

# HLAA TC

# September 2017



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:

September 16, 2017

Andrew Oxenham  
CATSS  
*Tonal Distortion*

October 21, 2017

Mary Hogan  
Immigration & Customs  
Enforcement  
*Overview of Program/services*

November 18, 2017

CONFERENCE  
*Living Well With Hearing Loss*  
St Louis Park Recreation Center,  
3700 Monterey Drive, St. Louis  
Park, MN 55416  
9:30 AM to 2 PM  
**FREE**

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## Officers' emails

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[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*  
September 2017

Welcome back! Hope you had a great summer.

Have you heard all the buzz? The Conference Committee has been busy all summer putting together our first “Living Well with Hearing Loss” Conference. We have a variety of companies, vendors, organizations, etc. with a sincere interest in helping those of us with hearing loss to live full, engaged lives. Technology and research is increasing in leaps and bounds. Come and find out what’s new.

Best of all: the conference is on our regular meeting date! And it is free! With snacks and door prizes! Wow! So look inside for more details on how you can help yourself, your organization and those with hearing loss.

What a great line-up of speakers we have this year. We start on September 16 with Andrew Oxenham presenting on *tonal distortion*. Many of us are familiar with this issue. October brings Immigration and

Customs Enforcement with Mary Hogan. Perhaps you’ve seen Mary featured recently in articles in our local newspapers. It is our chance to find out what they do and what their mission is. And of course, in November, our first annual conference.

Please be sure to join us for many, if not all, our meetings. Bring your family, friends, co-workers, etc. Heck, you can even feel free to bring the neighborhood grouch. Perhaps, hearing loss is causing their anti-social behavior!

I’m looking forward to seeing you soon.

*Christine*



## Accommodations!

### Hearing accommodations for November Conference:

HLAA-TC plans to provide real-time captioning (CART) for the conference.

Looping will also be provided.

## Featured Speaker

September 16, 2017



*Andrew J. Oxenham*

### Topic: “Tonal Distortion”

**Andrew J. Oxenham** obtained his Ph.D. from the University of Cambridge, and worked at the Institute of Perception Research (Eindhoven, NL), Northeastern University, and MIT before joining the University of Minnesota in 2006, where he is currently a Distinguished McKnight University Professor in the Departments of Psychology and Otolaryngology and the Scientific Co-Director of the Center for Applied and Translational Sensory Science (CATSS).

His research interests include auditory, speech, and music perception in normal, impaired and electric hearing. He has published over 160 scientific journal articles and book chapters in areas ranging from the perceptual correlates of cochlear amplification and compression, through pitch perception, to perceptual streaming and the neural correlates of auditory awareness.

His research has been funded continuously from the National Institutes of Health since 1998, and he has received awards from the Acoustical Society of America and the National Academy of Sciences. He is the founding Editor in Chief of the journal *Trends in Hearing*



# Living Well With Hearing Loss HLAA-TC Fall event



## Calling all members, supporters and friends of HLAA TC!

The Hearing Loss Conference Planning Committee has worked hard to recruit exhibitors and sponsors for our 2017 “**Living Well with Hearing Loss**,” Conference—a **FREE** event, open to the public. The Conference will be held on our regular HLAA TC meeting day, **Saturday, November 18, 2017 at the REC Center in St. Louis Park.**

The Conference is a unique opportunity for getting information on hearing loss, technology of all kinds, assistive devices, support and other resources.

## WE NEED VISITORS FOR THE CONFERENCE AND VOLUNTEERS TO HELP OUT!!!

### I. GET VISITORS

- 1) Lionel Locke, our Conference Chair, suggests that each one of us **bring at least one guest**. So, we must think about whom we want to invite.

We might think of family members and friends. But we might also include *others*, such as **therapists who could benefit from more information on hearing loss; leaders from our places of worship where we want to see a loop installed. Journalists, politicians, members of other groups that we attend**...Think of more!!

- 2) Where can we **post the flyer**? Apartment buildings, doctor and audiology offices, places of worship, supermarkets, libraries, Senior living places, city park buildings etc.
- 3) **Announce** the Conference to your contacts on **social media**, such as Facebook. We also encourage our exhibitors and sponsors to do the same.

### II. VOLUNTEER

Contact Conference Chair Lionel Locke to volunteer(email: [secretary@hlaatc.org](mailto:secretary@hlaatc.org))

Here are some ideas just to get us started:

- Meet & greet people at the REC Center entrance & give instructions on how to get to the Conference Hall. Multiple volunteers needed.
- Register people before they enter the Exhibit Room. We need at least 2 volunteers as there are 2 entrances to the room.
- Hand out Door Prize tickets at the 2 entrances to the room – At least 2 volunteers
- Put numbers on the tables to help vendors find their location. The table numbers are shown on the room map that will be provided.
- Assist at the refreshment tables
- Although the REC Center will set up and take down tables for us, *extra hands* are always needed
- Circulate to help answer questions
- Help out at HLAA TC table to fill in for breaks and to give the officers time to talk to visitors and vendors

**Living with Hearing Loss  
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The MCDHH provides advocacy for communication access and equal opportunity for Deaf, Deaf-Blind and Hard of Hearing Minnesotans. <https://mn.gov/deaf-commission/>



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Amplified CaptionCall phone features a large, easy-to-read screen that displays written captions of what callers say. [https://captioncall.com/](https://captioncall.com)



The University of Minnesota Center for Applied & Translational Science is doing research to solve problems faced by people with sensory deficits such as low vision or hearing loss. <http://catss.umn.edu/>



UNIVERSITY OF MINNESOTA The Fairview – University of Minnesota Audiology and Aural Rehabilitation Clinic evaluates hearing issues and prescribes hearing aids and implants. <https://www.mhealth.org/care/specialties/audio-logy-and-aural-rehabilitation-adult>



The Guthrie is dedicated to producing the great works of literature on 3 different stages – a mix of classical and contemporary plays. <https://www.guthrietheater.org/>



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<http://www.loopminnesota.org/>



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<https://www.phonak.com/us/en.html>



Consulting services since 1926. Monique Hammond is a registered pharmacist, author, safety trainer, speaker & advocate for those with hearing loss. <http://moniquehammond.com/>



ThinkSelf provides education and advocacy for Deaf, Deaf-Blind, Deaf-Disabled and Hard of Hearing people. <http://thinkself.org/>



VSA helps make the Arts more accessible for people with disabilities. <http://vsamn.org/>



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**SATURDAY**

November 18, 2017  
9:30 AM to 2:00 PM  
St. Louis Park  
REC Center  
3700 Monterey Drive  
St. Louis Park, MN 55416  
HLAA- TC: 763-447-9672

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**FREE ADMISSION! Stay for DOOR PRIZES !!**

Many Exhibitors and Sponsors will be at the Conference

See Website: [www.hlaatc.org](http://www.hlaatc.org)



Hearing Loss  
Association  
of America

Twin Cities Chapter  
<http://www.hlaatc.org/>

## Accepting Hearing Loss: Channeling Helen Keller?

By Monique Hammond

*A bend  
In the road*



A sudden deafness in my left ear changed my life forever. I lost a good portion of my excellent hearing, my job, my paycheck, a big slice of self-confidence, my life mission and some friends. There was a lot to accept and to get used to. As loss piled onto more loss, I became more hopeless. Time did not heal anything. It seemed to make it all worse.

### *A defining moment and wake-up call*

I love quotes. One day, while searching online for inspiration and guidance, I came across a quote that shook me up. It said: *“A bend in the road is not the end of the road unless you fail to make the turn.”* The words gave me a sobering visual. I saw myself going right over the cliff if I continued on the same track of stubbornness, frustration and anger.

I share the quote in my hearing loss [book](#) “What Did You Say?” At the time when I wrote the book, the site where I first found these life-changing words listed their author as “anonymous.” Not too long ago, I learned that it is actually a quote by **Helen Keller**, the icon of courage for those with hearing and vision loss. Considering my circumstance, this struck me as eerie but also as highly significant.

### *Was it fate?*

Of all the quotes on motivation and self-help floating around in cyberspace, why did this one speak to me? Had Ms. Keller become my friendly spirit guide? Her words confronted me with a much-needed dose of reality at a time of struggle and confusion. It was as if she asked me: “So, Monique, what do you want to do about this? Do you want to stew for a while longer or do you want to move on? I chose the latter.

### *Turning the corner*

I began to study up. I have always found learning to be liberating and empowering. It leads to new choices and different points of view. I welcomed the help from family and friends— rather than shutting them out. My husband and I joined [HLAA TC](#), a local support group for those with hearing loss. I decided to give hearing technology a chance and started to work with an audiologist.

Mostly, I focused outward, onto others, sharing what I learned the hard way. This became tremendously healing. It was not all about me. As I turned the corner towards acceptance, life got a new mission.

For people in distress signs pointing them in the direction of healing or acceptance often come from the most unexpected places. Maybe one finds solace in education, religion, meditation or yoga. For me, it started with a quote. To paraphrase Ms. Keller once more, her wisdom showed me that *“what I was looking for was not out there, it was in me.”*

## Note from the Treasurer - Membership Dues

It's that time a year again to turn in your membership \$15 membership dues. Please bring to first meeting or mail to HLAA Twin Cities Chapter, PO Box 8037, Minneapolis, MN 55408-0037. Please fill out the membership form on the last page of the Newsletter and include in your envelope or if you bring to meeting paperclip or staple onto your check or money. Thank you.

**Marie Saliterman,**  
*treasurer*



## IS RESTORING OUR HEARING POSSIBLE?

Kathleen Marin

A team of researchers based in Boston is making noteworthy advances in addressing a common type of sensorineural hearing loss due to damage to the hair cells in the cochlea. This damage can be caused by noise, age, medications and chemotherapy, and is considered permanent. That's because the 15,000 or so hair cells that we have in each cochlea do not regenerate when damaged or destroyed. Until now, that is. These researchers have developed a technique to stimulate progenitor hair cells from the inner ear. Progenitor cells are similar to stem cells and can develop into specific types of cells or organs. In this case, they became large quantities of hair cells that were functional. The team replicated their findings with mouse, non-human primate and even human tissues. The results were published in the scientific journal, *Cell Reports*, early in 2017.

The research group has now formed a company, Frequency Therapeutics, and is getting the technique ready for clinical use. They hope to begin clinical trials within the next year. Their goal is to develop an outpatient procedure, something as simple as an injection into the middle ear that would then allow the treatment to diffuse into the inner ear. If it works, the process should be fairly quick and easy for the patients. Sign me up!

## Calendar Items

**Deaf and Hard of Hearing Services** has two free diversity trainings coming up: Deaf Culture on Thursday, September 21st, and Survival Sign Language on Wednesday, November 1st. Both trainings will be held at the Golden Rule Building.

### To Register:

Phone: (651) 431-5940 (or use your preferred Telecommunications Relay Service)  
Email: [dhhs.metro@state.mn.us](mailto:dhhs.metro@state.mn.us)

Please provide the following information when registering:

-Name -Phone number, Email address, Employer & Job Title, Title & Date of training

### 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.

### **Adult Cochlear Implant Social Group**

7 Year Celebration! Sunday, October 1, 2017 2:00-4:00 PM. Dakota County Wentworth Library 199 East Wentworth Ave West St. Paul, MN 55118. It will be held in the large meeting room. Host: Sara Oberg 651-554-6800  
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!

## Miscellany

Pioneer Press July 17, 2017 [Stillwater Library offers ‘loop’ technology](#)

**“A meeting room at the Stillwater Public Library now offers “loop technology”** for people with hearing issues. Loop technology provides hearing-aid wearers with “clear, pure sound in the presence of background noise, in large reverberant spaces and at a distance,” said Ann Wolff, past president of the Stillwater Library Foundation.

The library’s Margaret Rivers Room was outfitted with the new loop technology... People who use hearing aids can check with their audiologists and have their hearing aids’ telecoils activated... To reserve the Margaret Rivers Room or to get more information about loop technology, call 651-275-4338, ext. 117”

Pioneer Press August 10, 2017 [Americans at US embassy in Cuba suffer unexplained hearing loss](#)

“The two-year-old diplomatic relationship with Cuba was roiled Wednesday by what U. S. officials believe was a string of **bizarre attacks on a group of American diplomats in Havana with a covert sonic device that left the victim with severe hearing loss**...Some of the diplomats’ symptoms were so severe they were forced to end their tours early and return to the United States...officials concluded that the diplomats had been attacked with an advanced sonic weapon that operated outside the range of audible sound...the U. S. retaliated by expelling two Cuban diplomats from their embassy in Washington”

*Editor’s comment: the next day, at least one Canadian diplomat was also attacked with the same weapon.*

Pioneer Press June 21, 2017

The Yanez trial audio has been made public. “Thomas Kelly, one of Yanez’ defense attorneys added a cautionary note “that the FBI enhanced the video’s audio, meaning what can be heard by the viewing public is not necessarily what Yanez heard.”

*Editor’s note: It is also true of people who are hard of hearing that what we hear may not be what others hear. We would love to listen with “audio enhancement” every single minute of the day! But even with the enhancements we do have, we may not be able to do so.*

Family Circle Magazine July 2017 “Digital Checkup”

**“1 in 6 teens have hearing loss** from high-volume sounds like blasting music or TVs.

**Explaining the short-term dangers** – like ears being sensitive for a few hours after listening – **was found to be effective in getting kids to lower the volume**. Adolescents can’t conceptualize their future selves, making long-term effects a harder sell”

## Photos from Summer Events



Steak Fry



ADA Day at the  
Capitol



(Eclipse  
images)



Summer  
Scenes



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**Our next meeting is September 16, 2017**

## First Class

### HLAA Twin Cities Chapter

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**Vice President - Kathleen Marin** [vicepresident@hlaatc.org](mailto:vicepresident@hlaatc.org)

**Secretary - Lionel Locke** [secretary@hlaatc.org](mailto:secretary@hlaatc.org)

**Treasurer - Marie Saliterman** [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org)

**Contact Info. -** [info@hlaatc.org](mailto:info@hlaatc.org)

**Photos** - various contributors

**Newsletter Editor -**

Vicki Martin, [editor@hlaatc.org](mailto: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. Accommodations: All meetings are real time captioned by Lisa Richardson and her staff of Paradigm Captioning ([www.paradigmreporting.com](http://www.paradigmreporting.com)). The meeting room is also looped for T-coil or receiver.**

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