

# HLAA TC

# June 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 September:  
(email [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org) for invite)

September 18  
Speaker: TBD

## Summer Days...



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### Officers' emails

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[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 June 2021*

Greetings everyone!

I hope everyone is well and has something fun planned for the Summer. Even though the Chapter meetings have ended for the Summer, the Board is busy working (as usual) behind the scenes!

We are still working on a location for the time when we will return to in-person meetings. As well, we are looking into technology which will allow us to offer our Chapter meetings in-person and in Zoom at the same time!

I am also working on the Speaker line-up for the next season. The Board continues to meet to work on strategic planning and strategies to reach those with hearing loss who don't reside in the Metro area.

Save the Date: October 16, 2021 for the first in-person Chapter meeting since last year. This meeting will be at the Marriott in Golden Valley. More information to come in the next Summer newsletter.

As always, we welcome your interest in joining the Board to run this organization, and/or your suggestions for speakers, subjects, or ideas to improve the Chapter as a whole.

I wish you happiness, I wish you peace, I wish you loving kindness!

Christine



### Board Members

**Christine Morgan**  
*president*

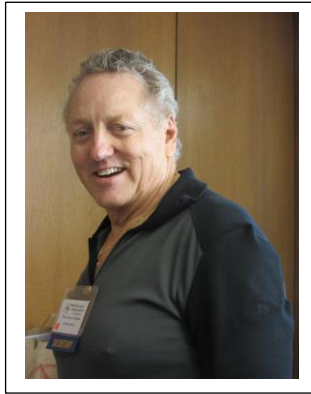
**Dwight Maxa**  
*Vice President*

**Lionel Locke**  
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**Christy Myers**  
*Director at Large*

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

## HLAA-TC MAY 2021 MEETING SUMMARY



*Lionel Locke*

President Christine Morgan thanked all the members and guests who attended the final spring meeting of the year. After being introduced, the Board Members announced that consideration will be given to bringing back face to face meetings in the fall if practical. President Morgan then invited each person attending the meeting to give a brief introduction followed by the introduction of our guest speaker Mary Bauer, metro representative of the Deaf and Hard of Hearing Services Division, Minnesota Department of Human Services.

Mary's presentation included the services available from the division including direct client assistance, technology demonstration and assistance, and information referrals however her main topic to the group is CLEAR SPEECH.

Clear speech can be defined as the opposite of conversational speech. It is not rapid or fast; it is clearly articulated with emphasis on key words and phrases and pauses as appropriate. The benefit of clear speech is to improve speech intelligibility for listeners with hearing loss, for listeners with normal hearing in a noisy environment, and for non-native listeners.

"How do we learn clear speech?" asked Mary. Simply asking a person to speak more clearly would result in a 20% increase in understanding. Secondly after an hour of practice, the ability to be understood increases by about 40%.

Mary reminded us that clear speech is not a substitute for other communication tools including reducing background noise and avoiding overlapping conversations. A good reminder is that conversational speech, the opposite of clear speech is an activity that most people go back to. Therefore, give it time to develop and provide gentle reminders.

( *Meeting summary, cont.*)

Mary gave us all a PEP! Talk. P for pace, E for enunciation, P for pauses and exclamation point for volume. She reminded us to practice, practice, and practice. President Morgan thanked Mary for her excellent presentation and opened the meeting for a Q and A session. The Slide deck from the Clear Speech presentation can be obtained by sending an email request to [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org).

After the break, the group heard from our historian Dwight Maxa who continued his presentation about the founder of HLAA Rocky Stone.

Other business from the floor included a discussion on the Movie “Sound of Metal”; a report on the disability advisory committee at the MSP airport, and discounted broadband service through the National HLAA.

President Morgan thanked all in attendance and wished everyone a relaxing summer holiday. The meeting was adjourned.

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

## What I take away from the Clear Speech concept

Things we want others to do when we listen:

- 1) speak more slowly
- 2) enunciate clearly
- 3) do not drop endings
- 4) do not run words together
- 5) do not use contractions

For those of you who can't remember even two items (which may mean you are as old as I am) I have created this list, which I am finding very useful:

- 1) pronounce everything

-- Vicki Martin

## Tech Overload!

Technology presents a quandary: it does “everything” – but everything is capable of breaking down. So how do you know what to fix?

It’s been suggested that we should each have our own technical support specialist. Not someone who will send you a web address where you can read 50 pages of information that contain the answer (somewhere in there), but someone who can tell you definitively if this accessory will work with that device, if the annoying sounds you are hearing are due to a wrong connection, a wrong program, or wrong hardware.

We suffer from a bad case of technology overload. When trying to figure out why your phone isn’t working, for example:

Is it the telephone?  
Is it the captioner?  
Is it the streamer?  
Is it the CI?  
Is it the HA?  
Is it the phone clip?  
Is it the cable?  
Is it the program?  
Is it the battery?

You need to choose one before you make the call.

And what if two or more things are wrong at the same time? Remember those old Christmas tree lights that would all go dark if one burned out? By replacing each bulb on the string, one at a time, you could eventually locate the bad one and fix the problem. But what if there were two bad bulbs? Or more?

How many variables can you have and still have a reasonable chance of finding the problem?

Only a mathematician could appreciate the answer.

*-- by Vicki Martin*



### **Your HLAA-TC chapter requests your input!**

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/>

## July Book Club

time changed to July 12th at 7:00 pm (CST) with AUTHOR APPEARANCE

*By Laura Hagemann*

Now meeting on Zoom (with captions)

HLAA  
Hearing Loss Association of America  
Book Club

Meeting Monday, July 12th, 2021  
@ 7:00 pm (CST)  
Book: "Not a Sound"  
By Heather Gudenkauf

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)

With Author Appearance!

BOOK: "NOT A SOUND" BY HEATHER GUDENKAUF

Earlier it was announced that our next HLAA-TC book club was going to be on July 7th. Now we have shifted the date to Monday July 12th at 7:00 p.m. (CST) on Zoom (with captions). We will be discussing "Not a Sound" by Heather Gudenkauf and she will be joining us for the discussion! Last book club we had the author join us for our Zoom discussion and we are lucky that is happening again for this next book club! HLAA-TC Book Club is a separate and additional meeting to the HLAA-TC monthly chapter meetings. The book club is open to anyone (HLAA members or not) who wants to join the discussion.

"Not a Sound" is a fictional thriller with a deaf protagonist (who has recently lost her hearing). To find out about "Not a Sound" and other books by Heather Gudenkauf, visit the author's website: <https://heathergudenkauf.com/> Questions are encouraged for the author, much like May's discussion that included that month's author.

We met for the first time in April 2021 to discuss the novel "Deaf Sentence" by David Lodge. Our second meeting was in May where we discussed the memoir "Life After Deaf" by Noel Holston. Noel Holston joined us for our discussion as well as members from other HLAA chapters.



*(Book Club, cont.)*

We plan to meet monthly year round (even when HLAA-TC isn't meeting during the summer months). Schedule and books are determined by the participants in the book club. Discussions are informal but not chaotic (participants take turns talking and asking questions so there is no overlapping talking [which is good for captions, etc.]). We have decided to rotate nonfiction and fiction (while we have a selection of both on our informal list of books to read). So, next month we will be choosing a nonfiction book.

## Mandy Harvey Redux

Those of you who attended the HLAA National Convention in Minneapolis in 2018 may have met Mandy Harvey, and heard her sing.

Mandy is deaf. Did you perhaps wonder how she managed to sing on pitch?

If you were able to watch Human: The World Within: Sense on your local TPT channel, you would have found out how much hard work she puts into her music training. In this program, Mandy demonstrates and talks about how she perceives music without sound. How does she sing on pitch? You probably know that your vocal cords vibrate when you sing. So, Mandy shows us how she trains with an electronic pitch meter, drawing lines on her neck with a black marker (washable, I hope!). When the meter shows she has hit the pitch perfectly, she touches her neck to find where the vibrations can be felt, and marks the spot. Then she can practice her pitches, checking with her fingers to make sure it is the right frequency.

If you have TPT Passport, you can access

Human: The World Within:  
Sense

on your computer.

If not, watch for it in the future – most documentaries are repeated from time to time.



# Chapter History

## **What's in a Name?**

The name *Self Help for Hard of Hearing* goes back to 1979 when the organization was founded. One reason that this name was used is that even then politicians were resistant to “another government program that would build dependency” with the people using it. There were plenty of conservative politicians then just as now.

HOH advocates were aware of the political problem as were other disability groups that hoped to establish or continue funding their programs. The solution created by founder Rocky Stone and others was to discuss program and funding needs in terms of HOH people helping each other instead of relying on “government handouts”. The message was that any funding given to SHHH would be used to help HOH people help themselves.

How effective this strategy was remains uncertain, but I'm sure it was at least partially helpful in earning support from certain Legislators who were resistant to “government handouts”. The name SHHH lasted more than 25 years until it was changed by the SHHH national board in 2005 to the *Hearing Loss Association of America*.

## **HLAA-TC History**

Thanks to Vicki Martin and many others I now have a lot of historical documents to review which reference our long history as an HLAA State Chapter. For many years we were known as

State Chapter #1 with the assumption there would be more to follow in other Minnesota cities.

As of today, we are the only lasting chapter in Minnesota and are now moving toward representing the HOH population of the entire state. This is one of the objectives in our developing strategic plan for 2021 and beyond.

Vicki recently gave me copies of monthly newsletters that she and others have saved since 1994 which are all carefully filed by month and year. If the files were laid flat, they would measure roughly 16” tall. I am told there are several boxes of other materials in various locations and that Lionel has even more boxes hidden somewhere in the Cayman Islands.

I'm in the process of looking back at HLAA-TC and finding a lot of interesting articles and news. I hope to share some of the best information in the form of bi-monthly contributions to our newsletter in the coming months. If you have any materials to share, thoughts to declare or ideas to air, please let me know.

*Dwight Maxa, Chapter Historian*





## Information Exchange - Bed Shaker Alarm – VIBIO (Made by Bellman & Symfon)



I recently purchased a VIBIO bed vibrator from Diglo (formerly Harris communications) in Eden Prairie. It works well for me (Can't hear alarm clock anymore.) Cost was under \$100.

It fits under the pillow, and connects to a smart phone with Bluetooth (no wires) which has all the control functions. You can set vibration level, sound level (or silence to let others sleep), and store multiple alarms. It is fairly easy to set up with normal smartphone type commands. Because it uses the smart phone, you don't need a companion clock – less night stand clutter, and easier for travel. I'm one of the last to be seduced by the "smart-phone-appendage" era, so if I can make it work, so can you.

It is the size of your hand, and is sturdy so it can take a bounce on the floor and also packs easily for travel. It doesn't have a slick surface so it tends to stay put between the sheets and not "slide-n-hide." A small on/off switch lets you be sure it doesn't go off accidentally during the day (such as stowed in an airliner overhead bin).

All controls are through their app on the smart phone. The vibrator has two lights that basically tell you it is alive, and little else. I wish it had a visual indication so one glance late at night would tell me it is armed and ready. But the smart phone app does that fine. It can also alert you to a phone call, but I don't need that function and haven't tried it. I've been happy with it since March. This may sound like a sales promotion, but it isn't. I hope someone finds this useful.

I'm happy to contribute to HLAA-TC, and encourage others to share their knowledge.

*By John Lilly*

## New Apple Product

“Apple’s expansion of AirPods Pro into personal sound amplification devices (PSAPs) garnered attention throughout the hearing health world. An overlooked yet central aspect of Apple’s solution is that the AirPods Pro now integrates customized amplification with hearing protection against noise in a single device...”

What does this mean for the hearing aid industry?

“The company’s first-generation hearing health offering won’t immediately replace traditional hearing aids. Yet over the medium term, the AirPods Pro’s ability to function as PSAPs, combined with Apple’s **113 million U.S. iPhone user base** and iconic brand power means only one thing: the California company has the power to disrupt the \$7B U.S hearing aid market.

“A study conducted by Apple found that **25% of its iPhone users experience every day** an average environmental sound exposure that exceeds the limit recommended by the World Health Organization. Yet traditional hearing healthcare has not provided a viable solution to protect hearing aid wearers against excessive noise.

It’s not a hearing aid.

“Apple’s solution has real limitations—most pressingly that the AirPods Pro when programmed with an audiogram **may not sufficiently amplify high-pitched sounds**. The AirPods Pro battery life of 4.5 hours is insufficient for people who wear hearing aids all day. Finally, AirPods Pro are personal sound amplification devices, not FDA-approved hearing aids”...

What’s on the horizon?

“Apple’s presence in the market—and its **Hearing Study**—will have the effect of better informing consumers about the dual needs for customized amplification and protection... “Apple would be wise to promote more explicitly the AirPods Pro’s integrated benefits of customized amplification and protection. The global hearing aid companies would benefit from developing a line of hearing aids with meaningful noise protection. The outcome of consumers’ hearing health depends upon equal attention to helping people to hear better while protecting the hearing that they’ve got.”

*Morgan Leppla, Auditory Insight analyst, contributed to the research and writing of this article.*

Read the whole article here:

<https://medcitynews.com/2021/05/why-consumers-should-make-noise-about-apples-hearing-health-offering/?rf=1>

(Use cntl + click to follow a link to the web)

## Pandemic Stats

*(culled by Christine)*

Here's some statistics in an article from Barbara Kelley (Executive Director) for those of you who don't belong to National HLAA and get the Hearing Life Magazine (Winter 2021 Edition):

70% of those with hearing loss were more aware of their hearing loss during the Pandemic.

46% felt that their hearing loss affected their mental health during the pandemic.

This ranged from anxiety, isolation, loneliness, to confusion, and forgetfulness.

52% felt less connected to friends and family due to their hearing loss during the pandemic.

On the technology side (during the pandemic):

68% increased their use of technology to communicate with others.

68% said that increased technology use made them more aware of their hearing loss.

55% said the technology created a challenge; while 55% said it makes it easier to communicate.

Again, like we say in HLAA-TC **"You are not alone"!!!**



HLAA TC  
PO Box 26021  
Minneapolis, MN 55426



**Next meeting: Zoom on September 18**

## 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  
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Minneapolis, MN 55426**



Welcomes You!

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**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 September 18, 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)).