

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

Website: https://www.hearinglossrochester.org



Volume 34, Number 5 published monthly except July and August – Rochester, NY Chapter January 2021

JANUARY CALENDAR

NO IN-PERSON MEETINGS DUE TO CORONAVIRUS RESTRICTION

TUESDAY, JAN.5th, 12 PM-1 PM VIA ZOOM Erin Pickett, AuD, CCC/A, SLP and Suzanne Johnston, MA, CCC/A, SLP

TUESDAY JAN. 12th, 10 AM-11 AM VIA ZOOM Joe Kozelski: HOPE Session: 'Hearing Other People's Experiences' (HOPE)

THURSDAY JAN. 21st, 10 AM-11 AM VIA ZOOM Virtual ALD Demo Center. HLAA-Rochester Technology Team.

TUESDAY, JAN. 12¹¹, 7 PM-9 PM VIA ZOOM Board of Directors Meeting Watch our Newsletters and Website for updates

JANUARY PROGRAMS

Hearing loss continues even during a pandemic, complicated by end of year holidays.

Thanks to the Technology Team, Hearing Loss Association of America Rochester Chapter (HLAA) offers a series of virtual programs during January for anyone interested in hearing loss. All use the Zoom platform. Preregistration is required by visiting the HLAA website at:

http://hearinglossrochester.org All programs are free and in real time. Closed captioning is available to participants.

PROGRAMS FOR JANUARY ARE:

Tuesday, January 5th: Noon: Erin Pickett, AuD, CCC/A, SLP and Suzanne Johnston, MA, CCC/A, SLP Aural rehabilitation/Speechreading: Improved listening and communication for individuals with hearing loss

by Art Maurer, Presi

PRESIDENT'S MESSAGE

by Art Maurer, President



We hope everyone is finding joy in this unique Holiday Season; right up to and through our New 2021 Year. Hopefully less stressful than our historic 2020. I write this on a quiet Thanksgiving Day with no safe gathering possible; knowing the traditional family Christmas Eve

dinner for 25 won't be happening. Yet we have so much to be thankful for: family and friends, our beautiful landscape in a free country - the miracle of life itself. Even our cadre of dedicated HLAA volunteers who work so hard to keep things going. Covid has forced us to pause and reflect on the basics and what really matters.

We Built It ... Will You Come

Shortly after having to shutdown all HLAA-Rochester gatherings in March, our Tech Team introduced us to Zoom. In July we decided to apply Zoom as a stopgap. Now our new virtual monthly sessions on Zoom are working successfully. The sessions are captioned making them easy to follow. Feedback so far has been reassuringly positive – and by the live Q and A we know some folks are directly benefiting We've even been surprised by folks joining us - some former members, some visitors - from Vermont, New Jersey, Michigan, Wisconsin, Northern California. My concern, as president, is that our participation locally is about half of what our pre-Covid in-person sessions enjoyed.

If you're interested please register at http://hearinglossrochester.org. Once registered you'll receive email invitations for the type of session you've registered for. There are three: Presentation, HOPE and Demo Center. Register for one or all three – its free... (If you're new to Zoom, no problem ... we've got instructions on getting personalized help to get started.)

(Continued on page 2)

(Continued on page 5)

President's Message

(Continued from page 1)

Let us know on the feedback form what you think – positive and negative. We're in a mode of continuous improvement. Plus offer any suggestions for subjects you're interested in.

Reaching Out...

Plans are being made to make more folks with hearing loss in our greater Rochester nine county region aware of HLAA and what we have to offer. The unfortunate reality is that HLAA-Rochester is one of the best kept secrets in our community. We hope to fix that! (The nine counties are Monroe, Genesee. Livingston, Ontario, Orleans, Seneca, Wayne, Wyoming and Yates.)

Beyond greater Rochester we will be 'spreading the word' through local media and community organizations across the NYS region from Buffalo east to Utica and south to the PA border. Since there is no HLAA presence in this region and distance is no longer a restraint, we are inviting folks to join us.

New Initiatives...

We're beginning to focus on the needs of Veterans — even offering free lifetime memberships! Carol and Gerry Loftus are leading this effort, (cloftus3@gmail.com)

The recordings of our Presentation and Demo Center programs are now on YouTube (accessible at hearinglossrochester.org).

Plus, we're offering our programs for live streaming or rebroadcast inside adult living residences.

Thin Bench...

If we were a sports team the accurate description of our leadership volunteer ranks would be to say we have a 'thin bench'. All positions are covered but with very little backup. Using Zoom for our programs creates new needs in planning and coordination ... many non-technical. We know we'll remain virtual during most, if not all, of 2021. After that when in-person meetings are again possible, we intend to continue to offer the advantages of Zoom by simultaneously having both in-person and Zoom. Also, if we're successful in expanding our number of members and participants, new challenges will emerge. To sustain a successful future more volunteer leadership will be needed. Don't be bashful. You are more than welcome to join our ranks in any area of expertise. Contact me,

amaurer40@frontier.com or Sue Miller, susanleemiller39@cs.com. (Just put HLAA in the email subject title.)

Going virtual gives HLAA-Rochester the powerful opportunity to reach people at distances not possible before. Perhaps we can leverage it into a new era of service to people with hearing loss. We're looking forward to a robust 2021 – then beyond to whatever a post-Covid 'new normal' brings.

Joss Kendrick Doll Winner

Yes we have a Winner!!

Our own Art Maurer was the lucky winner of the Raffle for our American Girl Doll Joss Kendrick, the 2020 Doll of the Year, and the first to have a hearing aid.

It is important for children to know that young people have hearing loss too that require hearing aids. It is helpful for children to be aware of Communication Strategies that benefit all people with hearing loss including their friends and family members

Joss is adorable and an Excellent Teaching Tool! - Show and Tell...

She will be long remembered and always treasured. I can assure you all that Joss will be welcomed and cherished by a young one living with hearing loss.

A big surprise awaits under a Christmas Tree.

Many thanks for all your generous donations contributing to our Chapter and NYSA(HLAA-New York State Association). Your support will be split between our two organizations.

Our final tally total is \$270 but the Joy will be immeasurable

ASSISTIVE LISTENING DEVICE DEMO CENTER IS NOW VIRTUAL

By Chas Johnstone

Since we are unable to conduct our Demo Center at Lifespan, our <u>Virtual</u> Demo Center (VDC) is now available online 24 hours per day, 7 days per week, thanks to the tireless devotion of **Lorin Gallistel**. Please visit the VDC to see the full range of devices in the Demo Center and submit any questions there that you might have. Please follow the link on the chapter's website,

http://hearinglossrochester.org to access the VDC.

MY STORY

by Norbert Rappl

My mother and father emigrated from Germany shortly after WWI and, fortunately for me, found each other in Rochester.

I attended Aquinas Institute where the priests were great role models, and St Bonaventure University where the Friars were likewise. I



seriously considered becoming a priest, but then SHE showed up from Hawaii. Now we've been married almost 68 years and have 5 kids, all boys except the 4th. Like their grand parents and mother, they have all left home and scattered across the country. Even Sasha, the cat, came from Niagara Falls.

At St. Bonaventure, I joined ROTC and was commissioned on graduation. After field artillery training at Ft. Sill, I spent a year in Korea and then joined the family building material supply business here in Rochester. I also joined the Army Reserve and after many command and staff assignments, attained the rank of Major General, commanding the 98th Division which controlled all Army Reserve units, except medical, in New York north of New York City—some 8500 soldiers and 500 active duty and civilian augmentees located in 34 Reserve Centers, a flight facility with 2 fixed wing and 7 rotary wing planes and an Equipment Concentration Site at Ft. Drum.

I eventually became President of our business in a highly competitive industry, and Chairman of the Board of our State and National Trade Associations. We engaged in several business pursuits most of which fortunately were successful. I retired in 2000 when we sold our several holdings. Over the years I was active on several nonprofit Boards and was honored with many awards, both military and civilian.

After years of my wife complaining about my hearing, I got my first hearing aids about 20 years ago. At that time I had to go to Ft. Drum and purchase the hearing aids for about \$800. The first ones were very small, invisible in the canal. The VA serviced them. Four years later, the VA started providing hearing aids free, and over the succeeding years I

received 4 pairs, each larger and more powerful as my hearing decreased. Not only were the hearing aids free, but there were 3 fine audiologists, along with 2 technicians, at the VA who have been there 5, 7 and 10 years, so there is continuity. They subscribe to the theory that servicing is vital, and ask that you come in every 6 months to check your ears and the hearing aids, replacing the tubes, cleaning the aids and tweaking them as required. So you don't get discouraged if things aren't quite right, you just go in and give them a chance to fix it. One of the reasons hearing aids are so expensive is the continual servicing afterward. I think most audiologists don't explain this and too many people don't want to bother them and so live with lesser performance or give up altogether.

I found HLAA shortly after getting my first aids and attended meetings, obtaining much information and meeting people in the same circumstances who were generous in telling how they handled the situation in various conditions. Especially helpful was a little dynamo by the name of Sue Miller who welcomed me and introduced me around.

St. Bonaventure University provided the following information:

Norbert Rappl graduated from St. Bonaventure in 1952. When he started ROTC in 1948, it was mandatory for all male students to serve for at least 2 years. When the Korean War started he continued to advance in ROTC and eventually served active duty. Upon release Norbert Rappl joined the Army Reserve and served for 33 years, eventually attaining the grade of Major General, Commanding the 98th Division. General Rappl believes this to be one of his biggest achievements. He is one of the first inductees into the Hall of Fame at St. Bonaventure University because of his successful career. His other awards include the Distinguished Service Medal, highest peacetime award, Meritorious Service Medal with oak leaf cluster, Army Commendation Medal, Korean Service Medal, United Nations Service Medal, Armed Forces Reserve Medal, Army Reserve Components Achievement Medal, National Defense Service Medal, NYS Distinguished Service Medal. One piece of advice General Rappl gives to ROTC students in college is to "Throw your heart into it and you'll get the most out of it."

HLAA New York State Association (NYSA) - Update.

By Dan Brooks, President, HLAA-NYSA



Hello! I hope everyone is well! I still find myself learning to adjust to the new normal, especially during this holiday season. As we all know some things are still difficult to navigate but other things maybe not as

bad as we anticipated. We all work together to do our part to stay safe and stay positive during these unfamiliar times.

Most of the HLAA chapters throughout New York State are working to continue to meet only doing so virtually. If your chapter has not gone virtual please feel free to join other HLAA Chapters' virtual meetings in NYS and other parts of the country. The meetings are all free, open to the public and captioned! If your chapter has yet to go virtual please help to look for ways to get started. It really is not difficult, especially when there are people at the HLAA New York State Association (NYSA) that will be happy to help your chapter get started to go virtual! We are just an email away.

Here are a few updates from the HLAA NYSA. We held our first ever virtual HLAA NYSA Annual Meeting. If you missed the meeting and would like to view the captioned recording, you will find it on our New York State website: http://www.nyhearingloss.org.

We had almost 40 people attend the meeting! We had the opportunity to meet the members of the board and share information with many of the great people throughout New York State who took time out of their busy schedule to attend. It was impressive to be able to "see" everyone and get to hear about all the happenings with the HLAA NYSA as well as other chapters around New York State.

If you attended the meeting you heard about the upcoming seminar that **Jerry Bergman** has been working hard to organize. As of now the tentative date is March 13th, 2021 at 4pm EST. Check our NY State Website often for updates.

The guest speakers at the seminar will be **John Waldo** - disability rights attorney, **John Herrion** –

Director of Disability Rights for NYS Dept. of Human Rights, and **Marc Fliedner** Director of PAIR (Protection and Advocacy for Individual Rights).

They will be speaking on "Hearing Access (for those with hearing loss) and the Law." The speakers' focus will be your rights as a person with hearing loss, and how to obtain them.

There is more exciting news to share that was not mentioned at the Annual Meeting. A new HLAA NYSA Professional Advisory Committee (PAC) was formed. The new Professional Advisory Committee is a result of the hard work put forth by **Sue Miller**, chair of the HLAA NYSA PAC and **Jon Taylor**. We thank both of them for undertaking this effort!

Currently we have four dedicated PAC Members. In alphabetical order they are:

- 1.) **Joseph Montano**, Ed.D. Chief of Audiology and Speech Language Pathology at NY Presbyterian Hospital-Weill Cornell Medical Center.
- 2.) **Katrina R. Stidham**, M.D. Chief of Neurotology and Director of the Balance Center and Cochlear Implant Program at Westchester Medical Center, Valhalla, NY.
- 3.) **Donna Wayner**, Ph.D., former Director of The Hearing Center at the Albany Medical Center Hospital, Albany, NY.
- 4.) **Joseph Zesski**, Program Manager for the Northeast ADA Center in Delmar, NY.

There is so much more to mention about our State Association, but for now please visit our website often for the latest information and updates! We can also be reached at:

hlaa.newyorkstate@gmail.com.

Thank you for your continued support and we all wish you the best this holiday season!! -

Dan

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

CAPTIONING OF MONTHLY CHAPTER MEETINGS WILL BE CONTINUED!

Our Online Meetings (and physical meetings once they resume) are captioned 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.

We are extremely grateful that *CaptionCall* has chosen to support our chapter by underwriting this captioning.

We also owe a huge debt of gratitude to **Dan Brooks, Lorin Gallistel, Charlie Johnstone**, and **Bruce Nelson** for overseeing the technical support needed for this service and to **Joan and Rich Kohler** for handling the reservations.

Buy Hearing Aid Batteries from HLAA

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

How to Help Others Understand What It's Like to Have Hearing Loss

Courtesy of HLAA Peninsula Chapter

Do you have friends and family who just don't understand what it's like to have hearing loss? Do they get frustrated when you don't understand what they're saying? Do they say you have "selective hearing"?

If they're willing, have them play a hearing loss simulator

https://www.starkey.com/hearing-loss-simulator

Or watch this Fred Flintstone Hearing Loss video on YouTube:

https://www.youtube.com/watch?v=TD5E88fFnxE

or listen to the hearing loss simulation of the Hear the World Song

https://www.youtube.com/watch?v=it4ZjKQ2WMQ

JANUARY PROGRAMS

(Continued from page 1)

Maximize your residual hearing with "aural rehabilitation" and "speechreading" (also known as "lipreading."). Hearing aids amplify sounds, but other techniques supplement amplification, greatly increasing speech understanding.

This is a dual-presenter program. Dr. Pickett will explain the benefits of aural rehabilitation, which uses technology to improve communication functioning. She will demonstrate specific strategies to enhance communication skills as well as environmental considerations and resources for listening practice.

Ms. Johnston will define speechreading and explain how to acquire skill in using speakers' facial expressions and body language to understand speech better.

Tuesday January 12. 10:00 am: Joseph Kozelsky CCC/A. Hearing Other People's Experiences (HOPE)

Prospective, new, or experienced hearing aid users can share their experiences, questions, and hearing loss journeys in an informal virtual round table discussion facilitated by **Joe Kozelsky**, a retired audiologist and hearing aid user. Hearing aid users discuss real problems and concerns.

Thursday January 21. 10:00 am: Virtual ALD Demo center. HLAA Rochester Technology Team.

This is a continuing orientation to the on-line "Virtual Demo Center" web site. It is a review of selected assistive listening devices, captioning-capable and amplified telephones, signaling-alerting devices and smart phone apps related to hearing enhancement. Presenters answer questions from those joining the Zoom meeting.

We Welcome All Donations

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Be sure to designate:

This donation is: In Memory of, or In Honor of, or

Birthday congratulations, and who to send the acknowledgment to.

Our sincere thanks for donating to our Chapter!

Meet Brian McCoy, New PAC Member Brian McCoy recently joined our Professional Advisory Committee (PAC).

He has served as a Police Officer since 2006. and is currently a Deputy in the Monroe County Sheriffs Office as a Crime Scene Technician in the Criminal Investigation Section.

His responsibilities include Drone Operator, Field Training Officer, Accident Reconstruction, Crisis Intervention Team, Mental Health and Disability Awareness Instructor and as a Community Engagement Team Member.

He is interested to learn about our area of policing and became a member of the National Alliance on Mental Illness Deaf Accessibility Committee.

In the past he has worked Crime Data Records (CDR) and advocates for the Deaf Community, RIT, Rochester Recreation Club for the Deaf, and Rochester School for the Deaf.

Brian is interested in listening, learning, and sharing his experiences

0900900 90000000

Happy Birthday to: January 23 Charlie Johnston

Veterans Now Eligible for Free HLAA Rochester Chapter Membership

Veterans living in Greater Rochester with hearing loss will be recognized with a Free Lifetime Membership to the HLAA Rochester Chapter. The Chapter has received a grant to be specifically used for thanking our well-deserved Veterans.

HLAA Rochester is just beginning work to focus on hearing loss needs of Veterans. Gerry Loftus will be spearheading this effort. We welcome your questions and suggestions at gloftusltc@gmail.com. The National HLAA has also established a Veterans Across America Virtual Chapter. For more information, go to http://hearingloss.org/VeteransChapter.

Donations

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

Lizabeth Barrett Joseph Kozelsky Mary Chizuk Barbara Law Catherine Clark Adina Lopez

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Thank you to our major contributors:

Phyllis & J. Stuart MacDonald Estate

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Correction: Due to a clerical error, last month's newsletter listed a donation in memory of Chloe Reber. We are happy to report that Chloe is alive and well, and the donation should have read: In <u>honor</u> of their daughter Chloe Reber by Anne Reber.

How to Register for HLAA Online Sessions

Registration for all HLAA Rochester Zoom sessions is free and open to the public. You may register by visiting the Sessions Registration website. See the chapter website at https://hearinglossrochester.org for the link to the registration form.

You only need to register one time to be invited to all future sessions of the category that you have chosen. You can change your selections by revisiting the Sessions Registration website and indicating your new preferences. Cancellation can be indicated by submitting the form with no sessions selected.

Things You Wanted To Know About Hearing Aid Batteries But Never Got Around To Asking

By Bruce Nelson

When I was little, there was this kid who lived down our street who looked like this:

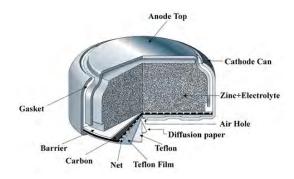
Things have come a long way since the huge "B" batteries that were strapped to one's chest to power their vacuum-tube-based hearing aids. They have



shrunk to these very small Zinc-Air disks that can even fit inside our tiny hearing aids. I'll let you in on a few things I've learned about these amazing batteries.

A typical battery contains something like carbon in the middle, and some electrolyte stuff around it, all sealed in a case. The carbon reacts with the electrolyte to create power.

But that means the battery needs to be made with heavy carbon. Our batteries use air to react with the electrolyte to create power which eliminates the need for the electrode.



More technically, the cathode is a small layer of catalyzed Carbon which reduce oxygen from the air. The anode is a gelled mixture of zinc powder and electrolyte, which is made up of a highly conductive solution of Potassium Hydroxide in water. There's some separators and gaskets in there to make it all work. The result is a lot of power from a very small device.

What you need to know is that Zinc-Air batteries start to discharge the moment the tab is removed. You can't put the tab back on. Once air hits the inside of the battery, the chemical reaction doesn't stop.

Zinc-Air batteries last a few hours longer if you wait 2 or more minutes to put them in the hearing aid. And it took a kid to prove it.

In 1985, Ethan Manuell, a middle school student in Rochester, MN, as a science fair project, discovered that hearing aid batteries can last up to 85% longer if you let them sit for 5 minutes after un-tabbing them. The amount of improvement, though, is highly dependent on the power drain of your hearing aids. Some people get an extra half a day, some get a day or two.

With the tabs undisturbed, they lose only 5% of their capacity after a year.

You probably know that hearing aid batteries come in 4 sizes, and manufacturers agreed to



color-code each size to help consumers buy the right size at the store. They are: 10 (yellow), 312 (brown), 13 (orange), and 675 (blue). Nobody knows where those numbers came from. 10 is smallest, 675 is biggest, but 13 is bigger than 312. Go figure.

So what is the best brand of battery? Just about all the major brands. It depends on size and how much power your hearing aids use. A controlled study I read showed that one brand that lasted a little longer in one size was in the middle of the pack for another size. What you want to do is check for longer expiration dates (i.e. they are fresher) and for embellishments like larger tab size, or special packaging if you need them. Otherwise shop around for the best price.

Rechargeable hearing aid batteries are starting to appear. But that discussion is left to a future article.



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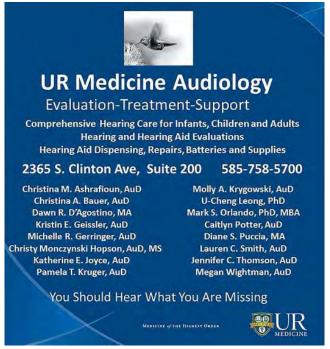
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HLAA Membership Information

Hearing Loss Association (HLAA) Rochester Chapter, Inc., a tax exempt and volunteer group, is a chapter of a national, nonprofit, nonsectarian, educational organization devoted to the welfare and interests of those who cannot hear well.

We meet the first Tuesday of the month at noon, online via Zoom. See our website at https://hearinglossrochester.org to register.

While our primary focus is directed toward people with hearing loss, we welcome everyone to our chapter meetings whatever their hearing ability.

For more information, Call

585 266 7890

Professional Advisors Mary Chizuk, Chair

2019 – 2021:

Peter Fackler Carolynne Pouliot Hope Scheda Marianne Sernoffsky

2020 - 2022

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

Newsletter

Newsletter deadline: first day of the month preceding the issue month. Bruce & Candi Nelson, Editors 120 Cobblestone Dr., Rochester, NY 14623, 585-334-5513 bruce.nelson@gmail.com

MEMBERSHIP FORM - HLAA-ROCHESTER CHAPTER

July 1, 2020 – June 30, 2021				
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On-line only-student \$25

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Please deliver by December 30, 2020



You're New, This is for You.

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

Founded in 1979, the mission of HLAA is to open the world of communication to people with hearing loss through information, education, support and advocacy.

HLAA is the nation's foremost membership and advocacy organization for people with hearing loss. HLAA publishes a bimonthly magazine, *Hearing Life*, holds annual conventions, a Walk4Hearing, and more. Check out: http://www.hearingloss.org.

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

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Meetings are hearing accessible

During pandemic times, all chapter meetings are online via Zoom. See meeting information in this newsletter. Captioning within the Zoom application is available.

In non-pandemic times, we meet in St. Paul's Episcopal Church, East Ave. and Westminster Rd., across from the George Eastman Museum. Parking is available at the George Eastman Museum, if needed.

All meetings are <u>audio looped and captioned.</u> Interpreters are available on request.

Everyone, with or without a hearing loss, is welcome, on our on-line meetings or in person, when live meetings resume!