

# HLAA TC October 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.

## ZOOM MEETING:

October 17, 2020

Dr. Tina Huang,  
University of Minnesota  
*Tinnitus*

Due to meeting cancellations,  
the following speakers will instead be  
contributing to our newsletter:

Dr. Mathew Winn,  
University of Minnesota

Kristin Swan,  
Health Partners



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### Officers' emails

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After the October 17, 2020 Zoom meeting, all further meetings of the Hearing Loss Association of America Twin Cities Chapter (HLAA TC) -- Zoom and otherwise -- are postponed until further notice.

# President's Message



## President's Message HLAATC October 2020

I hope October is finding you healthy, safe, and able to cope with the challenging world we live in! It certainly has changed. It was so very nice to see those who joined us on Zoom for the September Chapter meeting. We learned a lot from each other and from our mistakes.

**Dr. Tina Huang will be speaking on Tinnitus at our October 17 meeting. We hope even more people will be able to join us. You can enter the meeting from wherever you are and from most devices (computer, tablet, smart phone).**

We are requiring people to register. When I receive your registration, I will add you to the invitation list. Invitations will be sent out the day before the meeting. You can enter the "meeting" on the 17<sup>th</sup> but not before. You will be put in the waiting room almost like the doctor's office, but not for as long. You will be admitted at 9:30 am or as soon as you arrive after 9:30 am. From 9:30 am until 10 am, we will chat, visit, and answer Zoom questions.

**However, all meetings after the October meeting will be canceled until further notice. We will also not be holding officer/Board elections.**

There are several reasons that the Board has made this decision. Quite a few organizations (including some HLAA Chapters) have decided to suspend meetings during the pandemic. Not

everyone has adequate internet service, many don't have computers and/or smartphones, and others are not comfortable working with Zoom. Also Mike Higgins, VP, has resigned.

Postponing meetings will give the Board an opportunity to reorganize and regroup. We will closely monitor the pandemic situation. We expect to continue to publish monthly newsletters. We apologize for any inconvenience that this situation may cause you.

If you have concerns and/or questions, you can always reach me, Lionel and/or Dwight by email or by calling the HLAA-TC cellphone.

Warmest regards,

*Christine*

## You are invited to a Zoom meeting

When: Oct 17, 2020 09:30 AM Central Time (US and Canada)

Register in advance for this meeting:  
[https://zoom.us/meeting/register/tJYtd-2upz4rHNAMsnvfCZntUzB20Xn\\_6NFL](https://zoom.us/meeting/register/tJYtd-2upz4rHNAMsnvfCZntUzB20Xn_6NFL)

After registering, a day before the meeting (October 16, 2020) you will receive a confirmation email containing information about joining the meeting.

We hope you will join us!

*Christine*



## October Meeting Speaker Spotlight: Dr. Tina Huang

By Laura Hagemann

The next virtual (Zoom) meeting will feature Dr. Tina Huang talking about tinnitus.

Dr. Huang is an assistant professor in the Department of Otolaryngology at the University of Minnesota. She specializes in Otology and Neurotology which as she phrases it is “the study of the ears and the skull base.”

Her talk to HLAA-TC will be about tinnitus and various theories behind it. Dr. Huang will discuss theories of tinnitus generation in the brain and what patients can potentially do to help manage it. Dr. Huang wants HLAA-TC members “to know that the vast majority of tinnitus is generated by the brain, not the ears.”

In her talk Dr. Huang will address practical things that a person can do “to help mitigate” tinnitus symptoms. She mentions various things, such as “easy things [which] include noise masking, particularly at bedtime, with quiet room noise such as a fan or space heater or apps on your phone that generate white noise or ambient sounds.”

Dr. Huang will be available to answer questions from those attending the Zoom meeting. Make sure you register to attend the October HLAA-TC meeting.



## Simple Instructions to Use Zoom to Attend HLAA-TC meetings

By Laura Hagemann

Last month we published longer directions on how to use Zoom. To simplify things we have created this graphic below with steps on how to use Zoom to attend the HLAA-TC monthly chapter meetings. ([To read the longer instructions, click here.](#))

The registration link to register for the October 17th meeting is in this newsletter on page 2. You can register on or before October 16th (the day before the meeting). The meeting starts at 9:30 am on Saturday, October 17, 2020. All meetings will be live captioned.



**2020-2021**  
*Monthly Meetings Held on Zoom*  
*Every 3rd Saturday*  
*September 2020 - May 2021*

**1** CLICK ON THE REGISTRATION LINK IN THE MONTHLY HLAA-TC NEWSLETTER & REGISTER BY SUBMITTING YOUR NAME AND EMAIL ADDRESS AND WAIT TO RECEIVE A CONFIRMATION EMAIL.

**2** AT THE TIME OF THE MEETING, CLICK ON THE LINK IN THE CONFIRMATION EMAIL.

**3** IF YOU DON'T ALREADY HAVE THE ZOOM APPLICATION ON YOUR COMPUTER OR DEVICE YOU WILL BE DIRECTED TO WHERE YOU CAN DOWNLOAD IT (FOR FREE).

**4** ONCE ZOOM INSTALS (OR IF YOU HAVE IT), IT WILL AUTOMATICALLY OPEN A "WAITING ROOM" UNTIL THE MEETING STARTS. IF NEEDED, ENTER THE MEETING ID AND PASSCODE FROM THE CONFIRMATION EMAIL.

**5** ONCE THE MEETING STARTS YOU WILL SEE PARTICIPANTS ON THE SCREEN. ALL MEETINGS WILL BE LIVE CAPTIONED.

  
*Instructions*

(C) 2020 HLAA-TC

**HLAA-TC Next Zoom Meeting: October 17, 2020 at 9:30 a.m.**

## **TREASURER REPORT**

Lionel Locke

Welcome to the fall season at HLAA. Last month, we were able to see some of our members via Zoom during the September meeting. It was good to catch up after not having a meeting since February. I saw some smiling faces and listened to good conversations.

Here is a BIG thank you to those members who have already sent in their dues for 2020-2021. Much appreciated. Previous years of course we gathered in one room and it was very efficient to write checks or pay cash to help us manage the organization. This year of course it is different. Add to that our mailing address change, both PO Box and Zip Code and the process slows down.

So here is a gentle reminder of our new mailing address HLAA-TC, PO BOX 26021, Minneapolis, MN 55426. Now if I can just remember that!! AS always, send your dues in when you can and continue to participate in the organization. Thank you.

## **OFFICER ELECTIONS POSTPONED UNTIL CHAPTER MEETINGS RESUME**

*Lionel Locke, Treasurer HLAA-TC*



## DID YOU KNOW?

“The Minnesota Pollution Control Agency (MPCA) is empowered to enforce the State of Minnesota noise rules...”

“...Noise is a pollutant. While its physical and emotional effects are difficult to define quantitatively, the noise level itself can be measured...”

There are four “noise area classifications” approximately as follows: 1) residential, religious, education, health, and leisure, 2) retail, business, transportation, 3) manufacturing, recreational, and 4) undeveloped and unused land. They are listed in ascending order of allowable noise levels, with class 4 having no limit.



# **Qigong for the treatment of tinnitus: a prospective randomized controlled study**

Authors: Eberhard Biesinger<sup>1</sup>, Ulrike Kipman, Susanne Schätz, Berthold Langguth

Qigong is a mindful exercise, with components of meditation and deep breathing. It is also an important constituent of traditional Chinese medical practice. This was a randomized controlled trial to evaluate Qigong intervention on patients with tinnitus".

"Qigong did not cause any side effects and was completed by 80% of the assigned patients. Compared with the control group, Qigong participants experienced improvement in tinnitus severity".

The researchers concluded that "These findings suggest that Qigong interventions could be a useful complement to the therapeutic management of patients with tinnitus and especially for those with somatosensoric components". There was a high satisfaction with the intervention, and a high degree of completion. Results were stable for at least 3 months after the Qigong intervention.

To read more about the study: <https://pubmed.ncbi.nlm.nih.gov/20708452/>

*Submitted by Christine Morgan  
Certified Tai Chi and Qigong Instructor*



## **Resources during Covid-19**

HLAA (National) has put together a compendium of resources for people with hearing loss specific to these covid-19 times. Find it at [www.hearingloss.org/coronavirus-covid-19-resources](http://www.hearingloss.org/coronavirus-covid-19-resources).

Listing includes:

- Free HearingLife e-news delivered to your in-box twice monthly
- Community and support group on Facebook
- Mayo Clinic Connect/Hearing Loss Forum
- Veterans Across America – HLAA virtual chapter

...and much more

## The Language of Zoom

By Mike Higgins

During our pre-meeting social time we'll be helping new Zoom users enter our virtual meeting and learn about the functionality of Zoom. Please be patient with one another. There is a learning curve so don't hesitate to ask questions. Here are some quick notes.

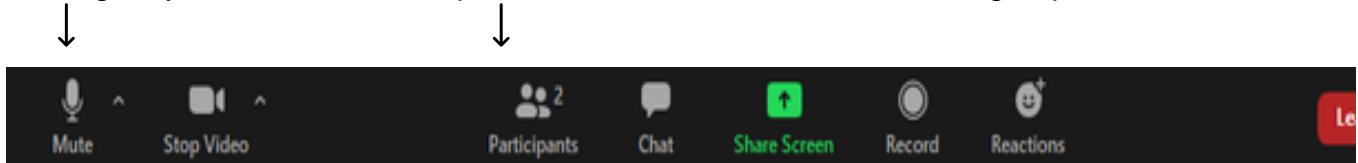
**Gallery view** a collage of everyone who has joined the meeting. Turn this function on.

**Active Speaker** is a frame of the speaker only. One speaker at a time.

**Chat** the in-meeting chat allows you to send messages to other attendees within a meeting. You can send a private message to an individual attendee, or you can send a message to an entire group.

**Mute** is necessary because only one person should talk at a time. The host will mute everyone as they join the meeting. In the **Gallery view**, a little red microphone in the lower left corner of your video frame indicates you are on mute. You can also mute/unmute yourself unless the host has locked that capability.

The **Participants list** is at the bottom of your screen. You can raise your **Zoom hand** by clicking on your name to ask a question or share a comment with the group.



**Captioning** will be provided at our chapter meetings. To turn captioning on/off click on the [CC] symbol at the bottom of your screen. You can click and reposition the captions on your screen.

Please turn your **Camera** on to enhance interaction with other members and attendees.



We conducted two surveys this summer. The second survey is still open. It takes three minutes to complete and it is directed to our newsletter recipients. There is no personal information requested or tracked. We need your input for our Chapter planning. Please click on the link below and complete the three-minute survey.

[HLAA-TC Newsletter Recipients](#)

## Meeting Roundup

By Laura Hagemann

In addition to the more detailed meeting notes that are published in each monthly newsletter, we have decided to include a brief visual synopsis of each meeting.

We are calling this feature a “Meeting Roundup” and this is the one for our most recent meeting that we held Saturday, September 19th on Zoom.



**SEPTEMBER  
MEETING ROUNDUP**



- 1** PLEASE RENEW YOUR HLAA-TC MEMBERSHIP BY MAILING IN \$15 (AND A COMPLETED FORM FOUND ON OUR WEBSITE) TO HLAA-TC, P.O. Box 26021, MINNEAPOLIS, 55426.
- 2** AN ELECTION FOR ALL BOARD POSITIONS WILL TAKE PLACE AT OUR OCTOBER MEETING.
- 3** WE WENT THROUGH HOW WE WILL USE ZOOM WITH SPEAKERS. CLICK ON THE “RAISE YOUR HAND” BUTTON TO ASK QUESTIONS ONE AT A TIME AND WAIT TO BE CALLED ON.
- 4** THE HLAA-TC BOARD IS LOOKING FOR SUGGESTIONS ON OUTREACH WITH THE COMMUNITY.
- 5** Dr. Tina Huang from University of Minnesota will be the speaker next month (October, 17). The topic is TINNITUS.

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Message from HLAA National Office:

## September/October 2020 *Hearing Life* Available to All -- Free!



For those of you who are new to *Hearing Life* magazine, welcome! We're letting the world know about our bi-monthly magazine with a completely accessible online edition. In the past you have been able to access portions of *Hearing Life* on our website, hearingloss.org. Even though you will be able to continue doing so, we wanted to use this issue to spread the word about HLAA and open this issue to everyone so they can enjoy the stories and information.

We hope you enjoy [\*\*this issue\*\*](#) and we look forward to hearing your feedback in an upcoming survey we will be sending out soon.

In addition to *Hearing Life*, we also send out our twice-monthly free eNews, featuring important and breaking highlights from HLAA and the world of hearing loss. Here's how you can [sign up for eNews](#).

### Join/Renew HLAA-TC Membership

See the graphic below for directions on renewing or joining HLAA-TC. You can find the form needed to send along with your dues on our [website under the Membership tab](#) (please print, fill out and mail in this form with your dues and mail to the indicated address). Any questions, please reach out to a board member (their contact information is also on the website).



## History Theater Virtual performance “Sweet Land: The Musical”

October 9-22, 2020



The History Theatre: [Virtual performance of their new original musical \(based on an independent film\) “Sweet Land: The Musical.”](#) Once tickets are purchased (they recommend buying a ticket for every viewer much like you'd buy a ticket for every person attending a live performance) you will receive a link to stream and the link will be active October 9 - 22, 2020.

**This streamed production is captioned!**

## Gallaudet University Research Study on Language Deprivation

In the first nationwide National Institutes of Health-funded study of its kind, led by the [Center for Deaf Health Equity at Gallaudet University](#), scientists and researchers found that adverse childhood communication experiences are associated with increased risks for multiple chronic diseases in deaf and hard of hearing adults...

Toxic Stress of Early Childhood Language Deprivation and Communication Neglect:

The study notes that two forms of early life toxic stress that can potentially impact the health of individuals who are deaf and hard of hearing are language deprivation (insufficient access to direct child–caregiver communication during the critical period of language development) and communication neglect (ongoing or recurrent exclusion from indirect family communication and incidental learning).

Read the full article [here](#):



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**Next meeting: October 17, 2020**

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After the October 17, 2020 Zoom meeting, all further meetings of the Hearing Loss Association of America Twin Cities Chapter (HLAA TC) -- Zoom and otherwise -- are postponed until further notice.

**Accommodations:** All meetings are real time captioned by Lisa Richardson and her staff of *Paradigm Captioning* ([www.paradigmreporting.com](http://www.paradigmreporting.com)).