

HLAA TC

March 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:

March 21, 2020

Legislative Update
*Emory Dively and
Darlene Zangara*

April 18, 2020

Meniere's disease
Dr. Tina Huang

May 16, 2020

Annual pot luck



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Officers' emails

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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
March 2020

Only three more meetings until our Summer break!

I hope that all of you are staying healthy amid all the viruses and flu circulating. The maker of the ClearMasks we are promoting has been super busy with all the orders for face masks. She, the owner, who is also a person with hearing loss, is having trouble keeping up with the demand. Scary!

This month, we are having our legislative update which was postponed because of the January snowstorm. In April, Dr. Tina Huang with the University of Minnesota will present on Meniere's Disease. And in May, we have our second annual year-end bingo party and potluck.

We have officer elections coming up and there's still time to throw your hat in the ring. We'd love to have some "new blood" on our Board. Contact any of the officers to put your name in.

Many states have numerous chapters of HLAA. Minnesota had two. The St. Cloud Chapter folded more than a year ago. They had very few people attending meetings even though we know that approximately 20 percent of the population has hearing loss with less than 2 percent signing as a means of communication.

An organization is only as strong as its members. We have between 35 and 55 people attending

chapter meetings. Good but could be better. Obviously, there is a large population that we are not reaching. We need everyone's help in order to reach those in need of education, advocacy, and support. The Board alone can't do this. We need you!

We are always looking for new topics, possible speakers, and ideas you may have. This is your organization. We want your feedback.

Peace and Health,

Christine

Grey's Anatomy and "The Communicator"



In case you don't watch "Grey's Anatomy", they now have a doctor/surgeon on there who has a hearing loss. She uses sign language, and they have an iPad with an interpreter that speaks whatever she signs. They also use those face masks with the see-through mouth area!

Contributed by Laurie Herman

February Meeting Summary

February 15th, 2020

Hearing Loss Association of America (HLAA)

Golden Valley, Minnesota

9:30 a.m. - 12:00 p.m. (CST)

(With thanks to: Ed Benck, *secretary*; Mike Higgins, *vice-president*; Dwight Maxa, *director at large*)

February speaker Brian Nelson from NovaCare Rehabilitation in Crystal.

This is a summary of Brian's comments:

Balance is basically the ability to control yourself over a point of center of gravity and individuals without issues usually have very good control of this. Dizziness can be described as a false sense of motion like a room spinning, light headedness, loss of balance and a false feeling of floating. A patient's dizziness is a symptom that is often referred to our clinic and is considered general in nature. When patients complain of dizziness it may vary greatly from vertigo, the sense that the room is spinning, to other causes like vestibular neuritis, which is the second most common cause of vertigo. Vestibular neuritis is a condition that causes vertigo and dizziness. It is caused by inflammation of the vestibular nerve which results in the brain not receiving information to maintain balance. There is some thought that vestibular neuritis is caused by a virus that attacks the inner ear. The best vestibular exercise you can do is to keep moving. If you avoid movement because your balance is not good, you are decreasing those vestibular and visual inputs that need to be used daily. People who isolate themselves through lack of activity become more sedentary resulting in the loss of necessary input to maintain balance. You need to be safe with your movements, so use of an assistive device is encouraged. In some cases the need for a device can eventually be eliminated through practice. Please check with your health insurance company before using this or any clinic to make sure you understand the costs involved and who the payers are.

Christine, President:

The Communicator mask was introduced and explained as a great help for those who can't understand what is being said when being medically treated. It is made in the United States and is a woman-owned business. The owner is a physician who has a cochlear implant. The mask includes a clear panel in the area of the user's lips. Using these masks allows a patient with a hearing disability to see the speaker's lips, whether it is your doctor, dentist, or other medical professionals. Several boxes of demo masks were handed out for further distribution by members.

Mike, Vice President:

We want to make sure that we have the most efficient way to communicate with you.

(February Meeting Summary, cont.)

Please remember that the date of our 2020 conference is 10/10/20 and that there will be no member meeting in October 2020. Our conference committee members have sent out a good deal of marketing materials to potential exhibitors with very good results. If you would like to work at the 2020 conference please let Mike or a committee member know.

Ed, Secretary:

My travel tip: If you are flying, do not be concerned about boarding the plane early. Let the families with small children and those in wheelchairs board first, then feel free to board. It is very difficult for those with hearing loss to hear the gate announcements, etc. I always carry my Hard of Hearing card with me, since hearing loss is invisible to most people. The cards are always available at our meetings, please feel free to request one.

Dwight, Director At Large:

Dwight began by teaching everyone a new sign. There is so much work that goes on between meetings that a summary report was read and handed out to members so that they could be more aware of who is doing what. A list of these projects with the name of the coordinator will be available again at the meeting on March 21.

Lionel, Treasurer:

This year is fast ending and we only have three meetings remaining. We do not have a legislative Lobby Day this year because this is not a budget year. A lobby day in March 2021 will be set in the near future. We have our Chapter elections coming up in May. Our board will be meeting as the nominating committee in April and a slate of candidates will be available at the April members meeting. If you have an interest in serving, please contact one of the board members.

FROM THE CATSS DIRECTOR: Newsletter February 2020

Center for Applied and Translational Sensory Science

Welcome to 2020! It's hard to believe that the 21st century is moving this quickly. "2020" sounds like a good year for the sensory sciences, and in fact, it's [International Year of Sound...](#)

Liz Anderson recently spoke at the U of M Retirees meeting ([URMA Feb 2020 Newsletter, Page 6](#)). If you know of places where CATSS might do more outreach, please contact us. We would like to build our partnerships with the community.

As always, please come by [the lab](#) for a tour, or [sign up](#) to participate in one of our studies...

Peggy Nelson

March 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).

HLAA-TC invites you to check out our Blog

Laura Hagemann

If you've visited our website lately or taken a look at our [Facebook](#) page you will have noticed that HLAA-TC started a blog in September of 2019. With posts several times a month, the original idea was to focus a majority of the content on preparations for the "Live Well With Hearing Loss" 2020 Conference. However, with additional content on general HLAA-TC activity and a feature we call "Hearing News," the blog has branched out to be about more than just the conference.

Visit our main website at <https://www.hlaatc.org/> and a link to the blog lives at the top of the page. Click on that link to read the latest blog post and you can also find past blog posts there. It's also recommended to subscribe to the blog. It's free and easy to do. Just enter your email on the bottom of our homepage where it says "Subscribe to Blog." Once you confirm the subscription (by replying to an automated email) you will receive each new blog post in your email inbox. A new blog goes up roughly two to three times a month (you only receive an email from the blog when a new blog is posted).

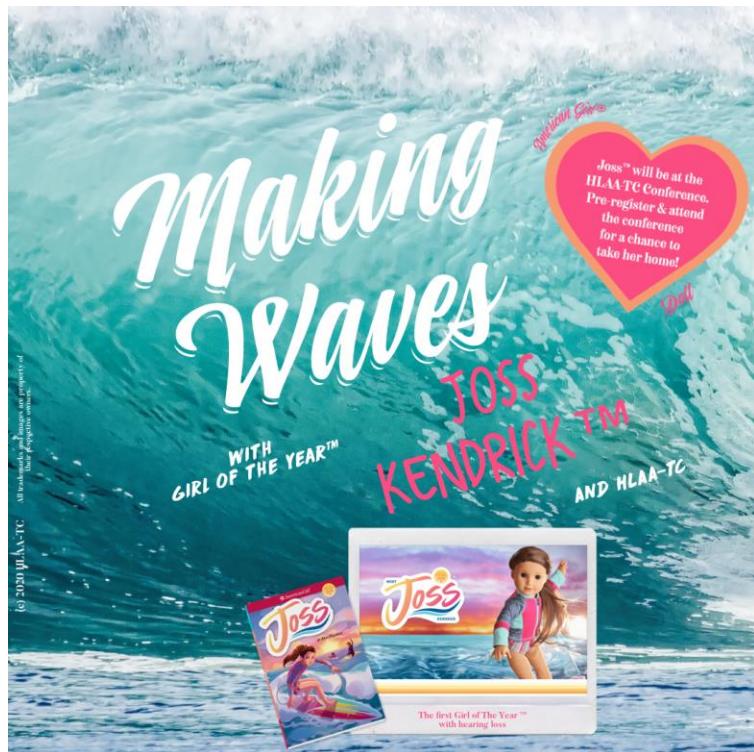


A range of topics regarding the conference have been announced and discussed on the blog. We've announced the time, place and the three scheduled conference speakers ([this blog post summarizes that information](#)). More information like exhibitors attending the conference will be announced on the blog at a later date. That's why it's definitely good to be subscribed; as new conference details will continue to be announced on the blog all leading up to the October 10, conference date.

Girl of the Year™ Joss Kendrick™
By Laura Hagemann

Every year American Girl® introduces their doll that will be the Girl of the Year™. In 2020 American Girl® is partnering with the Hearing Loss Association of America (HLAA) to have the featured doll be the first one with hearing loss. Joss Kendrick™ is an active, fun-loving girl who loves surfing and was born with hearing loss so she wears a hearing aid in her right ear. In the tradition of American Girl® dolls, Joss™ has a series of books that tell her story and the books, doll and accessories can be purchased at American Girl® stores and [online](#) at the American Girl® website. Throughout the year, donations for HLAA will be collected on the American Girl® website and at American Girl® stores nationwide. The company is also donating money to the national chapter of HLAA.

American Girl® consulted with various people that are either experts in a field or experience hearing loss while being athletic like Joss™. Since Joss™ is a surfer with hearing loss, American Girl® consulted with Crystal DaSilva (a champion of the World Deaf Championships in surfing) and Bianca Valenti (a big-wave surfer). Since Joss™ is also a cheerleader, American Girl® consulted with several cheerleading coaches. To get the hearing loss aspect of the Joss™ story correct, American Girl® consulted with a professor of English from renowned Gallaudet University (a private university for those who are deaf) and an audiologist (Au.D).



(picture of Joss the surfer)

HLAA-TC is planning on promoting the Joss Kendrick™ doll by giving a chance to win a Joss™ doll to those who pre-register for the “Live Well With Hearing Loss” 2020 conference. More details about this giveaway and conference pre-registration will be announced later on our blog (make sure you’re subscribed by entering your email in the indicated area on our [website](#)).

"Overheard" on Facebook

Talking about Joss, the new American Girl doll who is deaf:

"Wait, the other ones can hear us?"

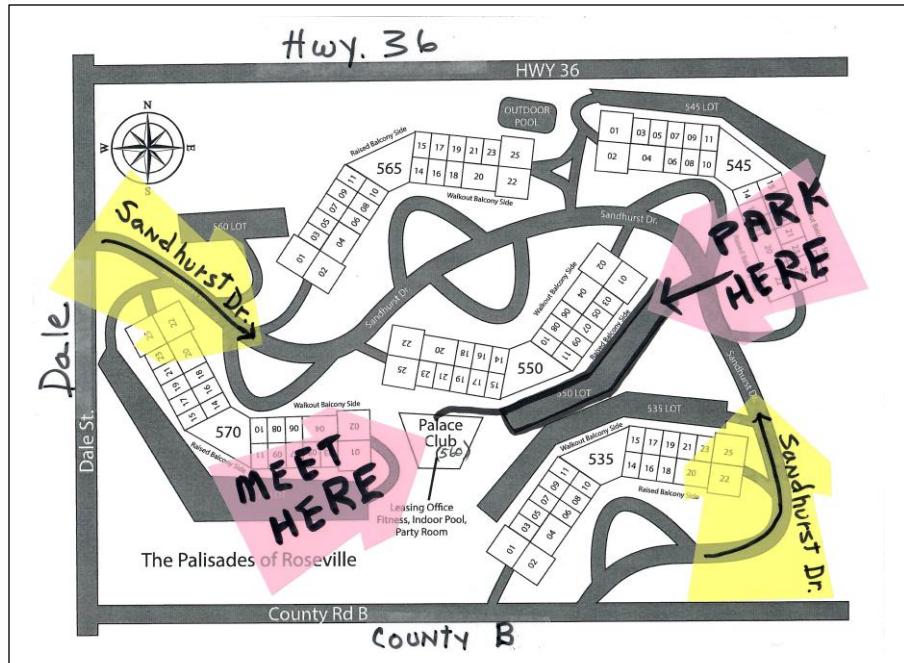
In this digital world, you never know...

Adult Cochlear Implant Social Group Sunday, March 22, 2020, 1:30-3:30 PM

**The Palisades Party Room
560 Sandhurst Drive W. Roseville, MN 55113
651-788-5185 (Candi's mobile)**

Hosts: Candace (Candi) Meinders & Vicki Martin

The Palisades apartment complex is located in Roseville in the area bounded by Highway 36, Dale St., and County Rd. B west. Sandhurst Drive meanders through the complex from Dale to County Rd. B (or vice versa). The map below may be of help.



Green Revolution Brings World's First Electric Fire Truck

In an interview on WCCO news March 5 a comment by a fire fighter regarding the new electric fire truck hits home: ***"It's easier to think clearly when it is quiet."*** No argument with that!

ST. PAUL, MINN. (WCCO) – As cities across the country adopt carbon neutral goals, one local company is putting it into practice. For more than 150 years, Rosenbauer has been building fire engines of all types and sizes. From airport crash trucks, to more conventional ladders and engines. But the Austrian company's latest venture is going all-electric. 'Well, it's the future of fire trucks,' Rosenbauer's Steve Harris said.

The company's latest design is a multi-purpose, all-electric fire engine. And because it's battery powered, it is super quiet.

'That's another neat piece of this. With this truck when it is in a high stress situation, it's much easier to operate. Firefighters can think clearly when it's quiet versus having loud engines running in the background,' Harris said.

That becomes obvious when the truck is demonstrated to a crowd of St. Paul firefighters on Wednesday.



St. Paul Fire Chief Butch Inks was immediately impressed..."

Emergency decals assist first responders in Carver County: "The more information we have prior to coming into contact with anyone, the better off we are."

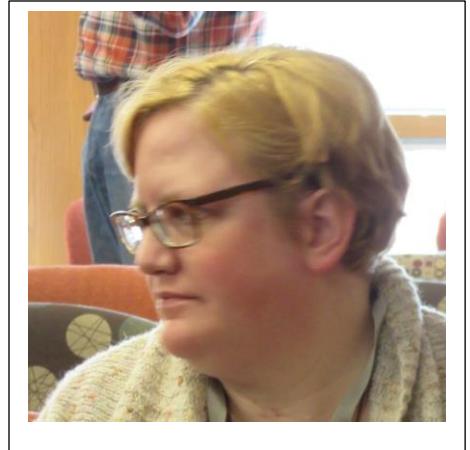
"CHASKA, Minn — First responders face a number of challenges when responding in emergency situations... 'for example if someone is hearing impaired, you might be knocking at their door and they don't realize you're knocking,' said Chief Deputy Patrick Barry with the Carver County Sheriff's Office..."

The use of emergency decals, which can go on your home or car, are changing the game when it comes to saving lives...the stickers.... can make all the difference in a life or death situation...

'The two biggest ones right now are the autism or special needs stickers and the deaf and hearing impaired stickers,' said Barry."



Photos from February Meeting





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Next meeting: March 21, 2020

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Director at Large -- Dwight Maxa director@hlaatc.org

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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](#).