

Telephone: (585) 266-7890 Email: hlaa.rochester@yahoo.com

Volume 35, Number 5

Website: https://www.hearinglossrochester.org



January 2022

JANUARY CALENDAR

CHAPTER MEETINGS ARE STILL ON ZOOM UNTIL FURTHER NOTICE

TUESDAY, JANUARY 4, 11:30 AM—NOON ON ZOOM: Chapter announcements and business meeting.

TUESDAY, JANUARY 4, 12 PM-1 PM ON ZOOM: Stephen T. Hart, AuD: "Insure your aids" and "Over the counter hearing devices"

WEDNESDAY, JANUARY 5, 10 AM-11 AM ON ZOOM Joe Kozelsky: HOPE Session: 'Hearing Other People's Experiences' (HOPE)

Tuesday, January 11, 7 pm Board of Directors Meeting

THURSDAY JANUARY 20, NOON - 1 PM ON ZOOM HLAA-Rochester Technology Team: Virtual Device Demo Center

Tuesday, January 25, 8 pm—9 pm on Zoom Hear Together: Parent/Caregiver Support Group

Please check our Chapter Website hearinglossrochester.org for any changes

January Programs

Hearing Loss Association of America (HLAA)
Rochester Chapter offers several virtual programs in
January benefitting anyone interested in hearing loss.
All are free and in real time on the Zoom platform. As
well, all are closed captioned. **Preregistration is**required by visiting the HLAA website at: http://
hearinglossrochester.org

Programs for January are:

Tuesday, January 4. Noon via Zoom: Stephen T. Hart, AuD, "Insure your aids" and "Over the counter hearing devices"

There are stories of people's dogs chewing hearing aids and of aids being washed with the laundry. Hearing aids are expensive. Can

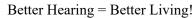
they be insured? Even over the counter OTC aids



(Continued on page 2)

PRESIDENT'S MESSAGE

by Art Maurer, President





HAPPY NEW YEAR!

Over four decades HLAA-Rochester has helped members with hearing loss through Support, Education and Advocacy. An

emerging challenge brings new opportunity to our doorstep – Over-the-Counter hearing aids (OTCs). With FDA standards currently in the public comment stage, OTCs may be formally approved during 2022. Over-the-Counter means just that, the ability to buy hearing aids without any prescription or involvement of a hearing professional. And you've probably seen ads for devices being characterized as hearing aids are already being sold online. (The exception being BOSE who has FDA's blessing.)

OTCs present a new opportunity to HLAA if we wish to tackle the challenge of supporting OTC users ... including anyone requesting assistance. But the question arises, to what extent? One option is to expand our horizon to embed OTC users into our current scope of activities and attempt to address their needs as they come along. Another option is to realize that OTCs are not just an expanded marketplace of users ... OTCs offer the opportunity to serve new users, perhaps, importantly, even before they buy OTC hearing aids or some other hearing assistive device. As OTCs open new opportunity to sellers, advertising campaigns will emerge, raising awareness of hearing loss and urging people to address their need. But there are many things the buyer should consider beyond the device ... degree of hearing loss (OTCs will cover mild to moderate hearing loss), contract terms, return policies, continuing support. Can HLAA be of assistance to prospective customers – before they buy OTC hearing aids? And, what of the situation

(Continued on page 3)

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January Programs

(Continued from page 1)

could be damaged. With all the fuss about OTC aids' availability, has anyone actually bought one?

In a double presentation, long time HLAA member and friend Stephen Hart, AuD explores insurance options, premiums and providers for reimbursing users when they damage or lose their hearing aids. Then he will update the status of OTC (over the counter) hearing aids designed for those with moderate hearing deficits, bypassing traditional audiologists. Has this been a lot of talk and little action?

Hart has practiced audiology since 1977 as owner of Hart Hearing and Balance Centers. He holds degrees from SUNY Geneseo and University of Florida. In 2007 he was awarded the Distinguished Clinical Achievement Award for the New York ASHA.

Wednesday, January 5, 10:00 am via Zoom: Joseph Kozelsky CCC/A. Hearing Other People's Experiences (HOPE)

Prospective, new or experienced hearing aid users can share their experiences, questions, and hearing loss journeys in an informal round table format. We learn from one another. Anyone interested in hearing loss is invited to join the hearing aid community.

Captions will be provided to support access to the discussions.

Thursday January 20, Noon via Zoom: Virtual ALD Demo Center. HLAA-Rochester Technology Team.

This is a continuing orientation to the on-line "Virtual Demo Center" web site. It is a review of selected assistive listening devices, captioning-capable and amplified telephones, signaling-alerting devices and smart phone app's related to hearing enhancement and gives the opportunity for the presenters to answer questions from those joining the Zoom meeting.

Tuesday, January 25, 8 pm via Zoom: HearTogether: Parent/Caregiver Support Group. See the article on page 4 for this exciting new offering from the HLAA Rochester Chapter to help parents with D/HoH children.

30–40% of people over 65 have some type of hearing loss.

"HITMAKERS - Welcome to the 70s" Captioned at JCC Center Stage Sunday, February 13, 2022 at 2pm

Come join your HLAA friends at the JCC Centerstage for the following:

All-new show – A tribute to the history of popular music highlights the diversity of rock music in the early 1970's with hits from Bill Withers, Stevie Wonder, The Carpenters, The Staple Singers, Al Green, Carly Simon, Elton John, and more.

All audience members 12 and older will be required to show proof of full Covid-19 vaccination upon arrival. Masks will be required.

Ticket prices: \$30 – members; \$35 – non-members. Our group rate is \$30 per person.

See the JCC Centerstage website for more details at jccrochester.org

If you wish, join us after the show at a restaurant nearby for a light dinner. Location to be determined.

Please RSVP by January 8 to Barb Law at 585 381-8640 or blaw475@gmail.com.

Please send checks made out to HLAA-Rochester to

Barbara Law 25 Harvest Road Fairport, NY 14450

Donations

Thank you to these members who included donations to the chapter in addition to their dues:

Laura Chaba Bernice Rayburn Nick and Rebecca Sprague

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Thank you to our major contributors:

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Happy Birthday to:

January 23 Charles Johnstone January 30 Chris Suffredini

We have a limited number of birthdays listed in our records. Please let us know so we can include yours next time around.

President's Message

(Continued from page 1) once an OTC is bought ... can we in HLAA assist customers with realistic expectations and how to deal with problems that arise?

The market for OTCs is expected to be extensive ... with no history it's hard to determine how large. But safe to say a new market significantly expanded from traditional hearing aids since the cost is so much lower. In a business environment, faced with this type of opportunity driven by both technical and economic disruption, a separate subsidiary is often established, because the customer needs are yet to be known and must be determined by careful listening to customers rather than relying on needs expressed by traditional hearing aid users over time.

So, the fundamental question to HLAA members becomes: Should we expand our scope to fully embrace OTC users, even prospective users, by establishing a small group to focus on OTC, determine needs and develop Education and Support as needed? Or should we embed OTC within our current operations and do what we can within our existing organizational structure. With OTCs coming over our horizon these questions should be considered early this year. It is a future not to be ignored.

In-person Activities - As you see elsewhere in this newsletter, we are seriously planning reopening to in-person activities beginning in February. That makes it a two-year hiatus of being virtual on Zoom. (We're hoping new variants don't force change to our plans.)

Our challenge now is to iron out how to create a 'new normal' using in-person and Zoom together in hybrid fashion. Our intent is to be able to enjoy the communal benefits of being together while continuing to give those distant from Rochester the ability to continue to participate using Zoom. Please let us know where we are successful and, importantly, where we need to improve.

The new e-Memo developed by **Dan Brooks** will be emailed to all members just before the beginning of each month. It's a reminder of what's coming and provides last minute updates on any schedule changes. Watch for it.

Library Outreach - Our Outreach campaign into the Monroe County Library System has been launched. We kicked off at Penfield Library Nov 20. We present a brief overview of HLAA-Rochester and all the programs we offer, then demonstrate the on-line Virtual Demo Center and cover the types of assistive listening devices available. We also have the Express Hearing Check Kiosk available for those who want to experience how they hear versus how they could hear with correction. (Other libraries were planned for December and early January but have been postponed due to the Monroe County Covid State of Emergency.)

Senior Residences - Our initiative to reach into Senior Residences has been slowed by the recent Delta surge. We're working to get back on track. Currently we're coordinating with St; John's Meadows and Brickstone. ... starting with informal focus group discussion. We plan to expand into other facilities where there is interest.

Volunteers Needed -Thanks to the efforts of our many volunteers, our HLAA-Rochester programs and operations continue to function well; but we can use more help! As we develop new plans in addition to our current activities, the greatest constraint to realizing our potential is person-power. We need more volunteers willing to focus on each of our initiatives: Outreach to Libraries, Senior Residences, Central/Western New York, the Health Care Task Force, even managing calendars. And, coming, Over-the-Counter hearing aids. The organizational divisions we adopted last year can accommodate more activity, we just need enough people willing to do so.

Please share you comments to my email below ... just put HLAA in the subject line.

As always, many thanks for all you do,

Art Maurer amaurer40@frontier.com

People with hearing loss wait an average of seven years before seeking help.

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Hear Together: Parent/Caregiver Support Group

Are you interested in connecting with other parents or caregivers who also have children who are D/HOH? Do you know parents who are in that position?

Hear Together, our parent/caregiver support group, provides a safe and supportive community that brings parents/caregivers together to connect about their children, ask questions, provide insight, and share strategies and opportunities about supporting the success of children who are D/HOH.

This parent group will be facilitated by a speech-language pathologist, Kristin Bergholtz and audiologist, Carly Alicea. However, parents are encouraged and needed to lead conversations, ask questions, and devise topics of interest in order for all to share/gather information that they need. The parents/caregivers who have participated in our groups thus far have commented that "they have finally found their people".

Parents/caregivers have also found deeper connections for themselves as well as their children. This group provides the opportunity for support, self-care, gratitude, and knowledge sharing to further enhance the lives and success of children who are D/HOH. We hope you will join us on the fourth Tuesday of each month, beginning January 25, 2022 and running through June 28, 2022. This group will take place on Zoom from 8:00-9:00 pm and closed captioning will be available. See you soon!

To register, or for further information, send an email to kristinbslp@gmail.com.

Open Caption Films at The Little

The Little Theater has advised us that all films shown on Thursdays and Sundays will have open captions. Call 258-0400 or email **info@thelittle.org** to make sure a film you wish to see is open (or closed) captioned.

A New Challenge

In March 2020, HLAA-Rochester pivoted to going fully virtual...and it's been a success. We even developed some new offerings. Now we plan on getting back to in -person meetings while retaining Zoom. Keeping all the dates straight is a new challenge.

We need a volunteer to be our 'Calendar Czar' – to coordinate and publish our internal calendar. We have found the software ... we need the person.

If you are interested, please contact amaurer40@frontier.com or susanleemiller39@cs.com.

Please Check Hearing Accessibility at your House of Worship

Two years ago we surveyed the membership regarding accessibility at houses of worship in the Rochester area, and we had excellent response. Due to the COVID-19 pandemic, so much has changed in our lives and activities, but accessibility is still a major issue for HLAA. Houses of worship were closed for months, but finally we were allowed to resume worship services, while still providing recommended mitigating measures.

We urge our members to check out the devices in their individual worship spaces to be sure that they are still in working order, and to report them if they are not: T-loops, FM and infrared devices, and headphones, earbuds and batteries. If you do not know what is available, ask an usher or other member of the staff. They should be prepared to answer your questions. They should also have the universal logo of hearing accessibility displayed near the entrances and/or on the weekly bulletins. We are hoping to have some signs printed for distribution. Many houses of worship have accessibility devices available only if you ask. Be an active HLAA advocate!

ASSISTIVE LISTENING DEVICE DEMO CENTER IS VIRTUAL

By Chas Johnstone

Since we are unable to conduct our Demo Center at Lifespan, our <u>Virtual Demo Center</u> (VDC) is now available online 24 hours per day, 7 days per week, thanks to the tireless devotion of **Lorin Gallistel**. Please visit the VDC to see the full range of devices in the Demo Center and submit any questions there that you might have. Please follow the link on the chapter's website, http://hearinglossrochester.org to access the VDC.

We offer an online Zoom session at noon on January 20th where we discuss some of the items presented on the website. You can sign up on the chapter's website.

Buy Hearing Aid Batteries from HLAA

Even with the pandemic, HLAA Rochester is still offering hearing aid batteries. You may purchase a pack of six for \$1.50, or an entire box (60 batteries) for \$15.00. Simply contact Suzanne Johnston at: suzanneejohnston@aol.com (or call 585-586-4158) to arrange for pick-up at your convenience at her home at 44 Washington Rd. in Pittsford. Mail a check with the cost of your order to ATTN Nancy Meyer, HLAA Asst. Treasurer, 5275 Rosebrugh Lane, Geneseo, NY 14454 with notation RE: battery purchase.

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YOUR NEW YEAR'S RESOLUTION

By Tom Willard

To make things easier on you, I'm writing your New Year's Resolution.

You will stop staying home avoiding life's activities and using your hearing loss as an excuse.



- You will identify things you want to do -- classes, shows, river cruises, whatever.
- You will contact the organizers and tell them -- not ask them -- that you need accommodations to participate.



You will be clear that YOU get to decide which accommodation provides you with effective communication, not them.

If you ask for captioning, they will be flummoxed and befuddled.

Too frickin' bad.

Don't take no for an answer.



You have the right under Title III of the ADA to participate in anything. They need to make reasonable accommodations so it can happen.

Neither the Lucille Ball Comedy Festival nor the Pittsburgh Comedy Festival nor del Lago Resort &

Casino had any experience in captioning when I requested it.

They had to learn how to do it because I insisted on it.

That's what you're going to be doing next year.

In fact, why not start today?

We need to grow a backbone so the world stops thinking they can walk all over us.



Here are a few pictures from when I had live captioning at events.

6 Good Things About Hearing Loss (That You Might Not Have Realized

By Gael Hannon

The downside of hearing loss is clear: we don't hear well, or at all. And that causes barriers in our communication, touching almost every aspect of our lives.

But it's nice to take a break from all that barriersmashing and recognize that there can be an upside to living with hearing loss. Try taking a moment to reflect how hearing loss has impacted your life. By looking for the positive, you may unpack at least a couple of benefits or skills that came in your hearing loss pack-

- 1. **You listen better**. You have to. If you don't focus on what's being said, you won't get it. 'Hearing' people can hear without focusing; they can multitask – which isn't necessarily a good thing either. But, when you listen better, you are more likely to get the message.
- It builds insight and compassion. Understanding the reality of hearing loss and its impact on human behavior and mental health is the door to understanding the how other people must deal with challenges that are outside of your experience.
- 3. **It gives you a platform**. The above insight may give you a better appreciation for the need for diversity, equality and inclusiveness in society. The lived experience of hearing loss gives you a platform to advocate for these fundamentals.

- 4. You're a better problem-solver. You learn to search for alternatives to difficult listening situations. Yes, most of them can be difficult. But instead of your usual go-to reaction of getting mad and yelling or, worse, retreating into sulky silence, you look for ways to make it work. Manipulating the environment, using devices and reminding others of what you need from them.
- 5. You communicate better. This isn't a given. Understanding the need to communicate better doesn't automatically guarantee it. People with hearing loss are often guilty of the things we accuse the 'hearing' people in our lives of doing. Mumbling, not talking face to face, tuning out. But with practice and the will to improve your communication style.
- 6. You find joy in what you do hear and under**stand**. Or at least, a better appreciation for the sounds of life. Even with sophisticated technology and superior self-advocacy skills, there is much that people with hearing loss simply can't hear. So, when we do hear, say, birdies twittering and the stones crunching beneath our feet, it's a beautiful moment when we acknowledge the sound and be grateful for it.
- These are just a few "benefits" of hearing loss. How has changing your attitude towards your hearing loss enhanced your life?



Reprinted with permission from https:// hearinghealthmatters.org/betterhearingconsumer/2021/6-goodthings-about-hearing-loss-that-you-might-not-have-realized

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HLAA New York State Association (NYSA) - Update.

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HLAA New York State Association (NYSA) - Update. By Dan Brooks, Immediate Past President, HLAA-NYSA

Hello again! I hope all is well and that everyone's holiday has been nothing but the best! It certainly has been busy lately but I would not change it for the world! My family is doing well and is healthy.

Have you seen the recent changes on the HLAA Rochester Chapter? Mainly in the area where all the previously recorded Zoom meetings resides? All recorded HLAA Rochester Chapter Zoom activities have been placed into three basic categories to make it easier for visitors to find what they are looking for. "Chapter Meetings/Speakers, Demo Center & Technology Tips, and Courses & Events" are the three categories. All the recordings on our YouTube channels are sorted by date, the most recent first. We owe a special thanks to Eric Matson who is managing the YouTube lists and Michelle Gross who manages our chapter website. If you have not already seen the updates please visit our website at: www.hearinglossrochester.org.

Hopefully you had the opportunity to join us at the *New York State Association Annual Meeting*, held via Zoom, December 4th, 2021. If you missed the meeting and would like to watch the recording, please look for the YouTube link on the *New York State Association's* website www.hearinglossnys.org. If you've misplaced the link email us at: hlaa.newyorkstate@gmail.com.

I am pleased to provide you with *HLAA-NYSA* Officers and Board of Directors for the current term.

Officers:

President: Kassey Granger Vice President: Peter Fackler Secretary: Mary Kate Owens Treasurer: Tom Corteville

Immediate Past President: Dan Brooks

Board Members: (Listed alphabetical order)

Peggy Bell Jerry Bergman Florence Butler Jeanine Byrnes Mary Chizuk, RN Dan Farfaglia Eric Matson Gloria Matthews Susan Miller Anne Pope Don Porter Carovln Tanen Jonathon Taylor Trudie Walker Deborah Wolfe Steve Wolfert

We also have our full complement of eight (8) Professional Advisory Committee (PAC) members! PAC members: The terms of **Joseph Montano**, Ed. D., Katrina R. Stidham, M.D., Donna Wayner, Ph.D., Au. D., and **Joseph Zesski**, will end December 31, 2022.

Our new PAC members, **Dr. Gerard Buckley**, **Charles Johnstone**, **David M. Landsberger**, **PhD.**, and **Michelle Othon** will serve from Jan. 1st, 2022, to Dec. 31st, 2023. We owe a special thanks to **Sue Miller** for organizing and creating our stellar group of PAC members!

As a reminder: Please join or renew your membership with our **National** *HLAA Association* at: https://www.hearingloss.org. As a resident of New York State and a member of the National HLAA, you are automatically a member of our state *HLAA-NYSA*!

Being a member of our state association entitles you to receive quarterly updates via our new *HLAA-NYSA* e-Newsletter! The e-Newsletter will keep you informed of all the latest news of the *HLAA-NYSA* including the upcoming *State Conference* in September 2022. You will, of course, find information by visiting our website. If you are a member but have not received an e-mail Newsletter, please check your spam box. You may also contact us to have your email added to our list!

As always we thank you for all your support!
-Dan

Hearing loss is the third most common health problem in the United States.

The Arts are Back!

by Ralph Meranto, JCC Arts Director

After more than a year of live theater being relegated to outdoors and online, local theaters are returning to their stages and that includes Live Open Captioned performances.

Local theaters including JCC CenterStage, Geva Theatre Center, Bristol Valley Theatre and the Broadway Theatre League have all started live events with Covid safety protocols. The HLAA audience is encouraged to check out specific "Captioned" performances to ensure you experience the shows without missing a single word of dialogue. Live Open Captioned event features a digital screen with the play's dialogue, song lyrics and sound effects displayed to enhance the experience for deaf and hard of hearing audience members. Loop and/or FM systems are also available at theatre upon request.

To prepare for caption shows, theatres employ a dedicated team of professionals to edit scripts, format text and practice timing to ensure the most accurate live presentation.

Please see the list of all our JCC Center Stage produtions on Page 10. Our Open Caption performances, all on Sundays at 2 pm are:

February 13, 2022: HITMAKERS - Welcome to the 70s

March 13, 2022: TRACY JONES

May 15, 2022: LITTLE SHOP OF HORRORS

We Would Love Your Feedback (about the Health Care Appointment Communications Guide!)

Have you had the chance to use the HLAA Rochester Health Care Appointment Communication Guide? (March 2021 Newsletter) - also archived at the chapter website).

Did it help you prepare for the visit and communicate your hearing needs at the appointment? Please share your experience with the tool and your overall healthcare visit with the Education & Outreach Committee. The information will be used to improve this tool and future efforts to support the hearing loss community. All personal identification will be kept in confidence. Please write us at amaurer40@frontier.com

To locate the document again, go to hearinglossrochester.org. Click on the Member's page. Then click on the Forms Surveys Studies square.

As people with hearing loss, it is essential to achieve clear communication in order to receive high quality health care!



LIKE US ON FACEBOOK!

Are you on Facebook? If so, please be our friend. We currently have 444 friends and we want more. Find us at: **Hlaa Rochester NY**

Sign-Up for our Monthly e-blast

We now offer a monthly e-mail which contains notices of our upcoming meetings and events. To subscribe, send see https://www.hearinglossrochester.org/meetings.

You can "Attend" Other Chapters' Meetings

HLAA Chapters and State Organizations have been transitioning their in-person meetings to virtual meetings online during the pandemic. You are welcome to visit online HLAA Chapter and State Organization meetings from all across the country. They are listed in one central calendar from the HLAA Leaders List Groups.io calendar.

First, go to hearingloss.org. There is a new purple calendar option in the upper menu bar. After you click on it, a new window will open. Click on the purple FIND HLAA CHAPTER MEETINGS HERE button to access the HLAA Leaders Groups.io calendar.

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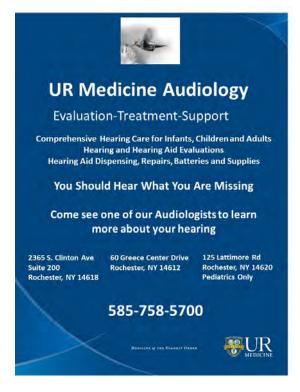


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HLAA Membership Information

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 are currently meeting online via Zoom. See our website at https://hearinglossrochester.org to register.

While our primary focus is directed toward people with hearing loss, we welcome everyone to our chapter meetings whatever their hearing ability.

For more information, call

585 266 7890 or see hearinglossrochester.org

Professional Advisors Sue Miller, Chair

2020-2022:

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Newsletter

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Newsletter deadline: first day of the month preceding the issue month. Bruce & Candi Nelson, Editors 120 Cobblestone Dr., Rochester, NY 14623 585-334-5513 bruce.nelson@gmail.com

MEMBERSHIP	FORM - HIA	A-ROCHESTER	CHAPTER

July 1 2021 – June 30 2022

July 1, 2021 – Julie 30, 2022	
☐ I want to join as a first-time member ☐ I want to renew	
All members receive the award-winning Rochester chapter Newsletter!	
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HEARING LOSS ASSOCIATION OF AMERICA

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



P.O. Box 1002 Fairport, NY 14450 **Return Service Requested**

Time sensitive

Please deliver by December 29, 2021



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 a bimonthly magazine, *Hearing Life*, holds annual conventions, a Walk4Hearing, and more. Check out: http://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—Rockville, MD; State organizations; and, local Chapters. Welcome!

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Meetings are hearing accessible

During pandemic times, all chapter meetings are online via Zoom. See meeting information in this newsletter. Captioning within the Zoom application is available.

In non-pandemic times, we meet in St. Paul's Episcopal Church, East Ave. and Westminster Rd., across from the George Eastman Museum. Parking is available at the George Eastman Museum, if needed.

All meetings are <u>audio looped and captioned</u>. Interpreters are available on request.

Everyone, with or without a hearing loss, is welcome, on our on-line meetings or in person, when live meetings resume!