

Telephone: (585) 266-7890 Email: info@hearinglossrochester.org Website: https://www.hearinglossrochester.org

Volume 38, Number 3

NOVEMBER CALENDAR & PROGRAMS

Featured Presentation

TUESDAY, NOVEMBER 5

NOON - 1:00 PM AT ST PAUL'S PARISH HALL AND ON ZOOM

Veterans Wellness. Please join us for our featured presentation Jeff Klein Wellness Programs Manager, of the Veteran's Outreach Center and has much to share about helping veterans. Jeff is also a new PAC member! Our chapter honors not only our 50 Veterans who are chapter members, but all Veterans who have served our country

Other November Meetings and Programs

TUESDAY, NOVEMBER 5

10:00 AM-11:00 AM IN PERSON, ST PAUL'S VESTRY ROOM: HOPE Session: 'Hearing Other People's Experiences' (HOPE); Joe Kozelsky CCC/A:

Prospective, new, or experienced hearing aid users informally share their experiences, questions, and hearing loss journeys.

11:00 AM - 11:30 AM AT ST PAUL'S PARISH HALL: Conversation and light refreshments.

11:30 AM - NOON AT ST PAUL'S PARISH HALL: CHAP-TER announcements and business meeting

TUESDAY, NOVEMBER 12

7:00 PM - 8:30 PM ON ZOOM: Board of Directors Meeting

WEDNESDAY, NOVEMBER 13

7:00 PM - 8:00 PM ON ZOOM: Stellar Supporters Meeting

TUESDAY, NOVEMBER 19

7:00 PM - 8:30 PM ON ZOOM: Cochlear Implant Group

WEDNESDAY, NOVEMBER 20

7:00 PM - 8:00 PM ON ZOOM: Speech Reading Class #101: Given by Suzanne E. Johnston, MA., CCC/SLP Board Certified/NYS Licensed Speech/Language Pathologist. If you are registered for HOPE in the Evening, you will be notified of the Speech Reading Classes. If you are not, you may register at hearinglossrochester.org.

THURSDAY, NOVEMBER 21

10:00 am - 2:00 pm - ASSISTIVE LISTENING DEVICE

DEMO CENTER. Technology Team. In person. Lifespan, 1900 South Clinton Avenue

View and try out a selection of assistive-listening devices before actually buying them. Included are captioningcapable and amplified telephones, signaling-alerting devices

(Continued next column)



November 2024

Leader's Letter

by Art Maurer, Past President

Last month's Leader's Letter overviewed many activities of our Chapter...an impressive array of activities fo-



cused on Better Hearing we can be proud of. So, what's the problem? By grasping many of the opportunities new hearing technologies and communications offer we've increased the scope of our workload significantly to the point where we've become somewhat overextended. Our long-term well established HLAA focus of Support through socialization

and education of hearing aid and Cochlear Implant users is being extended into more involvement with folks who are considering getting hearing aids and assisting folks who don't have hearing aids and perhaps can't afford them. Unfortunately, with many long-involved members being older, the ravages of aging have not been kind... we've lost some key coordinators who kept our allvolunteer organization on track for years. And family commitments and caregiving also intervene.

(Continued on page 2)

and smart phone APPs related to hearing enhancement. Chapter members stand by to answer your questions.

Tuesday, November 26

8:00 - 9:00 pm on Zoom: Hear Together: Kristin Bergholtz CCC/SLP./Carly Alicea Au.D/Ph.D

Speech language pathologist Kristin Bergholtz conducts a virtual support group with audiologist Carly Alicea.

For parents and caregivers of Deaf/hard of hearing children. Learn more about your child's hearing loss, services to benefit them, and tips to support their language development. To register, contact **kristinbslp@gmail.com.**

Please check our Chapter Website hearinglossrochester.org for any changes

REFRESHMENTS

We appreciate our members who have volunteered to bring refreshments to our November 5th meeting: Mary Chizuk, Nancy and Doug Meyer, Mary Ann and Paul Stager, Marlete Sutliff (Continued from page 1)

A few years ago we took the listing of all our service offerings and created an organization chart. It segments the workload into five divisions. The intent is to define the tasks to be performed into manageable bounds that can be performed with reasonable time and effort commitment, so no one is overburdened. However, several of our volunteers, dedicated to keeping all endeavors on-track, find themselves working multiple jobs.

The Divisions currently are: Support Services, Education and Outreach, Technology, Administrative, Board and Officers.

Let's look at Education and Outreach. It has nine segments: Presentations (Adult Living and other gatherings), Legislative (Advocacy), Marketing, E&O Coordination, Chapter Programs, Houses of Worship, Libraries, and Community Memberships (GRAPE*, the Monroe County CDAC*, etc.). While some are now addressed by an individual, it is best if each is addressed by a small committee. Hopefully participants have a passion to have impact in their area of interest...and all do not need expertise in hearing loss. In fact, having fresh minds on a subject leads to out-of-the-box thinking and creativity. Or how about the Administrative Division? It's heavily populated with the back-room functions needed to keep our organization running: Scheduling and Filing, Coordination across committees, Lining up newsletter articles, Special Event Planning, Zoom Session Scheduling, Media Management (website, press releases, social media, e -memos & e-blasts), Chapter Phone Line, Awards

Many of our members are concerned that they don't know enough about the physiology of hearing and hearing aid technology to volunteer. But as you can see above the work to be done requires a lot of process oriented pre-and-post coordination and followup. A significant side-benefit is meeting and working with intelligent and dedicated coworkers.

As I wrote last month, 'Don't let lack of experience stand in your way'.

If you have any interest in becoming more involved so we can sustain our vibrancy into the future please contact Suzanne Johnson, Sue Miller or myself.

We promise to channel your involvement to your area of interest and to limit the scope, so any commitment does not become overbearing.

*GRAPE Greater Rochester Area Partnership for the Elderly *CDAC Community Diversity Advisory Council



Stellar Supporters Meet on November 13

By Sue Miller

Our Stellar Supporters are all those amazing volunteers who are not board members.

This dedicated group of HLAA Rochester Chapter members gather for Zoom meetings 4 times during our program year. This provides an opportunity to share their ideas on how to make our chapter even better than it already is.

Watch for the link to our next Stellar Supporters meeting on November 13th from 7:00 pm to 8:00 pm.

HLAA New York State Association Report

by Peter Fackler, President -- Board of Directors



Two Walk4Hearing events took place in New York State in September. As of this writing (09 28 2024) the New York City W4H raised \$102,676 while the nearby Buffalo event raised \$14,799. Net proceeds are shared between national HLAA and local chapters and

affiliates. Reports from the sites are that the crowds were enthusiastic and very much engaged in advocacy for people with hearing loss.

At this writing, the Board of Directors is preparing for its meeting set for Saturday October 5, 2024. A full report will be included with next month's newsletter.

Did you know that you are likely a member of Hearing Loss Association of America – New York State Association? The bylaws provide that all members of chapters located in New York State are automatically members of the Association along with HLAA national members who reside in New York State. The recent expansion in the bylaws of the membership definition has created the need for a committee to keep track of the membership contact information.

HLAA-NYS members are invited to the Association's annual meeting via Zoom connection which will take place this year on Saturday morning December 7. Mark your calendars, more information to come via direct-toyou e-mail message.

My Story

By Steven Barnett, M.D.

As a medical student in Newark NJ in the 1980s, I became interested in communication challenges in healthcare. After medical school, I went to Madison, Wisconsin for residency in Family Medicine. One person that I worked with from the hospital staff was teaching a sign language class – he is hearing and has family members who were Deaf



sign language users. I took the evening sign language classes and visited the local Deaf Club's events in Madison. My residency program taught me about community-engaged public health research. I worked with faculty, other residents, and members of the Madison Association of the Deaf to create a health education program based on community members' health priorities. My department chair in Wisconsin was previously department chair of Family Medicine at Highland Hospital in Rochester. My chair encouraged me to go to Rochester for an academic fellowship.

In Rochester, outside of Highland Hospital, I connected with The Health Association's program called MCAHI: Monroe County Association of Hearing Impaired People, and they invited me to join their advisory board (I served 1994 -2000). I was also part of an outpatient family medicine practice at Folsom Medical

Hospital Task Force Followup...

by Art Maurer

Feedback on the October Chapter Meeting presentation of the Hospital Task Force has been very positive. The new TOGOBAG was introduced with an explanation of content and use in detail, and the video titled *The Importance of Communication Access to Adults in Hospitals* developed by students at Nazareth University was premiered – it describes the positive impact for the patient as well as the value to hospitals. Recordings of both are viewable in the Chapter Meetings section of our hearinglossrochester.org website.

The Task Force will focus next on conducting a live field test of the package of technology and training we are developing in a hospital. Engaging a hospital to consider such a test has proven to be challenging.

We are also beginning to consider how best to measure effectiveness of communication with the patient having hearing loss when the package of equipment we are assembling is in use.

We are always open to comments and suggestions. And if you are interested in joining into the work of the Task Force please contact me at **amaurer40@frontier.com** or 585-721-5943. Center in Rochester on Brighton Henrietta Town Line Road, in 1999, and then again during 2002-2007. Many of my patients at Folsom were Deaf or had hearing loss. I also connected with people at National Technical Institute for the Deaf (NTID), one of the colleges at Rochester Institute of Technology (RIT).

My connection with HLAA-Rochester began with NTID's Jim DeCaro (named RIT Dean Emeritus in 2009) asking me to join the HLAA-Rochester Professional Advisory Committee (PAC) – I served on the PAC 2006-2008. I joined the HLAA-Rochester Board of Directors in 2011. I met others connected with HLAA-Rochester from my research roles in the University of Rochester and worked closely with members of the Healthy Living with Hearing Loss Community Committee (HL2), including on the development of the Workplace Toolkit pilot study.

My family, spouse Francine and son Elijah, participated in many HLAA-Rochester events. This includes the Walk for Hearing in Rochester at Perinton Park. Elijah sometimes walked, sometimes was carried, and sometimes he just played on the slide or climbed things. Our family's W4H shirts, bright yellow with black letters, had the "four bees," from one of Elijah's favorite children's books. We also remember times at Sue Miller's house on the lake, and Elijah becoming the youngest dues-paying member of the HLAA-Rochester chapter. Elijah is now in college.

Brochures and OTC Tip Sheets in Spanish By Art Maurer

The new Monroe County Community Diversity Advisory Council has been formed to expand and coordinate diversity efforts in our communities. HLAA-Rochester is a participating member.

The CDAC has provided translation of our Brochure and Over the Counter Tip Sheet into Spanish. We have collaborated with them to place the Spanish into our graphics and print-ready formats for printing by the County.

This raises the question regarding distribution of Spanish brochures and OTC Tip Sheets throughout our nine -county region and beyond. With OTCs and inexpensive assistive listening devices being available the opportunity is present to address groups never approached before by HLAA. Many Spanish speaking farm workers live in our region .

Also, do we have enough Spanish speaking members to consider reaching out? Your suggestions and comments on making material available in Spanish are most welcome. Contact me at

amaurer40@frontier.com or 585-721-5943.

Receivers for Inductive Assistive Hearing Loop Systems in Houses of Worship

By Eric Matson

Our recent Chapter survey happily disclosed that our area has MANY houses-of-worship with working inductive hearing loops, BUT no way for many participants to benefit.

About 25% of working adults and 70%+ of retired folks have measurable hearing loss... a major portion of the subject gatherings. The challenge is that only about 1/5 have invested in helping technology, and many more lack the necessary "t-coil" option in their hearing aids to "receive" these systems' signals. Perhaps that helps explain some of the dwindling audiences and/or the number of closed eyes during the "words of wisdom" periods?

As a member of the Rochester Chapter of the Hearing Loss Association of America you have the opportunity to arrange for your group to receive a free "loop receiver", so that EVERYONE can listen to the loop signal, and discover its benefits. This "everyone" includes the House of Worshop staff, who would be able test the loop signal before services, even if they have normal, unchallenged hearing ability!

A few simple tips:

- The units are AAA or 9-volt battery-driven, so nobody needs to worry about recharging or electric outlets, (BUT, it's a good idea to have spare batteries readily available.)
- It's helpful to put a notice about the loop and borrow -able receivers in the location's bulletin and public announcements.
- Ushers and Greeters need to know about receiver location and operation.
- Location staff can contact the HLAA-ROC Chapter on hearinglossrochester.org or Eric Matson on pematson3@verizon.net with any questions, or if their system seems to be having difficulties.



Here's the process:

- Contact Eric Matson at pematson3@verizon.net with your name, the HOW name & location, and your willingness to sponsor half a kit's cost (see below)
- Ensure the site DOES have a working "loop"system, does NOT yet have any loan-able "loop RECEIV-ERS", and is willing to let Eric test that system for operational quality. Note that many sites have UN-USED loop receivers stored away (lost or "too technical" instructions), and that you can contact Eric to check them for use-ability at no cost.
- Arrange a time for Eric to test the working subject loop system.
- When all is in order, choose:
 - System source and cost. Sourcing new units from Amazon takes 7-10 days and costs about \$120 total (\$60 from you). Quality used/estate units

from eBay can take 14-30 days, but cost less... typically \$60-80 (\$30-40 from you). Eric will order and assemble all the equipment, and receive the remaining half-package cost from our Chapter.



- The layout and details of the system's dedication sign (honorariums, memorials, donor, etc., see photos)
- When ready, Eric will contact you and agree a date for presentation and staff usage-briefing.
- Each kit will include:
 - A working inductive loop receiver unit, for ANY-ONE to sample the available signals.
 - A choice of earphone or headphones (yes, folks ARE willing to wear them)
 - A jeweler's felted necklace display
 - A dedication/explanation placard (see photo)
 - A note to the site staff advising use and help info.
- You can make the presentation yourself, but Eric's attendance is recommended in case there are technical questions.
- Your cost would only be half of the device costs. Our chapter will cover the rest!

Hear Together: Parent/Caregiver Support Group

by Kristen Bergholtz, Speech Language Pathologist

Are you looking to connect with other parents or caregivers of children who are Deaf or Hard of Hearing (D/ HOH)? Join "Hear Together," our parent/caregiver support group! We provide a safe and supportive community for parents and caregivers to come together, ask questions, share insights, and discuss strategies for supporting the success of children who are D/HOH.

Our group is facilitated by a speech language pathologist, Kristin Bergholtz, and audiologist, Carly Alicea. We encourage parents to lead conversations, ask questions, and suggest topics of interest, ensuring that everyone can share and gather the information they need.

Participants have shared that they "have finally found their people" in our group, discovering deeper connections for themselves and their children. This group offers the opportunity for support, self-care, gratitude, and knowledge sharing to enhance the lives and success of children who are D/HOH.

Please email **kristinbslp@gmail.com** to receive meeting reminders and the Zoom information.

Join us on the fourth Tuesday of each month on Zoom from 8:00-9:00 pm. Closed captioning will be available. We look forward to seeing you soon!

Donations

Donations in Addition to Membership

Patricia Barclay Paul & Linda Boldin Barbara Bruce Catherine Clark John Curtis John Eckhardt Carl Ellis Kathleen Finch Arthur Fitelson Michelle & Stanley Gross Sharon Hoffman Christopher Husson Carol Jensen Suzanne & Wlliam Johnston Darlene Jones Ethan Kanter Joseph & Linda Kozelsky Denise LaTart Peter Leas Donations

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Bryan Law Carol Lindsey Teresa Ludwig Victoria Raymer Stan & Anne Refermat Kathy Vigna

Assistive Device Demo Center

Our chapter sponsors the Assistive Device Demo Center where our members and the public can see some of the latest devices available to help them with day-to-



day difficulties associated with hearing loss.

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. Chapter members stand by to answer questions.

Sessions are usually on the 3rd Thursday of the month. The next demo session is at Lifespan, 1900 S. Clinton Ave. (Tops Plaza) on Thursday, November 21st from 10 am to 2:00 pm. Sessions are free. All are welcome!

Buy Hearing Aid Batteries from HLAA

Our chapter offers hearing aid batteries at our monthly program meetings. You may purchase a pack of six for \$1.50, or an entire box (60 batteries) for \$15.00.

Open Door Mission Collection

The Open Door Mission is a Christian Rescue Mission founded on the belief that with proper resources hope can be restored and lives of impoverished men, women and children of Rochester, New York could be forever changed. Our chapter continues to support this vitally important community organization. Please bring any gently used items to our monthly chapter meetings .Marlene Sutliff has kindly agreed to deliver all items to the Open Door Mission as a gesture of thoughtful service from our chapter members.

Captioned Entertainment Around Rochester



JCC Center Stage - Tickets and information are available at www.jcccenterstage.org or (585) 461-2000. Please specify "Captioned Area". Tickets are \$35-40 with discounts for JCC members, full time students and seasonal

subscribers. All captioned performances are on Sundays at 2 pm.

The Little - The Little Theatre provides options for people with hearing loss, including hearing amplification headphones in all theaters. The hearing amplification headphones can also be used for descriptive listening.

Theatres 1, 2, 4, and 5, are equipped with Hearing Loop Systems. Personal captioning devices are available for all theaters. Please inquire at the box office.

The Little offers open caption screenings when available. Open captions mean captions are visible to everyone, and cannot be turned off. Open caption screenings are currently shown on Thursdays, along with the first matinees on Sundays (please note some films do not have an open caption version). You can find Open Caption shows via the little.org (listed in the showtimes on each film page), and on social media.

Roc Cinema has a hearing loop and some Saturday matinee movies are open-captioned.

HLAA Rochester Cochlear Implant Group Announcements

Bv Pete Fackler

Our Cochlear Implant (CI) Special Interest Group meets on Zoom, 4 times each year. We have people participating from across the USA.

The first meeting of the CI Group was held on September 26th and featured a Cochlear Americas audiologist reporting on the latest product and technology developments at the company.

The next program meeting is set for Tuesday November 19th from 7 to 8:30 pm EST. This session will be a pass the mic affair where the group engages in free flow conversation on whatever topics participants want to discuss.

The Tuesday February 18th 2025 program will feature Suzanne Johnston sharing her knowledge on aural rehab and its benefits for cochlear implant users.

The final program meeting for the year is set for Wednesday May 21st, 2025; the agenda for the meeting has not been set as of this writing.

To receive program announcements regarding our Cochlear Implant Group and to be invited to attend, interested parties should send an email to cochlearimplantgroup@gmail.com. You will become part of the list used for distribution of meeting Zoom Links and other communications. Anyone who has an interest can be a part of the cochlear implant group.

Other Theaters - Regal Theatres, Cinemark Theaters, AMC Theaters, and Movie 10 all indicate on their websites that they have closed captioning devices available by asking at the box office. The Strand Theater in Brockport, has individual displays on goosenecks available .



GEVA Theatre Center - Open Captioning for patrons with hearing loss is provided during the 1st Saturday matinee and both performances of the final Wednesday of each Wilson Stage Series production, and the

first Saturday matinee of each Fielding Stage Series production. When booking your seats, mention your interest in open captioning in order to secure the most advantageous view of the display on the right of the stage.

RBTL Live Theater - Open Captioning, made possible by HLAA, is offered during most 1 pm Sunday matinee subscription performances of the Broadway rbtl Season, and select other performances. A text display scrolls words in synchronization with the dialogue and lyrics of the show. Reserve seating in view of the captioning screen in advance or request open captioning for unlisted events, 585.222.5000 or mail@rbtl.org.

Happy Birthday in November to: 5 Bob Slocum 14 Don Bataille 19 Bill Marshall 20 Benjamin Augustine 23 Cindy Kellner 25 Bruce Nelson 27 Ron Smith

Instructions For completing the Personal Health File:

When preparing to go in for a hospital stay, what to take? And how can I be prepared ahead of time in case I have to go in unexpectedly?

The Chapter's Go-To bag (available at meetings) and our website include recommendations for what you need to take. But the most important information for the hospital is your Health File. A version is included here. Please make a copy or download it from **hearingloss**rochester.org, update it, and perhaps load it onto your SmartPhone and share with your spouse/significant other, or others (electronic copy, or even a picture of each page.)



To G	io Bag	: Personal	Health File
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Demographic Informat	tion			
Patient Name:				
Address:				
Phone: Home:	Cell:			
Special Needs				
Hearing Loss: Hearing	Aids: 🗆 Right 🗆 Left 🛛 Cochlear Imp	lants 🗆 Right 🛛 Left		
Vision: Corrective Lens	es: Distance: 🗆 Yes 🗆 No Reading:	🗆 Yes 🗆 No		
Last Review Date:	additional sheet if necessary			
Name:	Address:	Phone:	Contract#:	
Contact information 2 Last Review Date:				
Contact #1: Relationship:		Contact #2: Relationship:		
Name:		Name:		
Address:		Address:		
Phone: Home:	Cell:	Phone: Home:	Cell:	
Primary Care Provider		Pharmacy		
Name:		Name:		
Address:				
Phone: Home:		Phone:		
	edicine, Food, Environment			
Name of Allergy Reacti	on, i.e. Rash, dizziness, difficulty brea	athing etc.		

Medications: List on an additional sheet: Last Review Date Name Name of Medication Dosage (i.e. mg, oz) Route by: :mouth, nose, eyes, injection, skinlocation, etc. Number of tablets, capsules, inhalations, sprays, drops injections, etc. Time of day (i.e. before breakfast, after meals) / Number of times per day Prescriber

Past Hospital Admissions: List on an additional sheet:

Last Review Date Hospital Name Year Reason for Admission

Past Surgeries Last Review Date: List on an additional sheet: Type (i.e. Knee Replacement, Appendectomy, etc.)

Year Hospital/ Surgical Center Name

Instructions For completing the Personal Health File:

Update each category including Dates on your electronic copy. Copy the file(s) to your smartphone if possible Print a paper copy if possible. In case of electronic failure.

Everyone should complete in advance especially when healthy and before traveling. Emergency Personnel may need this asap. We recommend spouse or significant other shares this information in each other's Smart Phones in the event one person is unable to respond to medical questions.

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October 2024





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Honorary: Joe Kozelsky Past Honorary Board Members: Joe Damico and Jeannette Kanter

HLAA Membership Information

Hearing Loss Association (HLAA) Rochester Chapter, Inc., a tax exempt and volunteer group, is a chapter of a national, nonprofit, nonsectarian, educational organization devoted to the welfare and interests of those who cannot hear well.

We are currently meeting in person and online via Zoom. See our website at

hearinglossrochester.org

to register for the online access.

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

For more information, call

585 266 7890 or see hearinglossrochester.org

Professional Advisors Sue Miller, Chair

2023-2025: Jeff Klein Jennifer Popovich Korin Reynolds Betsy Runnion, Ph.D.

2024-2026:

Paula Brown, Ph.D. Meghan Fox, PsyD William Marshall John McNamara, AuD.

Consultants: Medical - Paul Dutcher, M.D. Technical - Charles Johnstone Legal - James Vazzana, Esq.

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<u>Newsletter</u> Newsletter deadline: first day of the month preceding the issue month.

Bruce & Candi Nelson, Editors 120 Cobblestone Dr. Rochester, NY 14623 585-334-5513 editor@hearinglossrochester.org

HEARING LOSS ASSOCIATION OF AMERICA

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- Get involved in important local and national advocacy initiatives

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https://www.hearingloss.org/make-an-impact/hlaa-membership

or send your donation, with your name, address, phone number, and email address (if any) to 6116 Executive Blvd, Suite

320, Rockville, MD 20852

CHAPTER MEMBERSHIP FORM HLAA-ROCHESTER Membership year: July 1 - September 30

I want to join as a first-time member I want to renew

All members receive the 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 of \$10 or more.): Basic/Individual Dues, \$10• Basic/Family Dues, \$20 Corporate*\$50• Friend* \$25• Partner*\$50, Supporting*\$100•Donation, \$

□ Veteran COMPLIMENTARY (Free lifetime chapter membership for veterans with hearing loss). Branch of Service: _____

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City/State/Zip:		
Phone (home):	(cell):	
Email:		

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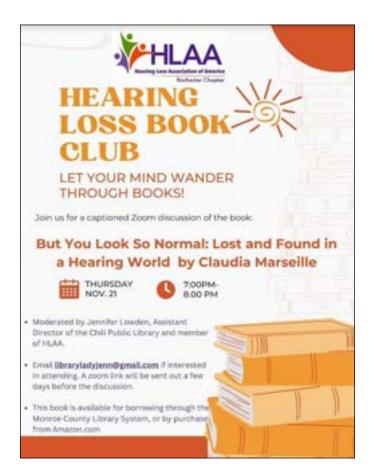


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Please deliver by October 29, 2024





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Our Meetings are Hearing Accessible

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

All meetings are <u>audio looped and captioned</u>. Our chapter meetings will also be streamed on Zoom, with captioning. See our website at **hearinglossrochester**.org to sign up for access to all future meetings. Please register at least 24 hours before the first meeting you wish to attend, so that you will receive the link by email.

Everyone, with or without a hearing loss, is welcome to join our meetings online or in person.