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April 2016

APRIL Calendar

Tuesday, April 5, 2016

10:30 am – HOPE Session – Vestry RoomNEW****

11:00 am - Refreshments/Social Time

11:30 am – Announcements/Business Meeting

12 Noon – 1 pm – Program Speaker

7:00 pm – Refreshments/Social Time

7:30 pm – Announcements/Business Meeting

8:00 pm – 9 pm – Program Speaker

Tues., April 12th – BOD meeting, 7-9pm
1st floor Conf. Room, Al Sigl Center

Tues., April 19th - PAC meeting, 7-9pm, ASC

Tues., April 19th - “Cochlear Implant Group”
from 5:00-6:30pm; St. Paul’s Vestry Room
(see page 5 for more info)

SAVE THESE FUTURE DATES

Tues., May 10th – Board of Directors, 7-9pm,
1st floor Conf. Room, Al Sigl Center

Tues., May 24th –Annual Dinner, 6-9pm,
Cobblestone Creek Country Club
(see page 11 for more info)

Hospitality Duties for April:

Daytime Meeting –Elise de Papp, M.D.; Art Maurer;
Al Suffredini

Evening Meeting –Cindy Kellner

Board of Directors –Cathy Lee

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

WELCOME ALL NEWCOMERS TO HLAA!



APRIL PROGRAMS

Tues., April 5th – Daytime Meeting 11:00 am
Speaker begins at Noon

CAPTIONED TELEPHONES (CAPTEL) –
Kassey Granger, rep. from CapTel

Frustrating, stressful, nightmares.
Telephone conversations, either land line or cell phone, can be excruciating struggles for the caller with hearing loss. How much more reassuring and accurate to READ the words of incoming callers as they speak!

The CapTel phone displays readouts of incoming calls on a small screen in adjustable font sizes and colors. Kassey Granger, an Outreach Education and Installation representative for CapTel Captioning Telephone, will demonstrate the phone's features and help prospective users to initiate service.

Among CapTel's valuable features is its built-in answering machine which displays captions of messages. It also has a built-in speaker phone. The telephone doubles as a regular telephone for others with normal hearing who can turn off the captioning and adjust the volume. With a *verified* hearing loss, an individual can obtain the CapTel phone, captioning service, and home installation at no charge.

(continued on page 2)

April 5th – Daytime Meeting – (continued)

Kassey Granger's hearing loss was discovered when she was a first grader. She uses a Cochlear Implant and runs a support group for Cochlear Americas. She is a former president of her local Lions Club.

Tues., April 5th – Evening Meeting – 7:00 p.m.
Speaker begins 8pm

“ASK THE AUDIOLOGISTS” –*Ron D’Angelo, Au.D.; and, Jared Teter, Au.D.*

Let’s learn about hearing aids and hearing loss. Bring your questions, and two audiologists will answer them! Both experienced clinicians take the floor for this popular Q&A session. The presentation is impromptu and unrehearsed.

D’Angelo and Teter are prepared to field inquiries on all aspects of hearing aids and hearing loss. As hearing aid dispensers, they can comment on new developments in amplification technology, deafness, audiograms, tinnitus, and the latest technology.

Ron D’Angelo is the coordinator of diagnostic and therapy programs at Clear Choice Hearing and Balance. He is also a professional musician who has fit many musicians with custom hearing protection. He holds degrees from the UR and Syracuse Univ.

Jared Teter owns Hearcare Hearing Center in Penfield—an audiological and hearing practice for individuals of all ages. His degrees are from the Univ. of Florida, Kent State, & SUNY Fredonia.

HLAA-Rochester chapter meetings are held in the Parish Hall at St. Paul’s Episcopal Church, East Avenue at Westminster Road, across from the George Eastman Museum. All programs are audiolooped and captioned. Those needing a sign language interpreter for an evening meeting only, please see cover page.

Hearing Loss Association of America is a nationwide organization dedicated to advocacy, education and support for people with hearing loss. For more information visit www.hlaa-rochester-ny.org. or telephone 585 266 7890.

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

PRESIDENT’S COLUMN

By Cindy Kellner

**Size Shouldn’t Matter**

As many of you know, I have been spending a fair amount of time in Florida these past few months keeping my husband company while he pursues a new business venture. I am not complaining. Believe me ! Florida is not such a bad place to be in January and February. I missed the big snow and am definitely not sorry.

Life being life, and continuing with the notion that sometimes it stinks to be me, I ran into hearing complications while I was away. A few weeks ago my hearing aid started causing me trouble. Without notice and with a good battery it just upped and stopped working. Initially it happened very infrequently but after a few days I could not tolerate the lack of dependability and the obvious frustrations that follow. We have all been there. Of course, I did not know any audiologists in Palm Beach County. I had not yet connected with the local chapter of HLAA so I ruled that out and made a mental note to do so asap. One never knows. After my frustration peaked, I turned to the Internet, Yelp, and online reviews, to find someone.

Thankfully the audiologist I decided upon was close by and she could see me the next day. I was thrilled and relieved to say the least. I arrived at the office on time, was seen right away, and met a lovely young audiologist who I was confident was going to set things right and get me hearing again in no time. I was so relieved. I am not quite sure of the exact adjustments she did, but within twenty minutes the problem was solved at a minor expense.

After she worked her miracles, we started talking about hearing aids in general. My trusted hearing aid is getting up there in years and I suspect that I will be in the market for a new one relatively soon. Thus, I wanted to hear what she had to say about what was new and coming down the pike.

(continued on page 3)

PRESIDENT'S COLUMN (continued)

We talked a bit about technological advancements and I was quite encouraged. We also talked a lot about price and I was quickly discouraged! A drop in the outrageous price we pay to hear is not expected anytime soon, which is so frustrating and unfair. (However, this is a topic for another time.)



My new lovely audiologist friend then informed me that she was super excited about a new hearing aid that was being introduced. She felt it would be perfect for me. This got my attention and I was interested. She proceeded to explain all the bells and whistles but, saving the best for last, it “was super small and almost no one could tell I was wearing it.” She went on to say that she thought it was ideal for me, “being a young woman.” I must confess that I was initially flattered. But, of course, this was Florida and “young-in-Florida” term is not the same as it is everywhere else. She went on for a bit with all of her encouraging optimism about how hearing aid manufacturers have heard the cry from hearing aid users that what we wanted was tiny and hidden. The new batch of hearing aids will be smaller and virtually undetectable. Just perfect for all of us she proclaimed.

At first I was a tad bit excited but then I was taken aback. I sort of felt like I was betraying my hearing loss and in doing so I was betraying myself. I am not ashamed of my hearing loss. Frustrated and annoyed yes, but I am rarely ashamed. Do I really need a hidden hearing aid? The answer is clearly, no. Frankly I shudder to think how quickly it could (and most definitely would) get lost and how difficult it would be to find. With a price tag of \$4,000 plus this is something I just don't need.

I know I am not speaking for everyone. There are many of us who, for a variety of reasons, want to hide their hearing aids. It saddens me, but I still respect that line of thinking. Hearing loss is not necessarily a sign of old age or mental deficiencies, etc. It is what it is and it strikes people of all ages. For me it is just a fact of life and these days it

defines somewhat who I am. I don't need to hide that. In fact, sometimes I find it easier if my hearing aid is recognizable. It saves me the task of having to explain why I keep asking for a repeat. I am not suggesting we should be proud of our hearing loss. I'd give it up in a heartbeat. But, in my opinion, we should not hide it. We will never get the accommodations we justly deserve from the hearing world if we opt to be in the shadows.

I think perhaps what irritated me the most was the thought of the missed opportunity on behalf of the hearing aid developers. Instead of spending all their time, money and energy on developing the super tiny hearing aid, I wish they would concentrate on things I think most hearing aid users would welcome the most. Getting rid of background noise would be so appreciated by all of us users. To be able to tune out the never ending humming of the HVAC system or the oh so annoying restaurant music would be a godsend. I would easily be content with double my hearing aid size if it meant a serious and significant increase in clarity that would permit me to not only hear, but to differentiate sounds and understand.



I do acknowledge that size is important, especially to first-time users. But, I would argue that regardless of size, if a hearing aid worked beautifully, many new users would stick to it and not just place it in their drawer. If hearing aids could only be like eyeglasses. At the end of the day that is what I wish for and that is my message to the hearing aid developers. Our hearing aids are small enough. Please, oh please, focus on sound clarity. That is what we seasoned hearing loss folks really want. It is true. Size doesn't always matter.

Take care and be well, Cindy.

SOMETHING TO THINK ABOUT...

“My wife and I have been married for over 46 years. Our lives are totally in sync. For example, the same time I got a hearing aid, she stopped mumbling.”

(By Rabbi and comedian Bob Alper)

RBTL LIVE THEATRE--- CAPTIONED!

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

April 17, 2016 – Matilda

May 15, 2016 – Dirty Dancing

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

GEVA Theatre Offering Captioned Plays!

**NEW DATES & TIMES FOR
CAPTIONED PLAYS**

April 2 – 2pm

April 20 – 2pm & 7:30pm

A Moon for the Misbegotten

April 16 – 2:30pm

Dancing Lessons

May 7 – 2pm

May 25 – 2pm & 7:30pm

The May Queen

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

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.

SOMETHING TO THINK ABOUT

“In 1963, the US Post Office raised the cost of a First-Class stamp from 4 to 5 cents.”
(from D&C 1-4-15)



For Your Donation to HLAA:

Phyllis & J. Stuart MacDonald Estate

Dr. Ruth P. Oakley Estate

Mary Tuckley Estate

United Way contributors

In Memory of John Holder

Lincoln School Faculty Fund

Thanks to all who have renewed their membership.

If you haven't yet, please consider a donation when you renew your membership. Thanks so much!



**Sincere birthday greetings to these
members who will be 90 years or older!
Congratulations and many more
healthy and happy years!**

Mary Greene –April 8; Bobbie Hargrave –April 12;
Burt Foes – April 25. Happy birthday to all!

Newsletter Deadline

Thursday, March 31st
(for the May Newsletter)

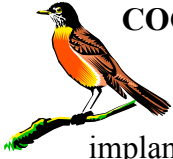
Email: ggraham859@frontiernet.net

WEGMANS AGAIN ON “BEST” LIST

(excerpt from D&C of 3-4-16; by Sal Maiorana)

In the year of its 100th anniversary, Wegmans has once again been recognized by Fortune magazine as one of America's “100 Best Companies to Work For.” Rated No. 4. The only 3 companies ranked higher were Google, ACUITY Insurance, and Boston Consulting Group.

Recently, Wegmans also received incredible recognition from the American Customer Satisfaction Index by taking the top spot among supermarkets, and was the highest scoring retailer in the ACSI survey.



COCHLEAR IMPLANT GROUP

By Janet McKenna

A round table exploration of cochlear implant experiences and candidates' expectations in their quests for improved hearing is set for **5:00pm, Tuesday, April 19**. The group gathers in the Vestry Room of St. Paul's Episcopal Church, East Avenue at Westminster Road, Rochester (14607).

Invited to share their stories are people currently using cochlear implants and anyone wishing to learn more about them. Past round tables have proven very beneficial to potential cochlear implant users, while current CI wearers have the opportunity to share their experiences.

Although more than twenty HLA-Rochester Chapter members have CI's, they still are not well known generally. Cochlear implants are devices surgically implanted in the inner ear (cochlea) which enable individuals with profound deafness to hear.

For further information about the subgroup contact Janet McKenna at deaphyduck@gmail.com, or, Carol Bradshaw at RCBradshaw@aol.com

BIRTHDAYS – 90 YEARS AND OVER...

Everyone: please let me know if you're one of our special Chapter members who will reach the spectacular age of 90 years, or more. If you agree, we'd like to announce it in our Newsletter. It is important to let me know right away as our Newsletters are written two months ahead. Thanks, Ginger
ggraham859@frontiernet.net; or, (585) 671-2683

THOUGHT FOR THE DAY

In September 1969, in what some regard as the birth of the Internet, two connected computers at the University of California passed test data through a 15-foot cable.

In 1995, the online auction site eBay was founded in San Jose, CA, by Pierre Omidyar under the name "AuctionWeb."

SCHOLARSHIP PROGRAM CONTINUES

By Cindy Kellner

HLAA-Rochester is once again pleased to announce the continuation of its Scholarship Program. The Scholarship Program was started in 1996 initially with a \$500 grant awarded to local high school seniors further pursuing their education and who have hearing loss. The initial Program was made possible by the generous donation from J. Stuart and Phyllis MacDonald. In 2006 the award was increased to \$1,000 made possible in part by funds raised by our annual Walk4Hearing.

If you know a high school senior with hearing loss, who is pursuing their higher education either through college or vocational training, please tell them about our program. Financial need is not a requirement. The scholarship is a one-time award.

Applications for the scholarship are available through our web site: www.hlaa-rochester-ny.org or by contacting Cindy Kellner at ckellnel1@rochester.rr.com. The application deadline is **APRIL 15th**. Please help us spread the word.

WEBSITES OF INTEREST

Our Chapter website is: www.hlaa-rochester-ny.org. **Michelle Gross** is our Web Master. The website for HLA National is www.hearingloss.org. Congratulations! Our Rochester Chapter won the 2015 National Award for best Website.

(submitted by Janice S. Lintz)

Just filed comments with the US DOT for the Nondiscrimination on the Basis of Disability in Air Travel in Consideration of Negotiated Rulemaking Process #DOT-OST-2015-0246

The comments and supporting documents can be found at: <http://goo.gl/li5DkP>.

Please support my comments at:
<http://www.regulations.gov/#!submitComment;D=DOT-OST-2015-0246-0029;p=1>

HOPE SESSION!****NEW****

Do you wear a hearing aid?
Come to HOPE (Hearing
Other People's Experiences)
and share your experiences in

order to help others who wear hearing aids and those considering getting hearing aids.

Do you think you need a hearing aid? Hearing aids do not restore normal hearing, but they can improve your hearing by amplifying and refining sounds. Hearing technology is moving fast and each year brings tremendous advances to help people hear better. Many of today's hearing instruments allow users to hear from all directions, in all sorts of sound environments.

Are you unsure of what your next step should be? Don't be swayed by advertising that promotes invisible devices. Those tiny hearing aids may not have enough power for your hearing loss. Further, a poorly programmed hearing aid could cause you to conclude hearing aids do not work for you. Before buying a hearing aid, educate yourself. Information is power. Hearing aids vary greatly in price, size, and features.

The moderator for these sessions will be **Joe Kozelsky**, MS, abd, CCC-A (Ret.), recently retired audiologist and a long term hearing aid user.

Bring your questions to HOPE and--Hear Other People's Experiences...and...share yours!

HOPE will meet from 10:30 – 11:00am,
in the Vestry Room.

Social Time-- 11:00 – 11:30am, Parish Hall.

Business meeting-- 11:30 - Noon

Chapter Meeting speaker-- Noon to 1:00pm

*(with permission from Nancy Gilbertson, editor,
HLAA Fox Valley News, Wisconsin)*

LIKE US ON FACEBOOK !*By Jenn Hurlburt*

Are you on Facebook? If so, please be our friend.
We currently have **273** friends and we want more.
Find us at: **Hlaa Rochester Ny**

IF YOU MOVE

Please don't forget to notify **Margaret Cochran**, at 178 Crossover Rd., Fairport, NY, 14450, or, via email at, mc23@rochester.rr.com, even if your change of address is a temporary one.

HLAA is charged for each piece of returned mail, which the Post Office will not forward. When you return, we will resume sending to your local address. Thanks.

RIT and University of Michigan to partner in a \$3 million grant to improve health care information dissemination to people who are deaf. *Led by two of the nation's leading deaf scientists, the grant aims to reduce health disparity among the nation's deaf population.*

By Suzan Murad

Health information can be difficult to understand for anyone, but it is especially difficult for deaf individuals who may struggle with information and health care marginalization. A grant from the National Institutes of Health's National Institute on Deafness and Other Communication Disorders is looking to change that.

The five-year, \$3 million grant will assess key differences in attitudes, knowledge and skills related to health information between deaf and hearing individuals.

Leading the project will be Dr. Michael McKee, assistant professor, Department of Family Medicine at the University of Michigan, and Peter C. Hauser, professor and director of the Deaf Studies Lab at RIT's NTID.

For more information, go to <https://medicine.umich.edu/dept/family-medicine> and www.rit.edu/NTID

INSPIRING IDEA

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”

Marcel Proust, French author

WALK4HEARING, Sunday, October 2nd



Mark your calendar for this new date to come out and join our WALK at Perinton Park-- walking to the Village of Fairport and beyond.

Enjoy pre-walk breakfast treats while you socialize then peruse our great Silent Auction tables or 'peek' at your child/children enjoying many activities and new projects at the Children's Activities area. There will be lots of smiles!

You can help with the success of our WALK by recruiting organizations and individuals to become a Sponsor of the WALK. There are several Sponsor levels. Please go to our WALK site at www.hlaa-rochester-ny.org for a Sponsor form and more information. Look for ongoing updates in future Newsletters and on our web site.

*(Editor Note: Congratulations to **Pete Fackler** who was recognized in the *Hearing Loss Magazine*, Jan/Feb.2016 issue as one of the "Top 35 walkers and teams across the country in 2015.")*

Our WALK4Hearing needs YOU to be a success!

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
Photographers.....Art Maurer, Al Suffredini

SOMETHING TO THINK ABOUT...

“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak. Because, some day in your life, you will have been all of these.”

George Washington Carver

AUDIOLOGISTS AND T-COILS, MAYBE?

By Janet McKenna

Come, let us worship !

Scene: Downtown church, Sunday service. The building is historic, but the sanctuary is looped.

Narrator, sitting in the second row.

Narrator: greets elderly lady in back of her.

Lady: I sit up front so I can hear better.

Narrator: Did you know this church is looped?

Lady: Blank look

Narrator: Whole explanation of telecoils after lady showed her two hearing aids.

Lady: I don't know if I have a telecoil. What is it?

Narrator: More explanation, then, talk with your audiologist. End of conversation.

Another lady in the first row, conversation:

Lady 2: I sit up front so I can hear better.

Narrator: Did you know this church is looped?

Lady 2: Yes but I don't know how that works.

Narrator: Do your hearing aids (which were very new) have telecoils?

Lady 2: No one has told me anything about that.

Narrator: More explanation, then, talk with your audiologist.

Conclusion: The above scenario actually happened.. Two local audiology practices seemingly are dropping the ball. These ladies wore modern hearing aids, yet neither knows whether the aids contain activated T-coils, let alone how such things might help them. Are T-coils just being ignored by local clinicians? Are their patients not understanding at all? Why does this knowledge gap exist?

THOUGHTS ALONG THE WAY...

“Laughter is the shortest distance between two people.”

(Victor Borge -- "A Laugh A Day" from Joan Ewing)

NATIONAL CONVENTION IN D.C.

By Ginger Graham and Sue Miller



Registration for Convention

State and Chapter leaders are encouraged to attend this year's national HCAA Convention in

Washington, D.C., June 23 – 26, 2016!

In addition, our Rochester Chapter Board of Directors has voted to increase the “Reimbursement for Convention” to \$500 for every **active** chapter member. So let's have an outstanding representation from the Rochester Chapter! Check our chapter's award-winning website for further information at www.hlaa-rochester-ny.org and watch for updates in our monthly award-winning Newsletters.

Hotel registration and Convention registration, go to: www.hearingloss.org/events/convention/hotel-

Hotel room reservations: Single/double \$199/night; Triple - \$229; Quad - \$249 (does NOT include 10% sales tax or hotel occupancy tax of 14.5%) <https://resweb.passkey.com/go/HLAA2016>, or call 202-483-3000 (follow prompts to reach Reservations), or call 1-800-HILTONS and book for the Washington Hilton. **BE SURE TO MENTION THE GROUP CODE: HCAA.** Cut-off date for reservations is May 31st.

Convention reservations: Increased rates started Feb. 1-May 31. For on-line and off-line reservations, see website. Full activity package: Individual member \$299; member couple \$499. First-time member \$269. Other “package” rates available; see website.

Awards Breakfast, Sunday, June 26: Plan to attend and see our own **Cindy Kellner** be presented with the “Spirit of HCAA” award.

Rochester members planning to attend, please go to our website: www.hlaa-rochester-ny.org for the form to fill out to receive “Reimbursement for Convention”

VETERANS WITH HEARING LOSS – ATTEND CONVENTION

By Gerry Loftus

HCAA is pleased to offer a **complimentary registration (education package) for veterans** with hearing loss attending the National HCAA Convention **for the first time.**

Those veterans wishing to attend should complete the “Veterans Registration Form” which can be obtained on the national HCAA website at: <http://hearingloss.org/content/registratiion>. In the middle of this web page is all the info about the benefit and a link to download the required form.

(Link details provided by Michelle Gross, Rochester Chapter Web Master.)

HELP HCAA VIA THE UNITED WAY

We continue to be a United Way “Donor Designated Option” choice. We are not a direct United Way agency and do not receive any funding from their general campaign. Therefore, to donate to HCAA through the United Way, we ask you to consider donating to us through the “Designated Option” on your gift card.

Our United Way number is 2425.



Your past support is deeply appreciated. As with other gifts, your donation enables our chapter to continue to provide education, help, and advocacy for people with hearing loss, their family and their friends. Alas, even though the local chapter is a totally volunteer organization, there are still costs such as printing, postage, phones, and technical items. Many thanks!

DID YOU KNOW...

There are more Irish in New York City than in Dublin, Ireland; more Italians in New York City than in Rome, Italy ; and more Jews in New York City than in Tel Aviv, Israel .

(author unknown)

CAPTIONING OF MONTHLY CHAPTER MEETINGS WILL BE CONTINUED !

Great news! 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. CaptionCall has been a blessing in providing true access for everyone in our chapter...and we thank you!

We also owe a huge debt of thanks to **Bruce Nelson** and **Tim Whitcher** for overseeing the technical set-up needed for this service. Without their dedication in attending *all* meetings, this would not happen!



MUSEUMS OFFER PROGRAMS FOR DISABLED

(excerpt from D&C 4-8-15; Ula Ilnytzky)

2015 marked the 25th anniversary of the Americans with Disabilities Act, which prohibits discrimination based on an individual's disability and requires that facilities be readily accessible. Assistive listening systems for those with hearing loss can be found at many museums. Museum websites often feature available systems.

Some museums are equipped with a hearing loop, whereby you turn on the switch on your HA or CI and the sound is amplified. "When you make accommodations for people with disabilities, you're better serving everyone," said F. Rosenberg, Museum of Modern Art's director.

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

ARE WE CLOSER TO A CURE FOR HEARING LOSS?

(excerpt from Fox Valley News Wisconsin NL; suggested by Ginny Koenig)

Are We Closer to a Cure for Hearing Loss? Maybe! University of Michigan Medical School and St. Jude Children's Research Hospital research teams issued a new report on hair cell regeneration to cure deafness with some surprising results. The research shows that damage to the supporting cells in the mature mouse results in the loss of hair cells and profound deafness. The big surprise of this study was discovering that if supporting cells are lost in the newborn mouse, the ear rapidly regenerates new supporting cells – resulting in complete preservation of hearing. These findings reveal a previously unknown ability to regenerate supporting cells in the cochlea that is present only for a few days after birth in the mice. If scientists can determine what's going on inside these cells, they might be able to harness it to find new approaches to regenerating auditory cells and restoring hearing in humans of all ages.

A Drug to Prevent Hearing Loss...

A clinical trial has been underway at Fort Jackson, SC, using Army service members as subjects. Kathleen C.M. Campbell, Au.D., of Southern Illinois University Medical School, is testing the efficacy of d-methionine, a "micronutrient" naturally occurring in cheese and other foods, against hearing loss. The testing has reached Phase III, and if approved by the Food and Drug Administration, the drug, now delivered in a liquid form, would be the first pharmaceutical approved to prevent hearing loss. (Note: Hearing loss and tinnitus are common maladies diagnosed in veterans returning from combat zones. The high incidence of noise induced hearing loss among service personnel is well documented.)

Subjects of May 3rd Chapter Meetings:

Daytime: "Ask the Audiologists" – Sheila Dalzell and John McNamara

Evening: "Young People" – Brady Dickens and others with hearing loss

TIPS FOR PEOPLE WITH HEARING LOSS WHEN COMMUNICATING WITH HEARING PEOPLE

By Michelle Gross

If you think you have a hearing problem, seek help from an audiologist or other appropriate medical professional. Getting help will decrease your stress and isolation and help you communicate with hearing and other hard of hearing people. Whereas hearing loss may make you feel apart from your surroundings and other people, remember if you have a hearing loss and take no action to help yourself you run the risk of pushing people away from you. There is no shame in not hearing, so take whatever action you can to help yourself. You will feel better and your family and friends will thank you!

Set up your environment to your advantage. Pick your best place in a room. Avoid sitting near air conditioners, water coolers, refrigerators, and food displays, etc., especially if you are wearing a hearing aid. Choose quiet, carpeted restaurants, when possible; arrange to eat at the quietest time, often when the restaurant opens. Sit in a booth rather than at a table. If a table is the only option sit with your back to the wall. Round tables are better than rectangular tables. Avoid sitting in the middle of the room where it's bound to be noisy.

Call ahead (or email) when making plans at a theatre, house of worship or other large venue. Ask if the place you will be going to has an Assistive Listening System and what kind it is. By calling ahead you will know if your "T" coil will be sufficient or if you'll need your neck loop, and the directions for obtaining a receiver, if that is necessary to interface with their system. If no ALS is available, it's an opportunity to advocate for accommodation. You will be helping yourself as well as other people with hearing loss.

Be sure window or room lighting is on the face of the speaker, and not in your eyes. This will make speech reading less stressful. Don't be shy about requesting to change seats with someone. Maximizing your chance of understanding conversation may help the flow of conversation.

Put yourself as close to the speaker as possible.

Pay attention. Concentrate on the speaker and watch for visual clues, such as facial expression, gestures, etc. You may be able to "fill in the blanks" by observation. Try to go to the event well rested.

Give feedback. Let the speaker know if you are hearing her/him. If you cannot hear suggest to the hearing person what they can do to help you. It will make conversation much easier. Remember someone with normal hearing doesn't know how you hear. They don't understand that volume doesn't make up for lack of intelligibility. By providing a suggestion, you take the burden and guesswork out of the situation.

Don't bluff. If you can't understand, ask the person to repeat or rephrase what they have said. Tell the person you are hard of hearing so they know why you may seem "out of touch."

Avoid making your spouse/friend/relative your translator. Asking someone to help you understand once in a while is all right, however, it's a strain for a hearing person to constantly have to translate for you. Be sure you are using your CI or hearing aid and other assistive devices whenever possible. Use the "T" switch on your hearing aid/CI on the telephone, use an amplified telephone or a CapTel phone or CaptionCall phone or the "regular" relay service rather than rely on others to carry on your business, whenever possible. If you have a "personal listener," use it. Using a personal listener if you need it will help you and also indicate to hearing people you are doing your part to improve communication.

Be kind to yourself. Remember, you are not alone with your hearing loss. Listening is tiring. You may need to rest your eyes. There will be times when you may feel isolated, depressed or anxious. Having those feelings from time to time happens with most hard of hearing people. If those episodes are frequent and are interfering with your life you may want to seek help or discuss those feelings with other hard of hearing people. If you need a "break" take one then return to the situation.

Think about joining the Hearing Loss Association of America (HLAA)

Sharing information and coping strategies with others who understand your situation can be excellent medicine. You will have a chance to share "tips" and "work-arounds" with others and interact with people who care about you and will do what they need to do to have comfortable communication. You'll have the opportunity to make new friends, share good times, and participate in helping others as well. For more information, contact: hlaa.rochester@yahoo.com; call 585.266.7890; or visit our website at www.hlaa-rochester-ny.org.

ANNUAL DINNER

By Sue Miller



We'll all have the chance to come together on **Tuesday, May 24th** for the Annual Dinner of the Rochester Chapter of HLA A. From **6:00 to 9pm**, we'll get to know our

scholarship winners and their families. And, recognize just some of the people who make a difference to our Chapter in the Rochester area by presenting 3 awards.

The Cobblestone Creek Country Club has done a superb job in past years with service, hearing accessibility and scrumptious food.

You will enjoy being part of this fabulous evening!

Please sign up by Thursday, May 19th using the form included here. Hope to see you there!

Please join us!

Tuesday, May 24, 2016

**Cobblestone Creek Country Club
100 Cobble Creek Road, Victor, NY 14564**

6:00 to 9 P.M.

Spouses/guests welcome!

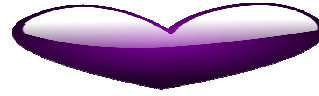
Menu choices:

- (1) Filet of Sirloin, with merlot reduction and whipped potatoes**
- (2) Classic Chicken French**
- (3) Vegetarian –Portobello Wellington with spinach, roasted red peppers, zucchini wrapped in puff pastry, w/fire roasted tomato sauce**

Salad and dessert included

\$25.00 per person (includes gratuity)

Questions? Please email, or call, Sue Miller at SusanLeeMiller39@cs.com; or, phone, 585-924-8933.



**HLAA ANNUAL DINNER
Reservation Form**

Name: _____

Address _____

Phone or E-mail _____

Dinner choice _____

Guest: _____

Dinner choice _____

2nd Guest: _____

Dinner choice _____

**Dinner reservations will be accepted until
Thursday, May 19th**

_____ Dinners @ \$25 each = \$ _____

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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 from October through June at St. Paul’s Episcopal Church, East Ave. (September is 2nd Tuesday.) 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**

Professional Advisors

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2015 - 2017

*Elizabeth Ballard
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Consultants: *Paul Dutcher, M.D.
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Newsletter

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

MEMBERSHIP APPLICATION – ROCHESTER CHAPTER, INC.

[] Yes, I want to join/renew -- Support entitles me to receive the award winning Newsletter in order to be alerted to interesting and informative articles plus Daytime & Evening Chapter Meetings and Cochlear Implant meetings.
[] New, first-time member
[] Yes, I need transportation to meetings

Check type of contribution

[] Individual \$10 [] Friend of HLAA \$25
[] Corporate \$50 [] Supporting \$100

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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 by providing information, education, support and advocacy.

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/.

The Rochester Chapter 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—Bethesda, MD; State organizations; and, local Chapters. Welcome!

Meetings are hearing accessible

We meet in St. Paul's Episcopal Church, East Ave. and Westminster Rd., across from the George Eastman Museum. Parking is available at the George Eastman Museum, if needed.

All meetings are audio looped and captioned. Interpreters are available on request *for evening meetings only*-- contact Linda Siple, 585 288 6744, or at lasnss@rit.edu, at least a week in advance.
(This phone number is only to request an Interpreter.)

Entrance to the meeting room is via the Westminster Rd. door, down the corridor to the end, into the large Parish Hall room.

Everyone, with or without a hearing loss, is welcome!