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March 2016

MARCH Calendar

Tuesday, March 1, 2016

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., March 8th – BOD meeting, 7-9pm
1st floor Conf. Room, Al Sigl Center

SAVE THESE FUTURE DATES

Tues., April 19th - PAC meeting, 7-9pm, ASC
Tues., April 19th - “Cochlear Implant Group”
from 5:00-6:30pm; St. Paul’s Vestry Room

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

Hospitality Duties for March:

Daytime Meeting –Joan Kohler, Sue Miller
Evening Meeting –Laura Arney, Don Bataille
Board of Directors –Margaret Cochran

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

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



MARCH PROGRAMS

Tues., March 1st Daytime Meeting 11:00 am
Speaker begins at Noon

HOSPITALIZED WITH HEARING LOSS –
*Elizabeth Ballard, CI, CT, MS, Manager of
Interpreter Services at UR Medicine*

Navigating the complexities of being sick or injured while hospitalized is extra difficult for the person with hearing loss. Elizabeth Ballard, manager of interpreter services at University of Rochester Medicine for over four years, presents a Power Point on the resources available for patients at Strong Hospital. She invites audience feedback and input for suggestions on further improvements to benefit this subset of patients.

Ms. Ballard manages about fifty ASL and Spanish interpreters at Strong Hospital, which also provides some access technologies. She earned a BS in Communicative Disorders and Sciences at SUNY Geneseo and completed interpreter training at NTID. Her talk is an enhancement of an earlier presentation.

(continued on page 2)

Tues., March 1st – Evening Meeting – 7:00 p.m.
Speaker begins 8pm

“NEW WAYS TO BUY HEARING AIDS” –
with a Costco company representative

Hearing aids are among the many products sold by Costco, the warehouse enterprise. According to the company web site, Costco Hearing Centers offer: value pricing, free hearing tests, free follow-up appointments, free hearing aid cleanings and check-ups, free loss and damage coverage, warranty periods, and ten free batteries per aid to start you off. They sell five different brands in an assortment of models depending on the user’s hearing loss. Acquiring hearing aids this way differs from most consumers’ experience.

A Costco representative will describe the company’s Hearing Centers and services. HLAA-Rochester Chapter apprises Costco members with hearing loss of this option. The chapter mentions it as one of several ways of acquiring hearing aids in addition to audiologists.

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 should contact Linda Siple at 585 288 6744, a week in advance. (Interpreter available only for evening meeting.) Please note, this phone is only for those needing an interpreter.

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.

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.

PRESIDENT’S COLUMN

By Cindy Kellner



Words Can Hurt

What I never counted on with my hearing loss is that I would most definitely need to grow thicker skin. In the beginning, it never occurred to me that people could be so thoughtless. I truly expected better. Sadly, I did not get it and continue not to get it, even to this day. I am not talking about the soft spoken people who I just cannot hear. They are who they are, and it is hard to get them to change. Speaking up is not easy or automatic for them and I get that. Thus, I give them a pass. No, I need my harder skin for someone who is much more deliberate and in my opinion, hurtful. You know who I am talking about. They tend to dominate the conversation, speak fast and there is just no way to follow them and keep up. These are the people that, when asked to repeat what they just said always come back with “Oh, it is no big deal. It wasn’t important.” Oh, how I hate that. I must admit that no matter how thick my skin gets those words hurt me to my core.

Immediately I think, “How dare they decide what is or is not important to me.” That is simply infuriating. I am the one solely in charge of making that determination. No one else is and that is how it should be. How dare you take the energy I have spent in trying to keep up with you and dismiss it or waste it. No, I have learned that hearing is a precious commodity. Do not dismiss your words that I could not hear even though I tried so hard to, as unimportant. It is just not right and it hurts a lot.

I try and think the best of people and I would like to think that these clods just don’t get it and are not intentionally being rude and hurtful. But sometimes I wonder. This is especially true for people I encounter who do not know and appreciate the depth of my hearing loss. Am I being overly sensitive? I don’t know.

(continued on page 3)

PRESIDENT'S COLUMN - continued

My husband says that when a similar situation happens to him (albeit very rarely since he has perfect hearing) it does not really bother him. I suspect I am in a strong majority of the hearing loss population who find those words to be painful. We work so hard to hear and are frustrated by all that we cannot hear. After all, I cannot imagine someone saying to a blind person that a description of something is "unimportant." No, we just wouldn't do that.

When speaking with a blind or otherwise an obviously disabled person, including members of the Deaf community who sign to communicate, most people are very sensitive as to what they are saying. They take care not to offend or say something that might be deemed rude. Well, I ask, where is the sensitivity to my hearing loss? Do I need to wear a button putting the world on notice that I literally have a silent disability? Maybe I should, but frankly that seems silly.



What I strive to do, after the first stab of insensitivity is gone, is try and calmly take over the conversation for a

brief moment to politely explain that I have severe hearing loss and it is important to me that I be the judge of what is and what is not important in a conversation. Usually this does the trick and the speaker rectifies the situation and sometimes he or she is even a tad bit embarrassed (rightfully so). Of course, life being what it is, the missing information is sadly almost always found to be unimportant in the scheme of things. Does that make the speaker right? Absolutely not! I don't care how much unimportant information I hear, I still want, and have the right to hear it myself and be the judge of its relevancy. We cannot take the easy way out and overlook the rudeness and assume that the words are meaningless just like our offending speaker said they were. No. Once again this is our golden opportunity to educate. We must stand up for ourselves and not be embarrassed or hurt (if only my skin could toughen up more quickly). We did

absolutely nothing wrong. And while yes, growing thick skin is mandatory for the hearing loss population, so is standing up for yourself, as much as possible, and taking control of what we can and cannot hear. You and only you are the judge of what is important to hear. And that is as it should be. Be well.

SURPRISE AND SADNESS!



January 13th, HLAA announced the departure of **Executive Director Anna Gilmore Hall**. Ms. Hall indicated that she and her husband are relocating to Florida. She was with us for 2 ½ years.

Effective immediately, Deputy Executive Director Barbara Kelley is acting executive director while a search is conducted to replace Ms. Hall. Barbara has been with HLAA for 28 years and has served as Deputy Executive Director for eight. This will ensure continuity as HLAA moves forward.

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 2 months ahead. Thanks, Ginger
ggraham859@frontiernet.net; or, (585) 671-2683

“ARCHIVIST” –A REMINDER!

Good news! We have a Chapter Archivist! **Janet McKenna** has offered to take on this task.



Janet will clip, affix into scrap books, and caption articles about our Chapter appearing in area print media, as well as other materials such as programs, invitations, speeches, photos, etc. Janet will be looking for help from all Chapter members supplying info they've accumulated. This leading HLAA Chapter will now be on its way to retaining its 30+ year history! Contact Janet at: deaphyduck@gmail.com

RBTL LIVE THEATRE--- CAPTIONED!

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

March 13, 2016 – Beautiful
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*

March 9 – 2pm & 7:30pm
To Kill a Mockingbird

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.



Marge Stasiuk will be 94 on March 30th. Congratulations and many more healthy and happy years.



For Your Donation to HLAA:

Phyllis & J. Stuart MacDonald Estate
Dr. Ruth P. Oakley Estate
Mary Tuckley Estate
United Way contributors

Donation Above Membership:

Richard Fallon; Tom Hargrave, Jr.; June Hasty;
John Hoff; Michael Wasserman

In Memory of Bernice David

Janet McKenna

In Memory of Mia Chaba

Sue Miller

In Memory of John Holder

Hope Capa, Ken & Sandy Lannon, Beverly Meyer,
Mary Neu, Gary & Norma Reilly

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!

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.

WE'VE COME A LONG WAY!

In 1925, the first motel---the Motel Inn---opened in San Luis Obispo, California.

(from D&C 12-6-15)

“MY STORY” – A PERSONAL HISTORY

By Art Maurer



Flunking Retirement

Why does a person pushing 70 write a first novel? In sophomore English at McQuaid, I was asked to write a couple of short stories to raise my grade. I enjoyed it and wrote three! After graduating

from Holy Cross in 1962, I needed a job. Found one at Rochester Tel in a department with 600 telephone operators--me being the 6th man. A year later, Ellen and I were married. Over the next 16 years we had 3 boys, a girl, and 3 more boys.

After introduction of automated operator systems in the '60s, my career spiraled upward in the '70s managing data processing and introducing computerized customer records with on-line terminals. We were leading-edge--an IBM beta test site.

Next came network operations and engineering. Fiber optic transmission was implemented and the conversion to digital switching planned... a world-wide first! Over the next few years, Kodak, Xerox, B&L, the U of R and local hospitals had us apply our new technologies to their needs. And we filed for an FCC cellular mobile license.

During the late '80s I had a 'Dream Team' of six people exploring future customer needs and internal efficiencies into the next century. At meetings, I began to have trouble hearing women. A hearing screening confirmed loss at mid-range frequencies. I invested in a single, in-ear hearing aid...it helped. Several years later, the case broke and the sticker-shock pricing of new aids led me to shop around. That's when I met **Joe Kozelsky** who fitted me with state-of-the art over-ear aids...which were so much better. A few years later, strides in technology convinced me to upgrade--a major improvement.

Now, bluetooth coupled with smart-phone apps are very enticing.

Around 1990, I became the volunteer president of a United Neighborhood Center of Greater Rochester board. The six inner city settlement houses had dilapidated buildings so a Foundation was formed for rebuilding. I became a full-time, loaned exec to expedite the \$20 million project.

By 1995, Frontier was formed; it was time for me to retire. I consulted for a few years managing a human services coordination project named Helpnet; that was focused on customer-need. But implementation was funded only for seniors. It's now Peerplace, serving seniors in several states including New York.

That done, the 'retirement vacuum' set in. I started traveling, upgraded my camera and joined a writers group, and I even wrote a 500+ page memoir for my kids. My yen to write was reignited and on a trip to France I had an idea for a novel. "*Twisted Vines*" was born. The characters stayed alive, and my next novel, "*Frackin' Lives*," followed.

Thanks to Joe, HLAA came into my life--a great learning experience. The new HLAA challenge is Marketing...to make our community aware of HLAA and substantially increase membership.



ANNUAL AWARDS DINNER

Tuesday, June 21th

We need your help

in organizing our dinner...at the beautiful Cobblestone Creek Country Club. 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!

Watch our Newsletters and web site for further details.

SCHOLARSHIP PROGRAM CONTINUES

By Cindy Kellner

HAAA-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 ckellne1@rochester.rr.com. The application deadline is **APRIL 15th**. Please help us spread the word.

Newsletter Deadline

Monday, February 29th
(for the April Newsletter)

Email: ggraham859@frontiernet.net

WEBSITES OF INTEREST

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

(Submitted by Al Suffredini)

AARP has a host of topics for people with hearing loss—hearing aid use, helpers, choosing the best; getting financial help, etc.

Topics such as:

How to hear better in a restaurant
How the ADA benefits us all
How to prevent hearing loss
8 common activities that can harm your hearing
8 surprisingly common causes of hearing loss
Drugs that can damage your hearing
4 common types of hearing problems
Travel tips for people with hearing loss
Does your loved one need a hearing aid?
Hearing loss in the work place
Safe driving with hearing loss
8 tips for better hearing
Communicating with loved ones with hearing loss
Do you have tinnitus?
Household devices to help with hearing loss
Latest kind of treatment
Quick tips to care for your hearing aid

Check this all out at the url below.

<http://www.aarp.org/health/conditions-treatments/hearing-resource-center/?cmp=NLC-MBA-MEM-TEST1-091415-F7-LSElse-HearingResourceCenter-Headline-806584&encparam=T34VbF4TEV0v1XVI+USGJSrVgQlrQAEz8fs2jwwjL+0=&e2token=YWpzMzZjc2ZAcm9jaGVzdGVyLnJyLmNvbQ==>

Exclusive Discounts on Hearing Devices and More

<http://discounts.aarp.org/offer/index/offerId/717159/?cmp=NLC-MBA-MEM-TEST1-091415-F8-LSElse-HearUSAHearingShop-Headline-806584&encparam=T34VbF4TEV0v1XVI+USGJSrVgQlrQAEz8fs2jwwjL+0=&e2token=YWpzMzZjc2ZAcm9jaGVzdGVyLnJyLmNvbQ==ListeningProducts!>

(submitted by Janice S. Lintz)

“It Is Time to Eliminate Offensive Terms About People with Disabilities” – *Huffington Post*.

www.huffingtonpost.com/janice-s-lintz/it-is-time-to-eliminate-o_1_b_9151624.html

NATIONAL AWARD FOR OUR PRESIDENT!

By Michelle Gross

“Caring, dedicated person.

Actively involved in HLAA and who sets an example for others as a positive role model of the self-help philosophy. Who gives unceasingly and acts selflessly to help others with hearing loss in the name of HLAA.”

These are some of the criteria for the winner of the “Spirit of HLAA Award” from National.



Each year HLAA Chapters submit nominations for a variety of award categories to our National HLAA. The awards are presented at our National Convention in June and are a moment of pride for both the winner and their

Chapter. Our President, **Cindy Kellner’s** name was submitted for the “Spirit of HLAA” award. Not surprisingly she won!

Cindy epitomizes the Spirit of HLAA. Her vitality, enthusiasm and persistence in seeking avenues to inform and educate people regarding issues of hearing loss and HLAA, are impressive and inspiring. Cindy works diligently for our Chapter. Prior to her Presidency she was our Chapter Vice-President. She also has been both Co-Chair and Chair of our Walk4Hearing Committee, no small task.

Cindy demonstrates that a person with hearing loss can be a full participant in a hearing world. She is a docent at the Rochester Museum and Science Center and the Susan B. Anthony House and as docent she has the opportunity to educate people about hearing loss. Cindy was instrumental in the looping project for the meeting room at the Susan B. Anthony House to ensure full access.

Cindy promotes our Chapter and National HLAA. She wrote an article published in the June issue of *Healthy Signs*--a publication of the National Center for Deaf Health Research, submitted letters to the

editor, published in the Democrat and Chronicle, and one article was picked up and published in the Asbury Part Press, a New Jersey paper.

When writing for the President’s column in our Chapter’s Newsletter, Cindy doesn’t shy away from her own experiences, feelings, trials and tribulations. HLAA is part of Cindy’s life; she is a magnificent advocate and spokesperson. We all congratulate Cindy.

NOT HIDING HEARING LOSS

(submitted by John Curtis)



One of our Chapter members, **John Curtis**, was in a movie about a local artist going to NYC to become a professional artist. He fails and moves back to Rochester to run machines, and meets a woman who encourages him to pick up his art again. When filming, he asked the director if he should hide his hearing aid behind his hair, or let it show. The director said that he should not hide it.

There is one scene in the movie when he is at an art opening, with lots of people, and cannot hear. There is a small cubicle nearby where he could hear, and he talks to several women about his hearing loss.

The director is a professional film maker, and there is hope they will do a movie on hearing loss next.

The movie is on Hulu under “Fritz” and youtube under www.fritzthemovie.com.

LIKE US ON FACEBOOK !

By Jenn Hurlburt

Are you on Facebook? If so, please be our friend. We currently have **267** friends and we want more. Find us at: **Hlaa Rochester Ny**

SENIOR MOMENTS

(submitted by Elise de Papp, M.D.)

“Why do I have to press 1 for English, when you’re just gonna transfer me to someone I can’t understand anyway?”

EDUCATIONAL SUMMER CAMP – NTID

(submitted by V. McGrain)

The “Explore Your Future” program at NTID offers deaf and HOH college-bound high school students who will begin their junior or senior year in Fall of 2016 a unique opportunity to experience life on a college campus. This 6-day summer career-exploration program provides students with hands-on activities related to careers in art, business, computers, engineering, health science, and more.

July 9-14 and July 16-21. On the final day of each session, parents attend a workshop that helps them prepare their student for life after high school.

For more info—585-475-6700; or, email: EYFinfo@rit.edu. Application deadline- June 30th.

Subjects of April 5th Chapter Meetings:

Daytime: “CapTel Captioned Phones” –
Kassey Granger

Evening: “Ask the Audiologists” –
Ron D’Angelo; Jared Teter



WALK4HEARING

By Carol Loftus

Change in date:

Although winter is upon us, the Walk4Hearing committee has been busy planning our 2016 Walk.

Mark your calendars to join us on **Sunday, October 2nd**, at Perinton Park for a new, fun-filled, event for all.

Look for ongoing updates in future Newsletters and on our web site.

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

INCREASE LIFE OF BATTERIES

*By Steve Frazier, New Mexico Chapter;
suggested by Ginny Koenig*

"With waiting five minutes, you can increase the lifespan by 85 percent," said Manuell.

Some hearing aid battery packets, in microscopic print, do warn that for best results the battery should sit un-tabbed for one minute, others offer no instructions at all. But by carefully monitoring how long the batteries lasted in the toy bugs, after being left un-tabbed for various amounts of time, Ethan came up with his five-minute rule. "If you wait five minutes, you'll get the longest battery lifespan," he said. Go to

<http://www.kare11.com/story/news/education/2015/06/09/mn-8th-grader-makes-medical-discovery/28771777/> for the whole story.

(originally appeared in our Sept. 2015 Newsletter)

MARDI GRAS

“Carnival” is the period of feasting and fun which begins on January 6, the Feast of the Epiphany. “Mardi Gras” is “Fat Tuesday” –the final day of revelry before Ash Wednesday, February 10, when Lent begins. Mardi Gras is scheduled to be 47 days before Easter (March 27th).

The significance of the Mardi Gras colors –purple stands for justice, green for faith, and gold for power. (Also the colors of HLAA).

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 HLA A Convention in

Washington, D.C., June 23 – 26, 2016! Our chapter can receive **four discounted registrations** for leaders, plus one delegate registration for someone who might **consider serving in a leadership position.**

In addition, our Rochester Chapter Board of Directors has voted to increase the Convention stipend 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: HLA A.** Cut-off date for reservations is May 31st.

Convention reservations: Increased rates start 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.

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

70+ YEARS OF HELPING TO SAVE LIVES!

By Ginger Graham



One of the Charter members of our Rochester Chapter, **Vern Thayer**, is one of the oldest blood donors in the country. Vern has given platelet and whole blood donations for over 70 years. Vern doesn't think of himself as a hero, but the Red

Cross does. The canteen at the Greece Blood Donation Center, 2590 W. Ridge Road, has been renamed in his honor.

Vern will be 100 years young in December. He is the proud father of 3 children, 8 grandchildren, and one great-grandchild. Congratulations, Vern, with thanks from all of us! See you at Convention!

HELP HLA A 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 HLA A 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!



AN INSPIRATION....

"How wonderful it is that nobody need wait a single moment before starting to improve the world." (Anne Frank)

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!

QUESTIONS TO ASK YOURSELF IF YOU THINK YOU HAVE A HEARING LOSS

(author unknown)

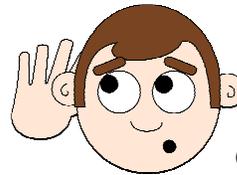
1. Do you have trouble understanding certain words or parts of words?
2. Do you often ask others to repeat themselves?
3. Do you have difficulties on the telephone?
4. Do others complain about TV or radio volumes?
5. Do you have more trouble than others understanding people in noisy environments?
6. Do sounds seem muffled?
7. At work are you nervous that if you mention a hearing loss your job may be jeopardized? Do you think you may be viewed as less competent?
8. Do you feel stressed out from straining to hear what others are saying?
9. Do you feel annoyed at other people because you can't hear or understand them?
10. Do you withdraw from social situations that you once enjoyed because of difficulty hearing?
11. Do you "bluff" in many situations because you don't want people to know you aren't hearing them?
12. Are you limiting your participation in activities you used to enjoy because communication is stressful, or when you do attend an activity do you feel like an "outsider" because you can't keep track of the conversation?
13. Do you worry what the future will hold if your hearing becomes worse?
14. Are you concerned you won't hear during an emergency situation?

CONDOLENCES

Our sincere sympathy is extended to:

Barbara Outterson for the loss of her husband,
Rev. Hugh D. Outterson, January 25th.

"NOW HEAR THIS!" March 25th



Friday, March 25th, from
2:00 – 3:30pm, at OASIS,
presented by **Michelle Gross**.

Come hear more about HLA A.

Learn about things that lead to hearing loss and what you can do. Learn about communication strategies, obtaining and adjusting to hearing instruments from a users point of view, as well as tips that can be applied to day-to-day communication. This class is suitable for those with hearing loss as well as normally hearing folks.

This is Good Friday, but OASIS is open as usual and holding classes.

OASIS, 259 Monroe Ave. (14607) (old Sears bldg.)
Free parking in large lot behind building.

You will need to register to attend. Call
730-8800 for more information.

DAYLIGHT SAVINGS TIME BEGINS MARCH 13TH

- First to suggest the idea: Benjamin Franklin, in 1784.
- First North American region to adopt it:
Newfoundland, in 1917.
- First year in which the United States adopted it: 1918.
(Old Farmer's Almanac)
- Clocks must "spring ahead" 1 hour the 2nd Sunday in March; and, "fall back" the 1st Sunday in November..as passed by Congress in 2006.

THOUGHT FOR THE DAY

"If we had no Winter, Spring would not be so pleasant."
(Anne Bradstreet, American Poet, 1612-72)



ROGER PEN AVAILABLE FOR YOU TO TRY

By Nancy Meyer

HAAA-Rochester Chapter's newest acquisition is a Roger Pen and MyLink assistive listening device.

At the 2015 National HAAA Convention, Phonak held a demonstration session for chapters and distributed a Roger Pen, free of charge, to the sixty chapters represented. Since its value is estimated at \$1500, this was a considerable investment for Phonak. **Doug and Nancy Meyer** attended the session and became 'caretakers' of our unit, which is circulating among members for a month at a time. The only requirement we must meet is to have at least 4 people try it out each year and fill out a short online survey. Several have done so. There is no obligation or expectation to purchase.

The Roger Pen works with any brand of hearing aid or CI, so it is not limited to Phonak owners. Our unit has a MyLink neck loop receiver. Phonak also offers clip-on receivers which attach to behind-the-ear hearing aids.

The Roger Pen works in three directional modes--direct beam, microphone mode, and conference mode. As such, it picks up sound in a direct line, a 120-degree band, and at 360 degrees, thus it's useful in many situations with excellent sound quality.

As with all ALDs, the Pen works best in smaller groups but can be successfully used in larger groups when the user points the pen at the speaker.

If you would like to borrow the Roger Pen and try it, **call Nancy/Doug at 243-2079** and we will arrange to get it to you and returned to us. A sign-up sheet is available at our Tuesday monthly Chapter meetings.

Disclaimer: We are not salespersons and receive no compensation from Phonak. We simply are the conduit between Phonak and you to enable you to use this new device. Please consider trying it.

FIRE SIREN MAKER SUED OVER HEARING LOSS

By Deepti Hajela; D&C 12/27/15

NYC --Firefighter Joseph Nardone complained the noise inside the cab actually physically hurt. The effects of the sirens linger in hearing loss that has left him unable to understand rapid conversation or follow along in church.

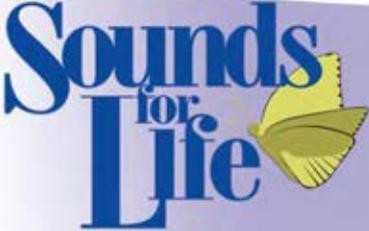
Nardone is among about 4,400 current and former firefighters nationwide who are suing Federal Signal Corp. They say the company could have designed the sirens in a way that directs the volume away from areas where firefighters sit in the engines, shielding them from sound blasts that reach 120 decibels. The manufacturer simply advises the firefighters to use ear protection!

So far juries have found in favor of Federal Signal Corp. The attorney for Federal noted that firefighting organizations have for 3 decades advocated use of earplugs or ear protection to reduce the risk of hearing loss; and that studies indicate the level of noise firefighters are exposed to "is on average below 85 decibels."

Federal takes into account the intensity of the sound and the duration. Studies at the Univ. of Michigan said that the standards are geared to manufacturing jobs, not firefighters where shifts can last longer and the exposure is intermittent but intense.

Dr. L. Lustig, a hearing loss expert at Columbia University Medical Center, said that people have different levels of susceptibility. Some research involving animals seems to imply that noise exposure in early years leads to more rapid age-related hearing loss, he said.

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



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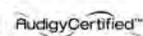


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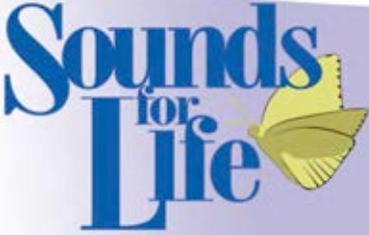
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