

CHAPTER CALENDAR

Chapter and Board meetings held at:

Weingart Center, 5220 Oliva Ave, Lakewood 90712

October 9 - Chapter Meeting 6:30 - 8:00pm
Toni Barrient, What's New at CTAP (see article on p. 2)

October 6 - HAT Committee meeting at Coco's – 12:30 p.m.

October 15 – HAT Exhibit at the Boeing Health Fair
9 a.m. – 11a.m.

October 17 – HAT Demo –10:00 a.m. to 12:00 p.m at Weingart, Craft Room.

October 22 – HLAA Chapter Board Meeting 12:30 pm at Weingart

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

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

SEPTEMBER MEETING SUMMARY

It was a meeting filled with technology as Chuck and Diana Owens, from InnoCaption, showed us a way to use our smartphones as captioned phones. Many of us with hearing loss can only use our cell phones with the speaker, making it impossible to have private conversations. The InnoCaption “app” - through a live captioner - allows a smartphone user to read what the caller is saying. While those in attendance had many questions, a few people signed up right then and there for the free service. The service is funded by the Telecommunications Relay Service and is monitored by the FCC.

If you want to learn more, go to
<http://www.innocaption.com>.

Unfortunately, the visit by the Hearing Dog from the Sam Simon Foundation had to be postponed due to an emergency in Ms. Rivera's family.

NEARLY HALF OF U.S. TEENS SHOW DANGER SIGNS FOR HEARING LOSS

By David Kirkwood

reprinted from Hearing Health & Technology Matters!

An alarming one out of every six American teenagers, or 17%, reports experiencing ringing, roaring, buzzing, or pain in their ears “often or all of the time” after listening to loud music or being exposed to power tools and other sources of loud noise. An additional 29%—for a total of 46%, close to half—report sometimes experiencing such potential signs of hearing loss after such exposure. So reported a nationwide survey of 500 boys and girls aged 13 to 19 that was commissioned by **Siemens** Hearing Instruments.

The survey, conducted for Siemens by **ReRez** Research of Dallas, collected information from teenagers in all 50 states about their listening habits and possible symptoms of hearing loss. According to Siemens, there is a 95% confidence level that the findings are accurate within 4.4% of the reported numbers.

Charles Kuratko, vice-president of business management at Siemens Hearing Instruments, commented on why the problem is getting worse. He said, “Music has always played a central role in teens' lives, but over the past decade, the ever-present earbuds attached to smartphones and portable music players have caused increasing concern among hearing care professionals.”

Kuratko continued, “When combined with other potentially damaging sound environments (power tools, concerts, etc.), the potential for future hearing loss is greater than it has ever been.”

One of the most eye-opening numbers in the survey report is the 88% of the young people polled who say they participate in activities that they *know may damage their hearing*. Listening to loud music without wearing ear protection is the most popular such activity, followed by using equipment such as power tools and mowers and using radio-controlled airplanes and other motorized toys. When asked by the survey how their parents would react if they knew how loud the music was that they listen to, 78% of the teens said their parents would tell them to turn down the volume or to use ear protection.

Thus, the survey findings show that the problem of overexposure to music and noise among young people cannot be solved by a simple information campaign. The teens know they are taking chances with their hearing, but do so anyway.



PRESIDENT'S MESSAGE

By Dr. Bill Busch

Advocating for People with Hearing Loss

The mission of the Hearing Loss Association of America (HLAA) is to open the world of communication to people with hearing loss by providing information, education, support and advocacy. Although mentioned last, advocacy is extremely important and each of us can help in some way. I am going to give you a few simple suggestions.

Ram Kakkar, our looping chairman, is working diligently to inform local governments how the installation of hearing loops can allow people with hearing loss to have equal access to city functions. He can help you advocate for your city. For instance, Maxine Barton-Bauman has gotten information from Ram and written to the City of Long Beach and requested to be put on the city council agenda to discuss the need for looping of public facilities especially the city council chambers to provide equal access to those proceedings. If you live in Long Beach, you can join us on October 21 when Maxine speaks to the city council. A good crowd will make a statement. More details will be available at our October 9th chapter meeting.

Ram also has petitions available for you to sign and deliver to members of the California Assembly asking them to support requiring hearing aids sold in California to have telecoils.

HLAA advocates for HR 3150, the HEAR Act, which would provide Medicare coverage of hearing aids. For details click this link www.congress.gov/bill/113th-congress/house-bill/3150. If you agree with this bill, send a letter or e-mail to your congressional representative and encourage their support.

You also advocate by using the assistive devices available at movies, plays and hotels. If they work well, compliment the management for providing them. If they don't work complain to management. Frequently, I have asked for such devices and am told I am the first person in months to ask for one. I guarantee you that those devices will not be maintained if no one requests them.

The same can be said of captioning. Many movie theaters have captioning devices. Also some live plays have captioning. Give it a try and see if it helps you. We need to show the theaters and the playhouses that they can increase their business by making productions accessible to people with hearing loss.

One final suggestion is to get the word out about HLAA. It's

a form of advocacy to help people learn about all the options available to help people with hearing loss. I belong to a retirement organization which puts out a newsletter for its members 6 times a year. When I renewed by subscription, I added a note telling them of my involvement with HLAA and how hearing loss is more common among retirees. I offered to write an article about hearing loss and what people can do about it. A month later I got a call from the editor saying they were interested in my suggestion and asked me to send him a draft. I wrote the article about my experience with hearing loss and how I finally found HLAA and how much it helped me. Then I listed some suggestions on how to cope that I have learned from HLAA. I am pleased to say, they are including my article in the next issue. You could do a similar thing with associations you belong to. Tell them something about yourself and give suggestions. We can help you if you need help. Also there is much helpful material available on the HLAA website. If you use any of it, just be sure to credit HLAA.

Doing any of these things will help other people with hearing loss and may help you as well. It feels good too! Try it, you'll like it.

OCTOBER MEETING PROGRAM

Toni Barrient, Hard of Hearing Community Representative on the Telecommunications Access for the Deaf and Disabled Administrative Committee (TADDAC), will be our guest speaker at the Chapter meeting on Thursday, October 9th. Ms. Barrient will talk about the changes that are coming to equipment available to those of us with hearing loss.

Ms. Barrient will tell us what the Deaf and Disabled Administrative Committee (DDAC) is and why they exist. She will also tell us where to go and what do if there's an issue with the services or devices you receive.

This is an ideal opportunity to get feedback about the California Telephone Access Program from members and attendees. Both the Telecommunications Access for the Deaf and Disabled Administrative Committee (TADDAC) and the Equipment Program Advisory Committee (EPAC) make recommendations to the California Public Utilities Commission (CPUC) and to the State of California.

Committee members provide input regarding the telecommunications equipment and relay services for Californians who are certified as having limitations of seeing, hearing, speaking, remembering, or moving. Meetings are held once a month and are open to the public.

The public knows the telecommunications program under several names such as: California Phones, California Telephone Access Program (CTAP), California Relay Service (CRS) and Speech-to-Speech.



FINALLY....GETTING SMART!

By Herb Balkind, Co-Chairman HAT Committee

As Co-Chairman of the HAT Committee, it is my privilege to encourage visitors, who attend our HAT DEMOs, to try hearing assistive technology devices to help them

possibly overcome their hearing challenges, whether they have hearing aids or not. Getting people introduced to some of this technology isn't easy, because there is always a learning curve with anything new, which forces us out of our "comfort zones." People believe I must have all the high tech devices and I'm right at home with them. Well, the truth be known, I have my comfort zones also, and case in point is my cell phone. I joke with people that my cell phone is so old; it has a rotary dial, and takes dimes. Of course, my phone is not like that, but you do have to pull out the antenna to make a call...so it's old. For 5 years my family and friends have been pleading and kidding me into getting a smartphone so I would be able to text, since hearing people on my cell phone is pretty bad. But being typically stubborn and also uncomfortable with change I did nothing.

Then earlier this year when my son was very sick and I spent a month with him and his family in Sacramento, the "hammer" of change finally occurred. One morning I was getting ready to leave the hotel and drive over to a nearby restaurant to meet my daughter-in-law, Sabrina, who was bringing her mother and my granddaughter, Arcana. As I was about to leave for my car, my cell phone rang, and it was my 10 year old granddaughter, who I have great trouble understanding even in person, trying to tell me on the phone, that they had been in an accident. My heart jumped with worry and I asked her where they were. She was trying to tell me, but of course, I couldn't understand her at all. I asked her repeatedly where were they....but still couldn't understand, nor even ascertain whether everyone was okay and what happened. I finally asked her to put her mom on, who told me the accident was right there at the restaurant. Immediately I drove there and was happy to discover everyone was basically okay.

My stubbornness at not wanting to change became only too serious, and the realization that I'm putting my family and friends' safety at critical risk by not being able to communicate with them had to end. The lazy, stubborn, and self centered attitude had to change. Yes, I'm hard of hearing, and I don't hear that well on the cell phone. But the world around me is texting, and thank God I can still see and read. You can text me in an emergency.

End of story....I now have an iPhone and I'm struggling with a new learning curve. I'll get there. But the first thing I did

learn to do was how to receive my texts, read them and text back. Finally, I'm in the 21st Century and can be of help to family and friends in times of emergency and also just for fun. I encourage each and every one of you; don't cut yourself off like I did. Texting helps you communicate with those people most important to you, as you are to them. Finally, I got smart

HAT DEMONSTRATION

The HAT COMMITTEE will have its next HAT DEMO on Friday, October 17th, 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.

BOEING HEALTH FAIR

The HAT Committee has once again been invited to participate in the Boeing Health Fair on Wednesday, October 15, from 9 am - 11 am. We participate in this Health Fair to show our appreciation of Boeing Employees who have donated funding for our Chapter and for the HAT Committee. As in past years, we are being asked to provide donations for their Door Prize raffles. If you can help with a raffle prize, please contact: Herb Balkind herb.trainman@verizon.net.



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

What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.

- Ralph Waldo Emerson

LOOPING ADVOCACY

Editor's note: One of HLAA's main missions is advocacy. Ram Kakkar, the chair of our Chapter's Looping Committee, is a hard-working advocate for looping in public buildings throughout the local area. The following is an example of his advocacy when he was recently called to Jury Duty.

August 19, 2014

Site Judge of the Compton Courthouse
Los Angeles Superior Court

Re: Installation of **INDUCTION LOOPING SYSTEM** in
Los Angeles Superior Court

Your Honor:

I have been called to report to jury duty this week, and it is a privilege and honor for me to serve our public. I have been a juror in the past, and have truly enjoyed every experience; as an immigrant to the country, I respect our legal system. This most recent experience, however, has been different because it is the first year that I am serving on a jury after experiencing hearing-loss and thus have a different perspective. Yesterday, I could barely understand in a spacious jury room. My personal ALD did not help much. I write to ask that you consider the installation of induction looping systems for the Compton Courthouse, and all courts in Los Angeles generally, to allow citizens such as me to participate in proceedings in Court, whether as a litigant, attorney, juror, or member of the public.

There are 48 million Americans that are hearing impaired at all ages—from children to seniors. Hearing loss is a barrier to effective communication in daily life. Unlike other conspicuous disabilities, it is an invisible and silent disability and has a serious impact on the overall health, well-being and safety of those in our society unable to hear feeling isolated & clueless about the surroundings in public facilities.

Most public facilities that include high-rise ceilings, wooden

walls and hard floors are difficult spaces to live and function for the hearing impaired community. The beams, bare floors, and hollow walls provide a great deal of natural reverberation and background noise that obstruct those listening with hearing -aid devices and/or other forms of technology to address hearing impairment; and speakers rarely use microphones or written presentations or captioning. The problem is compounded when presenters speak faster or are soft spoken.

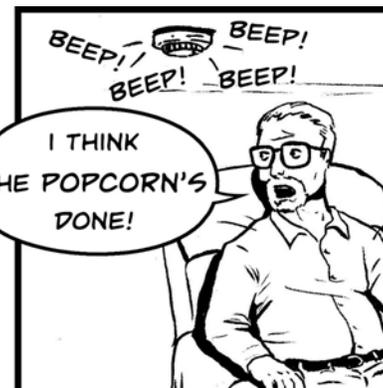
It is important to know that when people use assisted-listening devices, those **simply amplify sound** and do not help with comprehension and speech discrimination. In other words, they will not eliminate or filter out background noise. Thus, I write to provide my recommendation that the Los Angeles Superior Court consider installing an induction looping system, which is state of the art technology that wirelessly directs sound from the sound source to those wearing hearing aids or other assisted-listening devices. Absent this accommodation, for those who struggle from hearing loss, our ability to participate in and enjoy the benefits of programs or activities in public facilities, such as jury duty in the Los Angeles Superior Court, are compromised and are effectively non-existent.

Many public facilities across the country, and indeed the world, have installed induction looping systems, such as the main chamber of the U.S. House of Representatives, the city halls in Cerritos, La-Palma, Santa Rosa, the New York City Transit, and various churches. Now I also hear the U.S. Supreme Court is installing looping in its chambers.

Please do not hesitate to contact me if I can provide further information. I am an active member of the Hearing Loss Association of America (Long Beach/Lakewood Chapter) and am happy to connect you with that group for further institutional information. I look forward to hearing about the Court's plans in this regard.

Thanks for your attention and cooperation.

Sincerely,
Ram G. Kakkar



Created by Marisa Brenizer and Michael Yakutis, founders of WebcomicUnderdogs.com

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/>

HLAA WEBINAR

UNTREATED HEARING LOSS: EFFECTS ON PHYSICAL, COGNITIVE, AND SOCIAL WELL BEING

This webinar highlights detrimental effects of untreated hearing loss. Topics include an overview on why hearing loss is often left untreated, and how ignoring your loss can increase your risk for auditory deprivation, depression, isolation, and dementia.

Lyndsey Nalu, Au.D., CCC-A

Date & Time:

Oct 15 2014 - 8:00pm - 9:00pm EST

HLAA Educational Webinar Program: *HLAA conducts educational webinars for its members and constituents using Blackboard Collaborate. There is no cost to attend webinars. Webinars generally take place the third Wednesday of each month with top-notch professionals. All webinars are captioned and will be recorded for playback later (with captions); while live webinars must be viewed on a computer, the replay may be viewed on mobile devices*

FUNDRAISER ON NOVEMBER 13

“Special Missions Day” has been renamed “California Chapters Day” and will benefit our chapter and one or more new chapters in California. We are accepting donations of baskets of goodies on Thursday, November 13, at our Chapter meeting to be used to raise the funds.

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. Some theme ideas are pet care, book lovers, chocolate, movie time, and favorite sports teams. The only limit is your imagination!

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

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Corresponding Secretary - Ken Saw

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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.

Chapter Contacts:

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



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

TENTATIVE FUTURE PROGRAMS

November 13, 2014 – “California Chapters” Fundraiser.

December 11, 2014 – Holiday Potluck and Social Hour.

SCOREBOARD

MEMBERS GUESTS TOTAL

Sept. '14	32	8	40
Aug '14	25	5	30
July '14	29	5	34
June '14	29	1	30
May '14	42	1	43

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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.

SEPTEMBER MEETING VISITORS

We welcomed Russ Collison, Lionel Kilburn, Charles Maxfield, Mary Lou Feurtsch, and Jane Pomerleau. Long time member Jack McManus and his daughter Kim Garber also dropped by. It was a pleasure to see you all at the meeting. Keep coming back!

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