

HLAA TC

November 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 end of the 2021-22 season:
(email treasurer@hlaatc.org for invite)

November 20

Speaker: Sara Oberg, **Health Partners**
“Aural Rehabilitation for Hearing Loss”

December 18

Innocaption
“Improving Telephone Communication with Innocaption app”

January 15

MCDHH
Report from the Commission



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Officers' emails

- Christine Morgan – president@hlaatc.org
- 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

THERE IS
always, always,
ALWAYS
something
to be thankful for

HLAA-TC NOVEMBER 2021 PRESIDENT'S MESSAGE

Happy Thanksgiving (month)! Even amid all these crises (Covid, global warming, increasing crime, etc.) we need to stop and give thanks for what we do have.

According to my correspondence with National, many Chapters are in crisis mode right now. Some have ceased operations permanently. Others have ceased temporarily while they regroup and rebuild.

HLAA-TC needs to both regroup and rebuild. We are unable to do that without expert assistance. Therefore, the Board has engaged a specialist to help us build a plan and assist with our current situation, create a fundraising plan to be sure we remain financially sound, and as well to create a strategic plan to carry us through our transition and beyond.

Our speaker this month is Sara Oberg presenting on Aural Rehabilitation. Sara is a specialist in this area and it's very hard to find someone with her skills. This is a presentation not to be missed. Next month the presentation will feature the App "Innocaption".

Remember: all paid members are invited to be present at Board meetings. Contact Lionel for an invitation at treasurer@hlaatc.org. Chapter and Board meetings are normally listed on our HLAA-TC website. Do be aware, there are times when the meetings may be cancelled or rescheduled at the last minute. We try our best to get the website changed but it may not always happen.

Thanks everyone who volunteered to help by taking on some of the duties the Board is currently performing. We appreciate each and every one of you.

Meetings will continue to be via Zoom until further notice. It looks like we will be dealing with masks and social distancing in the foreseeable future. If I don't see you, I wish you health, happiness, and peace during this holiday season!

Christine



Board Members

Christine Morgan
president

Vice President

Lionel Locke
Secretary/Treasurer

Christy Myers
Director at Large

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

November Speaker



Sara Oberg
(B.M., M.A., CCC-SLP)
Health Partners

Sara achieved a Bachelor's Degree in Music (B.M.) in Vocal Performance and Vocal Music Education (2003) and a Master's Degree (M.A.) in Speech-Language-Hearing Sciences (2007) from the University of Minnesota, Twin Cities. She is a speech-language pathologist, clinical voice and aural rehabilitation specialist, Certified in Vocology (National Center for Voice and Speech) and Vocal Pedagogy (University of Minnesota), singer and musician. She is trained in LSVT Loud and SPEAK OUT! therapy for individuals who have Parkinson's Disease.

Sara is a member of the American Speech-Language-Hearing Association (ASHA) and holds a Certificate of Clinical Competency (CCC-SLP) and is a member of the Minnesota Speech-Language-Hearing Association in addition to several other professional organizations. She is licensed in Minnesota and Wisconsin.

The majority of Sara's time is spent giving aural rehabilitation, voice and speech-language therapy at Regions Hospital. She is extremely passionate about helping all people (children and adults) with voice disorders achieve their best voice possible, including singers and professional voice users. She is also eager to help people who are diagnosed with upper airway disorders, including vocal cord dysfunction/paradoxical vocal fold movement, exercise induced

(Speaker Bio, cont.)

laryngeal obstruction, irritable larynx syndrome, chronic coughing and throat clearing. She has been a clinical aural rehabilitation specialist for over 14 years and loves working with people (children and adults) who are deaf and hard of hearing making a positive difference and helping them speak, hear and communicate with their full potential with their hearing aids and/or cochlear implants and not let it stop them from pursuing their dreams!

Sara is proficient in American Sign Language. For over five years she evaluated children to see if they were cochlear implant candidates for the Lions Children's Hearing Center at M Health (University of Minnesota, Fairview). In 2011, she started and continues to lead as a volunteer for the Minnesota Adult Cochlear Implant Social Group, because many individuals expressed feeling isolated and/or the desire to connect with others who have hearing loss or have lost their hearing and have received a cochlear implant.

Sara has personally been involved with the Deaf community since she was born, because her grandparents had accidents and lost their hearing at ages 5 and 14. Since August 2011, Sara has been a member of the Early Hearing Detection and Intervention Newborn Hearing Screening Advisory Committee through the Minnesota Department of Health. On November 4, 2015, she was nominated and elected by the group to be the Vice Chair for 2016 and President Chair for 2017. Since June 2014, she has been on the board for the Twin Cities Speech-Language Pathologists (TCSLP) and coordinates and plans a voice specific continuing education class every year for speech-language pathologists. She presents on voice and aural rehabilitation.

Sara is also a singer and has sung in operas, musicals, and in many choirs, and has sung the United States National Anthem for the Saint Paul Saints for over 10 years as well as for other special events. She also enjoys singing for weddings. Her personal interests include spending time with family, singing, playing violin, traveling, being active and outdoors enjoying the beautiful lakes.

Sara M. Oberg, B.M., M.A., CCC-SLP
Speech-Language Pathologist
Clinical Voice & Aural Rehabilitation Specialist
NCVS Trained Vocologist
Pronouns: she/her/hers

Health Partners Specialty Center
Division of Regions Hospital

October Meeting Synopsis *by Barbara Schneider*

(A big THANKS to Barb for taking on this task!)

HLAA-TC Online Meeting summary October 16, 2021:

President Christine Morgan opened the meeting at 10 am in Zoom with a welcome to everyone and introduction of Board members, newsletter editor, and CART captioner. She noted that October is “protect your hearing” month.

Our October speaker was Tim Henry, a 30-plus year professional in the AV industry. Formerly with Sony, he is now on the international sales team at Williams AV (previously Williams Sound). The new name reflects the expansion of their product line. The company celebrates 50 years of service this year. Tim invited HLAA members to visit them in Eden Prairie.

Williams AV works with the ADA to provide accessibility products for various events and venues. For example, in NY, the State incorporated the looping of public schools and other venues to assist people with hearing loss.

There are 1.9 billion people with some level of hearing loss in the world, 9% of the population. In the U.S., it is 52 million, or 21% of the population. With Boomers aging, this number continues to grow. Awareness of hearing loss and interpretation issues, known as “intelligibility”, and the availability of help are key drivers of current legislation to make hearing devices more accessible to more people.

In Minnesota, state and federal funding is coming for technology such as loops, Wifi, and FM, as hearing aid manufacturers produce compatible products. Tim demonstrated how Bluetooth is emerging as the wave of the future but traditional technologies will be in use for many years to come. Hybrid technologies are a possibility.

We are all aware that other issues such as background noise and room acoustics matter. Personal listening devices can be helpful. Williams AV also installs short range loops for bank tellers, medical offices, etc. There is a lot to know about this technology and the ways it is changing the lives of those who need it. Cost and legislative buy-in remain big factors.

(OCTOBER Meeting Synopsis, cont)

From the Q&A session:

Loop Minnesota promotes looping and getting audiologists to promote T-coils. End users drive technology, and there are pros and cons to each system. Tim's PowerPoint presentation is available (contact Lionel). Tim's contact is 952-224-7731

If you paid your dues and need a letter for your tax deduction, contact Lionel. Book Club continues. Subscribe to Laura's Book Club blog on the website for invite.

There was much discussion about Board vacancies and the need for volunteers to assume responsibility for the chapter. Revised Board job descriptions are forthcoming, and everyone is encouraged to consider how they can contribute to the chapter. Christine and Lionel will not be seeking re-election at the end of their terms in May, but will still be available for support.

We are the only consumer group of our kind in Minnesota.
We need others to secure leadership for this vital chapter.
Responsibilities can be shared.
Outreach to build our member base is a priority.
All members are welcome at Board meetings.

The Board has decided that meetings will remain on Zoom, due to the masking requirements still in effect at Courage Kenny. The final meeting of the season will be in May at the Marriott in Golden Valley. Masks will not be required. The exact date is yet to be determined.

Upcoming meetings:

November: Sara Oberg, aural rehab specialist with Health Partners
December: InnoCaption;
January: Commission report.



HLAA Webinars

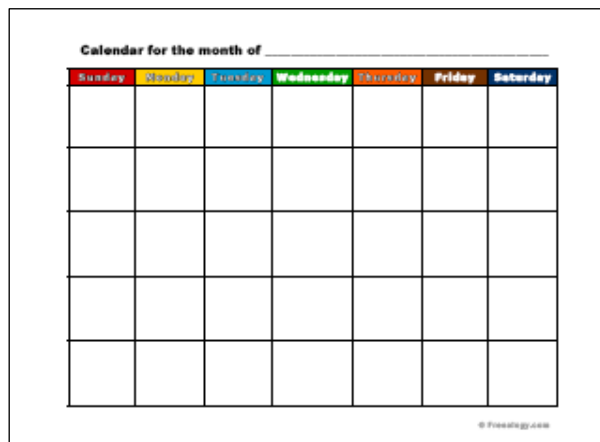
By Christy Myers

One of the advantages to our virtual meetings is that we have access to speakers and programs from around the country. Laura Hagemann, for instance, has been terrific at lining up authors, and friends and associates of authors to speak at our monthly book club meetings. This just wouldn't be possible or practical without our digital connections.

Another great opportunity is to join webinars that are hosted by HLAA national and by other HLAA chapters in the US. You can access a calendar of upcoming webinars and links to register for webinars at the HLAA website: hearingloss.org. Once into the website, tap the "Calendar" tab at the top right of the page. This takes you to a calendar of webinars hosted by HLAA national. (Note, many of these webinars are recorded and can be accessed after the fact on the HLAA website as well.). Webinars still coming in November include: Best Practices for Landing a Job in a Virtual Environment (11/18), a Chapter Development Workshop on OTC (11/11) and an HLAA Veterans Across American Virtual Chapter meeting (11/16).

For a calendar of local chapter meetings and speakers, tap the purple tab at the top left above the national calendar. That will take you to a second calendar for local meetings. In November, I see several topics including: Over the Counter Hearing Aids, Hearing through Amptify and Redesign of Audiograms. Check it out. You may see something that will interest you.

Clearly not all Chapter meetings are listed here, but you will see that HLAA-TC is well advertised, thanks to Laura Hagemann's consistent work on keeping our speakers advertised on the calendar. Thanks Laura!



A Summary of the Oct/Nov Book Club and Looking Forward

By Laura Hagemann



On Thursday, November 4th the HLAA-TC Virtual Book Club met to discuss “Invisible: My Journey Through Vision and Hearing Loss” by Ruth Silver. We were joined by two special guests, Joan Schneider and Dani Kaslow from the Center for Deaf-Blind Persons (a non-profit organization in the Milwaukee, WI area founded by Ruth Silver). Both women knew and worked with Ruth and were excited to be able to talk about her. It was a small group of mostly local members with a few from out-of-state (including the two guests from Wisconsin). We had a nice discussion that covered various aspects of the book.

Since Ruth Silver was Deaf-Blind and founded the Center for Deaf-Blind Persons, two of the book club members also shared their experiences being deaf-blind. The book club ended with members sharing information and advice with one another. This was a good example of what our book clubs are: a sharing of information, ideas and general camaraderie. Joan Schneider and Dani Kaslow were engaging and informed guests and I recommend checking out their organization the [Center for Deaf-Blind Persons, Inc.](http://www.centerfordeafblind.org) The book we were discussing, “Invisible” by Ruth Silver, is definitely an enjoyable and informative book that encompassed not just Silver’s 30-year experience as someone living with

(Book Club, cont.)

disability, it also described Ruth Silver's plight as a human being. The book is an autobiography that really only covers the first part of Ruth Silver's life. If you are like me you will finish the book wondering more about the incredible Ruth Silver. Our book club shared a few Silver-related resources, including:

["A Unique Disability"](#) - an article by Ruth Silver (published on a Deaf-Blind Community Website, DB FishBowl)

["Conquering Obstacles: There Are Reasons To Go On"](#) - an article by Ruth Silver (originally published in *The Deaf-Blind American*, a publication of the American Association of the Deaf-Blind; volume 24, number 2, December 1985 and published on the DB FishBowl website).

[The Center for Deaf-Blind Persons Inc.](#) - The organization Ruth Silver founded in 1985 and today Joan Schneider is Executive Director and Dani Kaslow is a specialist in Deaf-Blind Services.

As we have done in the past, we are switching to a fiction book for next month's selection (we alternate between fiction and nonfiction with each selection having some connection to hearing loss or deafness). The book club is open to everyone (HLAA member or not) and each meeting offers live captions. The books and schedule are truly determined by those who participate in the book club. If you would like to participate in future book club meetings, please email HLAA-TC Social Media Specialist and book club coordinator Laura Hagemann at social@hlaatc.org

The HLAA-TC book club will be meeting next on Monday, December 6th at 7:00 pm to discuss the novel "The Art of Hearing Heartbeats" by Jan-Philipp Sendker.



Bad to the Bones #3



The AARP Bulletin for September 2021 presented some interesting connections between osteoporosis and a number of other health-related issues. "Probably 50 percent of women and 25 percent of men are expected to have an osteoporosis-related fracture in their lifetime", they tell us. "But there are ways to know, long before you break a bone, whether you're losing skeletal mass"

#3 on the list is hearing loss. Surprised? "One study... found that osteoporosis and low bone density were independently associated with up to a 30 percent higher risk of developing moderate or severe hearing loss. That means any decrease in your ability to hear may signal an underlying issue."

They speculate on why the two are related. Read the full article here:

<https://www.aarp.org/health/conditions-treatments/info-2021/osteoporosis-warning-signs.html>

Captioning

By Christy Myers



I attended a national HLAA Webinar on the topic of Captioning this month. I was impressed with what a wide variety of captioning exists and it was very interesting to learn some of the technical and operational differences between them. It certainly made me appreciate even more, the skill and expertise of our captioners. Three pieces of information I've taken from that webinar that I would like to share.

1. Encourage speakers who will be using presentation slides at meetings to include a large colored bar across the bottom of each slide so that there is a place for the captioning to appear without covering the information on the slide.
2. It is a good idea to provide the people who do the captioning with technical and special words in advance.
3. It is possible to file a complaint with the FCC when you feel you are not getting access via captioning or ineffective captioning. Here is the website (it is a long one):

[https://consumercomplaints.fcc.gov/hc/en-us/requests/new? ticket form id=36040](https://consumercomplaints.fcc.gov/hc/en-us/requests/new?ticket_form_id=36040)

Once on the site, you will have two options. One is to file a complaint and the other is to tell your story. If you file a complaint, the FCC will forward your complaint to the service provider and they are required to respond to you directly within 30 days. The FCC encourages you to complain directly to your service provider before filing a formal complaint. If you tell your story, you will not get direct feedback, but the FCC will use your information along with others to educate them when they are making decisions.

HLAA-TC to participate in Give To The Max Day on Nov. 18th

By Laura Hagemann



HLAA-TC will again be participating in the annual initiative to help raise money for charities and nonprofits called "Give to the Max Day." It's on November 18th this year. It's a day when participating charities and nonprofits have a chance to receive extra money through GiveMN. We participated the last two years and are hoping to continue to raise money that we will use to expand our outreach to those with hearing loss in greater Minnesota.

Please plan to donate to us. You can find us on the official GTMD website:

<https://www.givemn.org/organization/Hlaatcmn/>

HLAA TC
PO Box 26021
Minneapolis, MN 55426



Next meeting: Zoom on November 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 –
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 November 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).