



HLAA, Rochester Chapter  
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April 2011

### APRIL Calendar

#### **Tues., April 5th – 11:00 am Daytime meeting**

Brown Bag lunch, then Program at Noon.

**7:00pm** Refreshments and Social Time

#### **7:15 pm – Speaker will start promptly.**

St. Paul's Episcopal Church, East Ave. and Westminster Rd across from George Eastman House, enter thru rear door.

#### **Tues., April 12th—Board of Directors**

7:30 pm – Justin Vigdor Room, Al Sigl Center

#### **Tues., April 19<sup>th</sup> – PAC – 7:30pm, Al Sigl Center**

#### **Wed., April 20th** – between Noon & 3pm –

RWC movie, Loew's Webster, check theatre for movie & exact time; then social time.

### **SAVE THESE FUTURE DATES**

#### **Sunday, May 1<sup>st</sup> – Walk4Hearing, Perinton Park**

#### **Tues., May 17th - Cochlear Implant meeting.**

Noon, at St. Paul's church, Vestry Room

#### **Wed., May 18<sup>th</sup> – RWC movie, Loew's Webster**

#### **Tues., May 24th – Annual Dinner – Cobblestone**

Creek Country Club

#### **Thurs., June 9<sup>th</sup> – Board of Directors**

#### **June 16-19 – HLAA National Convention**

### **Hospitality Duties for April**

Daytime Meeting – S. Veronica Casey, Barb Coughlin

Evening Meeting – Ginger Graham

Board of Directors – Trish Prosser



### **APRIL PROGRAM**

(at St. Paul's Church, East Ave. & Westminster Rd.)

#### **Tuesday, April 5<sup>th</sup> – Daytime Meeting – 11 am**

#### **“ASSISTIVE DEVICES TO WARN AND HELP YOU” - Kristen Nolan, MS, CCC-A**

People with hearing loss cannot rely on our ears alone to warn us of danger or, even amplified, to understand speech. We can, however, take advantage of new technology—gadgets, gizmos, devices—to augment our hearing aids/cochlear implants to partially overcome our disability and cope better in a noisy world.

**Kristen Nolan**, senior clinical audiologist at Rochester Hearing and Speech Center, demonstrates amplified telephones, smoke detectors, doorbell alerts, neck loops, Bluetooth technology and FM systems at the April meeting. Knowledge is power— if you are unaware of these devices, you are missing out on ways to help yourself.

Ms. Nolan specializes in pediatric and geriatric audiology and assistive devices. She has earned degrees from Nazareth College and SUNY Fredonia.

*(This presentation is Audio looped.)*

#### **Evening Meeting – SPEAKER STARTS 7:15PM**

#### **“TINNITUS RESEARCH: FROM ANIMAL MODELS TO HUMAN DRUG THERAPY”**

*Edward Lobarinas, PhD, CCC-A*

Ringling, Buzzing, roaring, phantom noise in your head even without a noise stimulus—what causes it? Can it be cured? Or, do patients “just have to live with it?”

(continued on next page)

**Evening Meeting – SPEAKER STARTS AT 7:15PM**

(continued from previous page)

Dr. Edward Lobarinas is a clinical audiologist and assistant research professor at the Center for Hearing and Deafness at SUNY Buffalo whose research focuses on tinnitus and its treatment. His talk will highlight recent findings about drug therapies for tinnitus and the relationship of tinnitus to brain changes and hearing loss.

Dr. Lobarinas has received research grants from the American Tinnitus Association, the Tinnitus Research Initiative and the National Institutes of Health. He also sees patients at Hearing Evaluation Services of Buffalo, a large nonprofit audiology practice, where he serves on the Board of directors. His research is widely published.

The work conducted in Dr. Lobarinas' laboratory was profiled in an article in *The New Yorker*: Groopman, Jerome "That buzzing sound: the mystery of tinnitus" *New Yorker*, Feb. 9, 2009. The center is renowned for its tinnitus research, according to Groopman.

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HLAA-Rochester chapter meetings are held in the vestry room at St. Paul's Episcopal Church, East Ave. at Westminster Road, across from George Eastman House. All programs are Audio looped. Those needing a sign language interpreter should contact Linda Siple at 585 475 6712. For more information visit [www.hlaa-rochester-ny.org](http://www.hlaa-rochester-ny.org) or telephone 585 266 7890.

Hearing Loss Association opens the world of communication to people with hearing loss through information, advocacy, education and support. Our message is: *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.*

**PARKING AVAILABILITY**

Work has started on restoration of the organ at St. Paul's. **Parking will be very limited**, both in the church parking lot and around back. Dates are uncertain; however, our Chapter Meetings of April 5<sup>th</sup> and May 3<sup>rd</sup> will likely be affected. Please plan to park on the side streets, or across the street in the George Eastman House parking lot. We are sorry for the inconvenience. Thanks for your help!

**Newsletter Deadline**

**Thursday, March 31st**  
**(for the May Newsletter)**

Email: [ggraham859@frontiernet.net](mailto:ggraham859@frontiernet.net)

**LEADERS COLUMN**

By Don Bataille



Congratulations HLAA-Rochester Chapter; we are now officially HLAA-Rochester Chapter and have a new set of Chapter By-laws, providing chapter governance. The new Bylaws passed with unanimous vote at our February noon and evening meetings and at the following Board Meeting. The

Board moved to accept the chapter member vote and ratify the Bylaws. The new Bylaws clarifies and coordinates HLAA National and Chapter terminology, moves the governance from a member organization to a Board of Directors organization, establishes an Operations Committee, and provides for an 18-member Board of Directors with a one third rotation every year based on a three-year term.

This is very timely because the **Board is now open for nominations!** Please consider this as an excellent opportunity to become involved in the Chapter, either as a Board or as a committee member. If you are interested for Board nomination, please contact Joseph Kozelsky, past Board President and Operations Committee member, at [jkozelsky@gmail.com](mailto:jkozelsky@gmail.com).

At our March evening program meeting Steve Barnett, MD, Associate Director - National Center for Deaf Health Research (NCDHR), chapter member, and past chapter PAC member discussed the U of R grant program involving health issues of deaf individuals and individuals with hearing loss. The first phase of the grant program focused specifically on health issues of deaf persons and developed very interesting findings. Research is continuing on 3 defined deaf health issues.

The next phase will focus on public health, health care, and the diverse levels of health issues of individuals with hearing loss. HLAA-Rochester has agreed to assist in the grant program and we are currently in the process of forming a task force based on Community Base Participatory Research (CBPR) protocol. The CBPR process will allow us to assist in defining health issues and serve as the bases for future research programs for individuals with hearing loss.

If you are interested in serving on the CBPR task force or assisting in this exciting opportunity, please contact me at [don@bataille.us](mailto:don@bataille.us). This will be a minimum of a 1-year commitment with monthly meetings to identify community strengths and resources, to prioritize topics for health research and to produce a summary recommendation report.

There is a still lot of snow on the ground as this note is being sent to Ginger Graham for the newsletter. I hope you receive this with flowers blooming and warmer temperatures on the way.

## PARENTS COLUMN

Katy Kuzcek's column will appear next month.

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### DEAF STUDENTS LOSE IN PROPOSED BUDGET

(By Pat DeCaro, Perinton, in D&C 2/21/2011)

For deaf children, English is very difficult to obtain. Much language is absorbed through hearing. Over 95% of deaf children are born into hearing families. Most of these parents don't initially know how to sign, thus language access through visual and auditory means are seriously delayed. A Feb. 18 story on Page 1A showed that most of the area schools are not able to meet required standards in English for students with disabilities.



Gov. Andrew Cuomo's budget proposal transfers the costs of educating deaf students to individual school districts. This

includes hearing, psychological, and educational evaluation, creation of Individual Educational Plans (IEP), and determination of appropriate services and placements. Few have evaluators who can communicate with the student while Rochester School for the Deaf (RSD) has trained, experienced, signing evaluators and teachers on site, serving 43 districts, many with only one deaf student. Further, few districts can find and hire appropriate classroom interpreters (\$60,000 per year), or for sports, etc, or pay tuition to send them to RSD. There are few qualified interpreters available.

The state saves: schools and deaf students lose!

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### SOMETHING NEW---AGES 18 TO 35

There is a nonprofit, online community designed for HOH individuals 18-35. You have to sign in to learn more about it. It is HLAA's new initiative for young people in that age group. Go to [www.hearingloss.org](http://www.hearingloss.org), then click on Hearing Loss Nation.

### THOUGHT FOR TODAY

(from D&C 2/6/2011)

"Life is just one grand sweet song, so start the music."

President Ronald Reagan (1911-2004)

### PRICE WAR COMES TO CELL PHONES FOR SENIORS—CONNECT FOR \$7 A MONTH

(Excerpt from HLAA National 1-11-2011)

Washington, DC – December 21, 2010 -

Nonprofit Alliance for Generational Equity (AGE) urges seniors still without cell phones to use Tips to Find the Right Low-Cost Wireless Company—three leading companies reviewed—Jitterbug, Consumer Cellular, and Senior Value Cell Phone (TracFone). Older Americans can now purchase a "senior friendly" prepaid cell phone for less than \$15 and get service for as little as \$7/month. AGE is 100% independent and makes no commercial endorsements of any kind. Their Health & Safety Project has been created to provide older Americans with reliable info to save money, be healthier and safer.

AGE undertook a study of phones and plans offered by these three leading "pay as you go" cell phones:

GreatCall Jitterbug; Consumer Cellular (which offers a discount for AARP members); and SVC TracFone.

**SVC TracFone** had no activation fee, with least-expensive option for service (allowing consumers to keep their phone active for about \$7/month, requiring only \$20 in use or payment every 3 months), with the lowest-priced "senior friendly" handset—the Samsung T155G for \$14.95.

By contrast, both **Jitterbug and Consumer Cellular** require a \$35 "start up" fee for new service, impose higher entry points for consumers (\$14.99/month for 50 minutes on Jitterbug; and \$10/month to maintain service on Consumer Cellular) and they feature more expensive "senior friendly" handsets (\$49-79 for Jitterbug, even tho its features are very similar to the SVC handset; and \$25-30 for Consumer Cellular's Doro handsets.) For higher volume callers, the price differences are less evident. All three services provide nationwide coverage with no roaming costs, with SVC also providing International calls to 100 destinations for the same price as local calls.

### FIVE TIPS FOR SENIORS BUYING CELL PHONES

Go prepaid.

Never buy more phone than you need.

Shop around for the best prices on your phone.

Beware of hidden fees and short-term incentives.

Figure out your phone use and then shop accordingly.

For more info, go to: Jitterbug- [www.greatcall.com/](http://www.greatcall.com/)

SVC TracFone – [www.tracfone.com/](http://www.tracfone.com/)

Consumer Cellular – [www.consumercellular.com/](http://www.consumercellular.com/)

**WEBSITES OF INTEREST:**

Our Chapter website is: [www.hlaa-rochester-ny.org](http://www.hlaa-rochester-ny.org).

**Barb Law** has updated our website to include the new scholarship form, and the Stipend for the Convention in Crystal City, VA. She says that Rochester now has a presence on Facebook. Check out news on the Wall of hlaa.ny and link back to our Rochester website at [www.hlaa-rochester-ny.org](http://www.hlaa-rochester-ny.org).

(Submitted by Mary Ellen Tait):

**A new phone captioning service**, *ClearCaptions*, has been released. Captions of calls can be accessed on a computer with Internet connection, an iPad, iPod Touch, iPhone, or smartphone. For more information, go to: <http://www.clearcaptions.com/>.

(Submitted by Mike Rudnick):

Hearing loss and dementia linked in study. NewsRx.com, 2-24-11. Seniors with HL are more likely to develop dementia over time than those who retain their hearing, report researchers at Johns Hopkins and NIA. Go to: [www.lef.org/LEFCMS/asp/PrintVersionDailyNews.aspx?NewsID=10811&Section=Aging](http://www.lef.org/LEFCMS/asp/PrintVersionDailyNews.aspx?NewsID=10811&Section=Aging). Also, check out: [www.cnn.com/2011/HEALTH/02/14/hearing.loss.dementia.health/index.html?hpt=T2](http://www.cnn.com/2011/HEALTH/02/14/hearing.loss.dementia.health/index.html?hpt=T2).

(Submitted by Al Suffredini):

With hearing loss, it's important to be **diagnosed** by the right professional and to understand your hearing aid choices. Go to: [www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/HearingAids/default.htm](http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/HearingAids/default.htm).

**Hearing aids** can cost hundreds or thousands of dollars, so you'll want to read this on purchasing hearing aids. [www.ftc.gov/bcp/edu/pubs/consumer/health/hea10.shtm](http://www.ftc.gov/bcp/edu/pubs/consumer/health/hea10.shtm).

American with Disabilities Act—revised rules take effect 3/15/11, go to: [www.ada.gov/revised\\_effective\\_dates-2010.htm](http://www.ada.gov/revised_effective_dates-2010.htm). An important initiative called, Project Civic Access, at: [www.ada.gov/civicfac.htm](http://www.ada.gov/civicfac.htm).

Section 508.gov which explains requirement for Fed.Gov. agencies to buy electronic and info. tech. that is accessible to people with disabilities. Go to: [www.section508.gov](http://www.section508.gov).

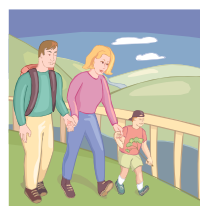
**WEBSITES (continued)**

(Submitted by Michelle Gross:)

**Cell Phones:** with captioned videos on cell phones, from National's website. Go to: [www.hearingloss.org/advocacy/telecomm.asp#aidvideos](http://www.hearingloss.org/advocacy/telecomm.asp#aidvideos).

National Public Radio is continuing its work on captioning for radio. Go to: <http://www.nprlabs.org>. Look on lower right side of page for info and links, including the captioned U Tube report of the testing being done.

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**WALK4HEARING 2011**

*By Laura Chaba and Sue Miller*

**SUNDAY, MAY 1<sup>ST</sup>**

*Perinton Park along the Erie Canal  
Fairport Rd at O'Connor Rd--Rt.31-F*

*Registration at 9:00 a.m.*

*Runners start at 9:30 a.m.*

*Walkers start at 10:00 a.m.*

Come and join us for the HLAA Rochester chapter's only annual fundraiser. Walk4Hearing is now in its 6th year raising and providing funds for scholarships for high school seniors going onto postsecondary education, live captioning for theater performances at the Rochester Broadway Theater League, assisting national HLAA in its support, education and advocacy of millions of people with hearing loss, and so much more.

We need your support! How can you help? Become a team captain and gather a group to walk on Walk day. Become a walker and walk along the beautiful Erie Canal. You don't have to walk the entire 5K. Any distance you walk is fine. Don't care to walk? Show up and root for us! There will be lots of fun--breakfast, clowns, face painting, music, a silent auction full of great gift cards and other goodies from local merchants. We also need event sponsors. If you know of any business you think would be willing to sponsor us please let us know. Contact Sue Miller, at 924-8933 or [SusanLeeMiller39@cs.com](mailto:SusanLeeMiller39@cs.com).

*The Walk4Hearing Steering Committee: Kelly Barrett, Pat Campbell, Laura Chaba, Mary Chizuk, Pete Fackler, Jeannette Kanter, Ginny Koenig, Ray Koenig, Barb Law, Carol Loftus, Art Maurer, Gerianne Puskas; and Sue Miller, Chair*



## WELCOME FROM TOWN OF PERINTON !

Dear Rochester Chapter members,

I am very excited about Perinton's role in hosting the Rochester Chapter of the Hearing Loss Association of America's sixth annual 5K Walk4Hearing on May 1st! What better place to host a 5K walk than Trail Town USA? The site of your walk, the Erie Canal Heritage Trail, was one of the three trail systems in Perinton that helped earn us this national honor. It is a community asset of which we are very proud. As a twice-designated "Top 100 Best Places to Live in America," we are extremely cognizant of those with life challenges.

The Rochester/Monroe County area is particularly aware of those in our midst with hearing disabilities, especially with the excellent resources present at NTID. This fundraising effort and its very impressive goal of \$40,000 to support national and local educational efforts is a natural outreach effort and certainly will be a major step (pun intended!) in reaching your organization's goals.

**Perinton welcomes you and wishes you balmy spring weather and a great turnout!**

Yours,

James E. Smith  
Supervisor, Town of Perinton

## COCHLEAR IMPLANT GROUP

The CI meeting is held twice a year. The next meeting will be from Noon to 1:30pm on Tuesday, May 17<sup>th</sup> at St. Paul's Episcopal Church, East Ave.

If you are considering a CI, or already have one and would like to interact with others, please plan to attend. You may brown bag your lunch. A beverage will be served. For more information, email either: [JKanter@rochester.rr.com](mailto:JKanter@rochester.rr.com), or [rcbradshaw@aol.com](mailto:rcbradshaw@aol.com).

## RUNNING FOR A REASON

Support HLAA by sponsoring **Dr. Steve Hart** when he runs his first marathon, Oct. 30<sup>th</sup>, in Washington, DC! Suggested donation 1 dollar/mile = \$26; or 50 cents/mile for \$13. Supports to be listed on his website: [www.HartHearing.com](http://www.HartHearing.com), and you'll be given a link to track Dr. Hart's progress during the race!

### We Welcome All Donations

Please make your check payable to: HLAA-Rochester  
*HLAA is a 501©(3) organization.*

Mail to: Mr. Don Bataille, HLAA Board President,  
8 Springwood Lane, Pittsford, NY 14534.

*Be sure to designate:*

This donation is: In Memory of; or, In Honor of,  
or, Birthdays congratulations,

And who to send the Acknowledgment to. Thank you.

## NATIONAL CONVENTION

**Date:** Thursday, June 16 through Sunday, June 19<sup>th</sup>

**Place:** Hyatt Regency Crystal City Hotel,  
Arlington, VA (outside Washington, DC)

**Reservations:** NOW. Visit the Convention page at  
[www.hearingloss.org](http://www.hearingloss.org).



Being held in conjunction with our Convention is the 2<sup>nd</sup> Hearing Loop Conference—"Get in the Hearing Loop" on June 18 – 20.

**Registration:** To register for either or both, go to: [www.hearingloss.org/convention/](http://www.hearingloss.org/convention/) or, call, 301-657-2248.

Book your flight on UNITED, United Express or select Star Alliance using [www.united.com](http://www.united.com), or by calling 800-521-4041. Use **Meeting/Tour Code 588AG.**

Our own, **Sue Miller**, will hold a get-acquainted session for newcomers, as she has done for many years.

**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 a STIPEND.**



**for your donation to HLAA:**

Mr. Michael Lasch, Rochester, NY  
Mrs. Darlene M. Morici, Albion, NY

For donations through the United Way.

### CMAC NOW HAVE FM SYSTEMS

(By Al Suffredini)

If you attend a performance at CMAC at Finger Lakes Performing Arts Center, Canandaigua, this season, please get back to us with your feedback.

They have 85 FM receivers available. To request a receiver, you would need to ask an usher for directions to where to obtain one.



The FM receivers come with a “walkman”-type ear plug. This type of ear plug in many cases is not effective for those having severe to profound hearing loss. A neck loop is needed for them to benefit from the FM System. CMAC has no neck loops, so HOH people would need to provide their own. **We would appreciate input from anyone who attends a concert there this summer.**

Please email me at: [asuff@frontiernet.net](mailto:asuff@frontiernet.net).

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### EAR PLUGS THE ANSWER?

(from Dear Abby, D&C 12-15-2010)

Dear Abby: My husband needs to have music blaring in our car when going through drivethru’s, banks, etc, but gas stations are the worse because he turns the volume up even louder so he can hear it outside the car. I’ve asked him to turn down the volume, but it just leads to arguments. Can you help me talk to him before I lose my hearing?

Bleeding Ears in Spring Valley, CA

Dear BE: Could it be that your husband suffers from hearing loss, which is why he needs the volume turned up so high? He should be checked by an Audiologist so that he doesn’t damage his hearing further and yours won’t be affected.

Protecting your hearing is important. That’s why you should consider using ear plugs when you ride with him!

### THOUGHT FOR TODAY

(from D&C 1/2011)

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

Anne Frank

### About HLAA

The Hearing Loss Association of America (HLAA), founded in 1979, opens the world of communication to people with hearing loss through information, education, advocacy and support. HLAA publishes the bimonthly Hearing Loss Magazine, holds annual conventions, a Walk4Hearing, and more. Check out <http://www.hearingloss.org/>. HLAA has chapters and state organizations across the country.

### SUGGESTIONS ?



Do you have ideas on how we can best use the funds we receive from our Walk4Hearing? We usually look for outlays relating to OUTREACH, but we will be happy to have your ideas.

Please contact Sue Miller at [SusanLeeMiller39@cs.com](mailto:SusanLeeMiller39@cs.com), or phone, 924-8933.

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### RBTL LIVE THEATRE--- CAPTIONED!

#### THE LION KING

Sunday, March 27th, at 2:00 pm, Auditorium Theatre, will be **captioned**. Request seats in the “open captions” viewing section. Call 222-5000.



Upcoming live theatre captioned performances:

#### “WEST SIDE STORY – June 5<sup>th</sup>

Tickets become available 6 weeks in advance of each show. Request seats in “open captions” viewing section. Call 222-5000.

### WATCH THIS SPACE

...for summer events—picnic, baseball, bowling ??

Please contact Barb Law with your ideas at [Blaw1@rochester.rr.com](mailto:Blaw1@rochester.rr.com)

...”Program Planning” meetings – date/location to be provided. We need YOUR input to plan future chapter meetings. Contact Sue Miller at [SusanLeeMiller39@cs.com](mailto:SusanLeeMiller39@cs.com).

## **Captioning of Movies**

Where to go to find **local movies** that are Open Captioned or Rear Window Captioned (with dates and times of the movies) since the D&C list movies only in their Thursday “Weekend” section-check these websites: [www.captionfish.com](http://www.captionfish.com) – or – [www.fandango.com](http://www.fandango.com) –or- [www.fomdi.com](http://www.fomdi.com).

Open-captioned movies can be found at Regal Culver Ridge and Regal Henrietta. (Infrequently, also at Movies 10.) Captions appear on the screen for all to see.

Rear Window Captioning is at Loew’s Webster. You obtain a device when entering that looks like a rear-view mirror which is on a “gooseneck, flexible support.” The device is put in the cup holder at your seat. Only you see the captions on the film.

*(Article repeated as suggested by Fred Altrith)*

### **Subjects of May Chapter Meetings**

**Daytime meeting:** “ Ask the Audiologists”-Sheila Dalzell, John McNamara, Ramona Pompea

**Evening meeting:** “Veterans—Hearing Aids and MUCH MORE from VA Services”

## **MARITIME PINE RELIEVES TINNITUS**

*(from Diablo Valley News, Walnut Creek, CA November, 2010 Newsletter)*

Geneva, Switzerland – A study recently published in the international journal, Panminerva Medica, reveals that Pycnogenol® (pic-noj-en-all), an antioxidant plant extract derived from the bark of the French maritime pine tree, is effective in relieving Tinnitus symptoms by improving blood flow in the inner ear.



Pycnogenol® is a natural plant extract and is found to contain a unique combination of procyanidins, bioflavonoid and organic acids, which offer extensive natural health benefits. It is a proprietary, patented pine bark extract and the research findings detailed here may not be applied to other pine bark extracts on the market. For more info, go to: [www.pycnogenol.com](http://www.pycnogenol.com).

## **OSHER NOW HAS ALD SYSTEM**

*(By Barb Law)*

**Bob Sickmond**, a chapter member, has been instrumental in requesting assistive listening systems at OSHER. OSHER is the new name for the Atheneum and is the Learning Center for Retired People which is associated with RIT. They have their own website if you want more information. They charge tuition, but until now, have had no assistive listening system in their new building at Rivers Run on East River Road. The new building has been there about 2 years. They are trying out the FM system in one classroom and might expand to more classrooms.

### **Can you hear me now ...? (excerpt from their catalog)**

You are probably aware that OSHER has installed a new FM-assisted hearing system in classroom 3. It gives members with hearing loss the ability to hear the course leader as well as questions from other members of the class. Members with hearing loss are given a small receiver (the size of a deck of cards) as well as a set of earphones or a portable neck loop. The combination allows them to clearly hear all classroom presentations and discussions. We encourage interested members to check out the system at the front desk and to obtain an information sheet that describes this new and free benefit for OSHER members.

### **IF YOU MOVE**

Please don’t forget to let Ginny Koenig, at 5 Packett’s Grove, Fairport, NY 14450, or, via email at [GinnyK52@frontiernet.net](mailto:GinnyK52@frontiernet.net), know even if your change of address is a temporary one. HLAA is charged for each piece of returned mail, which the post office won’t forward.

## **NEWS OF INTEREST**

”DEVICES ALLOW MOBILITY FOR DEAF CELL PHONE USERS” – (excerpt from D&C 2-1-2011)

*(By Driadonna Roland)*

Technology company, Sorenson Communications, unveiled “ntouch PC” and “ntouch Mobile.” They turn laptops and cell phones into videophones with the same Video Relay Service technology used by the deaf to place calls. Software is free and works with any Internet or Wi-Fi connection.

## HEARING LOSS MAY BE AN EARLY SIGN OF DEMENTIA

(By Lynn Peeples, *Health.com*, 2-15-2011) (Submitted by Mike Rudnick)

Gradual hearing loss is a common symptom of aging, but in some people it may also be an early sign of Alzheimer's disease or other type of dementia, a new study suggests. The risk of dementia appears to rise as hearing declines. Older people with mild hearing impairment—those who have difficulty following a conversation in a crowded restaurant, for instance—were nearly twice as likely as those with normal hearing to develop dementia, the study found. Severe hearing loss nearly quintupled the risk of dementia.

It's unclear why the loss of hearing and mental function might go hand in hand. Brain abnormalities may contribute independently to both conditions, but it's also possible that hearing problems can help bring on dementia. Hearing loss may lead to social isolation (which itself has been linked to dementia), or it may interfere with the brain's division of labor.

"The brain might have to reallocate resources to help with hearing at the expense of cognition," says the lead researcher, Frank R. Lin, MD, an ear surgeon at Johns Hopkins Hospital. That may explain in part why straining to hear conversations over background noise in a loud restaurant can be mentally exhausting for anyone, hard of hearing or not, he adds.

"We listen with our ears but hear with our brains," says George Gates, MD, a hearing expert at the University of Washington in Seattle. "It is simply not possible to separate audition and cognition."

Dr. Lin says, "whether hearing aids or other treatments (such as Cochlear Implants) can help stave off dementia is the \$50 billion dollar question."

There is no cure for dementia and no sure-fire ways of preventing it. Dr. Gates isn't optimistic that restoring hearing can affect the course of dementia. However, if treatments and prevention strategies for dementia do become available in the future, he says that hearing loss could play an important role in early detection.

Dr. Lin has begun researching the effect of hearing aids on the risk of dementia—whether or not they can help, we don't know—but take your hearing loss seriously and pursue some sort of treatment.

Go to: [www.cnn.com/2011/HEALTH/02/14/hearing.loss.dementia.health/index.html?hpt=T2](http://www.cnn.com/2011/HEALTH/02/14/hearing.loss.dementia.health/index.html?hpt=T2)

## WORTH REMEMBERING - (D&C 2/13/2011)

"The future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt

## WHAT IS HAIR CELL REGENERATION?

(Excerpt from *HEARING HEALTH*, Winter 2011)

Hair cell regeneration is the cornerstone of the Hearing Restoration Initiative. Hair cells (which are NOT like the hairs on our heads) exist inside the inner ear and enable us to receive sounds and transfer them into signals that travel to the brain. However, once a hair cell is damaged or dies, the hearing is permanently lost.



It has been discovered that the regeneration of inner ear hair cells in chickens occurs spontaneously and restores their hearing within 30 days. Regenerative scientists have learned that most avian species share this trait, and significant advancements have been made to translate this knowledge to mammals. While scientists don't yet know what molecules and genes are necessary to stimulate regeneration of hair cells in humans, it is clear that one day this will be possible. Based on present estimates, it could take 50 years. The Deaf Research Foundation (DRF) aims to shorten the time to clinical trials to 10 years.

Right now, there is no cure for the underlying cause of hearing loss: damage to the sensory and supporting cells of the inner ear, whether from noise exposure, trauma, chemical toxins, medications, aging, disease, or genetic disorders. Prevention of hearing loss is mainly limited to protection (such as ear plugs) and treatment is based on stimulating the remaining sensory cells (i.e., hearing aids) or by stimulating the hearing nerve directly (such as Cochlear Implants).

But with new treatments on the horizon, proper funding could yield a cure for hearing loss and potentially many other diseases in just 10 years!

For more information, subscribe to DRF's free monthly newsletter, Hearing Health E-News, at [www.drf.org](http://www.drf.org).

## WHAT SHOULD I DO TO TREAT DIZZINESS?

(By Yuri Agrawal, MD; *Remedy* – Spring 2011)

Dr. Agrawal is an otolaryngologist at Johns Hopkins. He indicates that often dizziness is caused by a problem in the vestibular system of the inner ear, responsible for maintaining your sense of balance. It can result in falls and injuries. Risk factors include age, high blood pressure, and diabetes, which can damage the tiny blood vessels of the inner ear.

Be checked for tiny "ear rocks"—calcium carbonate crystals—and have them removed, get prescribed an antibiotic for inflammation, or I suggest vestibular rehabilitation exercises to train the inner ear to resume its proper function.

Go to: [www.johnshopkinshealthalerts.com](http://www.johnshopkinshealthalerts.com).





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Hi Megan I am so glad I caught you before you go on your flight our meeting has been postponed to 3pm

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**HLAA Membership Information**

Hearing Loss Association (HLAA) Rochester Chapter, 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 September through June at St.Paul's Episcopal Church, East Ave. 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  
**585-266-7890**

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^^

**Newsletter**

*Newsletter deadline first day of the month preceding the issue month.*  
 Send articles to:  
 Ginger Graham  
 859 Meadow Ridge Lane  
 Webster, NY 14580  
 ggraham859@frontiernet.net

**Membership Application – Rochester Chapter**

Yes, I want to join -- support entitles me to receive the newsletter in order to be alerted to programs for Daytime, & Evening Chapter Meetings and Cochlear Implant meetings.  
 Yes, I need transportation to meetings

Check type of contribution  
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Send to:  
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 8 Springwood Lane, Pittsford, NY 14534

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HLAA is the largest international consumer organization dedicated to the well-being of people who do not hear well.

To join, please see inside back page. HLAA has more than 200 chapters and 14 state organizations. Welcome!

### **Meetings are hearing accessible**

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Entrance to meeting room is from rear door next to fence