

Telephone: (585) 266-7890 Email: hlaa.rochester@yahoo.com

Website: https://www.hearinglossrochester.org



Volume 35, Number 9 May 2022

## We're Back!! Live at St. Paul's on May 3<sup>rd</sup> with Zoom available

#### **MAY CALENDAR**

TUESDAY, MAY 3, 10 AM-11:30 AM IN PERSON, ST PAUL'S VESTRY ROOM: Joe Kozelsky: HOPE Session: 'Hearing Other People's Experiences' (HOPE)

Tuesday, May 3, 11:30 am - Noon at St Paul's Parish Hall and on Zoom: Chapter announcements and business meeting.

Tuesday, May 3, Noon -1 PM at St Paul's Parish Hall and on Zoom: Peter Fackler CFA, CPA, MBA, "What's New at National HLAA"

Tuesday, May 10, 7 pm on Zoom: Board of Directors Meeting

Thursday, May 19. 10:00 am-2:00 pm Assistive Listening Devices Demo Center. Technology Team. In Person. Lifespan, 1900 South Clinton Avenue, 14618.

Tuesday, May 24, 8 pm - 9 pm on Zoom: "Hear Together": Parent/Caregiver Support Group

Please check our Chapter Website hearinglossrochester.org for any changes

#### **May Programs**

Hearing Loss Association of America (HLAA) Rochester Chapter offers several live and hybrid programs in May benefitting anyone interested in hearing loss. All are free and some also on the Zoom platform. As well, all are captioned. Preregistration for Zoom sessions is required by visiting the HLAA website at: http://hearinglossrochester.org

Programs for May are:

Tuesday, May 3, Noon, Live in St. Pauls Vestry Room: Joseph KozelskyCCC/A. Hearing Other People's Experiences (HOPE)

Prospective, new or experienced hearing aid users can share their experiences, questions, and hearing loss journeys in an informal round table format. We learn from one another. Anyone interested in hearing loss is invited to join the hearing aid community.

(Continued on page 3)

#### PRESIDENT'S MESSAGE

by Art Maurer, President



Better Hearing = Better Living!

The April issue of the *Harvard Health Letter* stresses the importance of social life to benefit our health and thinking...impacts on longevity, stress reduction, and mood. And they cite studies to

back it up. Dr. Sanjay Gupta, MD in his new book *Keep Sharp* focuses on the brain stressing adequate exercise and 7-8 hours of sleep a night, plus challenging our brains with new learning toward a purpose or objective. Neither publication mentions the negative impact of hearing loss.

So, what about hearing loss? As I read the article and book it struck me that hearing loss presents a significant barrier to accomplishing the recommendations requiring interaction on a social or work level. And isn't better hearing what we're all about at HLAA; *Better Hearing = Better Living!* 

When we can't hear well, as we struggle to understand, we tend to avoid noisy restaurants, plays and cinema, social and family gatherings. If we do venture out we often leave early, it's just too much mental effort trying to keep up, too embarrassing to admit we don't fully understand. As our condition worsens, we withdraw and it is in the isolation that hearing loss becomes a health issue impacting our mood and general health, potentially accelerating the onset of dementia, even affecting our longevity. Thankfully the medical profession is beginning to realize the negative health impacts of hearing loss.

So, you may wonder, how am I doing on the exercise and sleep Dr. Gupta recommends and the challenging of my mind toward a purpose. On exercise and sleep not well; not enough exercise and only 5-6 hours of sleep a night. But on challenging my brain and working with purpose I do okay. I

(Continued on page 2)

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#### President's Message

(Continued from page 1)

grew up in a family running a small print shop. With little attention paid to what are now childlabor laws, over the years I had a 'work ethic' emblazoned in my psyche. At college it led to extracurriculars in the campus weekly newspaper, radio station management, and yearbook design. Then a career at Rochester Tel for 33 years where I became enamored with the constant stream of phone calls enabling people to communicate and excited to make call setup easier and faster, with clearer transmission; plus automating many of the internal functions necessary to run the company. Within two years after college, I was married to a wife who liked having children ... all seven of them. In retirement I found a massive void in my life so joined a writer's group to write a memoir and finally wrote two novels. Along the way Joe Kozelsky, my audiologist, invited me to join our HLAA PAC and a decade later here I am president of one of our largest HLAA Chapters. It's challenging and with purpose – to help as many people as possible find Better Hearing for Better Living. If only more knew about HLAA and all we have to offer!

If you feel a need to be challenged mentally and with purpose, we at HLAA offer great opportunity!

As the Covid surges hopefully subside, we plan to be back to our in-person monthly Presentation Meeting May 3<sup>rd</sup> so we can get back to provide a supportive environment to all with hearing loss. Hopefully attendees will be comfortable in the company of others having similar frustrations. And for those who can't join us in-person at St. Paul's we'll be live on Zoom.

As for education we continue to seek out presenters with content meaningful to those of us with hearing loss. The in-person sharing of HOPE (Hearing Other People's Experiences) will be in person at 10:00am just before the monthly meeting at 11:30am on May 3<sup>rd</sup>. The Demo Center will be back at Lifespan in-person on May 19<sup>th</sup> from 10:00am –2:00 pm. Plus, we'll keep advocating for hearing friendly environments with features such as captioning and telecoil loops while also urging for compliance with all ADA standards.

In addition, our Annual Dinner will also be back on May 24<sup>th</sup> at Cobblestone Creek, the same location as in years past. We have the reservation form in this newsletter. All are welcome.

Our in-person sessions at libraries to acquaint patrons with HLAA-Rochester plus our Demo Center resources is launching this month. We're hoping in future months some libraries will show our presentations live on Zoom and later using the 24/7 availability on YouTube. As a bonus we'll offer Express Hearing Checks to individuals.

We're also exploring what will be most effective in senior residences. And since new assistive listening devices are getting cheaper, we'll soon be offering our story to organizations in the inner city.

We have a great team of volunteers in our chapter with many accomplishments, even during the pandemic. Our only constraint now is having enough people to expedite some of our new dreams and plans to ease the burden of living with hearing loss.

As always, I welcome your comments and suggestions...

Art Maurer amaurer40@frontier.com 585-721-5943

#### **Stipends Available for NYS HLAA Conference**

Are you an HLAA Rochester Chapter Member and planning to attend the 2022 HLAA New York State Association State Conference?

Our chapter has made 40, \$250 stipends available for chapter members who are attending, on a first-come, first-served basis.

To add your name to the list, or to ask questions, email: Sue Miller at **susanleemiller39@cs.com** or call her at 585-924-8933.

#### In Memoriam

Our sincere condolences to the family of Maj. Gen. (ret), Norbert Rappl who recently passed away.

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#### May Programs

(Continued from page 1)

Tuesday, May 3, Noon in St Paul's Parish Hall and on Zoom: "What's New at National HLAA". Peter Fackler CFA, CPA, MBA.

HLAA's national organization, like the rest of the world, has been profoundly impacted by the COVID pandemic. Peter Fackler, serving on the HLAA National Board of Directors, updates Rochester Chapter members on recent struggles, successes, and future plans at headquarters. HLAA continued its



support, education, and advocacy for people with hearing loss by adopting virtual meetings and webinars. The main office moved to a new location in Rockville MD after decades in Bethesda. "Global standards for cochlear implant users," a major collaborative study, was published in *JAMA*. He will review a year of events for HLAA and its member chapters.

Fackler earned degrees from Duke University and the University of Michigan. Following a five-year stint with the audit staff of Price Waterhouse & Co. (now PwC) he embarked on a 30 plus year career in higher education financial management, including a six-year appointment at Bates College as vice president and chief financial officer. He served two terms on the HLAA Board of Directors where he was treasurer and chair, rejoining the Board in 2017. He is also a past president of Rochester Chapter and a bilateral cochlear implant user.

The presentation is preceded by a chapter business meeting at 11:30am.

Thursday, May 19. 10:00 am-2:00 pm Assistive listening devices Demo center. Technology Team. In person. Lifespan, 1900 South Clinton Avenue, 14618.

At this free demonstration area, consumers are invited to view and try out a selection of assistive listening devices before actually buying them. Included are captioning-capable and amplified telephones, signaling-alerting devices and smart phone APP's related to hearing enhancement. Chapter members are on hand to answer visitors' questions.

Tuesday, May 24, 8 pm via Zoom: HearTogether: Parent/Caregiver Support Group. See the article in this newsletter for this exciting new offering from the HLAA Rochester Chapter to help parents with D/HoH children.



HLAA 2022 Convention, June 23-2

The HLAA 2022 Convention is June 23-25 in Tampa, Florida! HLAA is very excited to be hosting an inperson Convention again. This year the exhibit hall, workshops, demo presentations, plenary sessions, social events and Research Symposium will all be held under one roof at the brand new JW Marriott Tampa Water Street. When you aren't learning and networking at the most communication accessible convention for people with hearing loss, you can explore Tampa's new Sparkman Wharf area or cruise down the local Riverwalk. Start booking your trip now!

All the information about the upcoming convention is in the Fall 2021 issue of the Hearing Life Magazine and on the HLAA website, www.hearingloss.org.



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### ASSISTIVE LISTENING DEVICE DEMOCENTER

The Demo Center is back in person! Thanks to some of our regular, long-term volunteers (Dan Brooks, Lorin Gallistel, Eric Matson, and Sue Miller) and their enthusiastic efforts, the Demo Center sessions will resume on May 19<sup>th</sup>,

Visitors who visited pre-Covid 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 shown; including our new self-serve hearing test.

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) is Thursday, May 19<sup>th</sup> from 10am to 2pm. Free. All are welcome!

#### **Donations**

Thank you to these members who included donations to the chapter in addition to their dues:

Allan Baker

#### **General Donations**

Sue Miller, Brian Fox, and Janet McKenna in memory of Jeannette Kanter Sue Miller in memory of Bert Foos and Norbert Rappl United Health Group Target Corporation Employee Giving Judith Howard in memory of Andy Howard

#### Thank you to our major contributors:

Phyllis & J. Stuart MacDonald Estate Dr. Ruth P. Oakley Estate Mary Tuckley Estate Elaine VanderBrook



#### **Way Boothoays**

Happy Birthday to:

May 6 Candi Nelson

Lenore Tetkowski (Over 90)

Jean Murphy (over 90)

Pin Tschang and Joe Kozelsky also have May birthdays.

We have a limited number of birthdays listed in our records. Please let us know so we can include yours next time around.





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#### My Story

By Henry J. Adler, Ph.D.

I was born deaf, but my disability wasn't diagnosed until the age of 11 months. I got my first hearing aids at age of 15 months, and have been wearing them since then. I was brought up orally and eventually became proficient in American Sign Language.

I received my B.A. in Biology at Harvard College. After two years as a research technician at the Massachusetts Eye and Ear Infirmary, I almost became a marine biologist. Instead, I went to University of Pennsylvania and eventually, I joined the field of Hearing Research



with my doctorate in Neuroscience. I have been in that field for more than 32 years. When I first entered Hearing Research in 1990, I was probably the only one that happened to be prelingually deaf in the whole field of study around the world. In the early 1990s, two colleagues with hearing loss and I founded an organization for scientists with hearing loss in the field of Hearing Research, and it has grown to over 80 members—you can check deafearscientists.org (it's likely to undergo a title change in the near future because not everyone agrees with the label 'deaf').

I have been labeled in so many different ways: Deaf, deaf, hard of hearing, hearing impaired, etc. The fact remains that I'm medically deaf, and the other labels are up to anyone's opinions.

The facts that I am deaf and that I am involved in the field of Hearing Research have inspired mixed feelings within the d/Deaf community. The reasons for such a paradox are beyond the scope of this story. Nevertheless, for the past seven years I have been a research assistant professor at the Center for Hearing and Deafness at the University of Buffalo, where I study tinnitus, hyperacusis and inflammation in the mammalian ear, whether trauma be noise-induced or age-related. Also, my peers with hearing loss and I have published several articles encouraging young people with hearing

#### Sign up for Hearing Life e-News



Hearing Life e-News is delivered to your inbox twice per month. Hearing Life e-News keeps readers up to date on the latest news and information on hearing loss. Each issue features high-interest content such as recent legislation and advocacy efforts, technology, new products for hearing loss, human interest stories, webinars, updates on

the Walk4Hearing, Convention, and information on HLAA Chapter happenings.



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loss to enter Science, Technology, Engineering, Mathematics, and Medicine (STEMM). You can Google Adler, Ratnanather, Steyger, and you'll find those articles

I have met several famous people such as Princess Diana and Derek Jeter. As the reader, you might think it's because of luck. Well, it's partially true, but it also has something to do with my hearing loss.

I have been married to a wonderful woman by the name of Denise for nearly 28 years, and we have two beautiful daughters who are recent college graduates. Both of them live in Philadelphia – one is a teacher in a private school and the other works at the Philadelphia Museum of Art. We very much enjoyed watching CODA – it reminds me of myself and my own family. Even I was recently interviewed for my views on that movie by a reporter for the University at Buffalo community newsletter (www.buffalo.edu/ubnow/stories/2022/04/coda.html).

As for my involvement in the Hearing Loss Association of America – Rochester, NY chapter, I have been its Database Coordinator as well as one of the Board Directors for that chapter for about five years. The reason I live near Rochester is that I taught biology at Rochester Institute of Technology's National Technical Institute for the Deaf for five years before my current position at Buffalo.

My interests are racquet sports (e.g., tennis and squash), philately, and blogging. If you enter my blog site, the-eagle-ear.com, you will learn further details for each of the first five paragraphs. Happy reading!

#### **Buy Hearing Aid Batteries from HLAA**

Even with the pandemic, HLAA Rochester is still offering hearing aid batteries. You may purchase a pack of six for \$1.50, or an entire box (60 batteries) for \$15.00. Simply contact Suzanne Johnston at: suzanneejohnston@aol.com (or call 585-586-4158) to arrange for pick-up at your convenience at her home at 44 Washington Rd. in Pittsford. Mail a check with the cost of your order to ATTN Nancy Meyer, HLAA Asst. Treasurer, 5275 Rosebrugh Lane, Geneseo, NY 14454 with notation RE: battery purchase.

#### Sign-Up for our Monthly e-blast

We now offer a monthly e-mail which contains notices of our upcoming meetings and events. To subscribe, send see https://www.hearinglossrochester.org/meetings.

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## HLAA New York State Association (NYSA) - Update.

By Dan Brooks, Immediate Past President, HLAA-NYSA



Hello! I hope this article finds you well. If you are like me you will agree when I say it has been nice to be able to be outdoors more and get some much needed sunshine!

In the month of May, the *HLAA Rochester Chapter* plans to host its very first "Hybrid" Chapter Program Meeting. That means you can join us either in person or remotely, via Zoom!

Many people enjoy the social interaction so they prefer to meet in person. If so, and you are able, you will likely choose the option to attend the Chapter Meetings in person as we did prior to the pandemic.

There are others who have health concerns or attend from a distance and therefore prefer, or are only able, to join us virtually. Since meeting in person has now become possible, we've decided to provide our Chapter Meeting using both formats; both options; the best of both worlds!

To provide a hybrid system requires a lot of thought, work, testing, and time to work out the kinks. This effort is performed by our Tech Team. It can be quite challenging to figure out the appropriate computer settings, microphone placements, and possible captioning glitches that can occur when working with two different captioning systems. A lot of time and effort has been spent to get things right. Of course nothing replaces a "live test". You can rest assured that our first hybrid meeting will be a success!

Hopefully, by now you have heard there is a HLAA National Convention coming up in Tampa, Florida, June  $23^{rd} - 25^{th}$ . The Convention will take place at the JW Marriott Tampa Water Street Hotel.

Unfortunately, this year's Convention will not be a hybrid event. As you can imagine, running several meetings at the same time, hybrid style, would be too much to undertake at least, at this time. Hopefully in the near future Conventions will be hybrid so more people could at least attend from abroad.

Another event to look forward to is the upcoming **HLAA NYSA State Conference** in Glens Falls, NY September 16<sup>th</sup> -18<sup>th</sup>! You do not need to be a member of the HLAA-NYSA to attend but we do appreciate your support! For more information on the State Conference and what to expect please visit our website at

www.hearinglossnys.org. "It will be an event you will not want to miss!"

Recently we had our HLAA-NYSA Board of Directors meeting. As you can imagine the bulk of our conversation was around the upcoming State Conference, in September.

We do have some exciting news I'd like to share that was reported by <u>Jerry Bergman</u> who is the Chair of the HLAA NYS Advocacy & Legislative Committee. He reported that there is a bill soon to pass through our state Capitol regarding the formation of a Commission for the Deaf, deaf-blind and Hard of Hearing. The legislature is pushing for the passage of article A6710. The Senate version of the bill is S8025.

New York State is only one of 12 states without such a Commission. That is a situation that needs to change! Please contact your local legislators to support this effort! Now is the time to mobilize and make the Commission a reality! As people with hearing loss who live in New York State, supporting the formation of this commission is vital. Visit our website at

www.hearinglossnys.org for the full report by <u>Jerry</u> <u>Bergman</u>.

As a reminder, if you have questions specific to the New York State Conference, feel free to email us at NY-SASC2022@gmail.com. Remember if you are a member of HLAA and live in NYS you are automatically a member of the HLAA-NYSA.

If you are not a member of HLAA please consider joining or renewing your membership so you are able to support our missions and goals to further improve the lives of people in NYS with hearing loss. As always, I thank you for your support!

-Dan

#### LIKE US ON FACEBOOK!

Are you on Facebook? If so, please be our friend. We currently have 440 friends and we want more. Find us on Facebook at: **Hlaa Rochester NY** 

#### Volunteers Needed

Health Fairs will be coming back soon.
Call Art Maurer, 585-721-5943 if you are
interested in helping

#### We Welcome All Donations

Please make your check payable to: <u>HLAA-Rochester HLAA is a 501c(3) organization</u>. Mail to: Doug & Nancy Meyer, 5275 Rosebrugh Rd, Geneseo, NY 14454

Be sure to designate: This donation is: In Memory of, or In Honor of, or Birthday congratulations, and who to send the acknowledgment to. Our sincere thanks for your donation!

#### **HLAA ROCHESTER ANNUAL DINNER**

By Sue Miller and Barb Law

Finally, we will all have the opportunity to come together on May 24<sup>th</sup> for the Annual Dinner of the Rochester Chapter of HLAA. We will also recognize some of the people who make a difference to our Chapter in the Rochester area by presenting awards, including the annual Chapter Award.

The Cobblestone Creek Country Club has done a superb job in past years with service, hearing accessibility and scrumptious food. You will enjoy being part of this fabulous evening.

Please sign up by Tuesday, May 17<sup>th</sup> on the form included here. We hope to see you there.

#### Please join us!

Tuesday, May 24, 2022 Cobblestone Creek Country Club 100 Cobble Creek Road, Victor, NY

> 6:00 to 9:00 P.M. Spouses/guests welcome! Menu choices:

- (1) Seared Salmon Filet with Lemon Thyme Beurre Blanc / Rice and Asparagus Bundles
- (2) Chicken French in Lemon Sherry Sauce / Rice and Asparagus Bundles
- (3) Cauliflower Alfredo Pasta with Seasonal Vegetables

Warm rolls and butter
House Salad with Ranch/Balsamic dressing
Coffee and Tea
Cheesecake with Raspberry Sauce

\$30.00 per person (includes tax & gratuities)

Questions? Please email, or call, Sue Miller at SusanLeeMiller39@cs.com or phone, 585-924-8933.

#### HLAA ANNUAL DINNER – May 24, 2022 Reservation Form

Name:
Address
Phone and/or Email
Dinner choice
Guest:
Dinner choice
and Cuarty
2nd Guest:
Dinner choice

Dinner reservations are due Tuesday,
May 17---FIRM DATE!
We cannot accept reservations after May 17

\_\_\_\_\_ Dinners @ \$30 each = \_\_\_\_\_ (Please make check payable to HLAA-Rochester)

Please return this form with check to

Mr/Mrs Doug Meyer 5275 Rosebrugh Rd. Geneseo NY 14454 Page 8 May 2022



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#### **Board of Directors Officers and Members**

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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 are currently meeting online via Zoom. See our website at https:// hearinglossrochester.org to register.

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

#### 2020-2022:

Frank Liptak Brian McCov Andy Parkhurst Rebecca Sprague

#### 2021-2023:

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#### **Consultants:**

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

#### ^^^^^ <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 bruce.nelson@gmail.com

#### MEMBERSHIP FORM – HLAA-ROCHESTER CHAPTER

July 1, 2021 – June 30, 2022
☐ I want to join as a first-time member ☐ I want to renew
All members receive the Rochester chapter Newsletter!
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magazine, Hearing Life; a number of discounts;
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6116 Executive Blvd Rockville MD 20852

Please do NOT send this renewal to the local Rochester chapter; mail directly to HLAA in Rockville, MD.



P.O. Box 1002 Fairport, NY 14450 **Return Service Requested** 

Time sensitive

Please deliver by April 25, 2022



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

More than 48 million people in the US have a hearing loss, which can hinder daily communication. By age 65, one in three Americans has a hearing loss. This invisible condition affects the quality of life of the individuals with hearing loss as well as family, friends, co-workers and everyone with whom they interact. HLAA believes people with hearing loss can participate successfully in today's world.

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 a bimonthly magazine, *Hearing Life*, holds annual conventions, a Walk4Hearing, and more. Check out: www.hearingloss.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—Rockville, MD; State organizations; and, local Chapters. Welcome!

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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>. Interpreters are available on request.

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, on our on-line meetings or in person, when live meetings resume!