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Volume 28, Number 3

published monthly except July and August

November 2014

NOVEMBER Calendar

Tuesday, November 4th

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 – 9 pm – Program Speaker

Thurs., Nov. 6th – “Day of Hearing,” at Lifespan
(see page 5, for more info)

Tues., Nov. 11th – Board of Directors
7:00-9pm, Lower Level CR, Al Sigl Center

Wed., Nov. 26th – RWC/CaptiView movie, AMC Webster –**NO MOVIE OUTING DUE TO THE HOLIDAY.**

SAVE THESE FUTURE DATES

Tues., Dec. 9th – BOD meeting, 7-9pm, ASC
Wed., Dec.24th – No movie outing due to holiday.

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

Hospitality Duties for November:

Daytime Meeting – Jimmie Sorrento
Evening Meeting – Andy Howard
Board of Directors –E. de Papp, M.D.; A. Howard

Please sign up to help when the “Refreshment Sheet” goes around!

*Welcome back, members, and,
WELCOME ALL NEWCOMERS TO HLA!*



NOVEMBER PROGRAMS

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

Tues., Nov. 4th – Daytime Meeting 11:00 am

HEROES WITH HEARING LOSS: A Conversation with MSgt. Sean Lehman, USAF, Retired. Introduced by Maj.Gen. Norbert Rappl, USA, Retired.



All veterans are invited to “Join the Conversation” about service-related hearing loss with Master Sergeant Sean Lehman, USAF, Retired, representing **Heroes With Hearing Loss.** MSgt. Lehman is a

communicator and public relations professional with more than 25 years of international experience as a journalist and broadcaster. Last June, he moderated a panel of distinguished veterans with hearing loss at the HLA National Convention in Austin, TX.

The **Heroes With Hearing Loss** presentation will be introduced by Maj. Gen. Norbert Rappl, USA, Retired, a Korean War veteran, past commander of Army Reserve 98th Division IT, retired President of Berginn Associates and current member of our HLA-Rochester Chapter.

Hearing loss is the number one service-related injury affecting veterans. Over 1.5 million service men and women sought treatment by the VA for hearing disorders in 2011.

(continued on next page)

Tues., Nov. 4th – Daytime Meeting (continued)

The goal of **Heroes With Hearing Loss**, is “to raise awareness and initiate meaningful dialog about shared hearing loss experiences among veterans, their families and friends.” The program aims to link veterans with each other and the many resources available for successfully managing their hearing loss. It is “a platform of engagement providing insightful solutions and successful lifestyle-focused results.” Among the many links on the **Heroes With Hearing Loss** web site is RIT’s veterans program, coordinated by 2nd Lt. Allen Ford, USA, Ret.

Hamilton CapTel, sponsor of the **Heroes With Hearing Loss** program, provides captioned telephone service, allowing individuals with hearing loss to read word-for-word captions of everything said to them over the phone.

CapTel is a registered trademark of Ultratec, Inc.

Tues., Nov. 4th – Evening Meeting – 7:00 pm

HOSPITALIZED AND HEARING IMPAIRED? HERE’S HELP! – Elizabeth Ballard, URM

Hospitalization is frightening. It’s frightening for hearing patients, but it’s terrifying for people using hearing aids, cochlear implants, or worse—hearing impaired with no amplification devices. We are at risk of misunderstanding all hospital staff, with possible disastrous consequences.

Elizabeth Ballard, Manager of Interpreter Services at URM, will explore services that patients with hearing loss hospitalized there can take advantage of. She stresses that Interpreter Services can help patients who do not sign and are oral but have hearing difficulties. She will elaborate on the services offered by her department, how to advocate for communication and the care needed, and what technology exists in the hospital to help a patient with hearing loss.

Ms. Ballard earned certifications of Interpretation and Transliteration from Rochester School for the Deaf, certification in Healthcare interpreting, and a MS in Human Resource Development.

HLAA-Rochester chapter meetings are held in the Vestry Room at St. Paul’s Episcopal Church, East Ave. at Westminster Road, across from the George Eastman House. All programs are audiolooped & captioned. A sign language interpreter is available for evening meetings only.

To request an interpreter for an evening meeting, contact Linda Siple at 585 475 6712, a week in advance. (Please note, this phone is only for those needing an interpreter.)

The Hearing Loss Association is a nationwide organization dedicated to advocacy, education and support for people with hearing loss. For more information visit our website: www.hlaa-rochester-ny.org or telephone 585 266 7890.

The HLAA meeting is free and open to all community members interested in hearing loss. 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.

PRESIDENT’S COLUMN

By Cindy Kellner



Sometimes, I just can’t help it, but it stinks to be me! Dealing with my hearing loss is just not easy, any way you slice it. The constant planning; wondering if I will be able to hear. Add the extra stress of straining and concentrating with the endless bluffing and you have a fine recipe for a pity party. It is easy to make a day blue when you cannot hear. The frustration and isolation you feel with constantly wondering what you are missing is no picnic, to put it mildly. Sadly, hearing loss is not the only struggle we face daily. Often there are the aches and pains of growing older, coupled with the uncertainty of the future and the world in general. Yes, I think you will agree that sometimes it does stink to be me.

The other day I was feeling quite sorry for myself, most likely triggered by the annoying fender bender of the day before. I was going about my daily business without much enthusiasm and stopped at Wegmans on Calkins Road, which is my normal stomping ground. I entered the store and was greeted by a large poster of the internationally recognized sign indicating that part of the premises was equipped with a hearing loop. I actually smiled.

(Continued on page 3)

PRESIDENT'S COLUMN *(continued)*

How positive and progressive of Wegmans. This community, I thought, was truly lucky to have such a forward-thinking and accommodating business.

Well, by now I am sure you have figured out where this is going. One thought led to another and I started thinking how much I was grateful that my hearing aid had a T-coil and how much I was grateful that I had gotten involved in HLAA-Rochester and learned all about the benefits of my amazing little T-coil.

The hearing loop is really a wonderful advancement in hearing assistive technology. It truly enables me to hear not only at our meetings, but at several other venues that are equipped.

While it does stink to be challenged daily by my hearing loss, I do realize there are some positive things to focus on. My grandmother experienced age related hearing loss and wore hearing aids. Because she lived with us in her senior years, I was able to witness firsthand how frustrated she would often become and which frustration often erupted into anger. Little did I know, as I was blasting my stereo, that I would someday walk in her shoes, although at a much younger age. I remember vividly how angry she would get when we refused to repeat something saying "it wasn't that important." Her blunt reply was always "Let me be the judge of that!" Oh, how I can now relate, as nothing infuriates me more.

Fast forward 50 years and things have changed so much. While the ignorance and the lack of consideration of the hearing population is still with us, technology and public awareness sure have changed immensely. The advances in technology go without saying, but I believe public awareness has also changed. I am in awe by the way inclusiveness is part of so many people's (and businesses) thinking. All I have to do is look to so many houses of worship who have installed hearing loops, to a business like Wegmans who is currently testing a hearing loop, and movie theaters like Regal who, in my opinion, is seriously committed to opening up the world of movies to people with hearing loss.

Granted, much of this is in response to the ADA, but motives aside, such actions are a clear step in the right direction. And yes, we have a whole lot more to do. No question about that.

Organizations like HLAA are causing people and businesses to acknowledge and, if necessary, make accommodations to the hearing loss community. Slowly, shame is being replaced by knowledge and advocacy. Yes, sometimes it does stink to be me, but this is not the world my grandmother knew. It is definitely a little kinder than what she lived with and this thought brings another smile to my face and sometimes that is all that counts. Keep changing the world everyone. One step at a time...It is worth it!...

RBTL LIVE THEATRE--- CAPTIONED!

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

Nov. 16 – Joseph & Technicolor Dream Coat
Dec. 14 – Cinderella
Jan. 18 – Pippin
March 15 – Annie
April 19 – Anything Goes
May 17 – Kinky Boots

Tickets become available 6 weeks in advance of each show. Request seats in "open captions" viewing section. Call 222-5000; email, info@rbtl.org.

GEVA Theatre Offering Captioned Plays!

All performances are **Saturday, at 2:00pm** (exception-- Christmas play).

November 30 – A Christmas Carol-- **Sunday at 2pm**
January 17 – Little Shop of Horrors
February 28 – Women in Jeopardy!
April 4 – The Mountaintop
May 9 – Vanya & Sonia & Masha & Spike

Call the Box Office at 232-4382. Ask for seat in the "open captions" viewing section.

We Welcome All Donations

Please make your check payable to: HLAA-Rochester

HLAA is a 501©(3) organization.

Mail to: Ms. Joanne Owens, 1630 Woodard Road,
Webster, NY 14580

Be sure to designate:

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

And who to send the Acknowledgment to. Thank you.



THE #1 SKILL EVERY HOH PERSON NEEDS TO DEVELOP

(excerpt from National Chapter Development News; Texas Dept of Assistive and Rehabilitative Services; and, Dan White, HLAA Fort Worth)

The most helpful lesson a person with hearing loss can master is good listening and communication skills. There is an insightful and focused 19-minute video called "Let's Make It Clear" and stars Gael Hannan. (She was the Featured Speaker in October 2012 at our monthly meetings.) Go to: www.youtube.com/watch?v=8WnHiwmdLTE&feature=share.

TEXT-ON-TOP

*By Stanley Sakai (Washington State NL;
(suggested by Ginny Koenig)*

A new system called Text-On-Top lets me overlay captions on top of other people's PowerPoint slides wirelessly (similar to the way closed captions appear on top of the video image on TV). The captions and the PowerPoint presentation appear all on one screen without using a separate projector for the captioner. The captions appear right on top of the presentation just like on TV captions. The size, position, and font are adjustable. *(Stanley Sakai is a WA Certified Court Reporter; Realtime Shorthand Reporter & Broadcast Captioner.)*



For Your Donation to HLAA:

Dr. Ruth P. Oakley Trust Fund; United Way

For Your Donation Above Basic Membership:

Harriett Roth

In Honor of Ms. Phyllis MacDonald, 101st Birthday:

Ginger Graham

Please consider a donation when you renew your membership.

INTERESTED IN CONTRIBUTING TO HEARING RESEARCH?

By Kelly-Jo Koch



We are recruiting participants with a range of hearing loss for research studies on hearing and hearing aids. One new study focuses on developing novel algorithms for hearing-aids or cell phones that will enhance speech in the presence of background noise. We need a pool of volunteer listeners to test this algorithm on site at Strong, 1st floor, Room 1-5135; however, you will be met in the Lobby. Probably a 2-3 hour commitment.

Parking at URM/Strong and compensation (\$10/hr) will be provided to all study participants. To learn more about this study, and to arrange for an eligibility screening with Dr. Laurel Carney, Principal Investigator, please contact: Kelly-Jo Koch, Lab technician, at (585) 261-6391; Via e-mail: Kelly-jo_Koch@urmc.rochester.edu. Scientific publications and an overview of our research can be found on the internet address below: <http://www.urmc.rochester.edu/labs/carney-lab/>

Research Update: At the recent International Hearing Aid Conference (IHCON 2014), we learned about EarMachine.com, an NIH-funded project to develop a free "app" for an iPod or iPhone that provides sophisticated hearing-aid-like processing for these devices. If you know someone who's considering a hearing aid, but is "just not sure," this application provides a way to try one out for free. It's very quick and easy to download and adjust. Studies show that users naturally adjust it to settings quite close to those that would be provided in a formal hearing-aid fitting.

WORTH REMEMBERING

"The future belongs to those who believe in the beauty of their dreams." – *(Eleanor Roosevelt)*

“DAY OF HEARING”

By Paul Caccamise, Lifespan

On Thursday, November 6, persons concerned about hearing loss will have an opportunity to have their hearing screened free of charge at the “Day of Hearing” event at **Lifespan**, on Clinton Ave.S. The event is being co-sponsored by **Lifespan, the Hearing Loss Association of America, and Nazareth College**. Day of Hearing is designed to increase public awareness about acquired hearing loss, and its impact on social functioning, emotional well-being and on personal relationships. Brief workshops offered throughout the day by participating audiologists will cover topics related to hearing loss and will describe options for effective adaptation to hearing loss through hearing aids and other assistive listening technology. The Healthy Living with Hearing Loss committee, a community-based Participatory Research Committee in alliance with the UR’s Rochester Prevention Research Center, will also offer a workshop on community priorities for health research on hearing loss.

Exhibitors will display services and assistive living devices. Free hearing screens will be conducted on a first-come, first-served basis. Day of Hearing participants who screen positive for hearing loss will be encouraged to seek audiology exams and explore behavioral and environmental modifications to address their condition. HCAA- Rochester Chapter members will be on hand to answer questions and to describe what services and supports are available through the organization for persons with hearing loss and their family members.

No hearing aids or other equipment will be sold or marketed at the event. Day of Hearing will take place on November 6 from 9:00 am to 4:00 pm at Lifespan of Greater Rochester, 1900 Clinton Ave. S., in Tops Plaza in Brighton. For further information about the event, please contact Paul Caccamise at Lifespan at (585) 244-8400 x115 or at pcaccamise@lifespan-roch.org.

NEW PROFESSIONAL ADVISORS

By Tim Whitcher

The purpose of the Professional Advisory Committee (PAC) is to furnish professional advice and support in order to promote the development of a credible and effective HCAA organization in the Rochester area. Following is the start of info on **new** PAC members:



Michael A. Giardino
Director of Aviation

Michael A. Giardino, aspired to be a pilot at a young age watching his dad take flying lessons at ROC. In September 2011, Director Giardino

retired as Commander from the United States Navy following a decorated 26 year military career which included assignments on the North Atlantic Treaty Organization (NATO) Air Component Command, deployments to Afghanistan (with 2,540 mishap-free flight hours) and as Executive Officer of Naval Air Station Key West, FL.

Director Giardino possesses 20 plus years experience in the field of aviation program planning, emergency preparedness, and community relations in addition to financial, facilities, and human resource management. As Director of Aviation at ROC he is responsible for managing a \$32.6 million dollar public commercial aviation facility which approximately 2.4 million passengers travel through annually.

ROC is an economic engine for local business in our region. The airport itself is responsible for creating and sustaining 10,000 jobs, generating \$295 million in income and contributing over \$800 million to the local economy each year. ROC is served by seven commercial airlines offering an average of 23,000 seats per week providing passengers with affordable air travel to key destinations across the globe.

A native of Rochester, New York, Mike is a proud graduate of Charlotte High School; he attended the University of Rochester and graduated from SUNY College at Brockport with a BS in Meteorology. He graduated from a program leading to an MS in Information Systems Management at the Naval Postgraduate School and earned an MA from the Naval War College in National Security and Strategic Studies.

Director Giardino is Vice-President of the New York Aviation Management Association and the Rochester, New York Veterans Outreach Center. He is Six Sigma Black Belt trained and has held numerous volunteer mentoring and fundraising positions during his sons’ academic, sporting, music and scouting endeavors.

Mike is proud to call Rochester home again to his wife Janice and sons—Dominic, a sophomore at the Eastman School of Music; and Kyle, a Lance Corporal in the US Marine Corp, currently serving in Afghanistan.

ARE YOU IN THE MARKET FOR A HEARING AID? *(excerpt from Jacksonville FL, Jan/Feb. 2014 NL; suggested by Ginny Koenig)*

Consumer's Guide to Hearing Aids -Thanks in large part to work by New Mexico State Chapter Coordinator Steve Frazier, the guide now has a column about telecoils in their list of features for each hearing aid model (more than 400 of them). Consumers can now search out telecoil-equipped hearing aids using this guide. The 2014 Consumer's Guide to Hearing Aids is available through--www.hearingloss.org. Go to "Support," then "Order Materials," then click on "Consumer's Guide."

Purchasing a Hearing Aid: A Consumer Checklist Published by HLAA, you can download this guide free at www.hearingloss.org. Go to "Support," then "Order Materials," then scroll down. Printed copies can also be ordered.

YOU'RE INVITED!

Please join us at either of these meetings to see if you'd like to contribute—either by email information or by attending the meeting. Both are held the 2nd Monday of each month, Justin Vigdor room, Al Sigl Center.

Education & Outreach – from 11:30am – 1pm Technology Committee – from 1:30pm – 3pm

Meetings are Monday, Nov. 10th, Dec. 8th, etc. We'd love to have you join us! If you have questions, please contact Ginger at ggraham859@frontiernet.net.

FINDING HUMOR? WITH HEARING LOSS

By Gael Hannan (submitted by E.de Papp,M.D.)

To "Oh, never mind" ~~~*Well, I'm already 'minding', so please repeat it.*

To "It's not important" ~~~*It is to me...or...Well, then stop talking.*

To "It was nothing" ~~~*It must be, because you said it. It was part of our conversation.*

To "It doesn't matter" ~~~*Yes, it does.*

IMPORTANT REMINDER

Tuesday, November 4th, is Election Day and St. Paul's Church is a voting site. **Parking on church grounds that day is limited to Handicapped persons only.** Please plan to park on alternate side of the street, or in the lot across the street in the George Eastman House. Restrictions are for this day only. Thanks for your help!

Subjects of Dec. 2nd Chapter Meetings

Daytime: TBA

Evening: "Communications/Relationships for Members with Hearing Loss" (small discussion groups) - Facilitated by Laura Chaba

ReSound Introduces LINX "Made for iPhone" Hearing Aid

ReSound has announced the LINX hearing aid, which is capable of streaming directly from the iPhone, iPad and iPod Touch in stereo to the hearing aids without any intermediary/gateway device.

This is of interest to the Cochlear (brand) CI community because the LINX is based on ReSound's unique 2.4GHz wireless technology --the same utilized in Cochlear's Nucleus 6 processors.

<http://www.businesswire.com/news/home/20140224005645/en/GN-ReSound%C2%AE-Launches-ReSound-LiNX%E2%84%A2-Revolutionary-Hearing#.Uwt-Fv2Ya3A>

DAYLIGHT SAVING TIME

(Will occur Sunday, November 2nd, this year)

- First to suggest the idea: Benjamin Franklin in 1784.
- First North American region to adopt it: Newfoundland in 1917.
- First year in which the United States adopted it: 1918.
(from the Old Farmer's Almanac, 2012)

SOMETHING TO THINK ABOUT...

A little girl asked her father, "Daddy, do all Fairy Tales begin with "Once Upon a Time"? He replied, "No, there is a whole series of Fairy Tales that begin with 'If elected, I promise'..."

(submitted by Joan Ewing)



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
Research Assistant.....Ginny Koenig

CAPTIONING OF MONTHLY CHAPTER MEETINGS WILL BE CONTINUED !

Great news from CaptionCall! 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 for the 4th year in a row. With special thanks to our **Bruce and Candi Nelson, and Tim Witcher**.

MOVIE CAPTIONS AT REGAL CINEMAS

By Ginger Graham (excerpt from D&C article)

As mentioned in a D&C article, some members of the deaf community are eager for changes in captioning in what is currently offered at the Regal Cinemas. Randy Smith, senior vice president of Regal Cinemas, came to Rochester and addressed their concerns Sept. 11. He indicated that Regal presently offers caption glasses, neck loops and seat mounted captioning devices. The meeting was attended by the deaf community and members of the Rochester chapter of the HLAA. Our profound thanks to Mr. Smith for his interest and concern.

Newsletter Deadline

Friday, October 31st
(for the December Newsletter)

Email: ggraham859@frontiernet.net

WEBSITES OF INTEREST

Our Chapter website is: www.hlaa-rochester-ny.org. **Michelle Gross** is our Web Master and she is updating our website. (**Barb Law** continues as consultant.) The website for HLAA National is: www.hearingloss.org.

(submitted by Don Bataille)

Consumer perceptions of the impact of hearing looped venues. Go to: www.hearingreview.com/2014/09/consumer-perceptions-impact-inductively-looped-venues-utility-hearing-devices

(submitted by Greg Livadas)

A link that announces the ASL Video Dictionary and Inflection Guide produced at NTID has been enhanced and available on iOS and Android phones as an app. The popular CD version remains available. Go to: www.rit.edu/news/story.php?id=50997&source=newsletter.

(submitted by HLAA National 9/10/14)

The Dept. of Justice postpones the deadline for movie captioning to Dec. 1st. DOJ encourages the public to submit comments to www.regulations.gov/#!/home. For more info: www.hearingloss.org/content/doj-postpones-deadline-movie-captioning-comments.

(submitted by Al Suffredini)

From “Better Nutrition” info on treating Tinnitus naturally, supplementing with Magnesium, other herbs/vitamins, and B12 deficiency occurs in half of Tinnitus patients. Melatonin may have a promise. Go to: www.betternutrition.com/natural-remedies-tinnitus/supplements/secondopinion/1350.

“Falling down is a part of life; getting back up is living.” *(from Santa Barbara CA Chapter, May 2014)*

HLAA TURNS 35 IN NOVEMBER.



Incredible 35 years of advocating for 48 million Americans with hearing loss.

MYTHS ABOUT PEOPLE WITH HEARING LOSS...THE REST OF THE STORY

By Michelle Gross

There are a number of misconceptions about people who don't hear well. Most of these come from hearing people not understanding what it is like not to hear or hear clearly and jumping to an erroneous conclusion about our behavior. The other side of the coin is many of us with less than good hearing aren't comfortable with discussing our hearing loss and don't inform others what is needed to help communication.

Losing one's hearing distances a person from other people, which makes not being able to follow a conversation or misinterpreting information the rule, not the exception. Not hearing well makes people apprehensive about communicating. Feeling isolated from people adds to the embarrassment of needing to ask that part of a conversation be repeated, along with misunderstanding what is said and fear of appearing foolish commonly results in anxiety, depression, loneliness, anger and frustration.

The following will provide hearing people with some idea of what may lie behind the behavior or appearance of people who don't hear well. Insight into what may be going on behind the scenes is part of what constitutes "The Rest of the Story."

When a person doesn't hear well we are often told: "You hear what you want to hear." These words are hurtful and can make us frustrated and angry. We want to hear you. Since hearing properly is dependent on many factors such as, distance from the speaker, background noise, pitch, volume and quality of the speaker's voice, as well as the choice of words used by the speaker, our fatigue level, etc, it may appear we are deliberately ignoring the speaker. The comment "we hear what we want to hear" hurts because we are unable to explain why we may have heard you one time and not heard you or didn't understand you another time. The reason we didn't hear you may be a mystery to us as well. All we know is either our ears failed us, or our brains could not process the information as it was presented.

"If you paid attention you'd hear me." What the speaker is really saying is that if we just "paid attention" our hearing problem would somehow go away. How wonderful if it were that simple. Hearing is not passive for people who can't hear well, it's hard work and requires constant vigilance. Listening can be exhausting. No one can maintain a constant state of alertness at all times, especially when tired, ill, or deep in thought. When

our eyes and minds need a rest we may not hear or understand you because of listening fatigue. It's not an intentional slight.

People who have hearing problems are unfriendly, antisocial, or "pushy."

When a person has a hearing loss, often it becomes difficult to keep track of a conversation, and we may not be able to participate as a result. We may also be unsure of what's going on and don't want to look foolish, so we may avoid, withdraw or "clam up" during social situations. If we withdraw or don't participate in a conversation, our facial expression may not be expressing comfort or joy, but stress or annoyance, probably with ourselves. We may show what we're feeling which can be anything from sad to angry, or "absent." We may appear unapproachable or unfriendly, because we are "lost" in the conversation. We may interrupt because we didn't realize someone else was speaking, in that case we may seem pushy or rude.

People who can't hear talk too much. Although this may appear to contradict the "standoffish" appearance mentioned above, constant talking might be another means of handling poor hearing. When a person is speaking, they know what the conversation is about which eliminates the stress of hearing. In addition, the more a person talks, the less they have to listen.

People with a hearing loss know sign language and reads lips. Unlike deaf people, most people with hearing loss do not use sign language. We may have learned some sign along the way but we use oral English, therefore an interpreter is not generally appropriate. Learning the manual alphabet and a few signs often will help in family conversations. Remember, encouraging the person with the hearing loss to learn to sign won't be helpful if others in their immediate living situation don't learn as well.

Lip reading (speech reading) is to a great extent, an inherent skill. It may be honed by taking classes but studies show many people whether hearing, hard of hearing or deaf either have a facility for it, or they don't. Watching a person who is speaking provides many clues no matter what the hearing status of an individual. Whereas, viewing the speaker may be optional for a hearing person, for the hard of hearing person it is imperative. Our lip/speech reading ability may differ but we all need to use the skills we do have to understand what we're hearing.

(continued on page 9)

MYTHS...PEOPLE W/HEARING LOSS - (cont.)

You have hearing aids and you still can't hear! I have glasses and I can see, there must be something wrong. Maybe you need better hearing aids.

Glasses correct vision. Hearing aids and cochlear implants do not correct hearing. Hearing aids increase volume (loudness) but do not significantly improve clarity or the ability to understand speech very well, especially in noisy situations. Nothing makes abnormal hearing "normal." Hearing aids are a needed assist to hearing but do not ensure we'll be able to hear or understand a conversation.

When people with hearing loss miss something, it's okay to say "It's not important" or "I'll tell you later."

These comments are truly frustrating to us for three reasons. First, the person who was asked for the information has determined the information is not important rather than allowing us to make that determination. Secondly, we usually receive an edited version of the conversation, and thirdly, the "later" in "I'll tell you later" never seems to arrive. We know you can't repeat everything that is said, and sometimes it can be disruptive to tell us word for word what is being said. A synopsis is not perfect but it will do, as will writing down the most helpful information. If you say "I'll tell you later"...please do!

The person with hearing loss isn't mentally competent.

This presumption can be the most damaging to a person who is older or living in a residential setting. When a person doesn't hear well, their brain fills in the blanks, often with incorrect or even comical information. The result may be an answer which seems inappropriate or strange. Sometimes people are not aware someone is speaking to them and they are feeling isolated, almost like living in a glass house. To a hearing person these reactions may appear that the person with a hearing loss has a mental problem when, in fact, it's a problem of auditory isolation. It may take some time to "get through" to someone under this circumstance. Once it's appreciated the individual needs hearing assistance or perhaps just isn't wearing their aids, you may see the person come to life.

So now you know the "Rest of the Story." We hope the information is helpful. If you are unsure how to communicate with someone you know doesn't hear well, ask. Most of us can tell you what will be helpful in

making communication easier for everyone. There is no perfect "fix" which will resolve all difficulties we encounter--that's the nature of a hearing loss. If those of us who don't hear well do what we can to help ourselves, and hearing people do what they can to help as well, many barriers will be lowered and frustration greatly lessened....that too is part of "The Rest of the Story."



FREE...FOR VETERANS

By Gerry Loftus

This may be of interest to veterans, family members of veterans and/or friends of veterans.

Complimentary HLAA Membership for Veterans

National HLAA is honored to offer two types of membership for United States veterans (both include the other benefits of individual membership) (www.hearingloss.org/content/member-benefits)

Scroll down to the bottom, and click on "Veterans."

Initial Membership - this complimentary membership includes our award-winning Hearing Loss Magazine in digital format; or

2. Non-Digital Membership - Hearing Loss Magazine will be delivered right to your mail box; complimentary for one year, renewal at \$35/year.

Hearing Loss Magazine is a helpful resource on the latest in technology, medical issues, legislation, personal stories, and more. If you are a veteran and are interested in joining HLAA please complete the form.

MEDICARE AND HEARING AIDS

(excerpt from Chicago North Shore Chapter HLAA, Oct. 2014 Newsletter; suggested by Ginny Koenig)

Contact your representative to support passage of HR3150! To find your representative go to <https://www.govtrack.us/congress/members/IL> HR 3150—Help Extend Auditory Relief (HEAR) Act of 2013 - Amends title XVIII (Medicare) of the Social Security Act to cover aural rehabilitation services, hearing aids and durable medical equipment (DME), audiology rehabilitation services, and related hearing services. Track the bill:

<https://govtrack.us/congress/bills/113/hr3150#summary>.

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(from Jacksonville, Fla. Newsletter, Jan/Feb. 2014;
suggested by Ginny Koenig)

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Book Review: “What Did You Say? An Unexpected Journey Into The World of Hearing Loss” by Monique E Hammond (Reviewed by El Belcher) (excerpt from Washington State NL Winter 2013; suggested by Ginny Koenig)

I bought this book at the HLAA conference in Portland. It is well worth reading and keeping as a reference. Monique Hammond is a hospital pharmacist and an instructor in pharmacology. In one of her classes that went from 3 p.m. to 7 p.m. on a Monday afternoon (she now calls D-Day) she began losing her hearing in the left ear. By 7 p.m. her ear was totally deaf. At 10 p.m. she lost her balance and gained a violent onset of nausea which lasted through the night. D-Day changed her life. To pass on what she learned, she wrote a comprehensive book on hearing loss and what can and cannot be done about it.

The section titles of the book well describe the contents: My Story; A Journey of Discovery; When Hearing Loss is Only the Beginning; Hearing Instrument Basics, Styles, Technology, Sales; Assistive Listening Devices; Surgical Implants; Feelings and Emotions; Support Groups, and Organizations; and an Appendix of Checklists for those who experience a similar fate. The book is available at Amazon.com and has received top ratings.

You can read more about Monique Hammond and hearing loss at her website and blog: <http://what-did-you-say.org>.

Flu Shots – The CDC recommends getting your flu shot now. Because flu is contagious 1-2 days before symptoms appear, it can be spread before we know we’re infected. For more info, go to: www.cdc.gov/flu. It is impossible for the flu shot to give you the flu! It is grown in chicken eggs and killed off before it reaches your bloodstream.

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By Cindy Kellner

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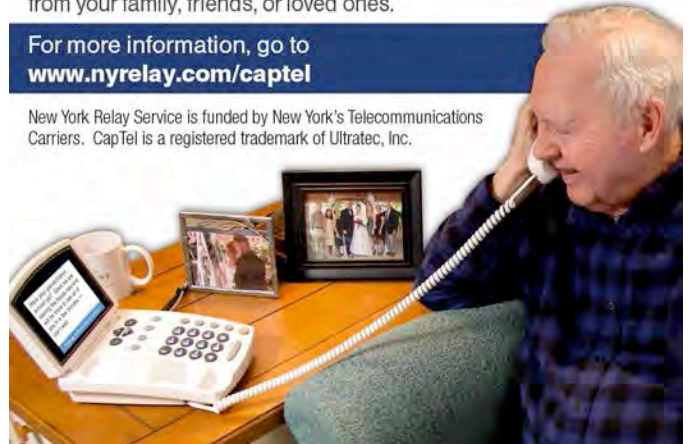
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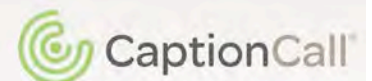
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HLAA Membership Information

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:
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MEMBERSHIP APPLICATION – ROCHESTER CHAPTER

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HLAA is the largest international consumer organization dedicated to the well-being of people who do not hear well. HLAA publishes the bimonthly Hearing Loss Magazine, holds annual conventions, a Walk4Hearing, and more. Check out: www.hearingloss.org/.

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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