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Volume 31, Number 8 published monthly except July and August – Rochester NY Chapter April 2018

### APRIL Calendar

#### Tuesday, April 3rd

**10:00 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., April 10<sup>th</sup>** - BOD – 7-9pm, ASC  
**Tues., April 17<sup>th</sup>** - PAC meeting, 7-9pm, ASC  
**Thurs., April 19<sup>th</sup>** - Device Demo Center, Lifespan, from 10am to 2pm, free to all. (see p. 7)

#### SAVE THESE FUTURE DATES

**Tues., May 1<sup>st</sup>** – Featured Speaker Program, 5pm doors open, refreshments; speaker 6pm - Rochester Academy of Medicine (see page 3)  
**Tues., May 8<sup>th</sup>** – BOD – 7-9pm, ASC  
**Thurs., May 17<sup>th</sup>** – Device Demo Center, Lifespan, from 10am to 2pm, free to all. (see page 7)

#### **Hospitality Duties for April:**

Daytime Meeting –Joan Kohler, Nancy Shepard  
Evening Meeting –Marlene Sutliff  
Board of Directors –Barb Gates; Elise de Papp,M.D.; Michelle Gross

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

*We need your support. Please consider joining our Chapter, or renewing your membership. (Please see form inside the back cover)*

### APRIL PROGRAMS

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

#### **Tues., April 3<sup>rd</sup> – 10:00am; 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.

#### **Tues., April 3<sup>rd</sup> - Daytime Meeting -11:00am-Speaker begins at Noon.**

**WHAT’S ALL THE NOISE ABOUT? –**  
*John J. McNamara Au.D.*

**NOISE!!!!!!** Dr. McNamara discusses the effect of noise in overall communication for those with a hearing loss as well as others with normal hearing. Reviewing the basic working of the ear and hearing mechanism, he presents simple case studies demonstrating the outcome of various hearing losses in response to noise.

*(continued on page 2)*

**Tuesday, April 3<sup>rd</sup> Daytime** (continued)

The owner of Ontario Hearing Centers, Dr. McNamara has worked with hearing disabled individuals for over 35 years. He is involved with a nationwide group of audiologists (ENTHEOS) which is committed to educating the public about effects of hearing loss on quality of life; providing best practice protocol in all clinical work, promoting the benefits of early intervention, and participating in outreach humanitarian projects both locally and abroad.

**Tuesday, April 3<sup>rd</sup> – Evening Meeting – 7:00 pm**  
**Speaker begins at 8:00 pm**

**LEVELING THE PLAYING FIELD: KNOW WHAT YOU NEED AND HOW TO GET IT AT WORK** - *Mary C. Chizuk, RN, MS Ed., and, Jeremy Charette*

Healthy Living with Hearing Loss (HL2) has identified the "workplace" as a primary area of concern. HL2 members Chizuk and Charette note that recent technological advances have created adaptations for people with hearing loss unimaginable even five years ago. They will reveal the "tool kit" now being developed, containing problems and solutions to maximize employee performance.

Ms.Chizuk is a long-time HLAA member employed as a nurse at the Veterans' Administration. Charette works at Paychex and also owns Charette Imaging, a 3D photography service.

*All HLAA programs are free. Anyone interested in hearing loss is welcome. For more information, view our Chapter website at [www.hearinglossrochester.org](http://www.hearinglossrochester.org), or phone 585 266 7890.*

*The Rochester Chapter is a dynamic group of individuals working together as a team. HLAA has a support network of organizations: Bethesda, MD; state organizations; and, local chapters.*

**DID YOU KNOW??**

“In 1933, Albert Einstein arrived in the US as a refugee from Nazi Germany.” (from D&C 10/15/17)

**FROM OUR PRESIDENT, AND,  
VICE-PRESIDENT**

*By Sue Miller and Art Maurer*



Ours is a time of change – noisy, confusing, rapid change. It's hard to keep track of and often hard to live with. We share experiences,

frustrations and ideas with friends and family, try to keep up with what's new, even make suggestions on improvements. When it comes to hearing, HLAA strives to help with Support, Education and Advocacy. Unfortunately, over time, our individual ability to hear changes, usually not for the better. To counter this, research and technology emerge at a pace as never before bringing new understandings of hearing and its impacts on our lives, improved hearing aids, and assistive listening devices. But how to keep up with it all? How to better understand our own situation and the potential benefit the research and improved technologies can bring to our lives?

For almost 35 years, HLAA-Rochester has focused on the needs, frustrations and dilemmas experienced by anyone with hearing loss ... YOU! And those around you. Being an all-volunteer non-profit (501c3) with no paid staff, we hover at approximately 200 members. We've continually searched for new ways to be of service and ways to attract more members. We've traditionally held our monthly Daytime and Evening meetings and Featured Speaker Programs. For over a year, we've added the new monthly **HOPE** (Hearing Other People's Experiences) small group, open forums; and the **Assistive Listening Device Demo Center**. These provide more personalized, often one-on-one, advice and problem solving.

We plan to make more folks aware of HLAA-Rochester with modest expansion of advertising in selected print media.

*(continued on page 3)*

**PRESIDENT'S COLUMN** – (continued)

Also, our first use of **TV spots** is about to be launched. The 15-second spots will run on WXXI during May and June directing viewers to the new HLAA-Rochester website [www.hearinglossrochester.org](http://www.hearinglossrochester.org) for more information.

This award-winning monthly **Newsletter** is the essential conduit to keep everyone apprised of events and new information. It is the lifeline of our volunteer organization. Unfortunately, with our limited budget, we can no longer mail the Newsletter to non-members and must limit to only paid members. At \$10 a year, it's the best deal in town. (To renew, see inside back cover.)

Our **Professional Advisory Committee** gives us insight to reach out to the greater Rochester community. The broad background of the PAC members makes efforts in advocacy more effective.

Finally, save the date for our **Annual Dinner**, Tuesday, May 22 at the Cobblestone Creek Country Club in Victor. For those of you who haven't been, it's a good meal in a picturesque setting at a reasonable price among wonderful HLAA people. The program, which is captioned and looped, is enjoyable and not-too-long.

We must keep changing--improving our offerings, creating new offerings, finding ways to attract new members, and being more effective in advocating for those experiencing hearing loss. We ask for your suggestions and ideas. Our hope is to make more folks aware of HLAA and provide effective insights to make lives better. To be, as our tag line says: "The Voice for People with Hearing Loss."

We are always happy for your comments.  
[SusanLeeMiller39@cs.com](mailto:SusanLeeMiller39@cs.com) and  
[amaurer40@frontier.com](mailto:amaurer40@frontier.com).

***DID YOU KNOW...***

In 1937, the first shopping cart was introduced by supermarket chain owner Sylvan Goldman in Oklahoma City. (*Old Farmer's Almanac*)

**FEATURED SPEAKER PROGRAM** – May 1<sup>st</sup>

*By Elise de Papp, M.D.*

**Tuesday May 1st,**

This program replaces both the day and evening monthly Chapter meetings.

Time: doors open 5:00pm; with refreshments; speaker at 6:00pm.

What: "**Hearing Loss and Emotional Regulation. Building Resilience**" (with time for Q&A)

Who: Dr. Sam Trychin, Ph.D. psychologist; who has hearing loss, and a hearing dog!

Where: Rochester Academy of Medicine, 1441 East Avenue; with ample parking behind the RAOM building. The Academy is 0.9-mile farther down East Ave. from St. Paul's, going away from downtown, on same side of East Ave. as the church.

Induction hearing loop, captions and interpreters will be provided.

**ADVANCED BIONICS REP. APRIL 3<sup>RD</sup> AT THE "CI GROUP" MEETING**

*By Janet McKenna*

Is a cochlear implant a possibility in your hearing journey?

Find out more about one manufacturer at the **Tuesday, April 3** meeting of the Cochlear Implant Group. The semi-annual meeting is set for 1:30pm in the Parish Hall of St. Paul's Episcopal Church, East Avenue (14607). It follows the regular HLAA chapter meeting.

Jane Ledingham, M.E.D., CCC/SLP, Northeast Region Consumer Specialist with Advanced Bionics (AB) cochlear implants, will introduce the company's device and support services.

*(continued on page 4)*

**“CI GROUP” – APRIL 3<sup>RD</sup>** --(continued)

Ms. Ledington will present background of AB and its partnership with Phonak; advancements in AB technology; the importance of hearing with two ears; connectivity; rehabilitation resources, and support services.

Cochlear implants are implantable devices which directly stimulate the auditory nerve. When hearing loss becomes too profound for hearing aids to manage, cochlear implants can be an option enabling patients from toddlers to seniors to hear.

For more information, please visit our web site [www.hearinglossrochester.org](http://www.hearinglossrochester.org). or contact Janet McKenna at [deaphyduck@gmail.com](mailto:deaphyduck@gmail.com). We hope to see you April 3<sup>rd</sup>!

**LIKE US ON FACEBOOK !**

By Jenn Hurlburt

Are you on Facebook? If so, please be our friend. We currently have **326** friends and we want more. Find us at: **Hlaa Rochester Ny**

**RBTL LIVE THEATRE—CAPTIONED!**

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

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](mailto:info@rbtl.org).

**GEVA THEATRE – CAPTIONED PLAYS !**

SAT. shows 2pm;

WED. 2pm & 7:30pm

unless otherwise indicated

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.

**JCC CenterStage – Captioned Plays!**

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



**“Bridges of Madison County”** –  
the musical -- Sun., May 13;  
Thurs., May 17; Sat., May 19

Tickets and information are available at [www.jcccenterstage.org](http://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

**Donation Above Membership**

Dan Brooks, Jean Cristantello, Barb & Charles Gates, Michelle Gross, Sue Miller

**In Memory of Joe Damico**

Elise de Papp, M.D.; Cindy & Craig Kellner; Sheila Leete; Alice Hanson; Alan & Ruth Respler

**In Memory of Al Saia**

Marjorie Saia

**In Memory of Bob Sheahan, Sr.**

David & Marie Goldstein; Trish Prosser

**In Memory of Vern Thayer**

Fred Altrieth; Donald Beech; Elizabeth & David Brumeloe; John & Paddy Duford; Beverly Dyminski; John Ford; Ginger Graham; Barbara Hargrave; Cindy & Craig Kellner; Kay Keough; Barb Law; Janet McKenna; Sue Miller; Norene Murphy; Fred Odenbach; David & Pat Pogue; Mark Pullen; Trish Prosser; Sue Reh; Kathleen & William Rogers; Judith & John Rynne; Paul & Linda Wackerow; Sue & Paul Wilkins



**Newsletter Deadline**

**Saturday, March 31<sup>st</sup>**  
**(for the April Newsletter)**  
**Email: [ggraham859@gmail.com](mailto:ggraham859@gmail.com)**

**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, since 2011. 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!

**THE CASE AGAINST DELIBERATE DEAFNESS**

*(excerpt from Wall Street Journal, 2.7.18,  
by Bob Brody; submitted by Elise de Papp, M. D.)*

Many people out in public walk around staring down at phone screens, turning a blind eye to the world. Whether looking at the phone or not, they may be wearing ear-buds--turning a deaf ear to the rest of us.

The parents of the author (Bob Brody) were profoundly deaf, and Mr. Brody watched them struggle to communicate with others, so he never took hearing for granted. He asks, "Why would anyone deliberately tune out sound from the world around us?" He also points out the inherent dangers in tuning out. The number of people seriously injured or killed while walking in public and

wearing headphones has tripled between 2004 and 2011. In 29% of those accidents a warning signal such as a horn, siren, or shout – went unheard. Most people are free to impose such sensory deprivation on themselves – some of us are not.

**WEBSITES OF INTEREST**

Our award-winning Chapter website is:

[www.hearinglossrochester.org](http://www.hearinglossrochester.org) and

**Michelle Gross** is our Web Master.

HLAA National website is [www.hearingloss.org](http://www.hearingloss.org).

**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 two months ahead. Thanks, Ginger  
[ggraham859@gmail.com](mailto:ggraham859@gmail.com); or, (585) 671-2683

**GOOD NEWS FOR CI USERS**

*(from AARP; suggested by Al Suffredini)*

New technology will allow audiologists to adjust devices from afar.

People who use cochlear implants to improve their hearing will eventually have a much easier way to get their devices adjusted. The FDA has approved the first remote feature in programming software that allows CI patients to be evaluated and have their device controlled by an audiologist from a distance. Patient and clinician communicate through a special computer program with a video connection rather than having an in-person clinic visit.

<https://www.aarp.org/health/conditions-treatments/info-2017/adjusting-cochlear-implants-fd.html?intcmp=AE-HEALTH-HEARING-HEARINGAIDES-SPOT1>

(or, [goo.gl/PbNqeS](https://goo.gl/PbNqeS))

## “MY STORY” – A Personal History of Hearing Loss

By *Mary Chizuk*



At age 27 I experienced unilateral sudden hearing loss (HL) without any history of illness or trauma. Another episode occurred 3 years later on the other side. Hearing aids were now mandatory but a major diagnostic evaluation turned up empty as to why. After seeking healthcare outside of the area at a private clinic at Yale, the University of Iowa and the Massachusetts Eye and Ear Infirmary, “Autoimmune Disease” was diagnosed and immunosuppressive therapy was recommended including steroids and chemotherapy. There were countless episodes of HL and medication adjustments over 20 years. The disease process has pretty much burned itself out--hopefully. (Rush Limbaugh also was diagnosed with Autoimmune Disease and quickly received a CI.)

My audiologist suggested I attend a startup group of people with HL which was the grassroots movement of SHHH. It wasn't until 1988 that I finally met SHHH at the Rochester Convention. Eventually I joined the Board, became Recording Secretary, and President for 3 years, served NYS SHHH Board, attended and presented at several conventions and coordinated the Silent Auction at our Walk4Hearing for 10 years. Along the way there were many role models who encouraged advocacy, patience, understanding and compassion. I carry their thinking, their philosophy with me every day. Prior to my own HL, it never occurred to me that people with HL have been underserved, discriminated against and experienced disparity in public places, houses of worship, at work and in the healthcare arena. We have work to do!

In 2003 a letter of support was requested to apply for the Prevention Research Center funded by the CDC at UR to study the health of people with HL including deaf. Eventually the 2 groups separated with their own set of health priorities. HL2 (Healthy Living with Hearing Loss) is now well established with many HLAA members engaged in

"Community-based Participatory Research". Our focus is now on how HL affects work and how to ameliorate negative impacts using a virtual Tool Kit. An abstract is being submitted to APHA for presentation at their Annual Conference in November. Yes, APHA considers HL to be a national public health problem!

Personal Information--I am sooo Polish. All 4 of my grandparents were Polish. I am second of four children and grew up in a lively, very Catholic community affectionately known as “St. Stan's” with lots of family, friends and neighbors stopping in for "a cold one." (There was a refrigerator with a beer tap in our basement!)

After graduating from Nazareth Academy, I went to St. Mary's Nursing School and became a nurse. While working ICU, CCU and Dialysis, I completed a BS and a Master's Degree in Education and was awarded a Graduate Assistantship. Upon completion I received a faculty appointment and taught for the Dept. of Health Sciences for 14 years.

During that time, I purchased my first home which was completely renovated. Then the idea of building a house became a reality--so many decisions, but it was an opportunity to really make something mine.

The next challenge was becoming a Federal Employee, working for the Department of Veterans Affairs, VA Rochester Clinic in Geriatric Primary Care. It was a wonderful experience working with a dedicated team. Retirement became mandatory. This June my nursing class will be celebrating our 50th anniversary with a Reunion.

My future plans are continuing to work on HL2 Health Priorities, presenting our work at HLAA Convention, taking a long ship European River Tour and, of course, continuing to work for people with HL here in Rochester and everywhere.

Little Known Fact: My middle name is Christine; birthday is Dec 29--almost a Merry Christmas!



### SCHOLARSHIP PROGRAM CONTINUES

Deadline April 1, 2018

HLAA-Rochester is once again pleased to announce the continuation of its Scholarship Program. The Scholarship Program was started in 1996 initially with a \$500 grant. The initial program was made possible by the generous donation from J. Stuart and Phyllis MacDonald. In 2006 the award was increased to \$1,000 made possible in part by funds raised by the generosity of several donors. Since 1996, our chapter has awarded \$104,500 to 120 graduating high school seniors pursuing post-secondary education.

If you know a high school senior with hearing loss, who is pursuing their higher education either through college or vocational training, please tell them about our program. Financial need is not a requirement. The scholarship is a one-time award.

Applications for the scholarship are available at our website: [www.hearinglossrochester.org](http://www.hearinglossrochester.org). or by contacting Madge Ludwig at [mludwig1@rochester.rr.com](mailto:mludwig1@rochester.rr.com). The application deadline is **APRIL 1, 2018.** Please help us spread the word.

#### **IF YOU MOVE, or are a “SNOWBIRD!”**

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

#### **GUESS WHO?**

During the War of 1812, Samuel Wilson supplied meat to the U.S. Army in barrels marked “U.S.” One soldier joked that “U.S.” stood for “Uncle Sam” Wilson. The rest is history.

*(Old Farmer's Almanac)*

### ASSISTIVE LISTENING DEVICE DEMO CENTER *By Charlie Johnstone*



Our opening of the Assistive Hearing Device Demo Center last Fall has been successful. Please

come yourself and urge anyone in need of information to attend. It's on the 3<sup>rd</sup> Thursday of each month from 10am til 2pm at Lifespan, at the Tops Plaza at 1900 S. Clinton Avenue, (14618). (The next date is April 19<sup>th</sup>.)

Participants can receive information and advice; can even try out specific assistive devices. The Center is another free service of our Rochester chapter.

Recently, there was a lively discussion about possible Apps that could benefit visitors. There was so much enthusiasm that it was decided to pursue ways to demonstrate a few apps at future Demo sessions. Our Technology Committee will assist in doing prep work of the apps to be featured.

#### **ANNUAL AWARDS DINNER, Tues., May 22<sup>nd</sup>**

We need your help in organizing our dinner. Please contact Barb Law at [blaw1@rochester.rr.com](mailto:blaw1@rochester.rr.com); or, Sue Miller at [SusanLeeMiller39@cs.com](mailto:SusanLeeMiller39@cs.com) for more info. Thanks for your consideration in helping to make our dinner a huge success. (also, see page 11)

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

*We need your support!*

*Rising costs are making the mailing of Newsletters to non-dues paying members difficult. Please pay your dues! Thanks so much.*





Sincere happy birthday greetings to these members who will be 90 years or older! Congratulations and many more healthy and happy years!

Belated happy birthday to **Marge Stasiuk** – March 30<sup>th</sup>. And this month greetings to: **Mary Greene** –April 8; **Bobbie Hargrave** – April 12; **Burt Foos** – April 25. Happy birthday!

## LIBRARIES – DID YOU KNOW?

*(suggested by Fred Altrieth)*

Our chapter subsidizes some of the local libraries with membership in National. The library receives the national magazine and displays it (with a sticker giving credit to our chapter). The magazines are on file for the current year. Central, Fairport, Henrietta, Honeoye, Irondequoit, Penfield, Pittsford, Victor Libraries, as well as Wood, in Canandaigua.

## HART HEARING CENTERS

**Brockport office** – new location:

54 North Main St., Brockport 14420  
(585) 637-0730

April 1-May 1—Tuesday, all day; Friday a.m.  
after May 1- Tues. & Thurs. 9a.m.-5p.m.

[www.hartheating.com](http://www.hartheating.com)

### SUBJECT OF MAY 1<sup>ST</sup> MEETING:

#### Daytime & Evening—NO MEETINGS.

Come to the Featured Speaker Program to hear Sam Trychin, Ph.D., at the Rochester Academy of Medicine (see page 3)

# Happy Easter

**WHAT TO DO WHEN LISTENING MAKES YOUR BRAIN TIRED** *(suggested by Fred Altrieth; excerpt from February Newsletter from CaptionCall)*

Did you know that hearing loss can lead to hearing fatigue?

Hearing fatigue is what happens when your brain gets tired because of how much effort it takes to understand the noises you hear in your everyday life. What can you do? First and foremost visit with a hearing care professional to learn more about hearing aids. Hearing aids will help relieve the stress your brain endures when it struggles to decipher the sounds you can't hear very well.

[www.Healthyhearing.com](http://www.Healthyhearing.com) has a great list of some things you can do to help alleviate hearing fatigue-

1. Take a break from noise – Every now and then, try to find a quiet place where you can just let your mind rest. Read a book, meditate, do a puzzle. Just try and find a quiet place.
2. Take a nap – What are you supposed to do when you feel tired? Take a nap! It is a great way to give your mind and body a break. If you know you are about to participate in a noisy gathering, you may want to make sure you are rested up.
3. Practice deep breathing – Don't let yourself get stressed out. Take a moment and practice some deep breathing exercises.

You can read more here:

<https://www.healthyhearing.com/report/52807-Hearing-loss-and-listening-fatigue>

**HAAA CONVENTION** – June 21 – 24  
Minneapolis, Minnesota

Register Online or Offline: [www.hearingloss.org](http://www.hearingloss.org).

Also, see full write-up in our March Newsletter, page 11. Also, [www.hearinglossrochester.org](http://www.hearinglossrochester.org).





## HELP HLAA VIA THE UNITED WAY

We continue to be a United Way “Donor Designated Option” choice. We are not a direct United Way agency and do not receive any funding from their general campaign. Therefore, to donate to HLAA, we ask you to consider donating to us through the “Designated Option” on your gift card.

**Our United Way number is 2425.**



Your past support is deeply appreciated. As with other gifts, your donation enables our chapter to continue to provide education, help, and advocacy for people with hearing loss, their families and their friends. Alas, even though the local chapter is a totally volunteer organization, there are still costs such as printing, postage, phones, and technical items. Many thanks!

## RETIRED MEN AND WOMEN’S CLUB

*(Submitted by Warren Crandall)*

Come hear speakers from business, medical, arts, and government. Enjoy coffee and donuts. Free. Reduced parking rate at East End garage. Located: Carlson MetroCenter YMCA, 444 E. Main Street (14604); George Williams Room, 2<sup>nd</sup> floor. Handicap accessible. Wednesdays (except 3<sup>rd</sup> Wed. of each month). 9:30 – 11am. Info (585) 663-0932.

### 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 Rd.,  
Webster, NY 14580

*Be sure to designate:*

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

With sincere thanks for donating to our Chapter!



SAVE THE DATE! – June 26<sup>th</sup>

## PLANNING THE PROGRAMS FOR YOUR CHAPTER MEETINGS

This is only April, and we’re thinking about June already...but this is really important!

Do you have new ideas for speakers or programs for our monthly HLAA Chapter meetings...if so, we would love to hear about them! Please plan to attend either the Daytime Program Planning meeting held by Sue Miller, or, the Evening Planning meeting held by Barb Law, to give them your ideas for possible topics for the new season from September, 2018, to June, 2019.

Daytime meetings planning session:

**Tues., June 26th, at 9:30am** – coffee & conversation;

then, discussion 10:00-Noon –

Sue’s home, 16 Buckthorn Run, Victor (14564)

Evening meetings planning session:

**Tues., June 26th, at 6:00 – 9pm** with Barb Law, in the 1st floor Conf. room, Al Sigl Center; light snacks. Both meetings are on the same day.

RSVP: Please email (or, call) either Sue or Barb and let them know you’re attending. We appreciate an RSVP for seating and food! Hope to see you at one or both of the meetings! We’re eager for your suggestions!

Barb Law: [Blaw1@rochester.rr.com](mailto:Blaw1@rochester.rr.com);  
(585) 381-8640

Sue Miller: [SusanLeeMiller39@cs.com](mailto:SusanLeeMiller39@cs.com);  
(585) 924-8933

## HEARING AID USER’S TIPS

*By Joe Kozelsky*



“Remember that hearing aids or Cochlear Implants will not solve all hearing needs. Family members will still have to do their part to help.”

## VOLUNTEERING IN ETHIOPIA

By Dr. Catherine Clark

Hello! I am an NTID audiologist and volunteer consultant for programs established by Visions Global Empowerment in Bahir Dar, Ethiopia. The need for audiological services is great. There are fewer than 30 ENTs and no certified Ethiopian audiologists in a country of an estimated 1 to 2.5 million hard of hearing and Deaf Ethiopians nationwide. I first traveled to Ethiopia in 2014 with Nazareth College professor (Dr. Paula Brown) and students to participate in a Visions service-learning project. Most of the individuals enrolled in deaf education programs had never had a hearing test. I performed tests and identified candidates for aids.

In 2015, I established an Audiological Assessment and Intervention Center with the assistance of Visions, audiology suppliers and Ethiopian partners. To promote sustainability, I secured services from a local ENT, trained Ethiopian college students as audiometric technicians, and provided supervision during my annual visits. To date, over 200 Ethiopians received audiological services including hearing aid fittings. I witnessed tears and laughter as children and adults listened with their newly fit hearing aid. In the photo, the little boy laughed each time he heard his name called! Over the years, Nazareth College and its alumni trained Ethiopians in introductory speech and language services including listening training for new hearing aid users. Their work has contributed to the reported 86% hearing aid use rate.

The word about the program has spread widely. Many families are traveling several miles for an opportunity to try a hearing aid. I hope to return in July of 2018. For the past few years, I have been fortunate to have my travel covered by grants obtained through Visions, but the grant funds we have been relying on were sadly cut. To maintain ongoing audiology services and training of local staff, I am seeking support for travel expenses and requesting behind-the-ear hearing aid donations. For previous trips, I am grateful for the assistance provided by the Rochester community including NTID, Rochester HLAA, and Ontario Hearing

Centers. For more information about the volunteer work in Ethiopia. Please contact Dr. Catherine Clark, [ccnca@rit.edu](mailto:ccnca@rit.edu).



**“Hearing Other People’s Experiences” – April 3<sup>rd</sup>**

HOPE will meet at **10:00 am** in the Vestry Room at St. Paul’s church. Led by Joe Kozelsky, MS, abd, CCC-A (ret.) Retired Audiologist and hearing aid user. (Note new time!)

We hope you stay for our routine Chapter Meeting:  
Social Time-- 11:00 – 11:30am, Parish Hall.  
Business meeting-- 11:30 – Noon.  
Chapter Meeting speaker-- Noon to 1:00pm. Today will be John McNamara, Au.D., ““What’s All the Noise About?””

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.



***We need your support. Please consider joining (or renewing membership in) our Chapter.***

***Perhaps consider the gift of our Newsletter for a friend and/or family.***

***(see form inside the back cover)***

**ANNUAL DINNER**

*By Sue Miller*



We'll all have the chance to come together on **Tuesday, May 22<sup>nd</sup>** for the Annual Dinner of the Rochester Chapter of HLAA. From **6:00 to 9pm**, we'll get to

know our scholarship winners and their families. And, recognize just some of the people who make a difference to our Chapter in the Rochester area by presenting 3 awards.

The Cobblestone Creek Country Club has done a superb job in past years with service, hearing accessibility and scrumptious food.

You will enjoy being part of this fabulous evening!

Please sign up by **Thursday, May 17<sup>th</sup>** using the form included here. We hope to see you there!

**Please join us!**

**Tuesday, May 22, 2018**

**Cobblestone Creek Country Club  
100 Cobble Creek Road, Victor, NY 14564**

**6:00 to 9 P.M.**

**Spouses/guests welcome!**

**Menu choices:**

- (1) 6 oz. Sirloin filet with Pinot noir reduction,**
- (2) Classic Chicken French,**
- (3) Spring Vegetable Risotto**

**Chef's choice seasonal vegetable and starch**

**House Salad, and Strawberry Shortcake**

**\$26.00 per person (includes gratuity)**

Questions? Please email, or call, Sue Miller at [SusanLeeMiller39@cs.com](mailto:SusanLeeMiller39@cs.com); or, phone, 585-924-8933.



**HLAA ANNUAL DINNER - May 22<sup>nd</sup>  
Reservation Form**

**Name:** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone or E-mail** \_\_\_\_\_

**Dinner choice** \_\_\_\_\_

**Guest:** \_\_\_\_\_

**Dinner choice** \_\_\_\_\_

**2nd Guest:** \_\_\_\_\_

**Dinner choice** \_\_\_\_\_

Dinner reservations will be accepted until  
Thursday, May 17<sup>th</sup>

\_\_\_\_\_ Dinners @ \$26 each = \$ \_\_\_\_\_

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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**

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2017 – 2019

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Newsletter

*Newsletter deadline: first day of the month preceding the issue month.  
 Send articles to:  
 Ginger Graham  
 859 Meadow Ridge Lane  
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 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

All members receive the award-winning Rochester chapter Newsletter!

**Check preference for access:**  via US mail  via Chapter website

**Check membership type:**  Individual  Family  Corporate

**Check contribution:** (*\*please consider a charitable donation above Basic dues—an acknowledgement is sent for donations only.*)

Basic/Indiv. Dues, \$10  Basic/Family Dues, \$20  Corporate\* \$50

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

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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 Hearing Life Magazine, holds annual conventions, a Walk4Hearing, and more. Check out: [www.hearinglossrochester.org/](http://www.hearinglossrochester.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!

### **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 audio looped and captioned. Interpreters are available on request *for evening meetings only*-- contact Linda Siple, 585 288 6744, or at [lasnss@rit.edu](mailto:lasnss@rit.edu), 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!*