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### DECEMBER Calendar

#### Tuesday, December 2<sup>nd</sup>

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

#### Tues., Dec. 9<sup>th</sup> – Board of Directors

7:00-9pm, Room (see p.2), Al Sigl Center

Wed., Dec. 24<sup>th</sup> – RWC/CaptiView movie,  
AMC Webster –NO MOVIE OUTING DUE TO THE  
HOLIDAY.

#### SAVE THESE FUTURE DATES

Tues., Jan. 13<sup>th</sup> – BOD meeting, 7-9pm, ASC

Tues., Jan. 20<sup>th</sup> – PAC – 7:00pm, JV room, ASC  
(Room locations for PAC/BOD, see p. 2)

**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 December:**

Daytime Meeting–Margaret Cochran, Marlene Sutliff  
Evening Meeting – Lisa Bailey  
Board of Directors –Sue Miller, Tim Whitcher

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

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



### **DECEMBER PROGRAMS**

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

#### **Tues., Dec. 2<sup>nd</sup> – Daytime Meeting 11:00 am**

#### **CAPTIONS AT THE REGAL: MANAGERS TO DEMO HEARING DEVICES**

Regal Theaters offer captioning glasses, neck loops, and seat-mounted captioning devices to patrons on request. As a follow-up to the September 11<sup>th</sup> gathering held at the Doubletree Hotel moderated by Regal Entertainment Group Senior Vice-president, Randy Smith, a panel of local Regal Theater managers will demonstrate and comment on captioning and assistive listening devices available at their venues.

Emphasis will be on the SONY captioning glasses. The glasses were criticized as being uncomfortable and unwieldy by some people at the September meeting. The trio of Regal managers participating is: **David Gibson** from Eastview; Henrietta’s **Robert Cedena**; and, from Greece Ridge, **Anthony Avallone**.

As a bonus treat, the Regal national office in Knoxville, TN has donated 20 free passes to be distributed at this meeting.

*(continued on next page)*

**Tues., Dec. 2<sup>nd</sup> – Evening Meeting – 7:00 pm****“DID I DO THAT?” - COMMUNICATING POSITIVELY**

We just don't understand each other! Says psychologist Sam Trychin: People who have hearing loss and their partners sometimes use negative communication tactics, hurting each others' feelings and damaging relationships. We will see a DVD that Trychin created “providing examples illustrating that the HOW of communication behavior influences the outcome of interactions.”

Three of our HLAA-Rochester couples will then comment on the DVD. They are **Steve and Laura Chaba, Craig and Cindy Kellner, and Dave and Cathy Lee.** **Barbara Law** will facilitate.

Sam Trychin, Ph.D., has served as the HLAA mental health/rehabilitation advisor for over 20 years. He has written numerous books and articles on coping with hearing loss. Late-deafened himself, Sam was issued his first hearing aids while serving in the US Air Force.

*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](http://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.*

**Room Location:** For the **PAC** and the **BOD** meetings in January, notification of which room at the ASC will be sent by email from Tim Witcher.

**Refreshments for November daytime meeting.**

**Thanks to:** Margaret Cochran, Cindy Kellner, Barb Law, Sue Miller, Jimmie Sorrento, and, Al Suffredini. Please let me know if your name is missing from here.

**PRESIDENT'S COLUMN**

*By Cindy Kellner*



We must stop!

I am very guilty. I admit that. I know deep in my heart that I must stop. It is the easy way out and I am better than that. It helps no one, especially me. Yes, it may provide for a temporary fix to an awkward situation. However, in the end it is risky. The odds are not good. There is a 50/50 chance that I will end up sounding like a fool. In any other situation I would never bet on those odds.

So why do it? Why, I ask myself do I continue to try and bluff my way through countless conversations? Am I lazy? Am I embarrassed by my hearing loss, or do I just no longer care? I would like to believe that none of these explanations are applicable. I know I am generally not a lazy person. I am certain that I am well past the stage of being embarrassed by my hearing loss. There was a time, I will admit, that I clearly bluffed because I did not want my conversing partner to know that I could not hear very well. However, I really do believe those days are behind me. And, God forbid that I no longer care to be part of a meaningful conversation. That just cannot be true. I love people and I know that I generally care very much what they have to say. No, none of these reasons fit. I have decided that the real culprit must be that I am tired. Yes, clearly that must be it.

Dealing day in and day out with hearing loss is exhausting. I am not even thinking about the endless trips to the audiologist for a tinker every now and then, or the constant never ending challenge to be sure I do not lose my precious , and oh so expensive, hearing aids. Since sadly my hearing aids are not compatible with my cell phone, I am constantly challenged to keep track of where I put them. That is exhausting. No, I really think my exhaustion stems from dealing with the hearing world. I must strain to hear and always figure out the most advantageous place to hear well. Then there is the endless “I’m sorry, can you repeat that”, or just “I’m sorry,” “excuse me” and of course “pardon me”. Often these simple words are accompanied by an explanation, “I’m very deaf,” “I have hearing loss,” “I do not hear very well” or my least favorite, “I am hearing impaired.”

*(continued on page 3)*

**PRESIDENT'S COLUMN** (continued)

I have no idea why I feel compelled to apologize all the time for my hearing loss. There is absolutely nothing I should be apologizing to someone for. If anything, the world and the powers that be owe me a great big apology. It should not be the other way around. Clearly I must stop apologizing. It sends the wrong message. Just like my bluffing, it has to stop.

I realize that regardless of how tired I am, I have to stop bluffing. It is not fair to me, the person I am talking to or, to the hearing loss community in general. Not only does it send the wrong message, but it causes me to miss out on an opportunity to educate and advocate. Surely the hearing world thinks my bluffing is a method used to disguise my embarrassment. As I have said before, that is simply no true. We, in the hearing loss community have absolutely nothing to be ashamed of. We are not mentally challenged or ignorant. Hearing loss does not cause such things. While I am not proud of the fact that I cannot hear, I am well past the point of trying to hide it. It is who I am and must be acknowledged. It should no longer be hidden in the closet by bluffing.

The world needs to understand hearing loss so that many of the myths surrounding it can be properly put to bed. Who better to do that than us, the hearing challenged? People need to be educated to slow down, speak more clearly, to look at us more when they speak and, to keep their hands away from their mouths. We, if anybody, are the ones that need to speak up. The reality of our situation is clear. If we do not do it, no one else will. I have found that (if said with a smile and without a chip on my shoulder), most people are very understanding and accommodating. So people, let's ban together and work hard to stop the endless bluffing. If we take the time to educate, we will most likely, earn respect and understanding, even if it is just one person at a time. Now, those are odds I would much rather take.

**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.

**RBTL LIVE THEATRE--- CAPTIONED!**

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

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](mailto:info@rbtl.org).

**GEVA Theatre Offering Captioned Plays!**

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

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.



*For Your Donation to HLAA:*

Phyllis MacDonald Fund; sales of K. Bouton's book;  
United Way

*For Your Donation Above Basic Membership:*

Beth Dembrowski, John Eckhardt

Please consider a donation when you renew your membership.



## ADVANCED BIONICS NAIDA SHOWN TO "CI GROUP"

*By Janet McKenna*

Naida (ni ee' da) , Advanced Bionics' newest cochlear implant model, was introduced to a group of 14 at the October 21<sup>st</sup> meeting of our Cochlear Implant Group.

Pamela Kruger, the company's clinical specialist, Northeast Region, demonstrated features of this smaller, lighter AB implant. People implanted today receive Naida, which replaces the Harmony behind the ear device. Naida features streaming, connectivity to various electronics and Bluetooth. For those who want to hear under water, AB provides Neptune implants and an Aqua case which works with Naida. A Pilot remote control is also a streaming device. Ms. Kruger also demonstrated the "internals" of the implant. More information can be found on the AB web site, [www.advancedbionics.com](http://www.advancedbionics.com).

Family members of possible CI candidates asked Ms. Kruger whether two implants can be done simultaneously (it's done, but less commonly than one at a time) and how long they can last (one participant has had her AB implant since 1998.) The next "CI Group" meeting is scheduled for May 19, 2015.

## RESOURCES FOR HOH COLLEGE BOUND STUDENTS AND THEIR PARENTS -

*(By Steve Frazier, NM Chapter coordinator;  
suggested by Ginny Koenig)*

I've recently been made aware of two different documents that might be of interest to you regarding college bound students with hearing loss, their families and counselors.

<http://www.bestcolleges.com/resources/disabled-students/>

For more information on "best colleges.com" you can visit their web site or you can contact Heather Clark <[clark.j.heather@gmail.com](mailto:clark.j.heather@gmail.com)>, a contributor to the site and the person who contacted me regarding their disabled student fact sheet.

[www.cfnc.org/static/pdf/home/sc/pdf/transitions.pdf](http://www.cfnc.org/static/pdf/home/sc/pdf/transitions.pdf)

This document is provided as a service by the state of North Carolina and <http://www.cfnc.org/index.jsp> would be the place to find out more about the web site and state services of which that fact sheet is a part.

## VENUES WITH ALS OR CAPTIONING

*By Tim Whitcher*

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

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

## WIZARDS DO NOT WANT TO BE EVIL ENFORCERS, REALLY!

*(submitted by Elise de Papp, M.D.)*

Isn't it awesome to learn that anybody other than HLAA feels this way about being able to hear? Read on...

I am not a meanie mic pusher; I just don't like the feeling of someone or me being excluded from participating in all class discussions.

YOU ARE NOT ALONE, if you don't like to use the classroom microphones and feel your voice is strong enough to be heard. It isn't –ask anyone using amplified hearing assistance (hearing aids). Very few of us love to hear our voices amplified to a group, but constant and consistent microphone use is an important part of our Osher culture of inclusion of all members.

Please support the efforts of course leaders and your fellow Osher members. We want everyone in the classroom to hear and be able to respond or enjoy your participation. Ask for a mic before you speak, and take a turn moving the roving microphones around the classroom if you are both willing and able. Thanks!

Bridget Scott, Co-chair Wizards, at OSHER  
[fitzscott@rochester.rr.com](mailto:fitzscott@rochester.rr.com)



## 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 HLAA organization in the Rochester area. Following is the start of info on **new** PAC members:

### PAC MEMBER

#### John R. Macko

**Director, Center on Employment, NTID**



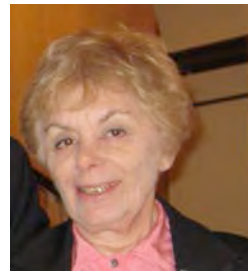
Mr. Macko is director of the Center on Employment (NCE) at RIT's National Technical Institute for the Deaf (NTID). In this capacity, he is responsible for developing and enhancing employment opportunities for deaf and hard-of-hearing students and graduates of RIT. During his 20-year career at RIT, he has taught job search classes, been an employment advisor for students seeking co-ops and permanent jobs, and appeared as an expert guest on "Disability Matters," an international radio talk show with real-time captioning focused on the employment and empowerment of people with disabilities. He was also a featured guest on "Many Voices Many Visions," a multicultural public affairs program airing on 13WHAM-TV Sunday mornings. He most recently appeared on a Job Accommodation Network (JAN) Webcast and with WXXI Education Radio Show.

John Macko, who is a member of the National Association of Colleges and Employers, holds a bachelor's degree in Finance and a master's degree in Human Resources, both from RIT. After working in finance at The Prudential Financial Asset Management Company and Merrill Lynch, Mr. Macko returned to RIT for a graduate degree in human resources which would fulfill his desire to contribute to the career and life success of young deaf and hard-of-hearing people.

*Information on the other **new** PAC members will appear in a future edition of our Newsletter.*

## "ARCHIVIST" –A REMINDER!

Good news! We have a Chapter Archivist!  
**Janet McKenna** has offered to take on this task.



Janet will clip, affix into scrap books, and caption articles about our Chapter appearing in area print media, as well as other materials such as programs, invitations, speeches, photos, etc. **Janet will be looking for help from all Chapter members**

supplying info they've accumulated. This leading HLAA Chapter will now be on its way to retaining its 30-year history! Contact Janet at: [deaphyduck@gmail.com](mailto:deaphyduck@gmail.com)

## HLAA FOUNDER'S EDITORIAL – THE INVISIBLE CONDITION

*(excerpt from HLAA Sarasota Newsletter, July 2014)*



Do you know what the invisible condition is? Howard "Rocky" Stone founded the Hearing Loss Association of America in 1979. In those days, HLAA was named Self Help for Hard of Hearing People (SHHH). In Rocky's first book, a collection of his editorials as Executive Director from 1979 to 1993, he wrote:

"The most pervasive physical handicap in America today is an invisible condition – hearing loss. We will attempt to make the invisible visible; to examine all aspects of this complicated problem to permit you to cope better; to show you how you can make a difference; to enter the consciousness of our society and develop a position in it equal to non-disabled people."

This quote from Rocky was written in 1980 on the 1st birthday of our organization, 34 years ago. It is still relevant today. HLAA is our organization. It is **us** that makes hearing loss visible and offers hope to people with hearing loss. In this 35th anniversary year of the founding of HLAA, join us in remembering Rocky Stone by honoring his vision and his passion for those of us with the "invisible condition". For more on the founder, see [www.hearingloss.org/about-us/founder](http://www.hearingloss.org/about-us/founder)

## MY STORY – A Personal History

By Fred Altrieth



I was born and raised in Buffalo NY and worked for the General Electric Co. for 44 years and spent 2 years in the Army. I met my wife **Josie** at GE and we

were married for 54 years and had 3 boys and a girl. I worked for various divisions at GE, including wire & apparatus, small appliance and audio TV. I have lived in Buffalo; Erie, PA.; Syracuse and Rochester.

I went for a routine health exam and was told that I should go for a hearing test as I HAD SOME LOSS. I went for a test and an in-the-ear aid was ordered--one with a T-switch as I did much work on the phone. Neither my mom nor my dad ever had a hearing problem.

After several years and another test, it was decided I should have a second aid. Again after several years it was felt that I needed a stronger aid and my 2 were replaced with a behind-the-ear unit. In May of 1990, I decided to retire as it was becoming hard to do the type of job I was doing. At the time of this last test I had seen a newsletter from SHHH and it indicated **Joan Ewing**, a chapter member, would be showing how to make a neck loop which could be used in so many ways. I went and joined the organization-- I WAS HOOKED.

I met some great people that first year, **Lou Jenkins**, **Sue Miller**, **Vern Thayer** and several others that were very helpful. Through the years I have met many others that have become very personal for me. **Bert Foos**, a fishing and hunting partner, and **Al Suffredini** who have been so helpful and when I decided to get a cochlear implant **Hal Hood** told me how to install a hearing loop in my home. In 2003, Bert and I both decided to get a cochlear implant--me in November and Bert in January.

I lost my wife Feb. 27, 2013, but I'm staying active in HLAA which has helped me cope with this loss. My 4 children and a great Basset Hound (Abby) are my life now, in addition to HLAA.

## HLAA/Rochester's Holiday Good Deed



**Both daytime and evening meetings** will feature a Holiday gift box of personal care items destined for homeless people at the Open Door Mission in Rochester.

### What can you contribute?

Any of the following (and things we haven't thought of) would be appreciated:

Shampoo, conditioner, hair spray, comb/brush, soap, deodorant, feminine sanitary items, mittens/gloves, scarves, socks, single pack tissues, toothpaste/toothbrush, shaving cream, talcum powder, etc. etc.

**No need to wrap your gift!** Thank you in advance for your generosity!

### BIRTHDAYS – 90 YEARS AND OVER...

Everyone: please let me know if you're one of our special Chapter members who will reach the spectacular age of 90 years, or more. If you agree, we'd like to announce it in our Newsletter. It is important to let me know right away as our Newsletters are written 2 months ahead. Thanks, Ginger  
[ggraham859@frontiernet.net](mailto:ggraham859@frontiernet.net); or, (585) 671-2683

### WORDS

(submitted by Sue Miller)

A husband read an article to his wife about how many words women use a day...30,000 to a man's 15,000.

The wife replied, "The reason has to be because we have to repeat everything to men"...

The husband then turned to his wife and asked, "What?"

### Subjects of Jan. 6th Chapter Meetings

**Daytime:** "Our Brain and Our Hearing" – Kendra Marasco, Au.D.

**Evening:** "Vertigo" – Dr. Ben Crane



**“It’s a special hearing aid. It filters out criticism and amplifies compliments.”**

*(from Jacksonville, Fla. NL of Jan/Feb. 2014, suggested by Ginny Koenig)*

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 4<sup>th</sup> year in a row. With special thanks to our **Bruce and Candi Nelson, and Tim Whitcher**.

### **Newsletter Deadline**

**Sunday, November 30<sup>th</sup>**  
**(for the January Newsletter)**

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

## **CAN YOU HEAR ME NOW?**

(From Consumer Report - On Health magazine)  
*(excerpt by Al Suffredini)*

You probably know that exposure to loud noise—including lawn mowers and rock concerts—can damage your hearing. But the latest research reveals a new hazard: ubiquitous personal listening devices (iPods and other MP3 players) that plant music directly into our ears—especially when we use them with earbuds that go inside the ear canal. How big is the risk? It depends on how loud and how long you listen. But consider this: An estimated one in five teenagers now has some form of hearing loss, nearly one-third more than teens in the 1980s and 1990s, which experts have attributed to the increased use of headphones and earbuds.

The easiest way to reduce your risk of hearing loss from personal listening devices is to follow what hearing experts call the 60/60 rule: listen at no more than 60% of the maximum volume for no more than 60 minutes a day. Instead of earbuds, using over-the-ear headphones, especially the noise-canceling kind, may also prevent damage.

And when you have to go somewhere noisy, try foam earplugs—they're a low-tech, inexpensive way to protect your ears. You can find them at any drugstore for about \$3.50 for a set of 10. Perhaps in a nod to baby boomers concerned about their hearing, earplugs are even sold at many concerts, right alongside the T-shirts.

“How to hear a whole lot better.” From 'smart' hearing aids to wireless sound amplifiers, we reveal which innovations are worth trying. Article deals with:

- What Causes Hearing Loss
- The New Hearing Helpers
- Digital Hearing Aids
- How to Choose Personal Sound Amplifiers (PSAPs)
- How to Choose Assistive Listening Devices
- Four Signs you might have Hearing Loss
- Is Earwax Making your Hearing Wane?

## **WEBSITES OF INTEREST**

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



Margaret Cochran, Cindy Kellner, Tim Whitcher, Katherine Bouton (speaker); Elise de Papp, M.D., Sue Miller

## HONESTY IS LIBERATING, SAYS "SHOUTING WON'T HELP" AUTHOR

By Janet McKenna

Senile, drunk, stupid, snobbish, bored, ditz. Would you rather be perceived as one of these OR as an individual with hearing loss, a medical condition usually correctable with hearing aids?

Posing this query was HLAA Featured Speaker Katherine Bouton, author of "*SHOUTING WON'T HELP: Why I--and 50 million other Americans--can't hear you*". Over 100 listeners crowded St. Paul's Episcopal Church Fellowship Room on October 7 for her upbeat talk, "How I lost my hearing and found my life again."

A member of the HLAA national Board of Directors, Mrs. Bouton denied her hearing loss for years, feeling sad and pretending to be normal. "Honesty is liberating," she said. "Stop thinking of yourself as a victim and use honesty to help others." Revealing her hearing loss gave her a new life. "I have new friends and I have a mission," she said. "I am an advocate for people with hearing loss."

Mrs. Bouton pointed out that more than half of the Americans with hearing loss are under sixty. Those in their 80's and beyond are in the majority of their age cohort. Complaining about hearing aids only discourages people who need them from wanting and using them.

Untreated hearing loss has many deleterious consequences. Most serious may be cognitive decline. She cited Dr. Frank Lin, whose study at Johns Hopkins showed that "people with a severe hearing loss are five times more likely to develop early or more severe dementia." If wearing hearing aids and correcting hearing loss can reduce the incidence of dementia, she stressed, they should be worn.

She felt that Medicare and private insurers should cover hearing aids cost. HR 3150, a bill to amend the Social

Security Act to provide hearing aids and related hearing services under Medicare, could help Americans pay for them. Hearing aids are cheap when compared to treating dementia, she noted, urging the audience to contact their representatives in Congress to support the legislation.

Advocacy is empowering, Mrs. Bouton emphasized, preferring to think in terms of "hearing health."

All 25 copies of "*SHOUTING WON'T HELP*" obtained from Barnes and Noble were sold after the talk. An expansive buffet was enjoyed by attendees.

*(Thanks to these folks for providing refreshments: Margaret Cochran; Elise de Papp, M.D.; Ginger Graham, Cindy Kellner, Barb Law, Carol Loftus; Nancy Meyer; Sue Miller; with apologies if anyone was overlooked.)*

## NEWS OF CHAPTER MEMBERS



**HAPPY BIRTHDAY to Vern Thayer**, who is 98 years young December 4<sup>th</sup>. And, he still enjoys tennis! In addition, Vern is the oldest person in the country doing Apheresis blood donations. Congratulations, Vern!

## COUNT (BY AGE GROUP) OF PEOPLE WITH HEARING LOSS

By Greg Livadas

<http://www.ntid.rit.edu/news/rochester-areas-deaf-population-better-defined>

At the end of it is a link to the full report which would break down some ages. That's the best I've seen. Too bad the Census isn't better at counting.

## DID YOU KNOW.....

When family and friends visit during the holiday season.....

The **Planetarium** has a Hearing Loop to accommodate people who wear a hearing aid or CI with a tele-coil (T-switch). It is advisable to mention at the box office that you will be using the Hearing Loop system---so they can turn it on!



Also, the **Dryden Theatre** at the George Eastman House is now looped for your movie viewing enjoyment.





## STUDY REVEALS POTENTIAL BREAKTHROUGH IN HEARING TECHNOLOGY

*(excerpt from Wisconsin 1<sup>st</sup> Quarter 2014 Newsletter;  
suggested by Ginny Koenig)*

Researchers have found a new way to help people with hearing loss by removing background noise from the sounds transmitted by hearing aids. Computer engineers and hearing scientists at Ohio State University have made a potential breakthrough in solving the major problem in hearing technology: how to help people understand speech in the midst of background noise.

Several patents are pending on the technology, and the researchers are working with a leading hearing aid manufacturer as well as others worldwide to develop the technology.

Conquering background noise has been a “holy grail” in hearing technology for half a century. People with hearing loss find it extremely difficult to focus on what one person is saying while ignoring the rest, especially in an environment full of other background noise. Key to the technology is a computer algorithm that quickly analyzes speech and removes most of the background noise.

## POINSETTIA POINTERS



- Remove the foil from around the pot.
- Place in a sunny window, but don't let the leaves touch the glass.
- Allow the soil to dry between watering.
- Keep the room temperature cool to prolong the period of blooming.
- Don't fertilize while plant is in flower.

*(Old Farmer's Almanac 2013)*

### LIKE US ON FACEBOOK !

*By Cindy Kellner*

Are you on Facebook? If so, please be our friend. We currently have **182** friends and we want more. Find us at: **Hlaa Rochester Ny**

## NTID INFO AND FACTS

*By Greg Livadas*

### Universities should follow RIT's role in preparing students with hearing loss for work.

RIT has been credited by the National Organization on Disability as a good example of a university that successfully helps its students find jobs upon graduation.

NTID has more than 1,200 deaf and hard-of-hearing students. With more than 7,700 graduates across the country, NTID had been the leader in providing career-focused postsecondary education for students with hearing loss. Despite a rough economy in recent years, 90 to 94% of our graduates have found a job within a year of graduation.

NTID employs more than 130 Sign Language interpreters, more than 50 captionists and hundreds of notetakers who provide access to students with hearing loss.

**National Science Foundation – 2 grants awarded to NTID** - One involves developing video to help students with hearing loss learn better; and, the second, will help determine whether knowing about a negative stereotype will alter the outcome of a math test.

[www.rit.edu/news/story.php?id=51052&source=newsletter](http://www.rit.edu/news/story.php?id=51052&source=newsletter)

[www.rit.edu/news/story.php?id=51056&source=newsletter](http://www.rit.edu/news/story.php?id=51056&source=newsletter)

## HAAA NATIONAL CONVENTION



At the St. Louis  
Union Station Hotel

Early-bird  
Registration for  
Convention  
Deadline: January 31

Rate: \$125 +banquet +off-site event

January 31 – March 31, 2015

Rate: \$150 +banquet +off-site event

After March 31 – this pricing no longer available

Go to: [www.hearingloss.org](http://www.hearingloss.org).



## HOW YOU CAN HEAR BETTER FOR THE HOLIDAYS!

*By Steve Frazier, HLAA New Mexico*

Holiday parties, family gatherings, religious services and New Year celebrations present a major challenge to people with hearing loss. Today's digital hearing aid technology has dramatically improved the ability of their users to hear and understand in noisy settings but there are still many times, especially during the Holidays, when it's necessary to supplement your hearing aid's microphones in some way.

Studies by Sergie Kochkin, Ph.D., of the Better Hearing Institute, found that almost half of hearing-aid users who return their devices cite problems with hearing over background noise. Further, their inability to work well in a noisy setting is listed as one of the top ten reasons for user dissatisfaction among those who keep their newly purchased hearing aids.

Hearing aid manufacturers have tried to address this problem with innovative placement of the microphones in hearing aids to provide greater directivity toward the front than the rear which may improve speech understanding in noise at least in situations where the listener is face to face with the speaker. Such hearing aid design innovations may help but other solutions are sometimes called for.

Speech understanding depends to a very large degree on the signal (i.e., speech) -to-noise ratio. The louder the speech is relative to background noise, the more easily it is understood. The use of various wireless devices is one way of improving the ratio.

### Hearing on the telephone

Bluetooth technology has made it possible to hear better on both cellular and landline phones that are Bluetooth-enabled. Bluetooth is an open technology that uses radio frequencies in the 2.4-GHz range to send data wirelessly over a limited distance. After pairing the accessory to the Bluetooth-ready phone and the hearing aids, the user is able to conduct phone conversations at a more favorable speech or signal-to-noise ratio than without the accessory. In addition, the conversation is streamed simultaneously to both hearing aids, providing the additional benefit of binaural listening adjusted to the user's hearing thresholds and audiogram pattern for each ear. An older, less expensive and equally effective technology for telephone use is the **neck loop**.

For landline and cellular phones with a speaker or headset jack, a neck loop can be plugged into the phone. It will send the caller's voice to the telecoils in both hearing aids and, with the microphones in the hearing aids turned off, the speech-to-noise ratio is dramatically improved.

### Hearing in a noisy room

A great little device called a Pocket Talker® from Williams Sound is a small but powerful microphone equipped amplifier



that the user can "aim" at a speaker to help single his or her voice out from the rest of the sound in a room. With the mics in the hearing aids turned off, this device, coupled with a neck loop, can sometimes make it possible to hear in a restaurant or other setting where hearing aids alone simply are not adequate. The Pocket Talker can also be used with ear buds or a headset but you will not get the corrected sound your telecoil-equipped hearing aids provide. Prices for the Pocket Talker and similar devices from other manufacturers start at just over \$100.



A personal FM system is another option. With such a system the speaker will actually wear a small FM (radio) transmitter with a mic either built into it or plugged into it and attached to the speaker's clothing. In a restaurant setting the speaker would be wearing the transmitter and the user, instead of having a Pocket Talker, would have a small FM receiver that is accessing the FM transmission and passing it on to the telecoil-equipped hearing aids via a neck loop. In the photo of this Array AG3 system the receiver is equipped with ear buds which would replace the neck loop for a user with hearing loss without telecoil-equipped hearing aids. Prices start around \$250. This particular system "broadcasts" on three different frequencies so that, if others in the vicinity are using a similar system, the user can switch to a different frequency to avoid eavesdropping (unless it's a really interesting conversation!).

Resources--Devices utilizing Bluetooth or hearing loop/telecoil technology are available from such online catalog retailers as ATS Resources ([www.ATSResource.org](http://www.ATSResource.org)), Harris Communications ([www.HarrisComm.com](http://www.HarrisComm.com)) and Teltex ([www.Teltex.com](http://www.Teltex.com)).

## WHY WE LIKE LOOPS, PLUS, CAPTIONS!

(excerpt from "Shouting Won't Help" by Katherine Bouton;  
submitted by Elise de Papp, M.D.)

Speech intelligibility may increase from 20% when listening in noise without vision, to 80% or more when speaker is seen as well as heard.

One (sense) plus another (sense) = 4, due to bisensory integration, in which combining 2 senses leads to more information than would be predicted by simply adding 1 + 1. Speech perception is multimodal, known as the McGurk effect. As Katherine Bouton says "**we hear lips and see voices.**" Similar results are gained with captions.

## BUY YOUR CHRISTMAS TREE FROM TROOP 31

By Laura Chaba

Boy Scout Troop 31 has been volunteering and offering their manpower to support our Walk4Hearing each year. They have been an invaluable help. Now it's our turn to "pay it forward." For many years, the troop has sold high quality trees, wreaths and boughs to support summer camp opportunities and programming for the boys. Won't you consider buying your tree from them this year? They have sizes from table trees, apartment size, high ceiling, and several varieties as well.

**Where:** Corner of East Ave and Meigs St. (in the Third Presbyterian Church parking lot)

**When:** Everyday from November 28<sup>th</sup> til December 24<sup>th</sup>. (Will close earlier if they sell out!) Cash or checks only.

## HOLIDAY HIGHLIGHTS IN HISTORY...

On Dec. 25, 1818, "Silent Night (Stille Nacht), was written by Franz Gruber and Father Joseph Mohr, and was publicly performed for the first time during the Christmas Midnight Mass at the Church of St. Nikolaus in Oberndorf, Austria.

In 1966, Kwanzaa was first celebrated.

## HOLIDAY THOUGHTS...

In 1823, the poem "Account of a Visit from St. Nicholas" was published anonymously in the *Troy NY Sentinel*; the verse, more popularly known as "T'was the Night Before Christmas," was later attributed to Clement C. Moore.

## INTERESTING FACT...

It's estimated that **19,438 deaf and hard-of-hearing people younger than 65 live in the Rochester area**, according to NTID and cited by the National Center for Deaf Health Research. About 3.7% of the area's 1.1 million population is deaf or HOH, compared with 3.5% of the U.S. population.

(info from D&C 4/19/13; by Patti Singer)

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

## REMEMBER THE DATE.....

Our January Chapter Meetings will be **Tuesday, January 6<sup>th</sup>**.



We wish everyone a happy holiday season, with peace, love, happiness, and good health in the new year.

Sincerely, *Ginger, Janet, Michelle, and Ginny*






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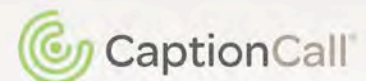
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### HLAA Membership Information

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 deadline: first day of the month preceding the issue month.  
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Founded in 1979, the mission of HLAA is to open the world of communication to people with hearing loss through advocacy, information, education, and support.

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/](http://www.hearingloss.org/).

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

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