

# HLAA TC

# October 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

October 19, 2024  
*TJay Middlebrook*

MN Dept of Human Services  
Disaster Preparedness for People  
with Hearing and/or Vision Loss

November 16, 2024  
*Claudia Marseille, Author*  
“But You Look So Normal”  
Presentation on her Memoir on  
Living with Hearing Loss

December 21, 2024  
Guthrie Theater  
*Robyn DeCourcy*  
Accessibility options at the Guthrie



### Contents

✚ Upcoming Meetings	Page 1
✚ President's Message	Page 2
✚ October Meeting	Page 3
✚ Membership	Page 4
✚ Info reminders	Page 5
✚ Book Club	Page 6
✚ Nov mtg/Stroke and HL	Page 7
✚ September mtg Summary	Page 8
✚ 911 Refresher	Page 9
✚ Meeting info	Page 11
✚ Membership form	Page 12

#### Officers' emails

Robin Coninx – [president@hlaatc.org](mailto:president@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)

The October Hearing Loss Association of America Twin Cities Chapter meeting  
(HLAA TC) will be held on October 19, 2024

**See page 11 for further details**

President's Message  
***HLAA-TC President's Message –  
October 2024***  
*Robin Coninx*

'Hear' We Come 2024-2025

Have you wondered what the HLAATC Board has been up to? 😊 (can a sentence end in a preposition these days?) 😊

Your HLAATC Board is continuing to come together to work on various projects. Do you want to join the conversation? WE WOULD LOVE to have YOU!

As a small non-profit, it is our task to engage the public, state agencies and even our families so that our 'listening' needs as hard of hearing individuals are met.

At the last HLAATC Board meeting on the 2<sup>nd</sup> of October, there was a lively discussion on how to actually accomplish this task which is no small feat. How do we make a difference?

Here are a few points that struck a chord with those on the Zoom :

- Continue to increase attendance at the monthly in person HLAATC Chapter meetings
- Formulate a public service announcement about hearing loss and communication access
- Encourage HLAATC Board collaboration with state agencies including MN Commission of Deaf, DeafBlind and Hard of Hearing State Services Division



## October 19th Chapter Meeting



*T Jay Middlebrook*

## Disaster Preparedness for People with Hearing Loss

At our HLAA-TC Chapter meeting on October 19th, our speaker will be TJay Middlebrook of the Minnesota Department of Human Services Deaf Deafblind and Hard of Hearing State Services Division (MDDHHS). Mr. Middlebrook will be providing an Emergency Management Training for people with hearing loss.

This training will provide essential knowledge and tools to support individuals with hearing loss in emergency situations. Key topics include:

- **Impact of Hearing Loss in Emergencies:** Understanding the challenges and risks faced by individuals with hearing loss during emergencies.
- **Assistive Technology:** An introduction to devices that enhance communication for people with hearing loss.
- **Creating Accessible Environments:** Tips and best practices for ensuring emergency communication is clear and accessible.

He will also provide a folder of handouts on emergency preparedness that you can take with you.

Join us on October 19th in the Board Room of the Courage Kenny Rehabilitation Institute, 3915 Golden Valley Road, Minneapolis. Social time starts at 9:30 and the meeting begins at 10. This meeting will be in person only.

## Online Membership Payments

*Christy Myers*

This is a reminder that your HLAA-TC memberships are due for the 2024/25 fiscal year. For only \$25, you support this group and enable it to continue.

This year we are offering online payments for the first time. By the time this newsletter is published, you may have received an email from us with a link to our payment site. This site is provided by CheddarUp, so don't be surprised if in addition to HLAA-TC, the name CheddarUp also pops up. Feel free to provide feedback on how the online payment process works for you.

As always, if you prefer to write a check, please complete the membership form at the back of this newsletter and mail it with your check to HLAA-TC, PO Box 26021, Minneapolis, MN 55426/.

Pay online here: <https://annual-membership-renewal-62030.cheddarup.com/>

## Cheeze, Please!

For a cool experience, try paying online!

I tried to be the first to use this new option for paying our dues, but I probably wasn't. Congratulations to whoever beat me to it!

It is easy to use, quicker than writing a check, and saves you a trip to the post office.

Congratulations to HLAA-TC on joining the post-Luddite world of online payments!

But I'm still wondering what it has to do with cheese...

*--- editor*

All membership information, including forms, can be found on our website:

<https://www.hlaatc.org/membership/>



## Accessible Information Session on the Presidential Election

The Minnesota Commission of the Deaf, Deafblind & Hard of Hearing is hosting a nonpartisan event designed to present an unbiased overview of the 2024 U.S Presidential candidates on October 20th from 2 - 4 pm, at St. Catherine University, Jeanne d'Arc Auditorium (in Whitby Hall), 2004 Randolph Ave, St. Paul.

The presentation will have ASL/voice interpreters and CART.

For further information see the full notice at:

<https://content.govdelivery.com/accounts/MNCDHH/bulletins/3ba0a11>



### A Reminder of HLAA resources online

*By Laura Hagemann*



Here are some HLAA National resources (and other chapters) that are offered online:

For a constantly updated calendar of virtual meetings offered by HLAA Chapters throughout the country, check out this link:

<https://hlaagroups.hearingloss.org/g/HLAALeaders/calendar>

For the next HLAA National Webinar “Optimizing Virtual Meetings: Empowering Individuals with Hearing Loss to Thrive in the Digital Workplace” on Monday, October 28th at 3:00 pm (Central Time). [Register To Receive Zoom Link](#). You can also watch past recordings of previous webinars:

<https://www.hearingloss.org/programs-events/webinars/schedule-recordings/>

To Read the Summer Issue of Hearing Life Magazine online with a feature article on parenting with hearing loss: <https://hlaa.ygsclibook.com/pubs/hearing-life/2024/summer-2024/live/index.html>

## Book Club Summary (September 2024) and Next Book

By Laura Hagemann

Thank you to everyone who joined us Tuesday, September 24th, for our book club discussion with author Josh Swiller on his amazing memoir “The Unheard: Memoir of Deafness and Africa.”

Unfortunately, we had technical difficulties to start and then Internet outages throughout the book club. It was very frustrating for me (Laura) as I enjoyed the book so much and was very excited to talk to and ask Josh questions. I’m sure it was very frustrating for Josh and those of you attending too. \*\* Ugh, frustrated sigh! \*\*

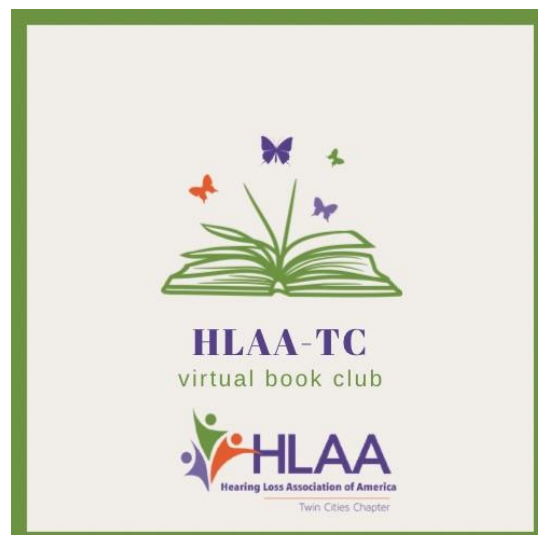
Because of all the technical issues this is not a typical book club summary. Instead, here are just a few links/notes:

- Josh mentioned he is writing another book. This one is on deafness. (He gave us a title but not sure if that’s a working title or if he is sharing it publicly yet so I won’t blog it).
- A previous blog post with excerpts from reviews on "The Unheard" <https://www.hlaatc.org/reviews-and-praise-for-september-book-club-book/>
- Josh’s website: <https://www.joshswillerauthor.com/>

**NEXT BOOK and BOOK CLUB:** October Book Club: (with Australian author Emma Viskic) [“Resurrection Bay”](#) By Emma Viskic BARD/NLS: DB 110305. WITH SPECIAL GUEST AUTHOR EMMA VISKIC. Tuesday, OCTOBER 22, 7:00 p.m. – 8:30 p.m. Central Time [[ZOOM-Register Here](#)].

[Amazon Book Summary](#): Caleb Zelic’s childhood friend has been brutally murdered—fingers broken, throat slit—at his home in Melbourne. Tortured by guilt, Caleb vows to track down the killer. But he’s profoundly deaf; missed words and misread lips can lead to confusion, and trouble.

Again, thank you to Josh Swiller for being a kind, patient and engaging guest (in spite of all the technology issues). And thank you as always to our lovely attendees (a mix of regulars and new people). While technology has made this book club what it is (virtual and inviting authors and attendees from all over) technology can also be a little (or very) unpredictable!





# Author Book Presentation at our November meeting

Christy Myers

Here is a heads up that you might want to get your hands on the book: “But You Look So Normal: Lost and Found in a Hearing World” by Claudia Marseille who will be joining us for our November chapter meeting to give a presentation on her memoir.

Her book covers her experiences living with severe hearing loss that was discovered at age four, her mainstreaming in schools and her life with her German refugee parents, and how she emerged from loneliness and social isolation to create a fulfilling life and career,

This book was read by the book club in 2024 and they liked it. You will too. More information on Claudia will be included in next month’s newsletter.

## **Hearing Loss and Stroke**

“... This study was the first systematic review... to quantify and clarify the possible association between sensorineural hearing loss (SNHL) and the incidence of stroke. We found a significantly higher risk of stroke in subjects with SNHL in comparison to those with normal hearing status...[and subgroup analysis found] a significantly higher risk of stroke in subjects suffering from *sudden* sensorineural hearing loss (SSNHL)...”

### **So, is hearing loss a risk factor for stroke, or a result of a stroke?**

“While a review study shows that the ischemic stroke syndrome leads to hearing loss, other prospective studies... [show] that SNHL may be a risk factor for the incidence of stroke.

“Meta-analysis suggests that sudden sensorineural hearing loss may be considered as an early warning of stroke...

“Therefore, whereas SSNHL can be considered as a sign of stroke, it is observed that [it] is seriously ignored in stroke preventive care.

Read the full article here:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8155183/>

# September Chapter Meeting Summary

## *Christy Myers*

The September meeting of HLAA-TC was held at the Courage Kenny Rehabilitation Institute on September 21st. The topic of our meeting was Aids for Accessing Communication through the State of Minnesota Loan Program and by Using Apps.

Interim President, Robin 'Byrdie' Coninx, started the meeting with a short tutorial on sign language. We learned the signs for "hello", "goodbye" and "how are you". This year our meetings will include a short lesson in survival sign language. Though our members use speech as our primary form of communication, several members have expressed an interest in learning at least some basic sign language as well.

Our speaker: Kirk Anderson, from the State Department of Human Services TED program was unfortunately unable to attend due to illness, but graciously shared his power point presentation which we read together as a group. Our thanks to Kirk for preparing and sharing this information.

The state of Minnesota lends a variety of adaptive phone devices through the Equipment Distribution Program (TED). The types of equipment available include cell phones or tablets with pre-loaded apps, smart speakers, captioned telephones using ASR, an Electrolarynx device, Amplified telephones (corded and cordless) and more.

Minnesotans who meet income guidelines and have hearing loss, speech difficulties and/or a physical disability which makes holding or dialing a standard telephone are eligible to receive equipment through the loan program.

Current income guidelines range from less than \$65,335 for 1 person to less than \$125,645 for a family of 4.

For further information and to apply, go to the website for [Minnesota Access to Communication](#) Technology at the Department of Human Services.

During our meeting, we also took time to share ideas about favorite apps and devices our members use. This ranged from an electronics free ear trumpet available on Amazon to apps for Apple and Android devices to transcribe speech. Robin "Byrdie" Coninx also helped people find the various accessibility options on their own phones.

The October Chapter meeting topic will be Disaster Preparedness for people who are Deaf, deaf blind or hard of hearing.



# Minnesota Deaf Commission offers this

## Refresher on How and When to Use Text-to-911

### (Information on the basics of texting emergency services in Minnesota)

Text-to-911 is available statewide. It is an important alternative to calling 911.

### When to use Text-to-911

Here is a list of when Text-to-911 could be used.

1. When it is too dangerous to call while a crime is in progress.
2. When someone must remain quiet to stay safe.
3. If peer pressure is strong.
4. When a person is deaf, deafblind, or hard of hearing.

### How to use Text-to-911

In the text message, text your exact address or describe your location. Explain the type of emergency. You can also choose to self-identify as someone who is deaf, deafblind, or hard of hearing.

Press “send.”

When you text 911, dispatch will ask if they can (voice) call you. If you haven’t already, you can let them know that you are deaf, deafblind, or hard of hearing and that text is the best way for you to get help.

You are not required to self-identify as deaf, deafblind, or hard of hearing if you do not want to. However, be aware that the dispatcher will ask you to call if you are not in immediate danger.

This is because the technology for calling is faster and more reliable than texting.

When you get a message back, promptly answer any questions and follow instructions.

Do not use emojis, slang, GIFs, or photos. No shorthand texting (BRB, IDK, BTW, THX, etc.)

### Does it really work? Can I test it?

Yes, it works! Several people who are deaf, deafblind, or hard of hearing were part of the pre-arranged testing process during the rollout back in late 2017 and early 2018.

Please do not try to test it yourself! That will take away the dispatcher’s ability to help people who are experiencing a real-life emergency.

### Can I text 911 anywhere in Minnesota?

Yes, as long as you have text and cell service.

However, if you are using roaming service, the 911 text will bounce back to you. So make sure you have good cell service.

If you are not in Minnesota, or along the border of Minnesota, dispatch may not receive your 911 text.

## **Do I need to use an area code when I text 911?**

No, you do not need to use an area code.

## **Why is "Call if you can, text if you can't" the slogan? Why can't it just be "Call or text 911?"**

Dispatchers prefer to receive a call instead of text because

1. They can track your location better,
2. It is faster to exchange information, and
3. They can listen to background noise and get an idea of what's going on.

However, you as a deaf, deafblind, or hard of hearing person can choose between texting or calling. Use your best judgment.

## **What do I do if I experience barriers while trying to text 911 in Minnesota?**

First, concentrate on the emergency at hand. Do what you need to do to get help. Second, save the text conversation. When the emergency is over, [contact the Deaf, DeafBlind & Hard of Hearing State Services Division](#) and describe what kind of barrier you experienced, as well as the date, time, and where you were located. In the past, there have been some instances where the dispatcher insisted that the person call instead of text, even after self-identifying as deaf, deafblind, or hard of hearing. However, this should be less of an issue since there has been additional training for dispatchers.

## **Are there other ways to contact 911 besides text?**

Yes, there are several ways you can contact 911 in Minnesota. You can use your preferred device, whether it is a voice phone, captioned phone, IP relay, text, or videophone. If you use a videophone, make sure that the address linked to your videophone is correct. If you happen to use a TTY, 911 call centers are still required to have a TTY at their center.

## **Credits**

The Minnesota Commission of the Deaf, DeafBlind & Hard of Hearing thanks:

The Minnesota Department of Public Safety Emergency Communication Networks Division for the original content.

James Paul Beldon for ASL talent.

Mark Zangara for voiceover.

Keystone Interpreting Solutions for film production.

[This message was originally produced in 2019.](#)

## **Additional information**

Keep your text messages short. There is a 160 character limit. Learn more at the Minnesota Department of Public Safety's [Text-to-911 fact sheet \(PDF\)](#).

### **This Space Available**

*Advertise your business here*

\$50 per year

Contact [treasurer@hlaatc.org](mailto:treasurer@hlaatc.org)

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

Use "HLAA-TC Newsletter Ad"

In subject line

Advertise in our newsletter!

2 ¼ X 4-inch size (a little larger than a business card)

*Our readers are the people your business serves*

**Reach your target audience!**

### **Meeting information**

The next meeting of the Hearing Loss Association of America Twin Cities Chapter (HLAA-TC) will be held on October 19, 2024.

**Location:** Courage Kenny, 3915 Golden Valley Road, Golden Valley, MN 55422

**Registration:** The meeting will be in-person only – no registration is necessary.

**Meeting time:** Meeting begins at 10 AM (social time at 9:30).

**Accommodations:** All meetings are realtime captioned by Captioners from Veritext/Paradigm ([www.captioning-paradigm.com](http://www.captioning-paradigm.com)).

*The meeting room is also looped for enhanced hearing directly to your hearing aids or Cochlear implant using T-coil.*

**HLAA TC**  
**PO Box 26021**  
**Minneapolis, MN 55426**



**Next meeting: October 19, 2024**

### **First Class**

#### **Membership Form HLAA Twin Cities Chapter**

Name.....

Address.....

City.....

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

Phone.(area code).....

E-Mail.....

*Newsletter via email included in all memberships*

\_\_\_\_\_ Individual \$25 (includes digital newsletter)

\_\_\_\_\_ Professional \$50

\_\_\_\_\_ Donation \_\_\_\_\_

\_\_\_\_\_ Printed Newsletter (optional) \$15

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



Welcomes You!

**Interim President – Robin Coninx**    [president@hlaatc.org](mailto:president@hlaatc.org)

#### **Directors at Large:**

**Christy Myers  
Karla Sand  
Mark Daly**

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

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

**Newsletter Photographers: Dennis Martin, Christy Myers,  
Vicki Martin**

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