



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

Volume 25, Number 5

published monthly except July and August

January 2012

## **JANUARY Calendar**

<u>Tues., Jan. 3rd</u> – 11:00 am Daytime meeting Brown Bag your lunch, then Program at Noon.

7:00 pm - Refreshments and Social Time 7:30 pm - Evening meeting.

St. Paul's Episcopal Church, East Ave. and Westminster Road across from George Eastman House; enter thru rear door.

Tues., Jan. 10<sup>th</sup> —Board of Directors
7:30 pm – Justin Vigdor Room, Al Sigl Center

Tues, Jan. 17<sup>th</sup> – PAC --7pm -J.Vigdor Room, ASC

Wed., Jan. 25<sup>th</sup> – between Noon & 3pm – RWC movie, Loew's Webster. Check theatre for movie & exact time; then social time.

## SAVE THESE FUTURE DATES

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

## **Hospitality Duties for January**

Daytime Meeting – B. Law, S. Miller, M. Sutliff Evening Meeting –Ginger Graham, Andy Howard Board of Directors – Mary Chizuk

## WELCOME ALL NEWCOMERS TO HLAA!



## **JANUARY PROGRAMS**

(at St. Paul's Church, East Ave. & Westminster Rd.)

Tuesday, Jan. 3rd – Daytime Meeting – 11:00 am

"Louder Does Not = Clearer: Effects of Hearing Loss on Speech Understanding" – Dr. Shayna Tokar, Strong Aud. Dept.

Many individuals with hearing loss experience difficulty in their ability to understand speech despite use of hearing aids. Loudness is often not the problem—clarity is. Dr. Tokar's presentation will discuss how speech comprehension is affected by deafness, as well as reasons hearing aids alone do not provide clarity.

Dr. Tokar is a Senior Audiologist at Strong Audiology who has worked in both hospital and private practice settings. She is a past president of the Ohio Academy of Audiology. Her areas of specialty include central auditory processing disorders, pediatric audiology, and amplification.

## Tuesday, Jan. 3<sup>rd</sup> – Evening Meeting – 7:00 pm

"Flying In/Out of Rochester: The Hearing-Disabled Traveler" –Susan Walsh, Director, and, Sara Schlehr, Executive Assistant, Greater Rochester International Airport

Most HLAA members have patronized the Rochester airport at some time. They also meet and greet other travelers flying in to visit.

(continued on next page)

**HLAA: The Nation's Voice for People with Hearing Loss** 

## Jan. 3rd – Evening Meeting – 7:00 pm (continued)

Airport Director, Susan Walsh, reveals the airport's services for people with hearing loss. At our January meeting, Ms. Walsh <u>also seeks HLAA input and suggestions for increasing</u> accessibility at the terminal.

In addition to being Director of Aviation, Ms. Walsh is also the Administrative Director of the Monroe County Airport Authority. Her varied responsibilities include supervising maintenance and improvements at the airfield and terminal, safety and security operations, and ensuring that the airport provides safe and efficient air transportation for the traveling public. Previously, she was the Monroe County Budget Director. Her doctorate in jurisprudence was earned at the University of Buffalo.

HLAA-Rochester chapter meetings are held in the Vestry Room at St. Paul's Episcopal Church, East Ave. at Westminster Road, across from George Eastman House. All programs are audiolooped & captioned. Those needing a sign language interpreter should contact Linda Siple at 585 475 6712, a week in advance.

The Hearing Loss Association is a nationwide organization dedicated to advocacy, education and support for people with hearing loss. For more information visit <a href="www.hlaa-rochesterny.org">www.hlaa-rochesterny.org</a> or, telephone 585 266 7890.

Hearing loss is a daily challenge. You do not have to face hearing loss alone. You do not have to hide your hearing loss.

#### **CAPTIONED CHAPTER MEETINGS**

Sorenson Corp. is <u>providing remote captions for our Day and Evening chapter meetings!</u> This will run from September thru June, 2012 (at a cost of about \$3,000 to Sorenson Corp.)

Tim Whitcher and Bruce and Candi Nelson have worked hard to get this new captioning system up and running at meetings. And have been faithful in attending all sessions!



for your donation to HLAA:

<u>Donation above membership</u>: G. Cheney, J. Curtis, J. DeCaro, B. Gates, P. Pogue, M. Wilkins

<u>Donation via Steve Hart Marathon</u>: P. Fackler, J. Hart, Hart Hearing Centers, L. Johnston; Oticon

<u>Donation in Memory of Miles A. Bailey, Jr.:</u> Sue Miller

### PARENTS COLUMN

By Katy Kuczek

<u>HLAA PARENTS GROUP</u> --The Rochester chapter of the Hearing Loss Association of America (HLAA) is forming a <u>support group for families of children with hearing loss</u>. The group's activities and programming will be self-directed and will benefit from connections with the local HLAA chapter and with the national organization.

The group aims to provide a place for families to network, share and acquire information, enjoy social activities together, and learn more about how children with hearing loss can successfully navigate the hearing world.

If you are a professional working with children with hearing loss, and would like printed information to distribute to families, please contact Katy Kuczek, HLAA Parent Liaison, at <a href="mailto:kkuczek@rochester.rr.com">kkuczek@rochester.rr.com</a>





#### **HUMOR**

"How to Get Rid of Telemarketers!" – Three Little Words that Work (By Andy Rooney)

The three little words are, "Please Hold On...." Saying this, while putting down your phone and walking off (instead of hanging up immediately) would make each telemarketing call so much more time-consuming that boiler room sales would grind to a halt. Then when you eventually hear the phone company's "beep-beep" tone, you know it's time to hang up your handset, which has efficiently completed its task.

## <u>Do you ever get those annoying phone calls with no one on the other end?</u>

This is a telemarketing technique where a machine makes phone calls and records the time of day when a person answers. This technique is used to determine the best time of day for a "real" sales person to call back and get someone at home.

What you can do after answering, if you notice there is no one there, is to immediately start hitting your # key, 6 or 7 times, as quickly as possible. This confuses the machine that dialed the call and it kicks your number out of their system. Since doing this, my phone calls have decreased dramatically!

## THOUGHT FOR THE DAY!

"A hero is no braver than an ordinary man, but he is braver 5 minutes longer." – Ralph Waldo Emerson, American poet and essayist (1803-1882)

## **MORE GOOD REASONS TO JOIN NATIONAL!**

You really should belong to **both** our Rochester Chapter and to HLAA National. Why? There is so much to learn from our National organization, with only limited amounts of information finding its way into our monthly award winning Chapter Newsletter. If you were better informed, it's fair to say you would be reaching out by sharing new information with your families, professionals, etc. Before we were founded, people with hearing loss were not recognized because we were not united. Think about it! Where would we be today without HLAA!!

#### **About HLAA**

The Hearing Loss Association of America (HLAA), founded in 1979, opens the world of communication to people with hearing loss through information, education, advocacy and support. HLAA publishes the bimonthly <a href="Hearing Loss Magazine">Hearing Loss Magazine</a>, holds annual conventions, a Walk4Hearing, and more. Check out <a href="http://www.hearingloss.org/">http://www.hearingloss.org/</a>. HLAA has chapters and state organizations across the country.

## RBTL LIVE THEATRE--- CAPTIONED!



Sunday, February 5<sup>th</sup> at 2:00 pm "Shrek"

Sunday, April 8<sup>th</sup> at 2:00 pm "Jersey Boys"

Tickets become available 6 weeks in advance of each show. Request seats in "open captions" viewing section. Call 222-5000; email, <a href="mailto:info@rbtl.org">info@rbtl.org</a>.

## INSURANCE PAYING FOR HEARING AIDS?

By Michelle Gross

United Health Care has recently come to the Rochester area. They offer a Medicare Advantage plan which includes hearing aids. The hearing aid benefit may be part of some of their other plans as well.

There is an article on HLAA National website which may clarify things. Go to:

http://www.hearingloss.org/content/hlaa-speaksout-on-UnitedHealthcare-initiative.

HLAA does not endorse this or any other health care plan.

## **Subjects of Feb. 7th Chapter Meetings**

<u>Daytime Meeting:</u> "Smart Phones & Hearing Loss" – Industry representatives

**Evening Meeting:** "Hearing Dogs" – Linda Panko and Meredith Low

## **IF YOU MOVE**

Please don't forget to let **Barb Gates**, at 28 Country Gables Circle, Rochester, NY 14606, or, via email at Cdgblg28@aol.com know even if your change of address is a temporary one. HLAA is charged for each piece of returned mail, which the post office won't forward.

#### LEADERS COLUMN

By Don Bataille



HAPPY NEW YEAR!!! We wish everyone a prosperous 2012.

Some interesting news for the New Year! 2012 brings significant ADA accessibility standard updates for public accommodation venues benefiting individuals with hearing loss. March

15, 2012, is the implementation date for the new 2010 ADA Applicable Standards; referred to as '2010 Standards.' In short and per references listed below: "Assistive Listening Systems (ALS) shall be provided in public spaces where amplification is provided" and as listed in the 2010 Standards:

- The 2010 Standards define an ALS as follows: "Assistive
   Listening System (ALS) is an amplification system
   utilizing transmitters, receivers, and coupling devices to
   bypass the acoustical space between a sound source and a
   listener by means of induction loop, radio frequency,
   infrared, or direct-wired equipment."
- Article 219.1 General. Assistive listening systems shall be provided in accordance with 219 and shall comply with 706.
- Article 219.2 Required Systems. In each assembly area where audible communication is integral to the use of the space, an assistive listening system shall be provided.
- Article 706.3 Receiver Hearing Aid Compatibility. Receivers required to be hearing aid compatible shall interface with telecoils in hearing aids through the provision of neck loops.
- Assembly areas include, but are not limited to, classrooms, lecture halls, courtrooms, public meeting rooms, public hearing rooms, legislative chambers, motion-picture houses, auditoria, theaters, playhouses, dinner theaters, concert halls, centers for the performing arts, amphitheaters, arenas, stadiums, grandstands, or convention centers.

Though the 2010 Standards required number of ALS receivers (dependent on venue capacity) may be considered low, <u>it represents a major step forward to providing accessibility</u> by requiring hearing aid compatible ALS receivers in public assembly areas. An example, Table 219.3 of the 2010 Standards indicates that an assembly area with a seating capacity of 50 would require (2) ALS receivers to be hearing aid compatible. If an induction loop ALS was installed vs. an alternate ALS system with only (2) ALS receivers as required to meet the 2010 Standards, everyone with a t-coil enabled hearing aid would be provided accessibility.

http://www.ada.gov/2010ADAstandards\_index.htm provides a link to the full 2010 Standard and

http://www.ada.gov/regs2010/titleIII 2010 withbold.htm provides a description of the changes to the ADA (2010 Standard) in bold print. Additionally, Al Suffredini noted another reference at <a href="http://www.ada.gov/civicfac.htm">http://www.ada.gov/civicfac.htm</a>.

Last November, I attended a 3-day Induction Loop Design Certification Program and had the opportunity to work with attendees from across the U.S. sharing information and learning about the international IES 60118-4 Looping Standard. We learned how loop systems can be designed to fit a variety of spaces from basketball stadiums to bank teller stations and completed hands-on induction loop design, installation and testing of looping systems referred to as single loops, supa-loops, snowman loops, and table top loops to name a few.

Loops provide an excellent way to meet the 2010 ADA Standards as they provide a clear audio signal without background interference or the need to wear a supplementary ALS device. It was noted that FM and infrared systems are dependent on the number of personally worn ALS devices available 'and properly maintained' by facility staff, while a loop system is accessible to everyone with a T-coil enabled hearing aid. It should be noted that loops may not fit all venues but for hearing aid users, loop systems provide discrete and personalized access without the need to wear an ALS receiver.

If you are not sure if your hearing aid is looped or t-coil enabled, check with your audiologist then come to our next monthly program meeting and try it out. All of our monthly program and Board meetings are looped!

Hope to see you at our next program meeting, January 3<sup>rd</sup>, at 11 a.m. and 7 p.m.

**THOUGHT FOR THE DAY** (from Woman's Day 11/1/11)

"Yesterday is gone. Tomorrow has not yet come.

We have only today. Let us BEGIN!"

(Mother Teresa 1910 – 1997)

•

#### **OUR CHAPTER "HOLIDAY LUNCHEON"**

What a great party with delicious luncheon foods, and music with Marlene Sutliff's brother, John, on guitar, and, Al Saia on the piano. There was even a rousing game of Bingo, with Steve DeMeo winning the grand prize basket put together by Mary Chizuk. The festive party was arranged by Sue Miller, Marlene Sutliff, and Bob Sickmond. Thanks to them for some of the food and all of their hard work. And, thanks to others contributing food—Barb Gates, Ginger Graham, Cindy Kellner, Joan Kohler, and Candi Nelson.

The <u>Holiday Gift Box</u> of personal items earmarked for the Open Door Mission was filled! Thanks to everyone.

#### **DID YOU KNOW?**

You can get **credit** (for Income Tax purposes) for donating used hearing aids to the Finger Lakes Regional Lions Club Hearing Foundation.

Contact Arthur Elliott, 7134 Valentown Road, Victor, NY 14564;

phone: 924-2875. Be sure to request a receipt.

#### **DEAF WOMEN'S ORGANIZATION IS 30!**

By Meredith Low (excerpt from D&C 12-5-2011)

The country's first organization formed by and for deaf women celebrates 30 years this year. Started in 1981 by Sally Taylor and Vicki Hurwitz, it was founded ahead of the national level, Deaf Women United, which was founded in 1985. For more information, go to: www.herRochester.com.



## "MY EARS HAVE A WET NOSE"

By Anne Wicklund

Acquiring, training and loving a Hearing Dog. This book teaches about hearing dogs...why you want one...where to get one...how to train one. It gives no nonsense approaches and dispels wrong information.

It is 6 by 9 inches and 105 pages, spiral bound. Go to: www.hearingimpaired.net, or, www.mrpaws.com.



## **OUR OWN "QUIET HERO" – Vern Thayer**

A warm and enthusiastic group of Vern's family and friends met at the Red Cross center to honor him as the oldest platelet

donor in the **Nation**. Vern even donated on the day he was being honored! He started donating 69 years ago when the Red Cross bloodmobile visited Kodak Park. It was 1942, and Vern wanted to help the war effort. It is estimated that Vern's platelets have helped more than 800 people.

Vern says that he has a goal..."If I keep giving at this rate, I'll give my 500<sup>th</sup> donation on my 100<sup>th</sup> birthday." Vern became 95 years young on December 4<sup>th</sup>. Congratulations, and, thanks, Vern!

## **WEBSITES OF INTEREST:**

Our Chapter website is: www.hlaa-rochester-ny.org.

(Following from AARP bulletin, Nov. 2011)

<u>Hearing Care</u>. **HearUSA** offers AARP members savings on hearing aids and a hearing care package, including a variety of products and access to a network of providers.

Go to: aarphealthcare.com/hearing. Or call, 1-888-861-3533.

## (Following submitted by Joe Kozelsky)

Hearing—radio story. The first 'act' of this radio program is about hearing. A dad with Tinnitus and a daughter with severe hearing loss. Go to: <a href="https://www.thisamericanlife.org/radio-archives/episode/446/living-without-2011">www.thisamericanlife.org/radio-archives/episode/446/living-without-2011</a>.

### (Following submitted by Michelle Gross)

An on-line crossword puzzle to test your knowledge of hearing. It's short but fun. Go to: <a href="www.vtaide.com/png/ear-puzzle.html">www.vtaide.com/png/ear-puzzle.html</a>.

For a game which may help with sound discrimination for children, try this site, where children practice identifying animal sounds. Go to:

www.perunakellari.fi/animalsounds/animal-e.html.

(continued on next page)

## **WEBSITES OF INTEREST** (continued)

(Following submitted by Michelle Gross (cont.)

Dangerous Decibels Virtual exhibit: An interactive exhibit for children to learn about sound and how loud sounds can damage hearing. Some parental guidance may be needed. It's an interesting and fun site. Go to:

www.dangerousdecibels.org/exhibit/virtual-exhibit/.

## (Following submitted by Al Suffredini)

New consumer resources on USA.gov. Do you have a problem with your phone or Internet service company, auto mechanic, or credit card company? Do you want to learn how to avoid being scammed, report an unsafe product, or be a safe online shopper? USA.gov's Consumer Protection page can help: Go to: <a href="https://www.usa.gov/topics/consumer.shtml">www.usa.gov/topics/consumer.shtml</a>.

Discover tips for getting products and services you need at a fair price. Go to: <a href="www.usa.gov/topics/consumer/smart-shopping.shtml">www.usa.gov/topics/consumer/smart-shopping.shtml</a>.



## HLAA PROFESSIONAL ADVISORS

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 are **new** PAC members.

**Lt. Allen M. Ford,** USA (Ret.) teaches in NTID's Business Studies Department and serves as the Academic Administrator for OnlineNTID, an open source course management system. Since 2009 he has led the RIT/NTID Veterans Hearing Loss project which promotes higher education opportunities for veterans with hearing loss as means to a new and better "normal."

After retiring with 100% service-connected disability, he earned an MBA in Finance from Golden Gate University (1986) and both an MSSE in Deaf Education (1998) and MFA in Fine Art Photography (2001) from RIT.

Allen is married and has two cats, BigFoot and CueTip. They all live in Sweden, NY.

**Peter W. Hart** graduated from SUNY Geneseo in 2004 with a BS in Business Management and unofficially minored in Audiology. He moved to Ohio for graduate school in audiology at Northeast Ohio Au.D Consortium, a combined

program encompassing the University of Akron, Kent State University, and Cleveland Clinic. He did his clinical practice at the Rochester VA Outpatient Clinic and the Canandaigua VA. A son of audiologist Steve Hart, Au.D, Peter has joined his father's practice, Hart Hearing Centers. Peter says, "I look forward to this opportunity to learn more about the Rochester HLAA and to get my foot in the door for future contributions, since I plan on staying in the area."

**Scott Perkins** is the founder of Agility Group LLC. The firm was started in 1989 with an emphasis on national corporate communications programs and crisis communications for major organizations.

Agility Group serves a variety of clients including Eastman Kodak, Corning Inc., ITT, Applied Energy Solutions, and Global Gateway. Prior to founding Agility Group, Scott served as special assistant to Gannett Foundation president, Eugene C. Dorsey. He also served as Manager of Corporate and Community Relations at Sybron Corporation, a Rochester-based Fortune 500 firm in the medical, dental, laboratory and chemical markets. He worked in national advertising agencies as well.

His credentials include product launches for Kodak, Corning, Thermos, Goulds Pumps, and Serengeti Sunglasses. Scott currently is working on a book project with former NFL Houston Oiler quarterback, Dan Pastorini, and is involved in the launch of Pastorini's Texas-style Barbecue "Rub." He is an active Rotarian and resides in Fairport.

### We Welcome All Donations

Please make your check payable to: <u>HLAA-Rochester</u> *HLAA is a 501*©(3) *organization*.

Mail to: Mr. Don Bataille, HLAA Board President, 8 Springwood Lane, Pittsford, NY 14534.

Be sure to designate:

This donation is: <u>In Memory of</u>; or, <u>In Honor of</u>, or, <u>Birthday congratulations</u>,

And who to send the Acknowledgment to. Thank you.

### WORTH REMEMBERING

"You don't get to choose how you're going to die, or when. You can only decide how you're going to live now." Joan Baez

#### **Newsletter Deadline**

Saturday, December 31st (for the FEBRUARY Newsletter)

Email: ggraham859@frontiernet.net

## NEW BREAKTHROUGH TREATMENT FOR

**TINNITUS** (from Hearing Health Mag., Spring 2011)

People who have tinnitus hear a ringing or buzzing sound even when no external source of sound is present. This often debilitating symptom of hearing loss affects 25 million Americans, 10% of seniors, and 40% of military veterans. While various treatments are available, there is no cure.

However, researchers from the University of Texas at Dallas have demonstrated that targeted nerve stimulation among rats could yield a long-term reversal of tinnitus. This condition is often a symptom of hearing loss, and while this underlying hearing loss may remain, alleviation of tinnitus could bring relief to millions.

It has been found that sounds paired with stimulation of the vagus nerve, which extends from the brainstem to the colon, eliminated tinnitus in rats. Researchers retrained the brain to ignore the nerve signals that simulate ringing. The rats were monitored for weeks after the therapy, and the improvements continued.

Vagus nerve stimulation is currently used in humans to treat depression and epilepsy. With the help of an NIH grant, clinical trials in humans are set to begin soon.

The study was reported this January in the online version of the journal, Nature.

### ASSISTIVE LISTENING DEVICES. DO THEY WORK?

By Jim Miller (In Good Health, Aug. 2011) (suggested by Fred Altrieth)

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 <u>devices work best for people with mild to moderate hearing loss</u>, you <u>don't need a prescription</u> to buy them, and <u>they usually aren't covered by insurance or Medicare</u>.

Here's a breakdown of different ALDs—

**Phone Amplifiers**: Hand set and in-line amplifiers you can add to your regular phone. Or, you could purchase

an amplified telephone which allows 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, teltex.com, and soundbytes.com** are also good sites. Or, see if your state has a <u>specialized telecommunications equipment program</u> (see, tedpa.org) which provides <u>free</u> amplified phones.

Another option is **captioned phones.** They have a built-in screen that lets you listen to the caller and read word for word what he/she is saying. Go to **captel.com**; 800-233-9130) and click on your state to learn more.

TV Listening Systems: These 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.

Personal Listening Devices: 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:** 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 <u>Sonicalert.com</u> and <u>Silentcall.com</u> for around \$50 to \$150.

"An open ear is the only believable sign of an open heart." – David Augsburger (submitted by Brian Fox)

## **HUMOR** -- Children in Temple

(submitted by Bob Ellson)

A little boy was attending his first wedding. After the ceremony, his cousin asked him, "How many women can a man marry?"



"Sixteen," the boy responded. His cousin was amazed that he had an answer so quickly. "How do you know that?" "Easy," the little boy said. "All you have to do is add it up...like the Rabbi said: 4 better, 4 worse, 4 richer, 4 poorer!

## **NEWS OF OUR MEMBERS**

Our condolences to the family of **Pauline Reeners** of Palmyra. She was a long time member of SHHH and HLAA. Pauline passed away recently.

Our condolences to **Lisa Bailey** and family. Lisa's father, Miles A. Bailey, Jr., passed away recently.

**Bing Thayer** is having an <u>art show</u> at the Legacy, 300 Cranberry Landing, which is <u>open every day 8am – 8pm thru Jan. 8th</u>. Take 590-N, exit 9-Norton St. Turn right on Norton, and Cranberry is ¼ mile on the right. Sign in. Show is on 1<sup>st</sup> floor in hallway on left as you sign in. Call **Vern** ahead; he will be happy to meet you. (544-4693)

## **EAR WAX**

By Jamie Morrison,(Hearing Health Magazine, Spring 2011)

Make peace with earwax. After all, one of its primary purposes is to help the ear clean itself.

## Earwax Do's and Don't

#### OK TO DO -

- --Nothing. Ideally, the ear canal creates and gradually ejects earwax from the ear.
- --Wash the outside of the ear (but not the ear canal) with soap and water.
- --If you have excessive earwax buildup, it may help to put a drop of olive oil or baby oil in your ear canal once a week.
- --Use over-the-counter earwax removal kits only if your ear drum is intact.
- --See your doctor if olive oil or baby oil, or removal kits are not successful in removing impacted earwax, or, if you experience pain, increasing difficulty hearing, tinnitus or ringing in the ear, dizziness, a feeling of itchiness, or a discharge or odor from the ear.

#### STOP. DO NOT DO-

- --Put anything smaller than your elbow in your ear, including cotton swabs, keys, pen caps, bobby pins, paper clips, or toothpicks.
- --Employ ear candling (NO, NEVER) to remove earwax buildup. Studies have shown it to be ineffective and potentially dangerous to the ear canal.

## EXPEDIA INCLUDES SEARCH FOR ACCESSIBLE HOTELS

(Submitted by Michelle Gross)

**Expedia** launched a set of new features that allows customers to search for hotels based on whether or not they have <u>facilities for the deaf, blind, or mobility challenged</u>. There are lots of options to choose from, but finding them is a little tricky.

Once you've entered your destination and dates and clicked "search," select "show more" under "hotel preferences" at the top of the results page. This will produce a list of options, with "accessibility options" in bold text at the bottom. Click this, choose the options you want, and click "search." Options include Braille signage, wheelchair-accessible bathrooms, roll-in showers, and accessibility equipment for the deaf.

Once you choose a hotel, you'll have to request a room with the options you want. Expedia then contacts the hotel on the traveler's behalf to make sure those options are available and guaranteed, and finally confirms this with the travelers. If, for whatever reason, the property can't promise availability, Expedia says it will work with the traveler to find alternative accommodations.

For more info, go to: <a href="http://tinyurl.com/yg2o9qn">http://tinyurl.com/yg2o9qn</a>



## NATIONAL CONVENTION, PROVIDENCE, RI

The HLAA National Convention will be in Providence **June 21 – 24, 2012**. It will be

held at the award winning Rhode Island Convention Center (RICC) conveniently located in the heart of downtown at 1 Sabin St (02903), and it is connected via Skybridge to the Westin Providence Hotel, One Exchange St. (02903). Registration and reservations are now open!



## ONTARIO HEARING AUDIOLOGY ASSOCIATES

50 Years Servicing Rochester

#### **3 CONVENIENT LOCATIONS**

2210 Monroe Ave - (585) 442-4180 800 Carter St (585) 442-4180 785-A Spencerport Rd - (585) 247-4810

Hearing Evaluations
Hearing Aid Evaluations
Service/Repairs/Batteries
on all makes
Assistive Devices
Home Service Available

AUDIOLOGISTS

John J. McNamara, Au.D Andrea M.Segmond, Au.D. Christopher A. Cisterna, M.S.

Pittsford Hearing & Balance, LLC 56 North Main Street 877-381-6050

Clifton Springs Hearing Center, Inc 4 Coulter Road Clifton Springs, NY 14432 800-827-0140 West Lake Hearing Center, LLC 229 Parrish Street Suite 240 Canandaigua, NY 14424 877-394-6775

## **Dalzells Hearing Centers**

## **Brighton:**

Greece:

2561 Lac de Ville Blvd. Rochester, NY 14618 585-461-9192 10 South Pointe Landing Rochester, NY 14606 585-227-0808





## WEBSTER HEARING **CENTER**

Joseph Degnan Kozelsky Dawn W. Patrick **Audiologists** 

Webster 585-787-0660



## Finger Lakes Hearing Center, Inc.

West St. Ste 102 Canandaigua 585-396-1120 We hear success stories every day!

Hearing evaluations Hearing aid evaluations Hearing aid repairs Assistive listening devices Additional office in Geneva





Hearing **Evaluations Hearing Aids** Repairs and **Batteries Assistive Devices** Doctors of Audiology

**Hear the Sounds of Rochester Call Hart Hearing Centers Today** 

Irondequoit Greece **Fairport Brockport Brighton** 266-4130 227-6543 388-3818 637-0730 427-9010

www.harthearing.com

The latest in hearing technology, the very best in personal service.



## Complete Audiological Services

(Pediatric to geriatric)

- · Diagnostic testing
- Cerumen removal
- Hearing aid evaluations
- Basic, programmable & digital hearing aids
- 45 day 100% refund trial period
- · Hearing aid repairs, all brands & types
- · Assistive listening devices
- · Hearing aid verification test
- · BTE molds, swimmer, shooters & musician plugs

## Hear Life... Call Advanced

Carrie L. Morabito, Au.D., Doctor of Audiology Andrew F. Morabito, BC-HIS Faith A. Barbe, M.A., CCC-A

225-1100 1100 Long Pond Rd., Suite 251 Rochester, NY 14625 2000 Empire Blvd., Suite 220

Webster, NY 14580

## **Professional Advisors**

'10 -'12 Christina Babian Elizabeth Finigan, MD Peter Hart, (Intern) Loriann Macko Shannon Struzik

> '11 – '13 Paul Allen, PhD Nancy J. Carr Allen Ford Scott Perkins

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

#### <u>Newsletter</u>

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

## Board of Directors 2011-2012 Officers

PresidentDon Bataille,Vice PresidentDavid Koon.Recording SecretaryJoanne Owens,Corresponding SecretaryBarbara Gates,TreasurerPete FacklerParentsKaty Kuczek

#### **Board Members**

Lisa Bailey Steven Barnett, MD Laura D. Chaba Mary Chizuk Joseph G. Damico Elise de Papp, MD David Hartman Ray Koenig Virginia Koenig Joe Kozelsky Barbara Law Susan Miller Trish Prosser Natalie Robertson Mary Ellen Tait Jeannette Kanter, (Honorary)

## HLAA Membership Information

Hearing Loss Association (HLAA) Rochester Chapter, 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 September through June at St.Paul's Episcopal Church, East Ave. 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** 

## Membership Application Rochester Chapter of HLAA

[ ] Yes, I want to join support entitles me to receive the newsletter in order to be alerted to programs for Daytime, Evening and Cochlear Implant meetings.				
			[ ] Yes, I need transportation	to meetings
			Check type of contribution	
[ ] Individual \$10	[ ] Friend of HLAA \$25			
[ ] Corporate \$50	[ ] Supporting \$100			
Name				
Street				
City/State./Zip				
Phone				
E-Mail				

Send to:..Mr. Don Bataille, HLAA Board President

8 Springwood Lane, Pittsford, NY 14534

## HEARING LOSS ASSOCIATION OF AMERICA - NATIONAL

YES! I want to join or renew membership in National HLAA--membership entitles me to the journal *Hearing Loss*, discounts & support of advocacy for deaf & hard of hearing people nationwide.

	[ ] Individual \$35
Name	
Street	
City/State./Zip Phone E-mail	
<u> </u>	

Send to: National HLAA Suite 1200

> 7910 Woodmont Avenue Bethesda, MD 20814

(Please do NOT send this renewal to local Rochester chapter; mail direct to National HLAA in Bethesda)



P.O. Box 1002 Fairport, NY 14450

## **Return Service Requested**

Time sensitive

Please deliver by Dec. 27<sup>th</sup>

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

NONPROFIT ORG.

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

More than 30 million people in the US have a hearing loss which can hinder daily communication, one in ten people! 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. The mission of HLAA is to open the world of communications 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.

To join, please see inside back page. HLAA has more than 200 chapters and 14 state organizations. Welcome!

# Meetings are hearing accessible

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

Audio looped and Captioned (all meetings)

Interpreters on request- contact Linda Siple, 585/475-6712, <u>lasnss@rit.edu</u> a week in advance

Entrance to the meeting room is via the rear door next to the fence.

Everyone is welcome! With or without a hearing loss!