

Chapter Calendar

**Chapter and Board meetings held at:
Weingart Senior Center, 5220 Oliva Ave, Lakewood 90712**

Every Monday - Lip reading practice: 10 a.m. to 12 noon – Craft Room

Every Wednesday - Lip reading class: 9:30 a.m. – 11:30 a.m. – Craft Room

December 2 - HAT Committee meeting, 12:30 p.m. at Coco's restaurant

December 12 - Chapter meeting: 6:00 P.M. – Pot luck Social and rap session
Meeting starts EARLY – bring a dish to share with others

December 13 - Rocky Stone hearing device exhibit (by HAT Committee)

December 18 - Chapter Board meeting, 12:30 p.m.

Chapter Contact:

Bill Busch, 310-540-6322
billbusch@ieee.org

Chapter: www.HLALongBeachLakewood.org

California: www.hearinglossCA.org

National: www.hearingloss.org

THANKS FOR THE LOOP!

At the Walk4Hearing last June, Warren Willard and his company, Hearing Now USA, donated a room-size induction loop to a lucky winner of a drawing. The loop's size was appropriate for a room in someone's residence.

The lucky winner turned out to be Louise Allen of our Long Beach/Lakewood Chapter, and she requested the loop be installed in the Craft Room of the Weingart Senior Center. After arrangements were made, and approval granted by the Director of Recreation and Community Services of the City of Lakewood, the loop was installed on November 15 of this year.

Now our lip reading classes, Chapter Board meetings, and HAT demonstration exhibits are all accessible to hard of hearing people who need only turn on the telecoils in their hearing aids to hear clearly. Next time you are at the Senior Center, take notice of the 'broken ear' placard near the door of the Craft Room, signifying the room is looped.

Our thanks go to Hearing Now USA, Sabrina Junkin, Director of the Weingart Senior Center, and to the City of Lakewood for making this possible!

Welcome Home Jacob Landis

Jacob Landis Comes Home after Hitting a Home Run for Hearing Loss Annapolis, MD – October 2, 2013

Jacob Landis (24), the amazing young man who logged 10,666 miles on his bike in 175 days and who suffered a near-deadly crash on the final leg of his trip, was welcomed home at the Annapolis Whole Foods at Annapolis Town Centre at Parole on October 2. Jacob was on a trek to visit every Major League Baseball park in the country and raise money for people who need help paying for hearing assistive technology such as cochlear implants. Each year, 12,000 babies are born in the United States with a hearing loss and Jacob wants to help ensure they all have the same chance as he did to receive a cochlear implant. He began losing his hearing at age 2, got his first hearing aids in kindergarten, and received his implant at age 10.

"Jacob's Ride" was conceived by Jacob and born out of his love for baseball and cycling. Jacob's ride gelled because of support from his parents, Randy and Lois Landis, his family, friends, the local business community, the Gift of Hearing Foundation, and public figures such as Mayor Josh Cohen, Delegate Herb McMillan, and Delegate Steven Schuh. In addition, numerous sponsors and supporters, including the Hearing Loss Association of America, helped make Jacob's dream a reality.

"What Was Your Favorite Ballpark?"

Executive Director Anna Gilmore Hall attended the event and addressed the crowd. She also had the chance to welcome Jacob personally and ask him what was his favorite ballpark that he visited. He said that it was Orioles Stadium at Camden Yards in Baltimore, and a close second was Coors Stadium in Denver.



Jacob and HLA Executive Director Anna Gilmore Hall

Jacob had several memorable moments. One of them was in St. Louis at Busch Stadium. Before the game, he visited children at three schools for kids with hearing loss and more than 300 kids and their parents showed up for the game. His onsite celebrity status interrupted the fans trying to watch the game and the crowd had to be moved to their own area.

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BIOGRAPHIES – Ron and Elfriede MacIver

Editor's Note: *The following joint biography was published in May of 2006. An update follows the article.*

Fifty Years and Counting

Elfriede and Ron MacIver have been a couple for so long that they can smile at the naysayers who wondered if things would work out. Of course, it also took a while (two years) for them to decide that their marriage might work out. They were *so* different in every area that's supposed to "count".

Ron was born in Chicago, Illinois, and raised on farms with race-horses. He was used to moving around and starting over in a new location, on a racetrack, of course, at least four times a year. His education came from life and he had lots of common sense.

Elfriede was born in New York City and raised in 4 of the 5 boroughs: Manhattan, Bronx, Brooklyn and Long Island. She missed Staten Island. New moves were calculated to enhance her lifestyle and education. Her education came from school and books.

Ron met Elfriede at a St. Patrick's Day dance in March of 1954 at the Hollywood USO. He was stationed at Camp Pendleton and made the weekend jaunt to Hollywood with his fellow Marines as many weekends as he could. He proposed after three dates, although they were not married until July 1, 1956. That was an important date because it was the beginning of the Marine Corps fiscal year. (Don't ask, please.) Only an ex-Marine would understand that.

They say the first year is difficult as a couple learns to adjust; however, the USMC took care of that problem nicely. Elfriede had to return to teaching and Ron was stationed in Twenty-Nine Palms. He attended Artillery Weapons Repair School in Quantico, Virginia – a death knell for his hearing, Sea School in San Diego, a rigorous school for training Marines for guard duty aboard ships – a real marriage buster. Fortunately, his instructors could see that his heart was no longer anxious for adventure on the high seas so they had him complete the training, but not the graduation.

Unfortunately, some of his pre-marriage volunteering caught up with him and they did allow him to travel to Korea and other points in the Far East. (He refuses to go on cruises to this date!)

After completing his tour of duty, he learned how to 'throw' pizza, a

skill that his children later enjoyed at their birthday parties. (He was such a hard worker that his first night gained him a promotion from \$1.10 an hour to \$1.15.) The MacIver's became proud parents of 5 children in seven years. That brought Elfriede close to her Alma Mater's maternity ward at UCLA's sparkling new hospital, built during her college days, but far away from the classroom.

Ron eventually went to work for North American and started his 20-year trek through the Halls of Ivy towards a BS degree from the University of LaVerne. He earned a Masters from the University of Redlands in two years while helping their four boys to earn their Eagle Badges, all with no financial help from the GI Bill.

Elfriede returned to work in 1975. Looking back, they took one day at a time and made it to retirement. They say they have had the good fortune to put all the skills acquired over a lifetime to good use. They were recognized for their help in writing the history of LaPalma for its fiftieth anniversary and are into their fifth year of adding to the pictorial history books they have compiled for the city. They edit an engineering society's quarterly bulletin and our own Hearing Loss Association of America's Informer monthly bulletin. They say it gives them the opportunity of being together and working on projects which they enjoy, making up for many years of enforced separations.

Editor's Note: *Ron and Elfriede edited and published The Informer from December 2005 until December 2010 – five years. Retiring from that position has enabled them to devote more time to writing and research. They have a committee and booth each year at the LaPalma Day's Parade highlighting the culture and history of the city. And they continue to search for a non-profit to team with a sponsor so they can return to the lip reading students and classes at the Weingart Senior Center.*

CHAPTER SUMMARY

At our November Chapter meeting, we were privileged to have as our speaker Stacy Rogers from MED-El. Med-El is a manufacturer of cochlear implants that was founded in 1989, although development of the Med-El cochlear implants had begun in 1975. Their headquarters are in Innsbruck, Austria; the United States office is based in Durham, North Carolina

Stacy has worked for 26 years as an audiologist, and works with all ages of patients.

She described the different models of CI's available to the hearing impaired, and passed around to the audience some of the various components of a cochlear implant, showing exactly how they work and how the pieces combine to allow a person to actually hear again.

Stacy went on to talk about Assistive Listening Devices (ALD's), of which there are three basic types.

The first type uses headphones, second utilizes a telecoil (or t-coil), and the third type uses direct audio input; that is, it plugs directly into a telephone, I-Pod, etc. This third type does not require use of a telecoil, and interference is minimized.

Stacy recommends investigating type that is best for you – and highly recommends making use of the great strides in hearing technology that is now available in the marketplace.



PRESIDENT'S MESSAGE

Dr. Bill Busch

Season's Greetings

We will be celebrating the holiday season by having our annual Pot Luck Buffet Dinner and Rap Session on 12/12 starting at **6 PM**. It's a great time to talk to your longtime friends or meet new friends. We always have a lot of fun with this since we get to sample dishes brought by our fellow friends. We ask everyone to bring a dish of some kind. It can be an appetizer, main course, vegetable, fruit, or dessert. If you are cooking challenged, you can always buy something but we love it when people are creative and bring one of their specialties. We will provide dishes, utensils and napkins. If you bring a serving spoon or dish we suggest you label it so that if you forget to take it home we know whom to contact. I find an address label with a little tape works well.

We will start by eating dinner followed by a brief business meeting. In particular, we need to vote on the bylaws revision we introduced at the September meeting and have posted at each meeting since then. We will post it again at this meeting so if you haven't looked at it yet, please come a little early and check it out.

The Rap Session that follows is a great time to get burning questions answered and help others by sharing strategies that work for you. All of us come to our meetings to learn more about coping with hearing loss and to help each other. This is a terrific opportunity for all of us. What better season to help other people to enjoy life a little more?

Each year we change things a little based on feedback we have gotten. This year we will be breaking up into about 5 groups. At the door when you arrive, there will be 5 group signup sheets with a different topic for each. Sign up for the group with the topic you are most interested in. The groups will be assigned to different parts of the building so there will be less background noise. One person in the group will be elected to take notes and share a brief summary with everyone when we all reconvene in the main room.

If you come with a friend or relative the most comfortable thing is to join the same group, but it is likely more beneficial to joining separate groups since you will get and give a lot more suggestions that way since the summary can't possibly cover all the ideas discussed in the individual groups.

If you have a topic you think we should discuss give it to Gail Morrison by phone at **562-438-0597** or by e-mail at [**Gail7go@gmail.com**](mailto:Gail7go@gmail.com).

Celebrate the season with your friends! Hope to see you.



TIME TO BE A BONEHEAD

By Herb Balkind, Co-Chairman HAT Committee

Normally the term BONEHEAD is used as an offensive term that deliberately insults somebody's intelligence. But in this article it refers to a wonderful new device that might just add a little more quality to your hearing. I'm talking about the new addition to our HAT DEMO, namely the **AFTERSHOKZ SPORTZ 2 BONE CONDUCTION HEADPHONES**. Thanks to our HAT Committee member, Louise Allen, we were introduced to this new device, which uses **BONE CONDUCTION TECHNOLOGY**. How does BONE CONDUCTION work? Here is how the AFTERSHOKZ Company explains it: Most of what we hear is due to sound waves traveling through the air to the eardrum, which then converts the sound waves to vibrations and transmits them to the inner ear.

Sound waves can also get to the inner ear through direct vibration of the bones in the head, which carry the vibrations directly to the inner ear, bypassing the eardrums. This is how a person hears his or her own voice, and, also, how whales hear. This pathway of sound is known as bone conduction.

Originally developed for use by military special ops and SWAT teams worldwide, AfterShokz bone conduction technology utilizes superior microelectronics coupled to a patent pending dual suspension system that delivers superior audio performance. AfterShokz bone conduction technology permits users to hear music or voice communications through the headphone while leaving their ears free to hear ambient sound (in military and police applications, their ears are open in order to hear the movements of both their targets and other members of their unit).

The consumer version of this technology allows people who normally use conventional headphones and earbuds that use the eardrums to transmit sound, to comfortably wear the Aftershokz headphones in front of the ear and utilize bone conduction technology to deliver stereophonic sound through the listener's cheekbones to the inner ear. This enables anyone participating in an activity – jogging, biking, skateboarding, hiking, gaming – to stay connected to both what they are listening to and the outside world. With AfterShokz, listeners are able to hear ambient noises such as oncoming traffic, car horns, ambulances or other warning noises, potentially preventing accidents that can be caused by headphones and earbuds blocking out these sounds. AfterShokz allows you to listen to music or voice through your iPod, iPad, Smartphones and MP3Players.

So what does this device mean for us Hard of Hearing (HOH) people? Several of our HAT Committee members tried it, including myself, and were very pleased with the sound and clarity of the AfterShokz. I watched an old favorite Whoopi Goldberg movie

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At an Atlanta Braves game, he met Pitcher Craig Kimbrel whose nephew has a cochlear implant. He was presented with a jersey with autographs of all the players. While in Atlanta, he met a young girl with a cochlear implant whose step-father traveled far just to meet Jacob. Whatever Jacob said, or maybe what he was doing with his bike trip, left an impression on the girl. Her step-father said it changed her life for the better – she had more self-confidence and more self-awareness.

On the last stretch of his trip on the way to a Miami Marlins game Jacob was struck unconscious by a hit-and-run driver when the side mirror of a semi-tractor trailer hit him. Scheduled to ride his bike across the finish line into Marlins Park and throw out the first pitch, he was released from the hospital so he could walk his bike in. He had help throwing out the first pitch from two boys – Dylan and Charlie – who also have cochlear implants.

Finally, Jacob took the stage at his welcome home party in Annapolis. John Lamon, master of ceremonies and former University of Maryland All-American lacrosse player, asked Jacob if he enjoyed being a celebrity.

“It’s about the cause, not me,” he said. Although Jacob realizes his celebrity status has gone miles in creating awareness about the cause and that hearing loss is a major public health issue that needs to be diagnosed and treated.

Jacob recounted the journey and showed appreciation for everyone who helped with a special note to his cousin Jake who went on the road with him in a van loaded with clothes, camping equipment, Jake’s dog, and bike supplies. He said his cousin even ironed his clothes for public appearances after getting complaints from his mother that his clothes were wrinkled when she saw him on TV or the Internet.

He said everything was taken care of, all he had to do was ride his bike. And ride his bike he did, up mountains and down mountains, in 20-degree mornings with wind chill factors, and 105-degree days with soaring heat indexes. He said he kept going because he didn’t want to let anyone down who believed he would finish.

Jacob is a changed man from when he began Annapolis on April 3, 2013, on his ride. His enthusiasm is still apparent. He wants to tell you all about it. He’ll tell you about hard days and great times, but the running theme throughout is how grateful he is to his family, his supporters, and in the end, for just being alive to help others have the gift of hearing just like he has.

He’s not done yet. In the words of Yogi Berra, "It ain't over 'til it's over."

Reported by Barbara Kelley, deputy executive director at the Hearing Loss Association of America, and editor-in-chief of Hearing Loss Magazine.

NOVEMBER MEETING VISITORS

We welcomed the following guests: Louise Reed, Adelina and Gabriela Avila, Leo and Miriam Pasoni.

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

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(THE ASSOCIATE) on my iPad and it was the first time in a long time, that Whoopi sounded like I remember her sounding before my hearing got bad. The sound quality, for me, was excellent. I haven’t heard clarity like this in a long time. For this reason I will be buying my own AfterShokz headphone. There are 3 different models, including a Bluetooth one, ranging in price from \$69.99 to \$119.99.

I can’t promise you that you will have the same experience with this device, but I strongly urge you to come to our next HAT DEMO on December 13th, and give it a try. You may find it opens a new world of hearing for you. But understand, there were some HAT Committee members who tried it and found it not working for them. Remember each of our hearing problems is different, and so with any Assistive Listening Device it may or may not have any benefit. But you’ll only know if you come and try it.

A very important note: this device **cannot** be used by someone who has a **cochlear implant**.

Now that the holidays are coming up real soon, what better time for you to drop by our HAT DEMO in December to check out what Assistive Listening Device may make a great gift for that special HOH person in your life. We can help you pick one out and give you a list of vendors from which to purchase it.

This HAT Exhibit does not include hearing aids. These meetings are sponsored by the Hearing Loss Association of America Long Beach/Lakewood Chapter. This HLAA chapter does not sell any of the devices itself, nor does it otherwise profit from this demonstration service. The Weingart Senior Center and the HLAA Long Beach/Lakewood Chapter make no warranties, presentations or claims concerning the quality, quantity or availability of services or products herein.

SCOREBOARD

	Members	Guests	Total
November	30	5	35
October	32	2	34
September	34	6	40
August	33	10	43
July	30	5	35
June	30	1	31

DUES COLLECTION

As a result of a change in our by-laws, beginning in November this year, we will begin collecting membership dues of \$1.00 per calendar year, per member.

Collection of dues for 2014 will begin in November, with a deadline of January 31, 2014.

At the same time, we will be polling members as to their preference in receiving our newsletter, The Informer. Do you want to receive it via e-mail (environmentally friendly), or do you prefer having a hard copy mailed to you?

The following is reprinted from the December 2003 Informer. The writer is Carol Waechter, who was our Professional Advisor and lipreading teacher extraordinaire for many years. Carol wrote a column for this newsletter every month.

COPING WITH CAROL

Holiday Hullabaloo

“Sleigh bells ring, are you listn’n?”

Well, maybe the sound of sleigh bells is one thing you CAN hear but there are a lot of sounds you don’t hear this time of year. Conversations around dinner table and grandchildren’s wish lists are two that come to mind.

So, every year at this time, it is good to consider how to survive the holidays without going into deep depression or without damaging already fragile relationships. Although there is much others can do to help you, it is important that YOU take the first steps to help yourself. The following ideas are offered by members of my Speechreading classes and fall into three categories.

1. Take control of your environment.

- No jingle bell music or falalala-las in conversation areas.
- No football games on TV when communicating either.
- No floral decorations blocking your view of speakers.
- Use whatever assistive listening devices you have available, including infra-red or pocket talkers, etc., whenever possible.
- Keep those batteries fresh.
- Plan activities for the children so they can participate quietly for a while.

2. Communicate your needs.

- Tell those around you what they can do to help the communication process. (You do know what those things are, right?)
- Model the behavior you want from them.
- Remind them when they forget (which they will).
- Remind them again when they forget again (and they will).
- Remind yourself they are human (and smile).

3. Be realistic under stress.

- Realize that large parties may be anxiety producing unless you are able to find a quiet area and can separate yourself from the crowd.
- One-on-one conversations, especially in the middle of chaos, are going to be the most rewarding. Ray Blue related that he singles out each member of his family during gatherings and talks with them personally. “Sometimes,” he says, “That means picking up my pie and moving to the other end of the table”. It helps him keep in contact and makes the other person feel important because he goes out of his way to be with him/her.
- Oh, and remember to sing out those falalalala-las whether you can carry a tune or not. It’s part of determining that you WILL enjoy the holidays and all that goes with them.

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

Layout - 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

HLA Websites

Long Beach/Lakewood: www.HLALongBeachLakewood.org

California: www.hearinglossCA.org

National: www.hearingloss.org

HLAA

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.

REMINDER – Donate Your Old Hearing Aids

Bring your old hearing aids to Chapter meeting, and they will be put to good use helping young families to obtain new ones for their little ones. We will give them to the John Tracy Clinic who will receive money to buy new hearing aids for those who cannot afford them for their little children.

“Rap Around the Clock”

“Rap Around the Clock” is set for Thursday, December 12th to assist members to hear better in all venues. Topics of technology and communication will be discussed during the Annual Pot Luck and Rap meeting of the Long Beach/Lakewood Hearing Loss Association of America starting at 6:00 p.m. at the Weingart Center, 5220 Oliva Avenue, Lakewood, CA 90712. Bring your favorite dish to pass and your appetites for an evening of fun.

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

THIS MONTH AT HLAA HEADQUARTERS

Here are some short news items about activities HLAA is doing on behalf of people with hearing loss, through the headquarters office in Bethesda, Maryland. HLAA headquarters staff recognizes how important communications are to building a solid relationship with you.

As HLAA Executive Director Anna Gilmore Hall states, "I want to continue to build more robust relationships, greater collaboration and better integration and alignment among the national office, state organizations, and local chapters. Achieving a better-integrated, more aligned nationwide HLAA will enable our entire organization to operate more effectively and efficiently as we meet the challenges of the future."

ADVOCACY

HLAA has signed a letter of support for the new HEAR legislation that will mandate Medicare coverage of Hearing Aids.

HLAA, Telecommunications for the Deaf and Hard of Hearing (TDI) and other consumer organizations filed a Petition for Stay on September 30, 2013. The petition requests that the Federal Communications Commission (FCC) put a hold on implementation of one section of the Internet Protocol Captioned Telephone Services (IP CTS) Order that requires all users to pay a minimum of \$75 for the captioned telephones.

BRANDING

Based on input from one of our chapters, the HLAA logo typeface will have a slight alteration to make it graphically consistent. The words "of America" will appear in the same boldface font as the rest of the logo. We will phase the revised logo into all media. We also will produce logos for all state organizations and chapters by the end of December. The process should be completed mid-2014.

CHAPTERS

Lise Hamlin delivered two presentations for the GenX Chapter outside of Philadelphia on advocacy for health care and advocacy in the workplace.

Planning for HLAA State organization and Chapter leaders and State Chapter Coordinators workshops at Convention has begun. The Call for Proposals was sent to state and chapter leaders on October 31.

