

HLAA TC

December 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:

December 15, 2018

Liz Anderson, CATSS

"The relationship between Hearing Loss and Cognitive Decline in Older Adults"

Plus: pot luck lunch and white elephant gift exchange

January 19, 2019

Legislative update

February 16, 2019

Peggy Nelson

Research update from CATSS



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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
President's Message
HLAATC December 2018

I am sure I'm not the only one who wonders where the year went. Hard to believe 2019 is right around the corner. Seems like I was just getting accustomed to writing "2018".

We had a great turnout for the Live Well with Hearing Loss Conference. Thanks to everyone involved who made it a success. It was a lot of work but I heard from many attendees and vendors how much they enjoyed it. We are already thinking about next year.

We end the year with a timely presentation from Liz Anderson from CATSS (U of M) and then our holiday potluck party. And of course, our white elephant gift exchange. If you haven't been involved in our white elephant gift exchange, be sure to do it this year. We have some funny, clever, and "interesting" gifts. Be sure they are unisex and wrapped (with no tags telling who brought it). A fun way for the Chapter to end 2018.

On behalf of the Board, I want to thank each and every one of you for your help in making our Chapter a successful one. We are currently the ONLY Minnesota organization supporting, advocating for, and educating those who are "hard of hearing". I personally prefer the term "those with hearing loss". However, sometimes that gets confused with those that are Culturally Deaf. We

need each of you to help us to keep our Chapter strong and viable. Please spread the word.

I also want to report that Kathleen Marin has resigned her position as President and Board Member. I will be replacing her as President. The rest of the Board will remain in their current positions.

Happy Holidays to you and your families. I wish you peace and good health.

Christine

Mental Health Practitioner Online Training: "Working With People With Hearing Loss"

This training course is being offered by the Minnesota Department of Human Services. It was created to help mental health practitioners recognize the signs of hearing loss and how hearing loss impacts a person's emotional health. It focuses on the unique needs of people who have hearing loss but do not use sign language as their primary language.

Internationally recognized psychologist Dr. Samuel Trychin lends his expertise to the series.

You do not need to be a professional to benefit from the wisdom and expertise in this course!

To get started, go to:

http://registrations.dhs.state.mn.us/Registration/Courses/HearingLoss/welcome_intro.html





Liz Anderson

“The Relationship between Hearing Loss and Cognitive Decline in Older Adults”

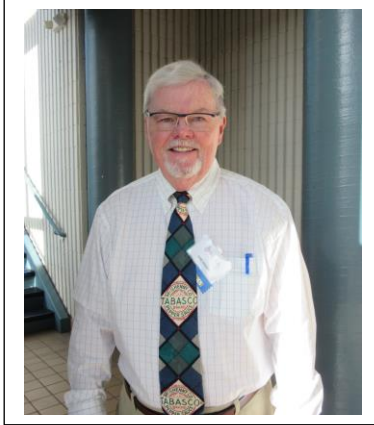
Liz Anderson, PhD, is an audiologist and Program Manager at the Center for Applied and Translational Sensory Science (CATSS) at the University of Minnesota. She obtained her certification in audiology in 1980.

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. Following two years as a research audiologist and lecturer at the University of Washington, she returned to Minnesota to take a position as Director of Audiology for Envoy Medical Corp.

She joined CATSS in Feb, 2016, and took on the additional role of research audiologist for the ACHIEVE study, managed by UMN’s Dept. of Epidemiology and Community Health, in the fall of 2017.

In her free time, Liz enjoys cycling, yoga, cross-country skiing, and playing wooden flute.

Summary of the November 17, 2018 Live Well with Hearing Loss Conference



Mike Higgins, HLAATC Vice-President

Mission:

*To open the world of communication to people with hearing loss
by providing information, education and advocacy.*

At 9:00 am Christine Morgan, President HLAA-Twin Cities welcomed everyone to our 2018 Live Well With Hearing Loss Conference and encouraged them to visit all twenty-one exhibitor tables at this year's conference. She also announced that this conference included FREE hearing screening, snacks provided by HLAA-TC and by Lund's & Byerly's in Wayzata, lunch available for purchase from the Urban Sub food truck, and a drawing for door prizes. Following general announcements, she introduced the speakers and topics for the 2018 conference.

Active Listening Systems and ADA

Tony Strong, National Sales Manager for Williams Sound/AV

The ADA (Americans with Disability Act) guarantees that people with disabilities, including hearing loss, have the same opportunities as everyone else to participate in the mainstream of American life -- to enjoy employment opportunities, to purchase goods and services, and to participate in State and local government programs and services. The ADA is applicable to very diverse venues and those venues pursue diverse technology to comply. Some organizations, like churches and synagogues, are not required to conform to ADA laws. Yet these houses of worship are the highest compliant model for hearing assistance because their members demand it. Everyone with hearing loss must advocate for the same level of ADA compliance in all public areas. There are different ways we interact with organizations and venues. Most importantly, we all need to become advocates because every venue is different with different ADA compliance

configurations or provide none. So, bringing your own device (BYOD) isn't always feasible. Not all venues are looped and not everyone has T-Coils, but venues are still installing permanent or temporary loops and these venues offer ALDs (Assistive Listening Device's). Some manufacturers have stopped offering T-Coils and instead offer Bluetooth, a wireless short-range (Wi-Fi), 1 to 1 technology. Not everyone has a smart phone with T-coil or Bluetooth and the functionality of each approach is unique. Some venues use broadcast technology like small FM radio stations, but these usually require a separate ALD due to the reserved frequency (73 & 72 MHz) for hearing assistance. Other venues may use an infrared (IR) system requiring everyone using the system to have a receiver and either a headphone or a neck loop. For those who have telecoil-equipped hearing aids and cochlear implants, neck loops eliminate the need for headphones. Never use earbuds that go inside the ear.

The question of which technology is right for you will continue for some time. Not one technology will work for every venue or for everyone with hearing loss. When we're vocal, the demand will drive the technology. Something is usually better than nothing but if it doesn't work or really isn't an accommodation, let the management know about ADA accommodation law. Hearing loss is unseen, but it shouldn't be concealed. Speak up, advocate for yourself and others. Become an HLAA member. For more information on:

ADA go to: <https://www.hearingloss.org/programs-events/advocacy/know-your-rights/ada/>

Hearing Assistive Technology go to: <https://www.hearingloss.org/hearing-help/technology/hat/>

Live Well with Hearing Assist Dogs

Laurie Carlson, Community Outreach Coordinator, Can Do Canines

When their organization began 29 years ago they started with hearing assist dogs. Later on, they added mobility assist, seizure response, diabetes assist, and autism assist dogs. But hearing dogs is where they began. They train hearing assist dogs for people who are deaf or hard of hearing. The five alerts trained are: smoke alarm, alarm clock, door knock, phone and intruder noise. Also popular is training for a baby cry or dropped objects like cell phones or keys. These assist dogs are trained at no cost to clients. The client only pays a \$50 entry fee. That's it. Training costs on average about \$25,000 from start to finish per dog. These costs are covered by donations and with help from other service organizations so there is no cost passed on to clients.

Can Do Canines serve Minnesota and Wisconsin. Last year, they trained about 42 teams on all five of the different alert types. This year they hope to train about the same number.

The wait list for a hearing assist dog is not very long. Once a client is interviewed and accepted into the program, the search begins for a dog that's the best match. It's not just every dog that can do this. The dog has to be interested in sounds. Actively interested, not just looking.

Teaching the human what the dog already knows and how to work together usually takes a couple months working together. Because practicing is out in public the hearing assist dogs have the same access rights as a guide dog for mobility access. Once certified, client and dog, are official, and off you go.

(Conference summary, cont.)

Kathy, an HLAA-TC member, shared her experience with obtaining her assist dog Rosy through Can Do Canines a year ago. Kathy has bilateral cochlear implants and shared the many ways Rosy has been a godsend including a poignant comment “I don't feel alone in my silence”.

There are videos on their website or if you want to check out Can Do Canines, they have a “Tails to Tell” presentation once a month. You can come see and listen to what they do at their facility in New Hope. The presentation is exactly one hour. For more information go to:

<https://can-do-canines.org/>

Pitch and Music Perception via Hearing Aid and Cochlear Implants

Dr. Andrew Oxenham PhD, Univ. of MN, Dept of Otolaryngology, Head and Neck Surgery

Three years ago, CATSS (Center for Applied and Translational Sensory Science) was created. CATSS covers a number of department research areas in five colleges at the U of M and a big focus is on hearing.

Pitch perception is crucial for many forms of music. If we think about melody, it is formed by a sequence of pitches. Harmony is multiple pitches played at the same time. And tonality, what key you're in, is also determined by different pitches. Pitch is very helpful in letting us hear one talker in the presence of other talkers. Pitch is often weaker for people with hearing loss. The cochlea acts like an acoustic prism splitting up a complex sound into different frequencies. The high and low pitches of sound are translated into wavelengths presented at opposite ends of the cochlea. Once sound is translated into neuro spikes, the timing of those spikes provides information as to the frequency or the pitch of a sound. Our brain is sensitive enough to pick up those frequency differences in millionths of seconds and determine where the sound is coming from. In research, sound can be broken down into the Temporal envelope (ENV) and temporal fine structure (TFS) that are changes in the amplitude and frequency of sound perceived by humans over time. These temporal changes are responsible for several aspects of auditory perception, including loudness, pitch and timbre perception, and spatial hearing. Cochlear implants actually take the envelope and throw away all the fine structure. That's good for understanding speech. It turns out, however, that the fine structure is crucial for pitch, for music, and for pulling out sounds in a background of noise. Speech is somewhere between 100 Hz and 200 Hz. In music and melody, we're going up to 400, 600, 1,000, 2,000 Hz, and those kinds of frequencies can't be transmitted by cochlear implants with current technology. The addition of more electrodes just results in stimulating the same neurons causing interference.

But with hearing loss, the cochlea outer hair cells aren't functioning well typically and it's a bit like having a prism where the colors are smeared into each other, so you don't have well defined bands representing different frequencies. The smearing of different frequencies makes it harder to hear and understand pitch and to hear one voice in the presence of others.

Rhythm perception and single pitches are reasonably well perceived in people with cochlear implants. That means that researchers found that people with cochlear implants can still generally enjoy music that has a lot of emphasis on a single melody line. When you have

(Conference summary, cont.)

harmony, there's just too much going on and it gets smeared together, and you don't really perceive it very well. Music with more rhythm is likely to be more appreciated.

Hearing aids are unlikely to improve pitch perception because they can't yet improve spectral resolution of the cochlea. Cochlear implants are at the current limits and can't improve the perception of pitch. Research labs across the world are looking for the next generation of solutions to improve speech and music perception. For cochlear implants, it might be solved in the future by using not just electrical stimulation but also focused light stimulation to modify neurons in the ear or the auditory nerve. Optogenetics work is currently being done in animals but has not yet made the transition to human research. Another approach is to move from a cochlear implant to an implant directly into the auditory nerve so that again we can improve the interface. CATSS just received funding from the National Institutes of Health to pursue the idea of an auditory nerve implant in humans. We have to figure out what the best surgical approach is. For more information go to: <http://catss.umn.edu>

At about 1:45PM Christine handed out three Target gift cards and two pair of Guthrie theatre tickets as door prizes to attendees. The 2018 conference concluded at 2:00 pm.

Exhibitors

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

InnoCaption
InnoCaption is a real-time captioning service for Smartphones to help people with hearing loss. <https://www.innocaption.com/>

Miracle-Ear
Miracle-Ear - Amplifone is committed to our community and to the hearing health of those in need. <https://www.miracle-ear.com/>

MINNESOTA COUNCIL ON DISABILITIES
Serves people with disabilities with effective policy, training, technical resources & stakeholder collaboration. <https://www.disability.state.mn.us/>

DEPARTMENT OF HUMAN SERVICES
Deaf & Hard of Hearing Services provide services & information to help Minnesotans who are deaf, deafblind & hard of hearing & their families. <https://mn.gov/dhs>

MedEl
Manufacturer of innovative medical devices for various types & degrees of hearing loss. Comprehensive rehabilitation program. www.medel.com/us/

ClearCaptions
ClearCaptions offers Real-time phone captioning that allows those with any form of hearing loss to see every word said on the call. <https://clearcaptions.com>

Cochlear
Innovates & brings to market a range of implantable hearing solutions. Helping people hear and be heard. <http://www.cochlear.com>

Envoy
Esteem is the world's first fully implanted, invisible hearing device. For adults with moderate to severe sensorineural hearing loss. <https://esteemhearing.com>

HealthPartners Park Nicollet
HealthPartners Medical Group & Park Nicollet Audiology provide a full range of diagnostic hearing health services. <https://www.healthpartners.com/>

Can-Do Canines
Dedicated to enhancing the quality of life for people with disabilities by creating mutually beneficial partnerships with specially trained dogs. <https://can-do-canines.org/>

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MAHPI and ENT Specialty Services work together to serve all ear, nose and throat needs. Complete audiology services. <http://www.entsc.com/>

ReSound GN
ReSound hearing aids, wireless accessories and apps help you to hear and adapt to different environments and situations with the best sound quality. <https://www.resound.com/en-us>

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From the Conference Chairman

CONFERENCE REPORT

Live Well with Hearing Loss is not just a title, but a way of life. That was clearly in evidence at the recent conference our chapter sponsored in November.

As you entered the Rec Center in St. Louis Park, signs directed you to the second floor where exhibitors and sponsors gathered to share products and services for those who experience daily life dealing with compromised sound.

A large thank you and shout of appreciation to the committee and to our members, who volunteered much time and effort managing this event. The conference would not happen without you. Each of you who spent several months planning and arranging this event are breathing easier these days now that the event is over.

The message, however, that this conference relayed is not over. HLAA-TC will continue to meet the third Saturday nine months of the year to share stories, listen to speakers and welcome others from the community that have similar hearing issues.

Look forward to reading in more detail the synopsis prepared by Vice President Higgins about this year's conference and mark your calendar for next year.

Thank you to all who attended. We appreciate you.

Lionel Locke, Conference Chairman

“Who Will We Be?”

David Eagleman's TPT TV series on the Brain has a program “Who Will We Be?” – which asks if technology married with the neuroplasticity of our brains means that we can change “who we are”. He makes the point that it doesn't matter *how* information gets to your brain, as long as it gets there. The technology he uses to illustrate this point? The cochlear implant.

I think we Cyborgs know exactly what he means.

--editor





Ho, Ho, Ho!



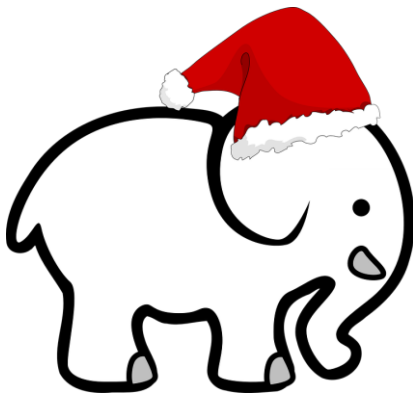
Saturday, December 15

Featured speaker, Liz Anderson

“Cognitive decline and hearing loss in older adults”

White Elephant gift swap

Pot luck lunch



Mind open, mouth shut – or the reverse?

Our son Yvain loves to talk and ask questions. The fact that I may be driving a car does not deter him. Given that “distracted driving” is a known accident risk, I know that I should not pay attention to him. The problem is, I can’t *not* pay attention. My brain is wired to pay attention .

I have found only two ways to resolve this attention problem. One is to turn off all of my hearing equipment, so there is nothing to listen to. The other is to talk, so no one else can.

It seems, then, that I can’t hear with less than 100% attention.

But apparently I can talk without thinking.

--editor

November 2018 Conference Photos



“ILY” the signing duck
(courtesy of Minnesota DHHS)





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