

# HLAA TC

# May 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 through the month of May:  
(email [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org) for invite)

May 15  
Speaker: Mary Bauer  
*Minnesota Deaf and Hard of Hearing Services (DHHS)*  
Topic: Clear Speech

June/July/August:

## Summer Break!



### Contents

✚ Virtual Meetings	Page 1
✚ President's Message	Page 2
✚ April Speaker	Page 3
✚ March Meeting Summary	Page 4
✚ Freebies/Speak up!	Page 5
✚ Book Club	Page 6
✚ Book Review	Page 7
✚ Prince Philip	Page 8
✚ Invitation	Page 9
✚ A Day in the Life – Tech	Page 10

#### 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)  
[secretary@hlaatc.org](mailto:secretary@hlaatc.org)
- Christy Myers – [director@hlaatc.org](mailto:director@hlaatc.org)

HLAA TC Website - Minnesota

[www.hlaatc.org](http://www.hlaatc.org)

HLAA TC telephone 763-447-9672

Contact Information - Minnesota

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

HLAA National - Maryland

[www.hearingloss.org](http://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 May 2021*

Can you believe it is already May and that this is our last Chapter meeting until September?

The good news is that the Board has decided to continue the newsletter (thank you Vicki!) over the summer. We want to keep in touch with all of you, provide timely information, answer your questions, and much more! Of course, there will not be a synopsis because we aren't having meetings or presenters.

We encourage you, our readers, to ask any questions or provide any useful information for the summer newsletters. You can share information regarding a useful assistive listening device, app, or gadget. Hearing-related book reviews are also encouraged. Submissions for the newsletter go directly to Vicki, as we do have guidelines for submissions.

Dwight (our VP) will be regaling us with some of the history of HLAA-TC and other great historical information as well. Thanks Dwight for volunteering to be our historian!

This month we have Mary Bauer as our presenter. Many of you know Mary. She is a wealth of knowledge with an entertaining presentation style. Mary will be talking about Clear Speech. Don't you wish everyone used clear speech, especially with masks and plexiglass barriers?

Be sure to send your zoom meeting invitation request to [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org). Don't miss this opportunity!

I know I've said this before but it bears repeating: we invite all of you to take a part in the running of this, your organization. You can play as big or as small a part as you desire. We also welcome suggestions for presentations, speakers, or just some ideas you have been mulling around in your head.

Be safe, be well, and be happy!

*Christine*

## Remember:

Use cntl + click to follow a link to the web

Websites ending in ".com" are commercial sites.  
Evaluate wisely.

## 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*

## May Speaker



*Mary Bauer*

*Minnesota Deaf and Hard of Hearing Services (DHHS)*

### The Talk:

#### "Clear Speech"

Mary will tell us about the simple fundamentals of clear speech. It makes so much difference for hard of hearing listeners, you may wonder why everyone doesn't do it. Actually, we can – and it doesn't take any special talent, just the willingness to make it a habit.

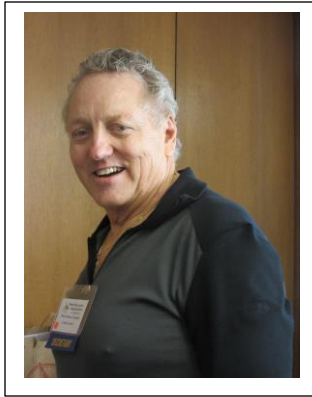
### The Speaker:

Mary Bauer is a Deaf/Hard of Hearing Specialist at Deaf and Hard of Hearing Services (DHHS), a division of the Minnesota Department of Human Services. She has been at DHHS since 1996. She provides consultation, information & referral, technical assistance, and training regarding issues related to hearing loss.

Mary is well-known for her presentations and she brings several aspects to her trainings – including her own experiences as a person who is hard of hearing.

She graduated from Augustana College in Sioux Falls with a double major in Elementary Education and Deaf Education and has worked with deaf and hard of hearing persons and their families since 1980.

## HLAA-TC APRIL 2021 MEETING SUMMARY



*Lionel Locke*

President Christine Morgan thanked all the members and guests who attended the fourth Zoom meeting of the year. The chapter will be using the Zoom application through the May meeting. After introducing the Board Members to the group, President Morgan invited each person attending the meeting to give a brief introduction. This intro was a welcome change to the usual format for our virtual meetings.

President Morgan introduced Katherine Teece, Aud. D. from the University of Minnesota who discussed the impact of social distancing on persons with Sensory Hearing Loss during the COVID-19 Pandemic. Doctor Teece then introduced Dr. Kristi Oeding, an audiologist and PHD candidate who was also part of the research project. Both are in the process of writing the results of the study for publication. Some of the local HLAA members were part of the project so it was enjoyable that the results could be shared with those who participated.

The study interviews were conducted from April 2020 until January of 2021. What the study found was that as a group, people with hearing loss are very social. With the pandemic, social interaction dropped dramatically. But as time went on, the social interaction came back. It is hard to stay isolated and the hearing loss group was no exception.

The hearing loss group also found it difficult to understand speech when others are wearing masks. This is a huge frustration for those with hearing loss, however it was an opportunity to feel comfortable asking others to repeat what they said. All people, regardless of hearing loss, had difficulty understanding speech. The confidence level that all were dealing with the same issue resonated with the study participants.

*(May meeting summary, cont.)*

Both Dr. Teece and Dr. Oeding answered many audience questions and then offered to answer further questions via email. President Morgan thanked them for the results of the survey and then introduced Dr. Jason Leyendecker, President elect of the Minnesota Academy of Audiology.

Dr. Leyendecker talked about best practices and value of hearing care in Minnesota. He explained that the Academy will propose changes in hearing aid benefits in the next legislative session and asked for HLAA-TC support for those changes. After much discussion, the consensus was unanimous in favor of the changes the academy highlighted. HLAA-TC will look forward to seeing the language of the proposed bill in the coming months.

President Morgan thanked Dr. Leyendecker for his presentation and then opened the meeting for membership discussion. That discussion included the pending CPR certification class offered by HLAA-TC, Virtual Lobby day ideas, and a presentation on the life of Rocky Stone, HLAA founder, delivered by Vice-President Dwight Maxa. Director Christy Myers talked about membership engagement and Secretary/Treasurer Locke talked about the need for meeting place options. There being no further business, President Morgan declared the meeting adjourned.

*Synopsis by Lionel Locke, Secretary/Treasurer HLAA-TC*

### **Freebies**

Loud 'n' Clear Personal Sound Amplifier

Contact Vicki Martin at [gimme88@aol.com](mailto:gimme88@aol.com)



### **Have Your Say!**

Your HLAA-TC chapter requests your input!

Here at the HLAA-TC newsletter office, we love to share things that you will find interesting, amusing, or helpful in your life with hearing loss. What better way to gather such material than from you – our fellow chapter members?

You can share personal stories, humorous situations, technology, or you may want to review a book, movie, restaurant, or product you have used.

Please feel free to share your experience with the rest of us – we want to hear from you!

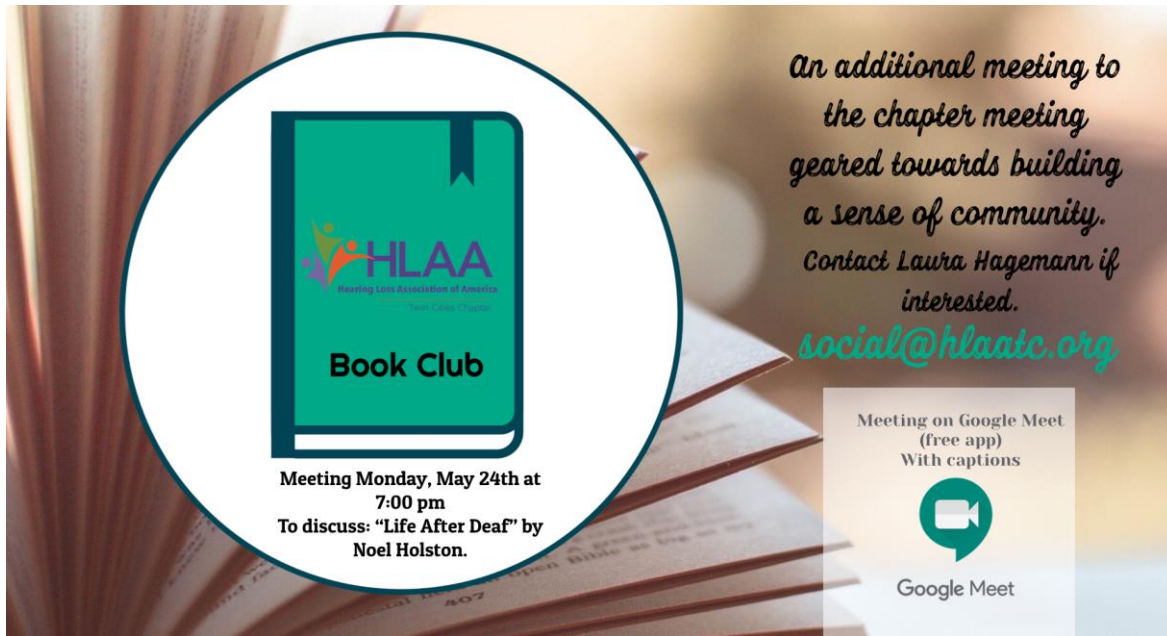
Writer's guidelines may be found here:

<https://www.hlaatc.org/articles-and-news-of-hlaa-tc-members/>

## May 2021 HLAA-TC Book Club Book Selection and Date

(This originally ran on the [hlaatc.org](http://hlaatc.org) blog)

By Laura Hagemann



The graphic features a circular frame containing a book cover for the HLAA Book Club. The book cover is teal with the HLAA logo (Hearing Loss Association of America) and the text "Book Club". Below the book cover, it says "Meeting Monday, May 24th at 7:00 pm" and "To discuss: 'Life After Deaf' by Noel Holston." To the right of the circle, there is a quote: "An additional meeting to the chapter meeting geared towards building a sense of community. Contact Laura Hagemann if interested. [social@hlaatc.org](mailto:social@hlaatc.org)". Below the quote is a small box with the text "Meeting on Google Meet (free app) With captions" and a Google Meet logo.

Announcing our second HLAA-TC monthly book club selection and date and time of the next meeting. We are discussing the memoir "Life After Deaf" by Noel Holston on Monday, May 24th at 7:00 p.m. The meeting will last no longer than an hour and a half. This meeting is going to be held online on Google Meet (a free application with captions). This is a separate and additional meeting to the HLAA-TC monthly chapter meetings.

To find out about "Life After Deaf" visit the book's website run by the author:

<https://www.lifeafterdeafbook.com/my-life-after-deaf>

We met for the first time in April 2021 to discuss the novel "Deaf Sentence" by David Lodge. We plan to meet monthly year round (even when HLAA-TC isn't meeting during the summer months). Schedules and books are determined by the participants in the book club. The first discussion was relatively informal. Google Meet's live captions help with the accessibility. Google Meet is a free application that offers free captions. [You can find out more about Google Meet here.](#) It is a free application and website that works on PCs, Macs, Apple devices, and Android devices

If you are interested in the book club and you haven't already notified Laura that you would like to attend please email [social@hlaatc.org](mailto:social@hlaatc.org) and Laura will send a meeting link to interested people a few days before the meeting. Laura will also be available before the meeting to help get the application up and running for you if you need help (email her with questions).





## Book Review: **Deaf Sentence by David Lodge**

*Reviewed by Christy Myers*

For our first book, the newly formed HLAA-TC book club read *Deaf Sentence* by David Lodge. Lodge is an acclaimed British author who is known for, among other topics, novels that satirize academic life. In this novel, the academic is Desmond Bates, a newly retired professor of linguistics and the satire is of all things related to that special time of life - getting older - and most particularly getting deafer.

It is a witty, funny book. I laughed out loud quite often. Lodge's descriptions of the human condition are spot on and it is easy to empathize. He covers a lot of areas - family ties, struggle with meaning in life after retirement, health issues, embarrassing situations, children, linguistics, Beethoven and, of course, the irritations and frustrations of hearing loss. Indeed, if you want to give a friend a good idea of what that might feel like, just have them read the first few paragraphs of the book where Desmond is at a crowded party trying desperately to hear the comely young woman at his side. His failure to understand her and his "faking it" answers to her unheard questions gets him into a book long pickle. Indeed, Desmond's tendency to fake it, gets him into several awkward situations.

I liked Desmond, though found him irritating often. I liked his family and friends. I enjoyed the book and do recommend it.

By the way, I actually listened to this book! Under a time crunch, my only option was an audio book from the library. This is usually a non-starter for me, but as it turned out, with my bluetooth hearing aids and the absolutely wonderful narration by Steven Crossly, the book was a pleasure to hear.

Our next book is *Life after Deaf* by Noel Holston and we will be meeting to discuss it on May 24th. Join us (just contact Laura Hagemann for the link to the Google meet.)

## **Prince Philip, Patron for Those with Hearing Loss**

*By Monique Hammond*



Prince Philip, Duke of Edinburgh  
(Picture: *harpersbazaar.com*)

**During his long life, Prince Philip, the Duke of Edinburgh started and sponsored many charities. However, one of them was especially dear to his heart, namely the Royal National Institute for Deaf People, the RNID.**

**The Prince had a special interest in hearing loss and deafness because his mother, Princess Alice of Battenberg was born deaf. One can imagine that not much was known about ears and hearing back in 1885 when the Princess was born.**

**In 1956, Prince Philip opened a hostel for young deaf men in London. Then, 2 years later, in 1958, he became a committed, hands-on patron for the RNID. He served until 2017 when he retired. During that time, he did a lot to bring deafness and hearing loss mainstream.**

**He gave speeches and attended conventions. As the kick-off to a campaign aimed at encouraging people to have their hearing tested, he led by example and had his own hearing tested. On another occasion, he submitted to a complete hearing loss work-up in order to bring attention to the issue.**



*(Prince Philip, cont.)*

In 2011, on his 90<sup>th</sup> Birthday, the Prince hosted a reception at Buckingham Palace in honor of the 100<sup>th</sup> anniversary of the RNID.

It is an understatement to say that he will be missed. He made it O.K to acknowledge hearing loss of any degree, to get tested and to get help. And so, Thank You, Prince Philip for a job well-done and Godspeed!

*Monique Hammond,*  
(Past President HLAA TC)

## **Invitation from Fox Valley Chapter**

**Julie Olson, President of Wisconsin's Fox Valley HLAA chapter, invites us to their May meeting:**

May Chapter Meeting & Presentation  
Monday, May 10, 2021 Via Zoom Videoconferencing  
Starts at 6:30 PM—Room opens at 6:15 PM

### ***"Improve Your Hearing Relationship with Music"***

**Presenter: Dr. Brad Ingrao, AuD**

Audiologist & musician, Dr. Brad Ingrao will discuss:

- How speech & music are different
- How to reconnect with music
- Why hearing aids and cochlear implants struggle with music
- How to identify your 'best' music
- A plan to improve your ability to hear & enjoy music

Dr. Ingrao has done online presentations on this topic for several HLAA chapters in other parts of the country. He and the program come highly recommended. He is a past member of the national HLAA Board of Trustees, and has contributed many articles to the magazine that comes with HLAA membership.

#### **HOW TO PARTICIPATE ON ZOOM:**

**1. Register in advance to participate at this link:**

**<https://us02web.zoom.us/meeting/register/tZluduytpjsiGdSKRZHI8S35csLf4V7rt62a>**

**2. All registrants will receive a meeting reminder the day of the meeting.**

**3. Sign in at 6:15-6:20 so we can start at 6:30. (If you've not used Zoom before, you may have to sign up. Follow prompts. This is a one time thing.)**

**4. Join with audio and also with video.**

**5. The host will let you into the meeting room.**

**6. ENJOY THE PRESENTATION!**

**7. Time for discussion afterwards**

# A Day in the Life of Someone with Hearing Loss using Technology

By Laura Hagemann



The COVID-19 pandemic has isolated us (on purpose, to keep us safe) and those who were already feeling isolated because of hearing loss or deafness have just been further isolated. As someone who is fairly new to my hearing loss (within the last five years), and someone who loves technology, I felt driven by the pandemic to share the technologies I use on a daily basis to help me.

Some of these technologies are new discoveries within the last few months and others I have been using for a while. I personally use an iPhone and Apple devices and computers, however, when I share links I will include Android and PC links when available as well.

## **Morning**

*Wake:* I use my smartwatch (Fossil) set to vibrate to wake up. This is honestly not 100 percent effective (if I am really tired I can sleep right through it). I am still looking into better options.

*Technology used:* I have used various smartwatches and am currently using a Fossil 5e: [Fossil website](#).

*Exercise:* I watch podcasts live captioned in Google Chrome and streamed to the TV using AppleTV while exercising on the stationary bike. For now (this may eventually change) you have to use Google Chrome (the web browser by Google) on a computer (compatible with both Mac and PC) in order to get the live caption feature on Google Chrome. Find out more about Chrome captions here: <https://blog.google/products/chrome/live-caption-chrome/>

*Technology used:* Google Chrome browser on computer: [Google website](#). I use [Spotify.com](#) to stream podcasts (you must use a podcast player streamed to the web using Google Chrome to get the live caption for your podcast). I use an Apple TV ([Apple website](#)) because that makes an older TV I have a smart TV (meaning I can stream content from Netflix, Amazon Prime Video, Hulu, etc.) but if you have a smart TV or another device that makes your TV smart and compatible with streaming services (like: [Amazon Fire Stick](#), [Google Chromecast](#)) you would just need to stream the podcast on Google Chrome on your computer and stream to your TV.

(A Day in the Life, cont.)

### **Late morning**

*Education:* I take my daily ASL lesson on the ASL Pocket Sign app using my iPad. The daily lessons take a few minutes and teach you roughly 4-5 signs. You can always choose to learn more than just the daily lesson.

*Technology Used:* ASL Pocket Sign App (available as an application for Android: [Google Play Link](#) and Apple: [iTunes link](#)).

### **Afternoon**

*Medical Appointment:* I have a therapy session on video chat (my provider uses Google Duo which you can get on a mobile device or computer for free). I use Google Duo on my computer on Google Chrome to get live captions. I have only recently started using Chrome to live caption these sessions (before I was speech reading). It's amazing and helps my brain not to get so fatigued. During the session I ask to use Otter.ai to record a portion of the session that I want to remember (my psychologist was giving me tips I wanted to use in the future). Otter live captions and records the audio so I can go back to refer to it.

*Technology Used:* Google Duo (for [computer/web](#), for [Android](#), for [iOS](#)), Google Chrome (see links above). Otter.ai (for [Apple devices](#), for [Android devices](#))

*Social/Communication:* I use Ava captions to video chat with friends. I have been using various video chatting services (FaceTime, Marco Polo, Zoom, etc.) to talk with friends via video so I can speech read. However, that gets tiring. I recently discovered Ava and it is an application and website that provides live captions.

I also sign up for web activities I wouldn't normally have (to watch some book events online) because I know if I need to I can use captions on Google Chrome or Ava.

*Technology Used:* Ava ([Website/computer](#), [Apple devices](#), [Android devices](#))

*Shopping:* I go shopping and use Ava captions on my iPhone to live caption the conversation with a sales person since the masks worn make speech reading impossible.

*Technology Used:* Ava ([Website/computer](#), [Apple devices](#), [Android devices](#))

### **Evening**

*Entertainment:* Watch a movie on Netflix using captions.

Answer the door after the doorbell rings and I communicate with the person by reading their lips since I can see them through our video doorbell. If needed I could use Ava on my iPhone to live transcribe the conversation.

*Technology Used:* Nest Video doorbell and Google Home Hub ([Google Store link](#), the doorbell works with any mobile device too so you don't need a Google Home Hub/Nest Hub display).

*Social:* Talk on the phone with someone who doesn't use video chatting. I am able to do this on my CapTel landline phone but there are several apps available for smartphones.

*Technology used:* [CapTel](#)

### **Night**

*Sleep:* I set my watch alarm to vibrate for the time I want to wake up in the morning.

*Technology Used:* Fossil 5e watch (see link above).

If you have different technologies that you use to help with hearing loss, let me know (email me: [social@hlaatc.org](mailto:social@hlaatc.org)) as I would love to share it on our HLAA-TC Blog. Check out the HLAA-TC blog for more hearing technology news, [like this blog on transcription apps](#).

HLAA TC  
PO Box 26021  
Minneapolis, MN 55426



**Next meeting: Zoom on May 15**

## 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](mailto:president@hlaatc.org)

**Vice President –**  
**Dwight Maxa** [vicepresident@hlaatc.org](mailto:vicepresident@hlaatc.org)

**Treasurer –**  
**Lionel Locke** [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org)

**Secretary –**  
**Lionel Locke** [secretary@hlaatc.org](mailto:secretary@hlaatc.org)

**Director at Large -**  
**Christy Myers** [director@hlaatc.org](mailto:director@hlaatc.org)

**Contact Info. -** [info@hlaatc.org](mailto:info@hlaatc.org)

**Newsletter Editor -**  
**Vicki Martin,** [editor@hlaatc.org](mailto:editor@hlaatc.org)

**Photos** – Vicki Martin  
**Social Media** - Laura Hagemann [social@hlaatc.org](mailto:social@hlaatc.org)

The next meeting of the Hearing Loss Association of America Twin Cities Chapter (HLAA TC) will be held on Zoom on May 15, 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)).