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February 2016

FEBRUARY Calendar

Tuesday, February 2, 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., Feb. 9th – BOD meeting, 7-9pm
1st floor Conf. Room, Al Sigl Center

SAVE THESE FUTURE DATES

Tues., March 8th – BOD meeting, 7-9pm, ASC
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 February:

Daytime Meeting –Cindy Kellner, Nancy Meyer
Evening Meeting –Don Bataille, Dan Brooks
Board of Directors –Elise de Papp, M.D.

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

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



FEBRUARY PROGRAMS

Tues., Feb. 2nd Daytime Meeting 11:00 am

ASPECTS OF HEARING LOSS –

Stephen T. Hart, Au.D

Exploring several aspects of hearing loss is Dr. Stephen Hart, an audiologist for over thirty years. He will cover:

Untreated hearing loss: A 2011 Johns Hopkins study found a strong link between individuals' degree of hearing loss and their risk of developing dementia. Allegedly only 25% of the Americans who could benefit from hearing aids use them. Why not?

Sudden hearing loss: Less common than age-related or noise-caused hearing loss, sudden hearing loss is a traumatic sensory deprivation.

Aural rehabilitation: Easing the adjustment to hearing loss and hearing aids with multi-disciplined "rehabilitation."

Steve Hart has headed Hart Hearing Centers for over 35 years. He earned degrees from SUNY Geneseo and the University of Florida. In 2007 he was honored for Distinguished Clinical Achievement by New York State Speech Language Hearing Association.

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Tues., Feb. 2nd – Evening Meeting – 7:00 pm**ACCES-VR: Helping Aspiring Workers with Disabilities – Christine Olivier, MA, CRC**

Discover whether Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) could benefit you in your job situation. ACCES-VR serves people with all types of disabilities who want to work. Among their services are: career counseling, benefits advisement, rehabilitation and assistive technology, and training. They help people with disabilities get jobs, whether the person is born with the disability, develops a disability, or acquires one while working.

Christine Olivier is a certified rehabilitation counselor for Deaf and hard of hearing adults, bringing 25 years of counseling experience to assist individuals to prepare for, attain, and maintain employment. Before joining ACCES-VR in 1989, she was a career development counselor at NTID.

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

**With a Little Help from My Friends**

I used to be fiercely independent. I was so proud of the fact that I felt I needed no one to survive. The world, I thought was my oyster and all I had to do was go for it. Wow! have times changed! I am no longer in my thirties when I truly believed I was the master of my universe. With age they say comes wisdom and fortunately some humility. That, of course, is a good thing. While age has taught me that there is so much out of my control, my hearing loss has taught me that total independence is a bit overrated, at least for this hard of hearing person.

Losing a great deal of my hearing in my early forties put me into quite a tailspin. While the hearing loss did not happen overnight, the process of acceptance fortunately came a little faster for me. Recognizing and acknowledging that one has a disability the result of an often gradual process is daunting, to say the least. Unfortunately for me it wasn't a straight forward process. I'd take two steps forward towards acceptance only to wake a few mornings later and I'd be back to square one. I was frustrated, angry and in denial for longer than I care to admit. Actually looking back, I think that it was not until I got involved with HLAA-Rochester that I truly reached acceptance. Once I learned that I was not alone and the feelings I was experiencing were "normal" for a hearing loss person I started to really accept the situation and take ownership and responsibility for managing my hearing loss.

I must admit that it took me a bit longer to lose some of my anger and disappointment, than it did to accept my hearing limitation. For a while all I could think of was what I lost and that was horrible. I thought that so many doors were closed to me. I was totally overwhelmed at the thought of learning Sign Language, which, in the beginning of my hearing loss, I felt I had to do to survive.

(continued on page 3)

PRESIDENT'S COLUMN (continued)

Like so many, I initially did not see the middle ground of hearing loss to which I belong. I thought there was simply Deaf or not-Deaf. Sadly I blame this phenomenon on our culture and the media. I didn't quite initially comprehend that there was a world of hearing loss that does not always involve Sign Language or embracing the world of Deaf culture. I truly thank HLAA-Rochester for helping me reach that understanding so I could move forward and focus on coping skills and enriching my life as a hearing loss person. I started to see more doors opening for me than closing and that helped a great deal.

One of the things I found hard to accept however was my loss of independence, as I had come to define that term in my twenties and thirties. I had to accept the reality that there were many moments when I needed help. Try as hard as I could, I just could not survive doctor visits, parent/teacher conferences, and bureaucratic encounters (to name a few) alone. I needed someone with me to fill in the blanks left by the muffled words. I was so lucky to have a supportive husband who never hesitated to go with me. He recognized that no matter how hard I tried, he sometimes had to be my "ears" and he definitely rose to the challenge. In fact, he became somewhat protective of me and my hearing loss. Often times before I could even open my mouth he would say, "You need to speak slowly and look at Cindy. She has hearing loss."

Did this loss of independence bother me? I'd be lying if I said that it did not. It took me a while to recognize that my hearing loss threw me curve balls and I needed to come up with some coping strategies to get by. Instead of continuing to be angry or embarrassed, I learned to accept my new normal and in doing so, I had to also learn to accept the new parameters of the relationships that were key to me. Was I happy about this? No way!! But, at the end of the day I came to realize that these changes were necessary to get by. After all, what was the alternative? Isolation I suppose, and that just wasn't an acceptable option. I still had and continue to have way too much living to do.

Gradually I learned that I can still be a strong and essentially an independent woman who, in some instances, must get by with a little help from her friends and loved one. Heck, sometimes I even get help from perfect strangers! I also learned that the family and friends who helped me did so out of love and friendship. It was not that they felt sorry for me or no longer respected me. Quite the opposite. The key relationships that I am referring to – my spouse, my kids, my best friends, and my mom – these people look at my hearing loss as a sort of partnership. We are in this thing together. Sure the relationships changed a little—they had to. But, at the end of the day and with the passage of time, I have learned that very, very little of the fundamentals of the key relationships in my life have changed because of my hearing loss. Yes, we often do things differently, and we often have to work a bit harder, but I have learned that sometimes relying on people to help is not so bad. My hearing loss has taught me who my real friends are. Sure my circle of friends has decreased a bit. Initially that bothered me, but now it does not. Quality supersedes quantity anytime in my book. So, sit back and be thankful for those people in your life who understand and truly help. They are our blessings. And, be glad that you have learned that it really is okay to get by with a little help from our friends. Be well.



Marcia Dugan
Mark Hargrave
Meredith Low
Phyllis MacDonald
Dr. Ruth P. Oakley
Al Saia
"Bing" Thayer
Mary Tuckley

passed February 7, 2010
passed February 1, 2015
passed December 14, 2013
passed May 10, 2015
passed February 27, 2012
passed March 2014
passed January 16, 2012
passed April 27, 2014

As we start the new year, we reflect on lost members. These are among the many friends our Chapter has lost in recent years. All remembered and all missed.

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!

All performances are **Saturday, at 2:00pm**

Feb. 20, 2016 – To Kill a Mockingbird
April 2, 2016 – A Moon for the Misbegotten
May 7, 2016 – 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.



Edith Lank will be 90 on February 27; and thanks for 41 years of your Real Estate column!

**For Your Donation to HLAA:**

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

Donation Above Membership:

Kelly Barrett, Pete Fackler, Antony McLetchie,
C. Monroe VanNess, Carolyn VanNess

In Memory of Bernice David

Sue Miller

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!

ROCHESTER STUDENT COMMITTEE

By Suzanne Johnston

The Student Committee of HLAA-Rochester--which is made up of students ranging in age from 14 to early 20s--recently got together for its first meeting. The agenda included time to eat, meet and greet, as well as discussion around the effects of hearing loss on young people in our community. Attendees also identified areas where the group might focus energy for future projects.

One of our members reported that our group is the only known student committee of the HLAA in the organization--meaning that HLAA-Rochester again leads the way!

The group plans to meet again in early 2016. Please be in touch with Suzanne Johnston at (585) 314-1807 or suzannejohnston@aol.com if you are interested in signing up for this committee!

COCHLEAR IMPLANTS MAY ALSO BOOST SENIORS' MOOD, AND THINKING

By Robert Preidt

From Health Day News --

Cochlear implants not only boost hearing in seniors with severe hearing loss, they might also enhance their emotional state and thinking abilities, a new study finds.

A cochlear implant is a small device that helps provide a sense of sound to people who are deaf or have significant hearing loss, according to the U.S. National Institute on Deafness and Other Communication Disorders. This new study was funded by the makers of cochlear implants. It included 94 people, aged 65 to 85, who were assessed before, and then six and 12 months after, receiving an implant.

While the study couldn't prove cause-and-effect, the cochlear implants were associated with improved speech perception in quiet and noisy settings, better quality of life, lower rates of depression and improved thinking skills, the researchers found. "This study has tremendous implications," said one expert, Dr. Ian Storper, director of otology at Lenox Hill Hospital in New York City. But, he said, questions remain.

"Can improvement of hearing loss improve our ability to think? How poor does the hearing have to be to benefit? Does the cause of the hearing loss matter? Does the cause or degree of the cognitive [mental] impairment matter? How long does it work for, if it does work?" said Storper, who was not involved in the new study.

"This study raises these questions by showing the improvement of cognition with remedy of hearing loss," he said. "Further investigation will help answer the remaining questions."

The research, published 3-12-15 in the journal JAMA Otolaryngology-Head & Neck Surgery, was led by Dr. Isabelle Mosnier of Assistance Publique-Hopitaux de Paris, in France. Her team also found that, besides enhancing hearing, the cochlear implant seemed to boost the emotional health of at least some of the seniors. The study found that the number of patients who were free of depression rose from 59 % before receiving a cochlear implant, to 76 % by one year after receiving the device.

Six months after the participants received their cochlear implants, there were also improvements in their average scores in all areas of thinking (cognitive) abilities.

More than 80 % of those with the lowest cognitive scores before receiving a cochlear implant showed improvement one year after implantation.

"Our study demonstrates that hearing rehabilitation using cochlear implants in the elderly is associated with improvements in impaired cognitive function," the researchers wrote.

Another expert in the United States wasn't surprised by the findings. "It has become increasingly recognized that deafness in the elderly population can be misdiagnosed as cognitive dysfunction or even dementia," said Dr. Eric Smouha, director of otology and neurology at Mount Sinai Hospital in NYC. He said the new findings have been replicated in prior studies conducted in the U.S.

For this reason, patients with severe hearing loss "who are suitable candidates for cochlear implantation should not be denied surgery on the basis of age," Smouha said. "If they are in good enough medical condition to undergo a 2-hour operation, properly selected patients can be expected to have good results, with improved communication and enhanced quality of life." According to the American Academy of Otolaryngology - Head and Neck Surgery, a cochlear implant can cost \$100,000, including the device and surgery needed to implant it. However, insurance and/or Medicare typically covers most of this cost, the academy said.

*Excerpt from "Wired for Sound" by Steve Frazier
May 2015; suggested by Ginny Koenig*

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



AN INSPIRATION....

"Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination-- full of hope." (Maya Angelou)



NEW PROFESSIONAL ADVISORS

By Suzanne Johnston

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 more information on new PAC members:

Jessica Lukasiewicz

I joined Thomas and Solomon LLP in 2008 after graduating from Syracuse University College of Law. Since joining the firm, I have worked extensively on representing employees in wage and hour matters under both state and federal law, including the Fair Labor Standards Act.

During law school, I gained experience on a wide range of discrimination issues while working at MFY Legal Services, Inc.; Legal Services of Central New York; and the U.S. Department of Education Office for Civil Rights. I was also the Business Editor of The Digest.

Prior to attending law school, I graduated cum laude from the University of Florida in 2005 where my major was in psychology.

Education

- J.D., Syracuse University College of Law, 2008
- B.S., University of Florida, 2005, cum laude

Affiliations

- New York State Bar Association
- Monroe County Bar Association
- American Bar Association
- National Employment Lawyers Association
- Greater Rochester Ass'n for Women Attorneys
- Lawyers for Learning

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.

BEETHOVEN'S DEAFNESS (b.1770 – d.1826)

By Elise de Papp, M.D.

Beethoven, one of the most famous and influential of all composers, was a music prodigy, performing in public by age 7. It's well known that he had hearing loss by age 26, beginning with tinnitus (described as buzzing), and progressing to moderate to severe HL by age 31. He wrote to his doctor that his "hearing was weaker, he had to be close to the orchestra to understand the performers, and had difficulty hearing high pitched notes." He could hardly hear people who spoke softly but found shouting "unbearable."

Having sought medical advice for 20 years but finding nothing more than ear trumpets, he finally gave up. Although he was completely deaf by age 46, he continued to compose until his death 10 years later--"listening with his inner ear." By that time he knew from the appearance of the notes on the written score what the music would sound like. It's now well documented that the brains of musicians differ from others by virtue of neuroplasticity and enlargement of areas related to auditory and motor repetitive practice.

Current theory is that Beethoven had a genetic cause of hearing loss. His autopsy revealed atrophy of both auditory nerves. Although emotionally devastated by HL, he was able to rise above it.

An historical side note: in 1809 while Napoleon was bombing Vienna, Beethoven was worried that the noise would destroy what remained of his hearing and hid in the basement, covering his ears with pillows.

Newsletter Deadline

Sunday, January 31st
(for the March Newsletter)

Email: ggraham859@frontiernet.net

LIKE US ON FACEBOOK !*By Cindy Kellner*

Are you on Facebook? If so, please be our friend. We currently have **260** friends and we want more. Find us at: **Hlaa Rochester Ny**

HEARING SYSTEM AT THE JCC*By Janet McKenna*

Apprehensively, I bought tickets to "Coney Island Christmas" at CenterStage Theatre at the Jewish Community Center. Even though my profound hearing loss is somewhat remedied with two cochlear implants, I've long since discovered that understanding dialog from the stage depends on seat location, quality and maintenance of the hearing system, and remembering to bring my own neck loop. Enjoying theater mostly is a thing of the distant past for me. But I thought I'd try again.

Theater staff recognized "hearing system" at once and detailed someone to help me. (Ralph Meranto, Artistic Director, advises theatergoers to ask ushers or at the box office for FM receivers.) JCC's hearing system is a 12-unit FM system. They will provide neck loops, which are a sometime thing in other venues. The gentleman loaning the FM receiver took my driver's license as security and explained how to use the receiver (which I already know). By using my telecoils, turning on my own neck loop, and adjusting to a higher volume on the FM receiver, I obtained far clearer sound from the stage than I would have by relying solely on the cochlear implants. The receivers were charged; no dead batteries here!

Ushers frequently do not understand that receivers require neck loops, so I brought my own. Nevertheless I was offered a JCC neck loop from an envelope full of them. Seats were in the second row. Definitely I'll continue getting up-front seats. Was every single word "clear as a bell?" Of course not, but the quality of the FM system far surpassed using none at all.

I give CenterStage **** four stars out of five because of one major caveat! When purchasing the

play tickets and inquiring about their hearing system, I was told that JCC's system is a "loop." **This is incorrect and misleading.** JCC's hearing system is a pretty acceptable FM system. To access it, a playgoer must borrow the theater FM receiver and a neck loop (or bring their own neck loop) then turn their hearing device to its telecoil setting. No telecoil, no accessibility. Another lady returned a receiver simultaneously with me, so someone else knows about CenterStage's hearing system, and I didn't recognize her as a Rochester Chapter member.

Subjects of March 1st Chapter Meetings:

Daytime: "Services for People with HL in the Hospital Setting" – Elizabeth Ballard

Evening: "COSTCO/Online Unbundled Hearing Aids" –reps. from COSTCO

OUR OWN CHAPTER LIBRARY*By Nancy Meyer*

Did you know that our chapter has a Lending Library?

There are several books and DVDs available for members to sign out for a month at a time. They are on display along with the educational materials on the table at the entry to our meeting room. Be sure to take a look to see what's there and sign out one (or more).

Members have donated books they have read and found helpful. If you have and would be willing to donate any materials you think may be of interest to the group, please bring them to any routine monthly chapter meeting that you attend, and we will add them to our collection...with our thanks!

Our latest additions are Gael Hannan's new book, "The Way I Hear It," and Katherine Boughton's latest book, "Living Better With Hearing Loss."

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OUR LIBRARY (continued)

Both books are packed with information and insight into life as a deaf/hard-of-hearing person. Both were purchased at the National Convention in St. Louis. Both authors were at the Convention and both have been a Featured Speaker at one of our Chapter meetings. Also, we just added: “What Did You Say?” by Monique E. Hammond.

Information and education are the tools we need to improve the quality of our communication, both with each other and with those without hearing loss. So please use our resources to your benefit.

WITHOUT HEARING AID, DOES HEARING GET WORSE? – (excerpt from Dr. Keith Roach column, D&C 12-18-15)

Dear Dr. Roach: I had a hearing test, and they recommended a hearing aid. I was told that if I didn't get the hearing aid, my hearing loss would rapidly get worse. Is this true? - W.L.S.

Answer: I doubt it, and even if it were true, how would they know. Hearing aids don't slow down hearing loss. It sounds like a heavy-handed sales pitch. The most consistent advice I've heard from people who have gone through this process is to be patient, get adjustments as needed, be prepared to spend money and get an audiologist certified by the American Speech, Language and Hearing Association. I recommend finding a local chapter of the Hearing Loss Association of America (www.hearingloss.org). You need to feel comfortable that the hearing aid is there to help you.

Joe Kozelsky responded to Dr. Roach for our Chapter:

Thank you for your excellent column of December 18th, and your response to the reader who was told his hearing loss would rapidly get poorer if he didn't get a hearing aid. I write as a retired audiologist and a member of and Past President of the Rochester NY Chapter of the Hearing Loss Association of America (hlaa.rochester@yahoo.com), ph. 585-266-7890,

1630 Woodard Road, Webster, NY 14580). Our chapter could not agree with you more. There is no way to predict how rapidly hearing loss will progress, and we know of no empirical evidence that indicates that hearing aid use retards the progression of hearing loss. Our chapter agrees with you that such a claim sounds like a heavy-handed sales pitch, and your writer was wise to contact you for advice.

On the other hand, we are aware of data that links untreated hearing loss with the onset of dementia; and there is a strong association of untreated hearing loss with the insidious onset of social isolation and a gradual, almost imperceptible disconnect from family and friends.

We also agree that it is best to seek audiologists who are certified by ASLH and/or are Fellows of the American Academy of Audiology. A local chapter of HLAA can help to identify nearby credentialed providers (www.hearingloss.org).

Respectfully, Joe Kozelsky, Past President
HLAA-Rochester Chapter

Reply from Dr. Roach:

Thank you for your kind letter. I have addressed this issue several times, and I have received much feedback from readers, who have been very happy with the information and support they received from your group.

I will be sure to reconsider the urgency of getting hearing aids to reduce the likelihood of social isolation and possibly worsened dementia risks in a future column.

Respectfully, Dr. Keith Roach, Associate Professor of Clinical Medicine, Weill-Cornell Medical College (ToYourGoodHealth@med.cornell.edu)

WALK4HEARING – Sunday, Oct. 2

Perinton Park – and walk a paved path to the Village of Fairport and to Turk Hill Bridge. Children activities will be expanded.

Watch our website and Newsletters for info.

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



WEBSITES OF INTEREST

Our Chapter website is: www.hlaa-rochester-ny.org. **Michelle Gross** is our Web Master.

The website for HLAA National is: www.hearingloss.org. Congratulations! Our Rochester Chapter has won the National Award for best Website.

(submitted by Michelle Gross)

For hearing test on the phone

This item may be of interest. PBS did a segment regarding this test and apparently it's "legit."

This is the original:

<http://www.npr.org/sections/health-shots/2015/12/21/459397027/is-everybody-mumbling-try-a-hearing-test-you-take-on-the-phone>

This is the shortened version: <http://goo.gl/AV0RiT>

(submitted by Janice L. Schacter)

7 Misconceptions about People with Hearing Loss

https://thephysiciansblog.wordpress.com/2016/01/05/7-misconceptions-about-people-with-hearing-loss/?preview_id=36974&preview_nonce=66549d2f33&post_format=standard&preview=true

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 HLAA 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: HLAA.** Cut-off date for reservations is May 31st.

Convention reservations: **Discounted rates available thru January 31st.** 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.

“HENRY”*By Janet McKenna*

My autobiography in our December 2015 Chapter newsletter, written as “My Story” began:

“I knew no one with a hearing loss when I grew up in the Hudson Valley, nor when I studied at Syracuse University.”

After the essay was printed and thinking back to many decades ago, I recalled that I did know someone with hearing loss as a Syracuse University undergraduate. We shall call him Henry. Now, as a bilateral cochlear implant user, I am impressed far more by his situation than when I was a teen student with normal hearing.

Henry used a behind-the-ear hearing aid. It was even larger than behind-the-ear aids from the 1970's, and it must have been a ponderous weight. He had some speech deficits also. Today he'd be considered a hard of hearing teen who probably was mainstreamed. He was attracted to a girl living in my residence. Unfortunately for Henry, Anne had a home town boy friend and in any case was not interested in a hard of hearing suitor. She repeatedly refused his requests for dates, and he persisted in asking. Henry was socially maladroit, which his deafness surely exacerbated.

At that time, accommodations for students with disabilities lay decades in the future. Classes for most freshmen and sophomores were large lectures in vast halls. How or if Henry was able to understand anything in class I cannot say. It must have been excruciatingly frustrating. FM systems and captions were nonexistent although note takers might have existed.

Strangely enough, years afterward, I met another two Syracusans through Self Help for Hard of Hearing People, now HLAA. A Virginia couple attended the same university two years later than I. Both were hard of hearing students, and both are cochlear implant users now. Neither they nor I knew each other "on the Hill." They both earned degrees and went on to successful careers.

Henry's name does not turn up in the yearbook nor in alumni records. I must assume he left the university. Trying to cope in a large educational institution is difficult enough for hearing students. Fifty years ago, students with hearing loss had a hard row to hoe. Did he give up? flunk out? both? Unknown. I do know that Anne married someone other than her home town boy friend. Funny how you remember things....

TAKE ALONG A NECK LOOP!*By Steve Frazier, HLAA New Mexico*

There can be instances where you will want to provide your own assistive listening via a neck loop. The air lines issue tiny, poor sound quality ear buds to watch movies on long flights. You can get better sound and keep your hearing aids in your ears if you use your own neck loop instead of the ear buds.

In some sites of interest you can borrow or rent a small receiver that picks up a description of what you're looking at and transmits it to you via a headset. You can often unplug that headset and plug in your neck loop for clearer sound via the telecoils in your hearing aids or CI. With the right adapters you can also plug into the TV at your hotel and hear clearly without turning the volume up to the point that those in the room next door become upset.

Under new ADA rules, any new or updated assistive listening systems in this country must include neck loops as well as headsets in the equipment loaned to users so, whether taking a cruise down the Danube, up the Thames or around Manhattan island, be sure to inquire about borrowing a neck looped receiver so you can Get In the Hearing Loop and get the full benefit of the tour.

You might even take along your own neck loop if you have one – with some receivers you could unplug a headset and plug in your neck loop.

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!

MARDI GRAS

Are Carnival and Mardi Gras the same thing?

Don't confuse Carnival and Mardi Gras! Carnival refers to the period of feasting and fun which always begins on January 6th, The Feast of the Epiphany. Mardi Gras refers to Fat Tuesday, the final day of revelry before Ash Wednesday (February 10), when Lent begins.

Why does Mardi Gras fall on different dates each year?

The date changes every year because it's connected to Easter, which can fall on any Sunday between March 23 and April 25. Mardi Gras is scheduled to be 47 days before Easter.
(Easter this year is March 27th.)

When was the first Mardi Gras?

The first Mardi Gras parade was held in New Orleans on February 24, 1857 by the Krewe of Comus. They began the tradition of presenting a parade with floats and following it with a ball for the krewe and their guests.

What is the significance of the Mardi Gras colors, and where did they come from?

Rex, the King of Carnival, selected the Mardi Gras colors and assigned meaning to them in 1892. Purple stands for justice, green for faith, and gold for power.
(Also the colors of HLAA.)

GROUND HOG DAY

February 1, 2016

"If '*Candlemas Day*' be stormy and black,
It carries the winter away on its back."

-OR-

Sees his shadow, 6 more weeks of winter.
No shadow means Spring will come early.

from Old Farmer's Almanac

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

CONDOLENCES

Our sincere sympathy is extended to:

Laura and Steve Chaba for the loss of her mother, Bernice David, December 23, 2015; and his sister, Joy, December 20, 2015.

The family and friends of **John F. Holder**, who passed away January 5, 2016.

“NOW HEAR THIS!” March 25th

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

Come hear more about HLAA. 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.

LEAP YEAR! DID YOU KNOW?

Egyptians based their calendar on 365 days, which is about a quarter of a day shy of the actual time it takes the Earth to travel once around the sun. After many years, summer holidays were falling in midwinter! So the Romans tried to fix this by adding an extra day to the calendar every 4 years. The Gregorian calendar we use today has one more revision. Years divisible by 100 are not leap years unless they also can be divided by 400, as in 2000.

(from the D&C, date unknown)



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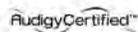


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If You're New, This is for You.

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

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

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!

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!