



FEBRUARY CALENDAR

**NO IN-PERSON MEETINGS DUE TO
CORONAVIRUS RESTRICTION**

TUESDAY, FEB. 2ND, 12 PM-1 PM VIA ZOOM
Gregory Horton, AuD: Ask the Audiologist

TUESDAY FEB. 9TH, 10 AM-11 AM VIA ZOOM
Joe Kozelski: HOPE Session: 'Hearing Other People's Experiences' (HOPE)

TUESDAY, FEB. 9TH, 7 PM-9 PM VIA ZOOM
Board of Directors Meeting

TUESDAY, FEB, 16TH, 12 NOON VIA ZOOM
Speechreading 101

TUESDAY, FEB, 16TH, 7 PM-9 PM VIA ZOOM
Cochlear Implant (CI) Group

THURSDAY FEB. 18TH, 10 AM-11 AM VIA ZOOM
Virtual ALD Demo Center. HLAA-Rochester Technology Team.

Watch our Newsletters and Website for updates

FEBRUARY PROGRAMS

Hearing loss continues even during a pandemic.

Thanks to the Technology Team, the HLAA Rochester Chapter offers a series of virtual programs during February 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 FEBRUARY ARE:

Tuesday, February 2nd: Noon: Dr. Gregory Horton: Ask the Audiologist

A very popular program at our general meetings, we invite a practicing audiologist to come in and answer your questions regarding hearing aids and other hearing issues.

(Continued on page 6)

PRESIDENT'S MESSAGE

by Art Maurer, President



Better Hearing ...

Every year my family has a Christmas Eve dinner. The 30 of us squeeze around a long table stretching from the dining room across the family room. But not last year in 2020. There were only three at our Christmas Eve table. We compensated by following dinner with a family Zoom call at 7:00 PM. It was a nice virtual gathering, but not the same.

It got me thinking. What if there was no Internet? While sectors of our economy amenable to on-line are thriving; those dependent on in-person gathering languish. Would our economy be able to function if we had nothing beyond TV and the telephone?

Then I thought of our hearing. What if there were no hearing aids or cochlear implants? How different would our lifestyles be? While we suffer through the isolation of the pandemic, it's not permanent. If on a regular basis we lacked ability to compensate for our hearing loss, how different would our lifestyles be? Thankfully, technologies help us fill the gap.

So where does HLAA fit in? We're here to help people deal with their hearing loss and the technologies available to hear better. Simple as that!

Better Hearing = Better Living

Using Zoom allows us to carry-on ... not a replacement for in-person meetings but an effective stop-gap. Our Sessions, **Presentation**, **HOPE** and **Demo Center**, are interactive, live streaming your questions. But we're still months away from getting back to in-person gatherings again - perhaps in the fall. Are there more creative ways to use Zoom - to help ease the silence of being apart?

Also, how can we encourage more of our members to sign-on to the Zoom sessions? Beyond that, how

(Continued on page 2)

President's Message

(Continued from page 1)

do we get more folks to realize we even exist – with the Internet's reach being so far and wide?

Rest assured, once we do get back to in-person monthly meetings and our Demo Center at Lifespan, we'll still simulcast using Zoom.

HLAA Committees

Over the months since Covid struck several committees have been highly active to establish our virtual platform; however, others became somewhat dormant. They are coming back to life. **Marketing** and **Membership** are developing new programs to keep in better touch with you, our members, plus those we haven't heard from in a while. We also hope to reach new folks across our nine-county Finger Lakes Region, then beyond from Utica to Buffalo and south to the Pennsylvania border.

The **Health Care** arm of **Education/Outreach** is working on suggestions for use when interacting with medical professionals in their office or outpatient clinics. It is so important you can hear and understand what they are saying. A list of suggestions is being prepared for use both before and during visits with medical professionals. We'll be publishing materials both in our Newsletter and at *hearinglossrochester.org*

Gerry and Carol Loftus are working to initiate our focus on **Veterans**; and expand awareness that we now offer veterans free lifetime memberships. Contact them if you are a veteran.

Finally, **Technology** is continuing their never-ending search for new assistive listening devices and ways to enable people to hear better.

Since socialization will be limited this year, our focus is on refining our Zoom Sessions and developing aids to making life with hearing loss somewhat easier. Our hope is to bring value to you, our members.

As always, we are open to your comments and suggestions.

amaurer40@frontier.com

February Birthdays

Happy Birthday to:

February 1 Sister Veronica Casey
February 1 Joan Kohler
February 4 Gerry Loftus

ASSISTIVE LISTENING DEVICE DEMO CENTER IS NOW VIRTUAL

By Chas Johnstone

Since we are unable to conduct our Demo Center at Lifespan, our Virtual 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.

Meet Frank Liptak, New PAC Member

Frank Liptak recently joined our Professional Advisory Committee (PAC).

Frank has been employed at Paychex as a software engineer since 1991. His formal education is in electronics engineering. He resides in Webster with his spouse, Dianne, and has 2 grown daughters.

His favorite activity is problem solving everyday objects. Frank is also a member of HL2 (Healthy Living with Hearing Loss) and is a hearing aid user.

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.

SPEECHREADING 101

An Introduction to Speechreading Skills for People with Hearing Loss



FREE Group lessons (captioned) via internet / ZOOM

**Tuesdays, February 16 and March 16, 2021
12:00 noon - 12:45pm**

Participants will learn the basic considerations and skills of improved message comprehension in 1:1 conversations, including environmental strategies, lipreading and speechreading abilities.

A program offered by the **Hearing Loss Association of America, Rochester Chapter**

Facilitated by Suzanne E. Johnston, MA., CCC/SLP

To sign up/register for your ZOOM link to participate in this course, visit the Hearing Loss Association, Rochester Chapter web site [link below] and scroll to: "HLAA Rochester Chapter Virtual Meeting Registration and register for "Presentations".

<http://hearinglossrochester.org>



...If you need assistance navigating ZOOM, please let us know in your email request

Nazareth Prepares Hearing Professionals

by Dr. Carly Alicea

Did you know that Nazareth College is preparing future professionals to serve individuals with hearing loss? At Nazareth, we are training our students to work with people with hearing loss through our undergraduate programs in Communication Sciences & Disorders and Pre-Audiology, our graduate-level Deafness Specialization Program, and our Hearing Clinic, which provides on-campus and teleaudiology services.

Students in our undergraduate program in Communication Sciences & Disorders take two courses that specifically address hearing loss and intervention options. In *Hearing Problems & Testing*, students learn about our auditory systems and how we hear, and they also learn about a variety of disorders that affect the auditory system. They study the tools and procedures that audiologists use to test for hearing loss. Students even have the opportunity to practice these tools and procedures on each other hands-on in the classroom!

In our undergraduate-level *Aural Rehabilitation* course, students study the wide range of intervention options available to people with hearing loss. They learn about hearing devices, including hearing aids, cochlear implants, bone conduction hearing aids, over-the-counter hearing aids, and assistive listening devices. They also learn about therapy options like auditory training, communication strategies training, group aural rehabilitation, and therapies designed to teach children with hearing loss to listen and talk. Students in this class often report that their favorite class activity is visiting the HLAA-Rochester Chapter's ALD Demo Center at Lifespan. They especially enjoy the opportunity to try out some of the assistive devices! This fall's class enjoyed a tour of the new **Virtual Demo Center** led by volunteer Lorin Gallistel.

Another unique experience that students in the *Aural Rehabilitation* course participate in is a simulation of what it is like to live as an older adult with hearing loss. Students visit the Nazareth College Makerspace to participate in this virtual reality experience. With the use of a virtual reality headset, students can embody "Alfred," an older gentleman with hearing loss and macular degeneration. This experience is similar to "living inside" a very realistic video game! Students report that this experience is very

meaningful to them and helps them better understand the challenges that adults with hearing loss experience, especially when communicating with family members and at medical appointments.

Most of the undergraduate students who take these courses go on to graduate school to become speech-language pathologists, but some go on to become audiologists. Undergraduate students who are interested in becoming audiologists can minor in Pre-Audiology. As Pre-Audiology minors, they take additional coursework, including a class where they have the opportunity to meet, interview, and "shadow" audiologists in our community. The Pre-Audiology minor is a unique program - very few colleges offer a program like this - and we are proud to be preparing future audiologists!

At Nazareth, we also provide specialized training for our graduate students, who are studying to become speech-language pathologists. Our graduate-level Deafness Specialization Program provides students with additional coursework in working with children and adults who have hearing loss. Our graduate students also receive training and experience in working with individuals with hearing loss through the Nazareth College Hearing Clinic. The Hearing Clinic provides a variety of services for children and adults with hearing loss both in-person and through teletherapy. Graduate students provide these services and are supervised by a licensed audiologist.

One service that we offer to the community is a group called **Hear For You** for adults with hearing loss who use hearing aids or cochlear implants. The Hear For You group sessions, which are open to the public and currently offered online through Zoom, help participants better understand their own hearing loss and the challenges that they may experience as a result of their hearing loss. Participants also learn and practice techniques and strategies for improving their communication with family, friends, and others. If you are interested in learning more about the Hear For You group, or enrolling in our Spring 2021 sessions, you can contact Dr. Carly Alicea at ama1don0@naz.edu.

There is a global shortage of audiologists relative to patient need, and in the U.S. the number of audiologists retiring or leaving the profession is greater than the number of audiologists entering the field. At Nazareth we are proud to be training the hearing healthcare professionals of the future!

HLAA New York State Association (NYSA) - Update.

By Dan Brooks, President, HLAA-NYSA



Hello again. I hope this update finds you well! I also hope your holidays were full of wonderful memories. Mine were a little different from what we are used to. Just before Christmas, I was feeling under the weather and had a few symptoms of Covid. To be sure, my wife and I decided to get ourselves tested in an effort to keep our family safe over the upcoming holidays. Luckily my wife joined me to get tested because trying to understand what the nurses were saying while wearing mask was a task in itself. Anyways, long story short, I came back negative but my wife tested positive for Covid, and she had to separate herself from the rest of us for two weeks. As I write this update, she still has two more days to go or more due to still showing signs of mild symptoms. Luckily our kids and I will be out of quarantine starting tomorrow because none of us show any symptoms. So, our Christmas was not the usual Christmas but we are very happy my wife's symptoms were not severe enough to need hospitalization. We were also grateful for modern technology to be able to FaceTime in an effort to stay as close as we could during the holidays and winter break.

Speaking of modern technology, did you hear that ZOOM is now offering free captions to all paid subscriptions? This is a huge step in the right direction for those with hearing loss! The captions are generated by an artificial intelligence (AI). It is not perfect but works very well. I wish ZOOM would make the AI generated captions available for all versions of ZOOM including the free version. Not offering captioning across the board is like only letting certain people have access to the wheelchair ramp. We all know this is not the right thing to do...and something needs to be done about it... In any case, I am grateful to see captions are finally available on the paid ZOOM platform which seems to be the preferred platform for

virtual meetings. I know a lawsuit has been filed about the captions, and I will be following it closely. My guess is in the near future AI captions will be available across the board within ZOOM.

Now let's get to updates with the **HLAA New York State Association. (HLAA NYSA)** Our next board meeting will take place one Saturday in the month of February. In March, we will be hosting our very first HLAA NYSA Seminar titled "Hearing Access and the Law." The speakers' focus will be your rights as a person with hearing loss, and how to obtain them. This seminar will be open to anyone that pre-registers and will be captioned by C.A.R.T. Please continue to check our website for the latest information on this event along with other events that being hosted at various chapters throughout New York State! (www.nyhearingloss.org)

If you have any questions and/or concerns please feel free to reach out to us via email at: hlaa.newyorkstate@gmail.com. Also please remember to join or renew your membership with HLAA. By being a member of HLAA and residing in New York State you are automatically considered a member of the HLAA New York State Association. Thanks again for your support!

Dan

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: suzannejohnston@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.

We Welcome All Donations

Please make your check payable to: [HLAA-Rochester](#)
 HLAA is a 501c(3) organization.
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 Our sincere thanks for donating to our Chapter!

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

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Thank you to our major contributors:

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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.

FEBRUARY PROGRAMS

(Continued from page 1)

Dr. Gregory Horton joined Rochester Hearing and Speech Center in April of 2018, splitting his time between the Greece and Rochester/Brighton offices. He has been the Audiology Administrator since September of 2019, leading a team of audiologists and dispensers at all three of our locations. Before joining RHSC, Dr. Horton was an audiologist for the State of New York, working exclusively with individuals with developmental disabilities. He received his Doctorate of Audiology in 2017 from Northwestern University in Chicago and completed his clinical externship at the Captain James A. Lovell Federal Health Care Center in Illinois. The health center is fully integrated with Naval Station Great Lakes, so this provided him the opportunity to work with veterans, active-duty military members, and their families across the lifespan.

Dr. Horton is board certified with the American Speech and Hearing Association and is a licensed hearing aid dispenser in the State of New York. In addition to diagnosing hearing loss and guiding patients through the selection, fitting, and adjustment process of wearing hearing aids, Dr. Horton has received specialized training in hearing conservation for musicians and individuals working in the entertainment industry. As a musician himself, he recognizes the importance of hearing conservation and uses evidence, counseling, education, and technology to empower musicians to take ownership of their hearing health.

Tuesday February 9. 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.

Tuesday February 16. 7:00 pm: Cochlear Implant Group will meet. To be added to the CI Group emailing list and to receive the Zoom info, please email Pete Fackler at pcf.hl原因@yaho.com See the chapter website for updates.

Thursday February 18. 10:00 am: Virtual ALD Demo Center. HLAA Rochester Technology Team.

This is a continuing orientation to the on-line "Virtual Demo Center" website. 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.

What is a T-Coil?

by Bruce Nelson

At our in-person meetings (you remember them, right?), one of the first things the leader would say, is, “Do you have your t-coils on?”

And, we still see puzzled looks when this is asked.

So what is a t-coil?

A t-coil, also known as a telecoil, is a small wire coiled around a rod located inside your hearing aids. It works as an antenna to pick up magnetic signals and streams them as sound into your hearing aids. If your hearing aid has a telecoil, you can activate it via a “t-switch” on the hearing aids. It is called a “t-coil” because its original use was to pick up the sound from a telephone handset.

A meeting room will have wires circling the area where the participants are sitting, and a special amplifier will send the signal from the P.A. system into those wires. The wires emit an electromagnetic field which can then be picked up by the tiny coil in the hearing aid.

When you activate the t-coil, the hearing aid’s microphones are usually disabled, so that you hear only the audio from the sound system, and none of the background noise from around the room.

Unless you are an audiologist or a hearing aid manufacturer, you’ll probably never see what a t-coil looks like. And, as it happens, there’s not too many pictures of one on the Internet. But I dug through, and here is a picture:

It’s really tiny! It needs to be, in order to fit inside the very limited space inside your hearing aid.

Hearing aid microphones are designed to pick up all sounds, but once in a while it’s important to tune in to only one thing. By using your t-coil, you hear only the sound you need to hear—like in a church or a classroom.

Most hearing aids models have a switch that gives you access to receive signals either from the hearing aid microphone or a loop system. It is called a “T switch.” Activating the T-setting switches off



the microphone - so only signals transmitted from the loop system are audible.

In some situations it can be useful to receive signals via both telecoil and microphone – like when you want to hear the TV and surrounding sounds like your spouse’s voice. Many hearing aids therefore have an “MT” setting that allows for both the microphone and telecoil to be active.

A telecoil can be used wherever a loop system is installed. When the telecoil function in a hearing aid is activated, sound sent through the loop system is amplified while background noise is shut out.

Many venues have installed “hearing loops”, the wire that transmits the audio to your hearing aids. You can find them in churches, auditoriums, classrooms, and even at some checkout counters in supermarkets. In some cities, even taxicabs have them installed.

Most types of hearing aids have the option available. If you don’t know if you have one, ask your audiologist. However, completely-in-canal and In-visible-in-canal hearing aids do not have telecoils due to their small size.

Only a hearing professional will know which kind of hearing aid is best for your type of hearing loss.

Ask your hearing professional how you can benefit from a telecoil in your hearing aids.

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 gloftus1tc@gmail.com. The National HLAA has also established a Veterans Across America Virtual Chapter. For more information, go to <http://hearingloss.org/VeteransChapter>.

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You Should Hear What You Are Missing

MEDICINE of the HIGHEST ORDER



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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
 Frank Liptak
 Brian McCoy
 Andrew Parkhurst
 Rebecca Sprague

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

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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

- I want to join as a first-time member I want to renew
- All members receive the award-winning Rochester chapter Newsletter!
- Check preference for access: via US mail via Chapter website
 Check membership type: Individual Family Corporate
 Check contribution: (*please consider a charitable donation above Basic dues - an acknowledgement is sent for donations only.)
- Basic/Individual Dues, \$10 Basic/Family Dues, \$20 Corporate* \$50
 Friend* \$25, Partner* \$50, Supporting* \$100 Donation \$_____
- Veteran COMPLEMENTARY (Free lifetime chapter membership for veterans with hearing loss). Branch of Service: _____

PLEASE PRINT

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

I have a different mailing address for part of the year.
 Please attach an additional page with the address and dates you are gone.

Please make your check payable to: HLAA-Rochester. Send to:
 Mr/Mrs Doug Meyer, 5275 Rosebrugh Rd., Geneseo NY 14454

HEARING LOSS ASSOCIATION OF AMERICA

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

- Join Renew
- Individual \$45 /Family \$55
 Professional \$80 Corporate \$500
 On-line only-individual \$35
 On-line only-student \$25

Name: _____
 Street: _____
 City/State/Zip: _____
 Phone: (home) _____
 (cell) _____
 E-mail: _____

Send to: Hearing Loss Association of America
 Suite 320
 6116 Executive Blvd
 Rockville, MD 20852

Please do NOT send this renewal to the local Rochester chapter; mail directly to HLAA in Rockville, MD.



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Please deliver by January 30, 2021



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!

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 audio looped and captioned. 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!