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JANUARY Calendar

Tuesday, January 6th

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 - 9 pm - Program Speaker

Tues., Jan. 13th - Board of Directors

7:00-9pm, Al Sigl Center
(room location will be via email from Tim Whitcher)

Tues., Jan. 20th - PAC - 7:00pm - Al Sigl Center

(room location will be via email from Tim Whitcher)

SAVE THESE FUTURE DATES

Tues., Feb. 10th - BOD meeting, 7-9pm, ASC
Wed., March 11th - Kick-off for Walk4Hearing

WEATHER - During the winter, the rule to follow for cancellations of meetings is: IF THE ROCHESTER CITY SCHOOL DISTRICT IS CLOSED, OUR MEETINGS ARE CANCELED. (No other notification will be made.)

Hospitality Duties for January:

Daytime Meeting - Carol Bradshaw, Kathy Curre
Evening Meeting - Mary Chizuk
Board of Directors - Lisa Bailey, Barb Law

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

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



JANUARY PROGRAMS

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

Tues., JAN. 6th - Daytime Meeting 11:00 am

THE BRAIN AND HEARING: BEYOND HEARING LOSS - Kendra Marasco

I know you're talking; I just don't understand what you're saying.

Specific cells in the brain control our ability to understand and interpret sounds. Kendra Marasco will explore the birth and development of hearing-specific brain cells. As a speech pathologist who has worked with children, she emphasizes the importance and impact of early stimulation of these cells. There are many aspects of hearing together with and beyond hearing loss. Ms. Marasco will explain how our brains enable us to process and understand sounds or auditory information.

Ms. Marasco is the founder and Director of the Communication Center for Hearing and Speech and STARS Preschool, headquartered in Fairport. Her areas of expertise include language development and aural habilitation/rehabilitation. She has devoted over 45 years to working with individuals with hearing loss from six weeks to 98 years of age. As well, she serves on the HLAA- Rochester Professional Advisory Committee.

(continued on next page)

Tues., Jan. 6th, Evening Meeting – 7:00pm**VESTIBULAR DISORDERS: Diagnosis and Treatment – Benjamin T. Crane, M.D., Ph.D.**

The vestibular system includes parts of the inner ear and brain which help control balance and eye movement. If the system is damaged by disease, aging, or injury, vestibular disease can result. It is often associated with **vertigo and dizziness, imbalance and spatial disorientation, hearing changes and tinnitus.**

Dr. Benjamin Crane will discuss diagnosis and treatment of this debilitating condition. Affiliated with University Otolaryngology Associates, he is an expert in otology and neurotology and has researched disorders of the vestibular system. His Ph.D. degree involved studying vestibular control of eye movement in humans. His research “aims to better understand human motion perception and spatial orientation...using head motion and its interaction with visual stimuli.”

HLAA-Rochester chapter meetings are held in the Parish Hall at St. Paul’s Episcopal Church, East Ave. at Westminster Road, across from the George Eastman House. All programs are audiolooped & captioned. A sign language interpreter is available for evening meetings only.

To request an interpreter for an evening meeting, contact Linda Siple at 585 475 6712, a week in advance. (Please note, this phone is only for those needing an interpreter.)

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

HLAA NATIONAL CONVENTION

At the St. Louis Union Station Hotel

Early-bird Registration for Convention

Deadline: January 31, Rate: \$125 +banquet +event

January 31 – March 31, 2015

Rate: \$150 +banquet +off-site event

Go to: www.hearingloss.org.

PRESIDENT’S COLUMN

By Cindy Kellner



Much to be thankful for... This is the holiday season that I love. I am often reminded during this season to slow down (in every way) and take the time to remember all that

I am thankful for, and believe me, I need to do that.

If you have read this column in the past you know how guilty I am for falling into the “it stinks to be me” trap. Just this morning when I dialed, yet again, another wrong number after I had obviously written down what was said to me incorrectly, I lamented to my husband “I hate that I cannot hear.” I went on to tell him that I probably waste at least two hours a week correcting misinformation which resulted from my inability to hear like I once did. Verbal directions are absolutely impossible. I have stopped asking years ago. Frankly, the frustration is just too much.

I am currently finishing my holiday vacation in Hilton Head, SC, and do not get me started on conversing with people with Southern accents. *I dread trying to hold any meaningful conversation with a true Southerner.* It is impossible. As much as I try to avoid bluffing at all costs I really think I should get a free pass when interacting with these fast-talking Southern folks. There is just no way I can avoid nodding my head and saying the proverbial language of bluffers, “Yes, I understand.” Nothing could be further from the truth. Y’all does not include those of us who cannot hear!

Once again, however, I must put the brakes on the pity party. It is not where I want to go today. Thus, I am going to focus on the reasons I have to be thankful. The most obvious source of joy I have is my precious family, including my furry companions. I was then going to say I am thankful for my health but geez, I do really wish I could upgrade a bit.

(continued on page 3)

PRESIDENT'S COLUMN *(continued)*

Yes, I am well aware that there are many people with far greater health problems than hearing loss, but, darn it, not being able to hear is no picnic and it does tend to dominate my world these days. Still, in the end, I know I am blessed. I would never say I was glad I became a member of the hearing loss community, but I do really have some reasons to give thanks. I am seriously thankful for:

1. The wonderful, caring and intelligent people I have met and become friends with at HLAA-Rochester.
2. The fact that I have a good audiologist who manages to always find time to tweak my equipment just a bit so it works better.
3. My precious daughter, Lauren, who always knows when I am bluffing and always finds a way to save me so that I can really understand what is going on and not look like a fool. Best of all, she does this without passing judgment.
4. My sweet son, Justin, who, when he sees that panicked look on my face is always quick to stop a waiter or a sales person to let them know I cannot hear so I avoid having to ask for a repeat or misunderstanding. When he was younger, I thought he did this because he was ashamed I might say the wrong thing. Now I know that it's because he cares.
5. My smart phone, which has given me access to so much information all the time, such as directions, and helps me avoid having to ask and risk the misunderstandings.
6. My captioned phone, which has helped me to avoid mishaps with doctor's appointments.
7. The fact that I have gone another year and not lost or seriously damaged my precious (and so expensive) hearing aids.
8. Regal Cinemas, whose captioned glasses have opened up the world of movies to me once again.

9. Wegmans, for testing out the hearing loop at their Calkins Road and Hylan Drive stores.

10. GEVA, for being so accessible; and last but not least,

11. My wonderful husband Craig, who has the patience of a saint and never seems to tire of repeating everything for me.

The list could go on and on, but I would really rather hear from you as to what your hearing loss has made you thankful for. Please share your thoughts with me at ckellnel@rochester.rr.com or pass me note at the next meeting. I will share them with everyone soon. Tis' the season to count our blessings. Please help me out.

I wish all of you a wonderful holiday season.

RBTL LIVE THEATRE--- CAPTIONED!

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

January 18 – Pippin

March 15 – Annie

April 19 – Anything Goes

May 17 – Kinky Boots

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

GEVA Theatre Offering Captioned Plays!

All performances are **Saturday, at 2:00pm** (exception-- Christmas play).

January 17 – Little Shop of Horrors

February 28 – Women in Jeopardy!

April 4 – The Mountaintop

May 9 – Vanya & Sonia & Masha & Spike

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

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.



For Your Donation to HLAA:

Genesee Country Audiology Services; Hearing
Loops Unlimited; Dr. Ruth P. Oakley Trust Fund;
Rochester School for the Deaf; United Way; Webster
Hearing Center.

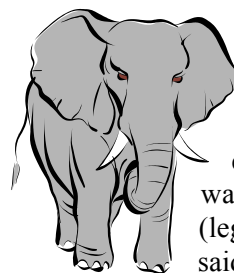
For Your Donation Above Basic Membership:

Bataille, D.; Barrett, K.; Bennetto, V.; Burg, J.;
Cannarozzo, A.; Carpenter, B.; Chaba, L.;
Cheney, G.; Curtis, J.; Cushing, D.; D’Ambrose, J.;
Englund, F.; Fackler, P.; Fitelson, A.; Fox, B.;
Graham, G.; Graver, N.; Hargrave, B. and M.;
Johnston, Rev. S.; Kanter, Rabbi R.; Kellner, C.;
Kohler, J.; Kozelsky, J.; Law, B.; Leene, M.;
Littwitz, J.; Maurer, A.; Medley, MK E.;
McKenna, J.; Merrill, P.; Miller, S.; Mitchell, E.;
Mowl, H.; Palo, D.C.; Rasmussen, C.; Sattora, C.;
Termotto, J.

Thanks to all who have renewed their membership.
If you haven’t renewed yet, please consider a donation when
you renew your membership. Thanks so much!

**TRUTH ABOUT HEARING ISSUES CAN BE
ELUSIVE**

By Joe Kozelsky



The parable starts with six blind men
who stumbled on an elephant and
experienced different parts of it and,
therefore, the personal experience of
each was entirely different. One said it
was a hard pipe (tusk), one said a pillar
(leg), the third a rope (tail), the fourth
said a wall (stomach), the fifth declared it
was a tree branch (trunk), and the sixth insisted it was a
large leather-like fan (ear).

Each was adamant about his perception. Obviously, all
six were wrong, since each perceived only the part of the
object within his experiences. This is a famous Indian
story illustrating how our perceptions can be restricted by
our personal range of experiences which are inherently

(continued on page 5)

CELEBRATING OUR ACCOMPLISHMENTS

*By Ann Thomas, Diablo Valley Newsletter,
November-December 2014;
suggested by Ginny Koenig*



“SHHH was founded for all of
us — hearing and hard of
hearing alike. It was founded
because of my conviction that
little progress toward
prevention, detection,
management, or possible
remedies, can be made until we
all better understand the reality
of the situation.”

Rocky Stone—1980

The month of November marked the 35th
Anniversary of the founding of Hearing Loss
Association of America formerly known as Self Help
for Hard of Hearing People or SHHH.

Our organization was founded by Howard E. Stone,
fondly referred to as Rocky, upon his retirement
from 25 years of service with the Central
Intelligence Agency. Rocky had lived with a hearing
loss since he was 19 as a result of noise exposure
during WWII. Following his retirement, he wanted
to devote his time and energies to the welfare of
people with a hearing loss.

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

TRUTH ABOUT HEARING.... (continued)

limited by the existence of other truths or the totality of truth (Wikipedia).

I see examples of this often when I talk with professional and HLAA colleagues, the general public, or in writings found on the Internet pertaining to hearing, hearing loss and hearing aids. It seems as if we each perceive a “different part of the elephant,” often simplifying the various issues to be “truths” which are compatible with our ranges of information and experiences and to some extent our biases. It is not hard for me to think of many examples of this pertaining to us as individuals with hearing loss. Having been seated “a straddle” of both sides of the issue for many, many years, the parable points out to me to how it can be that well-minded people concerned with hearing loss can have very divergent opinions on the same issues.

NEW PROFESSIONAL ADVISORS

By Tim Whitcher

The purpose of the Professional Advisory Committee (PAC) is to furnish professional advice and support in order to promote the development of a credible and effective HLAA organization in the Rochester area. Following is the last one of our **new** PAC members:

JENNIFER L. MATHEWS, Ph.D.,



Dr. Mathews received her Ph.D. in Pharmacology from the University of Rochester School of Medicine and Dentistry. She began her tenure at St. John Fisher College in 2007. Dr. Mathews teaches in the Department of Pharmaceutical Sciences and her courses include: Systems Pharmacology I-V, Diversity, and Substances of Abuse.

Dr. Mathews' research is focused on the scholarship of teaching and learning. Research projects include novel in-class exercises, community outreach and models of assessment. Of particular interest are topics related to opioid pharmacology and cultural competency. Dr. Mathews has mentored pharmacy and undergraduate Science Scholar students.

In 2010, Dr. Mathews was recognized by St. John Fisher College (Diversity Innovations Award) and the American Association of Colleges of Pharmacy (Innovations in

Teaching Award, Honorable Mention) for her implementation of Deaf Strong Hospital at the Wegmans School of Pharmacy. This role-reversal program was designed to teach the first-year students about techniques for overcoming communication barriers as well as some of the specific challenges in communicating with deaf or hard-of-hearing patients. Dr. Mathews served as the faculty mentor for Salia Farrokh (2009) and Rosemary Garbowski (2011), recipients of the AACP/Wal-Mart Scholarship, which encourages pharmacy students to consider a career in academia. In 2007, only one year after joining the faculty at SJFC, Dr. Mathews was voted Teacher of the Year by the student body of the Wegmans School of Pharmacy.

Dr. Mathews has also been recognized by the scientific community, receiving travel awards from the International Narcotics Research Conference and the National Institute of Drug Abuse. While working on her M.A. degree at the University of Northern Colorado, she received the Dean's Citation for Outstanding Thesis and a Grant in Aid of Research from the Sigma Xi Honor Society.

This ends our information on new PAC members. (Other members were reviewed in earlier Newsletters.) Over the 30+ years that our Chapter has been in existence, we have had more than 100 PAC members. Many of them continue their involvement with service on our Board of Directors. We welcome, and appreciate, ALL of our PAC members.

VENUES WITH ALS OR CAPTIONING

By Tim Whitcher

Have you seen a movie or a show that has an Assistive Listening System or Captioning system and would like to share your experience with your fellow members? Did your church or synagogue install or upgrade such a system, and you'd like to make that known?

Please contact Tim Whitcher at hlaa.rochester@yahoo.com with the info that you'd like to share. (Please mark your email to Tim's attention.) Likewise, if you have a question regarding such a venue, please contact Tim.

AMERICANS WITH DISABILITIES ACT – EFFECTIVE COMMUNICATION REVIEW

By Don Bataille

The Americans with Disabilities Act (ADA), referred to as ADA 2010, adopted some very significant changes in 2010 clarifying issues regarding application of ADA. This article provides a brief review of how ADA 2010 applies to people with hearing loss as a group and as an individual.

First some important points: ADA 2010 was adopted as part of the New York State Uniform Building Code establishing ADA 2010 as a code requirement in new and renovated buildings. ADA 2010 expanded the definition of a disability to include the words 'speech,' 'vision,' and 'hearing' requiring both physical access and access to effective communication. ADA 2010 brought Title II, State and local governments, and Title III, public accommodations and commercial facilities, under the same set of standards.

How ADA 2010 applies to an individual's effective communication needs depends on how the standard is applied: 1) if it is a place of public assembly, NYS building code applies; 2) if it is an individual's disability need, Department of Justice (DOJ) guidelines may apply.

1) Places of Public Assembly

--ADA 2010, Section 219 and 706 Communication Elements and Features, requires that an Assistive Listening System (ALS) shall be provided anytime that effective communication is integral to the use of the space.

An ALS is a permanent system that reinforces sound transmission within an area from a (audio) source to a receiver.

An ALS is either a Hearing Loop (HL), FM or Infrared (IR) system. Performance guidelines for each system are part of the building code and all three systems must interface with a hearing aid or cochlear implant users T-Coil.

2) Meeting an individual's effective communication disability needs.

--This portion of ADA 2010 is perhaps not as straight forward as Section 219 and 706 requirements. The purpose of meeting an individual's effective communication need is to ensure each person, with a vision, hearing or

speech disability, can communicate with and receive information from the covered entity.

The entity is required to respond with an auxiliary aid or service depending on the nature, complexity and context of communication and the individual's normal method of communication.

Auxiliary aids and services can vary greatly and may include ALS, captioning, telecommunication relay, video relay service, video remote interpreting, amplified phones, or the use of other technologies.

Typically, entities with greater resources are expected to do more to ensure effective communication.

Donald Bataille, AIA, is owner of Hearing Loops Unlimited providing ALS system design and installations and ADA consulting services.



UNSUNG HERO

Each of you brought a gift and placed it in the huge wrapped holiday box. Many thanks!

That box is carefully and beautifully wrapped by **Sue Miller and Marlene Sutliff**. The next step, however, is not easy, but each year **Marlene** loads the box into her car, drives to the Open Door Mission, and unloads the heavy box as HLAA-Rochester's donation.

Many thanks, **Marlene**, for your care and concern every year at this holiday time.

SAVE THESE DATES!!

Wed., March 11th – Kick-off for the WALK
Tuesday, April 21st – PAC meeting
Sunday, May 3rd – Walk4Hearing
Tuesday, May 19th – Cochlear Implant group
Tuesday, June 16th – Annual Dinner

Watch upcoming Newsletters for more details!

CAPTIONING OF MONTHLY CHAPTER MEETINGS WILL BE CONTINUED !

Great news from CaptionCall! Our Daytime and Evening monthly meetings will continue to be **captioned**.

The captioning is done remotely by Alternative Communication Services—it is flawless, plus the people doing the captioning are from all over the country! It's amazing to see the words almost instantly on the screen as soon as they're spoken. The service cost is \$3,000 a year and it is being paid by CaptionCall for the 4th year in a row. With special thanks to our **Bruce and Candi Nelson, and Tim Whitcher**.



KICK-OFF FOR WALK !

Wednesday, March 11th

(details in February Newsletter)

ANNUAL AWARDS DINNER, Tues., June 16th

We need your help in organizing our dinner. Please contact Barb Law at blaw1@rochester.rr.com; or, Sue Miller at SusanLeeMiller39@cs.com for more info. Thanks for your consideration in helping to make our dinner a huge success...and, with perfect weather!

TAX DEDUCTION FOR DONATION



You can take a tax deduction, if you itemize your taxes, for donating used hearing aids for the Lions Club to **Joe Kozelsky**, Webster Hearing

Center, 680 Ridge Road, Webster, NY 14580; phone: 585-787-0660, and don't forget to request a receipt.

Newsletter Deadline

WEDNESDAY, DEC. 31ST
(for the February Newsletter)

Email: ggraham859@frontiernet.net

WEBSITES OF INTEREST

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

(submitted by Tom Jennings)

I saw this on ScienceDaily: Pain, magnet displacement in MRI in patients with cochlear implants -- <http://www.sciencedaily.com/releases/2014/11/141120183600.htm> Pain, discomfort and magnet displacement were documented in a small medical records review study of patients with cochlear implants who underwent magnetic resonance imaging (MRI), according to a new report.

(submitted by Al Suffredini)

From "Better Nutrition" info on treating **Tinnitus naturally**, supplementing with Magnesium, other herbs/vitamins, and B12 deficiency occurs in half of Tinnitus patients. Melatonin may have a promise. Go to: www.betternutrition.com/natural-remedies-tinnitus/supplements/secondopinion/1350.

Movie theaters soon may be required to provide special devices to help deaf, HOH, and blind moviegoers enjoy films. Some members of the local deaf community say the proposal doesn't go far enough. For more info:

<http://www.democratandchronicle.com/story/money/business/2014/12/02/movie-captions-deaf-federal-rules/19799591/>

An article on **Data Mining - Toward a Cure** - As it transitions into its second phase, the Hearing Restoration Project is building on the information and data gathered since its launch to accelerate the search for a cure for hearing loss and tinnitus.

There are hearing aids that are suppose to help **Tinnitus**. Go to:

<http://online.qmags.com/HH0714#pg22&mode2>

There is an article on "Reduce Your Risks" --most common underlying cause of **Tinnitus** is inner ear damage, and the most common underlying cause of inner ear damage is noise. Here is how to reduce or prevent noise-induced tinnitus.

<http://online.qmags.com/HH0714#pg26&mode2>

Subjects of Feb. 3rd Chapter Meetings

Daytime: “Making the Most of your Hearing Aids-- Looping, Streaming & T-coils – Don Bataille

Evening: “Social Media, Facebook, Twitter, Cell Phones—How They Help Those with Hearing Loss – Carmen Coleman

SUNDAY, MAY 3rd, 2015! – SAVE THE DATE!

WALK4HEARING 5K

PERINTON PARK ALONG THE ERIE CANAL
FAIRPORT RD at O'CONNOR RD, Route 31F

Come and join us for the HLAA-Rochester chapters only annual fundraiser. Walk4Hearing is now in its **10th year** raising and providing funds for scholarships for high school seniors going on to postsecondary education, captioning for theater performances at the Rochester Broadway Theater League, GEVA, and assisting national HLAA in its support, education and advocacy of millions of people with hearing loss, and lots more.

We need your support! How can you help? Become a team captain and gather a group to walk on Walk Day.

Become a walker and walk along the beautiful Erie Canal. You don't have to walk the entire 5K. Any distance you walk is fine. Don't care to walk? Show up and root for us! There will be lots of fun. Breakfast, clowns, face painting, music, a silent auction full of great gift cards and other goodies from local merchants.

We also need event sponsors. If you know of any business you think would be willing to sponsor us please let us know. Email Cindy Kellner at CKelle1@rochester.rr.com.

Watch our Newsletters for more details.



Sincere birthday greetings to Mary Agnes Decker, who will be **91 years young, on **January 10, 2015**.
Congratulations and many more healthy and happy years!**

In 1886, the **Statue of Liberty**, a gift from the people of France, was dedicated in NY Harbor by President Grover Cleveland.

SONY GLASSES AT REGAL THEATERS

By Ginger Graham

At our daytime Chapter meeting December 2nd, three managers presented updates on assistive listening devices for use in their theaters. They provided a handout on the SONY glasses and reported a cost of \$800-1,000 each.

Directions for use:

--The nose piece adjusts up and down, or in and out, for desired comfort.

--Adjust caption viewing location (top or bottom of screen) by GENTLY pressing up or down on sides.

--After entering the auditorium, adjust the caption size and brightness (see below):

-- Press and hold “SEL” for 3 seconds to set distance (Far/Mid/Near) by pressing the “+” or “-“ buttons --press SEL again to set.

--The Brightness option will appear; use same plus or minus buttons again.

--Press “SEL” again to complete personalization.

Captioning will begin with our policy trailer (the rollercoaster); and, if it does not, please return to box office immediately. Please note, not all studio trailers will be captioned.

“Descriptive Video boxes and Neck Loops” are also available.

CAPTIONING” AT MOVIES

By Ginger Graham

Where to go to find **local movies** that are **captioned** (with titles, dates and times of the movies) since the D&C lists movies only in their Thursday “Weekend” section—check these websites: www.captionfish.com -or— www.fandango.com.

CaptiView Captioning is at AMC Webster. You obtain a device at the service desk that looks like a rear-view mirror which is on a “gooseneck” flexible support. Be sure a staff member programs in the # of the auditorium you’ll be in. The device is put in the cup holder at your seat. Only you see the captions.

SONY Glasses are available at Regal theatres. You obtain the glasses at the service desk. The staff needs to ‘program in’ the correct number for auditorium showing the captioned movie. The glasses will fit over your own glasses. You can control the volume, and much more. Only you see the captions.

TINNITUS – One Person’s Experiences, in His Own Words!

By Sergio Tkaczewski

Oh! How happy I am that I can hear with my Cochlear Implant in my right ear. The poor ear died completely one sunny afternoon in 2000. When I was coming back from Russia, right there in the airplane and soon it started ringing louder and louder. Some pills of medicine helped me, finally; and there was silence.

I could rely only on my left side for hearing. And then... in 2013 it also started abandoning me. Was getting worst, the hearing aid did not do its job and then came **tinnitus**.

I was ending up deaf, but assaulted by torture noise. It varies, it changes. It may be a buzz or ringing. It wakes me up or it does not let me fall asleep. It’s like an enemy, a thing or a being? I know I hate “him” or maybe I should take care of “him” like a pet. Give “him” “music or food? ...or, imagine he has a color. What color? Depends. It may be deep and blue or verging-red or poisonous-yellow or hopeful green. May it become white and then transparent and disappear?!

Oh! It could melt away into a blue clear sky getting engulfed by a radiant white cloud. Please, tinnitus go fly away and leave me, so I can be grateful that you were merciful to me!

Yes, but all the above is just a dream. I wonder where science is. Is there something that could really help in our 21st century?!

The doctors, the researchers are not doing enough! This is my strong feeling--all this technology, acoustic wonders, sophisticated device and no help?! Please help us! Help people like me to survive and still feel that we are not in a horrible place. Thank you, Sergio.

IF YOU MOVE

Please don’t forget to notify **Barb Gates**, at 28 Country Gables Circle, Rochester, NY 14606, or, via email at cdgblg28@aol.com, even if your change of address is a temporary one.

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

Simulated Blindness May Help Improve Hearing

(excerpt from *Wisconsin 1st Quarter 2014 NL*;
suggested by Ginny Koenig)

(Ivanhoe Newswire) – Music experts commonly use blind musicians like Stevie Wonder and Ray Charles as examples of how blindness can enhance hearing ability. However, scientists did not fully comprehend just how that happened until now.

In a new study, neuroscientists at the Johns Hopkins University have found that minimizing a person’s sight may improve the brain’s ability to process hearing. Researchers used mice in experiments to learn how the neural connections in the brain that controls vision and hearing work together to support each sense. “By temporarily preventing vision, we may be able to engage the adult brain to now change the circuit to better process sound, which can be helpful for recovering sound perception in patients with Cochlear Implants. For example,” Hey-Kyoung Lee explained, associate professor of neuroscience and researcher at the Mind/Brain Institute at the Johns Hopkins University, was quoted as saying, “Our result would say that not having vision allows you to hear softer sounds and better discriminate pitch.”

For more information, go to:

<http://releases.jhu.edu/2014/02/05/simulated-blindness-can-help-revive-hearing-loss-researchers-find/>

MORE GOOD REASONS TO JOIN NATIONAL!

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

THOUGHT FOR THE DAY

“Learn by others’ mistakes because you do not live long enough to make them all yourself.”

(author unknown; from D&C 3/3/13)

Flu Shots — The CDC recommends getting your flu shot now. Because flu is contagious 1-2 days before symptoms appear, it can be spread before we know we're infected. For more info, go to: www.cdc.gov/flu. It is impossible for the flu shot to give you the flu! It is grown in chicken eggs and killed off before it reaches your bloodstream.

NEWS YOU CAN USE...

Thumbs Down—for political candidates who **do not close-caption their TV commercials**. There are thousands of deaf and HOH voters in NY, especially in the Rochester region, home of NTID. They're being ignored. (*from D&C 10-18-14*)

In 1941, work was completed on the **Mount Rushmore National Memorial in South Dakota**; begun in 1927.

Grant to Increase Access:

The **Perinton** Historical Society has received a historic preservation grant from the Rochester Area Community Foundation for the society's "Access for All Audiovisual System" project. It operates the Fairport Historical Museum. The \$12,500 grant will be used for the purchase of AV equipment, and for use for continuing looping presentations for museum visitors.

Last October, the Hearing Access Program announced that Bank of America and Capital One Bank are piloting **hearing loops** for people with hearing loss. (New York City; Providence, RI; and Boston, MA.) (*from Janice Schacter Lintz, Chair, Hearing Access Program*)

HLAA signs historic agreement on **movie captioning!**

NAD-National Association of the Deaf
ALDA-Association of Late Deafened Adults
AG Bell-Alexander Graham Bell Association for the Deaf and Hard of Hearing
NATO-National Association of Theater Owners; and,
HLAA – joined together to file with the Dept. of Justice recommendations to improve movie access.

--closed captioning and audio description to be installed in all digital movie auditoriums nationwide.
--certain minimum CC device requirements with a monitoring requirement.
--compliance period has been restructured to reflect reasonable timelines in delivery and installation of CC and AD systems.

(*excerpt from National 11/21/14*)

HAPPY NEW YEAR

TAKING A TRIP? TAKE ALONG A NECK LOOP

- By Steve Frazier

(*excerpt from HLAA NM Newsletter,*

June 2014; suggested by Ginny Koenig)

Traveling when you have a hearing loss can be challenging but a recent trip to France taught this writer that **including a neck loop in your carry-on bag** can make the challenge a little less daunting.

Flying to Bordeaux, France, via Madrid, Spain, on Iberia airlines, I found that, between their strong accents and engine noise, it was extremely difficult to understand messages from the cockpit or the cabin crew. Using a 3.5mm adapter, my neck loop fit perfectly in the jack intended for headsets in my seat and allowed me, using my telecoils-only setting, to hear the announcements much better. It also worked better for the movies and music offered to passengers than the free ear buds provided by the airline and didn't require me to remove my hearing aids and risk damaging or losing them.

On the return trip, British Air provided real headsets instead of ear buds but, again, the neck loop and telecoil-only setting on hearing aids eliminated more of the engine and other noise in the plane.

It's a good idea to keep an eye open in airports, churches and tourist sites abroad as the blue ear symbol we have at HLAA meetings can be seen in many of them though it may be in a different color.

Bon voyage!

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By Cindy Kellner

Are you on Facebook? If so, please be our friend. We currently have **182** friends and we want more.

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DID YOU KNOW?

One-fifth of the world's surface freshwater is in four Great Lakes—Erie, Huron, Michigan, and Superior. All of their waters eventually cascade over Niagara Falls! (*from The Old Farmer's Almanac 2014*)

MILD HEARING LOSS IN CHILDREN (AND ADULTS) IS NOT A “MILD” PROBLEM -

(excerpt from Fox Valley Chapter, Wisconsin, 29/6- suggested by Ginny Koenig)

Mild hearing loss is not a mild problem. Children with mild hearing loss are at risk for academic, speech-language, and social-emotional difficulties. Mild hearing loss acts as an invisible acoustic filter that makes the speech signal insufficiently loud and clear. Therefore, children (and adults) with mild hearing loss will miss things. For example, a child with a 30 dB hearing loss may miss 25-40% of what happens in the classroom. While they will hear speech that is spoken close to them, it will become difficult when the speaker is 10 feet away.

People learn a great deal by overhearing things not specifically directed to them (incidental learning). A child with a mild hearing loss will miss a lot of what is said, which may result in delayed language. Children with a mild hearing loss will have difficulty hearing in noisy environments. Schools and classrooms tend to be noisy places. It is not uncommon for these children to have language learning, and academic delays. Adults who acquire hearing loss have an advantage of redundant learning, as they already have language skills.

Children with mild hearing loss may or may not need hearing aids. However, they should be tested to determine how well they understand speech in different settings. FM systems in the classroom can reduce the negative effects of distance and background noise.

According to audiologist, Jane Maddel, who is a professional advisor to HLAA, the data is very clear that children (and adults) with mild hearing loss struggle. It does not mean they will not succeed, but it does mean they have to work harder. It makes sense to use technology and to provide the necessary therapy and school assistance for these children so they can grow up to do whatever they want to do.

Maddel says, “The worse thing we can say to a family is “it’s only mild.” It is not a mild problem.’ However, it becomes much less of a problem when it is recognized, treated and accepted. Like adults with hearing loss, these children have to work harder and will deal with fatigue issues, so it’s important to make accommodations and provide technology that makes it easier. (Edited from: *Hearing Health Matters Online*)

BASIC RULES FOR LIP READING

(excerpt from *Wired for Sound*, NM, April 2014;) suggested by Ginny Koenig)

What we used to call lip reading is, today, usually referred to as speech reading because it involves more than just the lips, it involves a variety of things that are all part of speech --the lips, facial expressions, body language, tone of voice and more. Without necessarily even being aware of it, most people with hearing loss develop this skill to some degree as their hearing deteriorates.

Lip reading is not easy. Only about 30% of our speech sounds can be seen by looking at the lips while 70% is inferred by context clues. Thus, there are little things that can be done to make the process somewhat easier. Whether you want to call it lip or speech reading, there are some basic rules that will help to acquire the ability to read speech:

- Relax, don’t strain, and don’t try to bluff!
- Watch the speaker’s total expression and body language, not just the lips.
- Seat yourself as close to the speaker as possible and where the light is good so you can see his/her face.
- Let others know that you must read lips to aid your understanding but that they should not exaggerate facial movements or shout --both are counter productive.
- Ask for repetition where you did not understand what was said, and...
- Ask others to rephrase if you still don’t understand an important word or phrase.
- Be patient-- everyone develops this skill at their own rate.

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Hearing Loss Association (HLAA) Rochester Chapter, a tax exempt and volunteer group, is a chapter of a national, nonprofit, nonsectarian, educational organization devoted to the welfare and interests of those who cannot hear well. We meet the first Tuesday of the month from September through June at St.Paul’s Episcopal Church, East Ave. While our primary focus is directed toward hard of hearing, we welcome everyone to our chapter meetings whatever their hearing ability. For more information, Call **585-266-7890**

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*Newsletter deadline: first day of the month preceding the issue month.
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HLAA is the largest international consumer organization dedicated to the well-being of people who do not hear well. HLAA publishes the bimonthly Hearing Loss Magazine, holds annual conventions, a Walk4Hearing, and more. Check out: www.hearingloss.org/.

To join, please see inside back page. HLAA has more than 176 chapters and 14 state organizations. Welcome!

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All meetings are audio looped and captioned. Interpreters are available on request *for evening meetings only*-- contact Linda Siple, 585-475-6712, or at lasnss@rit.edu, at least a week in advance.

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