

# HLAA TC

## February 2018



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 17, 2018

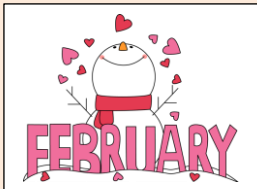
Dr. Sam Levine, University of Minnesota and VA Medical Center  
"Tinnitus, what little we know"

#### March 17, 2018

Peggy Nelson, Center for Applied Translational Sensory Science  
CATSS research update

#### April 21, 2018

Cochlear Implant Panel



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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



*HLAA-TC President's Message  
February 2018*



Hmmmmmmmm! Are we surprised? I think not!

We did a little flip/flop with our speakers this and next month. Dr. Sam Levine has been with the University of Minnesota for many years and I have had the pleasure of working with him in the past. He is also now working with our veterans at the Minneapolis VA.

Most of us realize what a toll being in a war/combat zone takes on one's body. This is especially true with our auditory system. Many soldiers come back with tinnitus and/or hearing

loss. Of course, many have other horrific injuries as well. Dr. Levine is going to talk about tinnitus and what we know and don't know about it. This is a presentation that you won't want to miss.

In March, we welcome CATSS from the U of M. Many of you attended our Fall conference and were treated to their eye-opening presentation. Some of us have participated in one or more of their research studies. Be sure to attend in March for up-to-date information.

Thinking you'd like to become more involved in HLA-TC? We are having our election of officers this Spring. Here's your chance. Maybe you feel you are not ready. How about helping by being a greeter and helping members and guests sign in? Or join one of our committees. We'd love to have you.

April will be our CI company panel with updates from the cochlear implant world. May will be our year-end party with potluck and silent auction. Let's try to get our favorite companies, stores and/or restaurants to donate to our silent auction. Lionel can provide you with a letter containing all the information they need for their tax deductible donation.

Our Fall conference was such a success that we are planning to do it again in November. Same place and same time (third Saturday of November) in lieu of our regular meeting. Further details will be forthcoming and we will again be looking for volunteers.

*Stay warm,*

*Christine*





*Kathleen Marin, Vice-President*

### **Meeting Summary January 20, 2018**

Secretary Lionel Locke opened the meeting at 10 am and introduced our speaker, Emory David Dively, the Deputy Director of the Commission for Deaf, Deaf-Blind and Hard of Hearing Minnesotans. Emory provided information on what the Commission worked on last year, is working on now, and what their newly released legislative agenda contains.

Last year, the Commission lobbied to get a bill passed that stated that all State funded construction sites that have a meeting room designed for 15 or more people and has permanent sound amplification need to include a loop in that room. They also must have good acoustics. One of the goals of the Commission is to persuade people and organizations to buy into the importance of loops and acoustics and also to make sure that they are following the guidelines. As part of that goal, the Commission is working with Loop Minnesota and other people to develop a document to explain looping, another document for managers to know what to look for when hiring a contractor to install a loop, and another on conformity or how well the loop performs throughout the room and how well it meets international standards.

Another bill passed last year has to do with training of home care providers and staff in nursing homes and assisted living facilities. The Commission has developed a training curriculum with Peggy Nelson, PhD and some of her graduate students in the University of Minnesota's Speech, Language and Hearing Sciences Department. The training will be free and will count toward their continuing education requirements. A challenge has been how to make this training interesting and accessible to people with a wide range of education, plus deciding what needs to be included to understand how to communicate with a person with a hearing loss.

Another exciting (and expensive) activity is the development of a database of information on the number of Minnesotans with hearing loss, whether they do something about it (hearing aids, cochlear implants, ASL, etc.) and if not, why not. The Commission is doing both a phone survey (including cell phones) and contracting the Minnesota Department of Health to include these questions in their mandated survey. The goal is to have hard data to take to insurers and legislators

*(January meeting summary, cont.)*

about the public health and financial consequences of hearing loss and the need to fund treatment of it.

Other things that the Commission is working on this year include: to increase the use of hearing aids and cochlear implants by developing an on-line hearing loss module for the State of Minnesota EAP program, since those employees have insurance that covers hearing loss treatment; increase public awareness for people with Medicaid and MinnesotaCare that hearing treatment is covered 100%; doing research on the return on investment of cochlear implants which are covered and hearing aids which are not covered to take to the legislators; to broaden the Telephone Equipment Distribution Program to possibly include personal sound amplification products and inexpensive assistive listening devices; renovating the very old School for the Deaf and Blind; and changing the structure of the Commission so that terms are 4 years rather than 3 and that Commissioners can stay on until their replacements have been appointed, which may take up to a year. Emory's presentation sparked many questions which he took the time to answer.

The Board members then presented on a variety of topics. Vice-President Kathleen Marin reported that a group of hard of hearing people from Japan contacted her and would like to meet with our HLAA chapter during the national conference in June to share stories and information about hearing loss in our two cultures.

Lionel Locke discussed volunteer opportunities at the national conference that will also give us a 25% discount on the registration fee. These 3 hour activities include registration, information desk, monitor at a presentation, ticket checker at the Mandy Harvey concert, etc. Lionel had registration forms available for anyone who wants to volunteer. He also clarified that people who volunteer can attend the conference but not the presentations for free. We have to pay to go to the presentations.

Lionel also reported that we have set a date for our next Living Well with Hearing Loss conference. It will be November 17, 2018 at the St. Louis Park Rec Center during our normal Saturday meeting.

Treasurer Marie Saliterman described a few instances of advocating for herself with beneficial outcomes, but also talked about how much harder it is to advocate for ourselves than for our loved ones and how much more emotional it is. She concluded that everyone needs to keep advocating and that if she could do it, anyone could.

During open mic, we were reminded that Messiah Church in Plymouth is celebrating one year of having a loop installed and will have a presentation by audiologist Juliette Sterkens as well as exhibitors and that we are invited to participate. This will take place Saturday, March 3 at 1 pm.

Lionel also reminded us that we will be electing officers in May and to start thinking about whether you would like to become a Board member.

Finally, our speaker schedule has changed and February's presenter will be Dr. Sam Levine from the University of Minnesota and VA Medical Center discussing tinnitus.

Lionel closed the meeting at noon.

## Introducing our February Speaker



Dr. Samuel C. Levine, M. D.

*Professor, Otolaryngology and Neurosurgery, University of Minnesota*

### **“Tinnitus – What Little we Know”**

In thirty years a physician develops some passions in the study of a specialty at a university. My first interests were to improve skull base surgery and implantable devices.

Along the way I listened to patients with cochlear implants, and those who had had loss of hearing from acoustic tumors. There were a few who expressed to me clearly that their tinnitus was unacceptable. So unacceptable that one of my patients committed suicide. I cannot recall a patient who had severe hearing loss who did not have tinnitus.

Several facts have impressed me. First, tinnitus is the most common complaint of returning vets and it costs the government more than any other single disability. Second, a large percentage of cochlear implant patients are helped not just for their hearing but they are significantly helped with their tinnitus.

Some solutions are now within reach. We just need to do the careful study to understand this better and to treat it.

## Hope for Inclusiveness

*Kathleen Marin*

Last month I saw the incomparable Harry Belafonte, activist, actor and singer, and more importantly, I HEARD him talk about his life and his time with Martin Luther King, Jr. Not only that, but I heard him better than many of the people sitting around me. How is that possible? How could a person with a severe hearing loss understand this icon better than people with normal hearing? Because the venue provided assistive listening devices (ALDs) with neck loops.

That venue is the House of Hope Presbyterian Church at 797 Summit Ave. in St. Paul. Mr. Belafonte was a guest on their Sunday Series, a forum that addresses social issues. It is moderated by their pastor, David Van Dyke, and is free and open to the public. I have attended a few of these presentations, and have been so impressed and so moved by the speakers that I intend to be there for as many as I can fit in my schedule. I am even more motivated now that I will be able to hear everything that is said.

It is important to note that House of Hope is not mandated by the ADA to provide ALDs. They are doing it to be inclusive. For quite some time, they have had ALDs with ear buds or a single headphone. Over the course of several months, I spoke with whomever would listen to me, including the sound technician and pastor, plus I wrote a follow-up letter, describing the need for induction loops for those who have cochlear implants as well as most people who wear hearing aids. I believe that members of their congregation also talked about loops. I am happy to say that the church now has two neck loops available that they are willing to check out with the ALDs to patrons for use during their religious services and the Sunday Series.

Their next Sunday Series is on May 20, 2018 at 2 pm in the sanctuary. These presentations are very popular, so come early to get a good seat and an ALD. If you have your own loop, I suggest bringing it in case they run out of neck loops. That is what I did the first few times I attended. It doesn't work perfectly, but is better than not having an ALD. You can check out their schedule and learn more about the church on their website, [hohchurch.org](http://hohchurch.org). And did you notice the abbreviation? I like that it could also stand for the hard of hearing church since they have done so much to include us.





## Right in our own Back Yard!



## Early-bird Convention registration is OPEN!

### Register Online or Offline

Registration is a bit different this year. Please note what is/isn't included during the registration process. Increased rates will begin April 1 and continue through May 31 when pre-convention registration closes. On-site registration will be available as well.

- **Online** – fill out the [Online Registration](#) and registration will be a breeze; you will receive a confirmation letter by email.
- **Offline** – download and complete the [Registration Form](#) and mail, fax or email the form to us. We will process it and mail you a confirmation letter.

**State and Chapter leaders (and delegates)**, please use the [State/Chapter Registration form](#). Online registration is **NOT** available for your discounted registration. Refer to the [registration guidelines](#) prior to registering.

### Veterans and Caregivers (Free Registration for 1st Timers)

HLAA is offering a complimentary registration for veterans and their caregivers who are attending their first HLAA Convention as a small token of our gratitude. Please download and complete the [Veterans Registration form](#) and send it to [convention@hearingloss.org](mailto:convention@hearingloss.org).

## Deaf Culture Training



Tuesday, April 17, 2018, 9:30am – 11:30 am

A **FREE** two-hour **diversity training\*** that will allow participants to learn more about the vibrant Deaf Community, its history, values, norms and traditions. Participants will also be exposed to language and communication challenges that impact persons who are deaf in family settings, on the job and in everyday life. Helpful communication strategies and technology will be identified.

## Survival Sign Language Training



Wednesday, May 9, 2018, 9:30 a.m. – 12 noon

A **FREE** two and a half (2.5) hours **diversity training\*** that will allow participants to learn basic survival signs used on the job and become familiar with some of the characteristics of American Sign Language/ASL. Gain an understanding of the importance of gestures, reading facial expressions and body language. Come, learn and practice with one another.

Offered by **Metro Deaf and Hard of Hearing Services**

**Golden Rule Building, Suite 105**  
85 E. 7<sup>th</sup> Place  
St. Paul, MN 55101

**Registration:** Email: [dhhs.metro@state.mn.us](mailto:dhhs.metro@state.mn.us)  
Phone: 651-431-5940 voice (or use your preferred relay service)

Please provide the following information when registering:

- Name
- Email Address
- Phone Number
- Employer and Job Title
- Name of Training
- Date and Time of Training
- How you heard about this training

After you register, we will send you additional information including parking options. If accommodations are needed, please notify us at least two weeks prior to the training session. If you need to cancel, please respectfully cancel 48 hours in advance.



## Do You Hear... What I Hear?

Messiah Church traces its history back to 1868. We are a vibrant and growing church, and a significant percentage of our congregation is over 60. The National Institute on Deafness reports that 20% of the US population between 65 and 74 have **disabling** hearing loss; and that number jumps to 50% for those 75 and over. That's not a hearing loss that's just inconvenient—**it's isolating** and can have far-reaching health consequences. And, hearing loss affects all ages. Today, one in five people over age 12 are affected.

### **Dr. Juliëtte Sterkens**

Dr. Sterkens, audiologist and nationally known speaker with the Hearing Loss Association of America, will present on hearing loss, hearing assistance, and current relevant legislation. She will explain how hearing loops benefit both hearing aid users and the venues that install them. You'll experience a variety of voices, music, and multi-media over the loop.

### **Information Fair**

After the presentation, we invite you to join us for refreshments and have your questions addressed by professionals. A number of organizations will be on-hand to share information on the many services, venues, and hearing assistance technologies available to hearing aid users.

### **Are you (or someone important to you)**

- Using or considering hearing aids?
- Caring for clients or patients with hearing challenges?
- Exploring the possibility of adding hearing assistance to your space?

**What:** An interactive experience with presentation, live hearing loop, and information fair

**When:** Saturday, March 3, 2018  
1:00 pm

**Where:** Messiah Church  
17805 County Road 6  
Plymouth, MN 55447  
MessiahChurch.org  
loopinfo@messiahchurch.org  
763.473.6968



## Come Join Us!

### No Cost Community Event

Participation can earn 1 CEU from the Minnesota Board of Nursing



## Save the Date!

Second annual  
“Living Well with  
Hearing Loss”  
conference

November 17, 2018

St. Louis Park Rec  
Center, 3700  
Monterey Drive

St. Louis Park MN  
55416

## You asked, we replied:

“Hearing Loss Matters” is an informational video about – what else? – hearing loss! Starring members of our very own HLAATC organization, it airs from time to time on TPT, but you can also access it using this link: <http://www.tpt.org/hearing-loss-matters/>

We encourage you to watch it, and also to share it with family, friends, co-workers, and others.

**Adult Cochlear Implant Social Group:** Sunday, February 11, 2018, 1:30 – 3:30 PM Hosts: Jim and Linda Romslo  
St. Louis Park Lund's & Byerly's Community Room 3777 Park Center Blvd. St. Louis Park, MN 55416

The room is free of charge, but if anyone wishes to bring in additional food, it should be purchased at the store. Turn left as you enter the store and the meeting room is in front of the registers.

## January Meeting 2018 Photos





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**Our next meeting is: February 17, 2018**

### First Class

#### HLAA Twin Cities Chapter

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Welcomes You!

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**Vice President – Kathleen Marin**

vicepresident@hlaatc.org

**Secretary – Lionel Locke**

secretary@hlaatc.org

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**Photos – Kathleen Marin**

**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. 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.**