

CHAPTER CALENDAR

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

January 5 - HAT Committee meeting – 12:30 p.m. at Coco’s

January 8 - Chapter Meeting, Weingart Center
6:30 - 8:00pm

January 16 – HAT Demo –10:00 a.m. to 12:00 p.m at Weingart, Craft Room.

January 28 – HLAA Chapter Board Meeting 12:30 pm at Weingart

Feb. 2 - HAT Committee meeting at Coco’s 12:30 pm

Lip Reading Class –Wednesdays at Weingart,
9:30–11:30 am. **N0 CLASS 1/7**

Lip Reading Practice – Mondays at Weingart,
10 am-noon. **CLASSES RESUME ON 1/12.**

**HLAA HONORED BY
LONG BEACH CITY COUNCIL**

At the Long Beach City council meeting on December 2, 2014, HLAA was presented with a Proclamation honoring its 35th Anniversary. Dr. Bill Busch, President of the Long Beach/Lakewood Chapter received the Proclamation on behalf the HLAA. He was then invited to speak to the Members and the public about the purpose of HLAA and our Chapter. His extemporaneous remarks earned praise from those in attendance.



Dr. Bill Busch, President of HLAA Long Beach/Lakewood Chapter receiving the Proclamation from the Mayor of Long Beach, Dr. Robert Garcia.

**LONG BEACH CITY COUNCIL TO
CONSIDER INSTALLING
LOOP SYSTEMS**

At the Long Beach City Council meeting on December 2, 2014, Maxine Barton-Bauman addressed the Mayor and Council Members on behalf of the Hearing Loss Association of America, Long Beach/Lakewood Chapter. She gave examples of several instances of barriers to communication for those with hearing loss that the City needs to address to be in compliance with the Americans with Disabilities Act (ADA). The lecture and lunch halls at the Library and Senior Center, City Hall and its various offices, the City Council Chambers and Dept. 3 of the Superior Courts are all frequented by the hard of hearing yet the assistive devices offered are inadequate. Our HLAA Chapter is working with the Citizens Advisory Commission on Disabilities (CACoD) and Hearing Now USA to get hearing loop systems installed in the City facilities.

The outcome of her presentation was positive. Thanks to the recommendation by Councilwoman Suzie Price and two other co-signers, the Council directed the City Manager to “provide a report to the City Council within 60 days identifying the fiscal impact associated with installing a looping system in our public facilities such as the City Council Chambers, police stations, senior centers, and public libraries.” The issue will then come back in front of the Council for consideration. Both Maxine and our Chapter’s Looping Chairperson, Ram Kakkar, have been working on this project for months. They are to be commended for their diligence and commitment to this project.

I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You’re doing things you’ve never done before, and more importantly, you’re doing something.

- Neil Gaiman



PRESIDENT'S MESSAGE

By Dr. Bill Busch

National Convention in St. Louis, Missouri

This year the Hearing Loss Association of America (HLAA) National Convention will be at the St. Louis Union Station Hotel, June 25-28. If you have never been to one of these conventions and are serious about doing something about your hearing loss, you should seriously consider this. It is an incredible learning experience and fun as well. There are 3 days of educational workshops on four tracks: Advocacy, Assistive & Other Technologies, Hearing Aids & Cochlear Implants, and Relationships & Communications.

There is also much to learn in the Exhibit Hall which is packed with information on the latest technology and services for people with hearing loss including many hearing aid and cochlear implant makers explaining the intricacies of their devices. Many of the exhibitors have users of their devices available to answer questions. It is a great place to get your questions answered about countless devices and services. When I was considering a cochlear implant, I found the exhibit halls very helpful.

The various social events including breakfasts and lunches are also good times to meet other HLAA members with hearing loss and get their opinions. I asked attendees countless questions and they were all happy to talk about their experiences. These people were not trying to sell anything so I felt I could trust their opinions.

Cost of a full activity convention package for HLAA members is \$299 which includes a banquet, all the workshops, access to the exhibit hall and a final day breakfast with awards ceremony. There are various discounts for first timers, couples and chapter delegates. See www.hearingloss.org for details. We are allowed to have one chapter delegate who gets a substantial discount on the convention package before 1/31/15. If you are interested in being a chapter delegate contact me ASAP.

It may seem like it's a long way off, but reservations at the convention hotel are limited, so it is best to make them as soon as possible. Discounted room rates at the St. Louis Union Station Hotel are \$159 per night. There are numerous other hotels close by, but nothing beats the convenience of staying in the convention hotel.

Air fares vary a lot, but usually Southwest has good rates. They have some nonstop flights from LAX to/from St. Louis.

Take a big step to improve your hearing. Besides, it's fun!



UPDATE ON HAT COMMITTEE

*By Herb Balkind,
Co-Chairman HAT Committee*

The HAT Committee wishes everyone a wonderful "best of hearing" holiday and a very happy New Year!

We'll see you at the next HAT Committee meeting on January 5 and the HAT Demo on January 16.

FREE H.A.T. DEMONSTRATION Hearing Assistive Technology

The HAT COMMITTEE will have its next HAT DEMO on **Friday, January 16**, 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.



Don't forget to sign up for the Ralphs Community Contribution Program. Ralphs will contribute a small percentage of your dollars to the Long Beach/Lakewood Chapter of the Hearing Loss Association of America if you enroll in the program.

You can register online at www.ralphs.com or you can get a scan bar letter from Stephen Fisher, Ways & Means Chairman, at our Chapter meeting. You can also arrange to have a letter mailed to you. Take the letter and your Rewards card with you the next time you shop.

Ask your friends and family to sign up also!

TRAVELING BY AIR WITH HEARING LOSS

(Editor's note: The following information is gathered from various sources. Peg Heglund's advice during our Chapter Meeting started me on this journey, pun intended!)

Peg Heglund (member):

- When you make your reservations online, check the "Disability – hearing" box. If there is not a place to do this, call the airline and report your disability.
- At the check-in desk, tell the agent you have a hearing loss. Even if you reported the disability when you bought the tickets, it may not show up in the computer, so tell them again.
- At the gate report to the agent that you cannot hear announcements and ask where you should sit to be notified of boarding. Ask for someone to personally notify you. They usually pre-board you.
- When you get on the plane, mention to the flight attendant your inability to hear announcements. Consider also telling your seatmate.
- Assume your luggage will be lost! Carry on all hearing devices you will be using on trip. Never check them. Bill Busch commented that through the x-ray machine all the wires and devices can look like the makings of a suspicious device, but the TSA agents must know what they're looking at! He's never had a problem.
- Wear a button that says you have a hearing loss. It reminds everyone with whom you come into contact that you need assistance with hearing and under standing.
- Using a pouch around your neck will help keep extra batteries, assistive devices, money and ID handy.



Advanced Bionics:

Metal detectors and security scanners will not damage the implant or sound processor. However, individuals with a cochlear implant passing through security metal detectors may activate the detector alarm. It is advised that patients carry their "Patient Emergency Identification Card" with them at all times.

Cochlear implant users may hear a distorted sound caused by the magnetic field around the security scanner door or hand-held scanning wand. Turning off the sound processor before passing through security screening will ensure that those sounds, if they occur, are not too loud or uncomfortable. The cochlear implant user may request a full body pat-down and visual and physical inspection of the sound processor in place of the standard metal detector and x-ray procedure.

(continued in next column)

Livestrong:

Before you pack your bags and head to the airport, obtain a copy of your most recent MAP -- a document explaining the programming of your device -- from your audiologist. Take it with you in case your implant malfunctions and needs to be reprogrammed. Find a clinic that offers cochlear implants near your destination and write down the address. This way you'll know where to go to have the device reprogrammed.

I CAN'T HEAR IN THE DARK

*Living With Hearing Loss
A Blog About Living With Hearing Loss*

Can you hear in the dark? I recently realized that I cannot. It was sort of a strange realization, and a bit scary, in case there is an emergency at night. Just one more thing to overcome with hearing loss, I guess. Here is the story.

We were having some lighting work done on the outside of our home this summer, and one night the lighting company came to do a demonstration. The sky was dark and the landscape lighting was on, but not too brightly. The project manager was walking us around the house discussing the lights and asking us if we wanted them brighter or dimmer or angled in different directions. I couldn't hear a word. My husband was answering the questions and I kept nudging him with my elbow trying to get him to repeat things, but it wasn't working. I hadn't realized I was so dependent on visual clues to hear! Finally I just came clean, and announced that I couldn't hear since it was dark out and they would all need to speak louder and face me when they were talking. That made things a bit better for a little while, but it is hard for people to remember to adjust their speaking patterns for extended periods of time.

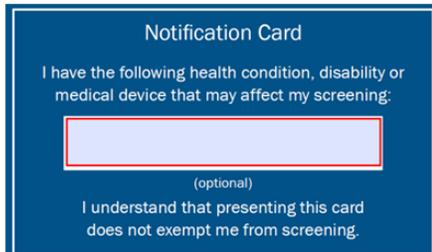
Maybe this is obvious to most people with hearing loss, but for some reason I had never been in this situation before. At night in bed, there is not much to hear, so maybe I never noticed. And I usually do keep the lights on until I am ready to sleep. I was scared by this new realization. What if there was an emergency in the middle of the night and I needed to hear instructions? What if the power went out? What if my children were calling to me in the dark and I didn't hear them? What if I just wanted to take a nice moonlit walk with friends? I decided I better figure out a strategy.

Today, I am much more aware of the lighting in any given situation and try to use it to my advantage. For example, I try to sit so that others are well-lit and visible. If it is dark, I ask people if I can turn on a light. I sit closer to people if it is darker. I also turn up the volume on my hearing aids. And I made sure that outdoor lighting on our house was turned up very bright!

<http://livingwithhearingloss.wordpress.com/2014/12/10/i-cant-hear-in-the-dark/>

TSA GUIDELINES FOR TRAVELERS WITH HEARING LOSS

It is recommended that passengers who are deaf or hard of hearing notify a security officer of any assistance needed or technology used, such as hearing aids or cochlear implants, before screening begins. It also is helpful if the passenger informs the officer of the best way to communicate during the screening process. Passengers can use TSA's Notification Card to communicate discreetly with security officers. However, showing this card or other medical documentation will not exempt a passenger from additional screening when necessary.



Guidelines:

- If the screening process is unclear to you, ask the Security Officer to write the information down
- If you can read lips or are hard of hearing, ask the Security Officer to look directly at you and repeat the information slowly
- If you need to communicate with the Security Officer, inform her/him of your disability and the way in which you can communicate. TSA Security Officers are trained to provide whatever assistance they can to persons with hearing disabilities
- It is not necessary to remove hearing aids or the exterior component of a cochlear implant at security checkpoints
- It is best if you wear your hearing aids while going through the metal detector
- If you are concerned or uncomfortable with going through the walk-through metal detector, or are uneasy with having your external component of your cochlear implant X-rayed, you can ask for a full body pat-down of your person and a visual and physical inspection of the exterior component while it remains on your body
- If you use a hearing dog, you and the dog will remain together at all times while going through the security checkpoint.

Travelers may call TSA Cares toll free at 1-855-787-2227 prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint.

HLAA recently attended the TSA quarterly teleconference for their Disability and Multicultural Coalition. They have been working to ensure that people with disabilities and people with a variety of cultural backgrounds are treated with dignity and respect when traveling through airport security gates staffed by TSA agents.

DECEMBER MEETING SUMMARY

The December meeting was filled with food, treats and talk. We had a table full of food that was enjoyed by all. While we ate, we played Holiday Bingo and had a great time! Ram Kakkar won the Grand Prize! After dinner, we had three members speak to these three issues of dealing with hearing loss:

“Better Communication During the Holidays” moderated by Herb Balkind. Among the many tips were to let people know you have a hearing loss, try to sit next to people you understand best and don't walk away from social interaction.

“Tips for Going to the Hospital/Doctor” moderated by Bill Busch. Bill suggested you make a list ahead of time of what you need before going to the hospital such as hearing aids and batteries, assistive listening devices, list of prescriptions and health insurance, hearing aid dehumidifier, pad and pen for doctor and a sign to let hospital staff know your disability and to remind them to talk slowly.

“Tips for Travel” moderated by Peg Heglund. Peg's experience with flying gave us the following tips: inform airline boarding staff that you are hard of hearing and cannot hear the announcements, keep your hearing aids and devices with you (remember that a break in one's normal routine makes it very easy to misplace things) and use assistive listening devices.

LINKS

TSA

<http://www.tsa.gov/traveler-information/deaf-or-hard-hearing-passengers>

American Academy of Otolaryngology- Head and Neck surgery

<http://entnet.org/content/travel-tips-hearing-impaired>

Livestrong - Flying With a Cochlear Implant

<http://www.livestrong.com/article/1006692-flying-cochlear-implant/>

Hearing Aids: Airport Security & TSA Rules

<http://www.healthyhearing.com/content/articles/Hearing-aids/Fitting/47668-Hearing-aids-airport-security>

Planes, Trains, and Automobiles – Travel Tips for Individuals with Hearing Loss

HLAA 2011 Convention Presenter: Tina Childress, CCC-A

http://www.hearingloss.org/sites/default/files/docs/Travel_Tips_forPeoplewithHL.pdf

**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.

Chapter Contacts:

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

**JANUARY MEETING TOPIC:
WHAT'S NEW IN IMPLANTABLE
HEARING SOLUTIONS**

Maeve Browne, an Engagement Manager with Cochlear Americas will be guest speaker at our next meeting on Thursday, January 8, 2015, 6:30 p.m. She will be talking about Hybrid cochlear implant, the Baha Attract cochlear system, and wireless technology for the Nucleus 6. Maeve has been with the company more than 15 years and her job is to create awareness about cochlear implants, manage the large team of volunteers and counsel and help candidates on their journey. She does not have an implant herself, but is passionate about the technology and how it changes lives.

No reservations are necessary and admission is free. All meetings are Captioned with CART (Communication Access Realtime Translation), the hearing induction loop and Williams Sound System. For more information, please call **562-438-0597** or visit www.hlalongbeachlakewood.org. Light refreshments are served.

VISITORS

We welcomed 3 new and one returning visitor at our last meeting: Helen Quinlan, Bill Rouzer and Juliet and Victoria Lugo. We are so pleased you joined us!

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.

**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.



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

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.

SCOREBOARD

	MEMBERS	GUESTS	TOTAL
Dec. '14	25	3	28
Nov. '14	38	2	40
Oct. '14	31	6	37
Sept. '14	32	8	40

DISCLAIMER

We believe the information contained in this publication has been compiled from reliable sources. However none of the contributors, sponsors, or anyone else connected with the Informer in any way whatsoever can be responsible for the appearance of any inaccurate or libelous information or for your use of the information contained in or linked from these pages. If you need specific advice, for example, for your particular hearing concerns, please seek a professional who is licensed or knowledgeable in that area. We further do not recommend or endorse any product or professional but supply such information as a public service.



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

\$\$\$\$\$ TIME TO PAY YOUR DUES \$\$\$\$\$

It's time to pay your Chapter dues for the 2015 calendar year. Walt Lowrie will be accepting your \$1.00 cash at the next few meetings. You can also mail it to Walt Lowrie 5072 Fanwood Ave., Lakewood, CA 90713.

FUTURE PROGRAMS

January 8, 2015 - Maeve Browne, Engagement Manager from Cochlear America. Come learn what's new in implantable hearing solutions. Ms. Browne is passionate about the technology and how it changes lives.

February 12, 2015 - Camille Jenkins and Rico (Sam Simon Foundation hearing dogs). 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 Ms. Jenkins to "hear" the door bell ringing, phone ringing, tea kettle boiling and much more.

HLAA Long Beach/Lakewood Chapter Meetings are on the second Thursday of each month at 6:30 pm.
We meet at the **Weingart Center, 5220 Oliva Ave, Lakewood 90712**

All meetings are Captioned with CART (Communication Access Realtime Translation), the hearing Induction loop and Williams Sound System. Light refreshments are served.
For more information, please call **562-438-0597** or visit www.hlalongbeachlakewood.org.



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.