

CHAPTER CALENDAR

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

September 11 - Chapter Meeting 6:30 - 8:00pm
Camille Jenkins and her hearing dog; InnoCaptions presentation

Refreshments provided by: Louise Allen, Gordon Langsam, Flo McDavid and Lupe Smith. *THANK YOU!*

September 8 - HAT Committee meeting at Coco's

September 13 - Picnic/Potluck at El Dorado Park with California Hands and Voices. 11:00 – 3:00. See article on right.

September 19 – HAT Demo –10:00 a.m. to 12:00 p.m at Weingart, Craft Room. (*See story on page 4.*)

September 20 – CI Support Group Meeting at House Research Institute, 11am – 2 pm. Contact Diane Rott for more information (626) 914-3925 Email: dianeshear@msn.com

September 24 – HLAA Chapter Board Meeting 12:30 pm

Lip Reading Class –Wednesdays at Weingart, 9:30–11:30 am.

Lip Reading Practice – Mondays at Weingart, 10 am-noon.

*****NEW EVENING LIP READING CLASS*****
Postponed due to scheduling conflict.

FUNDRAISING BASKETS

Now is a good time to start thinking about putting together a gift basket for our "Special Missions Day" fundraiser on Thursday, November 13, for our Chapter meeting. Some basket ideas are: Doggie, Book, Coffee, Chocolate, Movie, Sports, etc. Popular items last year were a TV basket complete with popcorn and warm lap blanket, a sailing spree that brought in \$500, a batch of homemade "puppy chow" complete with recipe, and a wonderful plant display.

Monies will be used for our chapter as well as our own "Start Up" fund for future Chapters in California! ... and THANKS!

CALIFORNIA HANDS AND VOICES POTLUCK PICNIC

September 13, 2014
El Dorado Park
Behind the Community/Senior Center on Studebaker Rd.
11:00 a.m.- 3:00 p.m.

Spend some time in the park
with Deaf/Hard of Hearing families!

The Mission of HLAA is to open the world of communication to people with hearing loss by providing information, education, support and advocacy. In this spirit, our Long Beach/Lakewood Chapter is working with **California Hands and Voices** to sponsor a Potluck Picnic for families and professionals on September 13, 2014.

Coordinated by Chapter member Katie Wright, our Outreach committee hopes to discover if there is a place for our group to provide support for children and families in our area with hearing loss.

Come join us on September 13th at El Dorado Park to see how we might be able to help this group.

Bring a dish!

(California Hands & Voices is a parent-driven, non-profit Organization. Their outreach activities are focused on empowering parents so that their Deaf and Hard of Hearing children can reach their highest potential.)

A NIGHT TO REMEMBER



Connor Waterman and his family were given an amazing experience as a result of the Long Beach Press Telegram article about him being our Walk4Hearing Team Captain. His Dodger Blue hearing aids caught the attention of a Dodger season ticket holder, Bill Shupper, who donated his first row seats to the family for the July 29th game. Connor and his brother, Sean, were invited onto the field before the game to get a signed baseball and a gift bag. He is now practicing signing his own name on baseballs! It was definitely a night he will never forget.



PRESIDENT'S MESSAGE

By Dr. Bill Busch

Hearing Well in Stressful Situations

Many of you know that I suffered the loss of my older brother this summer. Thanks so much for your support during this difficult time. It meant that I was wrapped up with family matters and not able to help our Board much this summer. I especially appreciate the way Gail and the other Board members stepped in for me.

At stressful times like this it is especially important for a person with hearing loss to take the extra steps to be able to hear better even though it requires putting out extra effort when you least want to do that. I want to share some of those steps I took.

We arranged for a funeral mass for my brother at the church they attended in Wisconsin. I knew it was important for me to be able to hear and understand what was being said and I suspected correctly that the acoustics in the church would be bad. The Sunday before the service, I attended with my sister-in-law to support her at this difficult time but also to see what I could do to hear better.

Although I had checked out the church's website in advance and found no mention of any assistance for people with hearing loss, when I opened the church bulletin there was a large notice that Assistive Listening Devices (ALDs) were available upon request from an usher. I asked for and received an ALD that was similar to what we have available at our chapter meetings except that it had earbuds instead of the usual earphones or neckloops that we supply. My left ear is totally deaf without my cochlear implant and there was no way to connect an earbud to my implant. In my other ear I have a behind-the-ear hearing aid which also could not be connected to an ear bud. I tried taking my HA out, but the ALD amplification was less than the HA so that was also futile. My last hope was to use my personal neckloop to connect to the ALD but the neckloop had a mono plug and the ALD required a stereo plug. Unfortunately I had failed to bring any other connecting wires or adapters so the ALD was useless for me.

Before the funeral mass, I called the church and found out how I could get the ALD early so I could check it out and be sure it worked with my neckloop. On funeral day, I brought the right connecting wire and arrived an hour early so I could check out everything in advance. It was worth all the effort since I heard every word of what was said which was not true for many people with normal hearing.

The other main thing that helped was using my Motiva

personal FM system at family gatherings. It worked best in small groups or one-on-one. It helped cut out a lot of the background noise. If the groups were too big with many simultaneous conversations, I would go to the kitchen and help out or clean up even if I was alone. Sometimes I just needed to get away from the noise.

My family is totally supportive and understanding of my difficulties hearing and my need to sometimes get away from the noise. They are used to me pointing my microphone at them. Sometimes they even speak up for me when I am not assertive myself. "Move over and make room for Bill. He can't hear when he is that far away".

Of course there were times when it would have helped if I made more of an effort than I did. But we have to be able to accept that sometimes it's just too hard. All we can do is try our best.



UPDATE ON HAT COMMITTEE

By Herb Balkind, Co-Chairman HAT Committee

Congresswoman Linda Sanchez's 12th Annual Senior Fair on August 15th, at Cerritos College, was a huge success because of all the wonderful volunteers we had assisting us. I want to give a big THANK YOU to Katie Wright, Bonnie Strutin, Peggy Heglund, Maxine Barton-Bauman, Gordon Langsam and Helen Bologna, who made it all happen.

Congresswoman Sanchez came over to our display specifically to thank us personally for our continued participation. This was our 5th year to get the HLAA/HAT message out to what was estimated to be a turnout of close to a 1,000 attendees. We handed out our HLAA/HAT flyers and other material to over 100 people interested in our table and limited HAT DEMO Display.



Left to right: Gordon Langsam, Katie Wright, Maxine Barton-Bauman, Congresswoman Linda Sanchez, and Helen Bologna.

SEPTEMBER MEETING PROGRAM

We are in for a treat this month. We have two guest speakers planned!

To begin with, we will have a demonstration from Camille Jenkins and her hearing dog, Rico. Jenkins received Rico from the Sam Simon Foundation, a rescue dog training program for people with hearing loss. Rico will show the audience how he helps Jenkins to “hear” the door bell ringing, phone ringing, tea kettle boiling and much more.

Then, Chuck Owens, CEO of InnoCaption, will explain a new captioning capability using smartphones. InnoCaption is revolutionizing how the deaf and hard of hearing communicate by making it possible to use the smartphone as it was intended – accessible, convenient, and mobile.

CAMILLE JENKINS AND HER HEARING DOG, RICO

Camille Jenkins grew up with normal hearing, but lived in a hearing impaired world as her mother, an aunt and an uncle were severely hearing impaired and wore hearing aids. They all had children who had normal hearing. A year after graduate school Camille's hearing began to drop. She began wearing one hearing aid at age 28 and two at 35. She was a very successful hearing aid user for 20+ years working in sales and corporate recruiting.

In 2007, Camille and her husband's beloved dog, Molly, died at the age of 15 ½. Later that year they began to consider having another dog. Camille had heard of “hearing dogs” so she started exploring the option of having a dog that could help her. Her search led to The Sam Simon Foundation in Malibu who rescues dogs from shelters and trains them for people with hearing loss, traumatic brain injury, moderate physical limitations due to injury, or veterans diagnosed with PTSD.

Rico came to his “forever home” with Camille May 1, 2008. You can see/hear/read captioned video about Camille and Rico on www.samsimonfoundation.com. Navigate to the hearing dog section, video part 2. Rico is specially trained to alert Camille to sounds such as door knocks, telephones, alarms, etc. As a Certified Hearing Dog, Rico goes almost everywhere with Camille. Rico has traveled to 17 states including Hawaii. He is a big hit wherever he goes. TSA and flight attendants love him.

*Do your little bit of good where you are;
it's those little bits of good put together
that overwhelm the world.*

- Desmond Tutu

InnoCaption

After receiving approval from the FCC, InnoCaption was launched in Austin, Texas at the Hearing Loss Association of America (HLAA) Convention in June 2014.

InnoCaption has created a streamlined process so that InnoCaption subscribers are directly connected to communication assistants with no need to login. It allows subscribers to make and receive any mobile call the same (functionally equivalent) as any hearing person. InnoCaption is free and functions with virtually any smartphone that utilizes Android or iPhone operating systems and is available on almost any network provider you choose. InnoCaption provides caller ID, syncs with subscriber's existing contact list and supports interactive voice response systems. In September, InnoCaption will add voice mail services and 911 calling with location support.

Watch the video on their website, www.innocaption.com, to see how it works!

ARE YOU A RALPH'S CUSTOMER?

If you are a Ralph's customer from this Chapter, you probably know that every time you buy your groceries at Ralphs, they contribute a small percentage of your dollars to the Long Beach/Lakewood Chapter of the Hearing Loss Association of America. This happens because you enrolled in the program.

Every year at this time (August 31), Ralph's purges all their files, and everyone must re-register after September 1, to continue the arrangement. To quote from their letter, “Our new program year begins on September 1, 2014. To ensure your organization continues to receive the benefits of the program, your members will need to register and/ or re-register as quickly as possible after that date.”

There are two ways to register:

1. Step-by-step website registration instructions can be found at www.ralphs.com. Click on Community, click on Community Contributions, click on ‘For participant questions, click here’.
2. Obtain a scan bar letter, available from Stephen Fisher, Ways & Means Chairman, at our Chapter meeting. You can also arrange to have a letter mailed to you.

If you choose to use the scan-bar letter, take it to your Ralph's on September 1 or after, have the checker scan the bar code shown on the letter, and then proceed with check-out. You must show your Ralph's Club Card.

AUGUST MEETING VISITORS

We welcomed Gerald Collins, Doug Dennis, and Dave Cooper to our meeting last month. Jay Kay and Linda Banez visited for the second time. It was a pleasure to see you all at the meeting. Keep coming back!

AUGUST MEETING SUMMARY

At the August meeting, we enjoyed a presentation on how to sign up for Facebook. Led by Chapter member, Katie Wright, she took us through the initial steps of setting up a Facebook account. Included were suggestions for privacy protection and how to find "Friends." At the end of the prepared presentation, she answered questions from the audience. Everyone in attendance went home with a set of written directions. She will be available at each meeting to answer more questions and provide help.

HAT DEMOS TO RESUME

Do you have trouble hearing on the phone and have trouble hearing conversations in restaurants? Can't hear the doorbell ring? New technologies are available for you to try "hands on" Friday, September 18. The HAT Committee (Hearing Assistive Technology) provides this free event every third Friday of the month.

A representative from CaptionCall will be on hand to offer information on phones with captioning. Sam Moghadam, Hearing Instrument Specialist from Ascent Hearing Center will also be present to assist with hearing aids. HAT does not sell hearing aids or Hearing Assistive Devices, but provides information on where to purchase items demonstrated. For further information, please call **562-630-6141** or visit www.hlalongbeachlakewood.org.

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/>

California Hands and voices
<http://cahandsandvoices.org/>

Six Taste Food Tours
www.sixtaste.com

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 / Katie Wright
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.

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

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

NEW CHINATOWN FOOD TOUR

On August 23rd, several Chapter members participated in a 3-block walking “Food Tour” in San Gabriel. Led by a company called “SixTaste Food Tours,” they experienced the offerings of four different styles of Chinese restaurants and a Chinese bakery. The tour guide enriched the day with lessons in Chinese etiquette, history of the area, and detailed explanations of the food. They dined on roasted duck, dim sum, pineapple buns and even chicken feet! It was a fantastic cultural and social experience.

To help make the event successful, they used the Chapter’s Assistive Listening Devices so all could hear what the tour guide had to offer. Noisy restaurants and busy street corners were no obstacles! The group plans to offer more social events supported by our ALDS in the company of people who understand our difficulties. One participant commented, “This was the kind of social event I always avoid because of my hearing loss. What a great day this was!”



Trying the chicken feet!



Conversation on a busy corner.



Left to right: Kaiso Miyao, Sally (our tour guide), Bonnie Strutin, Katie Wright, Linda DeGuire, Stephen Fisher, Herb Balkind.

TINNITUS

Part 2 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.

Can tinnitus actually be measured?

Tinnitus cannot be measured directly. The audiologist relies on information you provide in describing your tinnitus. The audiologist will ask you questions such as:

- Which ear is involved? Right ... left ... both?
- Is the ringing constant?
- Do you notice it more at certain times of the day or night?
- Can you describe the sound or the ringing?
- Does the sound have a pitch to it? High pitch ... low pitch?
- How loud does it seem? Does it seem loud or soft?
- Does the sound change in volume or pitch over time?
- Do you notice conditions that make the tinnitus worse—such as when drinking caffeinated beverages, when taking particular medicines, or after exposure to noise?
- Does the tinnitus affect your sleep ... your work ... your ability to concentrate?
- How annoying is it? Extremely so or not terribly bothersome?

In discussing your answers to these questions, the audiologist can give you information that will increase your understanding of your tinnitus.

Knowing more about the cause of your tinnitus can be a great relief. When the possible cause of your tinnitus is understood, your stress level (which can make tinnitus worse) is frequently reduced. You can "take charge" by anticipating, preventing, and changing situations that make your tinnitus worse.

Next month: How is tinnitus treated?

SCOREBOARD

MEMBERS GUESTS TOTAL

Aug '14	25	5	30
July '14	29	5	34
June '14	29	1	30
May '14	42	1	43
April '14	32	6	38



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



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

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, please send a message to hlaabl.informer@gmail.com.

TENTATIVE FUTURE PROGRAMS

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” Fundraiser.

December 11, 2014 – Holiday Potluck and Social Hour.

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.

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