

## 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.

**March 3** - HAT Committee meeting, **CANCELLED.**

**March 13** - CACoD (Citizens Advisory Committee on Disabilities) meeting, 12:30 p.m. at Long Beach Main Library, 401 Pacific Avenue. Meeting will be looped.

**March 13** - Chapter meeting, Cochlear Implant panel discussion, 6:30 p.m.

**Refreshments provided by: Marion Camilleri, Marie O'Brien, Maxine Barton-Bauman, Dolores Bell. THANK YOU!**

**March 19** - CTAP event, 1 – 3 p.m. Hearing screening by Dr. DeKreik, and free phones by CTAP.

**March 21** - Rocky Stone hearing device exhibit: 10 a.m. to noon (by HAT Committee).

**March 26** - Chapter Board meeting, 12:30 p.m. at Weingart.

**April 5** - Walk4Hearing Kickoff Luncheon, 11 a.m. to 1:00 p.m. at Dave & Buster's restaurant in Irvine.

**June 1** - Walk4Hearing at Long Beach Shoreline Park (behind the Aquarium).

## **MARCH CHAPTER MEETING**

**“Cochlear Implant Panel: What you Need to Know about Cochlear Implants”**

Four members of Hearing Loss Association of America (HLAA) who use cochlear implants in order to hear will discuss their experiences wearing a cochlear implant at the Long Beach/Lakewood HLAA meeting on Thursday, March 13th, 2014, 6:30 p.m. at the Weingart Center, Sonja Webb, Leader, will be joined by Dr. Bill Busch, President; Maxine Barton-Bauman and Ram Kakkar who all wear cochlear implants. They will discuss how the CI works, cost, insurance and answer questions about their experiences.

## **FEBRUARY MEETING VISITORS**

We welcomed the following guests: Carolyn (Sugar) Wilson, John and Samantha Quach, Luette Harris.

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

## **ASK DR. K: BEWARE, SOME PAIN RELIEVERS MAY CAUSE HEARING LOSS**

**DEAR DOCTOR K** (Dr. Anthony Komaroff, Columnist):  
I saw my doctor for some problems with my hearing. Why did she want a detailed list of my medications?

**DEAR READER:**

When you think of risk factors for hearing loss, medications probably aren't at the top of the list. But several over-the-counter and prescription drugs can harm the nerves in the inner ear. This can cause sudden hearing loss, ringing in the ears or vertigo (dizziness). Two studies done by colleagues at Harvard Medical School suggest that frequent use of even the most common pain relievers – ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) – may cause hearing loss. In the studies, women who took the pain relievers at least twice a week were more likely to have hearing loss. More frequent usage further increased the risk.

It's possible that pain relievers damage the cochlea, the snail-shaped hearing mechanism in your inner ear. One author of the studies, Dr. Sharon Curhan, instructor in medicine at Harvard Medical School, explained that ibuprofen can reduce blood flow to the cochlea. This could cause cell damage and death. And acetaminophen may deplete an antioxidant that protects the cochlea from damage.

Does this mean you should think twice before popping a pill for a headache or back pain? As always, it's important to balance the risks and benefits. These medicines do provide good pain relief for many people. With short courses of over-the-counter drugs, any hearing problems that might develop likely would be temporary. Ringing in the ears and vertigo also fade over time. Longer courses of prescription drugs (high-dose ibuprofen) would seem to be more likely to lead to permanent changes in hearing.

Pain relievers are not the only drugs that can affect hearing. Other commonly used drugs that can cause hearing loss include certain antibiotics, diuretics, and drugs used to treat erectile dysfunction. Aspirin is a problem only when it's taken too often or in too high a dose.

Take all medications mindfully. Try to take the lowest possible dose for the shortest amount of time to minimize the risk of side effects. Studies like those I discuss above don't prove that ibuprofen and acetaminophen cause hearing loss. For example, it could be that some other unrecognized illness caused study participants' hearing loss and caused them pain – which then prompted them to take pain relievers.

Sometimes I get letters from readers who ask why I mention studies that suggest, but don't prove, that a particular practice may have health risks. My answer is that I generally don't mention such studies unless I think they are particularly strong scientifically.

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Unfortunately, very few medical studies come to definitive answers.

It usually takes many studies before a possible health threat is considered proven. But I also keep my eye on studies that don't offer absolute proof but are strong enough to make me think twice – in this case, about the bedtime acetaminophen I take to relieve some arthritis pain.

*Reprinted from the Long Beach Press Telegram of February 4, 2014.*

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## COME SUPPORT ACCESS TO GOVERNMENT ASSISTANCE

Come and show your support for HLAA at the *Citizens Advisory Commission on Disabilities (CACOD)* meeting.

At the Thursday, March 13 meeting, representatives of Hearing Now USA will temporarily loop the meeting room for the monthly meeting at 12:30 p.m. City Councilpersons and dignitaries will be present to experience the loop.

The meeting will be held at the Long Beach Main Library, 401 Pacific Avenue (corner of Ocean and Pacific) **on the lower level**. Many steps, but there is an elevator.

The CACOD consists of community members from the City of Long Beach and representatives from public and private agencies which provide services to disabled citizens within the city. Their purpose is to advise the Mayor and City Council on the concerns and issues affecting people with disabilities in the community.

Showing our numbers and demonstrating how looping helps us would be an effective way to influence our city leaders to loop community venues.

We need your presence - hope to see you there.

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## HLAA IS WORKING FOR YOU – ADVOCACY AND PUBLIC POLICY

Your national office, located in the metro Washington, D.C., area, is geographically positioned to advocate on behalf of the rights and interests of people with hearing loss. Lise Hamlin, HLAA director of public policy, spends a lot of time on Capitol Hill working on issues of the day. In fact, she spends so much time at the FCC on captioning, phone, and other communication concerns of people with hearing loss that the staff in the HLAA office suggested she get a cot in a storeroom at the FCC. All kidding aside, if it weren't for Lise and HLAA, people with hearing loss who use their residual hearing and technology, would not be represented in discussions about policy and laws that affect you. You can email Lise Hamlin for more information.



## BIOGRAPHY - JOAN SCHLEGEL

My interview with Joàn Schlegel revealed a dynamic lady of many talents; she is an active member of the Hearing Loss Association of America and has assisted with the Hearing Loss meetings for many years. Joàn was born in Portland, Oregon, and when her husband was offered a job in California, they moved and she has been here ever since.

Joàn has an aptitude for efficiency and a flair for creativity; this is evident by her work background and her hobbies. As a teenager, Joàn worked for an ad agency writing advertisements, during WWII she worked in a British naval officer recreation room, she modeled for art classes in the LA unified school district, substituted for nurses in public schools, prepared fossils for the Natural History Museum, taught English to non-English speakers, and worked as a teachers' assistant.

Joàn was always busy and continues to remain busy. Her favorite hobby is gardening, and in her free time she likes to grow drought tolerant plants. She has a 2,500 square foot front yard that consists solely of drought tolerant plants.

Joàn became involved with the Hearing Loss Association when her husband James began experiencing hearing loss. After James passed away, Joàn remained involved with the association. She currently holds the title of Refreshment Chairman and she is responsible for organizing refreshments for the monthly meetings.

Joàn has two excellent sons, Kurt Ingham who works as a teacher for LA unified school district, and Eric Schlegel who works as a computer specialist for Dell computers. She takes great pride in her children and their accomplishments.

Interviewing Joàn was an enjoyable event, she is passionate about helping others and I found her good attitude and positive outlook contagious. When I asked her to provide me with one message that she'd like to convey to others, she said: "Do the best you can in whatever you do," words we can all live by.

By Ashley Hoover, Staff – Weingart Senior Center



## PRESIDENT'S MESSAGE

*Dr. Bill Busch*

### Helpers Wanted

When you read our newsletter you can see the wide range of activities we provide to help people with hearing loss. We are very proud of what we have done and continue to do. We are making a difference in people's lives. It takes a lot of volunteers to keep all this going. We do it because we ourselves have benefited from participating in Hearing Loss Association of America activities and continue to benefit and learn new things.

If you feel you have benefited please consider helping us. If you are currently assisting us, could you do some more or help us in another way? I know it is hard to step forward and offer to become an officer or chair of a committee, but there are countless ways we could use helpers. If you can give us a few hours a week or a few hours a month it would help. Every one of our leaders could use some a hand. We could all use having a backup to help in case we are sick or on vacation. Just knowing how to do some of the simple tasks can be a big asset to us.

I will act as a volunteer coordinator for the month of March. Please see me at the chapter meeting or contact me by phone at 310-540-6322 or e-mail at [billbusch@ieec.org](mailto:billbusch@ieec.org) if you can help with any of the following.

All our regular volunteers do a fabulous job, but can use backup. Mary Ann Narcisse and Kaiso Miayo regularly do a terrific job helping with much of the room setup. They put the name tags in order, get the various supplies out of boxes and organize the lending library, but they can't always be there.

Barbara Bostwick and Helen Bologna faithfully greet people, hand out the nametags and take attendance but need backup.

Flo McDavid and Bonnie Strutin greet visitors, give out packets and are extremely helpful to them in many ways but can always use a hand.

Joan Schlegel has been doing a fine job as refreshments chair but she can always use help with refreshments. You can offer to bring refreshments to a meeting, see that the refreshment sign-up sheet gets passed around or call to remind people who have signed up.

Peg Heglund recently volunteered to help with handing out Assistive Listening Devices at the meeting but needs someone to help her.

Helen Bologna on her own initiative has been doing great outreach by taking our flyers to audiologists, libraries and senior centers but could use a lot of help.

Gail Morrison has been tirelessly working on programs and publicity but can use help with getting ideas for new programs and helping to find speakers. She also needs help sending out notices to newspapers.

Maxine Barton-Bauman has been extremely successful with the



## FREE HEARING SCREENING & AMAZING PHONES EVENT RETURNS TO LAKEWOOD

The HEARING ASSISTIVE TECHNOLOGY COMMITTEE is proud to announce the return of our special event with the CALIFORNIA TELEPHONE ACCESS PROGRAM (CTAP) Wednesday, March 19, 2013, at the Weingart Senior Center in Lakewood. At our previous CTAP event 13 people had their hearing screened and all qualified for a free amplified telephone!

The CALIFORNIA TELEPHONE ACCESS PROGRAM (CTAP) is a free state program, which provides assistive telecommunication equipment. The mission of the program is to provide access to basic telephone service for Californians who have difficulty using the telephone. California residents with existing phone service who complete a certification form are eligible. There is no cost, obligation or income requirement. What this simply means is that if you have an existing land line (regular phone service), Dr. David J. DeKriek, Au.D will administer a hearing test. If he determines that you have some form of hearing loss, you will qualify for a free specialized telephone.

Qualifying for this event is easy. First, make an appointment by contacting the Weingart Senior Center before March 19th. Then at your appointment time you will be given a simple application to fill out, with help from staff members if needed. You will then be given a free hearing screening test by Dr. David J. DeKriek, Au.D. He will certify your hearing difficulty and sign the application. Next a CTAP staff member will take you to another room where they will determine which phone will best help with your particular hearing loss. These specialized telephones and devices may provide some of these features for your needs as follows: Turn up the volume (amplified); Make dialing easier; Allow hands-free operation; Flash incoming calls; Display conversation in text; Remember numbers, and more!

This special event truly makes it that simple, easy and convenient for anyone who has a hearing loss to receive their free CTAP specialized telephone. I call it your ONE STOP SHOPPING EVENT. And it's all FREE.

Once again: this event takes place on March 19th, at the Weingart Senior Center in Lakewood, from 1:00 p.m. to 3:00 p.m. An appointment can *only* be made by calling the Weingart Center at (562) 630-6141.

If you need further information or clarification about this event, please call Gordon Langsam, at (562) 429-2568. He will be happy to help you with any questions.

Please note, this event is only for new clients of CTAP. If you have been a CTAP client in the past or already have a free phone from them this event is *not* for you. If you have any questions as a past or current client, you must call CTAP directly at (800) 806-1191.

We would like to thank Dr. David J. DeKriek, Au.D., for his participation in this event. He helped make the last CTAP event a great success. He is our very own HLAA Chapter's Professional Advisor and we are very fortunate to have his enthusiasm and support for our varied events and programs

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## SUMMARY OF FEBRUARY CHAPTER MEETING

Dr. John Orr, a recently retired professor from USC, and Georgia Fleischer, advocacy chairman of the HLAA – Los Angeles Chapter, spoke about their work ensuring the requirements of the ADA are being met.

With help from the Disability Rights Legal Center, Dr. Orr and his committee focused on Pasadena City government. Early on, he discovered that the name “Hearing Loss Association of America” was very powerful when talking to the politicians in Pasadena. In addition to “making noise” on the outside, he joined the Commission of Accessibility and Disability. Working with this group and the Mayor’s office they upgraded the assistive listening system in the Council Chambers, looped two Community Centers including their reception desks and various meeting rooms and received a commitment that every year, at least one new facility will be looped. His next goal is disaster preparedness, ensuring that we can be notified appropriately, evacuated and taken to disaster centers that are looped, equipped with F.M. systems, iPad communication or captioning.

He narrowed his advice to three things: 1) be specific and write what you want to see happen in a form that can be passed around to various public officials; - speak with one voice; 2) know your city – how decisions get made, who makes them, and make them your friends; and 3) hang in there - this is not a short-term advocacy, it can take years of making friends, making progress and creating a climate where the city cares about disability.

The focus of Ms. Fleischer’s advocacy is her passion for live theatre, in particular, musicals. Thanks to her hard work, the Hollywood Bowl now offers live captioning for their performances. With two weeks’ notice, the Special Needs Office will provide the accommodations in a special section.

Her next project was the Pantages Theater. After her work, captioned performances are now offered on Sunday afternoons, once per show rather than once or twice a year. Contact the Pantages Theater, either by phone or online, to get more information on their captioned performances and the special seating.

Her current work is with the Disney Hall. The Hall has “super captions,” used for English subtitles with foreign language operas. On the day she went to the Christmas “Festival of Carols,” Disney Hall would not accommodate her group with the “super captions.” Additionally, the Assistive Listening Devices available did not work. She will be continuing her advocacy work with the Disney Hall based on her December experiences.

Finally, she stressed that we all need to build a relationship with the management at movie and musical theatres to ensure that the accommodation equipment works, complain when it doesn’t and also to be sure to thank them when it does.

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**“I’ve learned that you shouldn’t go through life with a catcher's mitt on both hands. You need to be able to throw something back.”**

## FCC MOVES TO UPGRADE TV CLOSED CAPTIONING QUALITY

*New Standards – including Accuracy, Timeliness, and On-Screen Placement of Closed Captions – Will Ensure Full Access to TV Programming for Americans Who Are Deaf and Hard of Hearing*

Washington, D.C. – The Federal Communications Commission today unanimously approved new, more comprehensive rules for TV closed captioning to ensure that viewers who are deaf and hard of hearing have full access to programming. Today’s action resolves decade-long concerns from deaf and hard of hearing communities to improve captioning quality and provides much needed guidance to video programming distributors and programmers.

The new rules apply to all television programming with captions. Specifically, the Order adopts quality standards for accuracy, synchronicity (timing), program completeness, and placement of closed captions, including the requirement that captions be:

- **Accurate:** Captions must match the spoken words in the dialogue and convey background noises and other sounds to the fullest extent possible.
- **Synchronous:** Captions must coincide with their corresponding spoken words and sounds to the greatest extent possible and must be displayed on the screen at a speed that can be read by viewers.
- **Complete:** Captions must run from the beginning to the end of the program to the fullest extent possible.
- **Properly placed:** Captions should not block other important visual content on the screen, overlap one another, or run off the edge of the video screen.

The Order distinguishes between pre-recorded, live, and near-live programming and explains how the new standards apply to each type of programming. The Order finds that full compliance with the above quality standards can be achieved for pre-recorded programming because of the extra time available to review and edit captions offline. The Order recognizes the greater hurdles involved with captioning live and near-live programming.

Best practices for video programmers and captioning vendors are included in the Order, which promise to improve captioning quality for viewers. For example, video programmers can provide high-quality program audio signals to promote accurate captioning transcriptions. They can also provide captioning vendors with advance access to show scripts, proper names and song lyrics, making it easier to caption live programs. Similarly, captioning vendors can ensure the proper screening, training and supervision of their captioners and take measures to ensure that their technical systems are functional, to prevent service interruptions.

These best practices were developed based on proposals from interested parties, including the National Cable and Telecommunications Association, the National Association of Broadcasters, and several captioning agencies.

The Commission also adopted measures to ensure that people who are deaf and hard of hearing will have greater access to news programming in their local communities. The measures include

requiring broadcasters who are permitted under the Commission's rules to convert teleprompter script into captions to pre-script more of their news programming, including sports, weather, and most late-breaking stories. The pre-scripting requirement will result in captioning for some news programming that previously aired uncaptioned. In addition, the new rules require that crawls and other visual information be used to provide visual access to certain news segments that can't be pre-scripted.

The Order also addresses several other issues related to closed captioning quality, including multicast channels, technical equipment monitoring, and recordkeeping.

In addition to the Report and Order, the FCC issued a Declaratory Ruling clarifying existing rules defining requirements for "on demand" programming, bilingual English and Spanish programming, obligations of low power television stations, and video programming distributor contact information.

For more information about Closed Captioning for Television, visit: <http://www.fcc.gov/guides/closed-captioning>.

*Published in the Los Angeles Time, February 21, 2014 - written by Joe Flint*

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Walk4Hearing and can also use help preparing for the one on June 1 in Long Beach.

Can you take the minutes of our monthly board meeting and type them up?

Would you like to see your church or city council chambers equipped with a hearing loop? Contact Ram Kakkar and work with him to make it happen.

Lastly, we are always interested in good suggestions for the Informer so if you see an interesting article or story related to hearing or have any ideas for the Informer, contact Katie Wright at [HLAALBL.Informer@gmail.com](mailto:HLAALBL.Informer@gmail.com).

We can't wait to hear from you. Thanks for your continuing support to our important work.

## HELP, HELP, HELP!

WE NEED VOLUNTEERS THAT WOULD BE WILLING TO RUN FOR THE OFFICE OF VICE PRESIDENT. ALSO, WE NEED COMMITTEE CHAIRMEN.

If you can spare a few hours every month volunteering, we can continue our chapter and its wonderful programs.

PLEASE, PLEASE, contact Maxine Barton-Bauman if you can serve.

You will not regret it.

## REMINDER – Donate Your Old Hearing Aids

Old hearing aids are still being collected for the John Tracy Clinic. Bring them to the next meeting.

If you have a question or problem that relates to your hearing, please submit to: [info@hllongbeachlakewood.org](mailto:info@hllongbeachlakewood.org).

If you have old copies of the magazine "Hearing Loss" please bring them to the next meeting.

## 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](http://www.HLALongBeachLakewood.org)

**California:** [www.hearinglossCA.org](http://www.hearinglossCA.org)

**National:** [www.hearingloss.org](http://www.hearingloss.org)

### Chapter Contact:

Bill Busch, 310-540-6322

[billbusch@ieee.org](mailto:billbusch@ieee.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.

**CTAP** California Telephone Access Program

Information, Repair & Exchange

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



Long Beach/Lakewood Chapter

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

First Class

Address Service Requested

### Coloring Book for Kids

This year a new coloring book for kids debuts with the theme of “Why I Walk in the Walk4Hearing.” HLAA had a contest for children to submit their drawings to be featured in the book. Look for more information about the book and the children’s drawings on [www.walk4hearing.org](http://www.walk4hearing.org).

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### SCOREBOARD

	Members	Guests	Total
February	31	4	35
January 2014	30	3	33
December	38	3	41
November	30	5	35
October	32	2	34
September	34	6	40

### YOU ARE INVITED –

The new Executive Director of HLAA (National) has scheduled a trip to Southern California to visit the kickoff meeting of our June 1 Walk4Hearing here in Long Beach. Come and meet Anna Gilmore Hall and welcome her to California.

You are invited to attend this kickoff event which will be held on Saturday, April 5 at Dave & Busters, 71 Fortune Drive, Suite 960, in Irvine.

A terrific free lunch will be provided. The event is from 11:00 a.m. to 1:00 p.m.

Please RSVP to [radler@hearingloss.org](mailto:radler@hearingloss.org).

See you there!