

HLAA TC

April 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.

Future Speaker:

May 16, 2020



November 21, 2020

Meniere's disease
Dr. Tina Huang



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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
April 2020

Coronavirus or COVID-19! Need I say more?

Little did we know two months ago, how our lives would change. Nor the fear, confusion, anger, and anxiety as our world is turned upside down. Everyday things that we took for granted: moving about, gathering, hugging, visiting, shopping, just to name a few, have disappeared. In place, we have anxiety, tears, and isolation. We don't know where to turn to get honest answers. Those we trusted, or do trust in, are guessing about what may happen, how long it will last, how many people will die, just to name a few of the answers we are seeking.

However, we also hear stories of people stepping up to help, whether it be a policeman giving a speeding physician several of his N95 masks, neighbors stepping up to help neighbors in need, children and parents bringing groceries to those who can't leave their homes, medical personnel and first responders doing without in order to help save lives, and many more. These stories are heartwarming but are often overshadowed by devastating news of deaths and illness.

I'm sure by now you know that the Board has decided to cancel the April meeting. Our goal is to do our part to help you and your families (as well as ours) stay safe and healthy. Our April speaker (Dr. Tina

Huang) has moved her presentation to this Fall. I don't know about our May meeting but at this point, I'm not sure it will happen. Be sure to check our website, your newsletters, and our social media. We will do our best to keep you informed.

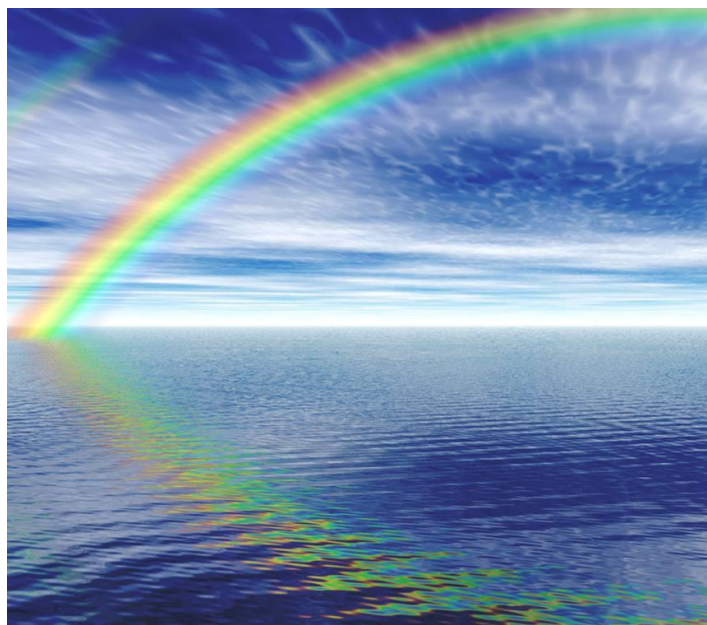
If I or any of the Board members can help, please don't hesitate to connect with us through email or by calling the HLAA-TC cell phone. If you provide your phone number, we will get back to you the same or next day.

Dwight and I are also available to provide any help we can. If you are dealing with isolation, hearing loss issues, or just need someone to talk to, please don't hesitate to reach out. Stress and anxiety have a negative impact on your immunity. We all need to stay healthy.

Remember, as it says in our brochure, "You Are Not Alone".

Stay safe, stay well, and stay healthy!

Christine





The board of HLAA-TC has made the decision to cancel the April meeting due to concerns about COVID-19

Stopping large gatherings of people is still recommended by the CDC and WHO during what the WHO has called a "global pandemic." The speaker scheduled for April, Dr. Tina Huange with the University of Minnesota, will be rescheduled at a later date to give her presentation on Meniere's Disease. We are continuing to update the HLAA-TC [blog](#) and social media with pertinent information regarding the COVID-19 virus and how it is affecting our community. Stay healthy. Stay safe. And stay informed.

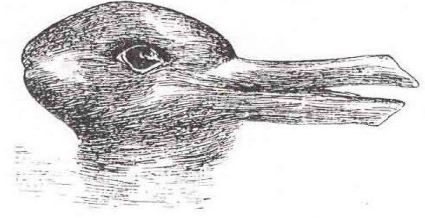
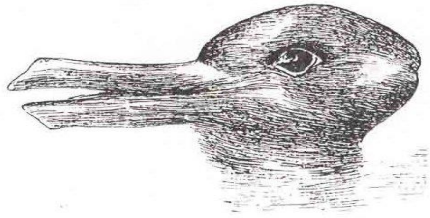


Dear HLAA Members and Supporters,

When the coronavirus hit in early March, we had hopes that we could still hold the HLAA2020 Convention this June. Like you, we were watching the news and listening to guidelines from the CDC. It quickly became clear that cancelling this event that we all look forward to was a real possibility. The worsening situation in New Orleans and other parts of our country made it clear what we should do.

Hearing loss is isolating enough and now we are further separated with the stay-at-home orders. HLAA is creating [online resources](#) and adding free [captioned webinars and support sessions](#) to help our members and constituents through this crisis.

We plan to deliver some of the featured content from the HLAA2020 Convention online in June. We are looking into technology solutions and talking with our sponsors about how best to do this.



Ambiguity

By Mike Higgins
Vice President

Twenty years ago, I purchased the book *“How to Think like Leonardo da Vinci”*. I have twenty-one small, multicolored post-it flags thorough-out the book. These flags bring me back not only to the artist da Vinci but also to his genius. Each chapter in the book addresses one of the Seven Da Vincian Principles. One of those principles is **Sfumato** (literally “Going up in Smoke”) – A willingness to embrace ambiguity, paradox, and uncertainty.

As the book’s author points out, “As change accelerates, ambiguity multiplies “. Da Vinci recognized change as a normality. Life necessitates change, but if change rapidly accelerates, ambiguity becomes anxiety. Today, nearly the entire world is afflicted with the greatest of anxieties, life or death. We cannot escape such anxiety, but we can learn to assuage it.

Our current circumstances have caused solitude but, universally, not relaxation. It is one thing to take a respite from work or daily routines as da Vinci often would. It is quite another to be quarantined for an unknown period of time. Seemingly ambiguous, solitude does not necessarily bring relaxation. Not with the worries of today’s world. We should accept this current solitude and seek relaxation in it. Life often presents a paradox that requires creativity over submission. In our current solitude we must seek relaxation. Listen to music, read a book (or several, I think we’ll have time), call and catch-up with a family member or a friend, watch a movie. Do not watch, listen or follow breaking news the entire day. Discover yourself, reawaken your curiosity and intuition, they are both still within you. Take time to breathe deeply and intentionally. Think about where you’ve been and where you want to be. Spend some time in nature. Spring is nearly upon us, enjoy the wonders of nature.

Gelb, Michael J. *How to Think like Leonardo Da Vinci: Seven Steps to Genius Every Day*. Dell Publishing (Division of Random House), 1998.

“To improve is to change, so to be perfect is to change often.”

“Every day you make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb.”

Winston Churchill

GRAPHIC CREATED BY
HLAA-TC.



ADJUSTED STORE HOURS DUE TO COVID-19

*NOTE: ALL THESE HOURS LISTED ARE SUBJECT TO CHANGE.
MAKE SURE TO VERIFY WITH YOUR LOCAL STORE.



GROCERY STORES

ALDI: 9:00AM – 7:00PM
(VULNERABLE SHOPPERS TIME: UNKNOWN).
NO ONLINE SHOPPING OR DELIVERIES.

CUB: 6:00AM – 10:00PM (VULNERABLE SHOPPERS, HIGH-RISK
CUSTOMERS & FIRST RESPONDERS 6:00AM – 7:00AM).
ONLINE ORDERING & DELIVERIES AVAILABLE. LONG LEAD TIME.

NEW
HOURS
3/30/20

COSTCO: MONDAY – FRIDAY 10:00AM – 6:30PM,
SATURDAY 9:30AM – 6:00PM AND SUNDAY 10:00AM – 6:00PM
(60+ & VULNERABLE SHOPPER TIME: TUESDAYS AND THURSDAYS,
8:00AM – 9:00AM: THE PHARMACY WILL ALSO BE OPEN DURING THIS HOUR.
THESE HOURS APPLY TO ALL LOCATIONS EXCEPT THE BUSINESS CENTERS,
WHICH WILL REMAIN OPEN DURING REGULAR HOURS.)
ONLINE ORDERING & DELIVERIES STILL AVAILABLE. LONG LEAD TIME.

FRESH THYME: 8:00AM – 8:00PM (60+ & VULNERABLE SHOPPER:
MONDAYS, WEDNESDAY & FRIDAYS: 6:00AM – 8:00AM)
(HEALTH CARE WORKERS & FIRST RESPONDERS SPECIAL HOURS:
TUESDAYS AND THURSDAYS 6:00AM – 8:00AM).
ONLINE ORDERING & DELIVERIES STILL AVAILABLE. LONG LEAD TIME.

HY-VEE: 8:00AM – 8:00PM (VULNERABLE SHOPPING TIME
& EXPECTANT MOTHERS: 7:00AM – 8:00AM DAILY).
ONLINE ORDERING & DELIVERIES STILL AVAILABLE. LONG LEAD TIME.

KOWALSKI'S: 6:00AM – 8:00PM (VULNERABLE/HIGH
RISK SHOPPERS TIME: 6:00AM – 8:00PM)

LUNDS & BYERLYS: 7:00AM – 9:00PM (VULNERABLE SHOPPERS
TIME: 7:00AM – 8:00AM). ONLINE ORDERING & DELIVERIES
STILL AVAILABLE. LONG LEAD TIME.

TRADER JOE'S: 9:00AM – 7:00 PM
(SENIOR TIME [DAILY] 9:00AM – 10:00 AM
(EXTRA OUTDOOR LINE).

WHOLE FOODS: 9:00AM – 8:00
(60+ TIME: 8:00AM – 9:00AM DAILY).
ONLINE ORDERING & DELIVERIES STILL AVAILABLE.
LONG LEAD TIME.



RETAIL STORES

DOLLAR TREE: 8:00AM – 8:00PM
(VULNERABLE SHOPPERS TIME: UNKNOWN).
HAS SUSPENDED ONLINE ORDERING
BECAUSE OF COVID-19.

TARGET: 7:00 – 9:00PM (VULNERABLE
SHOPPERS TIME: WEDNESDAY, 7:00AM – 8:00AM).
ONLINE ORDERING & DELIVERIES STILL AVAILABLE.
LONG LEAD TIME.

WAL-MART: 7:00AM – 8:30PM (60+ SHOPPERS:
TUESDAYS 6:00AM – 7:00AM).
ONLINE ORDERING & DELIVERIES STILL AVAILABLE.
LONG LEAD TIME.

PHARMACIES

CVS: 9:00AM – 9:00PM, EVERY DAY.
(VULNERABLE SHOPPER TIME: UNKNOWN).
ONLINE ORDERING & DELIVERIES STILL AVAILABLE.
LONG LEAD TIME AND LOW STOCK.

WALGREENS: 9:00AM – 9:00 PM WEEKDAYS
(SENIORS: 8:00AM – 9:00 AM, TUESDAY).
ONLINE ORDERING & DELIVERIES STILL AVAILABLE.
(OFFERING SPECIAL FEATURES FOR SENIORS: FREE SHIPPING)
NOW FOR EVERYONE: DELIVERIES OF SOME RX.
CAN PURCHASE SELECT STAPLE ITEMS AT DRIVE THROUGH.

DELIVERIES & ONLINE SHOPPING: SHIPT, INSTACART, AMAZON PRIME.
DELIVERIES CAN BE SCHEDULED SEVERAL DAYS OUT,
IF AT ALL, INSTEAD OF A COUPLE HOURS.



(C) 2020 HLAA-TC

(Note: All these hours listed are subject to change. Make sure to verify with your local store.)

Chloroquine and Coronavirus Notes and Quotes

By Vicki Martin

“Researchers in China found that treating patients with COVID-19-associated pneumonia with chloroquine may shorten their hospital stay and improve the patient’s outcome...[They] are also exploring whether chloroquine could be used ... to prevent infection before it occurs...Given chloroquine’s effectiveness in treating SARS, scientists have investigated if it will be an effective treatment against the new coronavirus responsible for COVID-19. So far, the initial trials are encouraging.” (ABCNews.com)

News like this comes as a welcome respite to a world bombarded with the reality of a global pandemic. Humans are a hopeful lot, and it is natural for us grasp at any possibility of relief.

Chloroquine is an old drug. It has saved lives in the past, and it may possibly emerge again as a major mitigator of a deadly disease. But as with any pharmaceutical intervention, there is a downside, too. One person has already died from self-administering chloroquine as a preventive to COVID-19.

With some drugs, including chloroquine, there is a narrow window between effectiveness and toxicity. And within that window of effectiveness, there are additional dangers: Side effects include hearing loss, deafness and tinnitus (Wikipedia).

“In patients with preexisting auditory damage, Chloroquine should be administered with caution. In case of any defects in hearing, Chloroquine should be immediately discontinued” (drugs.com).

In her book *When the Hearing Gets Hard* (New York, 1994) Dr.Elaine Suss lists chloroquine and hydroxychloroquine on her #1 list of drugs most dangerous to hearing.

As if that weren’t bad enough, vision damage is an even more common side effect than hearing loss, and can range from blurriness to blindness. “Irreversible retinal damage has been reported ...” (drugs.com, mayoclinic.com),

Your hearing is already compromised, so you are at greater risk of further hearing damage from chloroquine. You probably rely on your vision for much of your communication.

If chloroquine proves effective against COVID-19, it could once again be a lifesaver. But it should be used with great caution, acknowledging both the benefits and the risks.

“In the meantime we should each do our part by engaging in social distancing, self-quarantining and self-isolating when appropriate, to stop the spread of the pandemic” (drugs.com).

Pursue hope, but act with caution.



Anxiety Relief

By Christine T. Morgan

Anxiety is regarded by the National Institute of Mental Health as a “normal reaction to stress and can actually be beneficial in some situations”. People experience anxiety on a day-to-day basis as the pressure and stressors of life trigger the stress response in the body. When anxiety becomes chronic or gets excessive, it creates not only emotional, but physical problems. The body’s natural stress response is not designed to maintain the energy required for constant anxiety, and the immune system suffers.

Unfortunately, people globally are experiencing anxiety at higher levels than ever before. The current state of the coronavirus has affected virtually everyone.

How do we control our anxiety in these stressful times? Medications are often used for anxiety but can have dangerous side effects and mask instead of manage anxiety. Exercise has long been an accepted treatment to manage stress-related anxiety. Studies found that both mind-body and aerobic exercise resulted in decreased tension and anxiety. The mindfulness component may explain why patients experience greater benefits than with aerobic exercise.

Slowing down and paying attention to your breath is not merely common sense advice. By focusing on the time and pacing of your breath, several brain regions linked to emotion, attention, and body awareness are activated. Paced breathing also uses neural networks beyond the brain stem which result in regulating our responses to anxiety.

A 2019 study conducted at Feinstein Institute for Medical Research was done to understand how the brain responds to different breathing exercises. They discovered that breathing affects brain regions including the cortex and midbrain more widely than previously thought. Activity in the network of brain structures suggested that quick breathing may trigger feelings like anxiety. When participants tracked their breath, they activated a region of the brain involved in moment-to-moment awareness.

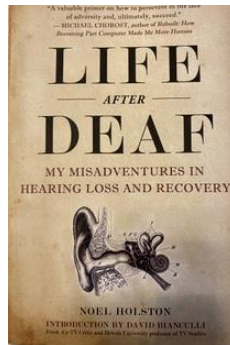
During times of high anxiety, we may not always have time to practice mind-body exercises but we can stop and be aware of our breathing. Shallow chest breathing results in faster, superficial breathing which will increase your anxiety, as well as making you short of breath.

Breathe like an experienced singer or Tai Chi practitioner: take slow, deep breaths through the nose, dropping the diaphragm, and bringing air into the abdomen (letting the abdomen expand). Hold for 5-7 seconds and now slowly exhale through the mouth while the diaphragm rises and abdomen contracts. Repeat as often as necessary and notice how much more relaxed you are.

Exercising your “mental muscle” prevents cyclical negative thoughts and you will be better able to move on and address stressful situations in a forward-thinking fashion.

“Life After Deaf”

By Noel Holston



A Book Review by Dwight Maxa

Author Noel Holston was a professional journalist, songwriter, singer and Pulitzer Prize nominee who experienced a sudden and total hearing loss overnight. His book Life After Deaf is about finding his way back to the hearing world through hard work, resilience, battling with health insurance companies and medical practitioners, all while maintaining good humor. He was also very lucky to have a supportive wife who was with him every step of the way. The fact that the book is well documented with footnotes quoting sources is reassuring in this world of fake news.

There are several members of HLAA-TC who have had some nearly similar experiences, although I am not aware of any member who had a failed implant surgery that needed to be completely redone. I think the book is equally interesting for those who have had implant surgery and those, like me, who have not.

It was surprising to learn that the book had local underpinnings: the author was once a resident of Minnesota. It turns out that Noel Holston worked for the *Star Tribune* as a staff writer and media critic prior to and after his sudden hearing loss. He and his wife also sang at The Dakota, Fine Line and several other Twin Cities clubs, so losing his hearing was traumatic not only from a job standpoint, but from that of his music vocation as well. One thing that struck me is that Noel was a man with some means -- which made me think how this story would have gone for someone who was not as wealthy. Noel could afford to get second and third opinions about his hearing loss which helped change medical outcomes for him.

Other moving episodes from the book include his wife learning that she had advanced breast cancer the same day that he was getting his second implant, and the author's losing his sense of taste and smell after surgery. In his case the loss only lasted a few months, but for some it can be permanent.

Then there was the time that he lost his first implant Bluetooth set by dropping it on the lawn during a driving rain. That meant trying to find it on all fours, with a flashlight, in the rain, before it became saturated with moisture. Yes, he found it and without damage.

Although a bit intense at times, the book is a good read, and better than an overly-technical account. One thing I would ask for is a better table of contents or index so that if you want to go back and check everything about “tinnitus”, for example, you would be able to do so.

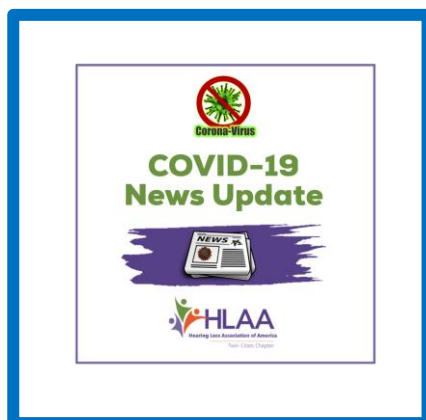
This is a book I would recommend reading before opting for surgery. In fact, it may be one of the best ways to learn about the cochlear implant experience without actually having one yourself.

Rating: Four out of five stars

Holston, Noel. *Life after Deaf: My Misadventures in Hearing Loss and Recovery*. Skyhorse Publishing Inc. 2019.
Available in book stores and can also be found in the HLAA-TC library.

Websites and Resources during the COVID-19 outbreak

By Laura Hagemann



(This information was also posted on the [HLAA-TC blog](#) on March 25, 2020.)

Since there is a lot of information out there right now about the current COVID-19 virus outbreak, HLAA-TC wanted to gather a list of resources together to recommend. We will be updating social media ([Facebook](#), [LinkedIn](#) and [our blog](#)) with more information as they come to our attention.

Websites (in no particular order):

[Centers for Disease Control \(CDC\) Coronavirus Information](#). A frequently updated CDC website with information about what is known about the virus.

[World Health Organization \(WHO\) Coronavirus Information Page](#). Also frequently updated and includes a wealth of information on what has been learned globally about COVID-19. [The Q & A page](#) answers a lot of questions about the virus.

[FEMA Rumor Control Page](#). A page dedicated to “helping the public distinguish between rumor and fact” in regards to information circulating about COVID-19.

[State By State COVID-19 News](#). A page by Microsoft News that keeps track of virus news and categorizes it by state. Includes a world map with affected areas marked.

[MN Department of Health COVID-19 Page](#). This includes up-to-the-date information on the spread of the disease in the state and various tips on how best to handle living in this new environment. Includes videos and [recommendations on how to help stop the spread of the virus](#).

[Governor Walz’ executive orders relating to COVID-19](#). A list of executive orders the governor has put into place since the beginning of the outbreak.

(Websites and Resources during the COVID-19 outbreak, cont.)

[University of Minnesota CIDRAP COVID-19 Resource Center](#). This is a U of M Center for Infectious Disease Research and Policy frequently updated page with facts and links to other trusted websites with information on COVID-19.

Hearing-related sites & articles regarding COVID-19:

[Hearing Loss Association of America \(HLAA\) Blog & News](#): Newsroom and blog of the National Association.

The Hearing Journal article by hearing loss advocate Shari Eberts about how to maintain hearing health during this global health crisis: <https://bit.ly/2JcRD13>

HLAA blog post on virtual Walk4Hearing events being held throughout the country: <https://bit.ly/2QM0kDU>

HLAA blog post on “Hearing Loss in the Time of Coronavirus:”
<https://bit.ly/3bn6MZR>

Make sure you’re subscribed to [our blog](#) (by signing up on our website homepage), as we will be posting more pertinent information in regards to COVID-19. Comment on [our blog](#) posts or on [Facebook](#) with things you would like future HLAA-TC COVID-19 updates to cover.

Stay healthy. Stay safe. And stay informed.

COVID-19 for Deaf & Hard of Hearing

Dr. Chad Ruffin is an ear, nose, and throat doctor who specializes in hearing restoration and ear surgery. He is one of the first people born with severe hearing loss to become a surgeon using cochlear implants.

<https://www.chadruffinmd.com/covid19-dhh>

Medical Impact of COVID-19

Resources provided in ASL for the Deaf.

One page COVID-19 resource for everyone regardless of hearing ability.

Articles geared towards the Deaf & hard of hearing.



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Next meeting: TBD

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Welcomes You!

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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.