominick@ymcatwincities.org](mailto:david.dominick@ymcatwincities.org)

## Walk for Talk (Northern Voices oral deaf/HH school) 1660 West County Road B Roseville, MN

Saturday May 14 <https://sites.google.com/a/northernvoices.org/walk-for-talk-2016/>

We are at 10% of our goal and excited to see what we can do for NV in the month ahead!

Erin Loavenbruck  
Executive Director, Northern Voices  
[erini@northernvoices.org](mailto:erini@northernvoices.org) or (651) 639-2535  
[www.northernvoices.org](http://www.northernvoices.org)



## Calendar Items for May

### Mankato Hearing Loss Support Group – NEW LOCATION

Second Thursday of the month 6:00 – 7:00 PM  
Mayo Clinic Health System, Room 0308/0310 (Front door, down the stairs)

**Special Thanks to MCHS Audiology Department**  
(Email [hlsgmankato@gmail.com](mailto:hlsgmankato@gmail.com))

### Cochlear Community Chapter Event - Roseville, MN

Date: Thursday, May 12, 2016  
Time: 6:00 PM-8:00 PM Central Time  
Location: St. Michael's Lutheran Church  
Address: 1660 W. County Road B, Roseville, Minnesota 55113  
CART services will be provided

### Cochlear Implant Social Club

Saturday May 14, 2016 from 1:30 -3:30.  
Saint Anthony Park Library  
2245 Como Ave., Saint Paul, MN 55108.  
Tel. 651-642-0411.  
hosted by Donna Savage

This is a beautiful old Carnegie Library. We will be meeting in the lower level meeting room.  
Location map: <http://www.sppl.org/about/locations/saint-anthony-park>

### Deaf and Hard of Hearing Services (DHHS) Free DIVERSITY Trainings

Golden Rule Building, Suite 105, 85 E. 7th Place, St. Paul, MN

#### **Hard of Hearing Panel: Personal Journeys & Victories**

**May 19, 9:30-11:30**

It is through the stories of others that we can learn about the true impact of hearing loss. The experience of going from a “typical” hearing person to a person who is hard of hearing will be shared by 4-5 panelists. At the end of the panel discussion the audience will have an opportunity to ask questions.

Phone: (651) 431-5940 (or use your preferred Telecommunications Relay Service)

Email: [dhhs.metro@state.mn.us](mailto:dhhs.metro@state.mn.us)

If you need a sign language interpreter, CART Services, assistive listening device (ALD) or other accommodation, you must notify DHHS at least two weeks prior to the training session

### CATSS (Center for Applied and Translational Sensory Science) Spring Symposium

*Neural Interfaces for Sensory Loss* May 19, 12:30 – 5 McNamara Alumni Center, U of M

Presentations Include “Brain-Computer Interface Operated by Selective Auditory Attention”, “Adventures in Auditory Prostheses”, and more.

See website [CATSS@umn.edu](mailto:CATSS@umn.edu) or email [CATSS@umn.edu](mailto:CATSS@umn.edu) for more information. (talks will be high-level and scientific).

## April 2016 Meeting



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**Our next meeting is May 21, 2016**

## First Class

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**Photos** - Vicki Martin

**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 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.