

## CHAPTER CALENDAR

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

**August 13** - Chapter meeting: Sandy Wedgeworth:  
Emergency Preparedness for Hearing Loss

Refreshments provided by Juliet Lugo, Joyce Bowlby,  
Gordon Langsam, and Flo McDavid. *Thank you!*

**August 14** – Congresswoman Linda Sanchez’ Senior  
Health Fair at Cerritos College 9am - noon

**August 26** – Board meeting 12:30 Weingart

**HAT Committee Meeting** - September 14, 12:30pm.,  
Mimi’s Café, Lakewood

**HAT Demo** - September 18, 10am - noon, Weingart Center

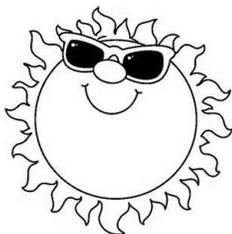
**Lip Reading Classes** Monday class resumes Sept. 14<sup>th</sup>;  
Wednesday class resumes Sept. 2

## **AUGUST MEETING**

### **“WHAT TO DO WHEN THERE’S AN EMERGENCY AND YOU HAVE HEARING LOSS?”**

**Long Beach: Earthquake, Fire, Flood!**  
**You have hearing loss? What to do?**

At the August Chapter meeting, Sandy Wedgeworth from the City of Long Beach Public Health Emergency Management will explain new developments to help people with hearing loss during an emergency. Members and guests will learn how to prepare for a disaster, natural or manmade, what to expect from first responders after a disaster and how to build resiliency in communities in response to a disaster.



## **STUDY LINKS NOISE TO CARDIOVASCULAR CONDITIONS**

By Brian Taylor, AuD., July 14, 2015

A recently published study in the *European Heart Journal* linked exposure to traffic noise of moderate intensity levels to higher rates of hospital admissions for stroke, according to a recent New York Times article. The study, which adjusted for sex, age, smoking, air pollution and socio-economic factors, compared exposure to traffic noise for individuals in several London neighborhoods.

Results of the seven year study found those exposed to traffic noise levels greater than 60 dB were *5 to 9% more likely* to be admitted to the hospital for strokes compared to individuals exposed to noise levels below 55 dB. Additionally, the researchers found that all-cause mortality was 4 percent higher for people living in noisy neighborhoods.

### **Chronic Medical Conditions and Hearing Health**

This study is another in a long list of recent epidemiological reports linking hearing loss in adults to other chronic medical conditions.

John Bakke, MD, an internist and Senior Healthcare Consultant for ZOLO Healthcare Solutions, commented, “A number of recent studies suggest that hearing loss is often a marker of important systemic illness and that it can also lead to worsening of some chronic diseases. Therefore diagnosing and treating hearing loss, even mild hearing loss, has become an issue of medical importance. Yet in addition, even for those with normal hearing, this new and well-designed study shows that what we hear is also an important determinant of health.”

### **Even “Safe” Exposure Levels May Cause Risk**

Interestingly the study, published in a leading European medical journal, found individuals exposed to noise levels greater than 60 dB were *at risk* for cardiovascular problems.

Although 60 dB is not especially loud – comparable to the sound level in a moderately crowded restaurant - it suggests the cumulative effect of constant noise over years could be significant.

Dr. Bakke went on to say, “What we hear matters, and too much noise in our everyday auditory environment is detrimental to good health. Society has worked hard to assure the water we drink, the food we eat, and the air we breathe are reasonably healthy, and the cars we drive, the houses where we live, and our places of work are reasonably safe. After all that hard work, this recent study suggests that we might want to make sure that our acoustic environment is not the culprit which, in the long run, is doing us in.”



## President's Message

By Dr. Bill Busch

### Lessons from the Lake

Every summer our family comes from all over the country to our beloved Lake Geneva, Wisconsin. I usually spend about 2 months at our cottage which is one of six cottages on the same lane owned by different family members. It is a wonderful time to reconnect with members of our large extended family including nieces, nephews and cousins. I had many occasions for conversations with varying degrees of difficulty due to my hearing loss so I thought I would share some of them.

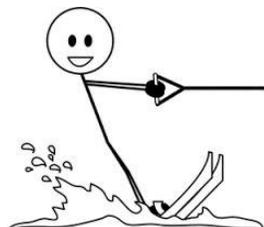
At first I had a lot of trouble understanding my 6 year old granddaughter. It was frustrating for both of us since I frequently had to ask her to repeat what she said, sometimes 3 times or more. I kept telling her to speak slower. Eventually it sunk in and now when she wants to ask or tell me something, she looks at me and speaks very slowly. I now can understand everything she says. It took persistence on my part, but it worked out beautifully.

I attended a church service on the 1-year anniversary of my older brother's death with my sister-in-law and a number of family members. Last year, I participated in a memorial service for him in the same church. Last year I arranged to use one of the church's assistive listening devices and understood every word of the service. This year I totally forgot about that until the service began. I realized too late that I could hardly understand a word of what was being said. The echoes were horrible in this church with marble everywhere. I learned a valuable lesson that I must make a point of arranging for an assistive device whenever I attend a church that doesn't have a hearing loop. Assistive listening devices can make a huge difference in understanding what is being said but they are useless if you don't ask for them.

Many of our family gatherings were outside which was better for me because there was much less background noise. At times I used my personal listening device. I found it helped when I pointed the microphone at the person speaking.

When Barbara and I went to restaurants with another couple, we would usually go early when there were fewer people and request a quiet table. That helped somewhat, but often there was still too much background noise. Then I used my Motiva personal FM system and gave microphones to the 3 other people. This worked quite well.

My favorite activity at the lake is water-skiing. When water-skiing or swimming, I use my Advanced Bionics Neptune waterproof cochlear implant processor. That allows me to hear the people in the boat and any



other boats in the vicinity. I have to take my hearing aid out since it is not waterproof but it is much better than being deaf.

Lastly, at the cottage, I depend on my mobile phone since I don't have a land line. I have been using the Hamilton CapTel app on my iPhone. It's more difficult than the captioned phones at home, but it's much better than no captions. CapTel customer service told me that the Android phone has a better app. Hopefully they will be able to improve the app for the iPhone in the future.

I am thankful for all the technology that allows me to fully participate in the family activities even though I have severe hearing loss. I am continually learning how to use this technology. More lessons next year. See you all soon!

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## FACT CHECK: WOMEN AND HEARING HEALTH

National Women's Health Week was May 10-16, 2015, but women's health is a year-round issue. Here are 6 facts every woman should know about hearing health:

1. Women with hearing loss are more likely to be depressed.
2. The ear may be a window to the heart: # 1 killer of women is heart disease.
3. If you have diabetes, you're twice as likely to have hearing loss. About 11% of women in the U.S. are affected by diabetes.
4. Lifestyle behaviors, such as smoking, impact hearing. Being physically active and having a higher intake of long-chain omega-3 polyunsaturated fatty acids, as well as fish, are associated with lower risk of hearing loss.
5. Ibuprofen and acetaminophen are associated with an increased risk of hearing loss in women. The link is stronger among those younger than 50.
6. Research shows a link between hearing loss and dementia.

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## HCAA NATIONAL CONVENTION 2015 ST. LOUIS, JUNE 25-28

### Attendance

Drum roll please...the final attendance count for Convention 2015 is 950. The September/October 2015 *Hearing Loss Magazine* will have photos and a Convention 2015 Wrap-Up. Photos will also be posted on [hearingloss.org](http://hearingloss.org).

### Captioned Videos of Plenary Sessions

Check out the HCAA YouTube Channel for the Opening Session and Employment Symposium – both are captioned. [www.hearingloss.org/content/hcaa-conv-2015-videos](http://www.hearingloss.org/content/hcaa-conv-2015-videos)

## JULY MEETING SUMMARY



**Robbin Hill and  
Gail Morrison**

*Robbin Hill, Managing Court Reporter of the Los Angeles Superior Court, talked to us about the CART program she has put in place to accommodate prospective and serving jurors with hearing loss. (CART stands for computer-aided realtime translation. CART for jurors is done*

*by court-reporters on a stenotype machine.) What follows is a detailed summary of her presentation taken from the transcript of our meeting. It was a very informative meeting.*

When you get a jury summons, there's a number that you call to request an accommodation such as CART or a sign language interpreter. You may be rescheduled because there's a huge backlog of people with hearing loss who need CART services, but when you are scheduled, there will be a CART provider for you.

The provider will meet you, take you to a seat, set up, explain what they're doing while you're looking, and start the procedure so that you, from the very beginning, know what is going on.

They stay with you through the whole process. When your name is called, the CART provider will pack up their equipment and follow you to the courtroom. They will leave you outside with the rest of the jurors and then go in to find a spot so you're able to see and speak with the judge. When you are called in, you will just go to your CART provider, and they will begin the CART service for you.

When you get on a jury, you might not be in the "jury box" because CART comes with a lot of equipment. But you'll be right next to the box with the CART provider right there with you so you are participating in everything.

The attorneys and the judge know you are being accommodated, so if the talking goes too fast, if you can't read it, you just let your CART provider know and the proceedings are slowed down because we want you to be a part of the justice system. We need you.

Once the trial portion is finished and deliberations begin, the CART provider follows you into the jury room and stays with you during the deliberations. They're with you the entire time, writing and keeping you up with everything.

The provider has a way to identify each juror, so as you're reading, you know who is speaking, what they're saying and what's going on. The CART provider stays with you until the very end.

The Los Angeles Superior Court system provides CART, not only for jurors, but for any participant that needs the service.

## HIKING FOR HEARING HEALTH



Have you heard about the guy who is hiking 500 miles of the Colorado Trail, and summiting multiple mountains, for hearing health? Meet John Hoffman, a committed supporter who has had hearing loss since birth. He is hiking so HHF can continue researching toward a cure for hearing loss and to improve the quality of life for him and others with hearing loss, including his niece, who currently wears cochlear implants.

It's a 500 mile hike from Denver, CO to Durango, CO. It will take John about 5-6 weeks to reach Durango, CO after setting off from Waterton Canyon; in Denver, CO. John has always wanted to make a donation to the Hearing Health Foundation because of his hearing impairment that he has had since birth. He has set a goal of raising a dollar per mile, \$500 (the length of the Colorado Trail). If the goal is met; he will match the \$500 goal making a great contribution to an organization, which has directly affected his life and many others for the better.

John's hike will conclude on August 4th, his birthday, and we hope you will consider making a gift in support of John and help him double (or triple) his goal! It's not too late to donate.

The Hearing Health Foundation (HHF) is the largest private funder of hearing research, with a mission to prevent and cure hearing loss and tinnitus through groundbreaking research. Since 1958, HHF has given away millions of dollars to hearing and balance research, including work that led to cochlear implant technology and now through the Hearing Restoration Project is working on a cure for hearing loss and tinnitus. HHF also publishes Hearing Health magazine, a free consumer resource on hearing loss and related technology, research, and products.

### LINKS

**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>

**Hearing Health and Technology Matters**

Timely information and lively insights for audiology professionals and everyone who cares about hearing loss.

<http://hearinghealthmatters.org/>

# MILLION DOLLAR SETTLEMENT HIGHLIGHTS NEED TO ACCOMMODATE STUDENTS WITH HEARING LOSS

*By Hearing Health and Technology Matters July 21, 2015*

GRANDVIEW, WASHINGTON—a rural school district in Washington State has settled a Federal Civil Rights case for \$1 million dollars according to a recent news release.

According to the report, the Grandview School District had claimed that student José Garcia was at fault for his inability to learn, due to “ineffective use” of hearing aids. Additionally the district had made claims that he was learning disabled due to an injury suffered at birth.

Testing, however, revealed José had a normal I.Q. and the profound nature and degree of his hearing loss meant that his hearing loss could not be “cured” by effective hearing aid use alone.

Over the course of his 14 year education with the school district, funding was provided for José’s education. However, the funding was used to place him in a self-contained classroom serving students with much more severe physical and mental disabilities.

According to testimony from Carol Carrothers, Coordinator of Deaf and Hard of Hearing Services for the Washington State Sensory Disability Services, there was no disability-based reason why José required a self-contained classroom at any point in his academic career.

## Against the Odds

Not until he was a 17 year-old high student junior did José first discover that he would be unable to graduate with his class. Frustrated, neither he nor his mother, who is illiterate and only speaks Spanish, could understand why the passing grades he had received on his report cards over the years had no real correlation to his educational achievement. Instead, José had math and reading skills equivalent to second or third grade.

In the fall of 2009, Ms. Carrothers reported to the school district that she had tutored José over the summer and that he was functioning at a very low academic level. She recommended José receive both specialized instruction and appropriate assistive technology.

The District, however, did not act on that information. Later that year, the Yakima Hearing and Speech Center referred José’s mother to a parent advocate, Sherry Mashburn. The advocate arranged a meeting with all of José’s teachers—at least one of which admitted she was unaware of his hearing loss.

## Case Goes to Court, District Loses (Twice)

After a three week hearing in 2010, the Grandview School District was ordered to provide José with six years of remedial education. After appeal the district was found at fault yet again, for “significant educational deprivation”, but instead of six years it was ordered to provide four years of remedial education.

Both judges who oversaw the case determined that the school district withheld information from the parent in violation of federal law. The district had failed to attend or conduct mandatory Individualized Education Program (IEP) meetings, then attempted to cover up the failure by deliberately testifying falsely.

Children with developmental delays or other disabilities, such as hearing loss, may qualify for special services in the schools.

The Individuals with Disabilities Education Act (IDEA) provides a format for parents and educators to develop a specific education plan for their child, an IEP, which describes the educational goals set throughout the year and outlines any special supports that may be required in order for the child to achieve those goals.

The Courts agreed with José’s attorney, Kerri Feeney, that the District should not be entrusted to educate José. Instead the court appointed Dr. Wendy Marlowe Ph.D., as the program manager to assemble a team of educators and other specialists.

The district was ordered to pay for the extensive education program for José, which cost approximately \$250,000 each year, for four years.

## Happy Ending for José

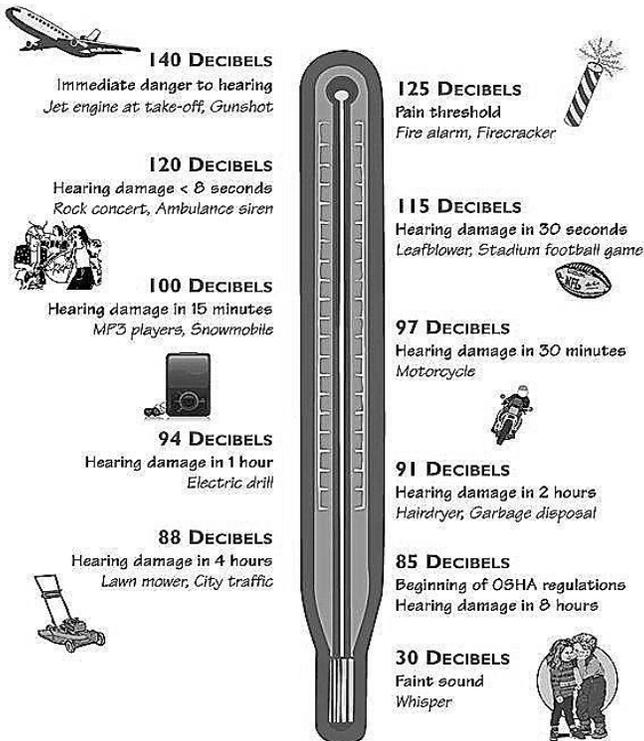
Now at age 22, after four years of extensive remedial education, José was able to walk with his fellow classmates at the 2015 high school graduation in June. He will formally complete his education in November of this year and receive his high school diploma.



## NOISE-INDUCED HEARING LOSS

Noise is the leading cause of hearing loss, affecting an estimated 38 million Americans. The good news is that noise-induced hearing loss is completely preventable. Foam ear plugs are a cheap and simple way to protect your hearing when mowing the lawn, using power tools or enjoying a music or sporting event.

# NOISE Thermometer™



Decibel (dB) + Time = Potential for hearing loss  
Reduce exposure time in half with each additional 3 dB(A) (Source: NIOSH)

©1996, 2004, 2008 Hearing Association. All rights reserved. For more information, visit [www.hearing.org](http://www.hearing.org) or write to HAA, 1246 University Ave., W. Ste #206, St. Paul, MN 55104-4125

## SCOREBOARD

	MEMBERS	GUESTS	TOTAL
July '15	27	0	27
June '15	21	2	23
May '15	22	6	28
April '15	25	0	25

## Need A Cemetery Plot?

A long-time Chapter member has chosen to donate her body to science and has a cemetery plot in Costa Mesa available. The space is free except for a \$35 transfer fee. If you're interested, contact Linda at 714-388-5647.

## 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).

## 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

## **FUTURE PROGRAMS**

**September 10** – Dr. Fred DiTirro, Head and Neck Surgeon,  
Kaiser Permanente, cochlear implant surgery.  
**October 8** - Dennis Merley, Improving Listening Skills

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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),  
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](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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