

HLAA TC

February 2017



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:

February 18, 2017

Kristin Swan
Health Partners Behavioral Health
Hearing Loss and Relationships

March 18, 2017

Sara Oberg
Health Partners Audiology
*Improving Communication with
hearing loss*

April 15, 2017

Mary Bauer
DHHS
Hearing Loss in the Workplace



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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 February 2017

It's nice to see the sunshine and melting snow! However, I don't think people who love winter sports would agree with me. Even after more than 30 years in Minnesota, I still don't have a yearning to participate in winter outdoor sports. I'm more of a Spring and Fall person!

The first Annual Silent Auction was a resounding success both for HLAA-TC and the bidders. Bidders went home with some great bargains and HLAA-TC's bank account received a small boost, thanks to the wonderful individuals and businesses who donated all those prizes to our organization. Thanks also to the individual members who solicited for the prizes. Great job!

This month, we have Kristen Swan from HealthPartners speaking on Hearing Loss and Relationships. Hearing loss not only affects those of us with it, it also affects everyone around us. *No man (or woman) is an island!* Those of you who have heard Kristen speak before are excited to have her back. Those who have not are in for a nice surprise. Kristen understands and has lots of experience in this area. Her presentations are informative, compassionate and injected with humor.

We also are excited about our 2017 Walk4Hearing. This year, we are moving the walk to St. Louis Park.

The facility is much better and the cost much more reasonable. See details inside this newsletter and at the February meeting.

And don't forget about the National HLAA Convention in June 2017 in Salt Lake City, Utah. Lionel and I have gone the last 2 years and it is an amazing experience. For more information, see the HLAA website.

Thanks everyone for your support and efforts. A special thanks to the Board for all their work and to all the wonderful volunteers who make this Chapter a success. We appreciate each and every one of you.

Christine



February Speaker

KRISTIN SWAN

Health Partners Behavioral Health
Hearing Loss and Relationships



Kristen Swan received her BA from the University of Minnesota-Duluth in Communication Disorders, and her MA in Family Social Science from the University of Minnesota-St. Paul Campus. She has worked with deaf and hard of hearing people for over 40 years in a variety of capacities.

She worked for 10 years at Bread of Life Lutheran Church for the Deaf as the parish worker. She was also Project Director of the Supervised Apartment Living Training (SALT) program where she worked with adult deaf persons who have independent living and mental health concerns. She served as the Family Therapist at the Minnesota Chemical Dependency Program for Deaf and Hard of Hearing people at Fairview Riverside Medical Center. She later rejoined the behavioral health staff at St. Paul Ramsey Medical Center - now called Regions Hospital - to take on the duties of Administrative Supervisor and Psychotherapist in the Health and Wellness Program serving Deaf and Hard of Hearing people.

Kristin currently works with deaf, deaf blind and hard of hearing individuals, couples and families of all ages. She is a licensed psychologist, has traveled throughout the state to provide direct psychotherapy services, and also provides face-to-face therapy services through video conferencing. She has facilitated a number of therapy and psycho-educational groups for deaf and hard of hearing people including depression, relapse prevention, hard of hearing support and dialectical behavior therapy.

January Meeting Summary



Kathleen Marin, HLAATC Vice-President

Summary of the January 21, 2017 Meeting

Vice-president Kathleen Marin called the meeting to order at 10am. Secretary Lionel Locke then introduced the speaker, Emory David Dively, the Deputy Director of the Commission of Deaf, DeafBlind, and Hard of Hearing Minnesotans. He explained that the Commission is Governor-appointed and made up of a board of about 12 members and 7 employees. All the commissioners, or board members, are community members, no government employees. They represent audiologists, teachers in deaf and hard of hearing classrooms, parents of children with hearing loss, vocational rehabilitation, etc. The board votes on what they think is important to work on, and the Commission employees follow through. They are non-partisan and have been successful in working with both parties of Congress.

The Commission is championing 5 bills in Congress this year, supporting 3 others that other groups are leading, and opposing one. The first bill they are championing is to require good acoustics and loops in any construction project that has meeting rooms and where the government pays for all or a portion of that building. The goal is to have acoustics and looping in mind as part of the building code. The second bill is to require staff who work at assisted living or senior citizen living homes to be trained on age-related hearing loss, to be able to recognize the signs as early as possible and to know what to do about the hearing loss. These include communication assistance, getting better medical care, and preventing falls, isolation and depression. There will be no cost to the state, just to the companies that employ the staff. The next bills relate to the Deaf and Hard of Hearing Services Division, a part of the Department of Human Services. For the past 2 years, they had received a temporary increase in funding. The Commission wants to make it permanent. The Commission also authorized 2 studies of the DHHS. The first was to identify what they do, what the community wants them to do, what the gaps are and what they can do about it. This came about because the strategic plan, mission and structure of the DHHS haven't been updated in about 40 years. The other study found that 25% of employees' time was spent driving, not even interacting with clients, throughout the state to show them a variety of assistive technology. So they are looking at ways to save time, such as sharing space with vocational rehabilitation, county offices and so on. A final part of the bill is to improve the mental health of people with hearing loss or who are deaf/blind. The fifth bill is to increase funding and thereby eliminate the waiting list to and expand the services of the Deaf Mentor Family Program.

(Summary of the January 21, 2017 Meeting. Cont.)

The Commission is supporting a bill by the MN State Academies for the Deaf and Blind to improve access in some of their old, pre-ADA buildings; increase security for vulnerable children; and enhance services and improve educational outcomes for all the children. The second bill they are supporting is Think Self, adult basic education for people, especially those who are profoundly deaf, who need additional education beyond high school, as well as for people born outside the US who need to learn life skills and a new language and doing so while deaf or hard of hearing. The third bill would require that all IFSPs (individual family service plans) and IEPs (individual education plans) include an assistive technology agreement, such as providing closed captioning, iPads for communication, assistive listening devices, etc. The bill the Commission is opposing would prevent people from suing a company for damages if their website is nonaccessible.

Emory also reminded us of the importance of getting involved. Lobby Day, or Deaf and Hard of Hearing Day at the Capitol, is March 8. It is our day to meet with our legislators to persuade them to work on behalf of people with hearing loss. There are also calls to action, where we are requested to call our representatives. Our personal contacts can be impactful. Finally, the Commission sends out weekly updates on the bills, successes, and what's going on.

Treasurer Marie Saliterman let members know that she has tickets to the Steak Fry on Wednesday May 10th. We need to sell at least 200 tickets to make this endeavor profitable and worthwhile, so she asked each of us to take 5 or 10 tickets to sell. We also need volunteers to serve the dinner. Marie also made copies of an article written by Jim Lukaszewski for the Star Tribune. The link to read it on-line is <http://www.startribune.com/one-in-five-minnesotans-is-suffering-in-silence-literally/408667075/>

The remainder of the meeting was spent enjoying ourselves with the potluck, silent auction and white elephant gift exchange. The auction was a success and raised over \$300 for our group. Thanks to all who participated.

2017 WALK 4 HEARING SEPTEMBER 9, 2017

NEW LOCATION
LOUISIANA OAKS PARK
3520 Louisiana Avenue South
St. Louis Park, MN 55416



The Minneapolis Walk4Hearing Committee is pleased to announce another season for the Walk4Hearing. It's now time to start thinking about our annual fundraising effort by walking to make a difference in the lives of people with hearing loss.

The National Association has 21 walks across the country and ours is set for Saturday September 9th, 2017. Please note the new location at Louisiana Oaks Park in St. Louis Park, about 4 miles west of the previous location.

Just a reminder that the Hearing Loss Association of America (HLAA) and its affiliated chapter here in the Twin Cities is a tax-exempt, charitable organization and is eligible to receive tax deductible contributions under the IRS Code 501 (c)(3).

The committee will be providing literature and further information starting at our Monthly meeting in February. Please mark the date on your calendar and locate your outdoor walking shoes for this event.

Lionel Locke, Secretary HLAA-TC and local Chairman of Walk4Hearing.

Hearing Aids and Music

Kathleen Marin

I attended a webinar on November 5, 2016 put on by the Association of Adult Musicians with Hearing Loss (AAMHL) on the topic of listening to and making music with a hearing loss: issues for hearing aid users. The primary speakers were Dr. Marshall Chasin, audiologist at the Musician's Clinic of Canada and Dr. Brian Fligor, chief audiology officer at Lantos Technologies. What follows are highlights from their talks.

According to Dr. Chasin, hearing music well is not a software issue. Instead, the problems arise because of the differences between speech and music, and most hearing aids (HAs) are made to optimize hearing speech. Speech has a relatively uniform spectrum (the human vocal tract) whereas music has many sources. Speech has low frequency energy and high frequency clarity (the Speech Intelligibility Index) while the requirements to perceive music depend on the instrument and are highly variable. Most speech is around 65 decibels, but music is at least 105 dB and often reaches 120 db. Finally, there are the crest factors, in which the peaks of speech are 12 dB higher or more intense than the average speech spectrum and music is 18 dB higher. When listening to speech, we can fill in the blanks if we miss some sounds. In music, however, missing even 1 note can be problematic, especially when performing with other musicians.

Music tends to overload hearing aids and causes distortion in sound. This occurs because of the peak input limiting level (PIL). Basically, most hearing aids can handle inputs of about 85 dB. To hear music, however, the PIL needs to be adjusted to at least 105 dB. Dr. Chasin made the following recommendations for those who want to hear music well, but don't want to invest in new hearing aids or a second set just for music:

1. Decrease the volume on the stereo and increase the volume (gain) on the hearing aid
2. Use an assistive listening device (ALD) and bypass the microphone on the HA
3. Put several layers of tape over the microphones on the HA, especially at a live concert
4. Remove your hearing aids if you have only a moderate hearing loss
5. Do not use frequency transposition (available on some HAs) because when you change the harmonics, you change the music.

Dr. Fligor focused on optimizing our experience with the audiologist. He pointed out that most audiologists have little training or experience in music with hearing aids. Instead, it is up to us as musical consumers to know our priorities and communicate them up front. That includes letting the audiologist know that it will probably take multiple adjustments to get the hearing aid optimized for both music and speech. In addition, when possible, we should bring our instruments to the session. This is especially important for getting a custom fit earmold, as the fit changes when playing a wind instrument. We need to remember that hearing aids have limitations. They maximize residual hearing, they don't correct a hearing loss. Therefore, we need to focus on increasing our confidence in specific situations (like playing in tune with a chamber group), rather than bemoaning how music just doesn't sound the way we remember it. He also suggested we keep a sense of humor about it all.

Much of this presentation was highly technical, but well worth the effort. There was also a panel of musicians who provided insight from their own experiences. A transcript of the webinar is available; the best way to access it is to contact Wendy Cheng at AAMHL. (info@aamhl.org)



Magazine Miscellany

“One million Minnesotans are missing — and they just don’t know it.” So begins the article by Jim Lukazewski, a national communications expert based in the Twin Cities. Culled from the **Minneapolis Star/Tribune December 29, 2016** by board member Marie, it is a familiar litany of increasing difficulties suffered by 20% of our population due to undetected hearing loss. Hearing loss has been called the “invisible disability” – and so it is, not only to others, but often to the individual himself. Read it all here: <http://www.startribune.com/one-in-five-minnesotans-is-suffering-in-silence-literally/408667075/>

Pioneer Press Feb 8 2017

Hearing damage not just from jobs

“...One quarter of people aged 20 to 69 were suffering some hearing deficits, the CDC reported... even though the vast majority of the people in the study claimed to have good or excellent hearing...The review’s more surprising finding...was that 53 percent of those people said they had no regular exposure to loud noise at work. That means the hearing loss was caused by other environmental factors...”

Pioneer Press Jan 15 2017

“Iron deficiency anemia may be linked to hearing loss, new research has found...researchers found the risk for hearing loss was nearly 2-1/2 times as high in those with anemia...the risk for sensorineural hearing loss, the type linked to problems in the nerves of the inner ear, was 82 percent higher in those deficient in iron.”

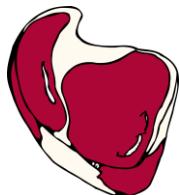
Steak Fry

When: May 10, 2017 - 5:00 p.m. – 7:00 p.m.

Where: Crystal Lions VFW, 5222 Bass Lake Rd

Meal: Steak, Baked Potato, Toast, Cole Slaw & Coffee

Cost: \$11.00 / Ticket



Hi Everyone, you voted for it so the Steak Fry is back! Please help make this fundraiser a success by selling as many tickets as you can. Also, it is fun to work at the event. Let me know if you would like to volunteer on May 10. The steak fry offers a great steak dinner at a very reasonable price!

Please see me before, during break or after the meeting to let me know if you want to volunteer or would like tickets to sell. Thank you!

Marie Saliterman, Treasurer

Capitol Access!

Calendar events and announcements

Assistive Listening

Hearing loops, which enable hearing aid users with t-coils to have sound direct transmitted into their hearing aids, have now been installed in:

- All hearing rooms in the Capitol building and the Minnesota Senate Building. Loops are not installed in the State Office Building, where most House hearings happen.
- House and Senate Chambers
- Supreme Court Courtroom

Assistive Listening Devices

Assistive Listening Devices (FM Systems) can be checked out for use from two locations.

[Screenshot: Minnesota Senate Building, Room G-430, [651-296-1119](tel:651-296-1119).]

[Screenshot: House Sergeants' Office, Room B-17, [651-296-4860](tel:651-296-4860).]

You can use the FM system in the State Office Building and in the House Chamber. Learn more at the [Legislative Cooperating Commission FAQ Section](#).

Closed Captioning

All live and archived House and Senate television programming is closed captioned. Learn more at the [Legislative Coordinating Commission FAQ Section](#).

MCDHH urges us ...

Sign Up for [Lobby Day](#) at the Minnesota State Capitol

Register for Deaf, DeafBlind & Hard of Hearing Lobby Day! Wednesday, March 8th, 2017!

The Capitol renovation will be complete and we will return there for our rally. We will continue to add more information to this page, so visit our page often for new updates! <http://mn.gov/deaf-commission/get-involved/lobby-day/>

PARTICIPANTS WANTED for research study

Participants are needed for deaf/hard of hearing research study. Drs. David Baldridge and Richard Dirmeyer of Oregon State University College of Business are conducting research on the workplace experiences of deaf and hard-of-hearing workers. They are seeking participants to complete a 20-minute online survey. Individual responses will NOT be shared with supervisors or anyone other than the researchers.

As an incentive, an IPAD PRO TABLET will be awarded to a randomly selected participant.

Participants must be employed, deaf or hard of hearing, and at least 18 years of age.

Access the survey here: <http://workplaceexperiences.questionpro.com>

Cochlear Community Chapter Event – Twin Cities, MN – Cochlear implant and Baha information sharing

Date: Wednesday, March 1, 2017

Time: 6:00 PM-8:00 PM Central Time

Location: New Brighton Community Center

Address: 400 10th St. NW Room 220, Minnesota 55112

Cart services will be provided.

First Wednesday of every other month

Community Education offerings

Christine, Lionel and Kathleen are helping the world find out about hearing loss. Numerous sessions are scheduled at various locations. Those scheduled for February and March 2017 are listed below:

Help! My Partner has Hearing Loss

South Washington County at Cottage Grove Middle School 651-425-6600 www.cecool.com

March 1, 2017 6-7:30 PM

I've Been Diagnosed With Hearing Loss!

Rosemount /Apple Valley/Eagan Community Education 651-423-7925 www.district196.org/ce

February 10, 2017 10-11:30 AM

Hopkins Community Education - Eisenhower Community Center 952-988-4070 www.lHopkinsCommunityEd.org

February 15, 2017 6-7:30 PM

March 10, 2017 10-11:30 AM

South Washington County at Cottage Grove Middle School 651-425-6600 www.cecool.com

March 15, 2017 10-11:30 AM

Med EL Hands-On Workshop After our regular meeting February 18

MED-EL Meet-up at Courage Kenny Rehabilitation Institute on February 18 from 12:30-2:30

Come learn from your peers and from MED-EL representative Christine Pett, who will be leading the meeting, about tips and tricks for living with a cochlear implant.

Specific questions and concerns are welcome!

Please RSVP to me if you plan to attend! Landon.Lacey@medel.com

As always, light snacks will be provided.

We hope to see you there!

Adult Cochlear Implant Social Group

Sunday, February 19, 2017

1:00 – 3:00 PM

The Palisades Party Room
560 Sandhurst Drive W.
Roseville, MN 55113

Host: Candi Meinders

The number "560" is NOT shown on the front of the building. The building is a smaller brown office building that is between the 550 and 570 buildings. Look for the brown/tan large sign on Sandhurst that says "Palisades Apartments Club House" and turn in that driveway and drive all the way up to the smaller brown building. There will be signs on the building directing you to the party room on the first floor. 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!

Tai Chi with Christine – Free Demo!

Free demo class on Tai Chi for Better Balance (with a focus on hearing loss) on Tuesday February 21 at 9 a.m. at the Edina Senior Center. Regular classes begin on March 7 at 9 a.m.

Photos from January Meeting



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Our next meeting is February 18, 2017

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Vice President – Kathleen Marin vicepresident@hlaatc.org

Secretary – Lionel Locke secretary@hlaatc.org

Treasurer – Marie Saliterman treasurer@hlaatc.org

Contact Info. - info@hlaatc.org

Photos – Thanks, “Ed”!

Newsletter Editor - Vicki Martin, editor@hlaatc.org

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.