



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

Volume 28, Number 2

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October 2014

OCTOBER Calendar

Tuesday, Oct. 7th

NO DAYTIME MEETING.

Combined meeting at 5:00pm. Fellowship Hall.
Speaker starts promptly at **5:30pm**. Refreshments.

Tues., Oct. 14th – BOD meeting, 7:00-9pm,
JV room, Al Sigl Center

Tues., Oct. 21st – “CI Group” 5:00-6:30pm, church
(see page 4, for more info)

Tues., Oct. 21st – PAC meeting, 7pm, JV room, ASC

Wed., Oct. 22nd – RWC/CaptiView movie,
AMC Webster – Between Noon & 3 pm. Email Ginger
the weekend ahead for exact movie & time.
ggraham859@frontiernet.net. See you there!

SAVE THESE FUTURE DATES

Sun., Nov. 2nd - Daylight Savings Time Ends

Thurs., Nov. 6th – “Day of Hearing,” at Lifespan
(see page 8, for more info)

Tues., Nov. 11th – BOD meeting, 7-9pm, ASC

Wed., Nov. 26th – No movie outing due to holiday.

Hospitality Duties for October:

Special event. Catered. In addition to many
generous members.

Board of Directors – Steve Barnett, Cathy Lee

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

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



OCTOBER PROGRAMS

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

NO DAYTIME MEETING AT 11AM.

Tues., Oct. 7th - Special time – 5:00pm

*Third Annual “Featured Speaker” Event. This is a
special program: Speaker starts promptly at 5:30pm.
Finger sandwiches, desserts and beverages will be
provided.*

*“SHOUTING WON’T HELP” author Katherine
Bouton is the October Featured Speaker.*

Author Katherine Bouton will
share her experience of losing
her hearing and the new life she
found as a result. The program
begins at 5:00pm and Ms.
Bouton’s presentation is set
for 5:30pm.



Ms. Bouton’s book, “SHOUTING WON’T
HELP: Why I—and 50 million other Americans—
can’t hear you,” is a memoir of adult-onset
hearing loss first published in 2013 and now
available in paperback. The local public library
system has multiple copies, and the paperback
can be purchased at Barnes & Noble.

Continued on next page)

Tues., Oct. 7th – Meeting at 5:30pm (continued)

Relating her experience of losing her hearing in midlife, Ms. Bouton will comment on her denial and depression and later acknowledgement and acceptance of her hearing loss, ultimately moving on to advocacy. “Hearing loss turned out to be a positive force for me,” she says.

In 2009, Bouton received a cochlear implant after years of progressive bilateral hearing loss. She uses it in conjunction with a powerful hearing aid in her other ear.

A former editor and writer at the *New York Times*, she continues to contribute to *Science Times* and other sections of the newspaper. Her blog “What I Hear” appears on the *Psychology Today* website. A second blog, “Hear better with hearing loss,” appears on her home page katherinebouton.com. Bouton’s second book, “HEAR BETTER WITH HEARING LOSS: A practical guide to life, love and hearing aids” will be published in 2015 by Workman.

She is a member of the Board of Trustees of the Hearing Loss Association of America and lives in New York.

HLAA-Rochester chapter meetings are held in the Vestry Room at St. Paul’s Episcopal Church, East Ave. at Westminster Road, across from the George Eastman House. All programs are audiolooped & captioned. A sign language interpreter is also scheduled for this special meeting.

The Hearing Loss Association is a nationwide organization dedicated to advocacy, education and support for people with hearing loss. For more information visit our website: www.hl原因-rochester-ny.org or telephone 585 266 7890.

The HLAA meeting is free and open to all community members interested in 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.



For your Donation to HLAA:

Ruth Oakley Trust

Please consider a donation when you renew your membership.

We Welcome All Donations

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

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

Be sure to designate:

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

And who to send the Acknowledgment to. Thank you.

PRESIDENT’S COLUMN

By Cindy Kellner



It is not a perfect world! Those of us who deal daily with our hearing loss know all too well that this is not a perfect world. Nor, is it a fair one. It is not easy functioning in a hearing world where everyone takes

their hearing for granted. It is work to constantly have to position yourself so you can maximize your chances of hearing. It is work to constantly strain and focus so you do not miss something that is being said to you. It is work to have to take top notch care of your various hearing devices. The list of all that we do to function in a world that is not always kind or accessible to us could go on and on. But, the point is that we have to learn to cope as best we can with what we have. Sometimes we can do that with a smiling face. Sometimes we can’t. That is normal.

A significant majority of us have become self-advocates and that is great. We are constantly learning ways to cope and maximize our hearing capabilities with the help of ever changing technology and practical strategies. You learn what works best for you. HLAA-Rochester is a great resource for both technological options and everyday coping skills. Our organization has encouraged many of us to speak up when we cannot hear, to call ahead for information on available options, to ask to have the music turned down and to always keep our sense of humor. Advocacy is vital to HLAA-Rochester; it’s part of our mission. But, how far should our advocacy go?

It was recently reported in the Democrat and Chronicle that a group of local “deaf and hard of hearing”

(continued on page 3)

PRESIDENT'S COLUMN (continued)

individuals staged a protest demanding that Regal Cinemas agree to offer captioning of all movies on demand, at all times, and in addition to providing the captioning glasses that the national chain currently offers. I am not aware that anyone in our Organization participated in this protest. Thanks to the Americans with Disabilities Act, those of us with hearing loss (regardless if you label yourself deaf or not) need to have reasonable accommodations made to help level the playing field and make the world accessible. Reasonable accommodations are not only fair, but legally required. We should settle for nothing less. That much is clear.

The question the protestors raised is what exactly are reasonable accommodations – captioned glasses or captions on demand? Personally, I understand the position of the movie theatre. I use the captioning glasses all the time and have yet to experience any problems. The protestors argue that the glasses are uncomfortable. Fortunately, I have not found that to be the case.

Admittedly, I know I look a bit ridiculous wearing them, but they have opened up the world of seeing movies once again and I am thrilled. I am fully aware, however, that many people outside the hearing loss community are not a fan of captions, often finding them distracting, and they are not in the economic best interest of the movie theatres. In addition it is a reality that not all movies are technologically capable of being captioned. So, I ask you, what is fair and reasonable? What I want from the hearing world is understanding, respect, and reasonable accommodations. Once again, I recognize that this is not a perfect world and I must learn to deal with that.

There is a bit of a silver lining here. Since writing this article, I have learned that an executive from Regal Entertainment Group is coming to Rochester in mid-September to meet with the protestors, Deaf community and representatives from HLAA-Rochester and others in the hearing loss community to discuss this issue and Regal's general policy with respect to accessibility. I think this is huge and I am excited to be a part of it. Obviously Regal cares and wants to have a dialogue. They are committed to doing what is right and want to work with the people directly affected by their policies. Frankly, what more could we ask for from a business? This is a major step in the right direction and hopefully more businesses will learn from this model and invite us to their table to discuss our "reasonable" needs. I am optimistic and look forward to reporting more to you next month.

RBTL LIVE THEATRE--- CAPTIONED!

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

Nov. 16 – Joseph & Technicolor Dream Coat
 Dec. 14 – Cinderella
 Jan. 18 – Pippin
 March 15 – Annie
 April 19 – Anything Goes
 May 17 – Kinky Boots

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** (exception-- Christmas play).

October 25 – Good People
 November 30 – A Christmas Carol-- **Sunday at 2pm**
 January 17 – Little Shop of Horrors
 February 28 – Women in Jeopardy!
 April 4 – The Mountaintop
 May 9 – Vanya & Sonia & Masha & Spike

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

A VERY SPECIAL 101st BIRTHDAY

By Jeannette Kanter

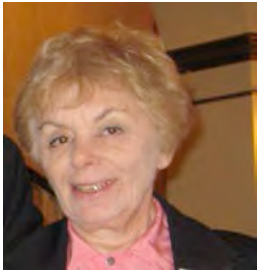
Phyllis MacDonald has been a strong supporter of HLAA and the Rochester Chapter for many years. She and her late husband, **Stuart MacDonald**, gave the first college scholarship of \$500 that we awarded in 1996, and she has contributed every year since. In addition, through the wonderful encouragement of her daughter, **Sue Miller**, Ms. MacDonald donated a major sum to the Rochester Area Community Foundation for the sole purpose of granting money to HLAA-Rochester or to HLAA National.

This year **Phyllis MacDonald** celebrates her **101st birthday on October 25**. We wish her many more wonderful years and congratulate her on reaching this awesome milestone!

Deaphyduck at Chautauqua again

By Janet McKenna

Jennifer Jansen, supervisor of ushers at the Chautauqua Amphitheater, is the go-to lady for listeners with special hearing/deafness issues.



Deaphyduck (aka Janet) contacted Ms. Jansen as usual before her visit, requesting the “cochlear implant” pendant audio receiver. Six powerful pendant infra red receivers, a substantial increase from previously, are ready at four on-campus

locations. BUT bring your own neck loop and patch cord to interface with your hearing aid or cochlear implant. Listeners with milder hearing losses claim they hear lectures adequately with the “stethoscope” infra red system--hearing aids must be removed to insert them in your ears: a possible annoyance. The receivers greatly reduce ambient sounds and echoes, enormously clarifying speech.

Seating location affects infra red. Seated toward the side for an opera at Norton Hall, Deaphyduck discarded her receiver because of static. You must be in a sight line to receive infra red.

By sitting four or five rows from the front and at an angle to the podium, Deaphyduck could understand most of the speakers in the Amphitheater. Preachers project wonderfully. Emphatically, two cochlear implants surpass one. Often she surprised herself in understanding without any supplementary devices, like the powerful loudspeakers outside the Hall of Philosophy. Music is generally good enough without the hearing system.

Ms. Jansen told of a mother whose daughter used two cochlear implants and requested an ASL interpreter three months in advance for a concert, an unprecedented event. After consulting other concert venues’ experiences with interpreters, she worked with Deaf Access Services in Buffalo to furnish one. Coincidentally a second deaf concertgoer appeared unexpectedly, and the two shared the interpreter.

The mother and daughter refused to consider the “cochlear implant” amplifier, opting for the interpreter. But borrowing it to experiment at the daughter’s audiologist office amazed them all: she could hear. “Her eyes lit up,” recalled Ms. Jansen.



HLAA Cochlear Implant Group meets Oct. 21st

By Janet McKenna

If you are considering getting a cochlear implant or wish to learn about new developments in implant technology, plan to attend the meeting of the HLAA-Rochester Cochlear Implant Group at 5:00pm, Tuesday, Oct. 21. We meet in the Vestry Room at St. Paul’s Church, East Avenue at Westminster Road, across from George Eastman House. Enter thru back door. Snacks provided.

Addressing the meeting is Pamela Kruger Au.D, CCC/A, Clinical Specialist, Northeast Region, for Advanced Bionics Corp, one of the three cochlear implant manufacturers. Her Power Point presentation will review AB’s current sound processor and the technology and features of both the ear level and off the ear wearing options. She will consider options for connectivity with telephones, bluetooth devices, and other sound inputs.

Dr. Kruger earned her MS in Audiology from the University of Northern Colorado and her Au.D from the University of Florida. From 1985-2013 she worked at the University of Texas in Dallas, then returned to Buffalo, her home town, with the Audiology Dept., Buffalo Hearing and Speech Center. She joined Advanced Bionics this January.

Advanced Bionics, Cochlear Americas and Med-El cochlear implants are all implanted in Rochester. Lively discussions among participants are always part of the Cochlear Implant meetings.

WALK ABOUT WITH RHSC

Sunday, October 26th, at Food Court, Eastview Mall
8:30 am --Registration and family fun, with
“grab-‘n-go express breakfast”
9:30 am --Walk starts

Register online at – crowdrise.com/rhsc2014
For more info, visit www.rhsc.org.

RHSC supports our Walk in May. Now it’s our turn to Walk for RHSC October 26th.

‘MY STORY’ - A Personal History

By Hal Hood



I was born and raised in Corning, NY where my father, Harrison P. Hood, was chief of the Chemical Division of Corning Glass Works Research Laboratories. After my sophomore year in high school, I went to the University of Chicago and it was there that I first became aware of a significant hearing loss. After earning

a Ph.B. at Chicago (where Enrico Fermi was our Physics lecturer), I attended the UR for a B.A. in Physics.

Thirty-three years as a Research Physicist at Eastman Kodak has been followed by a second career as a furniture maker for my family.

My first hearing aids were in eye glass frames and served reasonably well. Then I went to RHSC and got regular BTE aids, and I've worn variations of them ever since. I heard about Self Help for Hard of Hearing (SHHH as it was known then; now, HLAA) from **Mark Hargrave** who was installing a hearing loop in my church, Third Presbyterian.

I attended some of the founding meetings of the organization and served as Treasurer for 20 of the first 24 years. I was also part of the Technology Committee. My hearing is slowly getting worse but the telecoils work wonders for me. I have looped our family room for the TV, and another loop for the rest of the house so I can listen to WXXI (classical music) while making furniture or playing games on the computer.

About 2001, National offered a box of hearing aid batteries for \$30. So I bought one! The various sizes that were not the #13 that I use, I gave away to several nursing homes. The #13's, I put in a gallon paint can and filled the can with argon. This kept air away from them and prolonged their usefulness by many years. I just now used the last of the batteries in February of this year, 2014!! What a great way to save money!

I am blessed with a loving wife, two girls and a boy, 10 grandchildren, and 2 great grandchildren. Their furniture requests these past 20 years have generated a prolific output and kept me busy and productive while making my family happy!

NEW PROFESSIONAL ADVISORS

By Tim Whitcher

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 the start of info on **new** PAC members:

Anne Kingston

Anne Kingston has been involved in the field of Deaf Education for over 30 years. Currently, she coordinates the Signing Skills Coach and Captionist staffs for Monroe #1 BOCES. She also provides ongoing support for Teachers of the Deaf/Hard of Hearing.

Anne first became involved in the field of Deaf Education at RIT where she was the Area Complex Director for the primary residence halls housing Deaf and Hard of Hearing students. Before joining Monroe #1 BOCES as an Itinerant Teacher of the Deaf/Hard of Hearing, Anne taught English at NTID and has taught graduate education courses at several colleges.

Outside of BOCES, Anne is President of Educational Support Service Providers (ESSP), a statewide organization focused on providing professional development for those working in the field of Deaf/Hard of Hearing education. Anne Kingston holds a master's degree as a Specialist in Deaf/Hard of Hearing Education (NTID and the University of Rochester), a master's degree in Counseling (UR) and is 'abd' for a doctorate in Curriculum Studies (Ontario Institute for Studies in Education, University of Toronto, Canada).

*Information on the other **new** PAC members will appear in a future edition of our Newsletter.*

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.

NEW SUPERINTENDENT AT RSD

(excerpt from D&C 8/21/14; by Justin Murphy)

The Rochester School for the Deaf has selected a new superintendent to replace Harold Mowl, who will retire after 20 years. The new superintendent and CEO is Antony McLetchie, from a school for the Deaf in Ontario, Canada. Like Mowl, McLetchie is deaf.

BRAVO WEGMANS HEARING LOOPS!

By Cindy Kellner



Once again Wegmans stays true to its motto “Every day you get our best.” Recently the Wegmans stores at **Calkins Road** and at **Hylan Drive** installed hearing

loops on a trial basis. The areas in each store that are looped include the Customer Service desk, at least one cashier, and a portion of the Café. Check with the particular store for the exact locations. If you visit one of these stores, **please remember to thank the management** for such forward thinking. Let’s all push to have the looping system succeed and hopefully become available in all of their stores.



At the Hylan Dr. store Customer Service desk, **Janet McKenna** at first discovered that when the staffer spoke into the microphone “wand” her voice came through with terrible

static making it impossible to understand her. However, with some experimenting, when the wand was simply left in its holder AND the staffer stood 12-18 inches away from it, speaking naturally, she became loud and clear and quite intelligible

It has come to our attention that credit must also be given to The Hearing Access Program (Janice Schacter Lintz) for their hard work in making this project a reality.

Photos courtesy of Art Maurer.

Subject of Nov. 4th Chapter Meetings
Daytime: “Heroes with Hearing Loss” – retired General Norbert Rapp
Evening: “Services for People w/Hearing Loss in Hospital Settings” – Elizabeth Ballard, Manager of Interpreter Services, URM

ANNUAL PICNIC AT KEUKA LAKE

By Carol Loftus



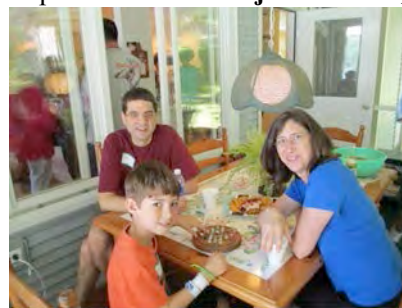
On Sunday, August 24, **Sue and Scott Miller** extended their outstanding hospitality to about 40 attendees at their Keuka Lake home.

HAAA-Rochester Chapter members, family and friends enjoyed a beautiful afternoon socializing and being tempted by a wide assortment of delicious food. The desserts kept us all so busy with choices to be made. Thank you to everyone who brought food and to those who cheerfully helped reinstate cleanliness to the Miller’s home.

A special thank you to the event “Grill Master,” **Scott Miller**.



Another highlight of the day was to welcome two new Chapter members--**Elijah Barnett**, our youngest member and son of **Dr. Steven Barnett**. And also welcome to **Harriett Roth**. To those who could not attend, you were missed. Hope to see you next summer.



Our youngest member, **Elijah Barnett**, and **Sue** and one of our charter members, **Vern Thayer**.



Picnic photos courtesy of Jo Owens and Al Suffredini

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

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 4th year in a row. With special thanks to our **Bruce and Candi Nelson, and Tim Whitcher**.

If you cannot afford to purchase a hearing aid, check out this great non-profit called Audient.

(Suggested by Ginny Koenig)

To qualify you must make less than:
\$27,075 for one member in the household
\$36,425 for two members in the household
\$45,775 for three members in the household
\$9,350 for each additional member

You go to an audiologist to be evaluated. Audient will provide an appropriate top-drawer brand, properly fitted, to an eligible applicant. To get an application go to: <http://www.audientalliance.org/>; then to "Patients"; then to "Download the Audient program application." You can also call their toll-free number at 1-866-956-5400, ext 2.

From Peninsula Chapter, CA Newsletter - Fall 2014

Newsletter Deadline

Tuesday, September 30th
(for the November Newsletter)

Email: ggraham859@frontiernet.net

WEBSITES OF INTEREST

Our Chapter website is: www.hlaa-rochester-ny.org. **Michelle Gross** is our Web Master and she is updating our website. (**Barb Law** continues as consultant.) The website for HLAA National is: www.hearingloss.org.

A MORNING AT PALEY STUDIOS

By Sarah Klimasewski, Au.D.



I recently had the privilege of spending a cold snowy morning with the welders and staff at the world renowned Paley Studios, where artist Albert Paley and his staff of designers and welders create amazing

works of art by manipulating pieces of steel into sculptures. This past summer I contacted the director of the studios, Jennifer Laemlein, to inform her of a research study I had recently read about.

It turns out the noise associated with welding, combined with the exposure to certain elements, namely Manganese; put welders at an increased risk of hearing loss. While most people are familiar with hearing loss due to prolonged noise exposure, not everyone is aware of the effects of long-term exposure to certain gases that may prove to be ototoxic, or damaging, to the ear. Preventive measures for welders include the use of hearing protection, adequate ventilation and possibly the use of a breathing apparatus.

When I first contacted Ms. Laemlein, she and everyone at the studio were just getting ready for the "Paley on Park Avenue" exhibit (see AlbertPaley.com for more information and beautiful photographs), so needless to they were busy! After the exhibit and the holidays, we found a date that I could come out and conduct hearing screenings for the staff. What a wonderful group of people I met that morning. Not only were they proactive with preventive measures to help prevent hearing loss, they were interested in what the study had to say and what they could be doing to ensure a safe working environment.

It makes me proud to be from Rochester, a community that supports artists such as Albert Paley. And to also work for a local business, Hart Hearing Centers. **Dr. Stephen Hart**, the owner of the practice is a native Rochesterian as well.

HLAA TURNS 35 IN NOVEMBER.



Incredible 35 years of advocating for 48 million Americans with hearing loss.

HEALTHY LIVING WITH HEARING LOSS (HL2) – “SUMMARY REPORT” REVIEW, PART 2

By Donald Bataille, AIA; Mary Chizuk, RN

Healthy Living with Hearing Loss, HL2, is a diverse group of people with and without hearing loss focused on a common theme--to better understand health issues facing a minority and underserved group of people with hearing loss as a major public health and health care concern.

It is important to note that hearing loss is the most common disability in the United States impacting an estimated 48 million Americans. About 17 % of adults in the U.S. report some degree of hearing loss as compared to 1.4% that has a physical impairment.

The group established the goal: To address the knowledge gaps, disparities and priorities related to people with hearing loss and health by pursuing research opportunities.

HL2's major accomplishment to date is the completion of a Summary Report dated September 23, 2013, co-authored by HL2 Members **Mary Chizuk, RN, M.S. Ed.**, Co-Chairperson; **Donald W Bataille, AIA**, Co-Chairperson; **Elise de Papp, M.D.**; and **Basya Herbert, M.D.**, and coordinated by **Steve Barnett, MD** and **Erika Sutter, MPH**, Rochester Prevention Research Center, RPRC, University of Rochester.

A Summary Report was completed through a work process that involved Community Based Participatory Research (CBPR) in partnership with the RPRC, to better understand health issues facing people with hearing loss through research.

Beginning in 2010 members held regular meetings to discuss:

- 1) their health concerns secondary to suboptimal communication with their health care providers,
- 2) affordability of hearing health care including hearing aids and other assistive listening devices (ALDs)
- 3) the health needs of people with hearing loss, as representatives of a minority (part of a population differing from others in some characteristics and often subjected to differential treatment) underserved group and,
- 4) the relationship of hearing-related intervention, including hearing aids, with the health of people with hearing loss and their families.

HL2 initiated distribution of a community wide questionnaire resulting in a listing of more than 90 health concern responses from people with hearing loss.

HL2 reviewed the data and created a condensed list of 18 candidate health priority topics. Each topic was rated on a scale of 1-10 on two different scales. One scale related to the topic's importance and a second scale related to the likelihood the topic could be addressed/accomplished in a research study. Utilizing an online survey, REDCap, maintained by RPRC,

HL2 members established 9 topics with high importance and high likelihood for success and grouped them into five general categories:

1. Healthcare

- a. *Hearing Loss & Healthcare Communication*
- b. *Clinicians who are aware of the needs of people with hearing loss.*

2. Mental Health

- a. *Hearing Loss & Anxiety*
- b. *Hearing Loss & Frustration/Anger*
- c. *Hearing Loss & Depression*

3. Audiology

- a. *Hearing Loss treatment & overall health/well-being*

4. Cognition

- a. *Hearing Loss & Cognition*

5. Social

- a. *Hearing Loss & Ability to Work*
- b. *Hearing Loss & Interpersonal Relationships (includes family)*

Dr. Steve Barnett, a consultant and a leader in health research for the deaf and people with hearing loss, aided the review process. HL2 concluded the summary report with the following recommendations:

--HL2 members and NCDHR will work with other stakeholders to broadly disseminate our health research priority topics.

--HL2 members and NCDHR will work with other stakeholders to identify potential funders and develop research proposals to address the health research priorities reported herein.

--HL2 and NCDHR will continue CBPR- *community based participatory research* programs.

--HL2 will continue to develop more fully recruit additional members.

--HL2 will identify their research plans to affect public policy by evidence based research.

--HL2 continues to meet the third Wednesday of the month at the Saunders Building, URMC lower level conference room, 5:00pm. If you are interested in attending, please contact Mary Chizuk at mcchiz6152@gmail.com or Don Bataille at don@bataille.us or join us at the upcoming **Day of Hearing, November 6th, at Life Span!**

DAY OF HEARING



A Day of Hearing is planned for Thursday, November 6th, from 9:00am to 4pm, sponsored by HLAA-Rochester and Lifespan. There will be hearing screenings and tables for exhibits, literature, and ALD's to demo. And, **five Audiologists** have offered to participate and give presentations. Watch this Newsletter for more details.

HIGHLIGHT ON MEMBER – DRESSAGE FOUNDATION CENTURY CLUB

By Elise de Papp, M.D.



It must have been my mother's Irish heritage that gave me the love of horses since I was first able to walk to the curb with sugar cubes for the milk wagon horse. My father was friends with a saddle horse dealer in Livingston, NJ, who let me ride his horses. By age twelve, I proved to my father that owning and boarding a horse for \$50/month was less expensive than daily riding lessons on a school horse. My first horse was a 13.3hh black pony jumper of unknown

breeding; we did pony jumpers at Madison Square Garden in the mid-40's, without a helmet! After outgrowing him and going away to college in Virginia, I was left without a horse, but rode frequently at Sweet Briar College. That was long before the Intercollegiate riding program.

Next came medical school and residency with limited riding for several more years. I owned a few horses with very little training along the way, including off the track Thoroughbreds. By then, I had a family, and my two daughters became very involved with Pony Club, leading to many years in the world of eventing. I got into that sport, too, with well-trained hand-me-down horses, up to one season at Preliminary.

Around age 50, I decided to keep the feet closer to the ground and got more and more into dressage as an Adult Amateur. I bought myself a "real" dressage horse, a Danish schoolmaster, that I learned so much from. We got through Prix St. George and our Silver Medal together, and then, like many Amateurs, I wanted a bigger engine and ended up in Holland buying a beautiful, arrogant gelding, that was no doubt too much horse for me. A few more horses followed and left for various reasons.

Then came **Bolido**, closest to an Iberian horse I could get; he is an Andalusian/Thoroughbred cross. I love the Andalusians and they are said to be very comfortable to ride. We've been together for five years. He could do second level, but with my back, I can no longer sit the trot. We haven't competed much, save a few local schooling shows.

Lazelle Knocke presented the first USDF award I ever won at one of the conventions. I've been waiting a couple years for Bolido and myself to be old enough; now it will be mostly riding in the park.

Age is really the qualification for the Centurion Award—combined horse and rider =100—for eligibility. Then the two of you (in formal dressage attire) go to competition, where you successfully complete a test at the level of your choice. The tests consist of a series of specific dressage movements, analogous to compulsory figures in figure skating. We went to Houghton College and are the 170th winners.



Horses and their people have been a huge part of my life and will continue to be, whether on or off the horse. Along with age, I have become very hard of hearing; at the

end of my Century Ride, I was reprimanded by the judge for talking to my horse!!

IF YOU MOVE

Please don't forget to notify **Barb Gates**, at 28 Country Gables Circle, Rochester, NY 14606, or, via email at cdgblg28@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. Thanks.

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!!

ANOTHER GREAT MAGAZINE!

By Al Suffredini

Hearing Health Magazine, which is a publication of Hearing Health Foundation, is a free magazine. All you have to do is sign up. It comes 4 times a year and has excellent articles on hearing health, technology, and research. At the end of magazine, they have what they call Marketplace and its advertisements from hearing aid, cochlear implant, assistive device companies, research companies, with phone number or website addresses to contact them. They also have an email issue which you can sign up for—it is not the magazine but separate and gives immediate updates on hearing issues. Go to: www.hhf.org

Here you can sign up for email and/or magazine subscriptions. If you haven't, you should. I was introduced to this publication by **Fred Altrieth** and he has mentioned it at monthly meetings and how it would be good for chapter members to receive this magazine. There also have been excerpts from Hearing Health in our chapter Newsletters. I feel that this magazine is as good as the HLAA national magazine in that it gives people with hearing loss very good practical information, and future studies on many hearing loss issues.

FUTURE TECHNOLOGY

(excerpt from Santa Barbara Chapter, May 2014)
(suggested by Ginny Koenig)

Stem cell research continues to make some pretty impressive progress. This article talks about how Cochlear Implants could be used to deliver gene therapy to the cochlea to help re-grow auditory nerves. <http://www.sciencedaily.com/releases/2014/04/140423143011.htm> The future of hearing aids just continues to look better and better. Hearing Aid manufactures and Bluetooth Special Interest Groups are teaming up to find ways to get hearing aids to communicate directly with Bluetooth, rather than through an ASL device. <http://www.hear-it.org/New-Bluetoothtechnology-for-hearing-aids-on-the-way>. Cochlear Implant technology is also looking to take big leaps into the future with no exterior hardware. Instead, future implants could use your ear to get sound to your internal device, which would be recharged wirelessly. www.sciencedaily.com/releases/2014/02/140209152452.htm.

NTID TEAM WINS NAD COLLEGE BOWL

By Greg Livadas

For the second consecutive time, a team from NTID won the National Association College Bowl Championship for deaf and hard-of-hearing college students. They get to keep the trophy for another two years!

RIT/NTID was the youngest team in the competition. NTID President, Dr. Gerry Buckley, said “The RIT/NTID community is very proud of our team and its coaches and all of the outstanding students we are honored to serve at NTID. We look forward to celebrating this accomplishment in the early fall when classes resume.”

ARE PAIN KILLERS KILLING YOUR HEARING?

(excerpt from Harvard Medical School, "Healthbeat" June 5, 2014; suggested by Elise de Papp, M.D.)

A Harvard study published in the *American Journal of Epidemiology* suggests that frequent use of ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) may contribute to hearing loss. Women taking these pain relievers at least twice a week were more likely to experience HL, and more frequent usage increased the risk by up to 24%. Similar to men and HL, although aspirin was also found to contribute to risk for men.

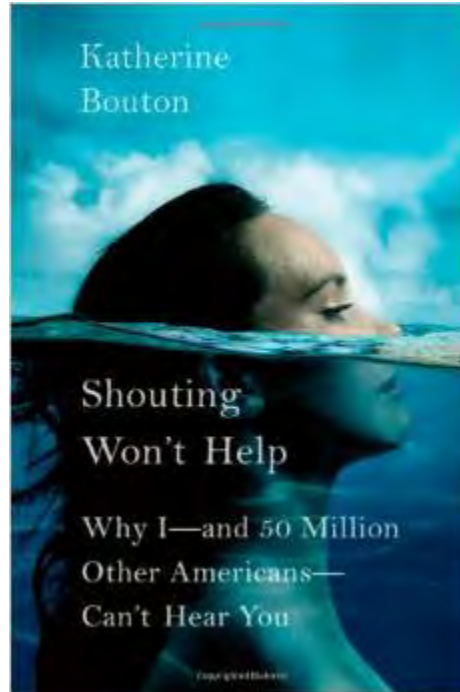
Researchers speculate these pain relievers may be damaging the cochlea. “Ibuprofen can reduce blood flow to the cochlear, which could result in cellular damage and cell death. Acetaminophen may deplete the antioxidant glutathione, which protects the cochlear from damage,” says study author Dr. Sharon Curhan. Think twice before popping a pill for pain relief. Frequent use of these medications and use over long periods of time may increase the risk of hearing loss.

HAPPY BIRTHDAY!

A very happy birthday to Doris Naundorf who will be 90 years young on October 8th. Many more healthy years!

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

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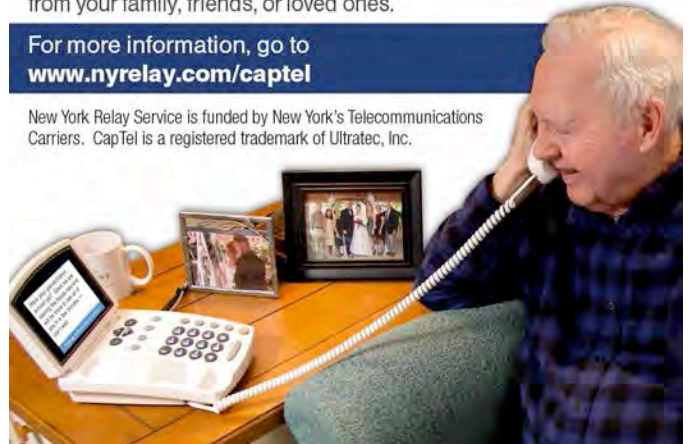
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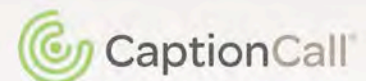
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HLAA Membership Information

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**

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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 200 chapters and 14 state organizations. Welcome!

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