

CHAPTER CALENDAR

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

November 12 - Chapter Meeting

Weingart Center. 6:30 pm – 8:00 pm.
Dr. Fred DiTirro, “Cochlear Implants from
a Surgeon’s Point of View”

Refreshments provided by **Ken Saw, Gail Morrison, Joyce Bowlby and Marie O'Brien.** *Thank you!*

Nov 2 HAT Committee meeting, 12:30 Mimi’s Cafe
Nov 13 HAT Demo, 10 AM to noon . Weingart
Nov 18 HLA Board meeting, 12:30 pm., Weingart
Dec 7 HAT Committee meeting, 12:30 Mimi’s

Lip Reading at Weingart

Every Monday - 10 am – noon

Every Wednesday - 9:30 am – 11:30 am

Holiday schedule:

last Monday class 12/7; resumes on 2/1

last Wednesday class 12/16; resumes on 1/13



NOVEMBER PROGRAM

“Cochlear Implants From the Surgeon’s Point of View” (rescheduled from September)

Dr. Frederick R. DiTirro, Head and Neck Surgeon, Board of Otolaryngology of Kaiser Permanente, will be guest speaker at the next Chapter meeting. Dr. DiTirro will relate his knowledge about hearing loss, cochlear implant surgery and what it takes to qualify for such surgery along with recovery time and its success. He will share a surgeon’s viewpoint not only on implants but on hearing in general. Dr. DiTirro has been with Kaiser Permanente for 33 years and primarily sees patients for ear surgery and with ear problems. He has done the majority of the cochlear implants for Southern California Kaiser in the past 20 years and has performed about 1600 cochlear implants.

I AM SO FRUSTRATED BY MY HEARING LOSS I COULD JUST SCREAM!

Shari Eberts, Huffpost Healthy Living 10/06/2015

Have you ever been so frustrated by your hearing loss that you could just scream? I sure have. This usually occurs when I am already tired and worn out from listening all day, but can just as easily happen early in the day if the mood hits me. I try to roll with the punches, laugh as best I can at hearing misunderstandings -- come on -- I even write a blog about coping with hearing loss -- but nobody is perfect and sometimes I just want to shout, "Why are you not looking at me when you talk to me? Why are you mumbling behind your hand? How many times do I need to remind you to not talk to me from another room?"

Whew! I guess it happens to us all sometimes.

Usually it is my family that bears the brunt of this outburst. I guess I am not brave enough to yell at perfect strangers, yet. This is unfair to my family, of course, because most of the time they go out of their way to help me hear, but they are also around me the most, so it gives them the most opportunities for making communication errors.

Obviously, screaming is not productive, but in a sense, maybe it is. Sometimes we all need to vent and share our frustrations with others. Yelling and screaming is not the best way, but communicating our sadness and anger is better than keeping it inside or withdrawing socially. I know for me, once I have let off some steam and taken a bit of a break from the situation, I can often join back into the family dynamic.

This highlights for me the importance of finding a hearing loss community. While our families and friends love us very much, if they do not have hearing issues, they can't always understand what we are going through. I know my hearing loss pals have been a source of comfort to me when frustrations mount. We can swap stories, strategies, and complain to one another with complete understanding and no judgements.

Here are my tips for surviving the inevitable bouts of frustration that come along with hearing loss.

1. **Take A Break:** Many times, exhaustion can contribute to frustration. You can read about that here. Taking a short break to recharge your batteries allows your emotions to cool and your brain to rest.

Continued on page 4.

PRESIDENT'S MESSAGE



By Dr. Bill Busch

Thanks to the Employee Community Fund of Boeing California for Their Support

I am delighted to announce that our chapter has received a grant of \$1800 from the Employee Community Fund (ECF) of Boeing California to provide captioning for our chapter meetings for an entire year. Anyone who has ever been to one of our chapter meetings knows how important it is to have captions for our meetings. Despite all our individual hearing devices, our assistive listening devices (ALDs), our PA system and hearing loop we still miss some of what is said. Having the captions projected on the wall fills in the gaps for us.

We are extremely grateful to Boeing ECF for their continuing support to our chapter. In addition to this grant, we received two previous grants for captioning our chapter meetings and also received a grant to purchase devices for our Hearing Assistive Technology (HAT) Committee. Because of that support, we are the number one chapter in Southern California in demonstrating HAT to anyone with hearing loss.

We are also honored to have Betty Evans, the daughter of deceased member, Raymond Blue, coming from Las Vegas to our November 10th chapter meeting to present the check to us. In addition to many substantial personal contributions to our chapter she encouraged me to apply for this grant and wrote a letter to ECF recommending that our chapter receive the grant. As a former member of the ECF and current contributor to ECF, I'm sure her recommendation carried a lot of weight.

Also a big thanks to Louise Allen who wrote all the previous grants and provided them to me to make my job easier in writing this grant request. I could not have done it without her. Louise also wrote a personal memory of Raymond Blue that appears in the adjacent column. People like Raymond, Betty and Louise will long be remembered by our chapter for their contributions that help us continue our mission to help people with hearing loss.

Join us on November 12th at the Weingart Center at 6:30 pm to thank them for their support.

VISITORS

We welcomed several visitors at the last meeting: Lauren Pickering, Judy Hennessy, Chris Ladewig, David Betterton, Stephanie Stansell, and Laurie Hill. We hope you enjoyed yourselves. We also visited with Ray Ramos and Adele Praderas who have come to our meetings before, although it's been a long time. We've missed you! All of you, please come back!

RAYMOND BLUE

By Louise Allen

Raymond Blue was the editor and driving force behind The Informer, the newsletter for Self Help for Hard of Hearing (now Hearing Loss Association of America) when I first began attending Chapter meetings way back in 1990.

Raymond was a very early member of the fledgling chapter and took it upon himself to start a newsletter to better inform and attract members to the organization. After his retirement from Douglas Aircraft, he occupied himself with wood-working in his garage, but standing for long periods became difficult, so taking on the producing and editing a newsletter was a good alternative. Fortunately, he was interested in computers and was the proud owner and user of one, so the stage was set.

When I became acquainted with Chapter members, Raymond asked me one day to write some small item for the newsletter, which I did, and I remember him proclaiming that he had found a member who could write! (Thanks, Raymond!) So I frequently was asked to contribute. Raymond had also discovered a member who was a talented cartoonist, and delighted in running her drawings about hearing loss. He was ever on the alert for members who could improve the newsletter and make it as interesting as possible.

Raymond insisted that all stories be hearing-related or chapter business news only. He scoured the internet for hearing research and technology available to improve chapter members' lives. He made sure that the Informer was finished in time for it to be in members' mailboxes the weekend before the next chapter meeting. His hard work was rewarded at the National Convention in 2000 when he accepted the award for Best Overall Newsletter.

The quality of the Informer that Raymond began has been continued by the editors since, including Ron & Elfriede MacIver, Ellen Mathis, myself and now Katie Wright. Our Chapter owes a debt of gratitude to Raymond Blue for his trail-blazing efforts in publishing our newsletter and making it informative, timely, and interesting.

YOUNGER ADULTS MORE LIKELY TO USE NEW GADGETS FOR HEARING LOSS

According to a blog at Consumer Reports, a new report on hearing loss in young adults released last week by the Centers for Disease Control and Prevention shows that people age 18 to 39 with hearing loss are more likely than people age 40 and up to use some sort of assistive technology, such as headsets, FM microphone systems, text messages, amplified telephones, or live video streaming. [Read the blog at Consumer Reports.](#)

HLAA NATIONAL NEWS

The Hearing Loss Association of America has an impact on communication access, public policy, research, public awareness, and service delivery related to hearing loss. HLAA brings consumers and policy makers together to learn about communication access at the national, state and local levels. HLAA staff works at the national level to affect legislation that impacts people with hearing loss, whether it's funding for hearing aids and cochlear implants, communication access in public places, or other important issues.

HLAA CHAMPIONS AFFORDABLE HEARING AID TECHNOLOGY TO PRESIDENT'S COUNCIL OF ADVISORS ON SCIENCE AND TECHNOLOGY

The President's Council of Advisors on Science and Technology (PCAST) is an advisory group of the nation's leading scientists and engineers who directly advise the president and the Executive Office of the President. The Council makes policy recommendations in the many areas where understanding of science, technology, and innovation is key to strengthening our economy and forming policy that works for Americans.

Christine Cassel, M.D., who leads the Working Group that looks at technology and hearing aids, presented a summary of their upcoming report. HLAA representatives – Margaret Wallhagen, Ph.D., chairperson of the HLAA Board of Trustees; Anna Gilmore Hall, executive director; and Lise Hamlin, director of public policy – spoke with Dr. Cassel and PCAST staff to provide a consumer perspective on access to affordable hearing aid technology.

Lise Hamlin, who attended the full meeting on September 18, presented a list of recommendations to the Council on behalf of HLAA.

The final report from PCAST was released in late October, too late for inclusion in this newsletter. It will be included in the December issue. Click [here](#) if you wish to view it now.

INTERNET PROTOCOL COUNCIL OF EXPERTS PARTICIPATION

Lise Hamlin, representing HLAA, has been asked to work with MITRE's Council of Experts (COE) as a subject matter expert on Internet Protocol Captioned Telephone Service (IP CTS). The MITRE Corporation is a not-for-profit company that operates multiple federally funded research and development centers. The COE was established by MITRE working under a contract with the FCC (Federal Communications Commission) to find technical solutions to problems facing VRS (Video Relay Services) and IP CTS. Lise attended her first meeting of the COE on October 7.

HLAA also sits on the FCC's Disability Advisory Committee (DAC), which met for a full day meeting October 8. DAC is comprised of representatives from the disability community, industry and state agencies and provides recommendations to the FCC to consider in their deliberations. HLAA is co-chair of the Video Programming Subcommittee and sits on the Relay Subcommittee.

FRIENDS OF THE CONGRESSIONAL HEARING HEALTH CAUCUS

More than 150 congressional staffers, hearing advocates and guests attended a [Screening Reception](#) held by the Friends of the Congressional Hearing Health Caucus (FCHHC) in the Rayburn House Office Building. HLAA is an active member of FCHHC. About 50 attendees had their hearing screened and ears checked. CHHC Co-Chairmen Reps. Dave McKinley (R-WV) and Mike Thompson (D-CA) attended the event and urged hearing champions to continue to advocate for important hearing health issues in Congress. Rep. Thompson noted that hearing health is an important element of overall health care, and that it is critical to address hearing loss early to avoid negative impacts on a person's learning and earning potential. Rep. McKinley noted the importance of following up on passage of HR 1344, the Early Hearing Detection and Intervention (EHDI) bill which was passed by the House in September, and is now being considered by the Senate.

TAKE THE SURVEY OF USER NEEDS

The Wireless Rehabilitation Engineering Research Center's 2015 Survey of User Needs (SUN) for Wireless Technologies is still open. The SUN is the Wireless RERC cornerstone survey of wireless technology use and usability by people with all types of disabilities. First launched in 2002, the SUN is the only national source of comprehensive information and insight into the wireless technology needs of people with disabilities.

Please consider participating in the Survey of User Needs and sharing it with your networks. You can participate on the web, on the phone, or we can send you a paper copy with a postage paid return envelope. On the web, please go to this address: <https://www.surveymonkey.com/r/SUN-2015>. To complete the survey over the phone or to request a paper copy, contact John Morris at: john_morris@shepherd.org or 404.367.1348.

NEW MEMBER BENEFITS FOR HLAA MEMBERS

Do you know all of the HLAA member benefits? We have recently added two more benefits: **Choice Hearing Benefits** and **LACE**. Check out all the member benefits for HLAA members - <http://hearingloss.org/content/member-benefits>

HAT COMMITTEE SUPPORTS BOEING HEALTH FAIR

Dr. Bill Busch for Herb Balkind

Every year our HAT Committee supports a health fair sponsored by the United Aerospace Workers (UAW) Local #148 that represents the Boeing workers. This fair is particularly important to us since the Boeing workers have done so much to support our chapter through their Employee Community Fund. (See the President's message on page 2.) This year Helen Bologna, Bonnie Strutin and I were there to tell them about our chapter and show some of the assistive devices that they could try out at our HAT Demonstrations. Big thanks to Helen and Bonnie for helping me talk to the large number of people who visited our table and for contributing door prizes. Helen gave a beautiful plant and Bonnie a delicious looking jar of jelly beans. Thanks also to Stephen Fisher for contributing a Mimi's Restaurant gift certificate.

Our next HAT demonstration will be on November 13th, (the day after our chapter meeting) from 10 am to noon at the Weingart Center Craft room. Although our demonstrations are usually on the 3rd Friday, note that in November and December they are on the 2nd Friday due to the Thanksgiving and Christmas holidays. Invite your friends and relatives with hearing loss to come and try out a large variety of devices that can improve their ability to hear better in difficult situations. These devices can be very beneficial to people with or without hearing aids and are a lot less expensive.

At our October demonstration, we had 9 visitors. Big thanks to Doug Green, Peg Heglund, George Costello and Helen Bologna for their professional help to our visitors. Thanks also to Sam Moghadam, Hearing Instrument Specialist from Ascent Hearing Center who volunteered his time to answer hearing aid questions. Unfortunately no representatives from a captioned phone company were able to attend, but I have been assured that both Clear Captions and CaptionCall will have representatives at our November 13th meeting

Our next event is our HAT Committee Meeting at Mimi's Restaurant on Candlewood in Lakewood at 12:30 on November 2 where we will continue planning our activities for the rest of the year. All are welcome!

HAT does not sell hearing aids or Hearing Assistive Devices, but provides information on where to purchase items demonstrated. For more information, please call **562-630-6141** or visit our website: www.hlalongbeachlakewood.org/

SCOREBOARD

	MEMBERS	GUESTS	TOTAL
October '15	29	8	37
Sept. '15	25	5	30
August '15	28	2	30
July '15	27	1	28

15 SIGNS YOU MIGHT HAVE A HEARING LOSS

We're All Ears by Connect Hearing

October 9, 2015

Hearing loss can creep up on you slowly. Very often, someone will develop a hearing impairment without realizing they have a problem. This is why it's important to familiarize yourself with the signs and symptoms of hearing loss, which are often very subtle.

If you can relate to any of the fifteen hearing loss indicators listed below, it might be time for a hearing test!

1. Everything sounds a bit muffled
2. You have trouble hearing over loud background noise and often avoid noisy environments
3. You have trouble following what's being said in group conversations
4. The volume on your television and/or radio is turned all the way up
5. Family and friends often tell you you've got a hearing problem
6. You often misunderstand what people have said
7. You frequently need to ask people to repeat themselves
8. You find the voices of women and children harder to understand
9. You find yourself reading lips occasionally
10. You often wonder why everyone is mumbling
11. There's a ringing in your ears
12. When on the phone, you often swap the ear you're holding the receiver to in order to hear better
13. You find yourself declining invitations to social events because you struggle to take part in conversations
14. Socializing often leaves you feeling exhausted and isolated
15. Hearing loss runs in your family

I AM SO FRUSTRATED ...

Continued from page 1.

2. Try To Put Things In Perspective: This one is easier said than done, but try to put things in context. Is not hearing this one thing the end of the world? In most cases it probably is not. If a loved one usually makes an effort, maybe you can let this one thing go.

3. Focus on What You Can Hear: Certain situations are always harder for hearing, like cocktail parties or other group settings. Rather than be sad about what you cannot hear, enjoy talking to the people closest to you, or pull someone aside for a conversation in a more conducive setting. Or just try to enjoy the atmosphere or music.

4. Find A Peer Group: Sharing stories with those that understand can be very helpful in releasing tension and sadness. If you don't know anyone else with hearing loss, ask your doctor or audiologist, or contact your local HLAA chapter.

SUMMARY OF OCTOBER PROGRAM

Dennis Merkley gave us tips on how to really listen to other people. He said when you are listening to someone, you need to take your attitudes, opinions, values, experiences and put them off to the side. These can act as filters and can influence how you hear what the person is saying, possibly resulting in misunderstandings. Other tips he gave us were giving eye contact, inclining your posture, not engaging in distracting behaviors (fidgeting, cell phones), and using congruent facial expressions (mirror the emotions the speaker is showing). He told us that really listening is a learned skill; it takes many hours of practice to get good at it. "If you learn to really listen, you're giving the other person a real treasure, somebody who listens to who they are."

SURVIVING HOLIDAY NOISE

For tips on surviving the noise at family gatherings during the holiday season, check out this article from The LipReading Mom's blog. [Click here.](#)

CVS WILL EXPERIMENT WITH SELLING GLASSES AND HEARING AIDS IN SOME STORES

By Laura Northrup October 5, 2015

Would you like to be able to take care of even more of your health care during a visit to CVS? The drugstore chain announced today that it will experiment with adding two new services to its retail stores, piloting hearing aids in some stores and optical clinics in others. The clinics will have audiologists and optometrists on staff respectively.

"By expanding our retail health offerings into vision and hearing services, we are providing customers a convenient, single destination on their path to better health," Andrew Sussman, president of the in-store MinuteClinics, said in a statement, before going on about how CVS no longer sells cigarettes.

The test markets for The Hearing Centers at CVS/Pharmacy, as they're calling it, will be seven few stores near Dallas, TX and Cleveland, OH. They cite research showing that it takes people an average of seven years to come to terms with their hearing loss and seek help.

If help is available six days a week right in the same store where they pick up their prescriptions, the logic goes, perhaps people would seek help for their hearing issues sooner.

The eye clinic works on a similar principle, making prescription glasses and contacts available to people in a place that they may already visit at least once a month to pick up prescriptions. They would offer a decent selection of frames, and one replacement within one year to kids 14 and under who damage their glasses, as kids tend to do.

HEARING LOSS ASSOCIATION OF AMERICA LONG BEACH / LAKEWOOD CHAPTER

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Vice - President - Gail Morrison
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Refreshments - Marie O'Brien
Ways and Means - Stephen Fisher

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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



FUTURE PROGRAMS

November 12: Dr. Fred DiTirro,
“Cochlear Implants from a Surgeon’s Point of View”
December 10: Holiday Potluck and Party

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**

- If you don’t like meetings because you can’t hear well, our meetings are different.
- We have a high quality sound system.
- You can borrow an assistive listening device.
- If you have hearing aids with t-coils we have a hearing induction loop.
- If none of these help, we project captions on the wall for you to read. We provide all these options free so you can understand what is said.



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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