

Chapter Calendar

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

Every Monday: Lip Reading practice 10 AM to 12 noon in Craft Room.

Wednesday lip reading **on vacation**. Restarts on August 21, 9:30 AM – 11:30 AM in Craft Room.

Rocky Stone hearing device exhibit (by HAT Committee) **on vacation**. Restarts on September 20.

July 11, 2013 - Chapter meeting – Gail Morrison presiding.
Please Note: 6:15 PM – sign in, borrow ALD's: 6:30 PM
Sharp!

Speaker starts program – **EARLY**. Speaker: Vivian Chikisawa-Beckker, OT, VA Hospital – will lead a Tai Chi demonstration for those interested in participating.

REFRESHMENTS: Treats will be provided by: Margaret Pyo, Betty Rainey, Gail Morrison, Diane Gilbert. **THANK YOU!**

July 24, 2013 - Chapter Board meeting - 12:30 PM.

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

June 12, 2013

From Ronnie Adler, Director of Walk4Hearing

On behalf of the Hearing Loss Association of America, I would like to thank each and every one of you for making the Long Beach Walk4Hearing a huge success! We could not have done this without all of you. I know this past Sunday at Long Beach Marina was a super day with over 600 people with lots of laughter and smiles. Everyone had a great time!

Here is my post-Walk day check list:

#1. We are still collecting donations - offline and online. The website will remain open. If you have any checks (make it payable to Walk4Hearing) and mail it to Jeff Chess, 3800 Parkview Lane Apt 9C, Irvine, CA 92612. Please make sure you indicate name of walker and team for whom the donation is for.

#2. As of right now, we have \$45,853 posted on the website and already passed the \$45K mark. This is just FANTASTIC NEWS!

We truly appreciate your dedication and support.

#3. I would like to thank all of the 33 wonderful teams (small and large) that participated in the Walk.

#4. If you have any photos of the Walk, please send them to me as an attachment in .JPG format. Please provide captions with names. I would love to share it with others and may want to use them for the website, Hearing Loss Magazine, and other Walk materials.

#5. I would also like to thank Nicole Diaz - Walk Day Chair and all of the wonderful Walk day volunteers for working so hard. You all did an amazing job and we could not have done this without your great support and dedication.

#6. I would like to give a special thanks to the following people: Advanced Bionics for providing bagels and water for the walkers, Rayna Alexander and MacKenzie Sheppard for singing the National Anthem and the kids for doing the warm up for all the walkers.

#7. I would like to say a special thanks to all our National Sponsors as well as the local sponsors that supported our Walk.

#8. I would like to say a special thanks to the Long Beach Chapter, LA Chapter, San Fernando Valley Chapter and San Diego chapters for donating prizes for Walk Day.

Again thank you all for your support and for making a difference in the lives of people with hearing loss. If you would like more information about the Hearing Loss Association of America, please visit www.hearingloss.org.



June 9, 2013 Walk4Hearing participants from Long Beach / Lakewood Chapter: Harriett Porch, Gordon Langsam, Louise Allen, Gail Morrison, Maxine Barton-Bauman, Kaiso Miyao, George Fearn, Bill Busch, Betty Chaney, Ellen Mathis

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

**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

By Dr. Bill Busch

Still Learning Even at a Graduation

Last month I wrote about some of my experiences at our granddaughter's graduation and what I did to hear better. I thought I would tell you a few more examples how even small things can mean a lot.

The morning after we arrived we were invited to a breakfast at a popular restaurant for our family including our granddaughter and her boyfriend. She asked for a table in the back hoping the noise would not be so bad. Unfortunately, popular restaurants are almost always noisy and even in the back it was very difficult for me to hear. I settled for hearing my granddaughter (GD) and my wife who were seated next to me. I could have passed my microphone and transmitter around the table, but there were too many people and I felt this was a time for my GD to be the center of attention and not me.

We also went to lunch that day with a smaller group. This time I spotted a table outside and suggested we eat there. They agreed. I have a lot of trouble hearing when a room has echoes. That does not bother normal hearing people nearly as much. Being outside, eliminates the echo problem. I also took a seat right in the middle so I could hear everyone better. When only one person was speaking at a time, I heard it all. As lunch progressed there were two conversations going on at the same time. I noticed that if I leaned in a little toward the conversation that interested me, I could hear the conversation much better. I was proud of myself for taking the initiative and making the helpful adjustments.

Our family rented a house instead of getting a bunch of hotel rooms. For dinner we ordered pizza which was a far superior choice for me since the restaurants would have been jammed and very noisy. Even though there were a lot of conversations going on, I heard pretty well. When the group retired to the living room to talk while some of the family watched a basketball game in the same room, I opted to excuse myself and go to our bedroom to read quietly and rest up for the next busy day.

That day, we were invited to a party for the Sociology graduates and families in a professor's back yard. I was speaking to someone and explained that I had hearing loss. Soon after that, it was announced that the chair of the department was going to speak (without a microphone). I wanted to hear her, but was quite a distance away. The person I was speaking to advised me to move up closer. I took the advice and started moving through the crowd while explaining to people as I went of my hearing problem. They were quite willing to step aside so I could hear. Once again I heard everything. I was happy that I moved, but in this case I needed the encouragement of a stranger.

Last month, most of my examples involved my personal FM system. What I learned from this experience is even without equipment, there is much I can do to hear better in difficult situations, but I have to take action. Also sometimes it is OK to accept not hearing well. Overall, I was delighted that I am still learning to how to hear better. Before coming to the Hearing Loss Association of America meetings, I would have done very few of these things. Hearing over and over again from others what they do to hear better helps me to take action. I hope I can help you as others have helped me.

CHAPTER SUMMARY



"President Bill Busch presents to speaker Sandy Wedgeworth a beautiful "Certificate of Appreciation" which was prepared by Ron and Elfriede MacIver."

At the June Chapter meeting, we had a timely and informative talk by Sandy Wedgeworth of the Long Beach Health Department on the subject of "What you need to know about emergency preparedness".

When we speak of emergencies, we mean earthquakes, fires, terrorist activities, anthrax attacks, biological attacks, to name a few of the disasters that may occur. People in Long Island were without electricity for 17 days after Hurricane Sandy, plus they had to cope with a contaminated water system. Last year, Pasadena had destructive winds and in some cases, it took up to a week for the power to be restored. Those that were able to cope were the ones who were prepared with flashlights, battery-operated radios, bottled water, and other supplies. If everyone waited until disaster struck they would find long lines to purchase what is needed, and perhaps empty shelves.

Knowing what to do, knowing how to communicate, are the keys to surviving and coping with these events. People who thought about it beforehand do best.

Sandy asked the audience how many of them have preparedness kits available at home – recommended. If you prepared an emergency kit twenty years ago, it's not any good now – some items have an expiration date, so check.

You need to prepare for 5 to 7 days of power outages. Also, one of the most important things to have ready is medication – one of the hardest things to address in a disaster. Pharmacies may not be open or available. A huge issue during Hurricane Sandy was that of people showing up shelters without medication.

She remarked that health departments need to do a better job in trying to be responsive to the needs of people who have difficulty because of mobility, hearing, etc. She said the Long Beach Health Department is trying their best to figure out how to care for people in a disaster. They are planning a future meeting to discuss equipment to make sure everyone has the best outcome during a disaster – and there is always something going on: West Nile virus, Hepatitis A, etc.

If the power is out, a Health Officer issues an Alert if the water is contaminated. The Department uses a reverse 911 system which is set up to notify people of situations. The Community Emergency Response Team is a big help as there are not enough fire personnel, or EM's to address every residence. Also available will be

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COMMUNITY OUTREACH

Our Chapter is collecting all of your old hearing aids to donate to the John Tracy Clinic. They in turn will send them to Starkey Foundation and will receive money to buy new hearing aids for those families that cannot afford them for their children.

Please bring in your old hearing aids to Chapter meetings to aid in this worthwhile cause.

Not familiar with the John Tracy Clinic? Here is their mission statement: "John Tracy Clinic (JTC) provides worldwide, parent-centered services to young children (ages 0-5) with a hearing loss, offering families hope, guidance and encouragement.

JTC is the leading diagnostic and education center for young children with hearing loss. We are the largest private provider of services to families with young children overcoming hearing loss in the world.

Our renowned audiology, education and support services have garnered international attention and praise. We serve more than 25,000 families each year."

NEW PROJECT

Our Chapter is starting a pen pal project where children and their parents will ask questions and we members can reply by e-mail or snail mail.

It is a wonderful way to impart information to the youngsters with a hearing deficit – just knowing what technology is out there to help them would greatly benefit the young children and their parents.

Our Committee Chairman for Educating Parents, Maxine Barton-Bauman, is sponsoring this effort and will welcome your participation.

JUNE 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: Peggy and Bob Hill, and Rose Krikorian.

SCOREBOARD

	Members	Guests	Total
June	30	1	31
May	35	0	35
April	39	7	45
March	32	7	39
February	37	4	41
January 2013	38	6	44

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

Address Service Requested

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personnel from the city going door to door. Messages on battery operated radios will be offered.

Ms. Wedgeworth had an array of hand-outs for the audience that detailed items to be included in preparedness kits, what to keep in your car, and how to create a disaster plan for your household. Important information for all of us!

“Tai Chi Demonstration”

Long Beach –Vivian Chikasawa-Beckker, OTR/L, VA Hospital Long Beach will give a Tai Chi demonstration for Hearing Loss Association of America Long Beach/Lakewood Chapter on Thursday, July 11 at the Weingart Center, 5220 Oliva Ave., Lakewood, CA 90712 **beginning at 6:30 PM sharp.**

Ms. Chikasawa-Beckker is an occupational therapist with the Long Beach Veterans Affairs Healthcare System for more than ten years to Iraq and Afghanistan Veterans. She has taught a Tai Chi class to her patients for the last five years.

There are many reasons for introducing the practice of Tai Chi to Veterans: addressing the need for relaxation, finding new ways to move joints through range of motion, and stimulating the vestibular system for balance.

Ms. Chikasawa-Beckker will speak briefly about her patients and then explain the practice of Tai Chi followed by a demonstration of the form itself. Tai Chi is an activity that can be done standing as well as sitting in a chair.

This meeting starts earlier than usual: at 6:30 sharp. No reservations are necessary and admission is free. All meetings are Captioned with CART (Communication Access Realtime Translation). For more information, please call 562-438-0597 or visit www.hlalongbeachlakewood.org. Light refreshments are served.

If You're New, This is for You.

More than 36 million people in the US have a hearing loss, which can hinder daily communication -- one in five people! By age 65, one in three Americans has a hearing loss. This invisible condition affects the quality of life of the individuals with hearing loss as well as family, friends, co-workers and everyone with whom they interact. HLAA believes people with hearing loss can participate successfully in today's world. Founded in 1979, the mission of HLAA is to open the world of communication to people with hearing loss through advocacy, information, education, and support. HLAA is the largest international consumer organization dedicated to the well-being of people who do not hear well. HLAA publishes the bimonthly Hearing Loss Magazine, holds annual conventions, a Walk4Hearing, and more. Check out: www.hearingloss.org/. HLAA has more than 200 chapters and 14 state organizations. Welcome!

HLAA's advocacy efforts seek to:

- Change the way society views hearing loss;
- Change the way policy makers view hearing aids and other hearing technologies;
- Promote the development of more hearing and access friendly environments;
- Leverage “state-of-the-art” technologies that deliver information and services to those with a hearing loss, and
- Support innovation that facilitates greater access to quality, affordable hearing health care.

Recognizing the power of collaboration, HLAA continues to work through coalitions and partnerships to achieve common goals. We have developed an impressive array of contacts in Federal agencies, the hearing health care community, educational institutions, and in the private sector. This network provides important leverage when there is common ground for cooperation.