



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.

April 1: HAT Committee meeting at Coco's *

April 11: Chapter meeting presentation by Dr. Edward Abalos, on "Watch Your Balance".

REFRESHMENTS - April meeting treats will be provided by: Bonnie Strutin, Carol Frazier, Craig and Joyce Bowlby, and Ellinor Townsend. *THANK YOU!*

April 19: Rocky Stone Exhibit 10 a.m. to Noon

April 20: Walk4Hearing KICKOFF at McKenna's on the Bay *

April 24: HLAA Board meeting 12 noon

May 6: HAT Committee meeting at Coco's *

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

Chapter Contact: Gail Morrison
562-438-0597 gail7go@gmail.com

APRIL CHAPTER MEETING

Our April meeting will include some important Chapter business: The membership will vote on new by-laws, will vote on new officers for the May 2013 – April 2014 year, and will install the new officers. **Program:** Problems with balance are a common problem shared among many people with hearing loss.

Dr. Edward Abalos, an audiologist from the Long Beach Veterans Hospital will speak on this topic of "Watch Your Balance" on Thursday, April 11, 2013 at 7:00 p.m.

Dr. Abalos will speak on the treatment of positional vertigo (your balance) and many other areas in his professional reach such as: hearing evaluations, hearing aid fittings, evaluation of auditory process disorder, assistive devices for Veterans with traumatic brain injury and vestibular evaluations.

Why People with Hearing Loss Should Meet Other People with Hearing Loss

By Gael Hannan

If you have hearing loss, do you know any other people with the same issues? Beyond your grandma, have you ever met another hard of hearing or late-deafened or deaf person – swapped notes, shot the breeze, commiserated, shared battle stories and laughed at all the crap that goes along with hearing loss?

If not, perhaps you're happy being the token 'harda-hearing' person in your family or workplace. Or maybe you don't see any benefit in personally connecting with other people with hearing loss (PWHL).

It's possible that some people don't *want* to associate with other people who may be, God forbid, wearing hearing aids or those plastic curly-cue things stuck on the side of the head. *What if people think I'm from a hard of hearing group home or something, out on a day pass?*

Many people feel they get sufficient support from their hearing health-care provider who has fitted them with hearing aids, with some other assistive technology thrown in. Or they surf the Internet, which is stuffed to overflowing with advice blogs, professional sales pitches, and inexpensive gizmos that claim to let you hear your neighbor talking in his sleep.

Well, here's another sales pitch: for a happier, more accessible life, check out a meeting of people with hearing loss.

Just one meeting – that's all I'm asking. Try an information seminar, or go to a monthly meeting of a local hearing loss group. Better yet, go to a conference where you may possibly have the time of your life. Just once, try it.

And why should you do this? Well, on the practical side, you will leave the seminar or conference with a better understanding of how modern hearing technology can connect you to *anything* – your TV, your car, your phone, or your beloved. You'll learn *neat* communication strategies to use at work or in social situations. And you will discover that PWHL are not a homogeneous group of needy people; we're really just members of the general population with technical issues and a habit of saying '*what*' a lot.

But those are peanut-sized benefits compared to the big one: you will come away with a new sense of your hearing loss, an attitude shift that may be subtle or dramatic. You'll experience either a warm positive glow, or the feeling you've been slugged with a golden sledgehammer. And both of these are *good signs*.

When you get home, your family will notice something different about you. They won't be able to put their finger on it – but they're

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HLAA - Long Beach / Lakewood Board Chapter Officers

President - Gail Morrison;
Vice - President - Bill Busch
Treasurer - Walt Lowrie;
Recording Secretary - Flo McDavid
Corresponding Secretary - Ken Saw

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

Newsletter

Publisher - Lisa Rettino
Editor - Louise Allen
Distribution - Chuck & Temple Roath

Committees

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

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



This is my LAST President's Message and I'd like to share with you my journey in discovering HLAA.

Nearly 25 years ago, I left Brea, California for Belmont Shore. Little did I know how wondrously my life was to change. My accountant told me that "Most people at your age are winding down, but you are starting all over again."

Fifteen years ago I was working and, in addition, the last 6 of those years I also began work on my Master's Degree in English at CSULB. In 1998, I received my MA and left a job that was going nowhere. By 2001, I was at work at Disabled Resources Center, Inc. as the Administrative Assistant, the best job that I ever had. I worked with a lovely Japanese lady named Jeanette Nishikawa, the Executive Director, who was a quadriplegic. I learned so much about confidence from her. She said, "You have to believe in yourself."

In 2001, I also joined AAUW (American Association of University Women) and met another person, like myself, with hearing loss, Ellen Mathis. Ellen brought me to my very first Hearing Loss meeting in 2006 and we continued to ride together until I moved to Seal Beach in November 2, 2012. It is doubtful that I ever would have come to HLAA without Ellen's direction and I shake my head in disbelief at where my life would be without Ellen's encouragement.

Now, I have found a wonderful support group and am doing the work that I love. My life is fuller and more meaningful through my participation in HLAA and I'm meeting so many fantastic people.

By taking a chance, my life has changed and not only changed, but for the better! One move, two jobs and meeting **one person** has changed my life in a most unbelievable and positive way.

In Robert Frost's beautiful poem, "The Road Not Taken" he expresses himself so much more eloquently than I ever could. "long I stood And looked down one as far as I could To where it bent in the undergrowth; " ... I, too, long debated leaving the familiarity I knew in Brea for the unknown of Long Beach.: And, like Frost: "Two roads diverged in a wood, and I, I took the one less traveled by, And that has made all the difference."

Thank you for this wonderful opportunity to serve as your President these past three years. Knowing and working with you has made all the difference in my life and I hope that your membership in HLAA will make all the difference to you!

And, thank you Ellen.

Warmly,

Gail Morrison



SUMMARY – MARCH CHAPTER MEETING

Hearing Assistive Technology (HAT)

A Slow Process-Molasses is Faster

By Committee Co-Chair, Bill Busch

At our March chapter meeting, the HAT Committee demonstrated some of the devices in our inventory of over 50 devices which can help people with hearing loss and answered many questions. A number of people told us that it was helpful to them which made us all feel good since that is our goal.

Louise Allen sent us this e-mail:

“Thank you for your excellent presentation last Thursday night. Due to your talk, Roy and I have been inspired to tackle a couple of things. First, we actually went to the movies last week, as you described. We went to the Edwards 26 at the Towne Center on Carson and the 605 and saw 'The life of Pi'. The Sony captioning glasses were wonderful - I turned my hearing aids off entirely because the sound was so loud and enjoyed the movie - just like old times! Roy used the glasses too, but also listened, so he's not sure just how he received the audio/captions, but he enjoyed also. We now will go more often! Life is good!

Second, I dug out my neckloops (2) and we just now conducted a test on the telephone. Every Sunday night I talk to my daughter who has a high, soft voice, and even with the captioned telephone I have trouble getting all she says. Roy and I tried various combinations: telecoil settings, plain neckloop, amplified neckloop, and concluded which settings/equipment worked best for me. The proof of the pudding will be tonight when I talk to Jane.

So thank you for your efforts. People need - over and over - to be encouraged to try these things that are available. Your outreach is appreciated!”

It is touching to us that Louise, who has been in our chapter for many years, is still learning how to live better with hearing loss.

Our president, Gail Morrison, added her observation. “I was struck with how much more I was able to comprehend and know that it takes several speakers speaking on the same topic before we can absorb all of the information.”

I encourage you to stick with it. After 4 years with HAT I am still learning new things that improve my quality of life. When I started losing my hearing, I was very scared but not anymore. I know I can do even better.

Please send us any questions you might have. We will devote a future column to answering them. Contact me by phone at **310-540-6322** or e-mail **billbusch@ieec.org**.

Have you ever attended a showing of assistive hearing devices as presented by our HAT Committee? (A Rocky Stone Hearing Device Exhibit is held on the Friday following Chapter meeting each month.)

At March’s Chapter meeting, we were treated to a demonstration with explanations of various devices available to hard of hearing people to assist in conquering hearing loss.

Bill Busch and Herb Balkind are co-chairs of our **Hearing Assistive Technology (HAT) Committee**. A team of different members of the Committee talked about the various items. Gordon Langsam demonstrated the personal amplifier and pocket talker; Peg Heglund described her experiences during her recent hospitalization and how she had to educate the staff on how to communicate with her. Herb Balkind talked about wireless transmitters – the Motiva System, and how it can benefit you in houses of worship, classrooms, social events, and George Costello described sound reception on television and the devices to assist with TV watching. Bill Busch demonstrated neckloops and how they work, using the telecoils embedded in your hearing aids.

The HAT Committee has more devices to help you in everyday living – make it a point to attend their next Rocky Stone demonstration!

MARCH 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:

Tom McConnell,
Jake and Phyllis Snyder,
Alfredo and Alice Stasiak,
Goldie Kruzman
George Fearn.

SCOREBOARD

	Members	Guests	Total
March 2013	32	7	39
February 2013	37	4	41
January 2013	38	6	44
December	35	0	35
November	33	2	35
October	30	3	33

RECYCLING

Members: If you have outdated copies of “Hearing Loss Magazine,” please bring them to Chapter meeting. We recycle them in the “Welcome” folders we present to each new visitor.

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thinking *maybe something about the eyes* and they will be right.

Your eyes aren't crazed, just a little shiny, glittering with the passion of the newly converted. You left the house frustrated with your hearing challenges, and have come home with a new sense of, "I have hearing loss – and hooray, that's OK!"

It's very liberating. I know, because it happened to me.

After the closing banquet of my first PWHL conference, about 12 of us went to a pub. We were looking for a place that had room to accommodate our group, and was quiet enough to allow us to communicate. A few places were assessed and rejected – too dark, too loud, busy, bad décor – before the group found a suitable, almost empty place, with only one other occupied table, a quartet of 'hearing' people sitting in the corner.

I will admit this: 12 hard of hearing people are loud. We talked loudly and laughed louder; our conversation was punctuated with frequent cries of "What did you say?! What did she say?!". I was embarrassed and even cringed at the annoyed looks coming from the 'hearing' people.

But then came that crystal-clear, life-changing moment. I thought, "So *WHAT* if we're loud? We're smart and funny, we're paying for our beer, and this is how we communicate!"

That night I learned – I really *got* – that there's no shame in hearing loss. (I also learned that small groups of PWHL work best in a pub.) But my outstanding take-away from the conference was a new perspective, the sense of *normalcy* about hearing loss that isn't easy to absorb through the written word, either online or in articles. This was news to me – the understanding that I am just one of many people who are dealing with a challenging issue as we go about our lives.

Since that first Canadian Hard of Hearing Association conference, I've attended events around the continent, frequently as an invited speaker. I've met what seems like thousands of people, inspirational, provocative, compassionate and *interesting* people, who help each other along the road to becoming knowledgeable PWHL. Some have become close friends, and I look forward to seeing them each year at the one event where I can truly relax, knowing that my communication needs will be both understood and met.

In 2013, there are several national consumer national conferences that you should consider:

- Hearing Loss Association of America (HLAA) – Portland, OR, June 27-30
- Canadian Hard of Hearing Association (CHHA) – Edmonton, AB, May 23-25
- Say What Club (SWC) – Williamsburg, VA, May 15-18
- Association of Late Deafened Adults (ALDA, Joint Conference with TDI) – Albuquerque, NM, October 16-20
- Association of Medical Professionals with Hearing Losses (AMPHL) – Austin TX, April 5-7

I will be speaking at the first three (HLAA, CHHA, and SWC), so come and meet me there – maybe we can inspire each other. Make it your annual holiday. The conferences offer fabulous bang for the buck, but if you're looking to cut costs, consider sharing a room; stretch your food money by popping buns from the buffet table into your pocket for breakfast. The excursions are great, but the best stuff happens at the conference – the workshops, informal social events, the exhibition of technical devices and simply talking to other PWHL and soaking up a world of experience.

But if you don't have a spare three days, check out information seminars and association meetings in your local community and state or province. Ask your audiologist or hearing instrument specialist about where to go, and then take him or her along with you. (Professionals can always stand to learn a little something from the people they serve.)

That's my pitch for why PWHL should meet other PWHL...hope to see you *somewhere* this year!

WALK4HEARING KICKOFF

Have you submitted your RSVP to attend the Walk4Hearing Kickoff? Space is limited, so please RSVP as soon as possible.

You and your guests are invited to begin the journey as we STEP UP together to support people with hearing loss.

The Hearing Loss Association of America invites you and your guests to join together for a complimentary brunch at our **Long Beach Walk4Hearing Kickoff** on Saturday, April 20, 2013.

Time: 11:00 a.m. to 1:00 p.m.

Place: McKenna's on the Bay, 190 N. Marina Drive, Long Beach

RSVP by: April 13, 2013

RSVP contact: Syndi Lyon rodnsyndi@cox.net

DID YOU KNOW?

Courtesy of Jack Bornstein

1. Are you unable to read the text on the computer monitor? Do your eyes get tired easily? One of our chapter members stated that here is one possible solution you can try: If you hold down the "Ctrl" key on your key board and turn the small wheel in the middle of your mouse, the print size will change. It will either get larger or smaller depending on which way you turn the wheel. You can make it so big that it will run off the screen. The newsletter editor tested this tip on her computer and was delighted to see that it does work in a few applications such as web browsers, MS products, etc. and has found it to be VERY useful. Hope this was as helpful as it was to the editor! Thanks to Jack for this wonderful tip!

2. Earwax production is necessary for good ear health. It protects the delicate inner ear from bacteria, fungus, dirt and even insects. It also cleans and lubricates the ear canal.