

## Rochester Chapter

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## **SEPTEMBER Calendar**

## Tuesday, September 12th

10:15 am - HOPE Session-Vestry Room, St. Paul's

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., Sept. 19<sup>th</sup> BOD meeting, 7-9pm, ASC

## **SAVE THESE FUTURE DATES**

<u>Tues., Oct. 3<sup>rd</sup></u> -"CI Group" 1:30-2:30pm, after the Chapter Meeting; Vestry room; St. Paul's church. (see page 11)

Sun., Oct. 8<sup>th</sup> – WALK4Hearing (see page 9)

Tues., Oct. 10<sup>th</sup> – BOD meeting, 7-9pm, ASC

<u>Tues., Oct. 17<sup>th</sup></u> – PAC meeting, 7-9pm, ASC Our first meeting! Welcome!

<u>June 2018</u> - HLAA National Convention, in Minneapolis, Minnesota

## **Hospitality Duties for September:**

Daytime Meeting - Carol Bradshaw, Gail Clay,
Ginger Graham, Al Suffredini, Marlene Sutliff,
Evening Meeting - Elise de Papp, M.D;
Ginger Graham; Barb Law
Board of Directors - Dan Brooks, Barb Law,
Sue Miller

## WELCOME BACK MEMBERS, AND, WELCOME ALL NEWCOMERS TO HLAA!



## **SEPTEMBER PROGRAMS**

(At St. Paul's Church, East Ave. & Westminster Rd. 14607 Enter only through the Westminster Rd. door.)

## Tues., Sept. 12<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 session for people considering hearing aids and those using them. Join us and share your hearing loss journey and learn from others.

# <u>Tues., Sept. 12<sup>th</sup> Daytime Meeting--11:00am - Program begins at noon</u>

"HLAA: RELEVANT IN A CHANGING TECHNOLOGICAL WORLD" -Don Doherty, M/Sgt., USMC, retired

Don Doherty is the current chairman of HLAA's national Board of Trustees. He feels that HLAA is "the greatest organization in the world dedicated to helping people with hearing loss. But there are still too many people with HL who want and need help but don't know about us, the critical work we do or the support we can provide," he adds. His first talk will explore HLAA's national focus and advocacy efforts.

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# <u>Tuesday, September 12<sup>th</sup> Evening Meeting-</u>7:00pm - Program begins at 8:00pm

# THE INVISIBLE VETERAN WITH HEARING LOSS - Don Doherty, M/Sgt., USMC, retired



Semper Fi!
Don Doherty's hearing loss occurred while an infantryman in Vietnam. He notes that his military story is not unique.
"Today, one in three service members who served in Vietnam, Iraq or Afghanistan

has a hearing loss," he comments. As well, hearing loss and tinnitus are the top two disabilities for which veterans receive VA compensation.

After retiring from the Marine Corps as an administrator and counselor, Doherty then joined the Dept. of Veterans' Affairs (VA) working on behalf of people with chemical dependency. The May/June 2017 issue of *Hearing Loss Magazine* (published by HLAA's national office) carries an extensive autobiography of his hearing loss journey.

Don Doherty is president of the Virginia Beach HLAA chapter and also is the Virginia State Chapter coordinator. He is also a member of Hamilton CapTel's Heroes with Hearing Loss program and a certified peer mentor through Gallaudet University's Peer Mentorship Program.

All HLAA programs are free. Anyone interested in hearing loss is welcome. For more information, view the organizational web site at <u>hlaa-rochester-ny.org</u> or telephone 585 266 7890.

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. Those needing a sign language interpreter for an evening meeting should contact Linda Siple at 585 788 6744 a week in advance. (Please note, this phone is only for those needing an interpreter.)

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!

## PRESIDENT'S COLUMN

By Art Maurer and Sue Miller



We begin by thanking **Margaret Cochran** for her many long hours of diligent effort over the past year as our President. Being all

volunteers, our HLAA-Rochester chapter thrives on extensive coordination and collaboration. Progress was made accomplishing groundwork on projects that will come to fruition during the coming year.

Let's start by going back to our roots as expressed in the three pillars of our Mission: **to support, to educate, to advocate**. Rocky Stone, the original founder of what is now HLAA put it simply: "...showing how you can improve your life with a hearing loss, and, very importantly, by bringing you in contact with role models and others with hearing loss."

Our new **Device Demonstration Center** located at Lifespan will be opening September 21. This center will address our mission to support and educate. Support in assuring attendees they are not alone; education focused on what is available to persons with hearing loss. (See Device Demonstration Center article on page 6.)

A **survey** of all HLAA-Rochester members is in the final stages of preparation by the Membership Committee (Dan Brooks) to better understand what is working and what needs to be improved; also where the gaps are. The survey will come to you as part of the membership renewal letter from Dan. When you receive this survey, please take a moment to complete and return it with your annual membership dues.

The Marketing Committee is working on a campaign to make more people in the greater Rochester community aware of HLAA-Rochester chapter. This will include a revamped Website for

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## PRESIDENT'S COLUMN (continued)

easy access to information about hearing loss, what HLAA offers, and the resources with whom we collaborate.

The coming years present new challenges and opportunities as <u>over-the-counter hearing aids come</u> <u>into the marketplace</u>. HLAA will help people with hearing loss to be well informed about their options, proper assessment of their hearing loss, and where to find information and support. (see OTC article on page 6.)

Medical research is also determining that hearing loss contributes to many psychological, physical and memory problems. Findings conclude that addressing hearing loss earlier rather than later can have very positive impact. Education regarding the importance of attending to hearing loss problems ASAP should be a focus of our chapter.

We haven't forgotten Advocacy. We'll be striving for more hearing friendly environments whenever and wherever the opportunity arises.

Please send us your comments and suggestions to amaurer40@frontier.com.

## PEOPLE NEWS OF INTEREST



Our Chapter is honored by the announcement that our own **Pete Fackler** has been elected to the National Board of Trustees. Congratulations, Pete!

We welcome **Henry Adler**, **Ph.D.** who has assumed the coordination of the HLAA-Rochester Database and will be assembling the Chapter Scorecard for the BOD monthly meetings.

Henry is replacing **Cathy Lee** who has diligently handled those chores for over a year. Cathy will be moving to Virginia in a few months. She will be greatly missed. Good luck Cathy in your new adventures!

## STUDY INTO COEXISTENCE OF 4G MOBILE PHONES AND HEARING AIDS

(submitted by Tom Jennings)

Ofcom has published a detailed technical study into the coexistence of 4G mobile phones using 2.3 GHz and assistive listening devices (ALDs) on 2.4 GHz.

This work has been carried out ahead of the award of new airwaves for mobile broadband in the 2.3 GHz band (2350-2390 MHz). This band sits near the license-exempt 2.4 GHz band, which is used by some HA's, radio aids, and sound processors used for CI's--together referred to as ALD's.

While initial testing in 2014 was successful, some stakeholders requested further assurance that ALD's using Bluetooth and other related technologies would not be vulnerable to interference in exceptional circumstances.

The results presented in this report show ALD's are more robust in the presence of 4G mobile smart phone devices than initially revealed in the 2014 tests. Ofcom does not expect the award of 2.3 GHz spectrum will cause any significant issues for ALD users.

Detailed technical study

https://www.ofcom.org.uk/research-and-data/technology-research-reports/compatibility-of-2.3-ghz-4g-mobile-with-assistive-listening-devices

Direct link to PDF

https://www.ofcom.org.uk/\_\_data/assets/pdf\_file/00 17/101780/

Compatibility-of-2.3-GHz-4G-mobile-with-Assistive-Listening-Devices-.pdf

## Source:

http://www.southgatearc.org/news/2017/may/study-into-coexistence-of-4g-mobile-phones-and-hearing-aids.htm#.WRb4J8a1uM8

Disclaimer—HLAA does not endorse products or services. Mention of such is intended to provide readers with information on products or services that might be of interest; it is not a recommendation or endorsement.

## RBTL LIVE THEATRE—CAPTIONED!



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

Oct. 1<sup>st</sup> – School of Rock Oct. 29<sup>th</sup> – The Little Mermaid

Nov.  $19^{th}$  – Fun Home

 $\begin{array}{ll} \text{Dec. } 17^{\text{th}} - & \text{A Christmas Story} \\ \text{Feb. } 11^{\text{th}} - & \text{On Your Feet} \end{array}$ 

March 15<sup>th</sup> – An American in Paris May 6<sup>th</sup> - RENT

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 – CAPTIONED PLAYS!**



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

Sat. Sept. 9; Wed. Oct. 4 – In the Heights

Sat. Oct. 7 @ 2:30pm – Smart People

Sat. Oct. 21; Wed. Nov. 8 – The Agitators

**Sun. Dec. 3** @ 12N; Wed. Dec. 20 @ 2pm & 7pm –

A Christmas Carol

Sat. Dec. 9 @ 2:30pm – Marvelous Wonderettes

Sat. Jan. 13; Wed. Jan. 31 – The Other Josh Cohen

Sat. Jan. 27 @ 2:30pm – Erma Bombeck: At Wit's End

Sat. Feb. 17; Wed. March 7 – Diary of Anne Frank

Sat. March 17 @ 2:30pm – Heartland

Sat. April 7; Wed. April 25 – One House Over

Sat. May 12; Wed. May 30 – Steel Magnolias

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

## IF YOU MOVE, or are a "SNOWBIRD!"

Please don't forget to notify Henry Adler, Ph.D., Univ .of Buffalo, 137-L Cary Hall, 3435 Main St., Buffalo NY 14214; or – hjadler@aol.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.

## JCC CenterStage - Captioned Plays!

Wed/Thurs @ 7pm; Sat/Sun @ 2pm



"Cooking with the Calamari Sisters" Sun., Oct. 15; Wed., Oct. 18 Thurs., Oct. 19; Sat., Oct. 21

"First Date" – Broadway Musical Comedy Sun., Dec. 10; Thurs., Dec. 14; Sat., Dec. 16 "The Hit Makers: And the Beat Goes On"

Sun., Feb. 11; Thurs., Feb. 15; Sat., Feb. 17

"Buyer & Cellar"

Sun., March 18; Thurs., March 22 "Bridges of Madison County" - the musical Sun., May 13; Thurs., May 17; Sat., May 19

Tickets and information are available at 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

## For Donation Above Membership:

Dan Brooks, Elaine VanderBrook, and Mary Ellen Zulauf

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!



## CONDOLENCES

Our sincere sympathy is extended to Joan Ewing on the loss of her brother, John, June 22<sup>nd</sup>. And to Barb Law, who lost her brother, Harry Stoneham, July 24<sup>th</sup>.

# 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, and we thank you!

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

## 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 <u>right away</u> as our Newsletters are written two months ahead. Thanks, Ginger

ggraham859@gmail.com; or, (585) 671-2683



Sincere happy birthday greetings to **Warren Crandall** who was over 90 years young on

July 27<sup>th</sup>. And to **Anna Shapiro** August 30th. We wish you both 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

## **HEALTH FAIRS – NEED YOUR HELP!**

By Trish Prosser

Do you have a couple of hours to spare a few times a year? Do you like to meet and have conversations with others? If so, you could have the opportunity to educate the public about HLAA. Our Chapter can greatly benefit from your assistance with our local Health Fairs. So often people hesitate to talk about hearing loss; however, given this venue, it becomes easier to discuss this topic. You might be the person who is instrumental in making all the difference in someone else's life.

Please consider this rewarding opportunity to spread the good news about our Association. No experience needed, and you'll be working with members who have done this before!

Sign-up sheets will be available at our monthly Chapter meetings. Also, you may contact Trish Prosser for more information and to sign up:

Ppross240@aol.com 585-305-1763

# HEARING LOSS – "INSIGHTS—NEWS AND SMART SOLUTIONS" –Consumer Reports 3/17

(submitted by Al Suffredini)

No More Suffering in Silence – Hearing loss is a widespread problem associated with depression and perhaps even dementia. We report on affordable solutions and what's being done to give everyone access to treatment. The article begins with the types of hearing loss and how you fall on the hearing loss spectrum--Mild, Moderate, Moderate/Severe, Profound Hearing Loss. It also goes further showing strides in treating hearing loss, ways to save on prescription hearing aids, as well as insight into Over the Counter (OTC) hearing aid helpers. These personal sound amplification products are much cheaper than hearing aids; but do they work? They treated a handful to find out?

http://www.consumerreports.org/hearing-aids/hearing-loss-no-more-suffering-in-silence/

## WEBSITES OF INTEREST

Our award-winning Chapter website is: <a href="https://www.hlaa-rochester-ny.org">www.hlaa-rochester-ny.org</a>. Michelle Gross is our Web Master.

HLAA National website is www.hearingloss.org.



ROCHESTER CHAPTER'S HEARING LOSS DEVICE DEMO CENTER!

By Michelle Gross

Opening -- Thursday
September 21, 2017

<u>Lifespan</u> (<a href="http://www.lifespan-roch.org">http://www.lifespan-roch.org</a>)
1900 S. Clinton Avenue, Rochester 14618 have graciously opened their hearts and doors to our Rochester Chapter's new Device Demo Center.

We will be open the <u>3rd Thursday of the month</u> (unless Lifespan is closed) <u>beginning</u>

<u>September 21<sup>st</sup></u>. Hours will be from <u>10:00 a.m.</u>
<u>until 2:00 p.m. each month.</u>

The Demo Center will be a warm, welcoming, stress-free place to learn about, see, and try a variety of Assistive Listening and Alerting Devices. You will be able to ask questions about devices as well as find out about other systems/devices which are available. Best of all it's FREE! And, you do not need to be a member to take advantage of this wonderful opportunity.

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

# HA's HELPFUL/NECESSARY and GOOGLE ALERTS (submitted by Pete Fackler)

Excellent article by Justin S. Golub, M.D., otolaryngologist working in NYC. <a href="http://www.nationalreview.com/article/449879/otc-hearing-aids-helpful-necessary">http://www.nationalreview.com/article/449879/otc-hearing-aids-helpful-necessary</a>

## Google Alerts

Over-the-Counter **Hearing** Aids Are an Overdue Solution

Apple and Cochlear team up to roll out the first implant made for the iPhone

Hearing implants can now stream sound right from an iPhone

'Risk factors' are the key to beating dementia Combatting cognitive decline through new **hearing** innovation

## Senate Passes the Over-the-Counter Hearing Aid Act of 2017 Bringing Affordable and Accessible Hearing Health Care Closer to Reality

By Barbara Kelley

**Bethesda, MD:** The U.S. Senate August 3<sup>rd</sup> passed the Over-the-Counter Hearing Aid Act of 2017. The bill was already passed by the House of Representatives on July 12. With this groundbreaking legislation, Congress has sent a message to America that people with hearing loss need – and deserve – more affordable and accessible hearing health care. HLAA has supported the OTC Hearing Aid Act since it was introduced.

This bill has moved quickly through Congress because both sides of the aisle realize how critically important and badly needed affordable and accessible hearing health care is to consumers. The Over-the-Counter Hearing Aid Act of 2017 would make certain types of hearing aids available to adults with mild to moderate hearing loss. In addition, the proposed legislation would require the FDA to regulate this new category of OTC hearing aids to ensure they meet the same high standards for safety, consumer labeling and manufacturing protection that all other medical devices must meet.

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## ANNUAL DINNER, May 23, 2017

By Ginger Graham

"The annual dinner was just wonderful! Each person I talked to was impressed and enjoyed their evening. A lot of work went into it as we all could tell, and it really paid off nicely. Everyone deserves a pat on the back. Thanks again for all you do, and I for one am already looking forward to next year's dinner!" (Dan Brooks, Membership Chair)

"I thought the dinner was the best ever. Our award recipients and scholarship winners were so gracious (and deserving). With heartfelt thanks to **Suzanne Johnston** for presenting to the outgoing PAC members (and her meaningful grace before dinner). To **Joe Kozalsky** for presenting the Community Person Award to **Jim Feuerstein**, **Ph.D.** who has played a key role in coordinating and facilitating our annual "Day of Hearing." With Joe artfully defining the great career of a fine friend and dedicated professional.



Paul Caccamise, Art Maurer

"Thanks also to Art
Maurer for presenting
the Community
Organization Award to
Paul Caccamise on
behalf of Lifespan
(complete with
amazing stories from
their past that even
blew Paul away!)



Janet McKenna, Ginger Graham

"And, of course, to Ginger Graham who so articulately and graciously spoke of our own Janet McKenna (a truly amazing individual) as the winner of the coveted Chapter Award."

(Margaret Cochran, outgoing President)

"I want to add a special thanks to **Sue and Scott** Miller for hosting us again at Cobblestone Creek, and especially to Sue for arranging for the dinner choices, linens, making all the nametags and the creative Dinner Program. Thanks to Jo Owens for receiving all the reservations; and to Ginger **Graham** for preparing the Awards. **Margaret** Cochran created the lovely centerpieces (as well as being our Mistress of Ceremonies!); and, **Dan Brooks** arrived at 3pm to set up the loop with help from Charlie Johnstone. Thanks to the greeters—Carol, Ginger, and Janet. And to Art Maurer who acted as our photographer. Jody, and Linda Siple and her 2 students, helped make the program accessible. Thanks also to Cindy Kellner who communicated with the scholarship winners and their families--which is a big job. A real team effort; a great evening." (Barb Law, Events Chair)

"I second all the good thoughts being expressed here. It was an excellent evening with a spectacular turn out. Everyone really did an amazing job. The attention to detail was obvious. I had several scholarship parents mention to me how very impressed they were with the evening and HLAA-Rochester. Thanks again for all of your hard work." (Cindy Kellner, past President)

"I, too, extend my thanks to all who made the evening a lovely experience. And we adjourned at exactly 9:00 p.m., which was most impressive!" (Sue Miller, incoming President)

# GRATEFUL THANKS FROM AWARD RECIPIENTS –



"The Community Person Award recognition was unexpected and one I will cherish. I am glad to have been able to contribute to the Association's outreach efforts, and look forward to working with HLAA as we

continue to find ways to help people find solutions to their hearing and listening problems." (*Jim Feuerstein*)

(continued on page 8)

## **ANNUAL DINNER** (continued)

Community Organization Award -- "It is really a great honor for <u>Lifespan</u> to be recognized in this way. The missions and activities of our two organizations really complement each other. My wife and I enjoyed the dinner very much. My wife was so impressed with how welcoming and congenial the HLAA members were." (Paul Caccamise)

"Heartfelt thanks to the chapter members for the wonderful surprise honor conferred on me at our dinner. What time and effort I've spent on behalf of our chapter are little compared to the support and education I've received since hearing Rocky Stone present his new self-help organization in 1983. It is an enormous honor to be selected as the recipient of the Chapter Award for 2017, and I thank you." (Janet McKenna)

(photos courtesy of Art Maurer)

# REVIEW OF "FEATURED SPEAKER PROGRAM" May 2017

By Elise de Papp, M.D.

Dr. Debara Tucci (ENT surgeon from Duke) one of the panelists on The National Academies Adult Hearing Health Care, presented the pros and cons of the report. The report emphasized the growing prevalence of hearing loss: 10% ages 50-59 have some degree of HL: 15%-20%. of boomers (53-70 yrs); and 70% of the "silent generation" (over 80 yrs). HL is so common in older people as to be considered normal. It should be (but is not) recognized as a public health issue as it is the 4<sup>th</sup> leading cause of lives lived with a disability.

Numerous suggested changes of current FDA and other regulations were made by the panel that might help bring about the desired outcome. About 70-85% of people who might benefit from hearing aids (HA) do not have them. Cost is a major factor, plus the "stigma" of wearing hearing aids.

<u>In July 2017 the U.S. House of Representatives</u> passed the Over-The-Counter Hearing Aid Act,

bringing affordable and accessible hearing health care closer to reality. The House bill was a bipartisan effort. The bill passed the Senate August 3<sup>rd</sup>. (Author's note: it should be part of the health care debate, but maybe it's a good thing it's not). The hearing health care debate continues. If nothing else, it may get the public's attention. (See OTC Hearing Aids article starting on page 6.)

The <u>next Featured Speaker Program</u> is scheduled for <u>May 1, 2018</u>. I could tell you about it, but not yet! Watch our Newsletters for updates.

## STUDENT BOARD OF ROCHESTER CHAPTER

By Suzanne Johnston

Years ago, deaf and 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 and/or hard-of-hearing, and their families. The Student Board welcomes high-school and college-age students who are deaf and/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 suzanneejohnston@aol.com

Disclaimer—HLAA does not endorse products or services. Mention of such is intended to provide readers with information on products or services that might be of interest; it is not a recommendation or endorsement.

#### WHY BELONG TO NATIONAL?

By Ginger Graham

One of the many reasons to belong to National is receiving the bi-monthly <u>Hearing Loss Magazine</u>.

The July/August 2017 issue contains articles on

- --We're on this journey together.
- --Those were the days: HLAA's first national chapter coordinator (Joan Kleinrock).
- --Self-help begins with mutual support: value of chapters to Rocky Stone.
- --Reasons for joining a chapter—where it's OK not to hear well.
- --Ototoxic Meds: better to be deaf than dead?
- -- Laughter helps a loss (Jo Bailey)
- --HA's should be large—not small.
- -- Nine facts about earwax.

Go to: www.hearingloss.org

## **OUR CHAPTER HELPS LOCAL STUDENTS**

By Cindy Kellner

HLAA-Rochester had yet another fulfilling year helping local high school seniors follow their dream of a college education.

Eight western New York graduating seniors with hearing loss were awarded a \$1,000 scholarship to help with the cost of their college educations.

This year's awards were again made possible by a generous donation from the MacDonald Fund at the Rochester Area Community Foundation. We cannot thank the MacDonald family enough for their continued commitment to individuals dealing with hearing loss and higher education.

The scholarships were awarded to the students at our Annual Dinner on May23rd. HLAA-Rochester's scholarship program was initially started in 1996 with a grant from Mr. & Mrs. J. Stuart MacDonald and with this year's awards, I am thrilled to report that HLAA-Rochester has awarded \$104,500 in scholarships and helped 120 students on their higher education journey. These students are our

ambassadors and are committed to making our world more accessible for the hearing loss population. I hope you share my enthusiasm for our commitment to helping these extraordinary students.



This year's scholarship recipients are Dylan Benjamin, Sherry Gilman, Maria Gonzales, Aurora Kuczek, Sean Dinsmore,

Ahmed Mahmoud, Zachary Stark and Joshua Woodward. Congratulations to all winners and best of luck as they start this new chapter in their lives.

## **WALK4HEARING - BUFFALO**

By Carol Loftus

It is now just a few weeks before the Buffalo Walk4Hearing on <u>Sunday</u>, <u>October 8</u>, at Delaware Park (directions below). Registration opens at 10:00 a.m. and the Walk begins at 11:00 a.m.

I'm hoping many of you will join me in supporting the Walk and, at the same time, supporting our Rochester Chapter by donating and 'designating' our Chapter to receive 40% of your Walk donation. You can send me your donation check made out to "Walk4Hearing" (mail to 21 Lookout View Rd, Fairport 14450) or online via credit card at <a href="https://www.hearingloss.org">www.hearingloss.org</a>. then click on 'Walk' then 'Register' then complete the form.

## Directions per Mapquest:

I-90 West, merge onto NY-33/Kensington Expressway West via Exit 51W toward Buffalo. Merge onto NY-198W/Scajaquada Expressway W. Take ramp toward NY-5/Main Street. Merge onto Humboldt Parkway. Turn left onto NY-5/Main Street (just past Kensington Ave). Turn right just past Eastwood Place. Turn slight right then slight left to Delaware Park.

Any questions, contact <u>cloftus3@gmail.com</u> Remember, you can donate to the Walk even if you are unable to attend October 8<sup>th</sup>!

## ROGER PEN AVAILABLE FOR YOU TO USE

By Nancy Meyer

HLAA-Rochester Chapter owns a Roger Pen/MyLink assistive listening device which we received, free of charge, at the 2015 National HLAA Convention.

Phonak held a demonstration session and distributed a Roger Pen/MyLink to each of the sixty chapters represented. Since its value is estimated at \$1500, this was a considerable investment for Phonak. Doug and Nancy Meyer attended the session and became 'caretakers' of our unit. The only contract requirement we must meet is to have at least 4 people try it out each year and fill out a very short online survey. There is no obligation nor expectation to purchase.

The Roger pen and MyLink receiver work with <u>any</u> brand of hearing aid equipped with a t-coil, so it is not limited to Phonak owners. (Phonak does offer clip-on receivers which attach to behind-the-ear Phonak hearing aids.)

The Roger pen works in three directional modes-direct beam, microphone mode, and conference mode. As such, it picks up sound in a direct line, a 120-degree band, and at 360 degrees, respectively; thus it's useful in many situations with <u>excellent</u> sound quality.

We want as many people as possible to try out the Roger pen, so we encourage you to see us and sign up at a chapter meeting or call Doug or Nancy at 585-243-2079 to arrange for you to receive and return it. We will show you how to use it. In order to circulate the Pen/MyLink as efficiently as possible, please plan to reserve it for a time (usually a month) that will allow you to get maximum use from the device.

\*<u>Disclaimer</u>: We are not salespersons and receive no compensation from Phonak. We simply are the conduit between Phonak and you, the user.

## Subject of Oct. 3rd Chapter Meetings:

<u>Daytime</u> -"<u>Device Demo Center</u>" – Dan Brooks, Charlie Johnstone

**Evening** - "Acoustic Neuroma" - Panel:

Tom Banach, Suzanne Johnston, Cece McCurdy

## OTC HEARING AIDS

(continued from page 6)



Now that the Over-the-Counter Hearing Aid Act of 2017 has been passed by both the House and Senate it will go to the President to sign into law. Once

signed into law it will go to the FDA, who will begin drafting the rules and regulations for it. While the FDA has <u>three years</u> to complete that process we are hopeful that it will be done much sooner.

## Don't Wait to Get Your Hearing Checked:

If you think you have a hearing loss, do not wait for OTC hearing aids to come to market. First, there will be an extended rulemaking period where anyone can comment after which the FDA has to evaluate and decide on the standards for an OTC device. Second, not everyone will be able to get help from an OTC device.

HLAA recommends seeing an audiologist or hearing instrument specialist if you are having trouble on the phone, asking others to repeat, turning up the volume on your television, or showing other warning signs. Untreated hearing loss can cause falls, isolation, depression, anxiety, and it has been shown that there is a link to cognition. Hearing loss should be prevented, screened for, and treated without delay.

## **Newsletter Deadline**

Thursday, August 31st (for the October Newsletter)

Email: ggraham859@gmail.com

#### **HEALTHY HEARING – EARS**

(excerpt from Healthy Hearing & Lifestyle Newsletter – Winter 2017; suggested by Barb Gates)

Stop Swabbing: Cotton swabs may look soft and harmless, but don't be fooled. You may think they're cleaning your ears, but they're actually causing harm. Cotton swabs push earwax deeper into your ear canal; potentially causing damage or a wax blockage. Although removing wax is important for better hearing, constant swabbing can remove too much earwax, leaving your ears vulnerable to infection. If you have excessive earwax, there are safe alternatives for earwax removal. Visit your local pharmacy or call Hearing Help Express for simple solutions. 1-800-221-2099.

www.hearinghelpexpress.com

## **NEW SLATE OF OFFICERS 2017-2018**

By Cindy Kellner, Chair, Nominating Committee

The committee is pleased to announce the new slate of officers for our Chapter, from July 1, 2017 – June 30, 2018.

President: Sue Miller Vice-President: Art Maurer

Recording Secretary: Elise de Papp, M.D.

Corresponding Secretary: Carol Loftus Treasurer: Gerry Loftus Asst. Treasurer: Jo Owens

With many thanks to these folks for stepping up to lead our chapter in future months!

## **MEMBERSHIP: JOIN US!!**

When you become an HLAA member, you become part of a movement to make hearing loss an issue of concern. If you think it's time this invisible disability stopped being put aside as insignificant, please add your voice to the HLAA constituency. It is a major health issue for 48 million Americans and their families.

JOIN NOW and help HLAA work for you! Your voice is important.

(excerpt from Wisconsin – Fall 2016 Newsletter)

## COCHLEAR IMPLANT 'HOPE' MEETING

By Ginger Graham and Janet McKenna



Our Fall meeting is scheduled for: <u>Tuesday</u>, October 3<sup>rd</sup>, from 1:30 – 2:30pm in the <u>Vestry Room</u> at St. Paul's church. This is a small conference room off the Parish Hall

Our meeting will immediately follow the Chapter Meeting. We'll have a round table discussion. Do you want to know what it's like to get a CI? Do you have one implant and want to get a second one? Worried about cost and insurance? Join us for this open discussion. Nowadays, the surgery takes less time and is less stressful in comparison to years ago. Come and "Hear Other People's Experiences!" with CI's. The group will be facilitated by Janet McKenna. Anyone using an implant or considering getting one is welcome.

If you have questions, contact Ginger Graham ggraham859@gmail.com or Janet McKenna deaphyduck@gmail.com.

## 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 <a href="mailto:hlaa.rochester@yahoo.com">hlaa.rochester@yahoo.com</a> 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, contact Tim.



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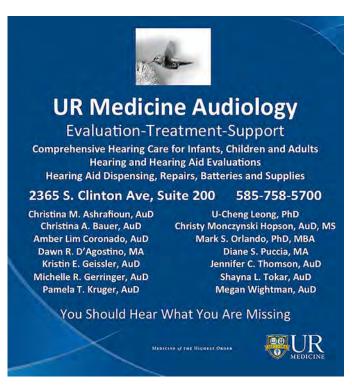


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## HLAA Membership Information

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

585 266 7890

## **Professional Advisors**

2016 - 2018

Julie Hanson Kristen Nolan Charles G. Perreaud

**2017 - 2019** 

Tamala David, Ph.D. James DeCaro, Ph.D. Christine Oliver Peter Reeb

Consultants: Paul Dutcher, M.D.
Charles Johnstone, James Vazzana, Esq.

## 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@gmail.com

## MEMBERSHIP APPLICATION – HLAA-ROCHESTER CHAPTER July 1, 2017 – June 30, 2018

[] I want to join as a first-time member [] I want to renew
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Check membership type: [] Individual [] Family [] Corporate
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[ ] Couple/family \$45

Send to: National HLAA Suite 1200 7910 Woodmont Avenue Bethesda, MD 20814

Please do NOT send this renewal to the local Rochester chapter; mail directly to HLAA in Bethesda, MD.



P.O. Box 1002 Fairport, NY 14450

## **Return Service Requested**

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Please deliver by Sept. 5, 2017



## If You're New, This is for You.

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 <u>Hearing Loss Magazine</u>, holds annual conventions, a Walk4Hearing, and more. Check out: www.hearingloss.org/.

The Rochester Chapter, started in 1983, 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!

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## Meetings are hearing accessible

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

All meetings are <u>audio looped and</u> <u>captioned</u>. Interpreters are available on request *for evening meetings only*-contact Linda Siple, 585 288 6744, or at <u>lasnss@rit.edu</u>, 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!