

HLAA TC

February 2021

Twin Cities and Greater Minnesota



The mission of HLAA TC is to open the world of communication to people with hearing loss by providing information, education, support and advocacy.

VIRTUAL MEETINGS

Zoom meetings continue during the coming months:
(email treasurer@hlaatc.org for invite)

February 20

Speaker: Darlene Zangara
*Minnesota Commission of the Deaf,
DeafBlind and Hard of Hearing*
Topic: Legislative and Commission Updates

March 20

Speaker: Kristin Swan, MA, LP
Health Partners
Topic: Self Care and Managing Emotions

April 17

Speaker: Katherine Teece, Aud. D.
University of Minnesota
Topic: Impact of Social Distancing on Persons with Sensory Loss During COVID-19 Pandemic

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Officers' emails

- Christine Morgan – president@hlaatc.org
- Dwight Maxa - vicepresident@hlaatc.org
- Lionel Locke - treasurer@hlaatc.org
secretary@hlaatc.org
- Christy Myers – director@hlaatc.org

HLAA TC Website - Minnesota

www.hlaatc.org

HLAA TC telephone 763-447-9672

Contact Information - Minnesota

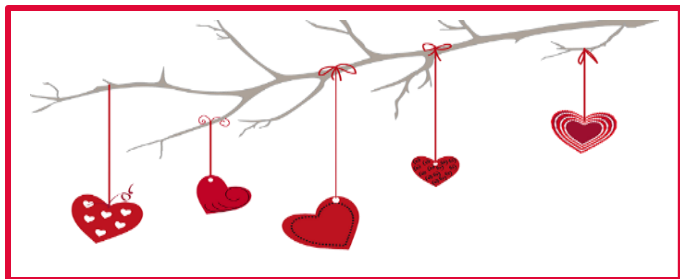
info@hlaatc.org

HLAA National - Maryland

www.hearingloss.org

Meetings of the Hearing Loss Association of America Twin Cities Chapter (HLAA TC) will be held on Zoom until further notice.

President's Message



HLAA-TC President's Message February 2021

Here we are already in the second month of 2021.....Brrrrr!

We had a great meeting last month with Dr. Matthew Winn. Check out this month's Synopsis if you missed the meeting.

This month we have Darlene Zangara, the Executive Director of the Commission to update us on current issues in the legislature, etc. We also hope to have Minnesota Representative Brian Daniels discuss a bill he is proposing which may be of interest to HLAA-TC members and guests.

Last month, the Board presented our goals for 2021. All these goals and priorities are in line with our mission to support and educate those with hearing loss. You will find a recap inside this newsletter.

One of our primary goals is reaching out to our members and getting them more involved in this, their Chapter. Christy, our At Large Director, is spearheading this effort. We also want to reach out to those with hearing loss in greater Minnesota to let them know that we are not only an organization for those living in the metro.

We are currently exploring ways to reach out to minorities and veterans with hearing loss. In the pre-pandemic days, I often ran across people who didn't even know we existed. They themselves, family members, or friends had

hearing loss and didn't realize that they had a place and people to turn to.

People with hearing loss need to know that they **ARE NOT ALONE!** We all know how often we feel that everyone else around us hears well and doesn't miss conversations, punch lines, or greetings. However, we certainly are not the only ones.

The Board would like to invite you to join us in any way you feel comfortable. We know there is a lot of talent out there. Join a committee, volunteer for a task, etc. We would also like to have some new Board members come Fall when we have our election.

Stay safe and be healthy!

Christine



Board Members

Christine Morgan
president

Dwight Maxa
Vice President

Lionel Locke
Secretary/Treasurer

Christy Myers
Director at Large

HLAA-TC Newsletter Editor
Vicki Martin
Social Media Specialist
Laura Hagemann

February Speaker



Dr. Darlene Zangara

The speaker: Darlene Zangara, Ph.D., LPC, is the Executive Director for the Minnesota Commission of the Deaf, DeafBlind and Hard of Hearing.

The talk: Legislative and Commission Updates

Background: Darlene Zangara, Ph.D., LPC, is the Executive Director for the Minnesota Commission of the Deaf, DeafBlind and Hard of Hearing.

Dr. Zangara 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, educational assessments, and counseling services. She was also an adjunct instructor for psychology, and later, interpreting and transliterating training courses.

Darlene has a Bachelor of Sciences in Deaf Education from Bowling Green State University, a Master of Arts in Counseling with the Deaf from Gallaudet University, and a Doctor of Philosophy, Leadership and Change from Antioch University.

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 including:

(February speaker, cont.)

Me Too!" A Substance Abuse Prevention Project for Deaf Youth, funded by the Ohio Department of Drug and Alcohol Services

- "We Too!" A Resiliency Enhancement Project for Deaf Youth with Special Needs, funded by the Ohio Department of Drugs and Alcohol Services
- DeafLink - The Deaf and Hard of Hearing Family Network Center, funded by the Ohio Department of Drugs and Alcohol Services
- Ohio Resource Center on Deafness"
- CSD of Ohio, Division Director
- Centers of Excellence, CSD Headquarters
- Olmstead Implementation Office, State of Minnesota

Working collaboratively is important to Darlene. She works side-by-side with her team members because she believes more is accomplished when people work together, sharing the same vision and desired outcomes.

Anyone interested in a ZOOM book club?

(contact Social Media Specialist Laura:

social@hlaatc.org)

Quick-Click to learn some basic signs

Here are a few basic signs that you can use if you meet a deaf or hard of hearing person who uses American Sign Language. You can also use these signs with your friends and teachers.

Danelle Gournaris, manager of MCDHH's Deaf Mentor Family Program shows you how, in this brief video. Sign-along with Danelle (cntl + click) [right here](#)

Hello

How are you doing?

Thank you

I have a question

I need some help

May I use the restroom?

I got this

Please

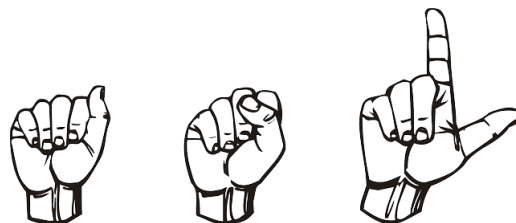
What are we supposed to do again?

When is this due?

How do I find it?

You're welcome

Nice to see you!



HLAA-TC JANUARY 2021 MEETING SUMMARY

President Christine Morgan thanked all the members and guests who attended the first virtual meeting of the year via Zoom. The chapter will be using the Zoom application through the May meeting. The summer recess will take us to September when the Board will have considered returning to face-to-face meetings subject of course to pandemic rules in place at that time.

Speaking at the January meeting was Dr Matt Winn, AuD, Phd, Professor at the University of Minnesota discussing the topic of “The Invisible Problem of Listening Effort” for those who have a hearing loss. The format for this meeting was unique in that the outline of the topic was published in our January newsletter. Our membership was then prepared to ask questions of Dr. Winn using the chat feature of the Zoom application.

Dr. Winn presented a detailed outline of his published speech involving current research on communication effort and how it affects physical health and the ability to socialize and meet people. Measurement of changes in eye movements and pupil dilation are used in his research because its fast enough to capture communication and yet it is not affected by your hearing device.

Dr. Winn raises awareness of listening effort to fellow professionals so they can acknowledge and address what people are struggling with, hence his listening to the Hearing Loss Association feedback. His key question to the group is whether other people know when you are exerting extra effort to hear. Is it obvious to your conversation partner when you are doing mental work of correcting words that you hear?

Dr. Winn’s research can track the mental effort, but people listening to your voice do not know what is happening. Conversation partners need to be aware of the extra effort needed to understand speech and that effort needs to be appreciated.

Dr. Winn answered several questions from the audience and welcomed further feedback from our group via email. The balance of the meeting included the introduction of the officers of our chapter followed by a review of the goals and objectives of the membership for 2021.

(Meeting summary, cont.)

They include:

- 1) location of meeting space to handle future growth of the organization and still have social distancing capability,
- 2) continued membership engagement as we build the association not only within the Twin Cities but statewide if possible,
- 3) continue hosting a hearing loss conference as part of our mission,
- 4) reaching out to all people with hearing loss, so they are aware of our mission of information, education, advocacy, and support.

President Christine Morgan announced the schedule of speakers for the next few months, also published in the newsletter and thanked everyone for attending.

(Synopsis submitted by Lionel Locke, Secretary/Treasurer HLAA-TC)

Roger that!

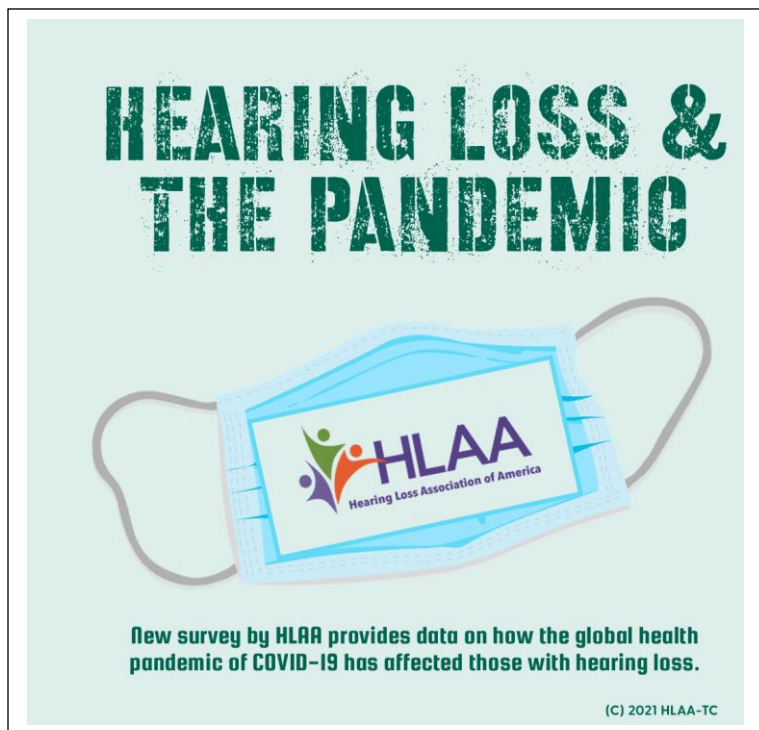
For Sale: Phonak Roger Microphone Pen and MyLink Neckloop Receiver.

A great addition to your hearing aids or cochlear implants, especially in background noise. Works with TVs and telephones as well. Red, previously owned, excellent condition.

For more information
Email cmorgan@hlaatc.org



Hearing News: HLAA Survey reveals new data about face masks & hearing loss
(published on the HLAA-TC blog February 6, 2021)
By Laura Hagemann



Hearing Loss Association of America (HLAA), the national chapter has released data they gathered from a survey on how those with hearing loss are managing the global health pandemic of COVID-19. Please read the survey results [here](#).

The key takeaways are that “nearly half of those with hearing loss noticed impacts to other aspects of their health during the pandemic including increased anxiety, isolation, and loneliness.” Also, “face masks inhibit communication for 95% of People with hearing loss.” 1,399 people were surveyed. Another statistic shared in the survey is that “68% of those with hearing loss have increased their use of technology during the pandemic to communicate with others.” This data was gathered by HLAA in partnership with Cochlear Limited (the global leader in implantable hearing solutions).

We have scheduled all the speakers for the remainder of this season (through May) and you can view the list on our website [here](#). The next monthly chapter meeting is February 20th, and Darlene Zangara, Executive Director of the Minnesota Commission of the Deaf, DeafBlind and Hard of Hearing will be the speaker and give a Commission and legislative update. Representative Brian Daniels will also speak with information about the upcoming legislative session. Please email Lionel before the meeting at treasurer@hlaatc.org in order to receive a link for the February 20th Zoom meeting. Like most meetings, social time starts at 9:30 am and Darlene Zangara begins her talk at 10:00 am. Representative Daniels will also talk at this time about a bill he is presenting to the Minnesota House of Representatives.

A time To Laugh



Funny announcements from a serious source: Church Bulletins. Just imagine sitting in church, a place for being reverent, and reading one of the notices you find below.

- Our next song is "Angels We Have Heard Get High".
- The senior choir invites any member of the congregation who enjoys sinning to join the choir.
- The Rev. Adams spoke briefly, much to the delight of his audience.
- While our pastor is away on vacation, massages can be given to the church secretary.
- Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.
- At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.
- The pastor will preach his farewell message, after which the choir will sing, "Break Forth into Joy."
- Weight Watchers will meet at 7 p.m. at the First Presbyterian Church. Please use large double door at the side entrance.
- Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- Miss Charlene Mason sang "I will not pass this way again" giving obvious pleasure to the congregation.

And my favorite:

- Ladies, don't forget the rummage sale. Take advantage of this opportunity to get rid of those things not worth keeping around your house. Don't forget your husbands.

(Culled by Christine Morgan)

Jobs and Training

Deaf and Hard of Hearing Services (DHHS)

Deaf and Hard of Hearing Services (DHHS) has a total of eight statewide advisory committees, (in the southeast, southwest, metro, east central, west central, northeast, northwest and upper northwest regions of the state). Members of each regional advisory committee:

- Advise the division on the needs of individuals who are deaf, deafblind, hard of hearing and late deafened

- Identify service gaps in the region of the state the committee members represent

- Inform community members about the services provided by DHHSD.

Regional committee's meet 3-4 times a year; meetings are generally 2 hours long. CART services and sign language interpreters are provided. Most regions, including the Metro region, have vacancies on their committees, so DHHS is actively inviting individuals to consider applying for a position.

Interested individuals [can complete this application form](#) and return it to marie.koehler@state.mn.us

Minnesota Commission of the Deaf, DeafBlind & Hard of Hearing (MNCDHH)

MNCDHH has a position open for a Government Relations Director.

Application deadline is February 16, 2021.

To find the job posting, please visit Minnesota Careers. <https://mn.gov/mmb/careers/>

Under "External Applicants," click on "Search for jobs now."

Then, search for job id "43504."

Job Summary

This position provides leadership and coordination for the development and implementation of stakeholder, community, and legislative relations strategies for MNCDHH. This position is responsible for coordinating legislative strategies and priorities and advancing the legislative agenda for MNCDHH.

MCDHH has also just released this announcement:

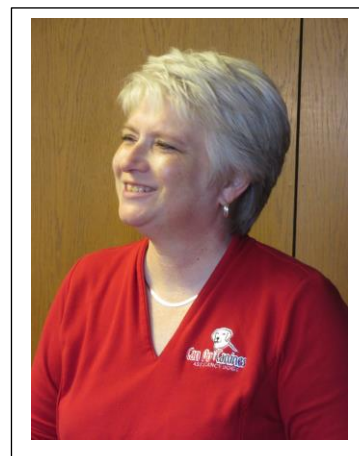
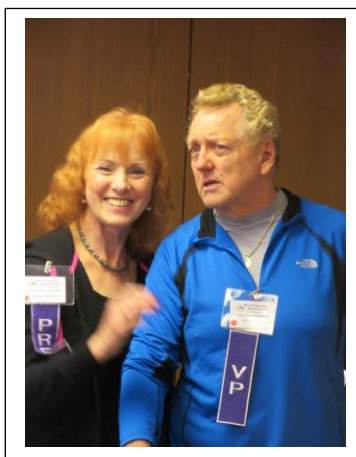
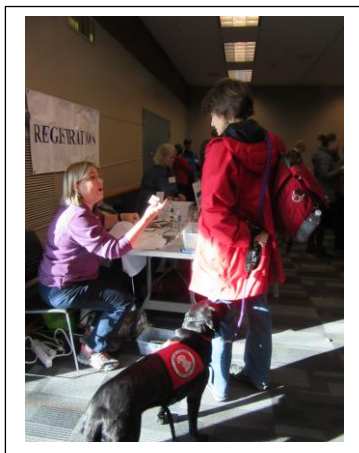
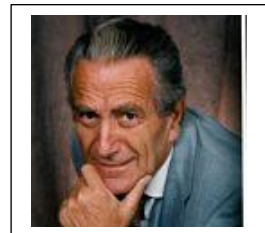
(ctrl + click to follow link)

[View it here as a Web page.](#)

Enhanced Lobby Training Available

New classes for February

Retro Photos 2010 - 2019



**All 2021 Meetings are virtual (on Zoom),
FREE, and LIVE CAPTIONED.**



**2021
HLAA-TC Speakers
Chapter Meetings**

February 20

"Legislative and Commission Updates"
Darlene Zangara, PhD, Executive Director,
Minnesota Commission of the Deaf, Deafblind
and Hard of Hearing

March 20

"Self Care and Managing Emotions"
Kristen Swan, MA, LP,
HealthPartners

April 17

"Impact of social distancing on persons with
sensory loss during COVID-19 pandemic"
Katherine Teece, AuD,
University of Minnesota

May 15

"Clear Speech"
Mary Bauer, Deaf and Hard of Hearing Specialist,
Deaf and Hard of Hearing Services,
MN Department of Health & Human Services

IN ORDER TO RECEIVE A LINK FOR THE
LATEST ZOOM MEETING, SEND AN EMAIL
BEFORE THE MEETING TO:

TREASURER@HLAATC.ORG

(C) HLAA-TC

"Overheard" at January meeting:

Is the solution to the problem of listening effort technological – or something else?

From a CI user: . "I hear everything, but don't always know what it is"

The pandemic effect: Being relieved of social interaction lowers our stress level. But it can also cause social inertia. So, is it good or bad?

HLAA TC
PO Box 26021
Minneapolis, MN 55426



Next meeting: Zoom on February 20

First Class

HLAA Twin Cities Chapter

Name.....
Address.....
City.....
State.....Zip.....
Phone.(area code).....
E-Mail.....
_____ Individual \$15
_____ Professional \$50
_____ Supporting \$100
_____ Newsletter only \$15
_____ Contact me for newspaper advertising

**Mail to: HLAA Twin Cities Chapter
PO Box 26021
Minneapolis, MN 55426**



Welcomes You!

President -
Christine Morgan - president@hlaatc.org

Vice President –
Dwight Maxa vicepresident@hlaatc.org

Treasurer –
Lionel Locke treasurer@hlaatc.org

Secretary –
Lionel Locke secretary@hlaatc.org

Director at Large -
Christy Myers director@hlaatc.org

Contact Info. - info@hlaatc.org

Newsletter Editor -
Vicki Martin, editor@hlaatc.org

Photos – Vicki Martin
Social Media - Laura Hagemann social@hlaatc.org

The next meeting of the Hearing Loss Association of America Twin Cities Chapter (HLAA TC) will be held on Zoom on February 20, 2021. Open to socialize at 9:30 AM, formal meeting 10 AM.

Please visit the chapter's web-site at www.hlaatc.org or visit us on Facebook: groups/HLAA-TC.

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