

HLAA TC

February 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:

February 15, 2020

Novacare
Vestibular Rehabilitation
Brian Nelson

March 21, 2020

Legislative Update
*Emory Dively and
Darlene Zangara*

April 18, 2020

Meniere's disease
Dr. Tina Huang



Contents

■ President's Message	Page 2
■ February Speaker	Page 3
■ Interview by Prevention	Page 4
■ Research opportunity	Page 5
■ Events	Page 6

Officers' emails

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www.hlaatc.org

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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
February 2020

Happy February!

As you know, in order to keep everyone safe, the Board voted to cancel the January membership meeting. It looks like we made the right decision. The weather that Saturday was brutal! Cold, snow and wind! The terrible trio.

As we mentioned at our December meeting, it's time for interested members to throw their hats in the ring and run for either President, Vice President, Secretary or Treasurer. We have a lot of talent, experience, and enthusiasm in our membership. We are looking for committed members to help carry on the mission of the Chapter. Please talk, call, or email any of the officers to add your name for consideration.

We've talked about the Communicator medical mask campaign and the masks have finally arrived. We all get tired of trying to understand the muffled speech when our medical/dental professional is wearing the usual mask. The Communicator enables you to speech read (previously known as lip reading) them. These masks can be given to your doctor, surgeon, dentist or any health professional. Pick up a couple at our February meeting to take along to your next appointment along with a letter of explanation listing the website to purchase them. We will have the letter and masks available for the next few months. I can provide you with a

digital copy of the letter if you wish to personalize it.

Have you heard????

- The 93 year-old Queen of England has finally appeared in public wearing hearing aids!
- American Girl announced the 2020 Doll of the Year – her name is Joss Kendrick and she was born deaf in one ear and wears a **hearing aid!**

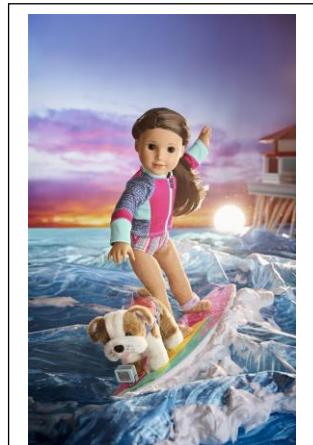
Each small step towards public awareness is important!

Christine

British Girl!



American Girl!



February Speaker



Brian Nelson

The Speaker:

Brian Nelson, PT Center Manager
NovaCare Rehabilitation Crystal

I graduated from the University of Wisconsin LaCrosse in 1994 with a degree in Athletic Training and earned my Master's Degree in Physical at the College of St. Catherine in 1999. I have worked in outpatient rehabilitation since earning my degrees. Through my years of experience I have grown to love working with patients of all ages, interests and physical ability. Along with general outpatient physical therapy I have worked with more specialized care including running and golf programs and vestibular therapy. Vestibular rehabilitation can have a great effect on a patient's quality of life by improving balance, decreasing vertigo and decreasing apprehension with movement and social activities.

Interests outside of work include spending time with my wife and daughters, competing in triathlons, golfing, fishing and being around friends. I am a fan of most Minnesota sports teams despite being born and raised in Wisconsin.

The Talk:

Presentation: What Is Balance and Vestibular Rehabilitation
Objectives

- To identify signs and symptoms of a vestibular/balance dysfunction
- To distinguish a peripheral vestibular loss versus a central vestibular loss
- To understand how the vestibular system contributes to our balance and coordination
- To recognize when referral to a vestibular therapist is warranted and treatment techniques that are utilized.

Prevention.Com interviews Sarah Bricker

"9 Women Share What It Feels Like To Lose Your Hearing"

By [Celia Shatzman](#)

Oct 26, 2016

"Once I accepted that I need help, everything changed."

"What's it like to lose your hearing? Well, it goes something like this: You deny it, because of course you're too young and you didn't play your music that loud. You get frustrated at not being able to hear and blame your mother for mumbling. You get angry that something that should be so easy is suddenly so hard. You try to hide it when you realize you can't fix it; lip reading, sitting in the front row, watching others around you to make sure that you laugh when they do even when you missed the joke. You get depressed because you can't experience or enjoy things like your friends can, and you make excuses to miss drinks on Friday night because your formerly favorite bar is now horrendously noisy chaos. Instead you hide and isolate yourself, because it seems easier, pulling away from everything and everyone. You hide at the barn crying into a horse's neck because horses won't tease you when you respond incorrectly to a question. Eventually though, you hit your moment. The moment when you are done letting your broken ears rule your life.

For me, it required hitting rock bottom—I failed my torts class in law school. Once I accepted that I need help, everything changed. Hearing aids have been a revelation. Now as a Starkey Hearing Technologies communications associate, I work daily to help others accept their hearing loss and consider better hearing solutions to help them avoid living a half-life as I did. Hearing loss impacted everything in my life—work, school, health, love—and I look back with regret that I didn't do something about it sooner. Better hearing actually does mean better living."

*Sarah Bricker, 25, Minneapolis
Former PR and Communications Manager
HLAA-TC*

Read the whole article here:

[9 Women share what it feels like to lose your hearing](#)

Research Opportunity Participants needed!

Here at IntriCon, we believe hearing aids should be affordable and accessible. We are working hard to develop new, high-quality hearing technology for millions of Americans un- or underserved by the current hearing aid market.

We are testing a new self-fitting hearing aid and we need your help. We are seeking adults who: (1) speak English; and (2) have any degree of self-perceived hearing difficulty. Those with and without hearing aid experience are welcome.

Qualified participants will:

- Receive a hearing test from a licensed clinical professional
- Self-fit a pair of hearing aids using a mobile phone
- Rate the sound quality and performance of different hearing aid settings
- Provide feedback on ease of use
- Complete a short interview about the self-fitting experience

Participation involves one session at our office, located at 1275 Grey Fox Rd. Arden Hills, MN 55112. The session may last up to two hours.

Participants are paid \$25/hour and free parking is available on site.

If you are interested, please email me at durbanski@intricon.com or call (651) 604-9818 with your availability and any questions. Also, please feel free to share this invitation with others who may qualify.

We hope to hear from you!

Dana Urbanski, Au.D., CCC-A
Research Audiologist
IntriCon Corporation



**Coming event:
(open to all interested parties)**

Adult Cochlear Implant Social Group

Sunday, February 16, 2020

2:00-4:00 PM

Golden Valley Library

830 Winnetka Ave

Golden Valley, MN

612-543-6375

Hosts: Jim and Linda Romslo

You are welcome to bring a spouse, partner, friend, family member, and/or significant other to any of these events! If you would like to bring a refreshment to share that would be wonderful!

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Next meeting: February 15, 2020

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Photos - Vicki Martin

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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](#).