

HLAA TC

April 2024

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.

UPCOMING MEETINGS

April 20, 2024

Round Table Discussion:
Technology and Community for
Hard of hearing
*led by: HLAA-TC President
Robin Coninx, with
Dan Millikin the Director of Deaf
and Hard of Hearing Services
Division*

May 18, 2024

Get-together with movies and snacks!



See page 11 for registration details

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The April Hearing Loss Association of America Twin Cities Chapter meeting (HLAA TC) will be a hybrid meeting (in person and Zoom) on April 20, 2024. Click "register here" on the HLAATC website to receive link for zoom meeting. See page 11 for further details

President's Message
HLAA-TC President's Message –
April 2024
Robin Coninx



HLAA-TC April Program
Topics ~

- Information from Deaf and Hard of Hearing Services
- Requesting accessibility in community and appointments
- Setting up tech to access captions
- Filing complaints

Dan Millikin, the Director of Deaf and Hard of Hearing Services Division will be partnering with Byrdie at the round table discussion. The first hour will be sharing basic support that DHHS can give our hard of hearing membership.

After the break we will come back for a hands-on workshop on requesting accommodations for medical appointments, community activities and local theaters, plus assistance in setting up closed caption on individual devices such as mobile phones and personal computers.

Attendees are encouraged to bring their technology and questions to this informal discussion.

Byrdie, HLAATC President

HLAA-TC BOARD MEMBER OPENINGS

The board of HLAA TC is soliciting applications to serve on its Board of Directors for two-year terms beginning in May.

If you'd like to support people with hearing loss and want our organization to continue and thrive, please contact our President, Robin Coninx at
President@hlaatc.org



A 5K Walk for hearing loss.

TWIN CITIES



WALK4HEARING

DATE:

JUNE 2, 2024

LOCATION:

COMO PARK

119 MIDWAY PKWY.
ST. PAUL, MN 55108

SCHEDULE:

REGISTRATION – 9:30 A.M.

STAGE PRESENTATION – 11:00 A.M.

WALK STARTS – 11:30 A.M.

MORE
INFORMATION
ON PARTICIPATING
OR DONATING

WWW.HLAATC.ORG



How to participate in or donate to the Twin Cities Walk4Hearing

By Laura Hagemann

As we posted about earlier, there will be a 5K walk held Sunday, June 2, 2024 at Como Park in St. Paul called the Twin Cities Walk4Hearing. Members of HLAA, HLAA-TC, the community and local businesses are participating to help raise funds for hearing causes. Everyone is encouraged to participate and/or donate in any way that you are able. Listed below is a description of various ways to participate with corresponding links.

To Donate to the Twin Cities Walk4Hearing go to this [Donate Link](#).

To Donate to a particular Walker or Team (go to the same [Donate Link](#) and follow the directions on the page: To donate to a participant or team, enter their name (in the search bar on the Donate page and click search, you will then be directed to either the team or individual person's page). Once you find the person you want to donate to click the "Donate Now" button.

To Join an already created Team: Go to the [Twin Cities Walk4Hearing webpage](#) and scroll to the bottom of the page where you will find "Join a Team" and you enter the team name to find the team. Once you find the team you will go to the team page where you will click the "Join our Team" button (you will then be taken through the steps of registering for the walk. Once you complete registering you should show up under the Roster of the team you have joined.

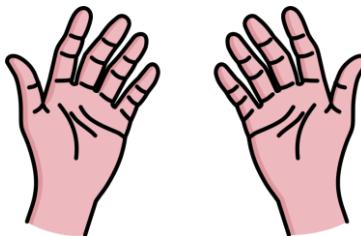
To Create your own Team: Go to the Twin Cities Walk4Hearing webpage and [REGISTER](#). You can select to create a team when you are registering.

Please visit the [Twin Cities Walk4Hearing website](#) for more information. To keep things clear we have put all of the pertinent links on our website on our [Walk4Hearing page on the HLAA-TC website](#)

"Most right-handed people put the phone to their right ear because the bulk of the auditory input from your ear crosses over to the left hemisphere to help you understand speech."



[The Universal Sense: How Hearing Shapes the Mind, Seth Horowitz](#)



TEDx on Tinnitus

Surely, you've heard of TED talks. These are the fascinating "great ideas" talks for public consumption. But what about TEDx? These are shorter, and less well-known, but there is a wealth of great ideas there, too. Here are a couple of them:

TEDx talk, 2019: Andrew Leuchter "Rewiring the Brain"



Neuromodulation involves stimulating the brain using everything from an electromagnet to a 9-volt battery. The tiny electrical microcurrents these methods apply to the brain are virtually without side effects, but can have a huge impact on how we feel and think and the connections between brain cells, the wiring of the brain...

"Scientists began to wonder, what if we activated the brain not just with one pulse of energy but a whole train of pulses? Would repetitive pulsing lead to lasting changes in brain function?

"Scientists discovered that repetitive pulsing made nerve cells more plastic; that is, they sprouted new and denser connections with neighboring nerve cells. Areas of the brain that were dormant could become activated, and areas that were overly active could be quieted down. This revolutionary new technique was called **repetitive transcranial magnetic stimulation**, or RTMS

"Stimulating the auditory cortex of the brain can reduce tinnitus..., for which there's traditionally been no effective treatment"

View the whole talk here: https://tedx.ucla.edu/project/andrew_leuchter_rewiring_the_brain/

TEDx talk, December 2023: Kristin Barry
"This tinnitus discovery could lead to a new treatment"



More recently, an Australian scientist has discovered previously unknown connections between auditory and non-auditory regions within the brain:

"Dr Kristin Barry is a research fellow at the University of Western Australia, with her career keenly focused on investigating the changes that occur in the brain after traumatic sound exposure...[fascinated by phantom limb perception, she learned that] tinnitus occurs as a similar phantom perception but for hearing..."

(TEDx, cont.)

“Kristin is currently ten years deep into an academic research career as an auditory neuroscientist. The big result from her PhD research was finding that **regions of the brain thought to have no involvement in hearing are functionally connected to auditory areas of the brain**, and despite having no clear involvement with hearing, the connections between these disparate regions can be damaged after exposure to loud noise trauma. This **connectivity has served as a possible therapeutic target** for the treatment of hearing loss and tinnitus.

“She has also investigated drug, biomedical implants, and the use of repetitive transcranial magnetic stimulation in the treatment of hearing loss and tinnitus.”

View the TEDx talk here: <https://www.youtube.com/watch?v=JKY-hohg8wM>

Others are taking note too:

AARP Magazine, Fall 2023

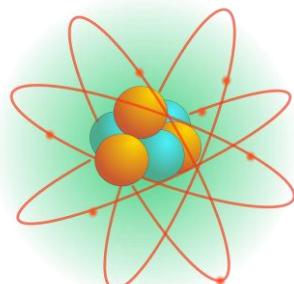
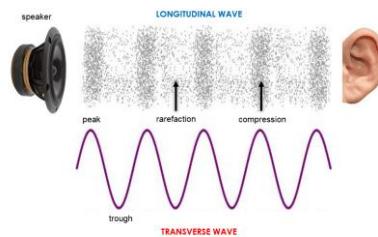
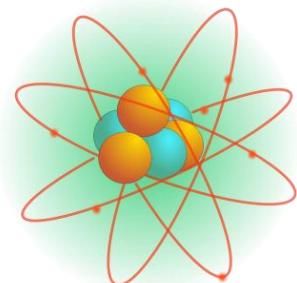
“It’s in your brain, not your ears”

“Research at the University of Illinois Cognitive Neuroscience Lab indicates that non-auditory parts of the brain are involved [in tinnitus]. ‘Our fMRI scans of tinnitus patients show that the networks that process attention and emotion are different in these people than in those without the condition, so these nonauditory networks are probably contributing to the tinnitus as well,’ says Fatima Husain, the principal investigator at the lab”

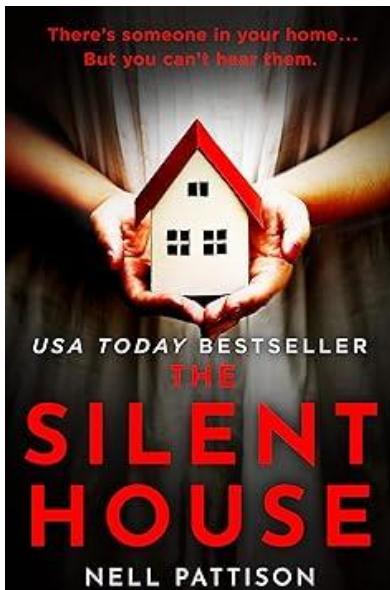
Quotables:

The Body: A Guide for Occupants, Bill Bryson

“A pressure wave that moves the eardrum by less than the width of an atom will activate the ossicles and reach the brain as sound. You genuinely cannot improve on that.”



Book Club
March Summary
And April preview
By Laura Hagemann



author Nell Pattison

Book club met on Tuesday, March 26th to discuss “The Silent House“ by Nell Pattison.

- The author didn’t join us but she did send us answers to several of our questions via email. We went through those questions and answers during the book club. If you would like to see the Q and A, please let Laura know: social@hlaatc.org
- If you would like to learn about the book, you can view it on [Amazon](#) (no plot spoilers are in the Amazon descriptions) and you can read [this blog written by Nell Pattison about what inspired her to write The Silent House](#). This book is Book 1 in a [series](#) about British Sign Language (BSL) Interpreter Paige Northwood. [Book 2 is “The Silent Night”](#) and [Book 3 is “The Silent Suspect.”](#)
- [This offers](#) a listing of the various police acronyms used in the UK (e.g. DI, DC, etc.) [the novel used several of these that may not be familiar to American readers]
- We talked about Deaf Clubs and social structures of the Deaf Community and I found [the following UK webpage of Deaf social structure](#) [a Deaf Club was used prominently in the novel].
- We talked about the different sign languages. I found this [interesting website](#) that listed the different sign languages and their differences.
- We talked about the roles of interpreters and a previous book that we read that wrote a lot about interpreting and we spoke to the author was [“A Loss For Words: The Story of Deafness in a Family”](#) by [Lou Ann Walker](#).
- We talked about social classes in Deaf families. A previous book we read by an author we spoke to mentioned this from her perspective as a CODA (Child of Deaf Adults): [“Burn Down The Ground: A Memoir”](#) by [Kambri Crews](#).
- We talked about gifting audiobooks for the members who typically use BARD (library for the blind) for our June book. (I will send a separate email to those members on how that will work). We will have the author join us. The book is [“But You Look So Normal”](#) by [Claudia Marseille](#). It will be released in May and you can preorder now (the book, Kindle book, or audiobook and all will be released at the same time).

(book club, cont.)

April book, and book club:

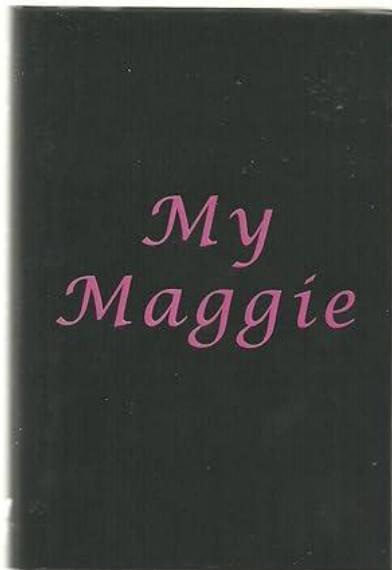
The book selection for APRIL 2024 has changed. It is now:

“My Maggie” by Richard King (nonfiction)

BARD/NLS: Yes, both Braille: BR 1772 BARD: DB 66445

Tuesday, APRIL 23, 7:00 p.m. – 8:30 p.m. (Central Time) [[ZOOM-Register Here](#)].
(Zoom Meeting)

“King shares one of the most powerful, complex, and memorable love stories ever written. It is an American story of great heroism, courage, and devotion. Maggie was a woman who understood how to lead a happy life and then led it, in spite of the challenges placed in front of her. *My Maggie* is great drama, great passion, and great fun. It is a book written with a love so immense it almost defies description.” – (book review on Amazon)



“Hearing is a seriously underrated miracle”



From The Body: A Guide for Occupants, Bill Bryson

A Rose for Daisy

This item was brought to my attention by a newsletter reader in Isanti MN:

A deaf Minnesotan made it to the final round of "The Bachelor."

"Daisy Kent received one of Joey Graziadei's final two roses on Monday's episode of 'The Bachelor'."

Daisy Kent, who grew up in Becker, Minn., received one of Joey Graziadei's last two roses on Monday night's episode of the reality TV show ("The Bachelor").

Interviews with Daisy revealed that she uses a cochlear implant, which was just implanted last year:

"The Bachelor" contestant Daisy Kent stole America's hearts while courting the Season 28 lead, Joey Graziadei, opening up about her profound hearing loss on their first one-on-one date.

"The 25-year-old received a cochlear implant last year after losing her hearing, which she believes may have been triggered by Lyme Disease and, subsequently, Ménière's disease..."

"The Minnesota native has documented her journey from surgery to implant activation and beyond on TikTok, where she now boasts more than 142,000 followers and her candid conversation about her condition has inspired others experiencing hearing loss.



Upcoming HLAA-TC 2024 Book Club Selections By Laura Hagemann

The HLAA-TC Book Club is a free and fun extra resource for anyone wanting to attend. Listed below is our book order and date and times for the rest of 2024. We have several authors scheduled to join us (see list below). All Zoom links are put on our website a month before the meeting. All book clubs are open to all and have captions. We alternate reading fiction and nonfiction books and they usually feature hearing loss, deafness or disability. Do you have a suggested book? Contact book club coordinator Laura Hagemann at social@hlaatc.org

To find out more about book club (including summaries of our upcoming books and a list of books we've read and guests we've had, visit <https://www.hlaatc.org/book-club/>
[Note: NLS= National Library Service for the Blind (BARD)]

Now Reading: APRIL 2024: “My Maggie” by Richard King (nonfiction)

BARD/NLS: Yes, both Braille: BR 1772 BARD: DB 66445 Tuesday, APRIL 23, 7:00 p.m. – 8:30 p.m. Central Time [ZOOM-Register Here]

Future Books:

MAY 2024: “The Sign for Home” by Blair Fell (fiction) BARD/NLS: In process: Braille BR 24152; BARD: DB 11605. Tuesday, MAY 28, 7:00 p.m. – 8:30 p.m. Central Time [ZOOM-Register Here].

JUNE 2024: “But You Look So Normal: Lost and Found in a Hearing World” by Claudia Marseille [book not in BARD but author will be attending and audiobook will be released when the book is]. To be released May 14, 2024, you can pre-order on [Amazon](#). **WITH SPECIAL GUEST AUTHOR CLAUDIA MARSEILLE**. Tuesday, JUNE 25, 7:00 p.m. – 8:30 p.m. Central Time [ZOOM-Registration Link To Come].

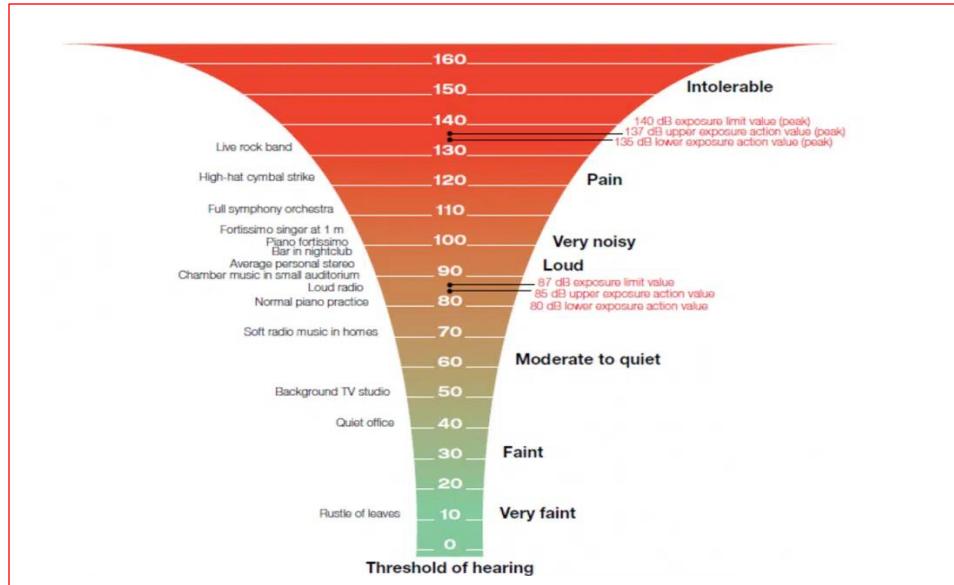
JULY 2024: “The Dolphin House” by Audrey Schulman BARD/NLS: DB 110165. WITH SPECIAL GUEST AUTHOR AUDREY SCHULMAN. Tuesday, JULY 23, 7:00 p.m. – 8:30 p.m. Central Time [ZOOM-Registration Link To Come].

AUGUST 2024: “Reflections from a different journey : what adults with disabilities wish all parents knew / edited by Stanley D. Klein and John D. Kemp ; foreword by Marlee Matlin; BARD: DB 58425. Tuesday, AUGUST 27, 7:00 p.m. – 8:30 p.m. Central Time [ZOOM-Registration Link To Come].

SEPTEMBER 2024: “The unheard: a memoir of deafness and Africa” by Josh Swiller (nonfiction/memoir) BARD/NLS: BARD only: DB 67060. Tuesday, SEPTEMBER 24, 7:00 p.m. – 8:30 p.m. Central Time [ZOOM-Registration Link To Come].

“Volume doubles about every 6 decibels, which means that a 96-decibel noise is not just a bit louder than a 90-decibel noise, but twice as loud”

From The Body: A Guide for Occupants, Bill Bryson



Meeting information

The next meeting of the Hearing Loss Association of America Twin Cities Chapter (HLAATC) will be held at Courage Kenny 3915 Golden Valley Road, Golden Valley MN April 20, 2024, and on ZOOM.

To register for ZOOM meeting: Prior to the meeting, click “register here” on the HLAATC website (or click here for direct link to register: [ZOOM- REGISTER HERE](#)) You will receive a confirmation email containing a link to the meeting.

To register for the IN PERSON meeting, email: president@hlaatc.org or call 763-447-9672 and leave a message with how many people are attending in your party. Then, join us at Courage Kenny 3915 Golden Valley Road, Golden Valley MN 55422 on April 20 (the 3rd Saturday of the month).

Meeting time: Social time in person begins at 9:30 AM (no social time on ZOOM). Formal meeting is at 10:00 AM for both in-person and ZOOM

Accommodations: All meetings are realtime captioned by Captioners from Veritext/Paradigm (www.captioning-paradigm@veritext.com).

HLAA TC

PO Box 26021

Minneapolis, MN 55426



Next meeting: April 20, 2024 in-person and Zoom

First Class

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Welcomes You!

President – Robin Coninx president@hlaatc.org

Vice President – Laura Hagemann vicepresident@hlaatc.org

Secretary – secretary@hlaatc.org

Treasurer – Robin Coninx treasurer@hlaatc.org

Directors at Large:

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Ed Benck

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