

Telephone: (585) 266-7890
Email: hlaa.rochester@yahoo.com
Website: www.hearinglossrochester.org

Volume 31, Number 9 published monthly except July and August – Rochester NY Chapter May 2018

MAY Calendar

Tuesday, May 1st

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

~~11:00 am~~ Refreshments/Social Time

~~11:30 am~~ Announcements/Business Meeting

~~12 Noon – 1 pm~~ Program Speaker

~~7:00 pm~~ Refreshments/Social Time

~~7:30 pm~~ Announcements/Business Meeting

~~8:00 pm – 9 pm~~ Program Speaker

Tues., May 8th - BOD – 7-9pm, ASC

Thurs., May 17th - Device Demo Center, Lifespan, from 10am to 2pm, free to all. (see p. 7)

Tues., May 22nd – Annual Dinner (see page 10)

SAVE THESE FUTURE DATES

Tues., June 12th – BOD – 7-9pm, ASC

Thurs., June 21st – Device Demo Center, Lifespan, from 10am to 2pm, free to all. (see page 7)

Tues., June 26th - Program Planning meetings

(see page) 8

Hospitality Duties for May:

Daytime Meeting –

Evening Meeting –

Board of Directors –Suzanne Johnston,
Charlie Johnstone, Barb Law

MAY PROGRAMS

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

Tues., May 1st – 10:00am; Vestry room

HOPE (Hearing Other People's Experiences) session –*Joe Kozelsky, MS, abd, CCC-A (retired)*

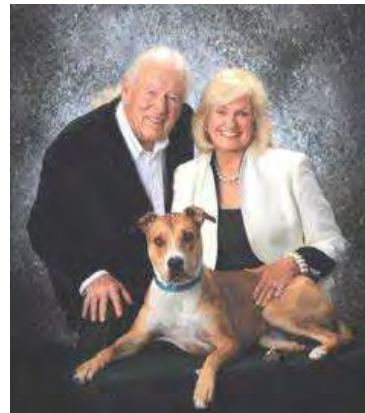
Retired audiologist and hearing aid user **Joe Kozelsky** moderates a question-and-answer session for people considering hearing aids and those using them. Join us and share your hearing loss journey and learn from others.

THE 11:00 am & 7:00 pm MEETINGS ARE CANCELLED TODAY.

Please plan to come to RAOM at 5pm. (see below)

FEATURED SPEAKER PROGRAM

By Elise de Papp, M.D.



Sam and Janet Trychin; and 'Clare'

Tuesday May 1st,

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

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

(continued on page 2)

Tuesday, May 1st (continued)

FEATURED SPEAKER PROGRAM

What: "Coping with Hearing Loss with Reality and Humor" (with time for Q&A)

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

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

Induction hearing loop, captions and interpreters will be provided.

For more information about this exciting program, please see page 11.

All HLAA programs are free. Anyone interested in hearing loss is welcome. For more information, view our Chapter website at www.hearinglossrochester.org, or phone 585 266 7890.

FROM OUR PRESIDENT, AND, VICE-PRESIDENT

By Sue Miller and Art Maurer



HLAA National is recognizing our Rochester chapter by holding its **2019 National Convention in Rochester, June 20-23, next year!** This

harkens 1988 when our name was SHHH (Self Help for Hard of Hearing People) when the third National Convention was held here. National hasn't forgotten the effort of our then, fledgling, local chapter; plus NTID as well as several local audiologists, to make it a success. Happily, National now has a full-time Convention planner and staff to relieve local chapters of the many details required. They advise we can act as 'hosts' and volunteers to the extent we want; yet be free to enjoy the proceedings as participants.

We're open to ideas and suggestions. How can we of HLAA-Rochester enhance the visit of Convention attendees? Should we share some of the initiatives we've implemented? Should we promote our greater Rochester and Finger Lakes area? How? Also, please consider how **you** would like to participate. We'll keep you posted on plans as they develop through our award-winning Newsletter and Website.

During this month and June, if you're tuned into WXXI TV, watch for short "spots" regarding HLAA. There are two spots being aired: One is a "Tip on How to Hear the TV Better," and, the other addresses "Open Captioning in Theatres." It's part of our marketing effort to make our HLAA-Rochester brand better known in the greater Rochester area. You'll see that we invite viewers to our new, award-winning Website. From the Homepage we guide them to the Tips; and, hopefully, they'll see much more information is available. We even invite visitors to become members and get on our award-winning Newsletter mailing list.

Michelle Gross has done a masterful job creating the website and continues to maintain it. If you haven't done so, check it out at www.RochesterHearingLoss.org.

Having HLAA exposure on TV is our latest effort to make those in the general public experiencing hearing loss aware of our Rochester chapter--a source of reliable support and education. Studies repeatedly confirm that significant segments of society experience hearing loss – with percentages rising by age group. We also know that only a fraction of those in need are aware of HLAA-Rochester. Many who have heard of us think we only have help to offer before getting hearing aids. They're not aware we can help them to understand how to live with hearing loss, and the equipment available to make life easier.

(continued on page 3)

PRESIDENT'S COLUMN (continued)

However, as hearing aids and devices become more feature-rich, new and various problems arise. Plus, in a few years over-the-counter hearing aids will bring new issues. We've proven to be a good place to ask questions; even vent frustrations. Advocacy comes into play as we strive to make the environments we live in more hearing friendly; a prime example being open captioning.

To reach out to younger generations, we're exploring the use of social media: Facebook and Instagram. Anyone interested in participating is most welcome.

As always we're open to comments and suggestions; SusanLeeMiller@cs.com and amaurer40@frontier.com.

PRESENTING HLAAROCHESTER

By Michelle Gross



Members of the Hearing Loss Association of America understand our mission. "To open the world of

communication to people with hearing loss by providing information, education, support and advocacy." One way to fulfill our mission is to present information about hearing loss to a group of hard-of-hearing people, our families, and those who care or interact with us.

Providing presentations to groups of people allows our Rochester chapter a mechanism to educate, support and advocate at one event. The content of a presentation is tailored to the group and may consist of general information about HLAAR, hearing and hearing loss, suggestions as to how to handle difficult listening situations, assistive listening devices and systems, miscellaneous information about hearing aids and cochlear implants, and more.

Through our presentations, we are able to help hearing people who treat, interview, or provide a service to the public with information about facilitating communication and the best ways to ensure information is accurate and not misunderstood.

Chapter presenters provide information at religious institutions, senior living campuses, community organizations, business offices, etc. and there is no cost. If you'd like to know more about presentations for a group or would like to become a "presenter," contact Michelle Gross at our chapter email:

hlaa.rochester@yahoo.com.

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

ROGER PEN --AVAILABLE FOR YOU TO USE

By Nancy Meyer

Our chapter owns a Roger Pen/MyLink assistive listening device which we received, free of charge, at the 2015 National HLAAR Convention. Phonak held a demo session and distributed a Roger Pen/MyLink to each of the 60 chapters represented. Since its value is estimated at \$1500, this was a considerable investment for Phonak.

Doug and Nancy Meyer attended the session and became 'caretakers' of our unit. After use, you need to fill out a very short online survey. There is no obligation nor expectation to purchase. The Roger pen and MyLink receiver work with any brand of hearing aid equipped with a t-coil, so it is not limited to Phonak owners.

Please see us and sign up at a chapter meeting or call Doug or Nancy at 585-243-2079 to arrange for you to receive and return it. We will show you how to use it. Please plan to reserve it for a time (usually a month) that will allow you to get maximum use from the device.

*Disclaimer: We are not salespersons and receive no compensation from Phonak. We simply are the conduit between Phonak and you, the user.

LIKE US ON FACEBOOK !

By Jenn Hurlburt

Are you on Facebook? If so, please be our friend.
We currently have 327 friends and we want more.
Find us at: **Hlaa Rochester Ny**

RBTL LIVE THEATRE—CAPTIONED!

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

May 6th - **Rent**

Oct. 21st – **A Bronx Tale**

Dec. 16th – **Fiddler on the Roof**

Feb. 10, 2019 – **Chicago**

March 10, 2019 – **Miss Saigon**

April 28, 2019 – **Hamilton**

June 9, 2019 - **Waitress**

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

Sat. May 12; Wed. May 30 – **Steel Magnolias**
Sat. Sept. 8; Wed. Oct. 3 @ 2pm & 7pm – **Hair**
Sat. Oct. 6 @ 2:30pm – **Fortune**
Sat. Oct. 20; Wed. Nov. 7 @ 2pm & 7pm – **Thurgood**
Sun. Dec. 9 @ 12 noon; Wed. Dec. 19 @ 7pm –
A Christmas Carol

Sat. Jan. 12; Wed. Jan. 30 @ 2pm & 7pm – **Hard Cell**
Sat. Jan. 26 @ 2:30pm – **The Magician's Daughter**
Sat. Feb. 23; Wed. March 13 – **The Humans**
Sat. March 30; Wed. April 17 **Native Gardens**
Sat. April 13 @ 2:30pm - **The Royal**
Sat. May 4; Wed. May 29 – **Revival: The Resurrection
Of Son House**

“**Erma Bombeck**” is coming. No dates yet.

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

JCC CenterStage – Captioned Plays!

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



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

Tickets and information are available at
www.jcccenterstage.org 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
--Rochester Area Community
Foundation
--Mary Tuckley Estate

Donation Above Membership

Sylvia Benton, Dan Brooks

Newsletter Deadline

Monday, April 30th
(for the June Newsletter—our last Newsletter
until September)

Email: ggraham859@gmail.com

**MICROSOFT PARTNERS WITH NTID ON
COMMUNICATION TECHNOLOGY**

By Susan Murad NTID Communications

April 5 Microsoft announced a partnership with NTID which has piloted the use of Microsoft Translator language technology to help students who are deaf and hard of hearing feel more engaged by transcribing lectures in real time.

To learn more about this program, visit the Microsoft AI Blog or check out the Microsoft Customer Stories case study video.

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--\$21,000 since 2011. CaptionCall has been a blessing in providing true access for everyone in our chapter, and we thank you!

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

HOW TO PICK BEST HEARING DEVICE

(excerpt from AARP; submitted by Al Suffredini)

Hearing Aid Styles: Pros and Cons—Learn About the 7 most common devices that can help enhance your hearing.

All hearing aids have a microphone that picks up sounds and converts them to electrical signals. Those electrical signals go to an amplifier and then to a receiver that converts the signals to sound waves and sends them to the ear. Learn more about the seven most common devices. Costs are per aid.

<https://www.aarp.org/health/conditions-treatments/info-05-2011/hearing-aid-styles.html?intcmp=AE-HEALTH-CONDITONS-HEARING>

Shopping Do's and Don'ts

10 tips for choosing a good provider and aid.

<https://www.aarp.org/health/conditions-treatments/info-05-2011/getting-the-right-hearing-aid.html?intcmp=AE-HEALTH-CONDITONS-HEARING#slide1>

“AUDIOLOGY PATIENT CHOICE ACT”

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

US Senators Warren and Paul introduced the APC Act—a bipartisan bill that ensures seniors and people with disabilities on Medicare have access to a full range of hearing and balance health care services provided by licensed audiologists. Go to: www.goo.gl/ETr6pr -or - <http://hearinghealthmatters.org/betterhearingconsumer/2014/5-bad-habits-hearing-loss-people/>.

(from Barb Law) Dr. Sam Trychin (who will be our Featured Speaker May 1st) is mentioned, and another article about bad habits of people with hearing loss.

CHINA TRADE WAR COULD SOON EXTEND TO ELECTRONICS – From Innovative Hearing

(submitted by Al Suffredini)

Now is the time to buy, don't hesitate because prices might rise soon! Check out this site for electronic listening devices, translation equipment, etc, at <http://www.innovativehearingdevices.com>.

President Trump is mulling tariffs on imports of Chinese consumer technology. That could backfire.

Bloomberg says that the president's new tariffs could be extended to hit imports to the US beyond aluminum and steel. That could include electronics, to “punish Beijing for its alleged theft of intellectual property.” The impact: Gadfly notes that firms like Amazon and Apple, which build devices in China, may have to hike US prices if that happens. It may also push foreign firms to manufacture in America, and encourage China to impede sales of US hardware while pushing its own.

Go to: <https://www.technologyreview.com/the-download/610436/us-trade-wars-could-soon-extend-to-electronics>

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

WEBSITES OF INTEREST

Our award-winning Chapter website is:
www.hearinglossrochester.org and

Michelle Gross is our Web Master.
HLAA National website is www.hearingloss.org.

BIRTHDAYS – 90 YEARS AND OVER...

Everyone: please let me know if you're one of our special Chapter members who will reach the spectacular age of 90 years, or more. If you agree, we'd like to announce it in our Newsletter. It is important to let me know right away as our Newsletters are written two months ahead. Thanks, Ginger
ggraham859@gmail.com; or, (585) 671-2683

FREE INFORMATIONAL RESOURCES FROM NATIONAL INSTITUTES OF HEALTH

By Suzanne Johnston

Did you know that the *National Institutes of Health (NIH) /National Institute on Deafness and other Communication Disorders (NIDCD)* support public dissemination of a variety of information on hearing loss, deafness, balance disorders, hearing aids, tinnitus, and communication disorders?

The NIH website allows for electronic downloading of brochures, or will also send the same information through the mail FREE OF CHARGE to the public as requested. The information is current, thorough and is research supported. Check out their website at: www.nidcd.nih.gov. You can also find much of this information via the HLAA-Rochester's website at: www.hearinglossrochester.org

CONGRATULATIONS!



To **Lifespan** for winning in the 2018

Top Work Places! With a thumbs up photo of **Mary Rose McBride**, and several more Lifespan employees. (D&C 4/1/18)

HELP HLAA VIA THE UNITED WAY

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

Our United Way number is 2425.



Your past support is deeply appreciated. As with other gifts, your donation enables our chapter to continue to provide education, help, and advocacy for people with hearing loss, their families and their friends. Alas, even though the local

IF YOU MOVE, or are a “SNOWBIRD!”

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

ADVANCED BIONICS REP SPEAKS AT “CI GROUP”

By Janet McKenna

Five cochlear implant recipients were in the audience of 15 at the April 3 meeting of HLAA Rochester Chapter's Cochlear Implant Group.

In a Power Point presentation, Jane Ledingham, Advanced Bionics Consumer Specialist, showed how cochlear implants recreate the ability to understand speech in most patients and the special features of the company's implant. Advanced Bionics is one of three CI manufacturers whose devices are implanted at Strong Medical Center in Rochester. Jane invites further inquiries about AB implants at Jane.Ledingham@advancedbionics.com or the company web site, AdvancedBionics.com. A good Q&A time followed with many questions answered according to Fred Altrieth

(continued on page 7)

ADVANCED BIONICS (cont. from page 6)

Chapter volunteers who can be contacted as local mentors are:

Janet McKenna at deaphyduck@gmail.com; Ginger Graham at ggraham859@gmail.com; or Fred Altrieth at faltrieth@rochester.rr.com.

The Cochlear Implant Group's next meeting is slated for Autumn at St. Paul's Episcopal Church.

ASSISTIVE LISTENING DEVICE DEMO CENTER SESSIONS CONTINUE TO BE A BIG SUCCESS *By Charlie Johnstone, and, Sue Miller*



Once again, thanks to the enthusiastic efforts and due diligence of those involved, the Demo Center session on

March 15th was a success! All played a key role, whether they were actually there or helped with the preparations. Thank you to **Stan Gross, Dan Brooks, Lorin Gallistel and Charlie Johnstone** who were “trainers;” and to member volunteers--**Al Baker, John Curtis, Michelle Gross, Nancy & Doug Meyer, Sue Miller, Tom Sullivan.**

Thirteen people stopped by looking for answers on which devices may help them hear better. The types of devices represented during the demo sessions include signaling-alerting devices, captioned telephones, personal assistive listening devices and hearing aid accessories.

The next session at Lifespan, 1900 S. Clinton Ave. (Tops Plaza) 14618 is Thursday, May 17th, 10am to 2pm. (The device center is open the 3rd Thursday of each month, except July and August.

SUBJECTS OF JUNE 5th MEETINGS:

Daytime - “Learn How the Airport Will Be Hearing Accessible” – Andrew Moore

Evening – “OTC Hearing Devices: What You Need to Know” – Ramona Stein, Audiologist- Can over-the-counter devices help you understand speech and sounds? Come & learn.

HAAA CONVENTION – June 21 - 24
Minneapolis, Minnesota

Register Online or Offline: www.hearingloss.org.

Also, see full write-up in our March Newsletter, page 11. Also, www.hearinglossrochester.org.

MEMORIAL DAY

By Anna Gilmore Hall



Memorial Day originated after the American Civil War to honor both the Union and

Confederate soldiers who died in the war. The holiday was extended by the 20th century to include all American soldiers.

Memorial Day is sometimes confused with Veteran's Day which is in November, which celebrates the service of all U.S. military veterans.

This award-winning Newsletter of the Rochester Chapter of HAAA 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



DID YOU KNOW....

“October 18, 1767, the Mason-Dixon line, the boundary between colonial Pennsylvania, Maryland and Delaware, was set as astronomers Charles Mason and Jeremiah Dixon completed their survey.”

(from D&C 10/15/17)



SAVE THE DATE! – June 26th

PLANNING THE PROGRAMS FOR YOUR CHAPTER MEETINGS

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

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

Daytime meetings planning session:

Tues., June 26th, at 9:30am – coffee & conversation;
then, discussion 10:00-Noon –
Sue's home, 16 Buckthorn Run, Victor.

Evening meetings planning session:

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

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

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

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



“Hearing Other People's Experiences” – MAY 1st

HOPE will meet at **10:00 am** in the Vestry Room at St. Paul's church. Led by Joe Kozelsky, MS, abd, CCC-A (ret.) Retired Audiologist and hearing aid user. This is an exciting and interesting group where you can come and share your hearing loss experiences and learn from others.

Note that May 1st there will **not** be a daytime or evening Chapter meeting. Please come to the “Featured Speaker Program” at 5pm. (see page 11)



We need your support. Please consider joining (or renewing membership in) our Chapter. Perhaps consider the gift of our Newsletter for a friend and/or family. (see form inside the back cover)

We Welcome All Donations

Please make your check payable to: HLAA-Rochester (HLAA is a 501©(3) organization.)
Mail to: Ms. Joanne Owens, 1630 Woodard Rd.,
Webster, NY 14580

Be sure to designate:

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

With sincere thanks for donating to our Chapter!

JOINING OUR NATIONAL GROUP

You are encouraged to join and take advantage of HLAA National services. The bimonthly *Hearing Life* magazine is full of treasures.

Founded in 1979, HLAA is the nation's foremost advocacy organization for people with hearing loss. It opens the world of communication through information, education, advocacy and support. Information can be found at www.hearingloss.org. The national headquarters is located in Bethesda, MD.. Quote by our founder Rocky Stone: “Hearing loss is a daily challenge you can overcome. You do not have to hide your hearing loss. You do not have to face hearing loss alone.”

HOW TO BE A GOOD PERSON WITH HEARING LOSS

By Mary Chizuk

A column was written in the Newsletter about a decade ago on “how to be a good person with hearing loss.”

After attending, listening (using the hearing loop), and reading captions at our February 6th Noon Chapter Meeting by Dr. Anton Porsteinsson, the information bears repeating.

Stay Connected--person to person; interact in groups. Try-Try-Try even though you may not catch it all. Use as much technology as available--the hearing loop, captioning, your phone, internet and social media, and use your hearing aids or cochlear implant.

Oh, don't forget to ask for assistive listening devices wherever you go. Plan ahead so the technology is there for you. And, say “Thank You” for the services provided including feedback as to how this worked for you.

Each of these technologies serves to reinforce the other so the puzzle of communication is easier to put together. Captioning may be supplemented with the hearing loop. Practice and patience. Your brain may not be able to interpret sounds or words initially, but after it hears it again and again it becomes familiar and recognizable.

Dr. Porsteinsson suggests that there may be a connection between untreated hearing loss and development of dementia. Logically, if a person with hearing loss is not utilizing HAs, the result of NOT hearing is self-exclusion from family and friends, isolation, a "why bother" attitude, depression, a lower quality of life, doing less and then not being able to do... manifested as dementia. (For many people it takes years, as long as 8 years, before hearing loss is treated with aids.) This is a very long time for the brain to be deprived of sounds and voices. Is it any wonder that so many properly fitted hearing aids end up "in the drawer" unused.

Hearing loss affects you and those you interact with on a daily basis. Over time, untreated, it may be stealing the joy and quality of your life. Stay in the mainstream as difficult as it may seem to do.

And put on that Happy Face!



FACING HEARING LOSS TOGETHER

(suggested by Fred Altrith; excerpt from CaptionCall Newsletter)

Facing hearing loss together with the ones you love can be challenging. "Hearing loss is a chronic condition that affects the whole family," according to Venessa Vas of the University of Nottingham, School of Medicine and a member of the British Academy of Audiology.

It is important to remember hearing loss impacts the following areas: 1) auditory—listening, communicating, and speaking; 2) social--relationships, isolation, social life, occupational, and interventions; and 3) self—effort and fatigue, emotions, identity, and stigma.

Hearing loss affects your day-to-day life and those you communicate with most...spouse, siblings, children, friends, relatives, colleagues, and caregivers. Social life, burden of communications, and quality of life are the primary complaints. What is the solution?

Education is the first step to developing coping strategies. Seek information from professionals and reputable sources. Talk about the frustrations of communicating or feeling upset to know others are aware of your hearing problem (which effects self-image). The stigma associated with hearing loss can be overcome. Don't forget your hearing loss has a secondary impact on those around you. Facing hearing loss together helps you and the whole family stay connected!

DID YOU KNOW...

ALLOW EXTRA TIME if you plan to walk Canada's Yonge Street. At 1,178 miles long, it runs from the shore of Lake Ontario in Toronto to the town of Rainy River near the Ontario-Manitoba border. (*Old Farmer's Almanac*)

ANNUAL DINNER

By Sue Miller



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

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

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

You will enjoy being part of this fabulous evening!

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

Please join us!

Tuesday, May 22, 2018

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

**6:00 to 9 P.M.
Spouses/guests welcome!**

Menu choices:

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

**Chef's choice seasonal vegetable and starch
House Salad, and Strawberry Shortcake
\$26.00 per person (includes gratuity)**

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



**HLAA ANNUAL DINNER – May 22nd
Reservation Form**

Name: _____

Address _____

Phone or E-mail _____

Dinner choice _____

~~~~~

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

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

~~~~~

2nd Guest: _____

Dinner choice _____

Dinner reservations will be accepted until
Thursday, May 17th

_____ Dinners @ \$26 each = \$ _____

**(please make check payable to
HLAA-Rochester)**

Please return this form and check to:

**Ms. Joanne Owens
1630 Woodard Avenue
Webster, NY 14580**

FEATURED SPEAKER PROGRAM

Tuesday, May 1st – Academy of Medicine

By Janet McKenna

EXCITING AND INFORMATIVE!



Dr. Sam Trychin, a psychologist specializing in improving communication strategies for people with hearing loss, is the Featured Speaker at the Tuesday, May 1 meeting sponsored by Hearing Loss Association of America Rochester Chapter. His talk, "Hearing Loss and Emotional Regulation: Building Resilience," takes place at the Rochester Academy of Medicine, 1441 East Avenue, Rochester 14610. Doors open at 5:00pm, light refreshments; the program starts at 6:00. The program is free. Anyone interested in hearing loss is welcome!

"If confronted with difficult hearing situations, people with hearing loss often react with negative emotions like frustration, fear, anxiety or anger when not understanding," says Trychin. He feels that such emotional effects arise when the listener unexpectedly confronts or anticipates a scenario where it is important to understand but misses or misinterprets what is being said. He notes that "Emotional arousal often interferes with clear thinking, resulting in failure to undertake helpful actions in preventing or resolving communication difficulties." His presentation will illustrate "building resilience"--ways to prevent or reduce such emotional reactions and improve hearing and understanding.

Dr. Trychin is a psychologist in private practice in Erie, PA. He focuses on psycho social interventions for people with hearing loss and their communication partners. He also deals with training for individuals with stress-related disorders.

He is the Mental Health and Rehabilitation Advisor to Hearing Loss Association of America and serves on the PA. Governor's Council on Aging. The author of 15 books and several professional book chapters and journal articles, Trychin has produced DVD's targeting skills for living better with hearing loss.

He and his wife, Janet, an audiologist, frequently conduct workshops and training programs together. Sam is an engaging speaker, interacting humorously with his audiences.

Enhancing hearing accessibility at the talk will be an inductive hearing loop donated by HLAA-Rochester Chapter, open captions and ASL interpreting.

2018 BUFFALO WALK4HEARING

By Carol Loftus

Plans are well under way for the Walk4Hearing. The Walk will take place on Sunday, Sept. 30th. This year, walkers will gather at South Park, Ring Road, in Buffalo. Please note this new location. Directions will be given in an upcoming Newsletter. Registration begins at 9 am; Walk starts at 10 am. The Buffalo Walk4Hearing has a goal of \$45,000.

We hope many of you will think about carpooling to attend the Walk. Whether attending or not, please show your support by soliciting donations from family, friends and business acquaintances. For more info, please contact me at cloftus3@gmail.com.



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

JUNE will be our last Newsletter until September.
Due date for articles for the June edition is April 30th .
Ginger, Michelle, and Janet get a well-deserved break in the summer!



Sounds For Life
135 Sully's Trail
Suite 10
Pittsford, NY 14534

Holistic Hearing Healthcare™



**Hear Better.
No Pressure.**

585-248-5212
www.SFLHearing.com



CENTERSTAGE
JEWISH COMMUNITY CENTER



The HIT MAKERS
and the beat goes on

Feb. 3-18



BUYER & CELAR

Mar. 10-25



THE BRIDGES OF MADISON COUNTY

May 5-20

Bringing a World of Theatre to Rochester

Visit our website for captioned performance dates.
jcccenterstage.org • (585) 461-2000

JCC ROCHESTER Louis S. Wolk Jewish Community Center of Greater Rochester
The William and Mildred Levine Building
1200 Edgewood Avenue | Rochester, NY 14618



CLIFTON SPRINGS HEARING CENTER

A hearing aid is not a symbol of weakness. It's a tool of strength.

To Schedule An Appointment:
Call 1-800-827-0140
www.cliftonhearing.com

Canandaigua • Pittsford • Clifton Springs
Established 1979



Are you happy with the care you are receiving now?

Looking for a caring, hearing healthcare provider?

Call Dr. Christine Stein at Professional Hearing Solutions... she provides quality care in a warm friendly environment.



Dr. Christine Stein
Au. D, FAAAA

Professional Hearing Solutions
We Listen More... To Help You Hear Better!

1331 East Victor Rd., Victor • 585.398.1210
513 W. Union St., Cannery Row Plaza, Newark • 315-573-7844
www.professionalph Hearingsolutions.com



Ontario Hearing Centers

For 60 years we've been helping the hard of hearing benefit from advances in technology.

SERVICES:

- Hearing Test
- Hearing Aid Evaluations
- Hearing Aid Custom Programming
- Hearing Aid Repairs
- Custom Sound Plugs
- Evening and Saturday Hours
- Home Service Available

3 AUDIOLOGISTS:

- John J McNamara, Au.D.
- Andrea M. Segmond Au.D.

Call one of our two convenient locations today!

BRIGHTON
2210 Monroe Ave.
585.442.4180

GATES
785A Spencerport Rd.
585.247.4810

 Become a Fan!

WWW.ONTARIOHEARING.COM



Finger Lakes Hearing Center

Hearing aids covered by the **AGX Protection Plan**

Try an AGX Hearing system for **75 days, risk-free**

Free for 3 years:
Batteries • Warranty
Loss & damage insurance

Applicable toward an AGX5, 7, or 9 two-device hearing system

Canandaigua
585.919.6712
Geneva
315.828.6990

fingerlakeshearing.com 



UR Medicine Audiology

Evaluation-Treatment-Support

Comprehensive Hearing Care for Infants, Children and Adults

Hearing and Hearing Aid Evaluations

Hearing Aid Dispensing, Repairs, Batteries and Supplies

2365 S. Clinton Ave, Suite 200 585-758-5700

Christina M. Ashrafioun, AuD

Christina A. Bauer, AuD

Amber Lim Coronado, AuD

Dawn R. D'Agostino, MA

Kristin E. Geissler, AuD

Michelle R. Geringer, AuD

Pamela T. Kruger, AuD

U-Cheng Leong, PhD

Christy Monczynski Hopson, AuD, MS

Mark S. Orlando, PhD, MBA

Diane S. Puccia, MA

Jennifer C. Thomson, AuD

Shayna L. Tokar, AuD

Megan Wightman, AuD

You Should Hear What You Are Missing

MEDICINE OF THE HIGHEST ORDER



CaptionCall is the Gold Standard

CaptionCall is the first and only captioning phone to meet the Telecommunications Industry Association standards for mild, moderate and severe hearing loss amplification and hearing aid compatibility.*



Want to learn more about CaptionCall?
Sign up today at www.captioncall.com or call
1-877-557-2227. Use promo code **MN1140**.

*67T and 67TB models. Learn more about TIA at tiaonline.org.

HEARING LOOPS UNLIMITED

Enjoy the sounds of life.

W4H Sponsor

Assistive listening systems,
ADA assessments and acoustic solutions
Temporary hearing loops

For Your Complimentary Evaluation
CONTACT US AT: don@hloops.com

www.hearingloopsunlimited.com

585 727 0408

Dalzells Hearing Centers

Larry E. Dalzell, Ph.D.

Sheila M. Dalzell, Au.D.

Matthew S. MacDonald, Au.D.

Our audiologists' expertise makes hearing easier

Brighton Office

2561 LacDeVille
585-461-9192

Greece Office

10 South Point Landing
585-227-0808

www.DalzellsHearing.com

Specialists in Hearing Assistance Loop Systems
Serving you since 1973!

applied
audio & theatre supply

P: 585.272.9280 * F: 585.272.1156
<http://www.theatresupply.com>

speech & communication
services
Setting a Higher Standard

Suzanne E. Johnston, MA, CCC/SLP
Licensed Speech/Language Pathologist

135 Sully's Trail, Suite 10
Pittsford, NY 14534
sejohnston1959@gmail.com
585.314.1807 (v/txt)
www.speechandcommunicationservices.com

LISTEN, READ and RESPOND to your callers. Don't miss another word!




CapTel® 2400i

877-805-5845 | nyrelay.com/captel

CapTel is a registered trademark of Ultratec, Inc.

Communication for Life

Helping Rochester's Children, Adults & Families for 93 Years

- Experienced Staff
- Exceptional Service
- Personalized Solutions




ROCHESTER Hearing & Speech Center

Rochester 585.271.0680
 Greece 585.723.2140
 Webster 585.286.9373

rhsc.org



Providing non-biased information & guidance for older adults & caregivers.

Call us at 585-244-8400.

Proud to partner with the Rochester chapter of the Hearing Loss Association.



Trust Your Hearing to our Doctors of Audiology

Offering hearing solutions for nearly 40 years. Always a risk free trial. You'll love what you hear.

www.HartHearing.com | 585.266.4130 

Irondequoit | Brockport | Greece | Brighton | Fairport

Solutions for All Levels of Hearing Loss!

- Amplified Phones
- Cell Phone Accessories
- Personal & TV Listeners
- Loud Alarm Clocks
- Signaling System



HARRIS COMMUNICATIONS

Request a **FREE Catalog!**
www.harriscomm.com • (800) 825-6758

100% Satisfaction Guarantee: **FREE Shipping + Returns!** details on website

How to get a good night's sleep.

Give thanks every day.
Love like there's no tomorrow.

DO YOUR BEST AND SAY AMEN.

PAY IT FORWARD.
Dry like you mean it.

(Dry & Store® works while you sleep, so you can rest easy.)
 Call 1-800-327-8547. HLA members save 10%

Board of Directors Officers

President Sue Miller
Vice President Art Maurer
Recording Sec. Elise de Papp, M.D.
Corresponding Sec. Carol Loftus
Treasurer Gerry Loftus
Asst.Treasurer Jo Owens*

Board Members

Henry J. Adler, Ph.D.
 Steven Barnett, M.D.
 Dan Brooks
 Mary Chizuk
 Margaret Cochran
 Carmen Coleman
 John Eckhardt, Ph.D.
 Barbara Gates
 Michelle Gross
 Suzanne Johnston
 Charles Johnstone
 Barbara Law
 Bruce Nelson
 Al Suffredini
 Chris Suffredini

Honorary: Jeannette Kanter,
 Joe Kozelsky

*Non-Board Member

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**

Professional Advisors

2016 - 2018

*Julie Hanson
 Ralph Meranto
 Kristen Nolan
 Charles G. Perreaud*

2017 – 2019

*Tamala David, Ph.D.
 James DeCaro, Ph.D.
 Christine Olivier
 Peter Reeb*

**Consultants: Paul Dutcher, M.D.
 Charles Johnstone, James Vazzana, Esq.**
 ^^^

Newsletter

*Newsletter deadline: first day of the month preceding the issue month.
 Send articles to:
 Ginger Graham
 859 Meadow Ridge Lane
 Webster, NY 14580
 ggraham859@gmail.com*

**MEMBERSHIP APPLICATION – HLAA-ROCHESTER CHAPTER
 July 1, 2017 – June 30, 2018**

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

All members receive the award-winning Rochester chapter Newsletter!

Check preference for access: via US mail via Chapter website

Check membership type: Individual Family Corporate

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

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

Friend* \$25, Partner* \$50, Supporting* \$100 \$_____

I have a different mailing address for part of the year.
PLEASE PRINT

Name _____
 Street _____
 City/State/Zip _____
 Phone _____
 Email _____

Please make check payable to: HLAA-Rochester. Send to:
 Ms. Joanne Owens, 1630 Woodard Road, Webster, NY 14580

HEARING LOSS ASSOCIATION OF AMERICA

YES! I want to join or renew membership in National HLAA. Membership entitles me to the **Hearing Life Magazine**, a number of discounts, and knowing I’m supporting advocacy for people with hearing loss nationwide.

Individual \$35
 Couple/family \$45

Name: _____
 Street: _____
 City/State/Zip: _____
 Phone: _____
 E-mail: _____

Send to: National HLAA
 Suite 1200
 7910 Woodmont Avenue
 Bethesda, M.D. 20814

Please do NOT send this renewal to the local Rochester chapter; mail directly to HLAA in Bethesda, M.D.



NONPROFIT ORG.
U.S. POSTAGE
PAID
ROCHESTER, NY
PERMIT # 1193

P.O. Box 1002
Fairport, NY 14450

Return Service Requested

Time sensitive

Please deliver by April 25, 2018



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 the bimonthly Hearing Life Magazine, holds annual conventions, a Walk4Hearing, and more. Check out: www.hearinglossrochester.org/.

The Rochester Chapter, started in 1983, is a dynamic group of individuals working together as a team. To join, please see inside back page. HLAA has a support network of organizations—Bethesda, MD; State organizations; and, local Chapters. Welcome!

Meetings are hearing accessible

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

All meetings are audio looped and captioned. Interpreters are available on request *for evening meetings only*-- contact Linda Siple, 585 288 6744, or at lasnss@rit.edu, at least a week in advance. **(This phone number is only to request an Interpreter.)**

Entrance to the meeting room is via the Westminster Rd. door, down the corridor to the end, into the large Parish Hall room.

Everyone, with or without a hearing loss, is welcome!