

# HLAA TC

# January 2020



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:

### January 18, 2020

Legislative Update  
Emory Dively and  
Darlene Zangara

### February 15, 2020

Vestibular Rehabilitation  
Novacare



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### Officers' emails

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- Mike Higgins [vicepresident@hlaatc.org](mailto:vicepresident@hlaatc.org)
- Ed Benck - [secretary@hlaatc.org](mailto:secretary@hlaatc.org)
- Lionel Locke - [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org)
- Dwight Maxa - [director@hlaatc.org](mailto:director@hlaatc.org)

### HLAA TC Website - Minnesota

[www.hlaatc.org](http://www.hlaatc.org)

HLAA TC telephone 763-447-9672

Contact Information - Minnesota

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HLAA National - Maryland

[www.hearingloss.org](http://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**  
**January 2020**

I hope your holidays were happy, relaxing, and healthy.

It seems so strange to write 2020! Remember all the hoopla prior to January 1, 2000?

Although we only have five more meetings until the end of our “season”, we still have some very interesting and informative presentations to come. January is our legislative update and in February Novacare is presenting on Vestibular Rehab. I would encourage you to attend all or as many as you can. These presentations are always great learning experiences.

After 6 years as President of HLA-TC, it is time at the end of May for me to step down. It's been a wonderful experience and I've learned so much and met so many great people during that time. I've had the pleasure of working with a dedicated and passionate Board. I've watched our membership grow and our Chapter members develop friendships and support each other.

Numerous people show up to help us to set up and tear down meetings. Our editor Vicki does an amazing job on our newsletter and our “official photographer” Dennis (sometimes with the help of Vicki) produces excellent candid pictures for the newsletter and website. Our social media committee is always hard at work getting the word out to members and the greater community. It takes a village!!!! And for all of you, I am so

grateful.

Officer elections will be held this Spring. Most officer positions will be on the ballot. These are two year terms. If you have ever had the desire to become involved in our organization, now is a good time to step up and announce your interest. Just talk to one of the officers and let them know which position you would be interested in prior to the March meeting.

The candidates will be announced at the April meeting. Voting will take place during the May meeting. No experience necessary – only a desire and commitment to be involved in the Chapter.

I hope to see all of you in a couple of weeks!

*Christine*

## Smile, You're on Amazon!



When ordering through Amazon, go to Amazon Smile ([smile.amazon.com](http://smile.amazon.com)) to place your order, and select our HLAATC chapter as your preferred recipient.

It's exactly like Amazon, but a percentage of your purchase will go to HLAATC.

The exact name of the organization must be used:  
[Hearing Loss Association of America Twin Cities Chapter](#).

Every little bit helps!

## December Meeting Summary



**Mike Higgins**  
*Vice President*

The following is a synopsis of a presentation by Mary Bauer, Deaf and Hard of Hearing Specialist, Deaf and Hard of Hearing Services, MN Department of Human Services at the December 21, 2019 HLAA-TC meeting.

“It's more than your mom saying, don't mumble or Uncle Joe reminding you to talk plain.” Vicki Martin as shared by Mary Bauer

The term "clear speech" appeared in a research paper written by three young men from M.I.T. when they were looking at technology, signals and sounds. They coined the term in 1985, so it has been around for a while. We all have examples of what is not Clear Speech: public address announcements at airports and train stations, or ordering fast-food at the drive-through. It is a random guess as to what question is being asked after you have placed your order. (“No thanks” is safe and frequent response).

There are accommodations that can be politely requested to overcome someone talking too softly, looking away from you, overenunciating, talking from another room, and the list goes on. You have a little tool kit of all sorts of things that includes technology and communication repair strategies.

Clear Speech is one of several communication strategies that those of us with hearing loss should use every day with our communication partners -- family, friends, doctors, co-workers, neighbors, anyone we converse with. Their conversational speech patterns are a habit, or an overlearned behavior. Clear Speech doesn't depend on how loud someone speaks; it depends on how clearly they speak and how slowly.

Conversational speech patterns cannot be corrected with technology, so communication strategies are very important. Conversational speech is rapid, not precisely articulated, spoken with inadequate or inappropriate projection of voice. It is that blurring or blending of words, making them all seem to run together, especially if there is redundancy such as one word ending with a "d" and the next word starting with a "d". Conversational Speech cannot be unlearned but with patience, perseverance and polite reminders it can be mitigated when applying Clear Speech in conversations.

*(December Meeting Summary, cont.)*

Clear Speech is a style of speaking which typically is half the rate of conversational speech. Clear Speech improves speech intelligibility for a variety of people -- not just people with a hearing loss, but also people who moved to the United States and are learning English, or those who have no hearing loss but are in a noisy environment. Clear Speech is not meant to eliminate the inflection we all depend on to get meaning. Otherwise we would talk like robots. Clear Speech does avoid the use of contractions that sound similar like "can" and "can't". Politely informing others that you have a hearing loss is not a bad reflection on who we are. We just have hearing loss, and providing others with some Clear Speech tips and practices will help to build bridges of communication.

Please see additional Clear Speech articles on the HLAA-TC website, Resources tab.

- Clear Speech Presentation Summary, Mary Bauer
- Communication is a Two Way Street, Oticon
- Clear Speech, Patricia B, Kricos, Ph.D.

Officer Reports:

President – Christine Morgan

Due to our Chapter growth, the Courage Kenny Rehabilitation Center has allowed us to put Hospitality / Membership reception and information materials in the hallway. This provides more space (for more chairs) in the meeting room.

Those of us with hearing loss do not have a day off. We never have a day without our hearing loss and people don't always understand that. Gael Hannan, an author (who also has a DVD titled "Silent Voices") says that people will comment, "oh, hearing loss, not a big deal". So, she says, okay, I'm in a bank and a robber says, "everybody get down. Everybody get down, the first one that gets up, I'm going to shoot". She only hears "get up." So she gets up... We're living with this, and it's not as easy as people think it is. I've heard comments such as "well, you're only hard of hearing". "Only"? Yes, but we live with it every day and we don't get to walk away from it.

Vice President – Mike Higgins

We've announced the second speaker for our 2020 conference. It is Thomas Ryther, an Emmy award-winning photojournalist for local TV station WCCO. Watch our HLAA-TC social media for more 2020 conference updates.

During Give To The Max Day, we received \$175 in donations.

Treasurer – Lionel Locke

Thank you to everyone who's paid their membership dues for this year.  
 if you are interested in making a charitable donation, we are a 501(c)(3).

At Large Member – Dwight Maxa

No update

(December Meeting Summary, cont.)

Secretary – Ed Benck

Absent

Newsletter Editor- Vicki Martin

ASL lesson: Christmas, snow, hot chocolate. white, red, green, skating, H-O, H-O, H-O

Meeting attendees including our guest speaker socialized and participated in a holiday potluck and the always favorite white-elephant gift exchange.

## Connecting



Kristin Anderson, a 3-year veteran of HLAA-TC writes:

I have wondered if there's someone else from Roseville who drives to HLAA-TC meetings, which leads to wondering if there's a membership list available. That leads to wondering if most people would rather not carpool or prefer not to make their email address available.

Then I wonder why I know so few of you. Do you not want to be known? Do I have to serve on a committee? Wait a minute. Maybe it's because I never leave home in time to arrive for the social hour. I can use social! And you? See you there?

*(We are encouraged to engage with one another. But as Kristin rightly notes, we generally don't know the email addresses, phone numbers, or home addresses of our fellow members. Might we keep in touch better if we did? Any thoughts about sharing that information among ourselves? -- editor).*

# January Speakers



*Darlene Zangara*

*E. David Dively*

## MNCDHH

(Minnesota Commission of the Deaf, DeafBlind and Hard of Hearing)

### Legislative Update

**Executive Director Darlene Zangara**, Ph.D., LPC believes in servant leadership. A person of great empathy and foresight, Darlene started out as a teacher of deaf and hard of hearing students in a self-contained classroom. Next, Darlene became a clinical therapist, providing mental health, vocational, and educational assessments and counseling services. She was also an adjunct instructor for psychology, and later, interpreting and transliterating training courses.

Feeling a gravitational pull towards stewardship, Darlene moved on to key leadership roles. To date, she has served as a director or executive director for several organizations

**Deputy Director E. David Dively** joined the Commission in the summer of 2016. He has an extensive background in budgeting, development of office systems, leadership, supervision, communications, and technology. David's primary public policy work is to elevate Age-Related Hearing Loss (ARHL) and healthy aging as a public health issue; he works with the ARHL Task Force to identify goals, strategies, and implementation of those goals. David has a B.A. in Deaf Culture Ministries and an M.A. in Communications and Leadership. He is a CODA (Child of Deaf Adults) and is hard of hearing. If asked, David would be happy to explain why the Packers are the best football team in the U.S.

David is a member of the Minnesota Registry of Interpreters for the Deaf (MRID), the Registry of Interpreters for the Deaf (RID), the Minnesota Association of Deaf Citizens (MADC), and the Hearing Loss Association of America - Twin Cities (HLAA-TC).

## “Finding Calm”

By Vicki Martin



National Geographic January 2020 invites us to “find calm” in the practice of yoga.

“Yoga, a spiritual practice that began in India” the article says, “has extended its limbs widely. In the United States, it’s held up as a path to transformation or enlightenment, and a treatment for so much that ails us—from addiction, headaches, hearing loss...” Hearing loss? I had to read that twice.

I like yoga. In fact, I learned early on that it really can help you to find calm, most likely because breathing properly can be calming, and it is virtually impossible to do yoga without breathing properly.

But still... hearing loss?

Here’s my take on hearing loss and yoga: do it alone. No groups, no class, no video. Really, would you read a book while contorted into an upside-down pretzel? So what makes you think you can read lips? Try it, and you will be so far behind the others your stress level will rise as you strive to catch up. Your blood pressure will soar. Your breathing will become erratic. This is not quite the “calming” effect you were aiming for.

So let’s get back to that “alone” thing. How are you going to learn yoga if you can’t “read” the instructor? Here’s a suggestion: read a book (but not upside down). Look at the pictures, and read only as much as you can remember in one take. Then do it. Now do it again, several times. You are practicing to remember.

You can do the same thing with a video: watch it first, stopping before your brain can’t retain any more (you may be surprised how quickly that happens). Then do what you saw.

Going into a yoga class with hearing loss and expecting to become calm is oxymoronic. (Or maybe just moronic). But yoga itself may actually be the path to...yoga?

Namaste!

## 34th Annual State of Minnesota Dr. Martin Luther King, Jr. Day Celebration

### CART and ASL interpreters provided

Minnesota Commission of the Deaf, DeafBlind and Hard of Hearing announces:

Minnesota Governor Tim Walz and Lieutenant Governor Peggy Flanagan will host the 34th Annual State of Minnesota Dr. Martin Luther King, Jr. Day Celebration on January 20, 2020 at the Ordway.

This event is not to be missed and is an opportunity for community to come together, reflect and build on the legacy of Dr. King, strengthen connections, and celebrate the Black experience. The theme for this year's celebration is "For Our Children."

Stay tuned [on Facebook](#) for upcoming announcements of an incredible keynote and powerful performers!

### Event Information

When: Monday, January 20, 2020, from 10 a.m. until 12:00 p.m. (Doors open at 9:15 a.m. with fun activities in the foyer. The program begins at 10 a.m.)

Where: Ordway Center for the Performing Arts

Cost: This celebration is free and open to the public. Seating is limited and will fill up fast. There will be overflow areas for viewing and live streaming on [TPT.org](#).

Accessibility: ASL interpreters and CART Services will be available on site. If you have additional requests for a reasonable accommodation, contact Tessa Lara at 651-539-1103 or [Tessa.Lara@state.mn.us](mailto:Tessa.Lara@state.mn.us) by Friday, January 10, 2020.

MNCDHH is proud to be a Silver Sponsor for this important program. Our sponsorship covers the costs of CART and interpreting.

### Movie review

MOONLIGHT SONATA: DEAFNESS IN THREE MOVEMENTS is a documentary film that focuses on an 11 year-old deaf boy with cochlear implants whose dream is to play Beethoven's Moonlight Sonata in a concert. At first his music teacher discourages him as it is a difficult piece even for a hearing person. He encourages her to help him, citing that Beethoven was becoming deaf when he wrote the sonata.

The documentary was filmed by the boy's mother who was raised by deaf parents. She started filming the documentary soon after the boy was born.

As a deaf person I found this film to be very inspiring. The film is one hour and thirty minutes long. It is available on HBO and in some theaters.

-Sharon Cox-Dean



## Safe N Clear: ASK for the MASK!

One reader of the Safe N Clear article in our December issue let me know she was excited about the product, and hoped it would be used by her own dentist. “Did you ask for it?” I inquired. She hadn’t, of course, since she hadn’t even known about it herself until then.

But, looking at it from the other side of the dentist’s chair… I never ask for it because the dental personnel who serve my needs already know it is something I need, and they automatically have one ready to go when I come in for my semi-annual appointment.

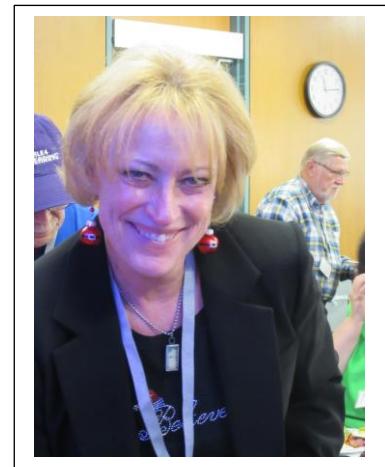
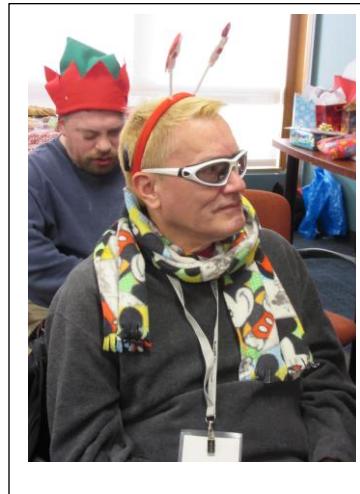
How do they *do* that? I once wondered, when my orthodontist inquired after my pet beagle by name. And I’ll bet he could still do it, years later! But c’mom, you didn’t really think they remembered all of that, did you? Of course not. They write those things down on little notes (“pet: beagle: Freckles”) and keep it in their file – just as they slipped in a “use Safe N Clear” memo later on.

But here’s the hitch: I am the only client on their books who receives this service. “Do you ask others if they would like you to use it?” I inquired. A gentle headshake told me all I needed to know. I wish it were otherwise, but it’s probably true that some people might be offended by being asked. This means the ball is in our court, people! They may be eager to please, but they are also eager not to give offense. So, we have to ASK for what we need, and it will be cheerfully provided. Do this at your next appointment!

Or, to go one better, take a sample mask with you, and have them use it. It doesn’t fog up, it doesn’t get clammy, it just lets you see their speech. They’ll use it, love it – and add a little note to your file for next time!



## Photos from December Meeting





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**Next meeting: January 18, 2020**

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**Photos** - Vicki Martin

**Newsletter Editor -**

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Meetings are held the 3<sup>rd</sup> 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](http://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](http://www.hlaatc.org) or visit us on Facebook: [groups/HLAA-TC](#).