

## CHAPTER CALENDAR

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

**March 12** - Chapter Meeting, Weingart Center  
6:30 pm - 8:00 pm

**“Overcoming the Psychological Aspects of  
Hearing Loss and Withdrawal from Society”**

**Refreshments provided by Gail Morrison, Louise Allen,  
Lorraine Collins and Maxine Barton-Bauman.**  
*Thank you!*

**March 20** – HAT Demo 10:00 am - 12:00 pm  
Weingart, Craft Room.

**March 25** – HLA Chapter Board Meeting 12:30 pm  
Weingart

**April 6** – HAT Committee Meeting, Coco’s, 12:30 pm

**April 15** – CTAP Event at Weingart 1:00 pm—3:00 pm

**Lip Reading Classes** – at Weingart  
Mondays - 10 am-noon  
Wednesdays 9:30 am - 11:30 am.

## **THIS WILL BE YOUR LAST PAPER “INFORMER” UNLESS ...**

In an effort to save money, the Board has decided to ask everyone who wants a paper copy of the Informer to send their \$10 to Walt Lowrie at 5072 Fanwood Ave., Lakewood, CA 90713. If we don't hear from you, we will assume you're not interested in receiving the newsletter and this will be your last paper issue.

The subscription period will be for the calendar year 2015. To accommodate those of you who paid mid-year 2014, if you paid for a subscription in July or later, you are considered “paid” for 2015.

If you have any questions or concerns, please contact Bill Busch at 310-540-6322 or email him at [billbusch@iecc.org](mailto:billbusch@iecc.org).

Email copies of the Informer are free. If you are not already receiving an electronic copy, please send your email address to [informer.hlaa@gmail.com](mailto:informer.hlaa@gmail.com).

## **PILL FOR HEARING LOSS AND TINNITUS?**

*By Roger Dobson for the Daily Mail  
16 February 2015*

A new pill designed to combat both hearing loss and tinnitus is now being tested on patients for the first time. The first drug treatment for both conditions has been developed by scientists in the UK and acts on brain cells involved in the processing of sound. Laboratory studies have shown that the drug has the potential to reduce symptoms of age-related hearing loss and tinnitus.

The new drug works on a protein called Kv3 that helps form pores on the surface of nerve cells in the area of the brain connected with hearing. These pores allow potassium to enter the cells - the potassium is needed to help signals, such as hearing signals, pass between the nerve cells.

Researchers say there is evidence that levels of Kv3 become damaged or decline with age. This may cause patients difficulty in understanding speech and may be linked to tinnitus, too. Studies at the Institute of Experimental Medicine in Prague show the drug, known as AUT00063, can improve hearing in older animals, while research at University College London and the University of Southern Illinois has found the drug can have a beneficial effect on tinnitus.

Now University College London Hospital and ten other hospitals in the UK are embarking on a clinical trial, recruiting around 150 patients, who will receive four daily pills, or a placebo, every day for four weeks. This trial is focusing on patients who have had tinnitus for between six and 18 months. If successful, future trials are likely to include people with longer term tinnitus.

Meanwhile, 100 patients with age-related hearing loss are taking part in a trial at the University of South Florida and other centres in the U.S. where they will take three capsules of AUT00063 or a placebo for four weeks.

Andrew McCombe, consultant ear, nose and throat surgeon at Frimley Park Hospital, Surrey, said: “I have a suspicion that they may get better results in tinnitus sufferers than in age-related hearing loss.”



## PRESIDENT'S MESSAGE

*By Dr. Bill Busch*

### KEEP TALKING WITH LOVED ONES ABOUT YOUR HEARING LOSS

The Hearing Loss Association of America's January/February issue of Hearing Loss Magazine had two great articles by Sam & Janet Trychin about improving communications between people with hearing loss and their family members. If you are not a member, I encourage you to join so you can begin getting this terrific magazine full of important articles on improving your life.

Sam is a psychologist with a hearing loss and his wife Janet is an audiologist. Together they make a great team to tackle communication issues and the articles have some great suggestions.

These articles and the topic of our March Chapter meeting reminded me of the communications issues my wife and I dealt with when my hearing took a sudden downturn over about a one year period. I discovered that my hearing problem was not only causing me problems it was affecting her substantially as well. In fact it affects any person I come into contact with. Let's face it, if someone is frequently being asked to repeat what they have said, it can become pretty annoying. If you have hearing loss one way to solve that is to avoid people as much as possible. Obviously that's not good for you or your family.

A much better approach is to talk frequently with your loved ones about your hearing loss and discuss ways to improve those communications. Discuss what irritates each of you about the hearing loss. When my wife and I did that, one of the things she complained about was that I frequently did not respond to her when she said something to me. Thinking I did not hear her, she would repeat what she said. It was my fault she had to repeat since I had heard her. I worked hard to break that habit and I am much better now although I still have to be reminded sometimes.

Something that she did that annoyed me was when she would ask me questions when I was in another room since invariably I couldn't understand her. I asked her not to do that. If she forgets, I answer that I can't understand her because I'm in another room. That is my gentle way of reminding her.

Communication problems aren't only with spouses. Recently, I was visiting my grandchildren. As I was leaving I approached my 6 year old granddaughter, Scarlette, who was playing outside with a friend from school. I said goodbye to Scarlette and she came over to give me a hug so I hugged her. Then she said something I didn't understand. I asked her to repeat it. She repeated it much louder. Unfortunately, I still didn't understand so I asked her again but this time I told her

she didn't have to speak louder but it would help if she spoke slower. This time she said clearly "How about a group hug with me and my friend?" I was very touched that she wanted to share her grandpa with her friend so I said sure and we all hugged. I then talked for a few minutes with her friend as well. When I left, I was so happy I persisted, because her gesture really made me feel appreciated despite my hearing problems.

I encourage you all to make the extra effort to continue to talk to people even if it takes extra effort on your part. The rewards can be priceless.

## FEBRUARY MEETING SUMMARY



At our February meeting, Camille Jenkins brought Rico, her hearing dog received from the Sam Simon Foundation, a rescue dog training program based in Malibu for people with hearing loss. She described her own hearing loss and the process she went through to be matched with Rico.

Rico is trained to alert the owner to sounds such as the doorbell, phone, alarm clock and the teakettle boiling by pawing the owner's leg. The Sam Simon Foundation Assistance Dogs Program is supported and funded by The Sam Simon Charitable Foundation. When someone is selected to receive a Hearing Dog, there is no charge.

The professional trainers carefully select the dogs by evaluating them for temperament, health and eagerness to please. They are rescued from shelters where they are at risk for euthanasia. They enter a rigorous training program to become Hearing Dogs for people who are deaf or hard of hearing. The cost to train each dog is approximately \$60,000. The Sam Simon Foundation staff requires the placement owner to have no other dog in the home setting. They also follow up on the dog/owners.

Camille explained that not all dogs that are successful in the program. In such a situation, they are placed as Career Change Dogs and are available for adoption from the Foundation. For more information, go to <http://www.samsimonfoundation.com/hearingDogs.asp>.

## \$ TIME TO PAY YOUR DUES \$

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



## UPDATE ON HAT COMMITTEE

### FREE HEARING SCREENING & AMAZING PHONES

The HEARING ASSISTIVE TECHNOLOGY COMMITTEE is proud to announce the return of our special event with the CALIFORNIA TELEPHONE ACCESS

PROGRAM (CTAP) Wednesday, April 15, 2015, at the Weingart Senior Center in Lakewood, from 1-3 pm. At our previous CTAP event, 15 people had their hearing screened and 15 qualified for a free amplified telephone!

The CALIFORNIA TELEPHONE ACCESS PROGRAM (CTAP) is a free state program which provides assistive telecommunication equipment. The mission of the program is to provide access to basic telephone service for Californians who have difficulty using the telephone. California residents with existing phone service who complete a certification form are eligible. There is no cost, obligation or income requirement. What this simply means is that if you have an existing land line (regular phone service), Dr. David J. DeKriek, Au.D. will administer a hearing test. If he determines that you have some form of hearing loss, you will qualify for a free specialized telephone.

Qualifying for this event is easy. First make an appointment by contacting the Weingart Senior Center before April 15th. Then at your appointment time you will be given a simple application to fill out, with help from staff members if needed. You will then be given a free hearing screening test by Dr. David J. DeKriek, Au.D. He will certify your difficulty with hearing and sign the application. Next a CTAP staff member will take you to another room where they will determine which phone will best help with your particular hearing loss. These specialized telephones and devices may provide some of these features for your needs as follows: turn up the volume (amplified), make dialing easier, allow hands-free operation, flash incoming calls, display conversation in text, remember phone numbers, and more!

This special event truly makes it that simple, easy and convenient for anyone who has a hearing loss to receive their free CTAP specialized telephone. I call it your ONE STOP SHOPPING EVENT. And it's all FREE.

Once again: this event takes place on April 15th, at the Weingart Senior Center in Lakewood, from 1:00 p.m. to 3:00 p.m. An appointment can only be made by calling the Weingart Center at (562) 630-6141.

If you need further information or clarification about this event, the Weingart staff can help you or if need be, refer you to me, Herb Balkind, and I will be happy to help you with any questions.

**Please note, this event is only for new clients of CTAP.** If you have been a CTAP client in the past or already have a

free phone from them, this event is *not* for you. If you have any questions as a past or current client, you must call CTAP directly at (800) 806-1191.

I would like to thank Dr. David J. DeKriek, Au.D., for his participation in this event. He helped make the last CTAP event a great success. He is our very own HLAA Chapter's Professional Adviser and we are very fortunate to have his enthusiasm and support for our varied events and programs.

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## NOMINATING COMMITTEE REPORT

The 2015 Nominating Committee consisting of Katie Wright, Maxine Barton-Bauman and Alden Wright has proposed a slate of Chapter Officers for the next term:

**President:** Bill Busch

**Vice-President:** Gail Morrison

**Treasurer:** Walt Lowrie

**Corresponding Secretary:** Ken Saw

**Recording Secretary:** Craig Bowlby

Additional nominations will be accepted from the floor at the March 12<sup>th</sup> meeting. Voting and installation will take place at the April 9<sup>th</sup> Chapter meeting.

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## **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@hllalongbeachlakewood.org](mailto:info@hllalongbeachlakewood.org).

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



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](http://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!

## THE IMPORTANCE OF COMMUNICATION

Reprinted From *Hearing Loss Magazine*, Jan./Feb. 2015  
Sam Trychin, Ph.D., psychologist with a hearing loss

The reason communication is so important to us humans is that we are all primarily social beings. We are dependent on other people for basic survival for the first few years, if not a decade, of our lives and for many of us much longer than that. This survival dependency is at the root of our need for being part of a group of other human beings. The need to belong to a social grouping is built into our genetic structure, and we react physically as well as emotionally to any threats of being cut off from other people. These emotional reactions do not initially occur at the conscious level, but are subconscious reactions and can be very powerful. Cutting oneself off from other people can produce major problems because of this inherited physical and emotional need for social contact, approval, and support. People pay a heavy price for self imposed isolation and so do their family members and friends who would otherwise enjoy their companionship. The price can be measured in terms of the negative physical consequences of cutting oneself off from social connections, missing out on interesting or educational experiences, and curtailing opportunities to experience personal achievement and satisfaction.”

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## HEARING AID TAX CREDIT BILL

A Hearing Aid Tax Credit has been reintroduced in Congress. This bill would provide a non-refundable \$500 tax credit for the purchase of a hearing aid or \$1,000 if two are needed, once every five years. The House bill includes a \$200,000/year income eligibility cap.

Let your congressperson know you support this bill.

The Hearing Health Foundation has set up a webpage to provide assistance. Click the link below to access the full active page: <http://www.hearingaidtaxcredit.org>.

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## MARCH MEETING PROGRAM “How to Overcome Psychological Aspects of Hearing Loss and Withdrawal from Society”

Dave Cooper, a member of our Chapter and a Marriage and Family Counselor in Long Beach will discuss the psychological aspects of hearing loss and withdrawal from society. Dave encourages the use of Assistive Listening Devices to promote social interaction. His presentation will help us learn ways to overcome isolation and feelings of depression and anxiety, communicate effectively with others and educating others on your own hearing loss so they can communicate more effectively with you.



## VOICE TELECOMMUNICATIONS TECHNOLOGY ONLINE SURVEY

The Rehabilitation Engineering Research Center on Telecommunications Access at Gallaudet University is conducting an online survey to learn about the experiences of adults who are hard of hearing, deaf or have hearing loss in their use of voice telecommunications technology in the U.S. (regular telephones, cell phones, captioned phones, Skype, etc.).

Their goal is to better understand how such adults use current **voice** telecommunications technology, what barriers they face using it, and what needs they have for improved accessibility. This is a particularly relevant topic right now as the Federal Communications Commission (FCC) is currently seeking updated information to assess whether the Commission's HAC (hearing aid compatibility) rules effectively meet the needs of individuals who are deaf and hard of hearing. Summary data from the survey will be used to update the FCC.

For the purposes of this survey, *voice telecommunications* means that you both **listen and talk** for yourself during telephone calls, even if you also supplement your listening experience by using text (for example, relay or captioning) to read what the other person on the call is saying while you listen.

To take this survey you:

1. must be an adult (18 years or older)
2. have a hearing loss and
3. use *voice telecommunications* regularly (at least once a week)
4. have access to the Internet in order to complete the survey

The survey will take approximately 15-30 minutes to complete, depending on the extent of your telephone use.

To participate in the survey go to <http://www.surveymogizmo.com/s3/1344340/Telecommunications-Access-Survey-of-Adults-who-are-Hard-of-Hearing-Deaf-or-have-Hearing-Loss>

For questions about the survey, contact: Linda Kozma-Spytek at [Linda.kozma-spytek@gallaudet.edu](mailto:Linda.kozma-spytek@gallaudet.edu).

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## FEBRUARY VISITORS

We welcomed three visitors to our last meeting: Lala Gutierrez, Ilga Dravnieks and Velga Dravnieks. We hope you enjoyed getting to know us and Rico the hearing assistance dog. Please come back!

## OPEN – CAPTIONED THEATER EVENTS

<b>AHMANSON THEATER</b> 213-628-2772	
Open-Captioned Performances 2:00pm or 213-680-4017 (TTY)	
<a href="http://www.centertheatregroup.org/tickets/Project-DATE/">http://www.centertheatregroup.org/tickets/Project-DATE/</a>	
DAME EDNA'S GLORIOUS GOOD-BYE – THE FAREWELL TOUR	3/14/15
CINDERELLA	4/25/15
MATILDA, THE MUSICAL	6/27/15

<b>SEGERSTROM CENTER</b> 714-556-2787	
<b>FOR THE ARTS</b>	
Open-Captioned Performances 2:00pm <a href="http://www.scfta.org/access">www.scfta.org/access</a>	
Tickets in the open captioned section can be purchased online or by contacting the ticketing services department at <b>714-556-2787</b> Seats are available at every price level (while available).	
NICE WORK IF YOU CAN GET IT	3/21
GUYS AND DOLLS	4/18
ANNIE	5/23
MOTOWN THE MUSICAL	6/27
THE PHANTOM OF THE OPERA	8/15

**Assistive Listening Devices**  
Patrons with hearing impairments are encouraged to use Segerstrom Center's Sennheiser System for performances in Segerstrom Hall. Wireless, lightweight devices are available at no cost.

Induction Neckloops: If you have a hearing aid that is equipped with a t-coil, we have induction neckloops available that can interface with your hearing aid. Just ask the usher working the podium.

You may bring your own headphones/earbuds to use in place of our headphones for Segerstrom Hall shows. It just needs to have a 3.5mm audio jack.

<b>PANTAGES THEATER</b> 323-468-1780	
Open-Captioned Performances 1:00pm <a href="http://hollywoodpantages.com/accessibility">http://hollywoodpantages.com/accessibility</a>	
NEWSIES	4/12
MOTOWN THE MUSICAL	5/17
THE PHANTOM OF THE OPERA	6/28
The Hollywood Pantages Theatre is equipped with an Infrared Listening System and offers 3 different devices. These devices amplify all stage sounds and may be checked out at the Audience Services desk located in the lobby and are available free-of-charge	

## 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 - Marie O'Brien and Marion Camilleri  
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](mailto:billbusch@ieee.org)  
Gail Morrison, 562-438-0597, [gail7go@gmail.com](mailto:gail7go@gmail.com).

## 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.



<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 [hlaalbl.informer@gmail.com](mailto:hlaalbl.informer@gmail.com).

## SCOREBOARD

	MEMBERS	GUESTS	TOTAL
Feb. '15	26	3	29
Jan. '15	28	0	30
Dec. '14	25	3	28
Nov. '14	38	2	40

If you shop at Amazon.com, we now have a way for you to help our Chapter raise money. AmazonSmile is how it's done! When you shop at [smile.amazon.com](https://smile.amazon.com), Amazon will donate a portion of the purchase price to your favorite charitable organization.

Everything available on Amazon.com is available through AmazonSmile.

**To register for AmazonSmile**, simply go to [smile.amazon.com](https://smile.amazon.com) from your web browser on your computer or mobile device.

On your first visit to AmazonSmile ([smile.amazon.com](https://smile.amazon.com)), you need type into the search box:

**Hearing Loss Association of America Long Beach/Lakewood**

The next page will show **Hearing Loss Association Inc Redondo Beach**. This is the one to **select**.  
*(The city listed is Redondo Beach because that is where our President lives and files the taxes for the Chapter).*

Once you press select, AmazonSmile will remember your selection, and then every eligible purchase you make at [smile.amazon.com](https://smile.amazon.com) will result in a donation.

#### **How much of my purchase does Amazon donate?**

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. It's not much, but it can add up quickly with many people shopping!

## **FUTURE PROGRAMS**

**March 12, 2015** - “Overcoming the Psychological Aspects of Hearing Loss and Withdrawal from Society” Dave Cooper, Marriage and Family Counselor in Long Beach, will discuss the psychological aspects of hearing loss and withdrawal from society. *See page 4 for details.*

**May 14, 2015** - Robin Itzler, Marketing Maven from the Orange County Breeze, “Purchasing My First Smartphone.”

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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).  
We also have a Hearing Induction Loop, a loudspeaker and Assistive Listening Devices available.

Light refreshments are served.

For more information, please call **562-438-0597** or visit [www.hlalongbeachlakewood.org](http://www.hlalongbeachlakewood.org).



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**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.

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