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Volume 33, Number 2 published monthly except July and August – Rochester NY Chapter Newsletter October 2019

**OCTOBER Calendar**

**Tuesday, October 1<sup>st</sup>**

**10:00 am – HOPE Session**–Vestry Room, St. Paul’s

**Daytime Chapter meeting:**

**11:00 am** - Refreshments/Social Time- Parish Hall

11:30 am – Announcements

**12 Noon – 1 pm – Program Speaker**

**Evening Chapter meeting:**

**7:00 pm** – Refreshments/Social Time – Parish Hall

7:30 pm – Announcements

**8:00 pm – 9 pm – Program Speaker**

**Tues., Oct. 1<sup>st</sup>** – ‘**CI GROUP**’ 1:30 – 2:30pm after the Chapter Meeting. – see pages 2 and 11

**Tues., Oct. 8<sup>th</sup>** – **BOD meeting-** 7-9pm – ASC

**Tues., Oct. 15<sup>th</sup>** – **PAC meeting** – 7-9pm – ASC  
 Our first meeting. All are welcome!

**Thurs., Oct. 17<sup>th</sup>** – **Device Demo Center**, Lifespan.  
 (from 10am to 2pm, free to all.) see pages 3 & 11

**SAVE THESE FUTURE DATES**

**Sun., Nov. 3<sup>rd</sup>** – Daylight Savings Time Ends

**Tues., Nov. 12<sup>th</sup>** - BOD meeting – 7-9pm – ASC

**Tues., Nov. 21<sup>st</sup>** -Device Demo Center, Lifespan

**Hospitality Duties for October:**

Daytime Meeting – Margaret Cochran,  
 Lorin Gallistel, Barb Rice

Evening Meeting – Ginger Graham, Barb Law

Board of Directors –Tom Corteville, Sue Miller,  
 Al/Chris Suffredini

PAC Meeting – Margaret Cochran, John Eckhardt  
 Art Maurer

*We need your support! Rising costs are making the mailing of Newsletters to non-dues paying members difficult. Please pay your dues! Only \$10. Thanks so much. (Please see form inside back cover.)*



**OCTOBER PROGRAMS**

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

**Tues., Oct. 1<sup>st</sup> - 10:00am - Vestry room**  
**HOPE (Hearing Other People's Experiences)**  
**session** – *Joe Kozelsky, MS, abd, CCC-A retired.*

Prospective, new or long-time hearing aid users share their experiences, questions, and hearing loss journeys in an informal round table discussion facilitated by retired audiologist and hearing aid user, Joe Kozelsky. All are welcome!

**Tues., Oct. 1<sup>st</sup> -Daytime Meeting -11am-1pm**  
**Speaker begins at Noon** in the Parish Hall.

**Cochlear Implants: Right Decision for You? -**  
*Jane Ledingham, MA, Advanced Bionics*

Some profoundly deafened individuals who would qualify for cochlear implants because of the severity of their hearing loss hesitate to proceed with implant surgery and subsequent rehabilitation. Jane Ledingham, a consumer specialist with Advanced Bionics cochlear implants, explores reasons why they choose to avoid it. She will differentiate between hearing aid and cochlear implant technologies. Cochlear implants involve surgery; an implant team approves candidates for the procedure. What are the criteria? What rehabilitation resources should we know about? *(continued on page 2)*

**Tuesday, Oct. 1<sup>st</sup> – Daytime Meeting** - continued

Ms. Ledingham has had extensive experience as a teacher of the deaf/hard of hearing. She is a certified auditory verbal therapist as well as a speech/language pathologist. Before joining Advanced Bionics, she taught students with hearing loss; training professionals and providing auditory verbal therapy for children and adults. She was named Teacher of the Year in New Jersey.

**1:30-2:30pm Parish Hall. Cochlear Implant Group**

If in-depth cochlear implant reports interest you, remain in the Church Parish Hall for the semi-annual Cochlear Implant Group meeting beginning promptly at 1:30pm, after the regular October chapter presentation. Jane Ledingham, Advanced Bionics, CI consumer specialist, follows her morning talk with an informal question and answer small group session. If time permits, several CI users will relate their hearing/CI journeys. The room has a hearing loop and the discussion is captioned.

**Tues., Oct. 1<sup>st</sup> – Evening Meeting–7:00-9:00 pm**  
**Speaker begins at 8:00 pm****“Ask the Audiologist”- *Stephen Hart, Au.D. and Gregory Horton, Au.D.***

Got questions? Perennially popular, “Ask the Audiologist” returns with clinicians Hart and Horton ready to field your questions and concerns about hearing loss in unrehearsed impromptu format. Come with your questions and ready to learn more about new technology, possible future of over-the-counter hearing aids, third-party hearing aid companies (e.g. “true hearing”) and any other concerns. If Steve Hart and Greg Horton cannot answer, they will try to find out.

Both men diagnose hearing loss and fit hearing instruments. Stephen Hart, CCC/A, Au.D. founded Hart Hearing Centers in 1977. He is an award recipient of the New York State “Distinguished Clinician” honor. Gregory Horton, CCC/A, Au.D. is the Lead Audiologist at Rochester Hearing &

Speech Center. He specializes in hearing conservation for musicians.

*All HLAA programs are free. Our meetings feature an inductive loop hearing system and open captions. For more information, view the organization web site at [hearinglossrochester.org](http://hearinglossrochester.org) or telephone 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.*

**FROM OUR PRESIDENT, SUZANNE;  
AND VICE-PRESIDENT, ART.**

*By Suzanne Johnston, and, Art Maurer*

**Future Planning**

Our Rochester Chapter finished last term at the end of June with **240 paid members**, a growth of 20 percent in a single year. We congratulate the Membership Committee led by **Dan Brooks** on reaching a record high. We’re hoping to sustain similar growth this year.

Several months ago, the Board of Directors realized the need to do some planning if we are to sustain a larger membership – to consistently serve in meaningful ways.

A process of Strategic Planning led by **John Eckhardt** has been started to reinforce our Support-Educate-Advocate purpose, streamline our operations, even consider succession planning for the longer term. With limited resources we can’t sustain the wide array of current activities if we hope to respond to new challenges that will emerge in the coming years. We must prioritize and focus.

One step in the Strategic Planning process will be to request input from you, the members, on your views of our Chapter’s priorities. What aspects of HLAA are most important to you in our efforts to Support, to Educate, to Advocate?

*(continued on page 3)*

## PRESIDENTS COLUMN – (continued)

In a few months you'll receive a survey. We're trying to keep it simple and straightforward, in a relatively easy-to-complete format. Our hope is that every member will take the time to respond because your input is essential to determining our future courses of action.

We want to make you aware planning is in progress. We mention the survey now, months early, to get you thinking about what aspects of our HLAA-Rochester Chapter are most important to you? Where should we be investing our time and talents ... and the funds we have available. As always, we'll welcome new ideas, including 'out-of-the-box' thinking. Any ideas are welcomed now or at any time. Contact Art Maurer at [amaurer@frontier.com](mailto:amaurer@frontier.com), or Suzanne Johnston at [SEJohnston1959@gmail.com](mailto:SEJohnston1959@gmail.com).

### Assistive Listening Device Demo Center



The Demo Center is open the third Thursday of the month from 10am to 2pm at Lifespan. The team led by

**Charlie Johnstone** has reassessed all equipment based on the experience of our first two years. A few items have been discontinued; replaced by new equipment recently introduced.

A process of continuous improvement is in force to make the Demo Center as impactful to customers as possible. When demonstrating any device to address a specific need, suggestions are offered on various options available to address that need. (also, see page 11).

If you haven't been to the Device Demo Center, drop in and check it out. Bring a neighbor or friend who suffers from hearing loss – or at least mention the Demo Center to him or her. The Demo Center team welcomes your comments and suggestions.

Contact: Charlie Johnstone at [chasjohnstone@hotmail.com](mailto:chasjohnstone@hotmail.com).

## CHAPTER MEMBERSHIP APPRECIATION PICNIC

*By Dan Brooks, Immediate Past President*

Did you come to the Membership Appreciation Picnic Sunday, August 18th?



There were **74** members, family and friends that came! If you could have attended...here are a

few things you would have gotten to see or do. Upon arriving you would have noticed the HLAA colored balloons and signage leading you to the correct lodge within Ellison Park. The beautiful Pavilion Lodge was large, clean and accessible. Not only did the weather end up being wonderful, you were able to enjoy the outdoors listening to music played by Brian Ayers.

There was also a delicious BBQ prepared by D&R Catering. Followed by a delightful ice cream social provided by the generous donation of Wegman's. Everyone seemed to have left with full bellies, great memories, new friends, smiles, laughter and possibly a handmade rubber band bracelet with HLAA colors by Maggie Brooks.

A special thank you goes to all those that helped organize the picnic and helped set-up and/or teardown the day of the picnic. Lastly, the picnic would not have been possible if it had not been for all the donations of our membership!

**MEMBERSHIP RENEWAL LETTER** coming to you soon! Please pay your dues to continue receiving this monthly Newsletter! Thank you!

### **DAYLIGHT SAVING TIME**

(This year, Sunday, November 3<sup>rd</sup>)

--First to suggest the idea:

Benjamin Franklin, in 1784.

--First North American region to adopt it:

Newfoundland, in 1917.

--First year the United States adopted it: 1918.

*(Old Farmer's Almanac)*

**RBTL LIVE THEATRE—CAPTIONED!**

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

Oct. 27 – The Book of Mormon  
 Nov. 24 – Come From Away  
 Jan. 26, 2020 – Anastasia  
 Feb. 23 - Jesus Christ Superstar  
 March 22 - Hello Dolly  
 April 26 - Cats  
 June 7 - Dear Evan Hansen

Anything we add will remain up to date at this link as needed to reference: <http://www.rbtl.org/accessibility-services/>  
 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

Wed., Oct. 2 – **La Cage Aux Folles**  
 Sat., Oct. 26; Wed., Nov. 13 – **The Niceties**  
 Nov. 9 @ 2:30pm – **Queen**  
 Sun., Dec. 8 @ 12 Noon – **A Christmas Carol**  
**new season 2020**  
 Sat., Jan. 18; Wed., Jan. 29 – **Slow Food**  
 Sat., Feb. 22; Wed., March 18 – **ONCE**  
 Sat., March 7 @ 2:30pm – **Cry It Out**  
 Sat., April 4; Wed., April 22; **Looks Like Pretty**  
 Sat., April 25 @ 2:30pm – **Where Did We Sit on Bus?**  
 Sat., May 9; Wed., May 27 - **Vietgone**  
 Call the Box Office at 232-4382. Ask for seats in the “open captions” viewing section.

**CAPTIONED MOVIES AT CINEMA THEATRE**

*By Gaelen McCormick*

All Wednesday movies at the Cinema are **open caption.**  
 They rotate movies every week and are a LOT less expensive than the AMC and Regal cinemas. Check local listings and [www.cinamarochester.com](http://www.cinamarochester.com) or [www.captionfish.com](http://www.captionfish.com)  
 957 Clinton Ave. S. (14620); 271 1785; Free parking in Dollar Tree lot across the street. Handicap parking behind Cinema.

**JCC CenterStage – Captioned Plays!**

**Wed/Thurs @ 7pm; Sat/Sun @ 2pm**  
 unless otherwise indicated

Sun., Nov. 10; Thurs., Nov. 14 –  
**“Division Street”**  
 Sun., Dec. 15; Thurs., Dec. 19 – **“Raging Skillet: The True Life Adventures of a Punk Rock Caterer”**  
**new season 2020**  
 Sun., Feb. 9; Wed., Feb. 12 – **“Hit Makers—Origins of Classic Rock”**  
 Sun., April 12; Thurs, April 16 – **“Sweat”**  
 Sun., May 10; Wed., May 13 – **“Mamma Mia, musical”**

Tickets and information are available at [www.jcccenterstage.org](http://www.jcccenterstage.org) or (585) 461-2000. *Please specify “Captioned Area.”* Tickets are \$26-33 with discounts for JCC members, full-time students and season subscribers.

**NTID THEATRES**

**PANARA THEATRE - captioned**

**Thur/Fri.-7:30pm; Sat.-2pm, 7:30pm**  
**Sun.-2pm** (unless otherwise indicated)

**MAGIC SPELL THEATRE – captioned.**

Panara Theater parking in Lot “L”  
 Magic Spell parking in Lots “E” & “F”  
 Cost: \$12 general public More Info:  
[https://www.rit.edu/cla/finearts/theatrearts/cla-ntid\\_18-19jointseason.](https://www.rit.edu/cla/finearts/theatrearts/cla-ntid_18-19jointseason)

**THE LITTLE THEATRE**

*By Scott Pukos, PR for The Little*

We offer ‘open captions’ every Tuesday. Listed on our website ([thelittle.org](http://thelittle.org)); info gets updated every Monday evening. Also, have ‘hearing amplification headphones’ and ‘personal captioning devices’ that are available for every film with closed captioning capabilities. These can be used in all theatres.

A ‘hearing loop’ (installed with the support of Hart Hearing Centers and the J. Stuart and Phyllis I. MacDonald Fund) is in Theatres 1,2,4, and 5; and soon to be in #3. For more info, go to: <https://thelittle.org/accessibility>.

(submitted by Suzanne Johnston; excerpt by Ginger Graham)

## 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.

We are extremely pleased that **CaptionCall** has chosen to support our chapter by underwriting the captioning at our monthly meetings.

We also owe a huge debt of thanks to **Dan Brooks, Lorin Gallistel, 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!

## YOUNG ADULT BOARD

(formerly, "Student Board")

Our chapter has a Young Adult Board and welcomes students with or without hearing loss to participate. Please go to our website for details. Contact: Jennifer Hurlburt at [jennhurlburt@gmail.com](mailto:jennhurlburt@gmail.com).



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

Doris Naundorf 10/8; Janet Leurgans 10/17

HLAA Chapter meetings are communication accessible, featuring Real-time Captioning, and the room is equipped with a hearing loop! Please don't stay away because you think you won't be able to hear and understand well. What you find out could change your life!

## *For Your Donation to HLAA:*



--Phyllis & J. Stuart MacDonald Estate  
--Dr. Ruth P. Oakley Estate  
--Rochester Area Community Foundation  
--Mary Tuckley Estate

Network for Good – 4 Anonymous donors via FB Target Corporation - Anonymous

## Donation Above Membership

Ginger Graham, Kathy Vigna

## In Memory of Joan Ewing

Joan Kohler

*Please consider a donation when you renew your membership.*

## SUBJECTS OF UPCOMING MEETINGS

*By Janet McKenna, MLS*

**Tuesday, November 5<sup>th</sup>**

**NEW NEW NEW IN NOVEMBER!**

**Daytime - Latest in Technology**

Technology Committee trio demonstrates up-to-date generation of hearing assistive devices.

**Evening - What's New at Rochester's VA Outpatient Clinic.**

New building, new and expanded services for veterans.

## **LIKE US ON FACEBOOK !**

*By Jenn Hurlburt*

Are you on Facebook? If so, please be our friend. We currently have **366** friends and we want more. Find us at: **Hlaa Rochester Ny**

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

In 1790, a site along the Potomac River was designated the permanent seat of the US government; the area became Washington, DC.  
*(from D&C 7-14-19)*

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

By Laura Arney



I did not know I had hearing loss until I was 35 years old, working as a children’s librarian at an elementary school.

My upbringing was in an eastern North Carolina town, schooling in Raleigh and Winston-Salem. So, I’m a Tar Heel (through my Dad) with a bushel of Kansas (through my Mom). Regarding hearing loss, there were clues that parents or teachers might have picked up on. I did not pay attention in school as a child. I spoke (speak) in a loud voice. I needed to be in the first row in classes and near the front in gym to see what activity I was to copy. Then I married right out of college. After the birth of 2 sons in the 1970s, I was a homemaker. My husband’s jobs took us to live in Connecticut, Pennsylvania, and Ohio.

My hearing issue did not surface until 1982 when I took a job as an elementary children’s librarian. When the teachers came to collect children from library, they commented on how loud I allowed the children to be in class. I assumed that was because my “philosophy” was to encourage children to read by making a less strict, more relaxed environment. About the same time, I noticed a television commercial for hearing aids which pointed out that many spouses acted as translators for TV and movie dialogue. That was happening to me! That’s when it hit me that I was not hearing well. I can hear in the low and high frequencies and my verbal language skills are good. But my audiogram has a “cookie bite” shape which means the middle (voice) range is hard for me to hear. In 1989 I started out with just a hearing aid in one ear.

With another move, this time to Rochester NY in 1991, I joined SHHH (now HLAA) and began to understand the complexity of hearing loss. Wow, what an education I got. I learned about my problems and how to address them. I use both listening and hearing strategies and technology aids for bilateral, frequency- specific amplification.

I could not cope without the guidance from our local chapter. I have become an enthusiastic advocate of the “self-help” and “passing-it-on” movements.

I love this region AND being in one place for the last 28 years. My lifelong interest has been in biology especially natural history and the environment. I have been active in Sierra Club, with an emphasis in water issues of quality and conservation. I hike, garden, kayak, and explore the Genesee River and Adirondacks. The cultural venues in Rochester have fed my imagination and spirit, especially in winter. I feel like Rochester is now my home.



### DONATING HEARING AIDS TO THE LIONS CLUB

By Michelle Gross

If you have used hearing aids to donate, please address the package to:

John McNamara, Au.D., Ontario Hearing  
2210 Monroe Ave.. Rochester, NY 14618

Put on the lower left corner of the package:  
"Finger Lakes Region Lions Club"

(Cleaning tools, cases, most accessories, etc. have virtually no value and are discarded.) Aids that are usable are cleaned and checked and made ready for sending to the Lions Club for qualified recipients.

You can obtain a receipt for your donation (for tax purposes) but you must request it. And, thanks for considering donating your used aids.

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 Welcome All Donations**

Please make your check payable to: HLAA-Rochester  
*HLAA is a 501©(3) organization.*

Mail to: Ms. Joan Kohler  
 15 Pickett Lane  
 Hilton, NY 14468

*Be sure to designate:*

This donation is: In Memory of; or, In Honor of,  
 or, Birthday congratulations. And who to send the  
 Acknowledgment to.

With sincere thanks for donating to our Chapter!

***We need your support! Rising costs are making the mailing of Newsletters to non-dues paying members difficult. Please pay your dues! Only \$10. Thanks so much. (Please see form inside back cover.)***



### **AFTER CONVENTION THANKS...**

Grateful thanks to **Dan Brooks**, Past President, and the Board of Directors, for the reimbursement for attending and volunteering at the HLAA National Convention in Rochester this past June.

*Signed: 50 thankful Chapter Members!*

### **JOINING OUR NATIONAL HLAA GROUP**

*(from Central Oklahoma Newsletter;  
 excerpt by Ginger Graham)*

If you are not yet a member of National HLAA, you are encouraged to join and take advantage of their services. The bimonthly magazine, *Hearing Life*, is full of treasures for anyone with hearing loss or your family and friends. Founded in 1979, as SHHH (Self Help for Hard of Hearing people), the Hearing Loss Association of America (HLAA), is the nation's foremost advocacy organization for people with hearing loss. It opens the world of communication to people with hearing loss through information, support, education, and advocacy. Information can be found at [www.hearingloss.org](http://www.hearingloss.org).

The national headquarters is located at 7910 Woodmont Avenue, Suite 1200, Bethesda, MD. 20814. Quote by our founder Rocky Stone: "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."

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



"CPR, especially if performed in the first few minutes after cardiac arrest, can TRIPLE a person's chance of survival."

*(D&C 5-30-18)*

### **WEBSITES OF INTEREST**

Our award-winning Chapter website is:

<http://www.hearinglossrochester.org>, and

**Michelle Gross** is our Web Master.

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

*(from Oklahoma Central NL 9/19 -)*

Researchers Find Proteins That Might Restore Damaged Sound-Detecting Cells in The Ear,  
 08/05/2019

<https://www.hopkinsmedicine.org/news/newsroom/>

### **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.

### **EMERGENCY FACT....**

If you cannot hear on the phone or are in a dangerous situation and don't want to be overheard, some areas now provide a way to send a TEXT to 911. Here's a link that explains what it is and which counties, police, sheriff, highway patrol, etc. has already implemented it.

<https://www.fcc.gov/consumers/guides/what-you-need-know-about-text-911>

## NEW PROFESSIONAL ADVISORS

*By Suzanne Johnston*

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 more information on one of our **new** PAC members:

### HOPE SCHEDA



I grew up outside of Rochester in Palmyra, NY. A graduate of Nazareth College, my first job out of school was a bilingual customer service position with Bausch + Lomb Canada.

It was my passion for public media that drew me to WXXI and the Little Theatre four years ago where my current position is Account Manager in the Corporate Sponsorship department. When not working, I enjoy spending time with family on Lake Ontario and playing video games with my husband and cat at home in Greece, NY.

### HEALTH FAIRS – NEED YOUR HELP!

*By Trish Prosser*

Do you have a couple of hours to spare a few times a year? Do you like to meet and have conversations with others? If so, you could have the opportunity to educate the public about HLAA. Our Chapter can greatly benefit from your assistance with our local Health Fairs. You might be the person who is instrumental in making all the difference in someone else's life.

Please consider this rewarding opportunity to spread the good news about our Association. No experience needed, and you'll be working with members who have done this before! For more information and to sign up: [Ppross240@aol.com](mailto:Ppross240@aol.com) – or - 585-305-1763.

### DID YOU KNOW...

"October 1843, the Jewish organization B'nai B'rith was founded in New York City." *(from D&C)*

## UNCORRECTED HEARING LOSS—MENTAL AND PHYSICAL PROBLEMS ?

*(from Colorado Springs NL – Feb. 2019)*

Uncorrected hearing loss may raise the risk of mental and physical health problems and lead to higher hospitalization rates and health care costs.

Data showed that over 10 years, untreated hearing loss was associated with a 52 percent greater risk of dementia; a 41 percent higher risk of depression; and, an almost 30 percent greater risk for falls when compared with those who had no hearing loss.

There are an estimated 38 million Americans with hearing loss, including two-thirds of adults older than 70, but less than 20 percent use hearing aids. And people tend to wait an average of seven years from the time they start noticing hearing loss to the time they seek help, according to the [Hearing Loss Association of America](http://www.hearingloss.org). For more info, go to: <https://www.aarp.org/health/conditions/>

#### 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

***We need your support! Rising costs are making the mailing of Newsletters to non-dues paying members difficult. Please pay your dues! Only \$10. Thanks so much. (Please see form inside back cover.)***



Volunteer: a person who performs a service willingly and without pay. Good friends are like stars. You don't always see them, but you know they're always there. Want to volunteer? Contact Dan Brooks at [dbrooks.HLAA.ROC@gmail.com](mailto:dbrooks.HLAA.ROC@gmail.com). or, phone: 585-248-8820.



## MEMBERSHIP REMINDER

*By Dan Brooks, Immediate Past President*

A reminder--our membership year is July 1st to June 30th. If it is past July 1st and you haven't paid yet, you may not be a current paid-up member with the Rochester Chapter. Please pay your dues now!



**HOPE meets at 10:00 am in the Vestry Room at St. Paul's,** first Tuesday of the month. (Hearing Other

People's Experiences) October 1<sup>st</sup>!

We hope you stay for our regular Chapter Meeting:

Social Time-- 11:00 – 11:30am, Parish Hall.

Announcements-- 11:30 – Noon.

Chapter Meeting topic-- Noon to 1:00pm.--

“Cochlear Implants: Why wait for Better Hearing?”

## HEARING LOSS AND GADGETS!

*By Donna Kiiikka*

I have a box full of gadgets. Wires everywhere. Each with a charger. The latest comes with a USB power source.

What is it? By accident I found out from my granddaughter that you can buy an adaptor—then plug it into a wall outlet.

Diagrams are great—numbers on everything. Then there is “pairing”—Hmmm—LED indicators—flashing lights-1 sec—5 sec—blue - red. !!!! I'm trying to hear you.

New gadgets every day—all charged and in my purse—waiting.

Tired of nodding even when you don't hear?—buy a gadget--they work. You just need to figure out HOW!!

## SOMETHING TO THINK ABOUT...

*(submitted by Sue Miller)*

“Don't wait for people to be friendly, show them how.” (Henry James)



**Flu Shots** – The CDC recommends getting your flu shot now. Because flu is contagious 1-2 days before symptoms appear, it can be spread before we know we're infected. For more info, go to: [www.cdc.gov/flu](http://www.cdc.gov/flu).

CDC reports some people can be contagious up to a full day before they become symptomatic and up to a full week afterward.



By Nancy Meyer

Did you know that our chapter has a Lending Library? There are several books and DVDs available for members to sign out for a month at a time. They are on display at the front of our meeting room. Sign out one (or more), and return them at the next month's chapter meeting.

Members have donated books; you can too! Please bring them to a meeting. Right now, we have available to borrow:

Gael Hannan –“The Way I Hear It”

Katherine Boughton – “Living Better w/Hearing Loss”

Monique Hammond –“What Did You Say?”

**Art Maurer** –“Twisted Vines;” also, “Frackin' Lives;” and more to choose from!

### Newsletter Deadline

**Monday, September 30<sup>th</sup>**

**(for the November Newsletter)**

**Email: [ggraham859@gmail.com](mailto:ggraham859@gmail.com)**

“I expect to pass through life but once. If, therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.”

*Attributed to William Penn*

## CARE AND MAINTENANCE OF YOUR HEARING DEVICE

*By Jamie Guinan, Au.D., Clinical Audiologist,  
Penn Medicine*

One of the questions most frequently asked of audiologists is “How long should I expect my hearing device to last?” There are several factors that contribute to the answer: technology improvements; costs; insurance options; and care and maintenance. The latter is the responsibility of the user or caregiver and can prolong the life of your device. If you have questions regarding your specific device, consult your reference manual or audiologist.

Starting a daily care routine for your hearing aid, bone anchored device, or cochlear implant may help prolong the life of the device and enable it to function properly. With devices that sit on/in the ear or on the head, it is common for skin, debris, and wax to end up on or in the equipment. By wiping the device in the morning before putting it on or at night after a day of use, you will prevent the buildup of debris that can become occluding or damaging to the microphones and internal electronics. Use a soft, dry cloth, like a microfiber wipe used for eyeglasses, that will be gentle on the device without leaving particles. Think of your hearing device like your glasses; if you only cleaned your lenses every three months, how well would you be able to see? Cleaning off your hearing device routinely can help maintain optimal sound performance.

Hearing devices may have parts, such as wax guards or microphone covers, that need to be replaced over time. A wax guard, often found on hearing aids, is a barrier to stop wax or debris from entering the speaker. If the guard becomes filled, the result may be decreased or no sound from your device. A microphone cover is a shield to protect the microphone; debris can build up on it, which can cause reduced sound quality.

The number one enemy of any electronic device is moisture. Submersion in water can cause immediate

damage. However, the long-term effects of moisture cause the most problems. Perspiration from the wearer or humidity in the environment can be collected by the device and cause corrosion and irreparable damage to the inside electronics. The aid may begin to function intermittently or restart on its own. A dehumidifier will absorb moisture from your device and prevent such corrosion. There are both non-electronic and electronic options that can be used with a range of hearing devices.

When you receive a hearing device, you should be given a user manual that provides written instruction for use and care of the device. In our technology-driven age, manuals can often be found online, as well as YouTube videos that show how to clean and maintain your specific device.

A hearing device is your investment in your hearing health; protect this investment by taking care of your device. Be sure to consult your reference manual and create a routine that will keep your device functional as long as possible.

*(excerpt from HearSay Chapter Newsletter, Lancaster PA, March 2019)*

**Not yet a member of HLAA? Come join our Chapter. See what you've been missing! Please see inside back cover page. Welcome!**

### **WANTED: Volunteer HLAA Rochester Chapter “Historian”**



Job description:  
Obtains scrap book.

Follows In Good Health, Post, Pennysaver, any other media for stories concerning our Rochester Chapter and/or its members. Clips stories, affixes them in scrap book.

Please contact

Suzanne Johnston Chapter President to volunteer.

[hlaa.rochester@yahoo.com](mailto:hlaa.rochester@yahoo.com) or, phone 585-266-7890

## **COCHLEAR IMPLANT GROUP MEETING**

Tuesday, Oct. 1<sup>st</sup>, from 1:30-2:30pm

*By Janet McKenna, MLS*

Are you a cochlear implant newbie (new user) or a wannabe or gonnabe (candidate?) Maybe you are exploring the whole cochlear implant experience.

Anyone interested in cochlear implants is welcome at the “CI Group’s” informal round-table meeting following the regular HLAA Chapter Meeting in the same place (St. Paul’s parish hall). And the Daytime Chapter meeting will be a rep. from Advanced Bionics speaking about “A Cochlear Implant—Now or Wait?”

Our CI Group session is planned with Jane Ledingham, Advanced Bionics, who will follow her morning talk with an informal Q&A small group session. If time permits, local CI users, **Fred Altrieth** and **Janet McKenna**, will facilitate an *open captioned* discussion. We hope to learn from each other as users of more than one implant. Contact [deaphyduck@gmail.com](mailto:deaphyduck@gmail.com)

## **NORMA HOLLAND – HLAA ADVOCATE**

*By Charlie Johnstone*

Norma Holland has left WHAM-FOX TV channels 13-31. Her last day was August 23rd. Norma has been a big supporter of our Chapter and people who have a hearing loss. Per an article in the D&C:

[Digital Hyve](#) co-founder and Chief Executive Officer Jeff Knauss said Ms. Holland will become the company's first director of community development.

We will miss her at WHAM. For more info - <https://www.democratandchronicle.com/story/news/2019/08/20/norma-holland-13-wham-tv-journalist-to-leave-station-rochester-ny/2059341001/>

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## **APHORISMS**

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

An Aphorism is a statement of truth or opinion expressed in a concise and witty manner.

- ◆ You know that tingly little feeling you get when you love someone? That's common sense leaving your body.
- ◆ Money talks ... but all mine ever says is good-bye.

Now, don't you feel better knowing what an aphorism is?

## **ASSISTIVE LISTENING DEVICE DEMO CENTER**

*By Charlie Johnstone*


This starts our third season! Thanks to the enthusiastic efforts of those involved, the Demo Center session on Thursday, September 19<sup>th</sup> was a great success!



Visitors were very appreciative of the attention and help they received. There are few places where people with a hearing loss can go to get instant help and quality free information! Lifespan's generosity in so many ways, combined with the hard work and contribution of so many volunteers really makes a difference!


The types of devices represented during the demo sessions include signaling-alerting devices, captioned telephones and personal assistive listening devices [with an emphasis on TV listening and coping with noisy environments]. This season, several new, lower cost devices will be demonstrated; including an app under development, a “Virtual Demo Center” that can run on Apple and Windows computers and Apple and Android smart phones.

The device center is open the 3<sup>rd</sup> Thursday of each month (except July and August). The next demo session at Lifespan, 1900 S. Clinton Ave. (Tops plaza) 14618 is Thursday, October 17<sup>th</sup>, from 10am to 2pm. Free. All are welcome!



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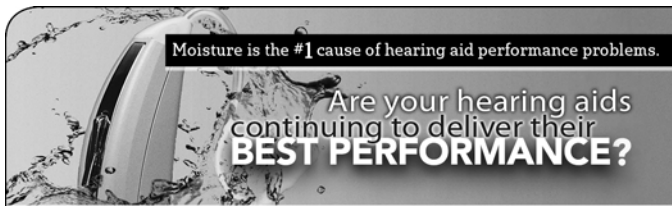
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**HLAA Membership Information**

Hearing Loss Association (HLAA) Rochester Chapter, Inc., a tax exempt and volunteer group, is a chapter of a national, nonprofit, nonsectarian, educational organization devoted to the welfare and interests of those who cannot hear well. We meet the first Tuesday of the month from October through June at St. Paul's Episcopal Church, East Ave. (September is 2nd Tuesday.) While our primary focus is directed toward hard of hearing, we welcome everyone to our chapter meetings whatever their hearing ability. For more information, Call **585 266 7890**

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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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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: <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**

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