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December 2015

DECEMBER Calendar

Tuesday, December 1st

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., Dec. 8th – Board of Directors
7:00 – 9pm, 1st floor CR, Al Sigl Center

SAVE THESE FUTURE DATES

Tues., Jan. 12th – BOD meeting, 7-9pm, ASC

Tues., Jan. 19th - PAC 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 December:

Daytime Meeting – D. Brown, M. Cochran, B. Fox
Evening Meeting –G. Graham, B. Law
Board of Directors –M. Cochran

Please sign up to help when the “Refreshment Sheet” goes around!

*Welcome back members, and,
WELCOME ALL NEWCOMERS TO HLAA!*



DECEMBER PROGRAMS

Tues., Dec. 1st Daytime Meeting 11:00 am

Hearing Loss Affects Us All : panel discussion

Encircling a person with hearing loss probably are numerous associates sharing his or her problem. What a shock to realize that one's friends, family, and/ or colleagues all are affected by our inability to participate in clearly communicating with them!

To explore the effect of hearing loss on relationships, a seven member panel will discuss the realities of living with and retaining amicable communications with a hard of hearing significant other. This will be facilitated by **Cindy Kellner**.

Panelists are one HLAA-Rochester Chapter member paired with a spouse or family member. Sharing their experiences are: **Nancy and Doug Meyer; Vern Thayer** and daughters, **Connie Welch and Marcia Kramer; and Marlene Sutliff** and son, Rob. Their dynamics are common to those dealing with someone's declining hearing.

(continued on page 2)

Tues., Dec. 1st – Evening Meeting – 7:00 pm***Listening to Music with Hearing Loss –***

Don Bataille, RA, CCS

Hearing loss affects a person's ability to enjoy music. Hearing aids, designed to enhance voice communication, may not meet one's music listening expectations. This program explores the auditory process of listening to music, how our cultural experiences and memory influence acceptance of different types of music, and how our mind responds to the emotion of music. Don will comment on technological advances improving the sound signal quality and level of sound received by the user of a hearing aid or cochlear implant which could intensify their music listening experience.

Donald Bataille, a former HLAA-Rochester Chapter board of directors president, is a practicing architect and owner of Hearing Loops Unlimited. He is the vice chair of the UR Healthy Living with Hearing Loss Community Committee (HL2) and serves on many other organizations' boards.

HLAA-Rochester chapter meetings are held in the Parish Hall at St. Paul's Episcopal Church, East Ave. at Westminster Road, across from the George Eastman Museum. All programs are audiolooped and captioned. Those needing a sign language interpreter for an evening meeting should contact Linda Siple at 585 475 6712 a week in advance. (Please note, this phone is only for those needing an interpreter.)

Hearing Loss Association of America is a nationwide organization dedicated to advocacy, education and support for people with hearing loss. 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. The HLAA meeting is free and open to all community members interested in hearing loss.

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.

PRESIDENT'S COLUMN*By Cindy Kellner***Take a Positive Step & Join**

Sometimes I get tired and frustrated and I just want to scream. Being unable to hear well can be so tiring at times. Am I the

only one who sometimes likes to take my hearing aid out and just take in the silence? I must confess that I often do this while walking my dogs in the park. I know it is risky, but sometimes I just don't care. Enjoying the solitude and the beauty of nature, together with pure silence and accompanied only by my beloved golden retriever and my pug can sometimes work miracles in clearing my head and recharging my batteries. I have decided at that time, for me, it is okay to relax and not have to work at hearing. I see it as a little slice of freedom I sometimes so desperately need from the rigorousness that usually accompanies hearing loss.

It is not that I don't want to hear. Nothing could be further from the truth. It is just that I do get frustrated and tired sometimes. Hearing loss is hard work even in the best of circumstances. We all know that. Sadly, the world is not looped and not everyone speaks without mumbling or looking away from you. And then, more and more there are accents to contend with and the constant, never-ending bombardment of background noise to try and drown out. Honestly, sometimes it is just so exhausting I could scream. But, I don't. I continue to navigate the hearing world as best I can while maintaining a positive attitude. But, it isn't easy. There are, I hate to admit, far too many Tylenol moments when I need a little something to rid myself of that low-grade headache that develops when I have strained too hard and there is too much to hear.

Sometimes, I am just a little too late and the Tylenol moment passes and I move to the dull pounding headache that just won't go away without some serious sleep. At that time, it is best to stay away

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PRESIDENT'S COLUMN - continued

from me. I hurt and I am cranky and super mad at the luck of the draw that handed me my hearing loss. It hurts and it isn't fair. Too often, I am ashamed to say, I take it out on the ones I love the most and that only makes me feel worse. "For heaven's sake," I complain to my husband "how many times have I asked you not to....talk to me from another room, turn your back on me when speaking, turn the TV up so loud, and lower your head when talking to me...." The list could go on and on. The point is the same. I lash out at someone who really doesn't deserve my wrath. It is not my husband or loved one's fault that I am stressed, hurting and worn out. He really does his best to work with me and support me. It is the hearing world that is uncooperative and I know it. But screaming at the top of my lungs really isn't acceptable these days.

So what do I try to do at such moments before heading to a nap or serious sleep? I take a deep breath and remind myself that this too shall pass, and I know it will. I also do a quick assessment of myself to remind me of all that I have and all that I have done. This part is easy. I know that I have so much and that I am blessed. Not only can I feel the sunshine but I can see the sunrise and the sunset. There are many that cannot. I also know that I have done many positive things to deal with the frustrating cards I have been dealt.

By far the most important thing I have done to deal with the frustration of hearing loss is to accept reality and reach out and join HLAA. This is huge. I have made many wonderful friends who truly understand. I have learned so much about how to deal with the hearing world and how to advocate for myself. The technological assistance that HLAA has familiarized me with has been vital and very helpful. No doubt I get back far more than I give. Research has established that joining a group of similarly situated individuals who share, accept and understand a particular problem or issue you may be challenged with is a major positive move towards resolution. I find it interesting that even though I sometimes have to work to hear a few HLAA

friends or programs it never gives rise to a Tylenol moment. It is just different. HLAA has done a terrific job helping me feel understood and accepted. No doubt, it is the best \$10 a year that I have ever spent. I just hope you agree. Membership renewal letters have just gone out. If you haven't done so already, please take a moment and join our group. You deserve to be kind to yourself and HLAA will help you immensely on that journey. Take care and be well.

**DONATING HEARING AIDS TO THE LIONS CLUB**

By Michelle Gross

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

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

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

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

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

We Welcome All Donations

Please make your check payable to: HLAA-Rochester
HLAA is a 501(c)(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, Birthdays congratulations.

And who to send the Acknowledgment to. Thank you.

RBTL LIVE THEATRE--- CAPTIONED!

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

Dec. 20 – White Christmas
March 13, 2016 – Beautiful
April 17, 2016 – Matilda
May 15, 2016 – Dirty Dancing

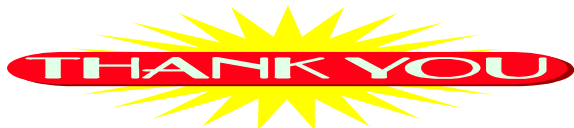
Tickets become available 6 weeks in advance of each show. Request seats in “open captions” viewing section. Call 222-5000; email, info@rbtl.org.

GEVA Theatre Offering Captioned Plays!

All performances are **Saturday, at 2:00pm** (except-- A Christmas Carol)

Nov. 29 - A Christmas Carol --**SUNDAY**
Jan. 16, 2016 – Miracle on South Division St.
Feb. 20, 2016 – To Kill a Mockingbird
April 2, 2016 – A Moon for the Misbegotten
May 7, 2016 – The May Queen

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



For Your Donation to HLAA:

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

In Memory of Al Saia

Marjorie Saia

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!



----see page 10

**Donation Above Membership:**

Mary Balme, Don Bataille, Joyce Burg, Edward Carman, Gwen Cheney, John Curtis, Don Cushing, Janet D'Ambrose, Sebastian D'Angelo, Francis England, Arthur Fitelson, Brian Fox, Leonard Gartland, Nick Graver, Bobbie Hargrave, Hal Hood, Andy Howard, Karen Hubbard, Cindy Kellner, Jane Kitchen, Joe Kozelsky, Werner Kunz, Jane Labrum, Barb Law, Mary Leene, Jim Littwitz, Art Maurer, Sue Miller, Elizabeth Mitchell, Jeannette Musliner, Hugh Outterson, Patricia Pogue, Frederick Porter, Bernard Sampson, Eleanor Siegrid, Douglas Smith, Tom Sullivan, Joe Termotto, Ruth Tetlow, Julius Toenniessen, Charles Treat, James Vazzana

TURN DOWN THE NOISE

By Kristen Young, D&C 6-2-15

It struck me as I was sitting on the tarmac waiting for our turn for takeoff when the flight attendant hit a switch turning on loud music that invaded the mid-sized plane. Why are we constantly subjected to distracting noise in stores, gyms, restaurants, etc.

Whether it is piped muzak, radio, TV screens--it prevents thought, let alone conversation, and can even permanently damage hearing.

I suggest we try a little silence. The next time you're not enjoying the mindless background noise in a public space, ask for a lower volume or no volume at all!

FOR THE HOLIDAYS, AND ALL YEAR...

**“Each of us is an angel, with only one wing,
And we can fly only by embracing each other.”**

(author unknown)

4th FEATURED SPEAKER PROGRAM

Dr. Richard Salvi, at the Rochester Academy of Medicine

By Elise de Papp, M.D.



(unknown, Elise de Papp, Dr. Salvi) Dr. Richard Salvi, Professor from the University at Buffalo, Department of Communicative Disorders and Sciences, Director of Center for Hearing and Deafness, was the guest speaker. His topic was “Hearing Loss and some of its Disabling Consequences,” such as tinnitus and loudness intolerance. He spoke about the peripheral auditory system and concentrated on how the outer and inner ear function with the brain, showing special MRI studies on people with hearing loss demonstrating activity in brain centers not ordinarily considered part of the auditory system (neuroplasticity). Dr. Salvi included data from his animal studies, substantiating the concept that tinnitus has its origin in the brain, and not in the ear.



The program was held at the Rochester Academy of Medicine, a lovely old home on East Avenue, where many meetings of different groups are held. The committee members in charge of food and décor did a great job of satisfying appetites and creating ambiance. Every one appeared to enjoy the venue. Attendance was approximately 134 people, including many chapter members but also many guests. Ample parking is available there.

Elise de Papp, Chair; **Margaret Cochran**, publicity; **Cindy Kellner & Carol Loftus**, food and décor; **Sue Miller**, program; ex-officio members: Greeters: **Barb Gates, Ginger Graham, and Janet McKenna**. Photographer: **Art Maurer**.



WEBSITES OF INTEREST

Our Chapter website is: www.hlaa-rochester-ny.org. **Michelle Gross** is our Web Master. The website for HLAA National is: www.hearingloss.org. Congratulations! Our Rochester Chapter has won the National Award for best Website.

CAPTIONING OF MONTHLY CHAPTER MEETINGS WILL BE CONTINUED !

Great news from CaptionCall! 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 for the 5th year in a row...such an incredible gift to our chapter. 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 **Candi and 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!

IF YOU MOVE

Please don't forget to notify **Margaret Cochran**, at 178 Crossover Rd., Fairport, NY, 14450, or, via email at mc23@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. Thanks.

Newsletter Deadline

MONDAY, NOVEMBER 30TH

(for the January Newsletter)

Email: ggraham859@frontiernet.net

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 2 months ahead. Thanks, Ginger
ggraham859@frontiernet.net; or, (585) 671-2683

**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:

Elizabeth Ballard

Elizabeth Ballard CI, CT, M.S. has been the manager of Interpreter Services at UR Medicine for over 4 years. In her current responsibilities, she manages a mixed group of about 50 Sign Language and Spanish Interpreters as well as provision of some access technologies available at Strong Hospital. Prior to that she was the Network Trainer and Team Lead for a Video Relay Service company. Elizabeth graduated from SUNY Geneseo with a B.S. in Communicative Disorders and Sciences, and has her roots in Sign Language Interpreting, having completed her interpreter training at the National Technical Institute for the Deaf. Elizabeth is passionate about access and strives to join the effort to eliminate health care disparities for the Deaf and people with hearing loss.

She lives in Fairport with her husband, and two children, and a dog!



----see page 10

HAIL TO HEAR!

By Janice Schacter Lintz

Hearing Induction Loops for Passengers with Hearing Loss have Arrived in The Taxis of Tomorrow

NYC, October 13, 2015—Hearing Access & Innovations, Inc. today announced that NYC Taxis with hearing induction loops are now on the streets. This moment in history coincides with the 25th Anniversary of the Americans with Disabilities Act.

Hearing aids and cochlear implants deliver all sounds including those in the background. To ensure customers who wear them can easily and clearly interact with each other, hearing induction loops are present in the Taxi of Tomorrow. A driver and/or a passenger who wears hearing aid(s) or cochlear implant(s) can now hear by switching the HA or CI to the T-setting (telecoil) and block background noise. In the US, 48 million people have some form of hearing loss.



Exterior of Taxi.

“Passengers and drivers with hearing loss can hear where they are heading” said Janice Schacter Lintz, CEO of Hearing Access & Innovations. “We hope Uber will follow the taxi’s initiative on hearing access. No one should have to ask permission to hear.”

LIKE US ON FACEBOOK !

By Cindy Kellner

Are you on Facebook? If so, please be our friend. We currently have **260** friends and we want more. Find us at: **Hlaa Rochester Ny**

MY STORY – A Personal History

By Janet McKenna

Thoughts of a deaf librarian!



I knew no one with a hearing loss when I grew up in the Hudson Valley, nor when I studied at Syracuse University. I worked for several publishers as an editor in New York. Paul McKenna

and I met at an impromptu party in Greenwich Village the night of the Great New York Power Blackout of 1965. We married the next August and lived in Providence, RI while Paul was a graduate student. There, in my mid-twenties, I noticed fainter hearing in my right ear.

Moving to Buffalo, NY, I earned my MLS at SUNY Buffalo. Observing further deteriorating hearing, I consulted the Dept. of Communication Disorders. They diagnosed a mild hearing loss and taught me speechreading--a valuable skill. As a reference librarian, I dealt with patrons in public libraries first in Niagara Falls and for over thirty years in North Tonawanda.

I'd acquired two stapedectomies and two hearing aids in addition to bitterness and frustration. When I couldn't understand my name at an ENT's office, the extent of my deafness was no longer deniable. "She needs support," said the doctor, but none was available in 1979.

An epiphany occurred when the late Howard "Rocky" Stone spoke at an American Library Association convention. He introduced a support, education, advocacy group for people with hearing loss. I joined Self Help for Hard of Hearing People in 1983, then the Buffalo group. By 1990, I'd met members of the Rochester Chapter at regional meetings, and decided that the 84 mile drive from Grand Island was worth the knowledge and fellowship at St. Paul's Church, East Avenue.

Cochlear implants became news in the 1990s. My worse ear became unaidable. We talked with cochlear implant pioneer Craig Carpenter. The idea of surgery was puzzling and frightening; the field was embryonic. I tested at 40% understanding single syllable words at Strong Hospital; in 1995 THAT WASN'T DEAF ENOUGH TO QUALIFY! An internet correspondent suggested I stop guessing the words on the hearing test.

Work was excruciating. I couldn't understand telephones or speech in noise. (I retired for good in 2004.) The Advanced Bionics' implant seemed the most advanced in 1997. I became Rochester Clarion #1 on January 20, 1998 and was hooked up a month later. Half my head was shaved to accommodate a two-inch incision. The processor is the size of a pack of cards with 42 inches of cable. Now I use a behind-the-ear AB Harmony implant. After waffling for two years, I "went bilateral" with a second AB implant in 2012. For me, cochlear implants definitely were worth the trouble, with two far surpassing using only one.

Carol Bradshaw apprised me of Brickstone at St. John's in Brighton. Paul and "Johnson the cat" and I moved there in 2014. My byline appears frequently in this Newsletter. Because of Rocky Stone and HLAA, I've progressed from a person ashamed of her deafness to an advocate for hearing aids and cochlear implants, urging people to avail themselves of help.

Subjects of Jan. 5th Chapter Meetings:

Daytime: "Advocating for Yourself & Others"

Bob Sickmond

Evening: "Cochlear Implants"

HOLIDAY FACTS...

In 1951, Gian Carlo Menotti's "Amahl and the Night Visitors" (the first opera written specifically for television) was first broadcast by NBC-TV.

ASSISTIVE LISTENING DEVICES HELP YOU HEAR

By Jim Miller (In Good Health, Aug. 2011)

Updated by Bruce Nelson, Rochester HLAA, October 2015

Assistive listening devices (ALDs) are very useful products that can help people with hearing loss – with or without hearing aids—hear better!

Listening Helpers—ALDs are electronic amplifying devices that will let you adjust the volume and tone so that you can understand the TV, telephone or other people speaking. It's important to know that these devices work best for people with mild-to-moderate hearing loss, you don't need a prescription to buy them, and they usually aren't covered by insurance or Medicare. Some devices may be covered by state or federal programs.

Here's a breakdown of different ALDs—

Phone Amplifiers are handset and in-line amplifiers you can add to your regular phone. There are also amplified telephones which allow you to adjust tone and volume for better clarity. They usually come with extra loud ringers and flashing ring indicators.

Clarity (clarityproducts.com; 800-426-3738) and **ClearSounds** (clearsounds.com; 888-965-9043) make a variety with prices from \$30 to \$300.

Harriscomm.com, **teltext.com**, and **soundbytes.com** are also good sites.

Caption phones have a built-in screen that lets you listen to the caller and read word for word what he/she is saying, and they also contain phone amplifiers. Go to **captioncall.com** (877-557-2227) or **captel.com** (800-233-9130) to learn more.

TV Listening Systems let you increase the volume and adjust the tone without blasting out the rest of the family. The best devices today are wireless infrared systems that come with a headset. Many also work with radios and stereos. If you don't want to use a headset, some systems offer a small speaker that can be placed beside the chair, and many work with T-coil enabled hearing aids. TV Ears (tvears.com; 888-883-3277) is one of the best, with

prices starting at \$100. **Walmart.com** online has the Unisar TV Listener J3 Infrared Wireless headphones for about \$35.

Personal Listening Devices are for one-on-one and small group conversations, a pocket-sized amplifier that comes with a small mic and ear buds may do. Or, consider an FM listening device, a wireless system that can boost hearing in many difficult listening situations including auditoriums and lecture halls. FM devices come with a small mic and transmitter placed on or by the person speaking, while the listener wears a receiver that may be used with ear buds, earphones, or with T-coil enabled hearing aids when worn with a neck loop. **Harriscomm.com** and **independentliving.com** are two good sites for locating these types of products.

Alerting Devices are for people having trouble hearing the doorbell, alarm clock, telephone, or smoke detector. These products use flashing lights, special multi-tone ringers or vibrating devices as a means to alert you. You can find these items at many of the websites previously listed, along with **Sonicalert.com** and **Silentcall.com** for around \$50 to \$150.

For more information and assistance with ALDs, contact an audiologist or hearing instrument specialist.

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
Research Assistant.....Ginny Koenig

CHRISTMAS FACTS

In 1818, "Silent Night (Stille Nacht)" was publicly performed for the first time during the Christmas Midnight Mass at the Church of St. Nikolaus in Oberndorf, Austria.

DECEPTIVE HEARING AID ADS

By Joe Kozelsky

I am looking at a ½-page ad in the March 16th issue of the D&C. It contains a fabulous offer for a hearing aid for only \$795. The ad indicates a MSRP (manufacturer's suggested retail price) of \$1999 per aid. This implies a savings of \$1204 per aid. Further, the ad stipulates: "Enjoy group conversations again with 90% reduced background noise," "No more Feedback," and..."revolutionary advanced digital technology." To my mind this ad contains many highly deceptive aspects. Here are some of the obvious ones: (1) there is no technology that can eliminate 90% of background noise (I contacted this company three times and asked for supportive data and never received a response.) (2) even with today's new technology, feedback is still a problem for some patients, and (3) all of today's hearing aids employ "advanced digital technology." But particularly deceptive is the suggestion that there is a savings of over \$1200 relative to the MSRP through March of 2015. Looking back, ads from this company have stressed similar cost savings; but what is even more egregious, is the reference to MSRP. MSRP is a very highly inflated pricing structure that no one ever asks for and no one ever pays. It is a deceptive marketing ploy commonly used in advertising hearing aids; and unfortunately, it is often very highly effective.

Here's one from Florida that one of my frustrated patients brought in. He has extremely poor word recognition ability due to a severe sensorineural hearing loss presumably located in the outer hair cells. The ad claims that a "Study by Cambridge University in England Reveals Key Answer." The answer: "dead hearing [sic] hair cell regions." My guess is that this has been known for 20 to 25 years or longer. Of course, hearing aids cannot help dead cells, but that company claims that their "hearing computer unnoticed in ears" by-passes the dead cells [and will] "Bring in the talk-- Screen down the noise." A schematic of dead cells is presented which does not at all look like the real pathology. My patient wanted to know why our hearing aids didn't do that same thing. I think he understood

better after I showed him a microphotograph of normal and damaged hairs cells. He was amazed that there were no consumer protections in place.

Through the years I have brought up this issue to key HLAA members and I know others have as well. Yet HLAA has never chosen to speak out on these issues either locally or on the national level. Very perplexing. It would seem to me that proper consumer education would be one of HLAA's highest priorities. I wonder how many consumers have been deceived by these and similar deceptive claims?

I can only conjecture as to why HLAA has not stepped forward to take an active consumer protection role, and it would be inappropriate to speculate in print as to why I think national appears to have taken the *stand of not taking a stand* on these important consumer issues. I recommend that HLAA consider conducting a thorough in-depth research of hearing aid ads from around the country and then developing a strong pro-consumer education package on this important topic.

TWO BLOGS FROM GALE HANNAN

--What's that sound...where's it coming from
...<http://hearinghealthmatters.org/betterhearingconsumer/2015/sounding-out-the-new-house/>

--A few years ago, there were 3 courageous women struggling to overcome their challenges. Remembering them helps put things in perspective.
<http://hearinghealthmatters.org/betterhearingconsumer/2015/a-story-of-3-women/>

Gael Hannan –Author

"The Way I Hear It: A Life with Hearing Loss"
"It's not just about hearing. It's about being heard."

SOMETHING TO THINK ABOUT

"People will forget what you said,
people will forget what you did,
but people will never forget how you made
them feel." (Maya Angelou)

NATIONAL CONVENTION IN D.C.

By Sue Miller

Registration for Convention



State and Chapter leaders are encouraged to attend next year's national HLAA Convention in Washington, D.C. from June 23 – 26, 2016! Our chapter can receive **four discounted registrations** for leaders, plus one delegate

registration for someone who might **consider serving in a leadership position.**

In addition, our Rochester Chapter Board of Directors has voted to increase the Convention stipend to \$500 for every **active** chapter member attending the Convention. So, be watching for the early-bird registration and let's have an outstanding representation from the Rochester Chapter!

Check our chapter's award-winning website for further information at www.hlaa-rochester-ny.org and watch for updates in our monthly award-winning Newsletters.

ANOTHER GREAT MAGAZINE ON HEARING LOSS

By Al Suffredini

Subscribe for a free subscription of Hearing Health Magazine. Comments taken from the magazine: "Our goal at Hearing Health Magazine is to keep you informed of the latest discoveries that donations from you and others help make possible."

If you would like to subscribe to the magazine, please complete the online form; you will then receive a print copy in the mail. In order to keep Hearing Health Magazine a free publication, we are reliant on our advertisers. Your demographic information is requested, as we share this with our advertisers - but never with any personally identifiable information. You may review our privacy policy for more information. Please note that we are unable to mail complimentary copies of Hearing Health Magazine outside the United States. <http://hearinghealthfoundation.org/89>

You can also sign up for their email newsletter which many of our members will find worthwhile and helpful. Sign up for it at their home page: <http://hearinghealthfoundation.org/>

NEWS OF CHAPTER MEMBERS



HAPPY BIRTHDAY to **Vern Thayer**, who is 99 years young December 4th. And, Vern just recently had to give up playing tennis. In addition, on doctor's orders, Vern had to discontinue doing

Apheresis blood donations. Just last year, he was recognized as the oldest person in the country doing this. Congratulations on your birthday, Vern!

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 Open Door Mission in Rochester.

What can you contribute?

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

Shampoo, conditioner, hair spray, comb/brush, deodorant, feminine sanitary items, mittens/gloves, scarves, socks, single pack tissues, toothpaste/toothbrush, shaving cream, talcum powder, etc. etc.

No need to wrap your gift! Thank you in advance for your generosity!

COCHLEAR IMPLANT GROUP

By Ginger Graham

Our group met October 20th for an excellent presentation by Lisa Lamson, Au.D., Cochlear Americas. 16 of us listened to her update info on the new Cochlear Americas Nucleus 6. She explained about accessories, like the mini-mic and phone clip and the "aqua accessory" which makes the CI waterproof. We had a good turnout for this meeting, but always wish more folks would join us.

Our next meeting will be Tuesday, April 19, 2016. It is planned to have a round-table, open discussion. Watch this Newsletter and our website for updates.

DID YOU KNOW.....

When family and friends visit during the holiday season.....

The **Planetarium** has a Hearing Loop to accommodate people who wear a hearing aid or CI with a telecoil (T-switch). It is advisable to mention at the box office that you will be using the Hearing Loop system---so they can turn it on!



Also, the **Dryden Theatre** at the George Eastman Museum is now looped for your movie viewing.

POINSETTIA POINTERS

- Remove the foil from around the pot.
- Place in a sunny window, but don't let the leaves touch the glass.
- Allow the soil to dry between watering.
- Keep the room temperature cool to prolong the period of blooming.
- Don't fertilize while plant is in flower.

(Old Farmer's Almanac)

CHRISTMAS FACTS....

In 1823, the poem "Account of a Visit from St. Nicholas" was published anonymously in the Troy, NY Sentinel. The verse, more popularly known as "T'was the Night Before Christmas," was later attributed to Clement C. Moore.

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(Princess Diana)

HAIKU

By Carolyn Coit Dancy

For the holidays:

5-year-old grandchild
on the edge of her seat
Nutcracker Ballet

SEASONS GREETINGS TO ALL..

Our January Chapter Meetings will be **Tuesday, January 5th**.



Wesołych Świąt Bożego Narodzenia



We wish everyone a happy holiday season, with peace, love, happiness, and good health in the new year.

Sincerely, *Ginger, Janet, Michelle, and Ginny*

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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 advocacy, information, education, and support.

HLAA is the largest international consumer organization dedicated to the well-being of people who do not hear well. HLAA publishes the bimonthly Hearing Loss Magazine, holds annual conventions, a Walk4Hearing, and more. Check out: www.hearingloss.org/.

To join, please see inside back page. HLAA has more than 176 chapters and 14 state organizations. 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.

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!