

HLAA TC

October 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.

Next Speaker:

October 15 2016

University of Minnesota
Sensory Science experts

Coming Soon:

November 19 2016

University of Minnesota's Dr.
Tina Huang on Meniere's
Disease

December 17 2016

Kristin Swan, Health Partners
Behavioral Health on Hearing
Loss and Relationships



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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



*Christine Morgan
October 2016*

Happy Fall!

I just love the colors and smells of fall, not to mention all things pumpkin. Yum!

It was great to see so many new and familiar faces at our September meeting. Feel free to bring your family, friends and neighbors. Hearing loss affects more than just the person with the hearing loss. It affects communication partners as well. All are welcome.

We started off our season last month with an impressive presentation from four metro theaters. All four are obviously working hard to provide people with hearing loss (and other disabilities) the same access as the rest of the population. If you haven't attended a production at their theaters, I would encourage you to do so.

I saw an interesting article in the September 25, 2016 Star Tribune. The title is "Hearing loss is leading workplace injury". According to the writer from Kaiser Health News, an estimated \$242 million is spent annually on workers compensation due to hearing loss. According to the Centers for Disease Control and Prevention, approximately 22 million workers are exposed to hazardous workplace noise. And we are not just talking about those working with heavy equipment, jackhammers, etc.

Many of us at HLAA-TC (and HLAA national) have

been preaching this to business owners, especially noisy restaurants. We continue to try to get the word out. I would encourage you, if you see (or hear) something, say something. Especially, when children and babies are exposed (again often in noisy restaurants). We can make a difference. It often requires baby steps.

This month we will hear from representatives of CATSS at the University of Minnesota. They will explain their work on sensory (vision and hearing) issues. In November, we have Dr. Huang from the University of Minnesota speaking on Meniere's. I am very excited about our presentations this year.

I look forward to seeing you at the next meeting.

Christine

Bluetooth Captioned Telephone

Would you like to hear telephone conversations with both ears while still having it captioned for you on your telephone screen? If you have cochlear implants and/or hearing aids equipped with Bluetooth technology, now you can!

Check out the Bluetooth enabled captioned telephone now available from Captel.

The **CapTel 2400iBT Captioned Phone** is designed for people looking for a captioned **phone** with touchscreen technology and **Bluetooth** connectivity. The 2400iBT allows you to easily pair a Bluetooth headset, neckloop (such as the Quattro 4.0—see accessories), hearing aid or cochlear implant.

Available at Harris Communications.

<http://www.harriscomm.com/captel-2400i-captioned-phone.html>

Sensory Science and Hearing Loss September speaker previews

From the University Of Minnesota's Center for Applied and Translational Sensory Science

Liz Anderson, PhD, is an audiologist and program manager at the Center for Applied and Translational Sensory Science at the University of Minnesota. She obtained her certification in audiology in 1980. After working as an audiologist in a variety of clinical, educational, and research audiology settings for many years, she returned to school to pursue a PhD in 2006. After working as a research audiologist and lecturer at the University of Washington for a couple of years, she returned to Minnesota to take a position as Director of Audiology for Envoy Medical Corp, where she still works part-time. She joined CATSS in Feb, 2016.



Liz Anderson



Peggy Nelson

Peggy Nelson, PhD, is professor of audiology in the Department of Speech-Language-Hearing Sciences at the University of Minnesota, and she is currently the founding director of the University of Minnesota's Center for Applied and Translational Sensory Science. There she oversees interdisciplinary research in vision, hearing, balance, and tinnitus. She has a PhD from the University of Kansas and did post-doctoral work at Gallaudet University and the University of Maryland. Her research focuses on hearing loss and the problems of understanding speech in noise by a variety of populations, including children in schools, hard-of-hearing listeners, hearing aid users, and cochlear implant listeners.

HLAA-TC September 17, 2016 Meeting Synopsis



By Kathleen Marin, Vice-President

President Christine Morgan called the meeting to order at 10 am. She welcomed all those in attendance, introduced the board members, introduced the greeters, and described the new lending library. She then introduced the panel: Gregory Smith from the Fitzgerald Theater, Jack Reuler from the Mixed Blood Theater, Jill Boone from the History Theater, and Hunter Gullickson from the Guthrie Theater.

Gregory stated that because the Fitzgerald is 105 years old and a historic building and therefore can't change, they have to approach accessibility differently. They have focused on accommodating people with vision and hearing loss, such as increasing the number of assistive listening devices (ALDs), both with headsets and loops. They will also offer open captioning at all "Talking Volumes" events.

Jack described the Mixed Blood's mission of revolutionizing access, making every performance accessible to every person, and bringing together people with difference. They call it radical hospitality. They caption every performance and usually weave it into the set design. They also offer audio description, and are working to make it available for every show. In addition, they offer free cab rides and no-cost tickets for those who need them, as well as ALDs. They are looking at getting the theater looped.

Jill brings a passion for advocacy to her job at the History Theater. They now offer 2 performances each run that are open captioned, along with one audio-described and one ASL-interpreted show. In addition, they have FM ALDs. Jill thanked Christine and Lionel for their help in pushing for captioning, figuring out the best location, and testing out the ALDs. They are working to improve their hearing enhancement system and getting new microphones. They are unable to loop the theater.

Hunter informed us that the Guthrie offers discounted pricing, \$20, for people who need captions, ASL, or audio description. They currently open caption select shows, but will have that available for all shows thereafter, asking only that we give them 2 weeks' notice so they can arrange seating. They also work with social service agencies to offer \$2 tickets to those who really can't afford to see live theater. He added that it is very helpful to have an executive who values inclusion and diversity, so there is buy-in from the top, and that the new artistic director at the Guthrie appears to be just that sort of person.

The panel then answered numerous questions and provided more details. The History Theater also offers discount tickets, the theaters are trying to get more feedback on their accessibility and sound quality from the audience, they explained how captioning works in theaters, discussed placement of captions and the

use of iPads, and how placement of microphones on stage affects how well we hear the show. We also discussed the need to keep advocating for access in all arenas of life until it becomes part of the culture. After the break, President Christine Morgan told the group about the silent auction that will be held at our December meeting and to be thinking about items to donate; described the Tai Chi class she teaches for balance; talked about veterans and how hearing loss and tinnitus are the most common injuries, and that we would like to offer free membership to them and to reach out to them. Vice-President Kathleen Marin mentioned that there are openings available on the legislative, social media and membership committees, and that she will be working to get ALDs with loops available in as many places as possible. Secretary Lionel Locke reminded people that dues are due today; that hearing loss is moving up from being on the sidelines to being one of the pillars of public health in the US, thanks to successful advocacy; and described legislative accomplishments and goals in Minnesota. Christine then thanked those in attendance, reiterated the need for advocacy, reminded everyone about the next meeting in October and adjourned the meeting at noon.

Med-El Hands-on Workshop to be held after October HLAA-TC Meeting

Landon Lacey, the new area Med-El representative will be presenting a hands-on workshop for Med-El Cochlear Implant users on Saturday, October 15 at 12:30 p.m. after the regular meeting.

Please bring your questions and any devices you may have questions about or want a better understanding of how to use.

Adult Cochlear Implant Social Group

Sunday, October 9th, 2016
1:30 – 3:30 PM

Dakota County Wentworth Library
199 East Wentworth Ave
West St. Paul, MN 55118
651-554-6800

Host: Shirley Draine

The meeting will be held in the large meeting room. You are welcome to bring a spouse, partner, friend, family member, and/or significant other to any of these events! If you would like to bring a refreshment to share that would be wonderful!

Special guest Beth Brostrom from the State of Minnesota Telephone Equipment Distribution Program will be there to discuss options for the telephone.



Walk Recap!

*Secretary
Lionel Locke*



Walk 4HEARING 2016

September 24

Lake Calhoun

The sky was overcast; the clouds were so low you could not see the airplanes on their approach to the airport. Yet the rain had stopped. Even though the grounds were wet, the crew setting up the tents were able to find a dry, flat spot. We did have early visitors for the walk; a gaggle of geese was busy sharing the space with us, enjoying a morning breakfast.

As the volunteers arrived to set up chairs and tables, I worried about how many people would come to our walk and enjoy the 3 mile walk around Lake Calhoun. I worried that it would rain like previous years.

It takes about 90 minutes to set up for the walk; supplies for the refreshment tent, handouts for our vendor tables, registration table details, tying knots for our hanging signs, catching wind-blown envelopes, of course watching the clown giving us happy smiles. The day proved to be perfect. It did not rain, a light breeze kept the bugs away. I just knew that all would be well.

As the walkers arrived, many with matching t-shirts representing their fund raising teams, my fears proved to be non-existent. By my count, we had over 200 walkers, some in strollers, some in motorized wheel chairs, some with family pets on leashes, all ready to celebrate a group effort, the annual TWIN CITIES WALK 4HEARING.

Pictures were taken of each group as they walked under the balloon arch, starting the clockwise walk around beautiful Lake Calhoun. As each walker completed the walk, ice cream, cold water, bananas, cookies and applause greeted their return. It was a great day, for all of us. The journey was complete, for this year. Stay tuned for next year's plan.



Enjoying Music with Tonal Distortion

By Kathleen Marin

Many of you know that I am a classically trained pianist and have taken over 25 years of private lessons. I also used to attend over 50 concerts a year of all types of music and listened to music at home and in the car. I was also beginning a second career as a piano teacher. That huge and vital part of my life came to a screeching halt with my second sensorineural hearing loss, which caused tonal distortion in my right ear, along with moderate to severe deafness. I was already severely to profoundly deaf on the left side. My beloved piano now sounded like hammers hitting the pins that hold the strings. Violins and flutes were nothing more than high pitched screeching, truly like fingernails on a chalkboard. Brass instruments were intolerable. The loss of music was harder for me to accept than the difficulties in communication.

Gradually, I realized that if I covered up the distorted sounds in the right ear, I could still hear music that sounded fairly natural from the left, even though I had lost the overtones. After consulting with my audiologist, I purchased an ear plug specifically fitted for my right ear that comes with filters that reduce sounds by 9, 15 or 25 decibels. I had to buy each filter separately. With practice and experimentation, I've learned when to use each one. I only have to use the 9 dB filter for listening to CDs at home or when playing my teacher's piano, which has a very warm sound. I use the 15 dB filter when playing my own piano, which has a much brighter sound, and for most live concerts. I reserve the 25 dB filter for loud concerts, those with lots of flutes, or when I'm in the front row where my friends like to sit.

This system is not without its challenges. I have to remove my hearing aid and put in an ear plug to listen to music, which leaves me unable to hear well, converse, etc. I can't listen to music at a restaurant or bar and still hear my tablemates or listen to music at home and still hear my family. Going to a musical activity spontaneously can be problematic if I don't happen to have my ear plug with me. Plus, the longer I keep the ear plug in, the worse my tinnitus gets. As for playing the piano, I am only able to hear notes up to the second A above middle C. This means I am constantly on the lookout for music written in that register. There is not a lot of it, and much of what I've found is not at my advanced level. Nonetheless, I have music back in my life again. I have returned to piano lessons on an as needed basis, renewed my season tickets to the Chopin Society which presents piano recitals, and have attended quite a few concerts. It is more work, but so worth it.

Hospitality Expo

On September 22, Christine, Kathleen and Lionel shared a table with Emory-David Dively (Deputy Director) and Anne Sittner Anderson (Communications Coordinator) of MNCDHH at the Minnesota Hospitality Conference and Expo at the River Centre in St. Paul. (not pictured: Emory and Lionel)



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

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

November 15, 2016, 9:30-12:00 noon

Survival Sign Language

Learn basic survival signs used on the job and become familiar with some of the characteristics of American Sign Language. Glean an understanding of the importance of gestures, mimes, and reading facial expressions and body language. Come, learn and practice with one another!

Registration Information:

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

Email: dhhs.metro@state.mn.us

Accommodations

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. This information is in accessible formats for individuals with disabilities by calling (651) 431-5940 or by using your preferred Telecommunications Relay Service.

Little known fact: DHHS Metro staff are also available to provide **FREE** consultation to agencies to help them serve individuals with hearing loss more effectively.

For Sale: Sonic Signaler

Doorbell/Telephone Signaler Model DB200

\$79.96 with HLAA discount from Harris Communication

We purchased a "house system" so don't need the signaler. A bargain at \$45.00

Contact Christine or Lionel if interested.



More About CATSS

Center for Applied and Translational Sensory Science

The CATSS mission:

To enhance the capability and well-being of persons living with sensory deficits by translating fundamental scientific research into functional and accessible devices and therapies

CATSS Advisory Board

Christine Morgan

Lionel Locke

Jean Christie

Ken Mills

Michael Sullivan

Brian Stankiewicz

Lloyd and Sheila Van Hofwegen



The newly formed CATSS Advisory Board is composed of representatives from the community and CATSS industry affiliates.

Commission Documentary is Nominated for 2016 Upper Midwest Emmy

Hearing Loss Matters explores age-related hearing loss

Saint Paul, Minnesota - The Commission of Deaf, DeafBlind & Hard of Hearing Minnesotans (MNCDHH) announced today that their documentary film, [*Hearing Loss Matters*](#), is one of ten nominees for the 2016 Upper Midwest Emmy in the Health category. The film is co-produced by the Commission and Twin Cities PBS (TPT). There were more than 1,100 entries overall.

The focus on new research and human stories in *Hearing Loss Matters* brings the topic of age-related hearing loss to life and makes the convincing case that it is a public health issue with wide-ranging social impacts. Recent research links age-related hearing loss to significantly greater likelihood of developing dementia, increase in hospitalizations, falls, isolation and severe episodes of depression. However, technologies and communication strategies can help those experiencing age-related hearing loss and their families, friends and co-workers to overcome the challenges it poses. In the documentary, viewers witness the difference that addressing age-related hearing loss can make in the lives of Minnesotans from all walks of life.

"I am excited that Hearing Loss Matters has been nominated for an Emmy, because this will draw even more attention to the critical message that everyone 50+ needs to hear: untreated age-related hearing loss is linked to an increased likelihood of developing dementia," says Commission member John Wodele.

The documentary grew out of the work of a task force the Commission convened to study age-related hearing loss and healthy aging.

Photos

September Meeting Walk4Hearing



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Our next meeting is October 15, 2016

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Newsletter Editor -
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Meetings are held the 3rd 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).

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