

HLAA TC

October 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:

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

December 21, 2019

"Clear Speech"
Mary Bauer
Deaf and Hard of Hearing Specialist
Minnesota Department of Human
Services



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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
October 2019

Did you know October is Protect Your Hearing Month?

For many of us (especially with cochlear implants), it is probably too late. However, that doesn't stop us from passing the word and information on hearing-saving strategies; especially with our younger generations. Think earbuds/earphones with blasting music! Leaf blowers!!

I hope you were able to attend our September meeting with the presentation by Dr. Matthew Winn. Dr. Winn was gracious enough to "hang around" throughout the entire meeting to hear our issues and offer some insight. If you missed it, be sure to check out the synopsis in this newsletter issue.

Many people with hearing loss that I talk with do not realize that hearing loss is a disability. As such, we are covered under ADA. Many of us don't know a lot about ADA. However, David Fenley does and he is our presenter in October. Be sure to come to find out what your rights are and how to protect them.

In October, we are also celebrating (with CAKE) HLAATC's anniversaries. Ah, cake, the breakfast of champions!

We have a great line-up of presenters from September through April. May is our year-end

party. The holidays are fast approaching. Time to start thinking about our holiday pot-luck bash along with our sometimes hilarious white elephant gift exchange.

Our presentation in December will be on clear speech! Don't you wish everyone used clear speech?

As always, we (the Board) always welcome your help, involvement and feedback.

*Peace and friendship,
Christine*

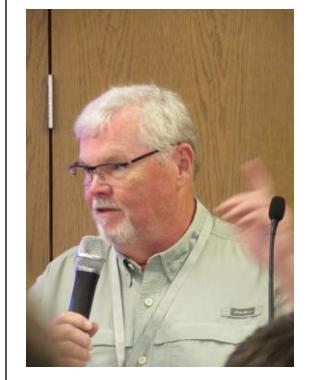
29 Years Ago in HLAA

Excerpted from HLAA's Hearing Life Magazine, summer 2019, quoting the SHHH (HLAA's previous name) Journal's article by founder Rocky stone in the 1990 November/December issue:

"On July 26, 1990, President Bush signed the...Americans with Disabilities Act of 1990 (ADA). ...This issue of the SHHH Journal is dedicated to making you aware of and willing to do something about the opportunities provided by the ADA. You can speed up the pace of change. You, each one of you, can make a difference!"



September Meeting Summary



Mike Higgins
Vice President

The following is adapted from a presentation at the September 21, 2019 HLAA-TC meeting by Dr. Matthew Winn, Au.D., Ph.D., Assistant Professor, Speech-language-Hearing Sciences, Director of the Listen Lab, University of Minnesota -Twin Cities

Dr. Winn worked as an audiologist before training U.S. diplomats to learn foreign languages. He found similar listening challenges for his clients in both groups.

We've all been there, you think you hear something and then you wonder if you heard it correctly. That extra moment of doubt, the idea of listening effort, is intriguing. This challenge is experienced by many individuals with hearing loss. It may also account for the fatigue experienced, but often not reported by those with hearing aids or Cochlear Implants. Dr. Winn has shared such observations with fellow research scientists, and reasons that "living with hearing loss" is not just like "living without hearing loss", only less loud. It is qualitatively different.

Listening effort negatively affects those with hearing loss in terms of their health, economic status, and their ability to socialize. Analysis of surveys of people with hearing loss show higher rates of fatigue and stress. When they get home from work or social events, they need more time than individuals without hearing loss to recover and get back into a comfort zone. People with hearing loss have more unproductive days or absences resulting in economic impact. In meetings, where fast crosstalk occurs, if you're hard of hearing you may not be certain you heard everyone correctly. You hold back comments or questions. Your ideas aren't heard, promotions are lost, and self-confidence is damaged.

Audiologists are trained to measure the percent of words correctly identified, or the required loudness of a sound or frequency, to determine the level of hearing loss. If asked about social activities though, it might not be that their TV-watching patients really like TV a whole lot. Rather, it is a lot less stressful to watch TV than to try to navigate loud, crowded environments. Tracking these kinds of behaviors may help people become aware of what is happening and give them opportunities to provide feedback to their clinician or a research scientist.

(September Meeting Summary, cont.)

Audiologists aren't typically aware of listening effort, and scientists who live a life with typical hearing don't realize what it's like to change behavior in subtle ways. Listening effort -- mental fatigue, focus, stress -- now we're talking about the processing that occurs in the brain.

Pupil dilation is one method of measuring listening effort. If you're doing something easy, like 3 plus 5, your pupils won't change much. But if you're asked to do something that causes you to take a moment and determine what you heard, then your pupil will momentarily get larger. In a research lab, a camera is pointed directly at the eye from a distance to measure the change in pupil size. This provides a sense of how difficult the sentence was to understand. You hear a sentence; your pupil expands and during the wait, or thinking pause, it contracts. When you respond, it expands again. Increased background noise results in more pupil dilation.

All hearing loss of any kind results in a loss in sound clarity. Cochlear Implants have a more pronounced loss of sound clarity than hearing aids. For example, the difference between a low note and high note is recognizable in either case, but it is less distinct with a CI. When your hearing is blurry, you miss little details and you fill in the blanks with your expectations. Your pupils dilate more and more with your effort to understand.

The listening effort is more pronounced when research methods use sentences with a missing word or ambivalent context. The process of listening effort, understanding what is said in context, and then responding takes time. If the next question comes too soon, that time is cut short.

Slower speech doesn't reduce listening effort, but it does allow listeners to relax more quickly. Slower speech also allows a you to take advantage of context, so you don't have to think so hard.

A new test was developed using situations where a brief burst of noise occurs immediately after a sentence is spoken. When a sentence is spoken without the burst of noise it allows individuals to take advantage of that extra moment to hear and understand more, in context. Sometimes this provides dramatic improvement. When there is no context the extra moment doesn't provide any advantage. These tests were conducted in a hearing laboratory with researchers and equipment to measure pupil size, reaction time and data analysis.

The goal is to create tests that can be conducted in audiology offices to further understand and measure the relationship between hearing loss and the amount of time it takes to listen, use that extra moment and understand what you've heard. And that extra moment turns out to be very important for people with hearing loss. These are the first steps to understanding the connection between hearing loss, listening fatigue and possibly long term health issues.

A lengthy question and answer period followed Dr. Winn's presentation.

General business and announcements followed, including the presentation and approval of revisions to the Chapter By-laws, and introduction of Ed Benck as acting Secretary, and Dwight Maxa as acting Director at Large .

October Speaker



David Fenley

The Speaker:

ADA Director, Minnesota Council on Disability

David has been with the Minnesota Council on Disability since 2014. He transitioned from legislative work to ADA education and outreach throughout Minnesota. David, a certified access specialist, informs entities across the state about ADA obligations, Minnesota's Accessibility Code, and digital accessibility

The Talk:

“Your Rights Under ADA”

AMENDMENT TO THE HLAA-TC CONSTITUTION
October 19, 2019
SECOND READING

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.

PS. The motion to approve this amendment and change the bylaws was passed at the September 21st HLAA-TC meeting. A 2/3 majority vote of 2019-2020 membership will be required to confirm this amendment. This vote is scheduled for the October 19th HLAA-TC meeting.

Lionel Locke, Treasurer and Acting Secretary
HLAA-TC

**ELECTION OF BOARD MEMBERS
HLAA-TC
OCTOBER 19, 2019**

TO: HLAA-TC 2019-2020 MEMBERSHIP

PRESIDENT MORGAN HLAA-TC APPOINTMENTS

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

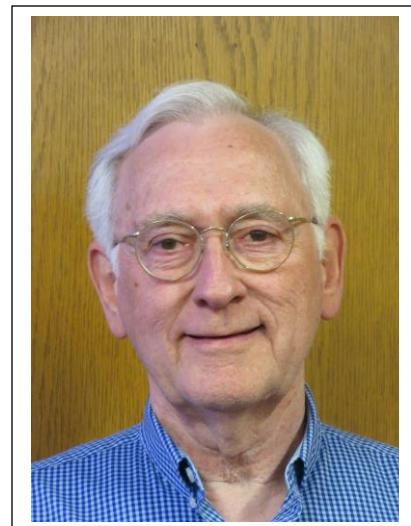
ED BENCK has agreed to accept the acting Secretary position due to the resignation of Ross Hammond. Ed has agreed to place his name in nomination to complete the two-year term of Secretary.

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.

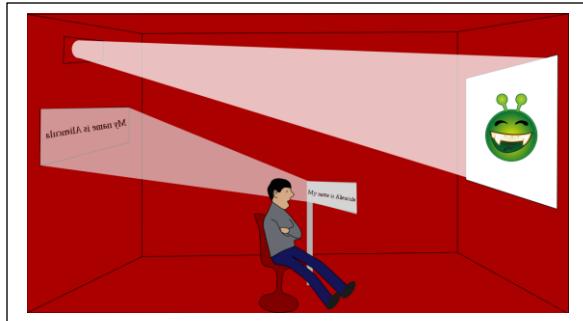
The special election will be held at the October general membership meeting. All 2019-2020 dues paying members are eligible to vote. This notice serves as the accepted member notification of the upcoming election.



Ed Benck



Dwight Maxa



OPENCAPTIONOPTIONOPENCAPTIONOPTIONOPENCAPTIONOPTION

Writer Michael Sullivan, for the Washington Post throws a hopeful light on what until now has seemed wishful thinking.

(Excerpted from Minneapolis Star Tribune Sunday October 6, 2019):

“Now might be a good time to ask yourself; How do you feel about subtitles? I’m not talking about foreign language films, which are routinely released with the dialogue translated into English at the bottom of the screen. I’m talking about movies in English, with English subtitles...

“There’s a growing movement to make open-captioned (OC) film screenings more widely available for deaf and hard of hearing moviegoers, which would probably mean that some hearing moviegoers might occasionally, and possibly inadvertently, have to sit through a movie with on-screen captions...

“Under the theory that hearing audiences don’t want [captions], theaters often...[won’t] consider showing a movie with open captioning..[especially] during prime moviegoing times – evenings and weekends...

“In Washington D.C., council members...have co-sponsored a bill that would change that...

“My hearing friend Ellen found that she had accidentally bought a ticket to an open-captioned screening this summer. After finding it annoyingly ‘distracting’ for the first few minutes, she said, she got used to it.”

The testimony of some hearing viewers, such as Ellen, suggests that seeing captions on the screen for the first time may be a little like putting on your first pair of glasses: all you can see is the frame. But, as with our first experience with glasses, the frame quickly disappears and we are left with an equally natural – and more accurate – view of the world.

-- editor

Siri-us business

by Vicki Martin



While breakfasting with a friend at I-HOP, I opened up my i-phone to show off my cochlear remote app, and instead it went directly to Siri. I had never used Siri, and didn't want to be there.

"This is Siri," it said. How can I help you?"

Vicki: "Wait! What? I didn't ask for Siri!"

Siri: "This is Siri. How can I help you?"

Vicki: "Huh? How did I get here? I don't want Siri, I just want to know how to get out of here."

Siri: "I'm listening."

Vicki: "No, c'mon! I don't want this page! All I want is to get back to 'Home'."

Siri: "Calling home."

Vicki: "No, no! Stop! Don't call! I'm here. I'm not there."

Phone: "Brrriing".

Vicki "Stop it! Stop! Oh, for crying out loud."

Phone: "Brrriing".

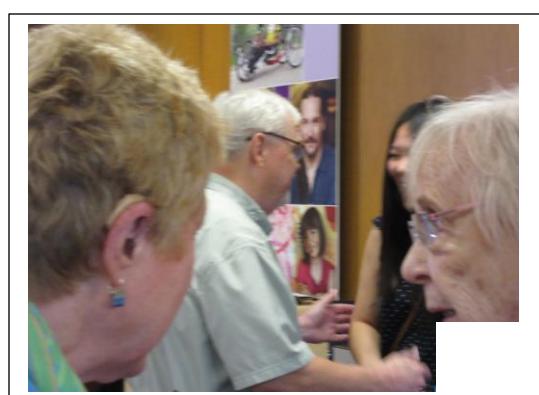
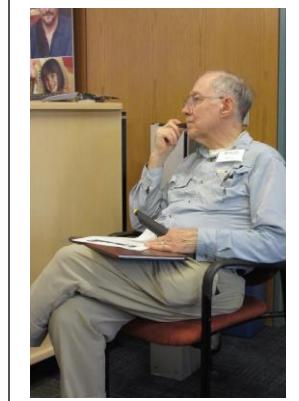
Vicki: (frantically pushing buttons) "Oh, no! Ah -- there we are! Home page!"
(Siri can't hear me from the home page).

When I got home, I looked on my call history and yes, there was a message for me on my answering device.

It was from me.

I didn't return the call.

Photos from September Meeting





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Next meeting: October 19, 2019

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Acting Secretary – Ed Bencke
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Treasurer – Lionel Locke
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Acting Director at Large -- Dwight Maxa

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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.