

HLAA TC

February 2019



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 16, 2019

Dr. Peggy Nelson
Research update from CATSS

March 16, 2019

Kristin Swan
*Hearing loss impact on
communication partner*

April 20, 2019

Dr. Jason Lewendecker, Aud. D.
I "hear" but I can't hear – why?



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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
February 2019*

Happy February!

I hope by the time that you read this, we are out of our deep freeze! Minnesota is supposedly one of 5 states that are getting warmer every year! REALLY???

First, I want you to know that we have arranged for CPR training during the last half and after our March meeting. Several of you have e-mailed me your interest. Now I need a bit more information. See the CPR blurb in this newsletter. Members are free, guest/nonmember fee is \$15 for hands-on only or \$45 for the full certification course. All are welcome but I need a final head count by the end of February.

At our last meeting, we talked about the committees. We would love to have you participate. Legislative (facilitated by Lionel), Social Media (facilitated by Mike and Sarah), Membership/Hospitality (facilitated by Ross and Christine (respectively)). This is your organization. The Board cannot do it alone. Please join us on one or more committees.

This month, we have Dr. Peggy Nelson from CATSS. She will be giving us a research update. This is your opportunity to learn what research is being done and what the future "may" hold.

Next month is Kristin Swan is speaking about communication between partners when one or both have hearing loss. Hearing loss does not just involve the person with HL. The communication partners are also deeply affected. Come to learn, share and ask your burning questions.

As always, thanks to those who volunteer every (or most) months to help us set up or tear down. Mike and Patty will not be at the next meeting so we are going to be short-handed. Lionel is usually at the center by 8 a.m., but any time you can spare will be greatly appreciated.

Love (and frost) is in the air!

Christine



Opt-out is possible!

We believe our newsletter provides a wealth of information and encouragement to people dealing with hearing loss in themselves, loved ones, or clients. We hope you agree!

However, we also recognize that there could be some out there who do not wish to receive the publication and find the extra emails annoying. If you are one of these people, please be aware that you may opt out of receiving it.

Simply email your request (please include your name) to editor@hlaatc.org, and we will do our best to accommodate you ASAP.

February Speaker



Peggy Nelson

Executive Director, Center for Applied and Translational Sensory Science (CATSS)

Dr. Peggy Nelson is a Professor and former Chair of the Department of Speech-Language-Hearing Sciences (SLHS). Her work bridges auditory psychophysics, speech perception, and sensory aids. She has had NIH funding since 1992, completing a K08 mentored scientist award, an R03 small grant, and two different R01 research grants.

Her work originally focused on the psychophysics of hearing loss, but has moved into translational work on sensory aids, both hearing aids and cochlear implants. She has had a number of subcontract awards from small business grants, which have led to fruitful collaborations between her students and local industries.

She has mentored a number of PhD and AuD students, as well as post-doctoral fellows. She has served as a mentor for other NIH K08 and K23 awards. She has also served as Chair of the Department of Speech-Language-Hearing Sciences, with her current term ending in Summer, 2015.

Dr. Nelson will give us a research update on the work being done by CATSS.

Summary of the January 19, 2018 HLAA Meeting

Mike Higgins, HLAATC Vice-President

Emory David Dively, Deputy Director of the Minnesota Commission of Deaf, DeafBlind and Hard of Hearing (MNCDHH)

Emory shared that the Commission is nonpartisan but acts as an advocacy and lobbying organization specifically for those who are deaf, deafblind or hard of hearing. The Commission also works with advocacy organizations like HLAA-Twin Cities, others who represent the blind and visually impaired community and the developmental disability community. The State of Minnesota currently has an estimated \$2 billion revenue surplus. Twenty-five percent of that surplus will be added to the state reserves with the remaining funds allocated to state departments, commissions, and agencies. Most of the surplus allocation will represent one-time funding so the MNCDHH Board has proposed the following legislative agenda based on mission related initiatives.

A change to the Metro Deaf School Law as previous legislation didn't cover payment for pre-K children. Due to a technicality in the existing law, the school is not currently paid for pre-K attendees. MNCDHH is working with the school and advocating for a fix to that law to allow the school to be compensated for these pre-K services.

The regulatory responsibility of PELSB (Public Educator Licensing and Standards Board) now includes early childhood education or E-12 teacher licensing. MNCDHH will work with the sub-committee of the Board responsible for licensing teachers of deaf, hard of hearing or deafblind children. The current Tier 1 license should be excluded from teaching the deaf or hard of hearing because the license does not require teachers have a background or training in special education or specific deaf or hard of hearing education. MNCDHH will also advocate to exclude the Tier 2 license because, although this license requires experience in education, it does not require background or training specific to deaf or hard of hearing education.

The Commission will work with the MN Department of Education and Legislature to define and specify expectations and roles for non-teachers that work one-on-one with special education students, in particular deaf and hard of hearing students. The intervenor and the paraprofessional roles are like specialized teacher-aides that work one-on-one with students. There is a significant shortage of professionals in this field.

The Minnesota State Academies (MSA) for the deaf and blind, have requested additional renovation funding for nearly all of their historic landmark buildings due to high maintenance costs. And, because MSA is an open campus with no interconnected buildings via hallways or tunnels, additional funding is also required to address campus safety issues.

(meeting summary, cont.)

A small amount of funding every year goes towards mental health services to work with children who are deaf or hard of hearing. MNCDHH plans to advocate for part of those funds to be designated specifically to work with these children. Also, advocating that the mental health providers themselves are specifically trained, or these providers are deaf or hard of hearing to work directly with those children.

There is an existing program titled Deaf Mentors and Parent Guides. It's a valuable program available at a family's request when their child is born. A mentor visits the family and helps teach the parents and the child about being a deaf or hard of hearing individual. The mentor provides emotional support and helps the family begin the language acquisition process. A major benefit of the program is that all of the mentors working in this program are professionals in finance, accounting, or architects who are themselves deaf or hard of hearing. Because additional funding is required to add more mentors there is a growing waiting list for families to participate in the program.

Early hearing detection and intervention, or EHDI, was established in Minnesota in 2007. This law mandates that all babies born in Minnesota receive a hearing screening unless the parents opt out of the screening. Prior to this law, Minnesota was in the bottom five states in the country at detecting hearing loss at birth. Now Minnesota is one of the top five states detecting hearing loss at birth. EHDI operates under a Department of Health advisory board and MNCDHH is requesting that the Department of Health and Governor Walz renew their commitment to that advisory board. A renewed commitment from the new administration and Commissioner would help provide necessary support for the recommendations made by the EHDI advisory board.

There are several programs that state government has created to increase the number of individuals with disabilities employed by the State of Minnesota. These programs are based on former Governor Dayton's executive order. The initial order had a goal of 7% of the state's employment workforce. At the time, approximately less than 2% of the state's workforce employees had disabilities. By the end of Governor Dayton's term, the 7% goal had been reached. MNCDHH is advocating to increase the goal to 10% across all disabilities. There are other employment initiatives specific to making accommodations and support for those with disabilities who want to work in the state's government. If the State of Minnesota becomes a model employer, MNCDHH can work with private businesses to increase their employment for individuals with disabilities. This program needs to be improved and perhaps elevated to a statute (law) ensuring the effort is prioritized.

MNCDHH is also requesting an increase in funding. The current funding for the commission is a static amount. Additional program specific staff members are necessary to support the increasing complexity and demand for services. Lack of funding limits the staff resources and effectiveness. On a positive note, there is bipartisan support for MNCDHH and its mission.

HLAA–Twin Cities Officer Messages

President, Christine Morgan

There has been a great response from members who would like to take a CPR certification/recertification course in an accommodated (quiet) environment. The next steps are to get an instructor and a location. Once that is complete, members interested in the course will be provided sufficient time to add the date, time and location to their calendars. That information will be sent as an email blast to members who have signed-up.

In the February issue of Consumer's Report is an article titled "The Science of Sound". The article provides details about various appliances and other machines in and around our homes, the dBA level of sound (unwanted noise) they create and what the sound is. The article also provides sound ratings on different products and recommendations to reduce their noise. The article is also posted on the HLAA-Twin Cities Facebook page.

The Star Tribune's January 5th paper included an article titled "Noise pollution makes the sound of silence more elusive". It's about how hard it is in today's world to find a place where it is quiet. And, how people are going to the woods and away from populated areas trying to find quiet. The article also points out how wildlife is also affected by constant noise pollution. The loud and constant noise problem in our environment is slowly being acknowledged although in baby steps.

During our Friday, January 18 Chapter Board meeting we discussed our annual fund raiser. After much discussion, review of attendee and exhibitor input, and the financial results, the Board decided that the Chapter will not have a conference in 2019. We will have a conference on October 17, 2020. We want to improve the conference. A mid-November conference is close to the Thanksgiving holiday, there is always a risk of winter weather, and the venue noise at the SLP Rec Center is less than ideal. It will take time to find an ideal venue with plenty of parking. We also want to change up our speakers for the 2020 conference. We believe these changes will boost conference attendance.

Treasurer Lionel Locke responded to the question "does it cost the chapter to put on the conference?" Yes, there are costs incurred. It is a fund raising venture, even though the chapter is a non-profit corporation. We charge the exhibitors a fee to participate, then we fund all other conference costs from those fees. In the first year, we had a conference profit of about \$2,500. This past year, the board made a decision to do some outreach with newspaper advertising in the western suburbs and at the U of M. The Chapter funded part of that advertising expense and the conference funded part. This past conference made a small profit, less than a couple hundred dollars, but we achieved our goal of better outreach. We've had more people coming to our meetings and joining, so it was a positive result.

Vice President, Mike Higgins

At our recent Board meeting we also decided to establish several standing committees. One or two Board Members will facilitate each committee and provide leadership, coordination and support to ensure the success of the committee. Of course, all of these committees still need volunteers. This is an opportunity to meet with other members, share your skills, learn new skills and help HLAA-Twin Cities grow.

Legislative Committee: Lionel Locke

On March 6th, 2019, there will be a "Lobby Day" event at the State Capitol. This is an opportunity to lobby the State Legislature on behalf of those who are deaf, deafblind, or hard of hearing. We meet typically from 9:00am to 4:00pm. At 1:00 p.m. we have a rally in the rotunda. This is an opportunity to meet your legislators. If you enter your address and zip code at www.leg.state.mn.us your Representatives and Senators will be listed along with their committee assignments and contact details. You can send them a quick email, note or call before meeting them on Lobby Day.

Social Media and Public Relations: Mike Higgins, Sarah Bricker

This committee supports the HLAA-Twin Cities Facebook Page, Facebook Group and LinkedIn presence as an information and advocacy source, and strategy for increasing membership. The committee is also coordinating with the HLAATc.org webmaster, the editor of the HLAA-TC newsletter, and the Membership /Hospitality committee.

Membership/Hospitality: Christine Morgan, Ross Hammond

This committee develops and implements strategies for increasing membership thru outreach, and interaction with visitors and new members to make them feel welcome and answer their questions. This year, the committee plans to have volunteers act as guides for visitors and new members. The committee is also working to develop new flyers outlining the benefits of attending meetings and joining HLAA-Twin Cities. Volunteers are needed to become hospitality guides and to distribute flyers through the Twin Cities.

HLAA-Twin Cities Chapter Conference Committee: All Board Members
(Coming Soon!)

"This a volunteer organization and without volunteers there is no organization."

How loud is 44 decibels?

60dB Normal conversation
85dB Beginning of hearing damage
120dB Front row at a rock concert
141dB Nausea felt after a few minutes
145dB Vision blurs due to eyeball vibration
150dB Loud rock concert, at speakers
152dB Vibration is painful and felt in joints
153dB Throat vibrating so hard it is impossible to swallow
183dB = 6 PSI. On large scale would result in total destruction of all structures
202dB Death from sound wave (shock) alone.



We needed a new dishwasher.

Since our last one had lasted us for nearly 35 years and we hoped the next one would be with us as long, we thought it wise to select a machine that would not only get our dishes clean, but would also allow us to converse even while it is running.

I talked to people about the dishwashers they had bought. While most people don't pay much attention to the actual decibel reading, a lot of people care whether it is "quiet".

But what is quiet? It means different things to different people. You might say, it means a noise level that does not bother you. One person ecstatically claimed to love how her dishwasher was so quiet she couldn't even tell it was running. She did not know its decibel level, but with a bit of online sleuthing I found out: 46 Db. Knowing how little noise it takes to disrupt a hard of hearing person's communication, I wanted more information.

No ad I found was willing to admit to any noise level above the 40s, so I took that to mean that anything 50 Db or higher was too loud to brag about. And only one model that I found boasted a Db level under 40 – a very expensive model, at 39 Db.

So the range I was looking for would be somewhere in the 40s – preferably not over 46, since that was deemed quiet by my friend.

We finally settled on one that had the features we wanted and, without ever having actually heard it, bought it. It's listed at 44 decibels. Sure enough, I don't hear it running.

Now, longevity is another matter. No salesperson in any of the showrooms we visited knew of any dishwasher at any price that would last 35 years. Ten to twelve years, tops, they all concurred. Some of them actually came right out and said it: "they just don't make 'em like they used to."

So we said goodbye to our old dishwasher and welcomed our new state-of-the-art model. It may not last very long.

But it is quiet!

-- Vicki Martin



***HANDS ON CPR/AED TRAINING
With Looping and Captioning***

***Saturday, March 16, 2019
11:00 a.m.***

Courage Kenny 2nd Floor Board Room

Hands-on CPR/AED takes about an hour. This course is taught by “Heart and Soul” and approved by the American Heart Association.

For those who want/need the full certification, there will be classroom training immediately following the hands-on training. This will run approximately an hour to an hour and a half. After completion, you will receive an AHA certificate good for 2 years.

Training (both hands on and/or certification) is free for members. Can you bring a friend or relative? Absolutely. However, the charge will be \$15 for the hands-on. Full certification will be an additional \$30.

I need a head count before the end of February. I not only need your name and contact information (I will keep it private), I also need to know whether you want the hands-on course or full certification.

The Board supports CPR training as vital to saving lives. Therefore, this training is one of your benefits of membership.

Training with HLAA-TC is equivalent to the training received out in the community. Only WITHOUT THE NOISE (which is so distracting to those of us with hearing loss) and with the benefit of the hearing loop. We hope you will join us to help save lives!

*Christine
president@hlaatc.org*

January 2019 Meeting Photos





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Next meeting: February 16, 2019

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Welcomes You!

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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 (3915 Golden Valley Road), 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). The meeting room is also looped for T-coil or receiver.

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