

CHAPTER CALENDAR

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

August 14, 2014 - Chapter Meeting 6:30 - 8:00pm
Facebook Workshop by Katie Wright

Refreshments provided by: Katie Wright, Marion Camilleri, Marie O'Brien, Gail Morrison. *THANK YOU!*

Friday, August 15, 2014 - HLAA/HAT Information Table/Display at Congresswoman Linda Sanchez's 12th Annual Senior Fair, 9:00 a.m. to 12:00 p.m., at Cerritos College in the GYM.

August 27, 2014 - HLAA Board meeting, 12:30 pm at Weingart.

Lip Reading Class – on summer break, will resume September 3 at Weingart, 9:30 – 11:30 am.

Lip Reading Practice – on summer break, will resume September 8 at Weingart, 10 am - noon.

NEW EVENING LIP READING CLASS Beginning on September 18 - 6:00 to 8:00 pm Thursdays, **except** for the **second** Thursday of the month.

September 13, 2014 - Picnic/Potluck at El Dorado Park in conjunction with California Hands and Voices. More information in the next Informer.

HAT Committee – on summer break; will resume on September 8th.

HAT Demo – will resume on September 19th, 10:00 a.m. to 12:00 p.m at the Weingart Center, Craft Room.

JULY MEETING SUMMARY

In lieu of a report from the National Convention, we viewed a video entitled, "Let's Make it Clear." The video illustrated the everyday difficulties posed by hearing loss and offered clear and useful tips for effective communication. It was produced by the Texas Department of Assistive and Rehabilitative Services, Office for Deaf and Hard of Hearing. It was very well received by the members attending the meeting. To access the video on YouTube, google "Let's Make It Clear" or use this link: <https://www.youtube.com/watch?v=8WnHiwmdLTE>.

HEARING LOSS STATISTICS

Compiled by the National Institute on Deafness and Other Communication Disorders (NIDCD)

<http://www.nidcd.nih.gov/health/statistics/Pages/quick.aspx>

- Men are more likely to experience hearing loss than women.
- Of adults ages 65 and older in the United States, 12.3 percent of men and nearly 14 percent of women are affected by tinnitus. Tinnitus is identified more frequently in white individuals and the prevalence of tinnitus is almost twice as frequent in the South as in the Northeast.
- Approximately 17 percent (36 million) of American adults report some degree of hearing loss.
- There is a strong relationship between age and reported hearing loss: 18 percent of American adults 45-64 years old, 30 percent of adults 65-74 years old, and 47 percent of adults 75 years old or older have a hearing loss.
- About 2 to 3 out of every 1,000 children in the United States are born deaf or hard-of-hearing. Nine out of every 10 children who are born deaf are born to parents who can hear.
- The NIDCD estimates that approximately 15 percent (26 million) of Americans between the ages of 20 and 69 have high frequency hearing loss due to exposure to loud sounds or noise at work or in leisure activities.
- Only 1 out of 5 people who could benefit from a hearing aid actually wears one.
- Three out of 4 children experience ear infection (otitis media) by the time they are 3 years old.
- Roughly 25 million Americans have experienced tinnitus.
- Approximately 188,000 people worldwide have received cochlear implants. In the United States, roughly 41,500 adults and 25,500 children have received them.
- Approximately 4,000 new cases of sudden deafness occur each year in the United States. Hearing loss affects only 1 ear in 9 out of 10 people who experience sudden deafness. Only 10 to 15 percent of patients with sudden deafness know what caused their loss.
- Approximately 615,000 individuals have been diagnosed with Ménière's disease in the United States. Another 45,500 are newly diagnosed each year.
- Approximately 3 to 6 percent of all deaf children and perhaps another 3 to 6 percent of hard-of-hearing children have Usher syndrome. In developed countries such as the United States, about 4 babies in every 100,000 births have Usher syndrome.
- One out of every 100,000 individuals per year develops an acoustic neuroma (vestibular schwannoma).

TINNITUS

Part 1 of a continuing series
from the *Audiology Information Series*,
American Speech-Language-Hearing Association

Tinnitus ("TIN-a-tus" or "Tin-EYE-tus") refers to "ringing in the ears" when no other sound is present. Tinnitus can sound like hissing, roaring, pulsing, whooshing, chirping, whistling, or clicking. Tinnitus can occur in one ear or both ears. Below are some commonly asked questions about tinnitus.

Is tinnitus a common problem?

Yes. Almost everyone at one time or another has experienced brief periods of mild ringing or other sounds in the ear. Some people have more annoying and constant types of tinnitus. One third of all adults experience tinnitus at some time in their lives. About 10%–15% of adults have prolonged tinnitus requiring medical evaluation. The exact cause of tinnitus is often not known. One thing is certain: Tinnitus is not imaginary.

Is tinnitus a disease?

No. Just as fever or headache accompanies many different illnesses, tinnitus is a symptom common to many problems. If you have tinnitus, chances are the cause will remain a mystery.

What causes tinnitus?

Conditions that might cause tinnitus include:

- Hearing loss
- Ménière's disease
- Loud noise exposure
- Migraine headaches
- Head injury
- Drugs or medicines that are toxic to hearing
- Anemia
- Hypertension
- Stress
- Too much wax in the ear
- Certain types of tumors
- Too much coffee
- Smoking cigarettes

Why is my tinnitus worse at night?

During the day, the distractions of activities and the sounds around you make your tinnitus less noticeable. When your surroundings are quiet, your tinnitus can seem louder and more bothersome. Fatigue and stress may also make your tinnitus worse.

Next month: Can tinnitus be measured?

HLAA SARASOTA CHAPTER BOARD MEMBER CONVINCES SUPREME COURT TO ADD A HEARING LOOP TO COURTROOM

Sarasota, FL: For the first time in its history, the United States Supreme Court will install a hearing loop system this summer to enable people with hearing loss to follow the proceedings. This decision was a direct result of the efforts of Richard Williams, Esq., of Lakewood Ranch, a Board member of the HLAA Sarasota Chapter.

Pamela Talkin, Marshal of the Court said to Mr. Williams, "I truly appreciate the initiative you took in making your suggestion. Your suggestion will benefit countless visitors to the Court."

Mr. Williams, who had sudden hearing loss and now uses an implantable hearing device and a hearing aid, has appeared before the court and knows first-hand the difficulty of hearing in the courtroom.

In 2013, Mr. Williams contacted the Supreme Court Marshal advocating that the court install a hearing loop to enhance speech and voice recognition for people who have hearing loss. Mr. Williams pointed to research showing that hearing loops have become more prevalent in public facilities in the United States and commonly found in most European public facilities.

A hearing loop system consists of a microphone that picks up the spoken word and an amplifier that processes the signal. The signal is then sent to an induction loop, a wire placed around the perimeter of a room or sanctuary, which acts as an antenna that radiates the magnetic signal directly into to the hearing aid. Delivering personalized in-the-ear sound directly from a microphone into a hearing aid or cochlear implant reduces background noise and other acoustic distortions and increases the clarity and crispness of sound.

"We are thrilled with this important decision and proud of what our board member, Richard Williams, was able to accomplish," says JoAnne DeVries, president of the HLAA Sarasota Chapter. "Locally, our **Let's Loop SRQ** initiative has resulted in more than 100 looped venues in Sarasota and Manatee counties. We are currently advocating for even more venues as well as actively working with the National Hearing Loss Association of America on the [Get in the Hearing Loop campaign](#)."

SCOREBOARD

MEMBERS GUESTS TOTAL

July '14	29	5	34
June '14	29	1	30
May '14	42	1	43
April '14	32	6	38

ASSISTIVE LISTENING DEVICES

reprinted from the Hearing and Speech Agency
<http://www.hasa.org/topics/assistive-technology>

Assistive listening devices (ALD) aid people with all degrees of hearing loss in everyday communication situations. They can work with or without hearing aids. Many hearing aid users still have problems listening in noisy environments, listening to speakers from across great distances (a speech or a play), or listening in a room with poor acoustics.

Examples of ALDs

- **Induction Hearing Loops** - These devices broadcast through the telecoil (T-coil) in a hearing aid or cochlear implant. The hearing loop transmits sound from a PA system's microphone directly and wirelessly. Essentially, a hearing loop is like WiFi for hearing aids.
- **One-to-one communicators** - These devices allow a person to speak into a microphone that sends sound directly to one's hearing aid. They are especially useful in noisy environments. The speaker also does not have to shout, and the conversation can remain private.
- **Personal frequency modulation (FM/RF) systems** - These systems are like radio stations that operate on special frequencies. A receiver worn around the neck transmits sound to the hearing aid. The sound comes from a transmitter microphone used by a speaker, though in many public places, the transmitter is built into the general sound system.
- **Infrared systems** - This system is used with TV sets, and uses infrared light waves to transmit sounds. The infrared system sends a signal to a receiver worn by the hearing impaired listener, who can adjust the volume. This allows other TV watchers to listen at a volume that is not too loud.
- Other examples include **telephone amplifying devices and direct-audio-input**, which allows people to plug their hearing aids directly into an electronic device, like an ipod.
- **Bluetooth adaptors** - These systems allow people with hearing loss to hear phone calls more easily, hear sound on T.V.s at a louder volume than others sitting in the same room, and amplify any device that uses Bluetooth technology.

Visual Technology

Visual technology refers to visual systems that aid the hearing impaired. These systems can be used with or without listening devices and hearing aids. The most common visual systems are **closed captioning TV**, **computer speech recognition**, which changes spoken messages into a word document and **text telephones**, which displays phone conversations on a screen and allows messages to be typed.

Alerting Devices

These devices can signal a person when a sound occurs. Alerting devices are set up to alert a person via vibration or

visual signals about an environmental or home situation. For example, when the door bell rings or a fire alarm sounds, a device is triggered that flashes a light or vibrates a pager to notify the hearing impaired individual.

UPDATE ON HAT COMMITTEE

By Herb Balkind, Co-Chairman HAT Committee

The HAT COMMITTEE is still on vacation in August, but our HAT DEMO will resume on Friday, September 19th, between 10:00 a.m. to 12:00 p.m. We look forward to you visiting with us to hopefully introduce you to the latest Hearing Assistive Technology, which might just help you overcome some of your particular hearing challenges. So please join us. It's free and **no** reservations are needed.

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.

MOVIE REVIEW: MUSIC WITHIN

By Herb Balkind, Co-Chairman HAT Committee

It is my pleasure to inform the HLAA Chapter that David DeKriek, our professional advisor, has generously donated a DVD copy of the motion picture, MUSIC WITHIN. This incredible true-life story of Richard Pimentel, deafened by a bomb blast in Vietnam, returns home to find his life's calling: helping others with disabilities, including his fellow veterans. Richard fights for the rights of those whose voices can't always be heard.

I found this film striking a deep chord in me, helping me not to feel as isolated because of my hearing loss, but to regain a sense of community and determination to push my life forward and hopefully help others with a similar loss.

I would please urge every member to take the time to check out this film from our library and go on an inspiring journey. This is an excellent movie with an outstanding cast, and has closed captioning. You will not be disappointed.

Editor's note: Thanks to member Maxine Barton-Bauman, there are now two copies of the DVD to borrow.

HUMOR

A big football college has announced plans to expand to three squads next year. One squad will play offense, another will play defense and the third will attend classes.

Courtesy of The American Legion Magazine August 2014

BLOG OF THE MONTH

THE BETTER HEARING CONSUMER – GAEL HANNAN

<http://hearinghealthmatters.org/betterhearingconsumer/>

This blog addresses the personal experience of living with hearing loss. Editor Gael Hannan, and her occasional guest bloggers, explore every corner of the hearing loss life with humor and poignancy. Gael is a renowned hearing health advocate whose work includes educational workshops for consumers and corporations, speechreading instruction and involvement on many access initiatives.

Here is an excerpt from a recent blog:

It was early one morning at a Tim Hortons drive-thru, a few years ago.....

“Mpray uh paken udda, heesh?”

“Oh yes, hi...I’ll have a double-double, one apple juice, and 20 Timbits, please.”

“Mprhhh?”

“Pardon me?”

“Mom, she’s saying....”

“Shh, honey, mommy’s trying to hear....sorry, what was that again?”

“MM-PRHH!?”

“I’m sorry, I have hearing loss, I’m not quite getting...”

“MOM! She wants to know what *size* coffee you want!”

“OK, Joel, don’t yell, I’m not deaf...uh, a *medium* coffee, please.”

“Cattle-bees whore-hollers en finny sense. Prst inno, heesh.”
(Giving up, I look pleadingly at my son.)

“Mom, she says that’ll be four dollars and fifty cents. Drive to the first window.”

“OK, I know where to go, son, I *have* done this before.”

LINKS

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/>

*I can't change the direction of the wind, but
I can adjust my sails to always reach
my destination. – Jimmy Dean*

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

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HLAA

Join HLAA now to receive *Hearing Loss Magazine* and become part of the one organization that represents the interests of 48 million people with hearing loss in the United States. 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

To join online, go to <http://hearingloss.org/>

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

Gene Therapy to Address Progressive Hearing Loss

*reprinted and edited for space from
the Advance Health Care Network for Speech and Hearing*

A team of researchers discovered that using DNA as a drug -- commonly called gene therapy -- in laboratory mice may protect the inner ear nerve cells of humans suffering from certain types of progressive hearing loss.

In the study led by Karen B. Avraham of the Department of Human Molecular Genetics and Biochemistry at the University of Sackler Faculty of Medicine and Yehoash Raphael of the Department of Otolaryngology-Head and Neck Surgery at University of Michigan's Kresge Hearing Research Institute, doctoral student Shaked Shivatzki created a mouse population possessing the gene that produces the most prevalent form of hearing loss in humans: the mutated connexin 26 gene. Some 30% of American children born deaf have this form of the gene. Because of its prevalence and the inexpensive tests available to identify it, there is a great desire to find a cure or therapy to treat it.

Avraham's team set out to prove that gene therapy could be used to preserve the inner ear nerve cells of the mice. Mice with the mutated connexin 26 gene exhibit deterioration of the nerve cells that send a sound signal to the brain. The researchers found that a protein growth factor used to protect and maintain neurons, otherwise known as brain-derived neurotrophic factor (BDNF), could be used to block this degeneration. They then engineered a virus that could be tolerated by the body without causing disease, and inserted the growth factor into the virus. Finally, they surgically injected the virus into the ears of the mice. This factor was able to "rescue" the neurons in the inner ear by blocking their degeneration.

More research remains. "Safety is the main question. And what about timing? Although over 80% of human and mouse genes are similar, which makes mice the perfect lab model for human hearing, there's still a big difference. Humans start hearing as embryos, but mice don't start to hear until two weeks after birth. So we wondered, do we need to start the corrective process in utero, in infants, or later in life?" said Avraham.

The research team is currently working on finding better "vehicles" for the corrected gene, such as finding more suitable viruses to transport the injected gene to the appropriate place in the inner ear. The study was supported by grants from the NIDCD of the National Institutes of Health and I-CORE Gene Regulation in Complex Human Disease.

THE REAL...LY BIG HEALTH FAIR

By Herb Balkind, Co-Chairman HAT Committee

If you missed the Weingart Senior Health Fair this past June, you have a wonderful opportunity to attend Congresswoman Linda Sanchez's 12th Annual Senior Fair, on Friday, August 15th, from 9:00 a.m. to 12:00 p.m., at Cerritos College in the GYM.

Local organizations and agencies will provide resources, including: FREE HEALTH SCREENINGS; HEALTH EDUCATION; FOOD ASSISTANCE PROGRAMS; VETERANS - ASSISTANCE; CONSUMER PROTECTION EDUCATION; HOUSING ASSISTANCE; ELDER LAW/ RIGHTS INFORMATION. The HAT Committee will be there with a limited display.

There will be a **FREE LUNCH PROVIDED** while supplies last.

Admission is **FREE** and **NO RSVP** is required. For further information, please call (562) 860-5050. The address is as follows: Cerritos College, Student Center 11190 Alondra Blvd. Norwalk, CA 90650.

A TIME TO TALK

by Robert Frost

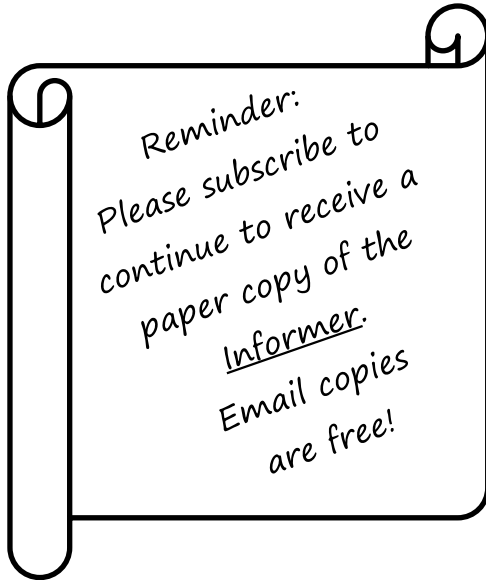
When a friend calls to me from the road
And slows his horse to a meaning walk,
I don't stand still and look around
On all the hills I haven't hoed,
And shout from where I am, "What is it?"
No, not as there is a time to talk.
I thrust my hoe in the mellow ground,
Blade-end up and five feet tall,
And plod: I go up to the stone wall
For a friendly visit.

JULY MEETING VISITORS

We welcomed Jeff and Shirley Bilger, Eric Mayer and George Pedraja to our meeting last month. Camille Rivera walked in as a visitor for the second time and left as a new member! Keep coming back!



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



The Hearing Loss Association of America (HLAA) opens the world of communication to people with hearing loss through information, education, support and advocacy. The national support network includes the Washington, D.C., national office, state organizations and local HLAA Chapters. **Join HLAA now** to receive *Hearing Loss Magazine* and become part of the one organization that represents the interests of 48 million people with hearing loss in the United States.

EMAIL COPIES OF THE INFORMER

Electronic copies of the Informer are available to all members. If I do not have your email address on record and you would like to receive an emailed copy of the newsletter,

SUBSCRIPTION 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.

TENTATIVE FUTURE PROGRAMS

September 11, 2014 – Sam Simon Foundation Hearing Dog Demonstration.

October 9, 2013 – Toni Barrient of the California Telephone Access Program with information on new equipment being made available through the program.

November 13, 2014 – “Special Missions” Day

December 11, 2014 – Holiday Potluck and Social Hour.

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