



### March Calendar

#### Tuesday, March 7, 2017

**10:15 am – HOPE Session–Vestry Room**  
11:00 am - Refreshments/Social Time  
11:30 am – Announcements/Business Meeting  
12 Noon – 1 pm – Program Speaker  
  
7:00 pm – Refreshments/Social Time  
7:30 pm – Announcements/Business Meeting  
8:00 pm – 9 pm – Program Speaker

Tues., March 14<sup>th</sup> - BOD meeting, 7-9pm, ASC

#### SAVE THESE FUTURE DATES

Tues., April 4<sup>th</sup> –“Cochlear Implant Group”  
1:15pm – East room - St. Paul’s church  
Tues., April 18<sup>th</sup> – PAC meeting, 7-9pm, ASC  
Tues., May 16<sup>th</sup> –“Featured Speaker”– see page 3  
Tues., May 23<sup>rd</sup> – Annual Awards Dinner” page 2

**WEATHER – During the winter, the rule to follow for cancelations of meetings is: IF THE ROCHESTER CITY SCHOOL DISTRICT IS CLOSED, OUR MEETINGS ARE CANCELED. (No other notification will be made.)**

#### **Hospitality Duties for March:**

Daytime Meeting – Brian Fox, Joan Kohler,  
Al Suffredini  
Evening Meeting –Don Bataille, Laura Chaba  
  
Board of Directors –Laura Chaba, Mary Chizuk,  
Margaret Cochran

**WELCOME ALL NEWCOMERS TO HLA!**



### MARCH PROGRAMS

(At St. Paul’s Church, East Ave. & Westminster Rd. 14607  
**Enter only thru Westminster Rd. door.)**

#### Tues., March 7<sup>th</sup>– 10:15–11am; Vestry room

**HOPE (Hearing Other People's Experiences) session** –*Joe Kozelsky, MS, abd, CCC/A (retired)*

Retired audiologist and hearing aid user **Joe Kozelsky** moderates a question and answer group for people considering hearing aids and those using them. Join us and share your hearing loss journey and learn from others.

#### Tuesday, March 7<sup>th</sup> - Daytime Meeting— 11:00am Program begins at noon

#### HEALTH LITERACY, ITS MEANING AND IMPORTANCE - *With three NTID researchers*

"Health Literacy" is knowledge of health information. The Health Information Literacy study seeks to ascertain where gaps in health literacy exist for "visual learners," i.e., Deaf community, versus non-visual learners. Its mission is "to understand differences in attitudes as they relate to health information among deaf, hard of hearing, and hearing individuals with the goal of improving access to health information for all."

Rochester is one of three study sites where 150 hard-of-hearing subjects are being recruited for data collection. Research is being conducted through the National Institute of Health and the University of Michigan.

*(continued on page 2)*

**Tuesday, March 7<sup>th</sup> – Daytime** (continued)

Three NTID researchers will co-present information on the study. They are Tiffany Panko, MD, MBA; Scott Smith, MD, MPH; and Jennifer Forquer, BS. A short Power Point presentation on health literacy and its importance will be followed by explanation of the methods of data collection. Subjects can earn a stipend for a few hours of their time being interviewed and performing computer activities.

**Tuesday, March 7<sup>th</sup> - Evening Meeting--  
7:00pm - Program begins at 8:00pm**

**YOUR JOB AND THE AMERICANS WITH DISABILITIES ACT** - Jessica Lukasiewicz Esq., Attorney, Thomas & Solomon LLP

A worker or job seeker with hearing loss is considered disabled under the ADA of 1990. It prohibits discrimination and ensures equal opportunity for persons with disabilities in employment and a variety of other circumstances. The Act passed in 1991, and amended rules went into effect in 2011. Title I covers employment.

But a business is not expected to provide ADA accommodations to disabled persons if they "fundamentally alter" its goods or services or would cause an "undue burden." How does all this relate to a job seeker or employee with hearing loss? Jessica Lukasiewicz exclusively practices employment law and has represented employees in a wide range of discrimination issues.

Her presentation will specify who is covered by ADA; common discrimination issues encountered in the workforce; and resources available to those who feel they are the victims of discrimination.

Ms. Lukasiewicz is a graduate of the University of Florida and earned her JD from Syracuse University College of Law. Thomas and Solomon LLP specializes in employment law.

*HLAA-Rochester Chapter welcomes all community members with an interest in hearing loss.*

*HLAA-Rochester chapter meetings are held in the Parish Hall at St. Paul's Episcopal Church, East Avenue at Westminster Road, across from the George Eastman Museum. All programs are audiolooped and **captioned**. Those needing a sign language interpreter for an evening meeting should contact Linda Siple at 585 288 6744, a week in advance. (Please note, this phone is only for those needing an interpreter.)*

*The Hearing Loss Association of America opens the world of communication to people with hearing loss through information, education, support and advocacy. For more information visit [www.hlaa-rochester-ny.org](http://www.hlaa-rochester-ny.org) or telephone 585 266 7890.*

*The Rochester Chapter is a dynamic group of individuals working together as a team. To join, see inside last page. HLAA has a support network of organizations- Bethesda, MD; State organizations; and local Chapters. Welcome!*

**ANNUAL AWARDS DINNER****Tuesday, May 23<sup>rd</sup>**

We need your help in organizing our dinner...at the beautiful Cobblestone Creek Country Club.

Please contact Barb Law at [blaw1@rochester.rr.com](mailto:blaw1@rochester.rr.com); or, Sue Miller at [SusanLeeMiller39@cs.com](mailto:SusanLeeMiller39@cs.com) for more info. Thanks for your consideration in helping to make our dinner a huge success. Watch our Newsletters and web site for further details.

**VENUES WITH ALS OR CAPTIONING***By Tim Whitcher*

Have you seen a movie or a show that has an Assistive Listening System or Captioning system and would like to share your experience with your fellow members? Did your church or synagogue install or upgrade such a system, and you'd like to make that known?

Please contact Tim Whitcher at [hlaa.rochester@yahoo.com](mailto:hlaa.rochester@yahoo.com) with the info that you'd like to share. (Please mark your email to Tim's attention.) Likewise, if you have a question regarding such a venue, please contact Tim.

## FEATURED SPEAKER PROGRAM

*By Elise de Papp, M.D.*



Tuesday, May 16, 2017

**Dr. Debara Tucci**, Duke University – panelist, National Academies of Sciences,

Engineering and Medicine Report, June 2016, on **Hearing Health Care for Adults.**

First Unitarian Church, 220 Winton Rd., Rochester NY 14610--doors open 5:30 pm; speaker @ 6:30pm

All HLAA members are excited about the National Academies of Sciences, Engineering, and Medicine (formerly President's Council of Advisors) June 2016 report on Hearing Health Care for Adults. Hearing loss (HL) needs to be recognized as a public health issue (community health). The report includes more than 20 suggested changes of current FDA and other regulations that will help make this happen. Hearing is a vital human sense important to communication with families, friends, coworkers and others. Quality of life for people with HL may be affected in many ways, including withdrawal from society, isolation, depression, possibly dementia. Hearing loss can happen at any age but is so common in older people it is considered normal. Approximately 10% of ages 50-59 have some degree of HL, 15% of the boomers (53-70 yrs.), and 70% of the "silent generation," those over 80 yrs. Perhaps this is why they are referred to as silent!

The United States is unique among developed countries in providing no government assistance for hearing aids (except VA coverage for combat veterans, in whom HL is a major health issue). There is little health insurance coverage for hearing aids although that is beginning to change.

The report finds 70% to 85% of people who might benefit from hearing aids do not have them. Cost is a major factor, plus the "stigma" of wearing aids.

The market for hearing accessories is changing rapidly with the advent of inexpensive electronics. Over the counter wearables, or Personal Sound Amplifiers, are rapidly coming to market and should

be of help to those with mild to moderate hearing loss, at affordable costs.

Dr. Tucci, one of the panelists from the National Academies report, will present the details of the report and the pros and cons of potential changes in the market.

FSP Committee: Elise de Papp, M.D., chair;  
Margaret Cochran, Cindy Kellner,  
Barb Law, Carol Loftus, Sue Miller



*By Nancy Meyer*

Did you know that our chapter has a Lending Library? There are several books and DVDs available for members to sign out for a month at a time. They are on display along at the educational materials table near the speaker's podium/table at the front of our meeting room. Be sure to take a look to see what's there and sign one (or more) out. Since we want as many people to use them as possible, please be considerate and return them at the next month's meeting.

Members have donated books they have read and found helpful. If you have and would be willing to donate any materials you think may be of interest to the group, we would be most appreciative. Please bring them to any meeting you attend and we will add them to the collection-- with our thanks.

Our library includes Gael Hannan's new book, "The Way I Hear It" and Katherine Boughton's latest book, "Living Better With Hearing Loss." Both books are packed with information and insight into life as a deaf/hard of hearing person. Both were purchased at the 2015 National Convention in St. Louis which both authors attended. We also have Monique Hammond's "What Did You Say?"

**Art Mauer's** novels, "Twisted Vines" and "Frackin' Lives" are available—both are very good reads. Information and education are the tools we need to improve the quality of our communication, both with each other and with those without hearing loss. So please use our resources to your benefit. Happy Reading!!

**RBTL LIVE THEATRE—CAPTIONED!**

All performances are **Sunday, at 1:00 pm**

“The Sound of Music” – March 5

“Wicked” – April 2

“Cabaret” – May 7

Tickets become available 6 weeks in advance of each show. Request seats in “open captions” viewing section. Call 222-5000; email, [info@rbtl.org](mailto:info@rbtl.org).

**GEVA THEATRE – CAPTIONED PLAYS !**

SAT. shows 2pm; WED. 2pm & 7:30pm  
unless otherwise indicated

“Guess Who’s Coming to Dinner” - Wed. March 8

“Private Lives” - Sat. March 25; Wed. April 12

“Sex With Strangers” - Sat. April 15 @ 2:30pm

“Other Than Honorable” - Sat. April 29; Wed. May 17

“Million Dollar Quartet” - Sat. June 3; Wed. June 21

Call the Box Office at 232-4382. Ask for seats in the “open captions” viewing section.

**Newsletter Deadline**

**Tuesday, February 28<sup>th</sup>**  
**(for the April Newsletter)**

Email: [ggraham859@gmail.com](mailto:ggraham859@gmail.com)

**COCHLEAR IMPLANT GROUP**

*By Janet McKenna*

Our Spring meeting will follow the Chapter meeting, April 4, 2017 from 1:15 to 2:00pm. It will be a discussion round table exchange of experiences. Previous meetings were held evenings. Attendance has fallen off significantly. If neither interest in our CI Group nor newer CI users are evidenced, it is feared that our group will disband. **We hope to see you April 4<sup>th</sup> at St. Paul’s church.**

**JCC CenterStage – Captioned Plays!**

All performances are **Sunday, at 2:00 pm**

--The Flick – March 5

--Titanic, the Musical – May 14

Tickets and information are available at [www.jcccenterstage.org](http://www.jcccenterstage.org) or (585) 461-2000. Please specify “Captioned Area.” Tickets are \$26-29 with discounts for JCC members, full time students and season subscribers.



For Your Donation to HLAA:

--Phyllis & J. Stuart MacDonald Estate

--Dr. Ruth P. Oakley Estate

--Rochester Area Community  
Foundation

--Mary Tuckley Estate

--United Way Donors

**Donation Above Membership:**

Patricia Pogue

Thanks to all who have renewed their membership. If you haven’t yet, please consider a donation when you renew your membership. Thanks so much!

**IF YOU MOVE, or are a “SNOWBIRD!”**

Please don’t forget to notify **Cathy Lee**, at 22 Erie Manor Lane, apt.#6, Henrietta, NY 14467, or, via email at, [cathydisalvolee@gmail.com](mailto:cathydisalvolee@gmail.com), even if your change of address is a temporary one.

HLAA is charged for each piece of returned mail, which the Post Office will not forward. When you return, we will resume sending to your local address.

**MOMENTS IN TIME:**

On Nov. 20, 1923, the US Patent Office granted a patent to inventor and newspaperman, Garrett Morgan, for his three-position traffic signal. By having a third position besides just "stop" and "go," it better regulated crossing vehicles.

## APPLE RESPONDS TO CONCERNS ABOUT NEW IPHONE

(excerpt from Central Oklahoma Chapter, Dec. 2016 NL,  
by Vernice Meade)

In the weeks following Apple's announcement that new iPhones will not have a headset jack, HLAA received more than one call from people outraged by the company's decision. Apple did not consider the impact removing the jack would have on people with hearing loss who use and depend on a neck loop or other wired solution to hear audio on the phone. When we brought this issue to Apple they responded.

Apparently, the "lightning jack" that has been the iPhone's connection for recharging the battery will now double as a connector to a headset or, yes, a neck loop. Apple provides an adapter and the people in charge of accessibility at Apple tell us it's been tested with neck loops and that it works.

While initially skeptical, we have learned from at least one independent source that the lightning connector does work with the adapter and a neck loop. But we know that not all neck loops are the same, so if you have one that doesn't work with the Apple adapter, please go to [www.hearingloss.org](http://www.hearingloss.org) and/or send a message to Lise Hamlin at: [lhamlin@hearingloss.org](mailto:lhamlin@hearingloss.org).



## SCHOLARSHIP PROGRAM CONTINUES

By Cindy Kellner

HLAA-Rochester is once again pleased to announce the continuation of its Scholarship Program. The Scholarship Program was started in 1996 initially with a \$500 grant awarded to local high school seniors further pursuing their education and who have hearing loss. The initial program was made possible by the generous donation from J. Stuart and Phyllis MacDonald. In 2006 the award was increased to \$1,000 made possible in part by funds raised by our annual Walk4Hearing.

If you know a high school senior with hearing loss, who is pursuing their higher education either through college or vocational training, please tell them about our program. Financial need is not a requirement. The scholarship is a one-time award.

Applications for the scholarship are available through our web site: [www.hlaa-rochester-ny.org](http://www.hlaa-rochester-ny.org) or by contacting Cindy Kellner at [cmkellner23@gmail.com](mailto:cmkellner23@gmail.com). The application deadline is **APRIL 15<sup>th</sup>**. Please help us spread the word.



**Marge Stasiuk** will be 95 on March 30<sup>th</sup>. Congratulations and many more healthy and happy years.

### LIKE US ON FACEBOOK !

By Jenn Hurlburt

Are you on Facebook? If so, please be our friend. We currently have **311** friends and we want more. Find us at: **Hlaa Rochester Ny**

## CAPTIONING OF MONTHLY CHAPTER MEETINGS WILL BE CONTINUED !

Great news! Our Daytime and Evening monthly meetings will continue to be **captioned**.

The captioning is done remotely by Alternative Communication Services—it is flawless, plus the people doing the captioning are from all over the country! It's amazing to see the words almost instantly on the screen as soon as they're spoken. The service cost is \$3,000 a year and it is being paid by CaptionCall. CaptionCall has been a blessing in providing true access for everyone in our chapter... We thank you!

We also owe a huge debt of thanks to **Bruce Nelson, Tim Whitcher, Dan Brooks, and Charlie Johnstone** for overseeing the technical set-up needed for this service. Without their dedication in attending *all* meetings, this would not happen!

**BIRTHDAYS – 90 YEARS AND OVER...**

Everyone: please let me know if you're one of our special Chapter members who will reach the spectacular age of 90 years, or more. If you agree, we'd like to announce it in our Newsletter. It is important to let me know right away as our Newsletters are written two months ahead. Thanks, Ginger

[ggraham859@gmail.com](mailto:ggraham859@gmail.com); or, (585) 671-2683



Sometimes the greatest delay we face is in obtaining your unique MAPs to program your devices.

Cochlear now has a program for your audiologist to share your MAPs with us--called Cochlear™ Link.

Cochlear Link is the new, secure, cloud-based service which connects your clinic and Cochlear's "Hear Always" program, so we can significantly reduce your time "off air" when you need a replacement processor.\* What does this mean to you? Since your device MAPs are unique, Cochlear Link allows our "Hear Always" team to quickly and securely access the latest MAP on file with your clinic, and turnaround a repaired or replacement sound processor much more quickly.

\*Due to technical constraints, some clinics may not be able to offer Cochlear Link.

*(Editor's note: Fred checked it out and Rochester is not one of them; there are several listed for New York State.)*

**WEBSITES OF INTEREST**

Our award-winning Chapter website is: [www.hlaa-rochester-ny.org](http://www.hlaa-rochester-ny.org). **Michelle Gross** is our Web Master.

HLAA National website is [www.hearingloss.org](http://www.hearingloss.org).

Our web master, **Michelle Gross**, has a suggestion for an online place where people share info, ask questions or provide answers/solutions, etc. It is called "Hear Peers" and is an online forum for people with CI's. <http://forum.hearpeers.com> )

This award-winning Newsletter of the Rochester Chapter of HLAA is published monthly except for July and August.

Editor and Publisher.....Ginger Graham  
Computer Consultant,

Webmaster, and Writer.....Michelle Gross  
News Releases, and Writer.....Janet McKenna  
Photographers.....Art Maurer, Al Suffredini

**COCHLEAR IMPLANTS – “HEAR ALWAYS” PROGRAM AND COCHLEAR LINKS**

*(Suggested by Fred Altrieth)*

Your clinic and Cochlear Americas want to make sure you experience sound uninterrupted. For several years, Cochlear and your clinic have partnered together with the "Hear Always" program, an exclusive program to expedite the replacement of your sound processor if you ever experience a time when you are without sound.

The "Hear Always" program allows Cochlear to quickly add your unique MAP to a replacement Sound Processor before returning it to you.

**HELP HLAA VIA THE UNITED WAY**

We continue to be a United Way "Donor Designated Option" choice. We are not a direct United Way agency and do not receive any funding from their general campaign. Therefore, to donate to HLAA through the United Way, we ask you to consider donating to us through the "Designated Option" on your gift card.

**Our United Way number is 2425.**



Your past support is deeply appreciated. As with other gifts, your donation enables our chapter to continue to provide education, help, and advocacy for people with hearing loss, their family and their friends. Alas, even though the local chapter is a totally volunteer organization, there are still costs such as printing, postage, phones, and technical items. Many thanks!

## ALZHEIMER'S AND HEARING LOSS

(excerpt from *Central Oklahoma Chapter, Newsletter*, Dec. 2016, by Vernice Meade)



You do not need to search very far for studies to show hearing loss is linked to dementia and Alzheimer's

Disease. But the interesting question is whether actually using hearing devices can slow the symptoms of dementia and Alzheimer's?

The studies show that older adults with hearing loss are likely to experience:

- Faster changes in the brain. MRI scans show that specific areas of the brain may reduce in volume because of a lack of proper stimulus.
  - Faster onset of dementia. Hearing loss is associated with up to 40% faster loss of memory and thinking ability than for those who have no hearing problems.
  - Increased risk of Alzheimer's disease. For every 10 dB of hearing loss, there is a 20% extra risk of developing Alzheimer's disease.
- What can you do?

In the meantime, the study authors recommend early treatment of hearing loss: If you want to address hearing loss well, you want to do it sooner rather than later. If hearing loss is potentially contributing to these differences we're seeing on MRI's, you want to treat it before these brain structural changes take place! (Johns Hopkins Medicine, 2014)

### **"HEARING HEALTH" MAGAZINE**

(suggested by Fred Altrieth)

The Winter edition of this magazine has many articles related to the work place.

- "Reveal, Don't Conceal" on page 16
- "Communicating Effectively Over the Phone" on page 19

The magazine is free. Subscribe by going to: [www.hhf.org](http://www.hhf.org).



Early-bird registration is OPEN! Register by **March 31, 2017** to receive early-bird rates.

**Little America Hotel**,  
500 South Main Street,  
Salt Lake City, Utah 84101

**Tower Rooms • \$179; Garden Rooms • \$159 +tax**  
**Reservations must be received by May 30th.**

**Reference that you are with the HLAA2017 group.**  
Visit <http://bit.ly/LittleAmericaSL>; 800-437-5288.

### **RADISSON HOTEL**

Located at 215 West South Temple, this is next door to the Convention Center. If you are concerned about the distance between Little America and the Center, this may be the perfect alternative for you (though keep in mind the Friday and Saturday night events are at Little America).

**Room Rates:** Superior Room - \$159 + tax  
Visit <http://bit.ly/RadissonSL>; 1-800- 967-9033

### **From Hotels to Salt Palace Convention Center**

The Radisson is located next door to the convention center, but those who are staying at Little America can take the TRAX light rail for free (both locations are in the [Free Fare Zone](#)), which is just a 7-minute ride (handicap accessible). You may also choose to walk about .8 mile or take the shuttle provided by the Utah Division of Services to the Deaf and Hard of Hearing (limited seating).

### **Register Online or Offline**

Increased rates will begin April 1 and continue through May 31 when pre-convention registration closes. On-site registration will be available as well.

**Online** – login to the [HLAA Online Portal](#) and select Convention Registration on the left menu (if you don't have a login yet, go to [New User Registration](#).) Follow the instructions on that page and registration will be a breeze; you will receive a confirmation by email.

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**HLAA CONVENTION** (continued from page 7)

**Offline** – complete the [Early-bird Registration Form](#) and mail, fax or email the form to us. We will mail you a confirmation letter.

**Veterans****(Free Registration for 1st Timers).**

Those veterans wishing to attend should complete the “Veterans Registration Form” which can be obtained on the national HLAA website at: <http://hearingloss.org/content/registratiion>. In the middle of this web page is all the info about the benefit and a link to download the required form.

*(Link details provided by Michelle Gross, Rochester Chapter Web Master.)*

**Delta Air Lines - Official Convention Carrier**

Use Meeting Code **NMPE4** when booking your travel to Salt Lake City online at [delta.com/meetings](http://delta.com/meetings), or when you call Delta Meeting Reservations at 800-328-1111. The discount of up to 10% (depending on whether you book First Class, Economy, etc.) will be applied to your fare.

Rochester members planning to attend, please go to our website: [www.hlaa-rochester-ny.org](http://www.hlaa-rochester-ny.org) for the form to fill out to receive “Reimbursement for Convention”



“Carnival” is the period of feasting and fun which begins on January 6, the Feast of the Epiphany. “Mardi Gras” is “Fat Tuesday” –the final day of revelry before Ash Wednesday, March 1<sup>st</sup>, when Lent begins. Mardi Gras is scheduled to be 47 days before Easter (April 16, 2017).

The significance of the Mardi Gras colors–purple stands for justice, green for faith, and gold for power. (Also the colors of HLAA).

**WORDS OF ADVICE**

Your hearing aids will not help you if they are in a drawer. See your hearing aid specialist and get them adjusted. *(submitted by Bruce Nelson)*

**STUDENT BOARD OF HLAA-ROCHESTER**

*By Suzanne Johnston*

HLAA-Rochester Chapter Student Board: Years ago, deaf or hard-of-hearing students attended special academic programs specifically for students who had similar hearing and communication needs. With more recent advances in education and hearing technology, the majority of deaf/HOH students are often mainstreamed into regular educational programs. While this has served to improve educational and vocational outcomes, as a result, many of these students are isolated from others who are deaf/HOH.

The Student Board of HLAA-Rochester works to serve as a means to unite and support students and youth who are deaf or hard of hearing, and their families. The Student Board welcomes high-school and college-age students who are deaf or HOH, as well as youth who are interested and involved in serving those with hearing loss. If you know of any students who may be interested in joining this group, please contact Suzanne Johnston, HLAA-Rochester, Student Board Liaison at (585) 314-1807 (v/txt) or [suzannejohnston@aol.com](mailto:suzannejohnston@aol.com).

**Subjects of April 4<sup>th</sup> Chapter Meetings:**

**Daytime** –“Hands On Technology” – Dan Brooks

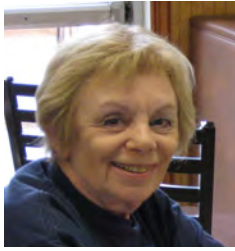
**Evening** – “ID Health Research Priorities for People with Hearing Loss – S. Barnett, M.D.; Don Bataille; Mary Chizuk

**INTERESTING IDEA!**

“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.”  
*(Mark Twain, American Author)*

Mention of goods or services in articles or advertisements does not mean HLAA endorsement, nor should exclusion suggest disapproval.



**WANTED: Chapter documents***By Janet McKenna, MLS*

As the chapter Archivist, I conserve any documents, newspaper stories, programs, minutes, agendas, invitations, correspondence--all kinds of ephemera concerning HLAA-Rochester Chapter and its

members. I save material about this chapter ONLY and its members, not deafness or other groups.

You are the eyes of the chapter. You can find stories that I might not. Are you cleaning out your file cabinet or desk? Are you moving or downsizing? Please forward any old SHHH or HLAA ephemera to me, either online at [deaphyduck@gmail.com](mailto:deaphyduck@gmail.com), or in person at a chapter meeting, or to my postal address: 1315 Elmwood Ave., Apt.1004, Rochester, NY 14620.

Chapter ephemera are posted in scrapbooks and depict this group's history. Our Rochester chapter is the most vibrant chapter in upstate New York and one of the oldest HLAA chapters. We were established in 1983! Transfer your excess papers where they'll be appreciated! Many thanks, Janet

**ASH WEDNESDAY (March 1, 2017)**

"In the 6th Century, Pope Gregory I is the one who designated Ash Wednesday (March 1<sup>st</sup>) as the first day of Lent--a 40-day period of abstinence. Ashes, which at one time were showered over sinners (who came to church in sackcloth) became symbols of penance. Today, Christians display ashes on their foreheads as a reminder of their mortality."

*(from The Old Farmer's Almanac)*

**DAYLIGHT SAVINGS TIME  
BEGINS SUNDAY, MARCH 12<sup>TH</sup>**

Clocks should "spring ahead" 1 hour.

**NEWS FROM NTID***By Susan Murad***Meeting the Needs of Deaf Scientists: Creating a Hub of Innovation in Rochester**

*RIT/NTID and URMC lead the way in eliminating barriers in biomedical career advancement*

Leaders at the UR Medical Center and NTID published a rallying cry for the creation of a Diversity Hub of Innovation in Rochester for training Deaf scientists.

The [article](#), published in *Science Letters*, highlights the gross underrepresentation of Deaf and hard-of-hearing individuals in the biomedical sciences as well as their unique and diverse needs.

With one of the largest Deaf populations in the nation and a top-tier academic medical center five miles from the world's first and largest technological college for Deaf or hard-of-hearing students, Rochester is perfectly positioned to establish a national hub for training Deaf scientists.

The hub could provide guidance for career development and training, new technologies, state of the art accommodations, expert sign language interpreters (with training in both ASL and biomedical disciplines), and a place for Deaf or hard-of-hearing scientists to gather and network.

**Endowed Scholarship Established**

Albert T. and Sally J. Pimentel of Fort Myers, Florida, have established an endowed scholarship to provide support to graduate-level RIT students who are deaf or hard-of-hearing, and majoring in a science, technology, engineering or math program.

Through this gift, they hope to encourage deaf and hard-of-hearing students to continue their education and obtain a master's or doctoral degree at RIT.

We are grateful to Albert and Sally for establishing this scholarship," said Gerry Buckley, NTID president and RIT vice president and dean. "The Pimentels have been strong supporters of RIT/NTID, and we appreciate their belief in the talents of our students."

## COCHLEAR IMPLANTS – FREEDOM and NUCLEUS 5

*By Al Suffredini*

Cochlear Americas announces that the Freedom processor is no longer being serviced. (Bob Menchel).

We received information from Cochlear Corp regarding the N5 Processor, and it will no longer be supported after June 30, 2018.

The Nucleus® 5 Sound Processor has been on the market for nearly eight years. This means that the sound processor is reaching the end of its life; hence, we begin the obsolescence process. Please make note of the following milestones:

**End of Sale** – Effective immediately, the sound processor is no longer available for purchase. Aftermarket components and accessories such as coils and cables will remain available for purchase contingent upon supply levels until June 30, 2018.

**Repair Services** – Cochlear will continue to repair the N5 sound processor through June 30, 2018. All repair warranties will end on June 30, 2018.

**End of Life** – The sound processor is no longer supported after June 30, 2018. This means that if your Nucleus® 5 Sound Processor stops working, Cochlear cannot repair it. Or if you lose a part or accessory, Cochlear cannot replace it.

**Kanso Processor:** This new sound processor will be coming out March 17<sup>th</sup>. (Pat Irr)

The best bet for any CI user is to go to the Cochlear site and update yourself on new information. Go to: [www.cochlear.com](http://www.cochlear.com)

### THOUGHT FOR THE DAY

“If we had no Winter, Spring would not be so pleasant.”

*(Anne Bradstreet, American Poet, 1612-72)*

## HAAA-ROCHESTER CHAPTER FEATURED IN HEARING LOSS MAGAZINE

*By Janet McKenna, MLS*



HAAA's oldest living member, Rochester Chapter's own **Vern Thayer**, is profiled in the Jan./Feb. 2017 issue of *Hearing Loss Magazine*. His story, "After 100 years, still 'The luckiest hard-of-hearing person in the country,' " runs on pp. 46-47.

Rochester's Walk4Hearing Top Fundraiser was **Pete Fackler**, whose statement and photo appear on pg.16 in the same issue. He raised \$3,157. Our



western neighbors, the team from Buffalo Hearing & Speech Center, raised \$5,058, making the Perinton Park walk a true upstate New York collaboration.

*(photos courtesy of Ginger Graham)*

Congratulations to centenarian Vern, and to Pete, and also the Buffalonians!

### JOINING OUR NATIONAL GROUP

If you are not yet a member of National HAAA, you are encouraged to join and take advantage of their services. The bimonthly *Hearing Loss Magazine* is full of treasures for anyone with hearing loss or your family and friends. Founded in 1979, the Hearing Loss Association of America (HAAA), is the nation's foremost advocacy organization for people with hearing loss. It opens the world of communication to people with hearing loss through information, education, advocacy and support.

Information can be found at [www.hearingloss.org](http://www.hearingloss.org). The national headquarters is located at 7910 Woodmont Avenue, Suite 1200, Bethesda, MD 20814. Quote by our founder Rocky Stone: "Hearing loss is a daily challenge you can overcome. You do not have to hide your hearing loss. You do not have to face hearing loss alone." *(excerpt from Central Oklahoma Newsletter – Feb. 2017)*

## HEARING IS NOT A ONE-WAY STREET

*By Marsha Gladhart, Bainbridge Island*

One of my favorite ASL signs is “communication.” Both hands make a “C” shape and move back and forth — clearly showing that communication is a two-way street. As those of us with hearing loss know, actually getting the other person’s communication involves more than just identifying sounds and words. Communication is a reciprocal process with responsibilities for both speaker and listener. We don’t all listen the same way. Each of us brings specific expectations, assumptions, and personal “filters” to a conversation. What I think I hear is influenced by what I expect to hear. Context is important as well. If the conversation’s context is clear, then my job as a listener is easier. When the context is unknown or uncertain, I may find myself trying so hard to understand words that I miss the meaning completely. Asking for a context or advising friends and family to provide a context instead of everyone repeating the same thing can be a relief to all.

Listening successfully also depends on how interested I am in the subject, my emotional response to that person, or other distractions.

Those of us with hearing loss have special sensitivity to non-verbal cues the speaker gives. Research indicates that a larger percentage of meaning is determined from nonverbal cues than from words. Extraneous face and body movements, activity in the environment, and misleading expressions can throw us off. For example, eyes and facial expressions can provide important clues to the meaning and message. Sunglasses shut down an important listening tool and hands held up to the chin or face can inhibit our understanding. When I explain why I need speakers to remove their sunglasses or move their hand away from their face, they may be a bit embarrassed that they hadn’t thought of that but I’ve never met someone who didn’t try to comply. I’ve even resorted to holding the hands of people who habitually hold their hands to their mouths or chins while they talk.

Because people with hearing loss must concentrate so heavily on nonverbal cues as well as sounds, we sometimes give nonverbal signals we don’t mean to. Working hard in order to hear can cause our foreheads to wrinkle and make us look concerned or intimidating. On the other hand, staring intently at the speaker and leaning toward him/her to hear better can cause the speaker to assume we are more open than we really are. It can

appear that we are “coming on” to somebody when we are just struggling to understand what he or she is saying.

When my mind reaches overload from working so hard to hear, my ability to listen well shuts down along with my speech reading and hearing abilities. At this point I can either fake it or ask for clarification. I admit to faking it when the situation seems impossible to remedy or I’m just worn out.

This stops the two-way communication process, and isn’t fair to either party. So I try to keep that ASL sign for communication in my head and remember that I have half the responsibility to make the communication work both ways.

HAAA has helpful information on how to communicate with a person who has a hearing loss and how to advocate for yourself in difficult situations. For more information, visit HAAA communication tips at <http://tinyurl.com/kaeb3ax>.

How to communicate with a person who has a hearing loss:

- Provide background information on the topic to be discussed in writing in advance.
- Background noise, music, cross-conversations, reverberation, and distance from the speaker all contribute to a difficult listening environment.
- Face the person with hearing loss and make sure the lighting is even and that you are not backlit to allow speech reading (lipreading) to augment his or her hearing.
- Speak clearly at a moderate pace.
- Don’t shout: shouting distorts your voice and increases the tension level.
- Rephrase, rather than repeat, misunderstood words; make written note of essential information.

For group meetings that include people with hearing loss:

- Provide agenda items, names of attendees and supporting materials in writing in advance.
- If assistive listening devices (ALDs) are being used, ensure that no one speaks until recognized and speaks directly into the ALDs microphone.



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**HLAA Membership Information**

Hearing Loss Association (HLAA) Rochester Chapter, Inc., a tax exempt and volunteer group, is a chapter of a national, nonprofit, nonsectarian, educational organization devoted to the welfare and interests of those who cannot hear well. We meet the first Tuesday of the month from October through June at St.Paul’s Episcopal Church, East Ave. (September is 2nd Tuesday.) While our primary focus is directed toward hard of hearing, we welcome everyone to our chapter meetings whatever their hearing ability.  
 For more information, Call  
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*Newsletter deadline: first day of the month preceding the issue month.  
 Send articles to:  
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More than 48 million people in the US have a hearing loss, which can hinder daily communication. By age 65, one in three Americans has a hearing loss. This invisible condition affects the quality of life of the individuals with hearing loss as well as family, friends, co-workers and everyone with whom they interact. HLAA believes people with hearing loss can participate successfully in today's world.

Founded in 1979, the mission of HLAA is to open the world of communication to people with hearing loss through information, education, support and advocacy.

HLAA is the nation's foremost membership and advocacy organization for people with hearing loss. HLAA publishes the bimonthly Hearing Loss Magazine, holds annual conventions, a Walk4Hearing, and more. Check out: [www.hearingloss.org/](http://www.hearingloss.org/).

The Rochester Chapter is a dynamic group of individuals working together as a team. To join, please see inside back page. HLAA has a support network of organizations—Bethesda, MD; State organizations; and, local Chapters. Welcome!

### **Meetings are hearing accessible**

We meet in St. Paul's Episcopal Church, East Ave. and Westminster Rd., across from the George Eastman Museum. Parking is available at the George Eastman Museum, if needed.

All meetings are audio looped and captioned. Interpreters are available on request *for evening meetings only*-- contact Linda Siple, 585 288 6744, or at [lasnss@rit.edu](mailto:lasnss@rit.edu), at least a week in advance. **(This phone number is only to request an Interpreter.)**

Entrance to the meeting room is via the Westminster Rd. door, down the corridor to the end, into the large Parish Hall room.

*Everyone, with or without a hearing loss, is welcome!*