

CHAPTER CALENDAR

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

June 12, 2014 - Chapter Meeting. **Potluck.** Bring your favorite dish! We will start at 6:30 pm. In addition, Katie Wright will be leading a workshop on Facebook: how to sign up, how to post, how to stay in touch with family and friends.

June 20, 2014 - HLAA/HAT Table at **Weingart Senior Health Fair**, 1-3 pm.

June 26, 2014 - HLAA Board meeting, 12:30 pm at Weingart.

Lip Reading Practice – on summer break, will resume September 8.

Lip Reading Class – on summer break, will resume September 3.

HAT Committee and Demos – on summer break, will resume in September.

WEINGART'S SENIOR HEALTH AND INFORMATION FAIR

The City of Lakewood's Weingart Senior Center is hosting its annual Senior Health & Information Fair on Friday, June 20th from 10:00 am to 12:00 noon. During this 2-hour time frame, seniors will be invited to participate in free screenings, pick up health related materials, and speak with health care professionals. The Long Beach/Lakewood Chapter of HLAA will be there to hand out Hearing Assistive Technology and Chapter information. After the Health Fair, lunch will be provided by Human Services Association for those who make reservations, at the usual cost of \$2.25. There will be entertainment during lunch.

Don't forget the Potluck and Facebook Workshop at the June Meeting!

Walk4Hearing 2014

The 2014 Walk4Hearing is now history! What a great time was had by all! The weather was perfect. The location were beautiful... and the company was fantastic. At best count, there were 35 people representing the Long Beach/Lakewood Chapter. The Beach Bums with Connor as Captain raised over \$2,000. The Long Beach Walk4Hearing total was at \$56,000 before the Walk began. Apparently, no other Spring Walk4Hearing met its goal before the actual day! California rocks! The final total will be ready in a month or two with donations still coming in.

Publicity Chairperson Gail Morrison and Maxine Barton-Bauman did a great job getting articles in the Long Beach Press-Telegram and the Downey Patriot. If you didn't catch the articles, see the links section of this newsletter. We are so grateful for their dedication to a successful Walk!





PRESIDENT'S MESSAGE

Dr. Bill Busch

Simple Solutions to Hearing Problems?

I discovered that sometimes there are simple ways for hearing aid (HA) users to improve their hearing. At our last Hearing Assistive Technology demonstration in May I helped a gentleman who said he was virtually deaf in his left ear and had poor hearing in his right ear despite his two in-the-ear hearing aids. After letting him try a Pocketalker and a personal FM system, which helped a lot, I suggested he see Sam Moghadam, a Hearing Instrument Specialist with Ascent Hearing in Long Beach, who has been volunteering at our demonstrations to clean and check out people's hearing aids at no cost.

After all the visitors left, I had a chance to talk to Sam about the gentleman I had referred. He told me that the hearing aid in his "deaf" ear was broken and not working at all and advised the man to call the VA that provided the hearing aids to find out how to get it repaired. Also there was considerable wax in the other hearing aid which he cleaned out. It substantially improved the man's hearing in that ear. This made me realize that perhaps a big portion of the man's poor hearing was due to problems with his HAs that could be easily solved.

Sam also cleaned the ear mold for my behind-the-ear HA and replaced the tubing that he said had hardened with age. There wasn't much wax on my ear mold since I clean it regularly and take it to my audiologist a couple times a year to have them professionally cleaned and the filter checked. The cost is tiny compared to the cost of the HAs. Do you do that?

He also looked in my ear and told me that my ear with the HA had impacted wax in it and advised me to see a doctor to have it removed. I have scheduled an appointment. Excess wax in the ear can decrease your hearing as well. Don't try removing it yourself with Q-tips. My doctor explained that while it removes some wax, it also pushes some of it farther down where it can cause more problems. Also wax is in the ear for a reason. It helps to reduce bacteria that can cause infections. A certain amount is helpful and should not be removed. It's best for a doctor to take care of it.

Another important maintenance item is to dry your HAs every night. You should remove the batteries and put them in a drying device with the battery doors open. Moisture can damage HAs or totally block the sound from getting through the tubing. I had a moisture problem in Hawaii. Suddenly, my hearing aid went dead. It has happened to me before so I knew what to do. I disconnected the tubing from the HA and could clearly hear the squealing from the HA which told me the HA was fine so the tubing must be the problem. When I

looked closely at the tubing I could see signs of moisture in it. I was able to shake the ear mold and tubing to get it working again until I had time to thoroughly dry it out.

Although it's sometimes easy to fix these HA problems, proper maintenance is by far the best.

SUMMARY OF MAY CHAPTER MEETING



(Editor's note: It was suggested that our speaker's excellent presentation be summarized in more detail than usual. I hope I did it justice!)

THE ELEPHANT IN THE ROOM

Anthony Candela, Director of the Blind Rehabilitation Center at the Veterans' Administration Medical Center in Long Beach, was our speaker in May. He spoke to us about what he termed "the elephant in the room" – what we with hearing loss fear the most – the loss of our eyesight.

The most important reason people with hearing loss fear visual impairment is their dependency on lip reading. Put them into a dark room and their ability to hear decreases exponentially. In addition to this, he said, "we need to see in order to drive, to read, to recognize faces, to do any major life function ... [but] there are ... things that you use your eyes for that you don't have to use your eyes for.

We're trained to use our eyes because it's the easiest way to teach people. [However] many, many things you think you can only do with the use of eyesight, you can do in other ways."

He went into some detail about how our vision works: central visual acuity (looking straight ahead), the ability to see color, the ability to move your eyes and focus, peripheral vision (out to the sides), and glare adjustment (accommodation to bright light and to dim light). Visual impairment happens when you lose all or some of these abilities.

Some of the conditions that affect eyesight, i.e., glaucoma, diabetic retinopathy, macular degeneration, cataracts, can be treated with medical intervention such as surgery or medicine. When those options do not work, there is rehabilitation.

- Optometry – using lenses and different kinds of lighting to maximize visual function. He drew a parallel to the use of hearing aids and assistive listening devices that manipulate sound frequencies and the manipulation of light frequencies to improve vision.
- Low vision therapy or vision rehabilitation - learning to "zone in on that part of visual field where you have good

eyesight left over and learn to use it.”

- Blind rehabilitation - learning not only to use your eyesight to the best advantage, but to use your other senses, hearing (whatever amount you might have), touch and smell. “All you have to do is be taught how to do it. It’s not the kind of thing that comes naturally but once you are taught how to do it, you wonder why you never thought of it yourself.”

He closed by saying, the loss of one or more of our senses “does not have to be something that we think of as automatically defeating us. It is something that we can get a handle on and get on top of ... Always strive forward.”

CALIFORNIA NEWBORN HEARING SCREENING PROGRAM

The California **Newborn Hearing Screening Program (NHSP)** is a comprehensive coordinated system of early identification and provision of appropriate intervention and support services for infants with hearing loss and their families. The goal of the program is to identify infants with a hearing loss prior to three months of age and to link infants with early intervention services by six months of age.

Why are we screening infants for hearing loss?

Infants begin developing speech and language from the moment they are born. Studies show that hearing loss occurs in approximately 2-4 out 1000 babies. Without newborn hearing screening, hearing loss is often not identified until 18 months to 3 years of age, when problems with speech are noted. If an infant has a hearing loss in one or both ears, early identification is crucial to preventing delayed speech and language development. Therefore, it is important that hearing loss be identified as early as possible so that intervention services can be provided.

How are infants screened? What is ABR? What is OAE?

There are two methods that may be used to screen a newborn's hearing: Auditory Brainstem Response (ABR) and/or Otoacoustic Emissions (OAE). These tests can be performed while the baby is asleep or quiet and does not require the infant's participation. Sounds (tones or clicks) are played through small earphones and responses to the sounds are automatically measured. Both tests are quick, painless, and non-invasive.

What happens when an infant does not pass a hearing screening?

Infants who do not pass the initial hearing screening in the hospital are referred for a rescreening which should be performed before one month of age. Infants who do not pass

the rescreening are referred to a California Children's Services (CCS)-approved Type C Communication Disorder Center (CDC) for a diagnostic hearing evaluation. A referral to the local CCS program for authorization of the evaluation is also made. Upon identification of a hearing loss, infants and their families are referred to the local Early Start Program (Not DHCS) for access to early intervention and related services.

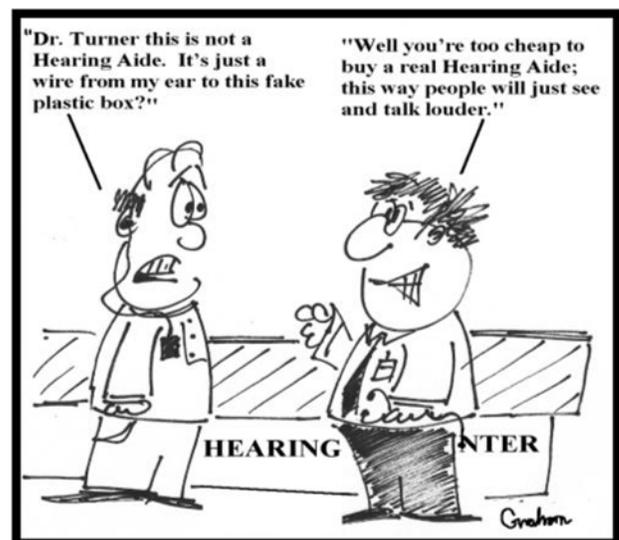
NEW CHAPTER OFFICERS

The newly-elected Officers were sworn in during the May 2014 meeting by Dr. David DeKriek, Au.D.



From left to right, they are: Dr. DeKriek; Bill Busch – President; Gordon Langsam – Treasurer; Ken Saw – Corresponding Secretary; Craig Bowlby – Recording Secretary; and Gail Morrison – Vice President.

Unfortunately, after the April elections, Gordon Langsam had a health issue arise that he decided would prevent him from putting his full attention to the treasurer’s position. He reluctantly resigned saying that he hopes things will change in the future. We appreciate what Gordon has done for us and wish him a speedy return to full health. Walt Lowrie has agreed to continue on as Treasurer until Gordon returns or until a replacement is found. As empowered by our bylaws, the Board of Directors has appointed Walt as Treasurer. If anyone knows of another person who would be qualified to be treasurer, please contact Bill Busch (310-540-6322).



Cartoons by Cory Graham

NEWS FROM NATIONAL Dear Abby to Run Letter About Hearing Loss and HLAA

Look for Dear Abby's syndicated column on Tuesday, June 10, 2014. It will run a letter from HLAA Executive Director Anna Gilmore Hall about hearing loss and HLAA.

How Did This Happen?

YOU! Many HLAA members wrote to Dear Abby a few months ago after she had a reader ask for help about hearing loss. With an overwhelming amount of letters from HLAA folks, they realized HLAA is the go-to organization for people with hearing loss. They chose Anna's letter to print.

What Does this Mean?

They told us it means a heightened interest in HLAA and hearing loss and we should expect that. We are gearing up for the calls and emails. We will refer people to HLAA Chapters so please get ready to answer calls and emails as well.

Our Hopes

We truly hope people find the help they need in HLAA and seek out chapters for a place they can go locally where it's okay not to hear well and get the support they need.

ATTENTION CaptionCall USERS

CaptionCall users who received their CaptionCall phones prior to March 7, 2013 may be required to complete a Registration and Self Certification form to avoid a disruption of their service. CaptionCall will contact users if the user needs to complete this process. If a user has not been contacted; they should not worry but instead expect to be contacted about completing the process. Those people who paid \$75 or more for their phones are exempt. Those who paid the \$50 Chapter Special a while back need either have a Professional Certification form completed or pay \$25. Alternately CaptionCall users can contact customer support any time they have any questions about their status: **1-877-557-2227**.

Our Professional Advisor, Dr. David DeKriek, Au.D., has offered to fill out the paperwork for any member who is in need. The best way to contact him is to call his office at **562-926-6066** and tell Cory you need his signature for the CaptionCall phone.

Get a printable version of the certification form by going to the CaptionCall website.

Fax completed certification forms to **1-888-778-5838** or email to **certification@captioncall.com**.

HEARING AID COVERAGE UNDER MEDICARE: YOU CAN MAKE A DIFFERENCE!

In October 2013, HLAA sent out a letter in support for a bill introduced in the US House of Representatives that if passed would provide hearing aid coverage under Medicare.

Introduced by Representative Matt Cartwright from Pennsylvania, the Help Extend Auditory Relief Act of 2013, the HEAR Act (HR 3150), would:

- amend the Social Security Act to include Medicare coverage for hearing rehabilitation, including a comprehensive audiology assessment to determine if a hearing aid is appropriate, a threshold test to determine audio acuity, and various services associated with fitting, adjusting, and using hearing aids.
- extend Medicare coverage to hearing aids, defining them as any wearable instrument or device for compensating for hearing loss.

The bill has picked up 20 co-sponsors but will surely need more to for this bill to move forward. To do that, members of the US House of Representatives need to hear from you. They need to know how this bill would change your life, and the lives of so many others.

If you have any questions, email us at **advocacy@hearingloss.org**. Let HLAA know if you do send out a letter and what you hear back. Your voice is important. The only way this bill will move is if they hear from you!

The Long Beach/Lakewood Chapter of HLAA now has a Facebook page.

<https://www.facebook.com/HLAALongBeach.Lakewood>



BLOG OF THE MONTH

Another Boomer Blog

**Reflections on Hearing Loss, Deafness,
and Hearing Augmentation**
anotherboomerblog.wordpress.com

Marsha has been Hard of Hearing since age 18 months after a head injury. No one knew of the loss until age 3. She was not tested until age 18 when the hearing loss was found to be profound on one side at moderate to severe on the other. At this time Marsha uses a Hearing Aid on the "good" side and continues to have progressive hearing loss.

Here is an excerpt from her blog:

Why on Earth does someone start talking to someone and then turn and walk away. What?! The mouth is on the front of the body, not the back. Is there some switch I don't know about that moves a mouth from the front to between the shoulder blades?

Okay, I know I'm not the only patient at the surgeon's office. I get that. Personnel who look familiar to me may not remember me since they are not a primary care office. But, really! What is it with hearies who will say something, before I am close enough to hear, before I'm sure it's me they're talking to, and then turn around and walk away and I know they're still talking.

LINKS

California Department of Health Care Services

<http://www.dhcs.ca.gov/services/nhsp/>

Annual Walk4Hearing in Long Beach on June 1 to raise awareness of hearing loss

<http://www.presstelegram.com/health/20140528/annual-walk4hearing-in-long-beach-on-june-1-to-raise-awareness-of-hearing-loss>

5K walk in Long Beach Sunday

<https://www.thedowneypatriot.com/article/5k-walk-in-long-beach-sunday/>

Hearing Loss Association of America

<http://www.hearingloss.org/>

Hearing Loss Association of America, California State Association

<http://www.hearinglossca.org/>

Hearing Loss Association of America, Long Beach/Lakewood Chapter

<http://www.hlalongbeachlakewood.org/>

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@hlalongbeachlakewood.org.

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

HEARING LOSS ASSOCIATION OF AMERICA LONG BEACH / LAKEWOOD CHAPTER

Officers

President - Bill Busch
Vice - President - Gail Morrison
Treasurer - Walt Lowrie
Recording Secretary - Craig Bowlby
Corresponding Secretary - Ken Saw

Committees

Hearing Assistive Technology - Herb Balkind / Gordon Langsam
Information - Vacant
Lip Reading - Linda DeGuire
Looping - Ram Kakkar
Membership - Flo McDavid
Newsletter - Katie Wright
Programs/Publicity - Gail Morrison
Refreshments - Sally Geiger
Ways and Means - Stephen Fisher

Support

Newsletter Layout - Lisa Rettino
Professional Adviser - Dr. David DeKriek, Au.D.

Chapter Contacts:

Bill Busch, 310-540-6322, billbusch@ieee.org.
Gail Morrison, 562-438-0597, gail7go@gmail.com.

HLAA

To join online, click here <http://hearingloss.org/>
or 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 Katie Wright
7802 Kingbee Street
Downey, CA 90242

First Class

Address Service Requested

SCOREBOARD

	MEMBERS	GUESTS	TOTAL
May '14	42	1	43
April '14	32	6	38
March '14	34	7	41
February '14	31	4	35
January '14	30	3	33
December '13	38	3	41

MAY MEETING VISITORS

We welcomed Bill Raizer. Please come again! We look forward to seeing you at our meetings.

REMINDER

If you wish to continue to receive the Informer paper copy in the mail, please send \$10 to Walt Lowrie, 5072 Fanwood Ave., Lakewood, CA 90713.

OPEN-CAPTIONED THEATER EVENTS

Ahmanson Theater
213-628-2772 or 213-680-4017 (TTY)
<http://www.centertheatregroup.org/tickets/Project-DATE/>
THE LAST CONFESSION Sat., 6/28 @ 2pm
WE WILL ROCK YOU Sat., 8/23 @ 2pm

Segerstrom Center for the Arts
714-556-2787
<http://www.scfta.org> then click on 'Ticket' then 'Accessibility'.
JERSEY BOYS Sat., 7/5 @ 2pm
GHOST Sun., 7/13 @ 1pm
ONCE Sat., 8/30 @ 2pm

Pantages Theater
323-468-1780
<http://hollywoodpantages.com/accessibility>
GHOST THE MUSICAL Sun., 7/13 @ 1pm
ONCE THE MUSICAL Sun., 8/3 @ 1pm

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