

HLAA TC

March 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:

March 16, 2019

Kristen Swan
*Hearing loss impact on
communication partner*

April 20, 2019

Dr. Jason Lewendecker, Aud. D.
*"I'm sensitive to sound but I can't
hear either – what's going on?"*

May 18, 2019

Season-end pot luck lunch



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Officers' emails

- Christine Morgan - president@hlaatc.org
- Mike Higgins vicepresident@hlaatc.org
- Ross Hammond - secretary@hlaatc.org
- Lionel Locke - treasurer@hlaatc.org
- Monique Hammond –
mhammond@hlaatc.org

HLAA TC Website - Minnesota

www.hlaatc.org

HLAA TC telephone 763-447-9672

Contact Information - Minnesota

info@hlaatc.org

HLAA National - Maryland

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
President's Message HLAATC
March 2019

I hope the "luck of the Irish" keeps snow away! We have had more than enough.

We had an amazing February meeting and March will be another great one. We have Kristin Swan, a psychotherapist in the Health and Wellness Program serving Deaf and Hard of Hearing People (HealthPartners). She is a licensed psychologist who has worked with people with hearing loss for over 40 years. She is going to address the issues of communicating with your partner/friend/family member when one or both of you have hearing loss.

Right after our 11 a.m. break, we will be having our CPR class(es). Be sure that you are registered for the class (Hands on or full certification) with Christine. See more information in this newsletter. Please let me know if you have any questions prior to the meeting.

We are asking everyone to get the word out about our Chapter. Many people in Minnesota still don't know we exist and are struggling on their own. We (with hearing loss) know what we go through but our "hearing" friends/family etc. probably have no idea how stressful and isolating it is to live with hearing loss. We have brochures, posters and cards (new) for you to distribute.

I also want you to know how much I appreciate those of you who show up early to help set up and stay late to help us tear down. It does take a village (or a few very very tired people) to get these meetings up and running. I also want to encourage you to become involved in one or more of our committees.

I am not Irish but want to pass on this Irish saying:

As you slide down the banisters of life may the splinters never point the wrong way.

Christine



Obituary

Mike Schneider, a former member of HLAA-TC, recently passed away in Arizona. Mike and his wife Barbara were regular greeters at our monthly HLAA-TC meetings before moving to Arizona for health reasons. Our HLAA-TC chapter has sent a donation to HLAA National in remembrance of him.

Barbara reports that a memorial service will be held in Minnesota in May. Details to come.

March Speaker



Kristen Swan

“Hearing Loss Impact on Communication Partner”

BA, University of Minnesota-Duluth in Communication Disorders
MA, University of Minnesota-St. Paul Campus in Family Social Science

Kristen works with Deaf, Deaf Blind and Hard of Hearing individuals, couples and families

A licensed psychologist, Kristen:

- Travels throughout the state to provide direct psychotherapy services

- Provides face-to-face therapy services through video conferencing

- Facilitates a number of therapy groups including depression and relapse prevention

- Offers a once-a-month Hard of Hearing support group

- Speaks at conferences and events on issues related to hearing loss

- Provides in-services and consultations within the state

- Works closely with ENT and Audiology for CI evaluation and follow-up

Summary of the February 16, 2019 HLAA Meeting

Christine Morgan, HLAATC President

President Christine brought the meeting to order at 10 a.m. She introduced the Board, the greeter and the transcriber (Lisa). There were a few visitors and Christine explained how the meetings operate. Christine introduced Dr. Peggy Nelson, from CATSS at the University of Minnesota.

Peggy explained that the important words in CATSS are sensory science because they study all the various changes in the senses. They are learning how balance works with hearing and with vision and how it changes with disease or aging. CATSS is getting great support from the University of Minnesota, the National Institute of Health and from the National Science Foundation.

CATSS wants to pay attention to people who live with sensory changes, hearing loss, vision loss, balance, pain, tinnitus, etc. They have a training program called COGNIsense. It's a group of students from computer science, neuroscience, psychology, and speech and hearing. They are working on new devices, training methods, evaluating hearing aid and vision devices, etc. There is very little satisfaction with the current state of how things are for hearing aids, tinnitus and other disorders. It is going to take engineers, audiologists and others from the medical field to make things work better.

Hearing and vision issues are more than the eye or ear. CATSS is trying to learn more about how these changes affect people's daily lives. A new implant or hearing aid or program doesn't always lead to instant success. Two people with similar audiograms don't want the same things out of their cochlear implants or hearing aids. In the near future, an app will allow you to adjust your hearing aid and/or cochlear implants yourself. They are currently recruiting people to be involved in this project.

Peggy spoke about an app that Bose owns. You can try it on their device at the Mall of America. Their device is only \$500. They call them HearPhones. Other companies will more than likely follow. The FDA has given their approval.

Peggy has also sent out a grant proposal to NIH to work on hearing loss and social engagement and isolation. Lack of social engagement leads to isolation, unhappiness and depression. CATSS has set up a virtual family table with all the conversations and noises that one encounters in family situations, especially holidays. The lab is in Elliott Hall at the U of M and members can make an appointment to come in and try it out.

One of the students (who has cochlear implants) just finished a study mostly done on a smartphone asking where the participant is, what the environment is like, etc. People with cochlear implants spend more than half of their time essentially by themselves doing things independently. People with normal hearing spend about 40 percent of their time alone and doing things independently.

Criteria for CIs have loosened some. However, for single sided deafness (another project that a student is working on), it is a bit harder to get one. Most insurance companies cover most of the cost. CIs are improving all the time although recent improvements are small. Dr. Hubert Lim is working on a whole new implant. He is also working on a tinnitus project to modulate the brain to adapt to the presence of tinnitus or ringing in the ears in the CATSS center. This is a brain, not an ear, problem. His study is also involving some hyperacusis, which may be a brain feedback problem. He is looking for participants.

(meeting summary, cont.)

Dr. Matt Winn is working on the effort it takes to hear with a CI and the physiologic responses to stress. Stress can be good but cannot be sustained for a very long time.

CATSS is also working with new devices and evaluating them. They encourage product testers and people to come in and tell them what they think and if it works for them. They also have a new project for people with both hearing and vision loss to maximize audio-visual ability. CATSS is also doing some work with balance studies, training the brain for new input.

In live theaters, be sure to ask for an ALD. One could also purchase a decibelmeter or get a Db app for your cellphone. LiveTranscribe is a free, new app from Google for your cell phone. Not perfect but is a help when the speaker is not too far away.

Peggy received a hearty round of applause. Her contact information is: Peggynelson@umn.edu

Christine reminded everyone that on March 16 following the 11 a.m. break, we will be having hands-on CPR. This will be followed by classroom instruction where you will receive a two-year certification. See further details in this newsletter regarding cost, etc. You must get in touch with Christine if you are interested in one or both trainings prior to March 1. Contact information: president@hlaatc.org or by calling 763-447-9672.

Christine also talked about discount tickets at both the History Theatre (you must call ahead) and Mixed Blood (call regarding their hospitality program). All shows at the Mixed Blood are captioned. The History Theatre has captioning on select dates but does have ALDs available.

Christine also mentioned that one of our members, Mike Schneider, recently passed away. His wife, Barbara (one of our greeters) and he had been very active in our chapter prior to his health issues. A memorial will be sent to HLAA in his name. A memorial celebration will be held in May. Watch for further details in the newsletter.

There was a short discussion on movie theaters and their ALDs. Most have the type that go in cup holders (captioning) and Regal has the Sony glasses (with captioning). Beware that not all the personnel working at theaters understand the system and equipment age depends on the theater.

Secretary Ross spoke briefly about Monique's book and did a PowerPoint presentation on membership. He also encouraged members to get involved in our chapter and promoting it by passing out brochures or hanging posters. We need to get the word out about our organization.

Treasurer Lionel presented the second reading of the proposed bylaw change allowing past presidents (who are Board members) to vote on the Board. The amendment passed.

Lionel also reminded everyone that March 6 is Lobby Day and that there are also now Lobby Tuesday/Thursday dates. More information on the Commission website.

The meeting adjourned at noon.

Join Us! My Take on the Many Rewards of Being an HLAA TC Member.

"As a non-profit organization a strong membership is important for us to operate." from the HLAA TC website

Without coping skills, frustrated by hearing loss and tortured by tinnitus, I was pretty much an emotional wreck when I first joined the Twin Cities Chapter of the Hearing Loss Association of America (HLAA TC).

With that in mind, I can honestly say that the membership dues that I have paid to this group over the last twelve years are among the wisest investments that I have made for my hearing, health and quality of life.

How can I go wrong? \$15 for nine monthly meetings—September through May! This is where I find support among my hearing loss peers and where I learn from specialists who volunteer their time to teach us. I have never ever left a meeting without learning something new that could help me or someone else. That in itself is priceless.

Looking back, I can only say that my Return on Investment (ROI) has been huge. It continues to be repaid in the currency of knowledge, self-confidence and hope. Yet, there are also those benefits that are harder to define, such as a feeling of belonging and purpose and the opportunity to help and serve others. Any time that I have spent volunteering on behalf of our Chapter has been paid back to me thousand-fold.

That said, people can attend meetings without being formal members and visitors, family members and friends are always welcome. However, it makes me happy to know that my dues help pay for expenses, allow us to maintain a website, do community outreach and produce a high-quality Newsletter. But most importantly, they support a local group that devotes itself to improving the lives of people with hearing loss.

Being an active HLAA TC member is my way of paying forward to others and of preserving an organization that was there for me in time of dire need.

And so, on behalf of HLAA TC, I thank those who are already members for their continued support and help. I also invite those who read this message and who might be thinking about joining to do so and to become members. You do not have to be an HLAA National member in order to join HLAA TC. We are separate and operate locally. Come learn with us. Meet new friends. Consider it an investment in yourself and others. I am highly satisfied with my ROI and I am sure that you will be with yours.

For more information about us, visit our [website](#)

Looking forward to meeting and greeting you,

Monique Hammond

Board member and Past President HLAA TC

mhammond@hlaatc.org



SOUL MATES

In the October 2018 issue of Good Housekeeping magazine, an article entitled “_____ Doesn’t Stop Me from Living the Life I Want to Live” caught my eye. Fill in the blanks in the title and following paragraphs with your choice of disability and see how many of the following excerpts paragraphs apply to you as a deaf or hard of hearing person. Then try to guess what disability the author of the article has.

“I can do just about anything except _____”.

“Her experience – struggling for years to ‘pass’ with what little _____ she had, and frustrated by the world’s low expectations for her – drives her to help empower others like her.”

“Only a small percentage of the estimated 1 million people in the U. S. identified as _____ have no _____ whatsoever. Instead, there is a [...mis-]understanding of what is perceived]”

“Even though she has a tiny degree of _____, Teri is comfortable identifying herself as _____. Saying I have _____ or am _____ impaired implies that somehow I’m ‘less than’ or ‘insufficient’” she says. “_____ is a word the empowers and welcomes.”

On communication: “Without _____, being dependent of her meager _____ took a brutal toll...‘I never felt that I was good enough, fast enough, smart enough’”.

“Faking it became Terri’s secret strategy as she battled her way through high school and college.”

Sound familiar? The article is actually about a blind woman. But the following pairs of words would seem to work equally well in the paragraphs above:

P1) Blindness/Deafness

P2) drive/hear

P3) vision/hearing

P4) blind/deaf: vision/hearing

P5) vision/hearing; blind/deaf; low vision/hard of hearing; vision/hearing; blind/deaf

P6) Braille/ASL; vision/hearing

-- Vicki Martin



Live Transcribe!

The following app was brought to my attention by Marie Saliterman. Thanks, Marie!

Google adds two impressive features to Android phones for people with hearing loss

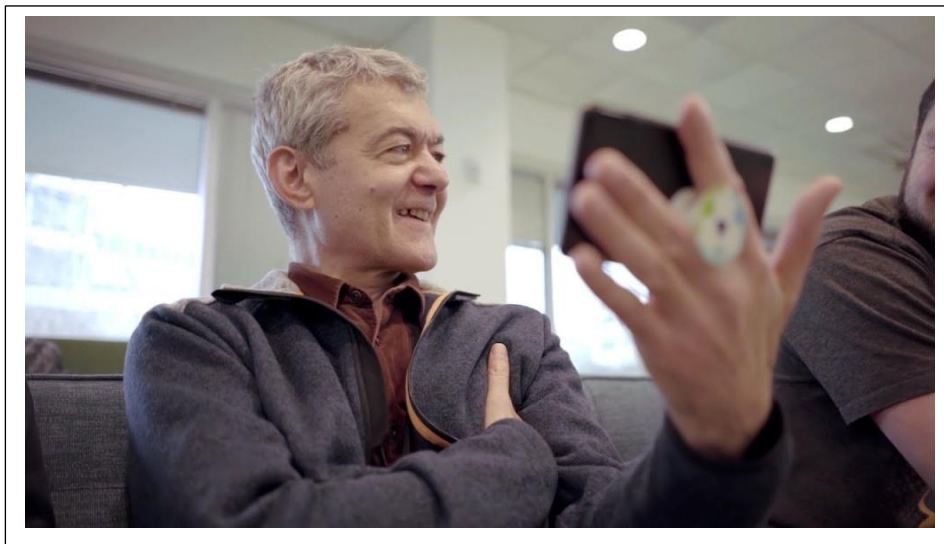
“Google is starting to roll out two new features for Android phones today that are meant to help the some 900 million people around the world who the World Health Organization says will be suffering from hearing loss by the year 2055. The features are actually two apps for Android called Live Transcribe and Sound Amplifier, both of which do exactly what the names imply.

The Live Transcribe app, for example, takes real-world speech and turns it into real-time captions using the phone’s microphone, while Sound Amplifier helps filter, augment and amplify sounds in the environment around the user. It increases quiet sounds while not over-boosting loud sounds, and it can also be customized, with sliders and toggles that can be used for noise reduction to minimize distractions in the background....”

Read the full story here:

<https://bgr.com/2019/02/04/google-live-transcribe-sound-amplifier-apps/>

Be sure to watch the video too!



Dmitri Kanevsky, Deaf research scientist at Google

Questions some of you may have:

What does it cost?

Will a similar app be available for i-phone?

Can it be used effectively in a restaurant or other noisy environment?

Can Live Transcribe caption phone conversations? With or without speakers on?

How big are the captions? Can we control their size?

Other questions? Share them with us! Answers? Share those too!

***Hands on CPR/AED Training Saturday, March 16, 2019
11:00 a.m. (second half of regular meeting)***



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.

This course is taught by “Heart and Soul” and approved by the American Heart Association. Training (both hands on and/or certification) is free for members. However, Heart and Soul needs to know how many people are coming to be sure they have enough supplies, etc.

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 by March 1. 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. Also if you are bring someone with you. Email (president@hlaatc.org) or call 763-447-9672 (you can leave a message if we don’t answer).

The Board supports CPR training as vital to saving lives. Therefore, this training is one of the benefits of membership. We will be using the loop and captioning throughout the training.

Christine

Calendar item:

Adult Cochlear Implant Social Group

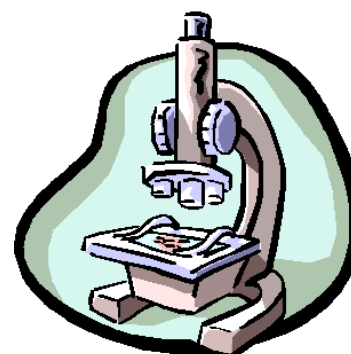
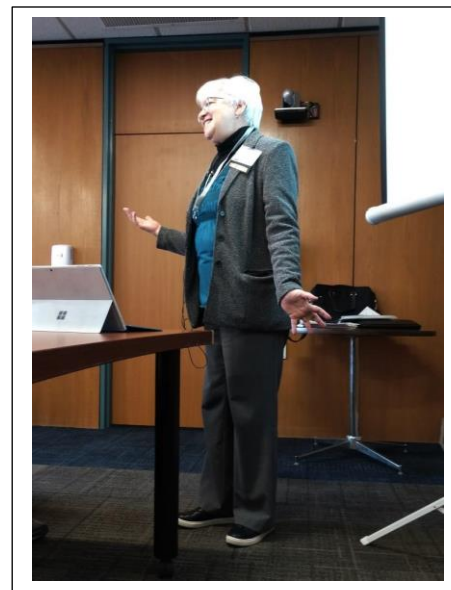
Sunday, March 17, 2019 1:30 – 3:30 PM

Golden Valley Library 830 Winnetka Ave Golden Valley, MN 612-543-6375

Hosts: Jim and Linda Romslo

Bottled water will be provided. You are welcome to bring a spouse, partner, friend, family member, and/or significant other! If you would like to bring a refreshment to share that would be wonderful!

February 2019 Meeting Photos





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Next meeting: March 16, 2019

First Class

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secretary@hlaatc.org
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treasurer@hlaatc.org

Second Past President – Monique Hammond
mhammond@hlaatc.org

Contact Info. - info@hlaatc.org

Photos – Ross Hammond

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 (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.