

HLAA TC

September 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:

September 21, 2019

"Listening effort: ways that it affects your life and how it is measured"

Dr. Matthew Winn
Director, Listen Lab, Speech-Language-Hearing Sciences, University of Minnesota

October 19, 2019

"Your Rights under ADA"
David Fenley
Director, ADA Minnesota

November 16, 2019

"New Frontiers in brain technologies for treating hearing loss and tinnitus"
Dr. Hubert Lim

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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
September 2019

Welcome back everyone!

We have a great season planned with terrific speakers and a chance to catch up with all our friends!

We start off on September 21 with Dr. Matthew Winn of the University of Minnesota. This is a presentation you definitely should not miss. In fact, bring your spouse, partner, friends, relatives, and even neighbors. Dr. Winn is a stellar researcher and has a lot of information you will want to hear.

The Conference Committee is already hard at work planning our conference next year. Save the date: 10/10/2020. Easy enough to remember. Further details will be coming, including an improved conference site. Check out Mike's (our conference chair) blurb in this newsletter.

Be sure to check the Treasurer's blurb in this newsletter regarding the October special election. We also have a few committees (Social Media, Legislative, Membership, and the 2020 Conference Committee) who are always looking for members. If you are interested in serving on a committee, see me, Mike, or Lionel.

This is your organization and we welcome everyone who wants to be involved.

Sometimes it does take a village!

Mary Bauer, MN Deaf, Deaf/Blind and Hard of Hearing, has a technology lab in St. Paul. The Board would like to know if you would be interested in a site visit. If you are, please let Mike know. Depending on the number of members interested, we may have to split the group. Right now we are just trying to get names of those who would be interested.

As always, the Board is interested in your feedback, suggestions and concerns.

Christine



Same Journey Different Paths



This summer I was reminded that our hearing loss puts all of us on the same journey, but we are on individual paths. That journey begins with a recognition of our hearing loss. Often (very often) those of us with hearing loss don't recognize the subtle changes. We may deny the loss until, or even after, someone "encourages" us to get our hearing checked. Some will continue to deny their hearing loss for a multitude of reasons.

Once we accept the reality of hearing loss, our journey and individual path of dealing with hearing loss begins. A multitude of questions and emotions wash over us as we begin to walk along that path. Sometimes the path will change with further hearing loss or even new technology. We still remain on the journey and we often meet others when our paths cross.

This summer I had the opportunity to listen to and encourage someone who was trying to cope with a new Cochlear Implant. Although I wear hearing aids, I understood the concerns, fears and desire to withdraw from vocational and social activities. Just as several HLAA-TC members have for me, I listened, listened more and then assured this new traveler that many of us are on the same journey. And, as with every journey, our paths will be smooth and rough, level and mountainous, sunny and stormy. There will always be others, with and without hearing loss, willing to listen, to help when paths cross and provide assurance that hearing loss does not define who we are, only the path that we are on.

HLAA-TC is where our paths cross.

----*Mike Higgins*

AMENDMENT TO THE HLAA-TC CONSTITUTION

SEPTEMBER 21, 2019

BACKGROUND

The constitution may be amended at a general meeting by a two-thirds vote of the partners. Any Partner(member) can submit the proposed amendment, and if the motion is seconded and passed, all members will then be notified at least (10) days prior to the next meeting. Approval of any amendment requires a two-thirds majority vote at the next meeting. In this case, that would be the October meeting.

The change in the bylaws is prompted by changes in the Board membership that occurred during the portion of the year when the general membership was not in session. This amendment clarifies the President's ability to fill a vacant position by temporary appointment and establishes a new position entitled DIRECTOR AT LARGE. This new position will serve a two-year term and stand for election in off years therefore providing continuity on the Board.

AMENDMENT 1

"The executive Board is empowered to accept resignations and fill vacancies between meetings of the membership". This sentence will be added to Article VI Section A

AMENDMENT 2

The governing Board shall consist of all elected officers, '**ONE (1) AT LARGE DIRECTOR**', and shall include the immediate past two (2) Presidents.

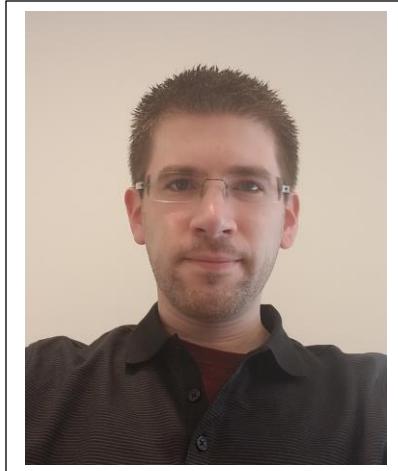
If passed, the Board will then consist of 7 members, the President, the Vice-President, the Secretary, the Treasurer, a director at large, and the immediate 2 past presidents.

Respectfully submitted,

Lionel Locke, Treasurer and Acting Secretary

HLAA-TC

September Speaker



Matthew Winn

The Speaker

Dr. Matthew Winn is an assistant professor at the University of Minnesota in the Department of Speech-language-Hearing Sciences. He directs the Listen lab, which is dedicated to studying speech communication and things that make it challenging for people with hearing loss.

Some of the main goals of his lab are to raise awareness of how hearing loss impacts listening effort and quality of life, and to foster good communication skills in clinicians and scientists.

The Talk

Living with hearing loss is not just a less-loud version of living with normal hearing. It can be effortful and exhausting, and might even cause you to withdraw from social gatherings. We will explore the ways that listening effort impacts the lives of people with hearing loss in unexpected ways, including medical, financial and social aspects.

We will review various ways that scientists measure effort and how it is used (or misused) in the media. Finally, we will discuss how to make you more aware of your own effort for the benefit of yourself and your family.

Got tech?

Laura Hagemann, blogger and traumatic brain injury survivor with hearing loss, shares information with us.

Not all of Laura's posts are hearing-related, but here's one that is - Laura reviews no less than 21 smartphone apps for hearing loss, including Innocaption, My Ear, Subtitle Viewer, Translate Live, and others..

Excerpted from Laura's blog:

"I was born in 1979. I came of age in the 80s when personal computers were becoming more common in households. And partly because of my age I enjoy technology. And because I'm a curious sort of person I usually like to figure new tech out and get it to work for me. When I was in an accident in 2016 that caused me to suffer a Traumatic Brain Injury (TBI) among other injuries I had a lot of adjustments to make in addition to healing. As I've mentioned before, my main issue from the TBI was severe hearing loss and distortion. I won't describe it again as I have many times. However, once I was healed enough to start asking the question "what technologies are out there to help with my hearing loss?" I did a deep dive into tech, specifically smartphone apps, available. I'm still exploring, however I wanted to list and discuss the apps (both iPhone & Android) I'm either using or have read good things about..."

For the complete post with app reviews, see:

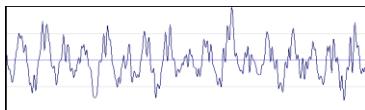
<https://writingneverstops.wordpress.com/2019/05/27/apps-for-hearing-loss-a-belated-monthly-essay/>

Here's another post on closed captioning: <https://bit.ly/2UIG4aV>

Link to Laura's full blog: <https://writingneverstops.wordpress.com/>

Remember: ctrl + click to open links!





Making Sense of Sound (blog)



Researcher Valeriy Shafiro, of the Rush Auditory Research Lab blogs:

“Compared with people with normal hearing, people with cochlear implants show some pretty clear deficits in identifying environmental sounds as well as speech,” Shafiro said. ‘Research from several labs, including ours, shows the possibility for cochlear implant users to improve if they work on it. But there are few readily available opportunities for these patients to obtain rehabilitation, for reasons including travel difficulties, health care reimbursements and scope of practice.’

Shafiro is now evaluating the usefulness of Internet-based environmental sound and speech training for people who rely on cochlear implants in daily life.”

Exploring the hearing-dementia link is also on his radar.

“Measuring listeners’ recognition of nonlinguistic sounds was also a component of a recent study from the Rush Auditory Research Laboratory in collaboration with the Rush Alzheimer’s Disease Center.”

Read more here: <https://hearinghealthfoundation.org/blogs/making-sense-of-sound>

Retirement

Mary Hartnett

Mary Hartnett retired September 3, after more than 40 years of service to the community, the last 19 of which were as Executive Director of the Minnesota Commission of Deaf, DeafBlind and Hard of Hearing (MCDHH).

(Mary’s farewell speech here: [Mary Harnett Farewell](#))



Congratulations, Mary!

Thank you for your service, and the inspiration you have been!

PRESIDENT MORGAN HLAA-TC APPOINTMENTS

President Christine Morgan is pleased to announce the appointments of acting Board Members of HLAA-TC.

ED BENCK has agreed to accept the acting Secretary position due to the resignation of Ross Hammond. Ed has agreed to place his name in nomination to complete the two-year term of Secretary.

DWIGHT MAXA has agreed to accept the role of acting Director at Large position created to fill the Board as a result of the resignation of Past President Monique Hammond. Dwight has agreed to place his name in nomination for the new position for a two year term.

The special election will be held at the October general membership meeting. All 2019-2020 dues paying members are eligible to vote. This notice serves as the accepted member notification of the upcoming election.

Miscellany (1)

There are bad sounds!

Yes, sometimes we want *less* sound in our lives. Not everything (even music) is music to our ears. Sound can make you cry. It can make you angry. It can steal your attention.

Here are some comments on this phenomenon culled by Judi Swan from Oprah Magazine (August 2019).

Noise sensitivity: “Research suggests that between 20 and 40 percent of people have noise sensitivity”. Ergo, any noise is too much noise.

Highly Sensitive Persons: “Between 20 and 33 percent of people... are highly sensitive persons...exquisitely perceptive and aware of themselves and their environment.” These people have a low sensitivity threshold not only to sound, but to light and the other senses as well.

Tinnitus: “people affected by tinnitus are at increased risk for anxiety and depression, particularly if...the [sound] is chronic and constant”

Misophonia: “And then there’s something called *misophonia*, in which trigger noises – often ordinary human-made sounds like chewing, slurping or sniffling –” can send the sufferer into a rage.

One thing that rarely bothers anyone, however, is sound made by the person himself! “People usually aren’t upset by the sounds they make themselves...So pop a Corn Nut in your mouth, and you won’t hear anything over your own crunching.”



CTIA (cellular telecommunications and internet association) teamed up with the Mobile and Wireless Forum (MWF) to bring you the first cell phone database that shows you phones with accessible features. This tool is called GARI- Global Accessibility Reporting Initiative.

Over 300 accessibility features are available on the GARI database.

Accessible services include: customizable vibrations and call notifications, automatic captioning of live events, and captioning for group video calls.

Learn more:

Step 1: Go to AccessWireless.org , and click on “find a phone”

Step 2: Scroll to the bottom of the page and click on “GARI”, which will direct you to the database.

Step 3: Select the icon that says “Mobile Apps”. Then on the right side, select “Hearing/Speech”

Step 4: Begin your search! Scroll through the options to learn more about accessible apps.

Miscellany (2)

Time magazine July 22 2019 asks: “Could voters with disabilities sway elections in 2020? Good Question! (TIME magazine article, page12).

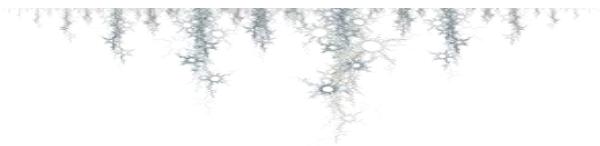
AARP July/August 2019 AARP at 60 “How We Help” State by State for Minnesota. “Take me out to the...’ movies. Up to 3000 people attend free films when AARP rents out a minor league baseball stadium.” As you may recall, this came with the promise of captioning. Oops! It didn’t happen. Marie Koehler comments: “There were no captions! I was so disappointed to learn this! AARP confirmed that the movie would be captioned”.

Apologies were offered by those involved. We are all learning.

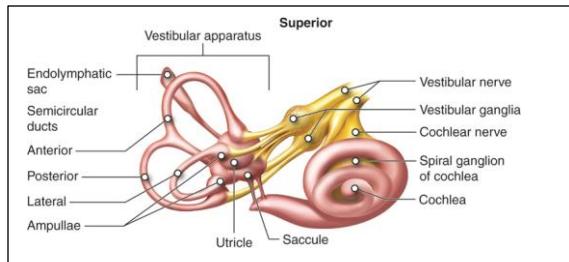
Fringe Benefits

The Pioneer Press (July 26, 2019) touted a new feature at Fringe Festival shows this year: “Fringe shows will be captioned...which is presenting a challenge since many of the shows are works in progress until showtime, so scripts may not be available.”

This is great to hear! But did you know that ‘way back around 2007, HLAA-TC member Kathryn Bakke presented a show at the Fringe, and it was...captioned! I’m not sure if any captioning appeared at the Fringe between then and 2019, but Kathryn was our pioneer.



Vestibular Disorder Conference 2019



The second annual Vestibular Disorder Conference, sponsored by the Vestibular Disorders Association (VeDA) and the University of Minnesota Department of Otolaryngology, will be held on Saturday, September 28, 2019

This year's conference brings together a variety of medical and complementary medicine experts on a range of topics including dizziness, Meniere's and Tai Chi, plus the opportunity for peers to network and listen to each others' stories and learnings. For more details and to register, go to

<https://hain0007.wixsite.com/vestibulardisorders>

Conference details:

Saturday September 28, 8 a.m. to noon.

McNamara Alumni Center

200 SE Oak St, Minneapolis, MN 55455, USA

There is no cost to attend but the conference is supported entirely by generous donations



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Next meeting: September 21, 2019

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Treasurer - Lionel Locke treasurer@hlaatc.org

Second Past President - ----- @hlaatc.org

Contact Info. - info@hlaatc.org

Photos - Vicki Martin

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.