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Volume 30, Number 3

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November 2016

November Calendar

Tuesday, November 1, 2016

10:15 am – HOPE Session–Vestry Room NEW TIME
(see pages 2 & 5, for more info.)

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

Sun., Nov. 6th – Daylight Savings Time Ends

Tues., Nov. 8th – BOD meeting, 7-9pm
1st floor Conf. Room, Al Sigl Center

SAVE THESE FUTURE DATES

Tues., Dec. 13th – BOD meeting, 7-9pm, ASC

WEATHER – During the winter, the rule to follow for cancelations of meetings is: IF THE ROCHESTER CITY SCHOOL DISTRICT IS CLOSED, OUR MEETINGS ARE CANCELED. (No other notification will be made.)

Hospitality Duties for November:

Daytime Meeting – Gloria & Steve DeMeo,
Art Maurer, Al Suffredini

Evening Meeting – Kelly Barrett, Barb Law
Board of Directors –Margaret Cochran, Barb Law,
Cathy Lee

**WELCOME BACK MEMBERS, AND,
WELCOME ALL NEWCOMERS TO HLA!**



NOVEMBER PROGRAMS

(At St. Paul's Church, East Ave. & Westminster Rd. 14607
Enter only thru Westminster Rd. door.)

Tues., Nov. 1st – 10:15 – 11am; Vestry room.

**HOPE (Hearing Other People's Experiences)
session - Joe Kozelsky, MS, abd, CCC/A (ret.)**

Retired audiologist and hearing aid user **Joe Kozelsky** moderates a question and answer group for people considering hearing aids and those using them. Join us and share your hearing loss journey and learn from others. (see page 5.)

Tues., Nov. 1st –Daytime Meeting 11:00am

"Stay Safe" - Officer Garth W. Mitchell, RPD

"Arrest in Xerox slaying"- "Houston gunman's rampage ends with suspect dead" - "Washington mall shooting suspect appears in court." Lacking one critical warning sense--sharp hearing--people with hearing loss are at increased risk of being victimized by violence. Can it be avoided? Officer Garth Mitchell, a 27-year veteran of the Rochester Police Department, advises on how to "Stay Safe." He is a crime prevention officer in the Goodman Section, having risen through RPD ranks as a patrol officer and SWAT Team member.

(continued on page 2)

Tues., Nov. 1st – Evening meeting – 7:00pm

“THE AMERICAN CIVIL WAR THROUGH DEAF EYES” – Harry G. Lang, Professor Emeritus, NTID

Author of ten books on Deaf history and education, Dr. Lang will reveal the involvement of Deaf people during the Civil War on both the Union and Confederate sides. They served as soldiers, militia members, newspaper journalists, and poets. He asserts that Deaf civilians fought “in the shadows,” contributing meaningfully but mostly unrecognized.

HLAA-Rochester chapter meetings are held in the Parish Hall at St. Paul’s Episcopal Church, East Avenue at Westminster Road, across from the George Eastman Museum. Enter thru the Westminster Rd. door. All programs are audiolooped and captioned. Those needing a sign language interpreter for an evening meeting only, please see cover page.

The Hearing Loss Association of America opens the world of communication to people with hearing loss through information, education, support and advocacy. For more information visit www.hlaa-rochester-ny.org. or telephone 585 266 7890.

The Rochester Chapter is a dynamic group of individuals working together as a team. To join, see inside last page. HLAA has a support network of organizations—Bethesda, MD; State organizations; and, local Chapters. Welcome!

HOPE SESSIONS

By Joe Kozelsky

Some subjects discussed at recent HOPE sessions held ahead of our monthly Chapter Meetings:

- Trouble hearing in background noise in restaurants.
- Assertiveness and the importance of stating that you need assistance or special consideration.
- Possibility of getting a hearing aid for the “bad” ear. Pros and cons.
- T-Coils.

Plan to join us at **10:15am Tuesday, November 1st**, in the Vestry Room, ahead of the Chapter meeting.

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 new PAC members:

KRISTEN NOLAN, MS, CCC-A



1998 Bachelor’s of Science from Nazareth College.

1999 Master’s of Science from SUNY Fredonia.

Sept. 1999 started working at Rochester Hearing and Speech Center as an audiologist, where I specialized in difficult to test

patients, auditory processing, and young children. I ran the nursing home program, while serving 4 different nursing home. I also ran the assistive listening devices program called HearTech. Industrial testing once a week.

After 15 years at RHSC, a change was needed. In December 2014, I moved to Sounds for Life with Ramona Stein.

I live in Chili with my husband of 18 years. We have two active children. Our son, Aidan, is 13 years old and is an avid baseball and paintball player. Our daughter, Rhyann, is 10 years old and is an open champion Irish Step Dancer for the Rochester Academy, and a gymnast. When I’m not driving my children hither and yon, I enjoy spending time at our house on Cranberry Lake, swimming, going to the movies and reading.

(Editor Note: Kristen has been an active lecturer at our chapter meetings for many years!)

In January 1845, Congress decided all national Elections would be held on the first Tuesday after the first Monday in November.

(from D&C 1/18/15)

SUCCESSFUL WALK4HEARING

By Carol Loftus

Indeed, on Sunday, October 2nd, our chapter's WALK4HEARING welcomed about 225 enthusiastic walkers to a sunny morning at Perinton Park in Fairport. It all begins with **Dan Brooks** and family members emptying trucks with EZ-up canopies, banners and signs followed by tables and chairs making way to their assigned locations. It doesn't end there for the Brooks family! Outstanding job by Dan and his crew--family members, **Bill Cochran and Gerry Loftus**.

Gerry Loftus managed signage from O'Connor Road to parking areas and around the Event. Many complimented the amount of signage. Volunteer Scouts from Troops 31 and 207 provided invaluable assistance with set up and cleaning. I must thank **Sister Veronica Casey** and the Sisters of Mercy. Their prayers for good weather are always met. Thanks to **Don Bataille** for looping our main area.

Upon registering, all walkers were given a 'thank you' WALK4HEARING pad and pen; walkers who collected donations of \$100 or more received a Walk T-shirt, and walkers with \$500 in donations earned a WALK4HEARING umbrella. Many were double winners. Quite the exciting area to be at. Great job done by **Doug and Nancy Meyer, Janet McKenna and Jeanne Byrnes**. Thank you to Ann Rancourt, national NE coordinator. To that, a grateful thank you to ALL walkers for their support.

Our T-shirt gals worked closely with Registration to be sure walkers received earned shirts. Thank you to **Carol Bradshaw and Barbara Gates**.

The Lodge food tables were filled with an array of breakfast treats--coffee, tea, gluten free foods, apples, Cole & Parks cookies--to name a few to be enjoyed by all. All of this presented by a great team of food volunteers--**Trish Prosser, Cindy Sattora and Gloria DeMeo** led by **Barbara Law**.

Children's Activities, under the direction of **Sherri McCarthy**, was a huge hit. Sherri had about 70 delighted youngsters enjoying various Fall projects--sand art, bracelets, airplanes, and decorating

pumpkins--all while enjoying their own special treats and beverages. Add to that, face painting and animal balloons. All youngsters selected a pumpkin to take home for decorating. Great work by Sherri and her volunteers. A complimentary Child ID Program was provided and 36 children took advantage of this important program.

Our Silent Auction provided various baskets and packages filled with awesome selections to bid on. Donations were made from local restaurants, theatres, hair salons, Trader Joe's, Lori's and many more. A lot of work putting this together. Once again, no disappointment from **Mary Chizuk** and her volunteers.

Membership and Student Board volunteers spoke with many and handed out valuable information about the Rochester Chapter. Hopefully, we'll have a few new HLAA members and also new students joining the Student Board. Appreciation to **Margaret Cochran and Suzanne Johnston** for sharing great information with attendees.

The HLAA Information table had an assortment of literature for those wishing to learn more about HLAA. Many thanks to **Kathy Curre** for speaking with many walkers about HLAA.

Not to forget, while all of this was going on, we were entertained with music by **Bryan Law and Chad Ayers**. Nice job guys! And, grateful thanks to **Art Maurer** and Betty DePrez for their photography efforts!

Then our Program. We were honored with the return of Ginny Ryan, WHAM TV Channel 13 Anchor/News Reporter, as our Walk Emcee. Michael Barker, Perinton Town Supervisor, welcomed everyone to Perinton for a great morning walk along the Canal. **Dr. James DeCaro** could not be with us so we appreciated his message from his wife, Pat. Jennifer Hanrahan, Monroe County Airport Assistant Director & Marketing/Public Relations, spoke of new changes to come to our Airport. A few words were spoken by representatives of HLAA National Sponsors: CapTel, MED-EL and ClearCaptions.

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RBTL LIVE THEATRE—CAPTIONED!

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

“Cirque Dreams Holidayze” – Dec. 18
 “The Sound of Music” – March 5
 “Wicked” – April 2
 “Cabaret” – May 7

Tickets become available 6 weeks in advance of each show. Request seats in “open captions” viewing section. Call 222-5000; email, info@rbtl.org.

GEVA THEATRE – CAPTIONED PLAYS !

SAT. shows 2pm; WED. 2pm & 7:30pm
 *unless otherwise indicated

“**Funny Thing Happened on Way to Forum**” - Wed. Nov. 2

“**Mother (and Me)**” – Sat. Nov. 5 @ 2:30pm

“**A Christmas Carol**” – SUN. Dec.4 @ 4:30pm;
Tues., Dec. 20 @ 2pm and 7pm

“**Sylvia**” - Sat. Jan. 14; Wed. Feb. 1

“**The Lake Effect**” - Sat. Feb. 4 @ 2:30pm

“**Guess Who’s Coming to Dinner**”
 Sat. Feb. 18; Wed. March 8

“**Private Lives**” - Sat. March 25; Wed. April 12

“**Sex With Strangers**” - Sat. April 15 @ 2:30pm

“**Other Than Honorable**” - Sat. April 29; Wed. May 17

“**Million Dollar Quartet**” - Sat. June 3; Wed. June 21

Call the Box Office at 232-4382. Ask for seats in the “open captions” viewing section.

Newsletter Deadline

Monday, Oct. 31st
 (for the December Newsletter)
 Email: ggraham859@gmail.com

JCC CenterStage – Captioned Plays! NEW

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

--My Son the Waiter – Dec. 11
 --The Hit Makers – Feb. 19
 --The Flick – March 5
 --Titanic, the Musical – May 14

Tickets and information are available at 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 HLA:**

--Phyllis & J. Stuart MacDonald Estate
 --Dr. Ruth P. Oakley Estate
 --Mary Tuckley Estate
 --United Way Donors

In Honor of Janet McKenna

Karyl Friedman

Donation Above Membership:

Jean Cristantello
 Mike Rudnick

Thanks to all who have renewed their membership. If you haven't yet, please consider a donation when you renew your membership. Thanks so much!

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. And, be aware, that “the nasal spray version is not recommended for the coming flu season because it doesn't offer much protection” –Advisory Committee on Immunization Practices at CDC. (R.Vienne, D&C 9/24/16)

PRESIDENT'S COLUMN

...will return next month. Stay tuned.

INDUCTION HEARING LOOPS AT WEGMANS

(excerpt from BIG newsletter, Fall 2016)

The loops are always on where they are installed and the employee at the looped station does not have to do anything special for you to use the “Hearing Hotspot.” Simply switch your hearing aid or cochlear implant processor to T-coil mode. The induction loop transmits a crisp and clear sound directly to your device, allowing you to hear conversation without any background noise. Please note that the looped area is only large enough to accommodate one customer. At the service desk and pharmacy, it is best to stand directly in front of the register. In the checkout lane, position yourself in front of the check-writing stand. If you are not hearing the signal, move a little one way or the other.

There is a small microphone at each station, either sitting on the desk or attached right to the check-writing stand. Ensure the microphone is pointed toward the employee at the station. If you are still not hearing the signal, please let the store know that it may not be working correctly. As Wegmans completes the process of installing these loops and educating their employees, please thank them and let them know that you are trying to utilize the Hotspot and how the experience was for you.

How wonderful it is for the Western New York community that Wegmans has taken the initiative and incurred the expense to install hearing loops, allowing customers with hearing loss an easier way to communicate while shopping in their stores. Please visit Wegmans and try their new “Hearing Hotspots.” Thank you, Wegmans!

OUR FOUNDER, “ROCKY” STONE

(excerpt from Hearing Loss California –Fall 2016)

FOUNDER Howard E. “Rocky” Stone, 1925-2004. Because there were no services for hard of hearing people, Rocky Stone founded the organization Self Help for Hard of Hearing People (SHHH) in 1979. The thinking behind the self-help philosophy for SHHH was to enhance each of us as human beings.

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HOPE SESSION!



Do you wear a hearing aid? Come to HOPE (Hearing Other People’s Experiences) and share your experiences in order to help others who wear hearing aids and those considering getting hearing aids.

Do you think you need a hearing aid? Hearing aids do not restore normal hearing, but they can improve your hearing by amplifying and refining sounds. Hearing technology is moving fast and each year brings tremendous advances to help people hear better. Many of today’s hearing instruments allow users to hear from all directions, in all sorts of sound environments.

Are you unsure of what your next step should be? Don’t be swayed by advertising that promotes invisible devices. Those tiny hearing aids may not have enough power for your hearing loss. Further, a poorly programmed hearing aid could cause you to conclude hearing aids do not work for you. Before buying a hearing aid, educate yourself. Information is power. Hearing aids vary greatly in price, size, and features.

The moderator for these sessions will be **Joe Kozelsky, MS, abd, CCC/A (Ret.)**, recently retired audiologist and a long-time hearing aid user.

Bring your questions to HOPE and--Hear Other People’s Experiences...and...share yours!

Please join us for this interactive program. Your experiences can make a positive difference to others. Other people’s experiences can be helpful to you. Join us for some peer support.

HOPE will meet from 10:15 – 11:00am, in the Vestry Room.

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

Business meeting-- 11:30 – Noon.

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

(with permission from HLAA Fox Valley Chapter, Appleton, Wisconsin)

IF YOU MOVE

Please don't forget to notify **Cathy Lee**, at 22 Erie Manor Lane, apt.#6, Henrietta, NY 14467, or, via email at, cathy_lee@rochester.rr.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.

“**Sonic Super Ear**” an inexpensive version of a pocketalker and is being used in hospitals for communication access. (Arlene Romoff 9/20/16)

Elise de Papp, M.D. looked this up on Amazon. It is not used with, or instead of, hearing aids. It's the kind of thing the National Academies report is saying we could recommend for people who don't want to buy HAs and have mild hearing loss.

“Sonic Super Ear” is considered a budget personal listening device. Because of its low price and separate microphone and traditional headset, it is suitable for personal and institutional use. (Michelle Gross)

“**Sound Assistant – Personal Sound Amplifier from Sound Product**” is another product which is suitable as a low cost personal listening device.

Because sound quality may not be the best with budget systems and there may not be features such as tone controls, it's important to try out these devices to determine if you are planning on using them on a regular basis (Michelle Gross).

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

LIKE US ON FACEBOOK !

By Jenn Hurlburt

Are you on Facebook? If so, please be our friend. We currently have **267** friends and we want more. Find us at: **Hlaa Rochester Ny**

HLAA-Rochester's Holiday Good Deed



Both daytime and evening meetings will feature a Holiday gift box of personal care items destined for homeless people at the Veterans Outreach Center in Rochester.

What can you contribute?

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

Their current desperate need is for socks, underwear, neck ties, shirts—anything to make a professional appearance at a job interview. Also, shampoo, conditioner, hair spray, comb/brush, soap, deodorant, feminine sanitary items, mittens/gloves, scarves, toothpaste/toothbrush, shaving cream, body powder, single pack tissues, etc.

Please bring your donations no later than our December 6th chapter meetings.

No need to wrap your gift!

Thank you in advance for your generosity.

We Welcome All Donations

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

Mail to: Ms. Joanne Owens, 1630 Woodard Road,
Webster, NY 14580

Be sure to designate:

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

And who to send the Acknowledgment to. Thank you.

MOMENTS IN TIME:

On Nov. 20, 1923, the US Patent Office granted a patent to inventor and newspaperman, Garrett Morgan, for his three-position traffic signal. By having a third position besides just "stop" and "go," it better regulated crossing vehicles.

(from Genesee Valley Pennysaver)

VENUES WITH ALS OR CAPTIONING

By Tim Whitcher

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

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

SUCCESSFUL WALK4HEARING (continued)

In ending our Program, **Carol Loftus**, Walk Chair, presented gift cards to the Top Fundraising Team, Buffalo Hearing & Speech Center; and, to the Top 3 Fundraisers--Kenneth Mersimovski and Bill Hildebrant from BHSC Team, and **Elise dePapp, M.D.** from Rochester Say What Team. Meg Blinzler, on the BHSC Team, was our Raffle winner for registered walkers. Upon receiving her \$100 gift card, Meg shared a few words about her enthusiasm for the Rochester Walk.

With that, Ginny Ryan then led some youngsters to begin our WALK4HEARING. THANK YOU to ALL walkers, volunteers, sponsors, speakers, interpreters and Ginny Ryan, our Walk Emcee.

Please Note: Anyone wishing to donate to the WALK4HEARING may do so to December 2nd. Your donation will be gratefully welcomed when mailed to: Gerry Loftus, 21 Lookout View, Fairport, NY 14450

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; or, (585) 671-2683

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. CaptionCall has been a blessing in providing true access for everyone in our chapter...We thank you!

We also owe a huge debt of thanks to **Bruce Nelson** and **Tim Whitcher** for overseeing the technical set-up needed for this service. Without their dedication in attending *all* meetings, this would not happen!

WEBSITES OF INTEREST

Our award-winning Chapter website is: www.hlaa-rochester-ny.org. **Michelle Gross** is our Web Master.

HLAA National website is www.hearingloss.org.

Our web master, **Michelle Gross**, has a suggestion for an online place where people share info, ask questions or provide answers/solutions, etc. It is called "Hear Peers" and is an online forum for people with CI's. <http://forum.hearpeers.com>)

The city debuted a webpage during Deaf Awareness Week focused on info about accessing city government and resources 'for the deaf' community at www.cityofrochester.gov/deafresources.

(submitted by Barbara Kelley)

"Hidden Heroes" – <https://hiddenheroes.org>

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

LIBRARIES – OUR CHAPTER SUBSIDIZES

(suggested by Fred Altrieth)

Our chapter subsidizes some of the local libraries with membership in National. The library receives the national Hearing Loss Magazine and displays it (with a sticker giving credit to our chapter). The magazines are on file for the current year. Central, Fairport, Henrietta, Irondequoit, Penfield, Pittsford, and Victor Libraries. And recently added is Wood Library in Canandaigua.

VETERANS DAY – November 11th...

...when veterans of the armed forces are honored and celebrated in the US. People confuse Veterans Day with Memorial Day. The distinction between the two—Memorial Day, celebrated in May, is a day designated for remembering service men and women who died while in service. Veterans Day, observed in November, honors all military veterans.

(excerpt from GVPennysaver 10/9/15)

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

OUR FOUNDER “ROCKY” STONE (cont.)

Hearing loss was an important but secondary consideration. Once we accept responsibility for ourselves, we have to learn to love ourselves, and then, each other.

SHHH was renamed Hearing Loss Association of America (HLAA) in 2006. Today, HLAA is the premier consumer organization for people with hearing loss. The HLAA mission is to open the world of communication to people with hearing loss through information, education, support and advocacy.



HEARING HEALTH NEWS

A magazine worth subscribing to....

(submitted by Fred Altrieth)

Table of Contents from Hearing Health
E-News: June 2016

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[CI Limitations Revealed](#)

[Focus on People Awards](#)

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[Brain Awareness Month](#)

[Hearing Loss and Autism](#)

[Mouse Model for Regeneration](#)

["No Excuses!"](#)

To subscribe to Hearing Health, go to:

www.HHF.org.

COCHLEAR IMPLANT GROUP

By Janet McKenna

The CI Group is at a crucial point in its existence. At a gathering after the Oct. 4 chapter meeting, the six people there decided to hold one more meeting following the April 4, 2017 chapter meeting from 1:15 to 2:00pm. It will be a discussion round table exchange of experiences. Our group's mission has never been articulated. Is it to reach out to community members seeking or inquiring about CI's?-- to support new CI users?--to exchange information among long-time users?—or, all of the above?

Previous meetings were held evenings. Attendance has fallen off significantly. If neither interest in our CI Group nor newer CI users are evidenced, it is feared that our group will disband.

We hope to see you April 4th.

Subject of Dec. 6th Chapter Meetings:

Daytime –“Relationships with Family & Friends”- Nancy & Doug Meyer and chapter members

Evening - “Ask the Audiologists”

HISTORY OF HLAA...

*(excerpt from Colorado Newsletter, Oct. 2014;
By Debbie Mohney)*

November is recognized as HLAA anniversary month...

The Hearing Loss Association of America was founded as Self Help for Hard of Hearing people, by Rocky Stone in 1979, in the family room of his home. The concept that he started, with local chapters, has continued. They provide a community of people with hearing loss, help you to deal with the issue of hearing loss stigma, share technologies beyond hearing aids, empower you through the exchange of knowledge, encouragement and the sharing of experiences, and alleviate the despair and isolation of hearing loss through their support.

Please visit www.hearingloss.org for more information on hearing help and support. If you are not already a member, consider joining the largest consumer organization for people with hearing loss. The membership includes a wonderful magazine that comes out 6 times a year, and is a bargain at \$35 a year for individuals. The advocacy done through HLAA alone is priceless for the 48 million people in the U.S. who have hearing loss.

100TH BIRTHDAY CELEBRATIONand you are invited...



Vern Thayer, one of our chapter Charter members, will celebrate his 100th birthday on Sunday, December 4th, and our chapter members are invited.

Vern's daughter, Connie Welch, writes:

The time is **3:00 – 5:30pm**

Legacy Blossom

100 McAuly Dr. 14610 phone: 218-1000

If you get off of 590 at the Blossom road exit, take Blossom to Clover St., Turn right into the Legacy. Go around to the back entrance of the building and walk straight ahead to the elevator and take it to the second floor. The Optima Dining room is just to the left as you get off the elevator.

If you go in through the front door, you will need to sign in and then ask directions from the person at the front desk. There is both back and front of the building (more in the front). Vern's family will provide coffee, water, appetizers and cake.

RSVP to Connie Welch before November 29th at cwelch2@rochester.rr.com , so they'll know how large a cake to buy!

BUY YOUR CHRISTMAS TREE FROM TROOP 31

By Laura Chaba



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

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

When: Everyday from November 28th til December 24th or, until all the trees are gone. Cash or checks only.

DAYLIGHT SAVING TIME

(Will occur Sunday, November 6th this year)

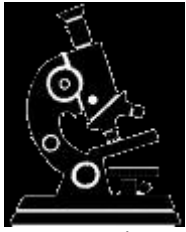
--First to suggest the idea: Benjamin Franklin in 1784.

--First North American region to adopt it:
Newfoundland in 1917.

--First year in which the United States adopted it: 1918.
(from the Old Farmer's Almanac)

ARE WE CLOSER TO A CURE FOR HEARING LOSS?

(excerpt from Wisconsin Fox Valley News)



Are We Closer to a Cure for Hearing Loss? Maybe!

University of Michigan Medical School and St. Jude Children's Research Hospital research teams issued a new report on hair cell regeneration to cure deafness with some surprising results. The research shows that damage to the supporting cells in the mature mouse results in the loss of hair cells and profound deafness. The big surprise of this study was discovering that if supporting cells are lost in the newborn mouse, the ear rapidly regenerates new supporting cells – resulting in complete preservation of hearing. These findings reveal a previously unknown ability to regenerate supporting cells in the cochlea that is present only for a few days after birth in the mice. If scientists can determine what's going on inside these cells, they might be able to harness it to find new approaches to regenerating auditory cells and restoring hearing in humans of all ages.

A DRUG TO PREVENT HEARING...

A clinical trial has been underway at Fort Jackson, SC, using Army service members as subjects. Kathleen C.M. Campbell, Au.D., of Southern Illinois University Medical School, is testing the efficacy of d-methionine, a "micronutrient" naturally occurring in cheese and other foods, against hearing loss. The testing has reached Phase III, and if approved by the FDA, the drug, now delivered in a liquid form, would be the first pharmaceutical approved to prevent hearing loss. (Note: Hearing loss and tinnitus are common maladies diagnosed in veterans returning from combat zones. The high incidence of noise-induced hearing loss among service personnel is well documented.)

SOMETHING TO THINK ABOUT...

"Airplane travel is nature's way of making you look like your passport photo." (Al Gore)

WORDS TO THE WISE...

By Marjie Anderson, HLAA Clearwater Florida

I understand the reasons that some people with hearing loss might want a bumper sticker for their car to identify them as having only partial hearing. I see the problem of letting the "right" people know what a sticker means will also eventually get to the "wrong" people as well. There was a period of time when people with the wheelchair on their license tag were being car-jacked on a regular basis (and that's why many states changed to hang tags so drivers could put them away when their car is not parked.)

I also really like the idea of registering with your 911 system for home. In addition, it doesn't hurt to go down to your local police and fire departments (bring cookies and they will really be happy to listen to you), explain that you have a hearing loss (which also reminds them to watch out for you on the road since you can't hear their sirens) and, of course, let them know where you live. At Christmas time, send them a card that is signed and then says something like "The lady who doesn't hear so well at 123 Main Street." That will help them remember and get you better care if you need them because they know you.

I wear a MedicAlert® bracelet for medical issues, but it also says "deaf" on it. That way it addresses my biggest fear about being assessed with head injury, instead of my ears not working, if I were to be injured in a car wreck. A word to the wise....

TIPS FOR COMMUNICATING WITH PEOPLE WITH HEARING LOSS

By Michelle Gross

When a person tells you they have a problem hearing please do not: say "huh?" "What?" "Eh" etc.. It can take courage for people to tell others they can't hear well and to make comments such as the ones above, demeans the person with hearing loss and gives the impression that having a hearing loss is funny. Although we can appreciate some of our own misunderstandings and can be amused, we don't find not being able to hear a joke. It is tiring to hear these comments especially since often the person making the comment feels they are clever or their comment is original--neither is the case.

(continued on page 11)

Get the attention of the person with hearing loss before carrying on a conversation. That act alone will save a lot of repetition. Approach the person from a point of peripheral vision or call their name first as you move toward them. Avoid touching the person's arm or shoulder unless they already know you are there. It can be annoyingly startling. A firm step when entering a room or flashing a room light, may be helpful. A wave of the hand will help get the person with HL attention when the focus of their attention may be elsewhere.

Face the person with hearing loss directly and stand close enough for them to see you--this will provide the best chance of hearing you. If the person wears a hearing aid, do not try to talk into the person's earpiece or lean so close that they cannot see your face. Talking loudly into a hearing aid will often cause distortion and not seeing your face limits lip reading.

Speak in a normal tone and volume (but if you sense that a little volume or projection will help, then adjust accordingly).

State the topic of discussion as you begin. When you change the topic, make sure the listener is aware of the change. This is especially helpful in a group conversation because during the time the person is processing one topic of conversation there may be a change. Often people who don't hear well appear less intelligent because they may lag behind in a conversation. When a person's hearing isn't normal they need time to make sense out of what they are hearing.

Do not enunciate abnormally. Over-enunciating distorts the facial and lip movements inhibiting lip reading.

Speak a little more slowly if you are a fast talker. When a speaker speaks in logical word groups, intelligibility is greatly increased.

Be sure the light is on your face. If a light is not on and needs to be...turn it on...but make sure the light is not shining in the face of the person with hearing loss. **If a person with hearing loss doesn't understand you the first time, try once more; if they still don't understand, rephrase your statements** (for example, "What is your address?" might become "Where do you live?"). Only a small percentage of words are easy to lip-read and many letters look alike such as "M," "B" and "P." Not all people who can't hear read lips, and even the best speech readers miss or confuse words, therefore, if you don't get a reply or a person seems lost or answers inappropriately, repeat or rephrase your remark.

Realize when a person doesn't hear well they may have special difficulty in groups or noisy places. Please make an effort to include them. If necessary, move to quieter surroundings, or sit next to the person so they don't feel isolated.

Don't talk with cigarettes, pipes, food, etc. in your mouth and don't cover your mouth with hands or other objects when talking.

Be patient with the person who doesn't hear well. Remember, they don't like to impose on you anymore than you really enjoy putting forth the extra effort.

Please don't tell someone with hearing loss "I'll tell you later", unless you will do so. Saying "it's not important" means you and, not the other person, has made the decision what was said isn't important. Making such a statement can also make that person feel isolated and lost in the conversation. A few words of summary can help, even jotting down a word or two will help.

Don't make the person feel "stupid" or "helpless." (sometimes this is done unconsciously by tone of voice or expressions). Not understanding due to not hearing is not a matter of intellect.

Try to show facial expressions and body expressions when you speak. You don't have to be a pantomime expert to do this, but lively body language gives clues to the nature and mood of a conversation. Language may sound "flat" to some HH people and they may misinterpret the tone of a conversation.

Remember that hearing and understanding are work for someone who doesn't hear well; for them hearing is not a passive experience. Straining to hear is tiring.

Since many factors are involved in hearing and comprehension it may appear the person has "selective hearing" i.e. "hears what they want to hear." Often a HH person is functioning on "overload" and finds concentrating on group conversations or conversations with a lot of background noise difficult. These circumstances are stressful.

When going to a restaurant allow the people with hearing loss to select their seat first. Sitting at a table in the middle of a room often makes understanding speech impossible. Booth seating with the light on the hearing person's face, can help greatly.



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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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Send articles to:

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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 Loss Magazine, holds annual conventions, a Walk4Hearing, and more. Check out: www.hearingloss.org/.

The Rochester Chapter 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 Museum. Parking is available at the George Eastman Museum, if needed.

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