



Chapter Calendar

All chapter and board meetings held at:
Weingart Senior Center
5220 Oliva Ave.
Lakewood 90712

All events at Weingart except as noted *

Every Monday: Lip Reading practice 10 a.m. to 12 noon

Every Wednesday **until May 15**: Lip Reading 9:30 a.m. to 11:30 a.m.

May 6: HAT Committee meeting at 12:30 PM at Coco's *

May 9: Chapter meeting presentation by Nanci Linke-Ellis and Nicole Diaz on "Walk4Hearing"

May 17: Rocky Stone Exhibit: 10 a.m. to 12 noon

May 22: Board Meeting

REFRESHMENTS: Treats will be provided by: Pat Andrews, Marion Camilleri, Marie O'Brien & Helen Bologna. **THANK YOU!**

Chapter Contact:
Bill Busch, 310540-6322
billbusch@ieee.org

IN MEMORIUM

It was with great regret that we learned of the passing of long-time member Chuck Roath on March 29, 2013.

Chuck and his wife, Temple, volunteered to fold, stuff, stamp and mail our Informer each month for some time, using the facilities of their business, Postal Annex. Their contribution was of invaluable service to our Chapter and is gratefully acknowledged.

To illustrate of the caliber of people Chuck and Temple represented, they announced at a Chapter meeting that anyone who had no family or place to go on the Thanksgiving holiday, he or she was welcome to participate in the feast with them at their home in Long Beach.

Warmth and humanity are the words to describe Chuck. He will be sorely missed. Our condolences go out to Temple and the Roath family.

WALK4HEARING

Do you realize what a big deal our Walk4Hearing is?

The Long Beach Walk4Hearing is one of 22 events happening across the nation this year – and we have one right here in our front yard!

Since its beginning in 2006, the Walk4Hearing has raised more than \$6 million and has welcomed 35,000 walkers who have stepped up for hearing loss and made it the nation's largest and fastest growing hearing loss fundraising and public awareness Walk in the country.

The Long Beach event will take place on Sunday, June 9, with check-in/registration beginning at 9:00 a.m. and the 5K (3.1 miles) Walk beginning at 10 a.m. There will be refreshments, snacks and family-friendly entertainment. You are encouraged to walk, but if not, bring a lawn chair and just enjoy being in the beautiful surroundings and share the excitement of seeing so many teams and families stepping up for people with hearing loss.

The Mayor of Long Beach is preparing a Proclamation, welcoming the Hearing Loss Association of America and wishing us every success. Many family teams will be there with their children, walking to get the message out across the country about the hidden condition of hearing loss.

Forty-eight million Americans have some degree of hearing loss – a health condition that's topped only by heart disease and arthritis. In addition to raising awareness, Walk4Hearing raises funds that are used in our local communities to support communication access with captioning, to underwrite scholarships for people with hearing loss to attend educational programs at our National Convention, to enhance outreach efforts to underserved communities, and to remove the stigma of hearing loss through education, information, support, and advocacy. Our own Long Beach/Lakewood Chapter realized income from last year's Walk to continue our efforts to help local people with hearing loss.

Plan to be at Marina Green, across from Shoreline Village, and help us raise awareness about the impact of hearing loss. See you there!

DONATE

Fire up your computer and go to **www.walk4hearing.org**. From there, choose your Walk – Long Beach on June 9. You will be given the option of going to the FAQ page where you will find answers to all your questions on how to donate to help make our walk a success. You can use a credit card online, you can mail a check, or bring a check to the Walk on June 9. Our team is the "Beach Bums" and if you mention that name, forty per cent of your donation will come back to our local Chapter, enabling us to keep up the work described above in our community!

HLAA - Long Beach / Lakewood Board Chapter Officers

President - Bill Busch
Vice - President - Herb Balkind
Treasurer - Walt Lowrie
Recording Secretary - Craig Bowlby
Corresponding Secretary - Ken Saw

Programs - Gail Morrison
Ways and Means - Stephen Fisher
Professional Adviser - Dr. David DeKriek

Newsletter

Publisher - Lisa Rettino
Editor - Louise Allen

Committees

Educating Parents - Maxine Barton-Bauman
Hearing Assistive Technology - Herb Balkind / Bill Busch
Refreshments - Joan Schlegel
Lip Reading - Linda DeGuire
Looping - Ram Kakkar
Membership - Flo McDavid

**Newsletter Subscription is \$10/year; send to Treasurer.
(Attend meetings and get a free subscription)**

HLA Websites

Long Beach/Lakewood: www.HLALongBeachLakewood.org
California: www.hearinglossCA.org
National: www.hearingloss.org

CTAP California Telephone Access Program
Information, Repair & Exchange

English Voice 1-800-806-1191 **Spanish Voice** 1-800-949-5650

What Is HLAA?

Hearing Loss Association of America was founded in 1979 as Self Help for Hard of Hearing People, Inc. (SHHH). It is a national non-profit, nonsectarian, educational organization devoted to the welfare and interests of those who cannot hear well. Our members are catalysts that make mainstream society more accessible to people who are hard of hearing. We strive to improve the quality of life for hard of hearing people through: education, advocacy, and self-help.

Many of our chapter members have joined national and look forward to its publication, **HEARING LOSS**. An excellent magazine.

To join send \$35/\$45 for individual / family membership to:

Hearing Loss Association of America
7910 Woodman Avenue, Suite 1200,
Bethesda, MD 20814.
phone: (301) 657-2248 Voice;
(301) 657-2249 TTY

Membership brochures are available at our chapter meetings.

PRESIDENT'S CORNER

Dr. Bill Busch

I am honored to be selected as your president and am excited at my opportunity to lead such an incredibly talented and energetic group of people. I will need the help of all of you if I am to fill the shoes of those president's who have served before me. Fortunately, many of them are still active in our chapter so I won't have to look far for their advice. They include: Louise Allen, Linda DeGuire, Ellen Mathis and Gail Morrison. They are all tireless advocates for people with hearing loss and have devoted endless hours of their time and energy to our mission. In addition, a large percentage of our chapter volunteers in one way or another. At our May 9th chapter meeting, Gail will present certificates of appreciation to these dedicated volunteers who helped her during her 3 years as president, without whom we would not be able to provide such a wide range of services. We need even more help if we are to improve the services we provide and to reach out to more people so if you are not already active, please consider helping us.

I would like to share some of my hearing loss story so you understand me better and how the Hearing Loss Association of America (HLAA) has helped me. Although my story is unique, just like you, we also have common threads to our stories. I first noticed a problem with my hearing when I was about 23 years old. It began with tinnitus (ear noise) and a slight hearing loss in one ear. By age 25, my hearing loss increased and I started having vertigo attacks leading to a diagnosis of Meniere's disease by a doctor at the House Ear Clinic in downtown LA. About this same time, I received my PhD in Electrical Engineering from USC majoring in Communications. For the next 30 years, as I designed communications systems for satellites at TRW, my symptoms varied dramatically. For some of those years, my hearing was in the normal range and I had no vertigo and at other times I had severe hearing loss and bad vertigo. Sometimes the loss was in one ear, sometimes in the other and sometimes in both ears. It was a very baffling disease!

Several years after retiring, my hearing got considerably worse to the point I decided I needed hearing aids. Although they were a big help, there were times when they weren't sufficient. My audiologist, Dr. Parker, encouraged me to join Self Help for the Hard of Hearing which later became HLAA. After nagging me for 2 years, I finally attended my first meeting in October 2007. It was awesome to be in a big room with a guest speaker and be able to understand everything that was being said because of the captions. After one meeting I was sold that this group could help me a lot with my hearing difficulties. There were many others who had the same difficulties and were learning to cope. Over 5 years later, I am still learning new things that make my life easier. Now I am helping others the way I was helped.

We need your assistance so that we can better achieve our goal of helping people with hearing loss. I welcome your ideas. For instance, how can we improve our meetings? How can we reach more people? How can we be more efficient? How can we best take advantage of all the talented people in our organization? Feel free to contact me by e-mail at billbusch@ieee.org or by phone at **310-540-6322** or jot down your suggestions and give them to me at any of our meetings. Please include your name and a way I can contact you so that I may follow-up with you.

SUMMARY – APRIL CHAPTER MEETING

The speaker at April’s Chapter meeting, Doctor Edward Abatos, gave us information on “Watch Your Balance”.

Dr. Abatos reports that one third of adults over 65 years of age will fall this year. Women tend to fall more than men. Two thirds of these falls lead to serious disablement.

He went on to say that a fall causes you to limit your activities, and increases your fear of falling. Further, there are many misconceptions about falling and dizziness: some say “Just live with it,” or “Falls are inevitable as we age”.

When confronted with dizziness or vertigo, the first step should be to see your primary care doctor, who may refer you to an otolaryngologist, who focuses on nose, throat, and neck disorders. You may also be referred to a neurologist who focuses on your motor system. You will undergo having your history explored, your posture and gait assessed, and have exercises recommended for vestibular rehab training.

You may also be referred to an audiologist who will also take your case history and test your hearing. You will be asked about the onset of your symptoms, duration, frequency, falling, hearing loss, buzzing, and tinnitus.

After a hearing test, you will be informed that your visual input is very important to your stability. Your body position tells your balance organs about your orientation with the world, Input from your ears, eyes, and body position is coordinated by the brain.

When asked “What causes dizziness?” the reply can be: damaged vestibular system, poor or low vision, even medicines and drugs you take such as antibiotics, diuretics, chemotherapy drugs.

The best prevention is to examine your medications, regular doctor visits, cardiovascular treatments, regular vision exams, balance training, balance physical therapy.

Some ‘safe habits’ for fall prevention are: using a long-handled grabber instead of reaching up or using a stool, install a ‘clapper’ for lights instead of walking in the dark to find a lamp switch, keep a flashlight bedside instead of searching for one, throw the dirty clothes downstairs instead of carrying them on the stairs, use a walker or shopping cart instead of walking unassisted, use the side-walk instead of walking on soft surfaces, practice “Safewalk” instead of walking or turning quickly.

What is “Safewalk”? Walk slowly. Have nothing in hands. Stop before turns and turn at trunk instead of head first. Wait to walk after standing. Avoid dark areas. Do not rush. Do one thing at a time.

Dr. Abatos’ specialty at the local VA hospital is treatment of balance disorders. We were fortunate to have his expertise at our hearing loss meeting.

HEARING RESTORATION PROJECT

The groundbreaking Hearing Restoration Project brings together new focus, new science, and new hope for a cure for hearing loss. The project is based on the discovery funded by Hearing Health Foundation that birds can regenerate the hair cells necessary for hearing when those cells become damaged; humans can’t. But recent discoveries in stem cell research and gene mapping make it possible to trigger hair cell regrowth in humans.

Today, about 14 laboratories in the U.S. and Canada are working on ways to translate to humans what we already know about hair cell regeneration in chickens. One approach is to stimulate existing stem-like cells in the human inner ear to regenerate hair cells, by delivering molecules that stimulate new hair cell production. Studies in animals that spontaneously regenerate hair cells, such as birds and fish, are unveiling important molecules needed to reach this goal.

A second approach is to transplant stem-like cells into the damaged ear that can give rise to new hair cells. Different labs are working on different pieces of this puzzle; some are working on gene therapies, some are working on stem cell therapies, and others are working on possible ways to integrate both approaches.

When these labs are successful at solving the puzzle of regeneration, there will be – for the first time ever — a biologic cure for hearing loss. Hearing Health Foundation is at the center of this important work.

APRIL MEETING VISITORS

Please come back! We look forward to seeing you again. Current members: bring a guest to our next meeting.

We welcomed the following guests: Ava Ullerich, Rachel Barr, Edward Abalos, Kathleen and Roy Anderson, Susan Noviello and Ray Ramos

SCOREBOARD

	Members	Guests	Total
April	39	7	45
March	32	7	39
February	37	4	41
January 2013	38	6	44
December	35	0	35
November	33	2	35

CAUTION

A properly fitted hearing aid can amplify sound and enrich your life, but it cannot restore permanently lost hearing, prevent further hearing loss, or cure dizzy spells.

Hearing Loss Association
Long Beach/Lakewood Chapter
c/o Louise Allen
3033 Chatwin Avenue
Long Beach CA 90808-3704

Address Service Requested



Gail Morrison and Ronnie Adler at Walk4Hearing meeting.



Ellen Mathis, Roy Allen, Louise Allen, Ken Saw and Gail Morrison enjoying their breakfast at Walk4Hearing meeting.



Chapter officers being installed for the 2013 – 2014 year
From left to right: Ken Saw, Corresponding Secretary; Craig Bowlby, Recording Secretary; Herb Balkind, Vice President; Bill Busch, President; Walt Lowrie, Treasurer.

WALK4HEARING KICKOFF MEETING

The kickoff meeting for our June 9 Walk in Long Beach was held at McKenna's on the Bay restaurant on April 20.

Ronnie Adler, Director for the Walk spoke about the various teams that have formed to participate in the Walk, and gave a bit of history of each team. The people in attendance enjoyed an excellent breakfast buffet in a private room at the restaurant overlooking Alamitos Bay. Ronnie also showed a video about the Walks that take place all across the United States to bring to attention to hearing loss and to raise awareness of it.

Pictured is Gail Morrison telling of her experiences being hearing impaired most of her life, with Ronnie Adler.

Also pictured are attendees from the Long Beach/Lakewood Chapter of HLAA. This includes Ellen Mathis, Roy Allen, Louise Allen, Ken Saw, and Gail Morrison.