

# HLAA TC

# March 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](mailto:treasurer@hlaatc.org) for invite)

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

May 15  
Speaker: Mary Bauer  
*State of Minnesota, Human Services Program Representative*  
Topic: Clear Speech

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#### Officers' emails

- **Christine Morgan** – [president@hlaatc.org](mailto:president@hlaatc.org)
- **Dwight Maxa** - [vicepresident@hlaatc.org](mailto:vicepresident@hlaatc.org)
- **Lionel Locke** - [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org)  
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- **Christy Myers** – [director@hlaatc.org](mailto:director@hlaatc.org)

#### HLAA TC Website - Minnesota

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HLAA TC telephone 763-447-9672

Contact Information - Minnesota

[info@hlaatc.org](mailto:info@hlaatc.org)

HLAA National - Maryland

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** **March 2021**

YAY SPRING!

Are we starting to see the light at the end of the tunnel??? Maybe not totally but we are definitely making progress. Plus we get to go out and enjoy the lovely weather (while it lasts)!

Once again we are offering CPR/AED training by Heart & Soul, the company we used 2 years ago. Because of the pandemic, everyone will have their own equipment and be socially distant from each other. As soon as I have the number of people interested, I will have them set a date. Location to be decided. See the "blurb" in this newsletter. If interested, I will also need to know whether or not you wish to be certified.

We still have 3 more months of meetings and possibly a summer fun activity planned (depending on the pandemic situation). This month we have Kristen Swan whom many of you know and have heard before. Kristen will be speaking on Self Care and Managing Our Emotions, a timely subject for all of us as we deal with our current situation and uncertainty.

In April, we have Katherine Teece, an audiologist researcher with the University Minnesota presenting on the impact of social distancing on those with hearing loss. And last, but not least, we have Mary Bauer, again a familiar face, presenting on Clear Speech. Don't you wish everyone used Clear Speech when communicating, especially in the day of masks, shields, plexiglass barriers?

As usual, the Board appreciates hearing from anyone who wants to be involved in the Chapter. We have a lot that we'd like to get done but the Board has only 8 hands and 4 heads to do them. Actually, it is 12 hands and 6 heads because of the

dedication and hard work contributed by both Vicki and Laura!!!

We are looking for members who would like to help us make "welfare calls" to past and current members whom we haven't seen for a while. Many people don't have a computer, have unstable internet service, or are not computer savvy. That leaves a good portion of our members alone and isolated during this ongoing, devastating pandemic. If you'd be willing to donate a few hours to help us reach these individuals, please contact Christy at Director@hlaatc.org.

And don't forget, Board elections are being held this fall. We'd love to have some new members on the Board. We still have an opening for Secretary. Lionel is currently holding both positions as Secretary and Treasurer.

We, the Board, would love to hear from you with any suggestions, comments, and/or concerns you may have.

*Be well and be safe,*

*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*

## March Speaker



*Kristen Swan*

**Kristen L. Swan, MA, LP**

Regions Hospital Health and Wellness Program Serving Deaf, DeafBlind and Hard-of-Hearing

BA, University of Minnesota-Duluth in Communication Disorders

MA, University of Minnesota-St. Paul Campus in Family Social Science

Kristen works with Deaf, Deaf Blind and Hard of Hearing individuals, couples and families as well as hearing people

A licensed psychologist, Kristen:

Provides face-to-face therapy services through video conferencing and will eventually be available to see some people in person who do not have video capabilities

Previously offered a once-a-month Hard of Hearing support group with hopes of doing so again in the future

Speaks at conferences and events on issues related to hearing loss

Provides in-services and consultations within the state

**Topic: Mindfulness, Self-Care and Managing Emotions**

## HLAA-TC's new Director-at-Large



*Christy Myers*

*Christy Myers became our new Director-at-large in December 2020, and I would like to apologize to Christy and the rest of our membership for not introducing her sooner! We're delighted to have Christy on board. We'll let her tell you a little about herself...*

*--- editor*

Hi, I'm Christy Myers, your new Director at Large. I have been a member of HLAA-TC for several years, though in the past have not been able to participate much because my husband Gordon and I normally spend our winters in Mazatlan, Mexico. I'm delighted to have this opportunity to be more involved during this year when we are sheltering at home along with the rest of the world. Here is a little bit about me: Born and raised in Longview, Washington, I moved to Minnesota after graduating from college in 1973. Though currently retired, I did spend 30 years in the municipal finance industry, consulting with local governments on funding for various projects. In my last 10 years before retirement, I enjoyed working as a portrait photographer as well. Gordon and I have one daughter and two grandchildren and we both very much enjoy being active and involved grandparents. We also love to travel - thus explaining the winters in Mexico- and have rediscovered camping. At home I enjoy gardening and am very interested in integrating edible plants and herbs into the perennial garden landscape.

I joined HLAA-TC at a time when I strongly needed support and information to help me live with hearing loss. Though I've had some hearing loss most of my life, it became steadily worse as the years went by and became so much of a hindrance in my municipal finance consulting work that I left that field earlier than I might have. Joining HLAA-TC was a good choice for me. There is a real need for the kind of information and support that we can give to people who are dealing with losing their hearing while trying to work and live in the world. There aren't a lot of resources out there for our particular situations. I look forward to getting to know all of you better and to being involved in helping to increase member engagement. Send me your ideas. Help me out!

Regards,

Christy Myers

## HLAA-TC FEBRUARY 2021 MEETING SUMMARY

President Christine Morgan thanked all the members and guests who attended the second virtual meeting of the year via Zoom. The chapter will be using the Zoom application through the May meeting. After introducing the Board Members to the group, President Morgan introduced our guest speaker, Darlene Zangara, Executive Director of the Minnesota Commission of Deaf, Deafblind and Hard of Hearing. Her Bio had been published in the HLAA-TC February newsletter, so Darlene shared her personal story with us.

The focus of the Minnesota Commission where Darlene has been Director for one year is as follows:

- 1) Identify barriers to communication access and equal opportunity,
- 2) Develop public policy solutions and promote systems change, and
- 3) Engage the community and advocates for adoption and implementation of policy.

Communication access is one area with more focus this year, as seen by interpreters and captioning from daily Governor briefings. Social media is another area where distribution of events and information is available to the public.

Darlene mentioned several other outreach programs including education groups input, specialized professional groups discussions and lobbying education for the public. Our February meeting is traditionally a legislative update, therefore, Darlene addressed several bills that may impact our membership. Those include a Deafblind intervener bill, budgets for Minnesota Academies, The Metro Deaf School intervention procedures, and closed captioning in public access areas.

The closed captioning bill was presented by Sonny Wasilowski, who was present for representative Daniels originally scheduled to attend. Rep. Daniels, one of the authors of the bill, had alerted us to the bill.

Our membership had many questions about the proposed captioning legislation, and we will watch with interest how it progresses through this year's session. Specific issues this year include testifying via Zoom, dealing with COVID issues, as well as budget concerns facing legislators.

One specific question addressed to Darlene Zangara concerned the percentage of people the Commission serves. Darlene reported that 1% of the Minnesota population use ASL, yet 20% of Minnesota's population have some form of hearing loss. What is being done to provide the people who do not use ASL with communication access across the public domain?

Darlene assured our group that the Commission would be responsive to the needs of people with hearing loss and that we would be included in advocacy efforts.

(Meeting summary, cont.)

The balance of the meeting included discussion on membership engagement, the need for a historian for our chapter, and future planning for the chapter after the COVID pandemic.

President Christine Morgan thanked both speakers and then 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.*

## Starkey Hearing Technologies offers hearing aids to Minnesotans in need

*By Laura Hagemann*



HLAA-TC has been notified of an opportunity provided by Starkey Hearing Technologies for those struggling to afford hearing aids. Starkey Hearing Technologies is providing hearing aids at no cost. Participants must meet minimum qualifications, such as documented hearing loss, demonstrated financial need, and be a Minnesota resident with the ability to attend an in-person fitting (at the Eden Prairie headquarters of Starkey). This is part of their corporate social responsibility program called Starkey Cares. To find out more, read this flyer: [Starkey Hearing Aid Assistance in Minnesota](#).

If you feel that you qualify for this program, contact Liz Sweet at [starkeycares@starkey.com](mailto:starkeycares@starkey.com) or call (800) 328-8602. If you know of someone who may be qualified and interested in this program, please share this information with them.

## HLAA announces launch of new Cochlear Implant International Community of Action (CIICA)

*By Laura Hagemann*

February 25, 2021 was International Cochlear Implant Day. HLAA (the national organization) announced the launch of the Cochlear Implant International Community of Action (CIICA) and they announced it on this year's International Cochlear Implant Day. "CIICA is a new and innovative community of organizations, individuals and experts sharing the vision of increasing the access to cochlear implants and lifelong support for those who benefit from them. HLAA is one of the founding members of CIICA" -from the HLAA website.



Check out the CIICA briefing paper ([found here](#)) to read more about why this organization was started and its global reach.

To read more about cochlear implants, CIICA, and HLAA [visit this link](#).



## **CPR/AED CLASS FOR THOSE WITH HEARING LOSS!**

Once again the board of HLAA-TC is offering CPR/AED to our members and guests

**HANDS-ON ONLY                    \$0 FOR MEMBERS                    \$25 FOR GUESTS**

**FULL CERTIFICATION                \$20 FOR MEMBERS                \$65 FOR GUESTS**

**Date to be determined. Attendance is limited.**

*If interested, please contact [President@hlaatc.org](mailto:President@hlaatc.org) by March 25, 2021. For questions, call our HLAA-TC help line: 763-447-9672*



The HLAA-Greater St. Louis Chapter invites us to hear Gael Hannan  
**“How we can be the BEST Version of our Hearing Loss Selves.”**

Saturday March 13 at 1:00 pm CST

Zoom Registration link:

[https://us02web.zoom.us/meeting/register/tZAvdeGsrTspHdMkMGYfjc0Bs8L\\_ftjZr7cX](https://us02web.zoom.us/meeting/register/tZAvdeGsrTspHdMkMGYfjc0Bs8L_ftjZr7cX)

Renowned humorist and writer with hearing loss, Gael Hannan will speak at this meeting. Gael is a well-known humorist, writer and public speaker on hearing loss issues. Over the past twenty years, Gael has created awareness campaigns, school programs and award-winning presentations that help people better understand life with hearing loss.

I think we are all ready for a good laugh!



## Minnesota Commission of the Deaf, Deafblind and Hard of Hearing: Captioning Requirements & How to Report Issues, Summary and Video

In 2020, the FCC closed caption quality standard rules and requirements released the following standards.

### For Television

- Provide accuracy
- Display during the entirety of a program
- Synchronize with audio tracks
- Provide unobtrusive caption placement

### For Internet

#### Video Clips

Any excerpt from a video with captions that airs on TV should include captions when it plays online.

#### Full-Length Videos

These are videos that first air on TV and are then shown online.

#### Archived Internet Videos

Archived internet videos first air online and then on TV and should include captions. Video distributors have 15-days to add captions to content before airing them on TV.

#### **Exclusions include:**

Videos the Public Makes

Movies Made Online

For more detailed information and a video (captioned, of course!) go to the following link:

<https://mn.gov/deaf-commission/news/?id=1063-450802>

**Webmag note --** Christine shares with us an example of an article on a topic of interest to most of us in HLAA:

### [Hearing Loss and Dementia: Are They Connected?](#)

Age-related hearing loss can impact so many aspects of life, from participating in conversations to enjoying entertainment to maintaining one's balance. But, say experts, difficulty hearing may also play a role in cognitive decline...

Browse other articles on [www.Hearingtracker.com](http://www.Hearingtracker.com)

Hearing Tracker was [founded by a Doctor of Audiology](#) to help consumers find **better hearing aids and better hearing professionals.** [Hearing aids](#) and [Hearing professionals](#) are rated by real patients.

(Note: this is a dot-com website, indicating "commercial")

### **Dear Hearing Loss Association of America**

I'm writing from the National Gallery of Art in Washington, DC to warmly invite you, your members, and anyone from your community to join us for a weekly online program called The Art of Looking. The sessions take place on Fridays from 1:00-2:00 pm Eastern, and CART captions are offered in one of the virtual meeting rooms.

Here's more information about the program, which can also be found here: [www.nga.gov/artoflooking](http://www.nga.gov/artoflooking)

By sharing observations, interpretations, questions, and ideas, participants build on their own first impressions and broaden their understanding about a single work of art in each meeting. Each session lasts one hour and is completely interactive. Gallery educators will facilitate the conversation to create an environment for shared learning. These conversations will encourage you to engage deeply with art, with others, and with the world around you as you hone skills in visual literacy and perspective-taking. The program is designed for everyone interested in talking about art. No art or art history background is required.



This program is free and open to the public. Ages 18 and over.

To join us, please visit [www.nga.gov/artoflooking](http://www.nga.gov/artoflooking) and register for the date/s you can make. Please also email us at [looking@nga.gov](mailto:looking@nga.gov) and let us know you'd like the link to join the room with CART captions. We will send you a link to use each week to ensure you are in the meeting room with the live captions.

Please share this information widely.

I'm very happy to answer questions, so please reach out anytime. We'd love to see you on Friday, or any and all dates you can make it!

*Lorena Bradford, Accessible Programs and Projects, National Gallery of Art, Washington, DC*

# Freebies!

## Hearing Equipment

### Cochlear Nucleus 6 extras:

magnet and cable  
remote and charger  
battery holder for disposable batteries  
equipment "suitcase"



Clear Sounds CLAv7 Amplified Neckloop



Sonic Alert Deluxe Telephone Ring Signaler Model TR 75



Hatis Single Side Silhouette (for use with T-coil)



T-Link Single Side Hands-free telephone kit, with built-in microphone and lapel clip (for use with T-coil)

Interested in any of these? I would be happy to send it to you!

Just email Vicki at [gimme88@aol.com](mailto:gimme88@aol.com)

## Laugh Time

Teddy, age five, asked his grandma how old she was. Grandma smiled and answered, *"Why I am 39 and holding."* Teddy thought for a moment, and then said, *"Grandma how old would you be if you let go?"*

## Phone Odyssey

*Here's my personal journey of telephone technology. What's yours?*



1950 Black tabletop dial phone - too soft, but good quality sound

1958 Fancy phones: a step backward, actually: wall mount, princess, cute colors – but poorly designed handsets, and worse quality sound than the older models

1965 Volume control phones – making things louder is good, but not sufficient

1975 T-coil with volume control phone – way better than just making things louder

1995 TTY – type/speak/speak/type: works, but takes a lo-o-o-ng time. People hang up on you

2000 711 relay – voice relay faster than typed relay – but people still hang up

2005 Captioned phones – great if you can also hear on it

2009 cell phones – not so much

2012 IP-relay – didn't use much, probably for technical reasons

2015 Add phone clip to captioned phone – very good, but do need *both* voice and captions

2018 Smartphone – who are you kidding?

2019 Smartphone with captions – OK, makes smartphone calls actually possible

20?? Smartphone with captions and streaming apps that work – I wish!



*Vicki Martin*

## **Webmag note** -Christine shares another webmag with us:

Hearing Loss Help e-Zine <https://hearinglosshelp.com>

Publisher: Neil Bauman Copyright Center for Hearing Loss Help 2020

Examples of articles to be found in Volume 14, Number 1

### News Items

1,000 Genes Affect Hearing in Humans

Beware of (Ototoxic) Drugs That Can Damage Your Ears

Is Clindamycin Ototoxic or Not?

Tinnitus and Other Phantom Sounds

Why Does Touching My Ear Cause Tinnitus?

Why Does My Tinnitus Randomly Switch Ears?

Sound Hypersensitivities

Hyperacusis and Other Sound Sensitivities--Here's the Scoop



To find these and other articles, follow the link (above) and search for key words

HLAA TC  
PO Box 26021  
Minneapolis, MN 55426



**Next meeting: Zoom on March 20**

## First Class

### HLAA Twin Cities Chapter

Name.....

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City.....

State.....Zip.....

Phone.(area code).....

E-Mail.....

Individual \$15  
 Professional \$50  
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 Newsletter only \$15  
 Contact me for newspaper advertising

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



Welcomes You!

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

**Please visit the chapter's web-site at [www.hlaatc.org](http://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](http://www.paradigmreporting.com)).