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October 2016

October Calendar

Sun., Oct. 2nd – Walk4Hearing, Perinton Park
(see page 3)

Tuesday, October 4, 2016

10:30 am – HOPE Session – Vestry Room
(see page 7 for more info.)

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., Oct. 4th - 1:15-2pm “CI Group” East room

Fri., Oct. 7th - Day of Hearing, Nazareth college
(see page 6)

Tues., Oct. 11th – BOD meeting, 7-9pm
1st floor Conf. Room, Al Sigl Center

Tues., Oct. 18th -PAC – 7-9PM – Al Sigl Center

SAVE THESE FUTURE DATES

Sun., Nov. 6th – Daylight Savings Time Ends

Tues., Nov. 8th – BOD – 7-9pm, ASC

***WELCOME BACK MEMBERS, AND,
WELCOME ALL NEWCOMERS TO HLA!***



OCTOBER PROGRAMS

(At St. Paul’s Church, East Ave. & Westminster Rd. 14607
Enter only thru Westminster Rd. door.)

Tues., Oct. 4th – 10:30 – 11am; Vestry room.

**HOPE (Hearing Other People's Experiences)
session - Joe Kozelsky, MS, abd, CCC/A (ret.)**

Retired audiologist and hearing aid user **Joe Kozelsky** moderates a question and answer group for people considering hearing aids and those using them. Join us and share your hearing loss journey and learn from others. (see page 7.)

Tues., Oct. 4th –Daytime Meeting 11:00am

NATIONAL CONVENTION IN WASHINGTON D.C.

A contingent of HLAA-Rochester Chapter members journeyed to the nation's capitol for the annual convention from June 23 to 26. Meetings and workshops encompassed the tracks of advocacy, assistive technology, hearing aids and cochlear implants, living your life, and state/chapter development. As well, there were extensive and useful exhibits, demonstrations, and banquets, entertainment, and tours.

(continued on page 2)

Hospitality Duties for October:

Daytime Meeting –Margaret Cochran,
Ginger Graham,

Evening Meeting –Ginger Graham,
Barb Law, Carol Loftus

Board of Directors –Margaret Cochran,
Carmen Coleman

Tues., Oct. 4th – Daytime meeting – (continued)

If you couldn't be in Washington in person, you are invited to hear reviews of participants' experiences during BOTH chapter meetings, daytime at 11:00am **and** evening at 7:00pm. At least 13 Rochester members will report on their reactions to workshops and exhibits designed to help individuals with hearing loss. Some presentations will duplicate at each session; some will run only daytime or evening.

Presenters and their topics are:

Daytime meeting at Noon

MARY CHIZUK--Research Symposium: Cutting edge ideas for people with hearing loss.

JOHN CURTIS--ADA in the United Kingdom.

BARBARA GATES--Listening to Music with Hearing Loss (presented by Don Bataille).

GINGER GRAHAM--Cochlear Implant User Experiences, a panel of users and their implant journeys.

CINDY KELLNER--Making the most of your audiology visit and helpful apps.

BARBARA LAW--Relationships/Dating with a Hearing Loss. "Hot time on the old town tonight" with Janet and Sam Trychin--a very funny workshop.

JANET McKENNA--Stigma: Tales, Triggers, Tools. Confronting stigma & tools to help combat it.

SUE MILLER--State/chapter leaders workshops and convention overview.

EVENING meeting at 8:00pm

DON BATAILLE--Bluetooth device demonstration.

MARY CHIZUK--Research Symposium: Cutting edge ideas for people with hearing loss.

MARGARET COCHRAN--Hearing Health Foundation, their mission. AVA (audio visual aid) using speech recognition in real time.

ELISE de PAPP, M.D.--Review of the PCAST (President's Council of Advisors on Science and Technology) report and its recommendations for making hearing treatment more accessible to adults over 60.

CINDY KELLNER--Making the most of your audiology visit and helpful apps.

RICH and JOAN KOHLER--Technologies that could help us hear better, e.g., Bluetooth hearing aids and smart phones as assistive technology.

BARBARA LAW--Relationships/Dating with a Hearing Loss. "Hot time on the old town tonight" with Janet and Sam Trychin—very funny workshop.

SUE MILLER--State/chapter leaders workshops and convention overview.

HLAA-Rochester welcomes all community members with an interest in hearing loss.

NOTICE: Entrance will be only thru the Westminster Rd. door. The back door near the fence will be locked. This is a permanent change. Our apologies for any inconvenience.

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

The Hearing Loss Association of America opens the world of communication to people with hearing loss through information, education, support and advocacy. For more information visit www.hlaa-rochester-ny.org, or telephone 585 266 7890.

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

WALK4HEARING - Sunday, October 2, 2016

By Carol Loftus



STEP UP to support our
11th Walk4Hearing
at Perinton Park in
Fairport.

What a great way to start a fall day! Walk along the canal to the lovely Village of Fairport and beyond should you choose to complete the entire 5K walk--how far you walk is up to you.

It's not too late to become a team captain, join an existing team or come out to walk as a 'friend of the Walk4Hearing'. Ask your family, friends and co-workers to support you or come with you. You may register as a walker or team captain prior to the Walk date by going online to www.hlaa-rochester-ny.org

Start your morning by registering, followed by enjoying our expanded assortment of breakfast treats (gluten free as well) while chatting with family, friends and folks you've met at prior Walks.

- 9:00 am – Registration
- 9am – 1pm – Children's activities
- 10:30 am – Short program
- 11:00 am – Walk starts

Children will be kept busy at our staffed Children's Activities area--engaged in projects, activities and enjoying their own food choices and drinks.

NEW this year will be a complimentary ID program providing two laminated ID cards per child. Be sure to take advantage of this service!

Save time to peruse our well-known **Silent Auction** that promises to be bigger and better than ever.

What a great time to think of Halloween, holiday gifts, birthdays or a kind thank-you gift.

Maybe you're asking 'Why Should I Walk'?

The **Walk4Hearing** is a walk to raise awareness and to raise funds to provide information and support for those with hearing loss. These funds enable the

Rochester Chapter to provide an annual Featured Speaker program and to make our community a better place for those with hearing loss. In addition to 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.

SUPPORT our WALK-- With your support, we can continue our much needed work in the community! Our Walk4Hearing needs YOU to be a success! We look forward to your joining us!

For questions or information, please contact Carol Loftus at cloftus3@gmail.com.

RESEARCH SURVEY ON DEAF/HARD OF HEARING WORKPLACE EXPERIENCES

(includes iPad Pro tablet sweepstakes incentive
(Submitted by Margaret Cochran, Michelle Gross))

If you are deaf, or have a hearing loss, are currently employed and over 18 years old, you are eligible to participate in a research study. This study is being conducted by David Baldrige & Richard Dirmyer.

David Baldrige is a long-time HLAA member, HLAA convention presenter, and Hearing Loss Magazine author; as well as Oregon State University Associate Professor and National Technical Institute for the Deaf (NTID) Researcher. Richard Dirmyer is a NTID Administrator & Researcher. (Survey includes an incentive of an iPad Pro tablet, to be awarded to a randomly selected person who participates in the survey or enters affiliated sweepstakes.)

Individual responses will NOT be shared with supervisors or anyone other than the researchers. The survey takes approximately 20 minutes to complete. Go to the survey:-

<http://workplaceexperiences.questionpro.com>

PRESIDENT'S COLUMN

By Margaret Cochran



Greetings to members and friends of HLAA-Rochester. We hope you were able to join us for the special guest appearance of Barbara Kelley, the new

Executive Director of our National HLAA office. While new to her current title, she has a long and dedicated history of advocating for those of us with hearing loss. Her 'Saying Yes to the Future' program was an inspiration to all. Thank you Barbara, for sharing your time and talents with our Rochester community.

As a member-supported non for profit, it goes without saying how important every member is to the vitality of our organization. Whether from the financial support of your membership dues or the vocal support of your personal or professional concerns; we are a community united and strengthened by numbers.

By now you should have received your HLAA-Rochester 2016-17 Membership Campaign letter. If you have not, please email Cathy Lee at cathy_lee@rochester.rr.com and one will be sent you. With the escalated costs of distributing our Newsletters; your new or renewed membership will be required to remain on our mailing list. Be sure to visit our chapter website <http://www.hlaa-rochester-ny.org/> and friend us on Facebook <https://www.facebook.com/hlaa.rochesterny> for the most up-to-date news on events and programs.

Today I am urging you to get one step closer to learning about the latest info on consumer products and services, reports on industry research and technological advances in the hearing health care field by joining HLAA at the National level (only \$35/yr.) which will provide a subscription to the very informative **Hearing Loss Magazine** with cover-to-cover articles of such interest you will not be able to put it down. If you have not seen it, back issues can be found in our Chapter Library which is accessible at all monthly meetings. Please see

<http://hearingloss.org/content/member-benefits> for additional member benefits and be sure to bookmark <http://hearingloss.org/> for regular access to current activities and issues.

Until next month, I wish you all the best,
Margaret

LITTLE THEATRE ADDS HEARING LOOP

By Scott Pukos

The Little Theatre # 2 is proud to announce the addition of a hearing loop system. This system will help provide greater access and enjoyment for people with hearing loss. It is made possible thanks to a donation from Hart Hearing Centers.

Dr. Stephen Hart said "more than 20% of our population suffers from hearing loss; being proactive to accommodate people's needs is part of what makes our city innovative and welcoming to all. We are proud to do our part."

The Theatre #2 loop was installed by Hearing Loops Unlimited, located in Pittsford.

<https://www.facebook.com/TWCNewsRochester/posts/1204720786224991>

"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 and thanks for your help.

DID YOU KNOW...

"October 1843, the Jewish organization B'nai B'rith was founded in New York City." (D&C 10/11/15)

RBTL LIVE THEATRE—CAPTIONED!

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

- “Curious Incident of Dog in Night Time” – Oct. 2
- “Finding Neverland” – Oct. 30
- “Cirque Dreams Holiday” – Dec. 18
- “The Sound of Music” – March 5
- “Wicked” – April 2
- “Cabaret” – May 7

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 – CAPTIONED PLAYS !

SAT. shows 2pm; WED. 2pm & 7:30pm

*unless otherwise indicated

“**Funny Thing Happened on Way to Forum**” - Sat. Oct.8 ; Wed. Nov. 2

“**Mother (and Me)**” – Sat. Nov. 5 @ 2:30pm

“**A Christmas Carol**” – SUN. Dec.4 @ 4:30pm;
Tues., Dec. 20 @ 2pm and 7pm*

“**Sylvia**” - Sat. Jan. 14; Wed. Feb. 1

“**The Lake Effect**” - Sat. Feb. 4 @ 2:30pm

“**Guess Who’s Coming to Dinner**”
Sat. Feb. 18; Wed. March 8

“**Private Lives**” - Sat. March 25; Wed. April 12

“**Sex With Strangers**” - Sat. April 15 @ 2:30pm

“**Other Than Honorable**” - Sat. April 29; Wed. May 17

“**Million Dollar Quartet**” - Sat. June 3; Wed. June 21

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

Newsletter Deadline

Friday, September 30th

(for the November Newsletter)

Email: ggraham859@gmail.com

JCC CenterStage – Captioned Plays! NEW

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

- Church & State – Oct. 23
- My Son the Waiter – Dec. 11
- The Hit Makers – Feb. 19
- The Flick – March 5
- Titanic, the Musical – May 14

Tickets and information are available at www.jcccenterstage.org or (585) 461-2000. *Please specify “Captioned Area.”* Tickets are \$26-29 with discounts for JCC members, full time students and season subscribers.



For Your Donation to HLA:

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

In Memory of Harriet Roth

Sue Miller

In Memory of Jimmie Sorrento

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!

THOUGHT FOR THE DAY

In 1938, President Franklin D. Roosevelt and Canadian Prime Minister William Lyon Mackenzie King dedicated the Thousand Islands Bridge connecting the US and Canada.

(from the D&C 8/16/15)

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.

“DAY OF HEARING” – Friday, Oct. 7th

By Paul Caccamise, Jim Feuerstein, Sue Miller

On **Friday, October 7th**, persons concerned about hearing loss will have an opportunity to attend informative workshops and have their hearing screened free of charge at the annual “Day of Hearing” event at Nazareth College, 4245 East Ave., (14618), in the York Wellness and Rehabilitation Institute (YWRI). The event is being co-sponsored by HLAARochester, Lifespan, and Nazareth College.



The Day of Hearing is designed to increase public awareness about acquired hearing loss, and its impact on social functioning, emotional well-being and on personal relationships. Forty-five minute

workshops offered throughout the day by area audiologists will cover topics related to hearing loss, balance, and tinnitus, and will describe options for effective adaptation to hearing loss through hearing aids and other assistive listening technology.

WORKSHOPS

- 9:15 – 10:00 – R. Stein – “Let’s Talk Tinnitus”
- 10:15 – 11:00 – R. D/Angelo – “Vertigo, Imbalance, and Hearing Loss”
- 11:15 - Noon – D. Sanderson & M. Crye – “Expanding Your Hearing Experience – Assistive Hearing and Alerting Devices”
- 1:00 - 1:45 – J. McNamara – “Is your Hearing Aid Fit Correctly?”
- 2:00 – 2:45 – J Kozelsky – “HOPE session (Hearing Other People’s Experiences)”
- 3:00 – 3:45 – M. MacDonald – “How to Help Your Audiologist Help You”.

Exhibitors will display services and assistive living devices. **Free** hearing screenings will be conducted on a first-come, first-served basis by graduate students from Nazareth College’s Speech-Language Pathology program. Participants who screen positive for hearing loss will be counseled by a licensed audiologist about their screening results, encouraged to seek full audiologic evaluation, and encouraged to explore behavioral and environmental

modifications to address their condition. HLAARochester Chapter members will be on hand to answer questions and to describe what services and supports are available through the organization for persons with hearing loss and their family and friends.

No hearing aids or other equipment will be sold or marketed at the event.

Day of Hearing will take place Friday, Oct. 7th from 9:00 am to 4 pm at Nazareth College. Signs and student monitors will direct you to parking lots and the York Wellness and Rehabilitation Institute (YWRI). For further information, please contact Jim Feuerstein, at jfeuers@naz.edu

Directions and maps to the Day of Hearing are located on the HLAARochester web page at www.hlaa-rochester-ny.org Also, go to: <https://www2.naz.edu/campus-map>. You will be able to get directions via a link on Nazareth’s Website. Bus # 1 and # 17 go to Nazareth.

RHSC WALK-ABOUT

By Denise Howard

Help bring Communication for Life to the greater Rochester area by joining RHSC for the Al Sigl Community WalkAbout! On Sunday, October 30th at Eastview Mall.

This family-friendly event is our biggest fundraiser of the year. The WalkAbout will feature a Scavenger Hunt and RHSC’s Hearing Health Expo, as well as entertainers and trick or treat tables.

To register to attend and walk with RHSC visit <https://www.crowdrise.com/rochester-hearing-and-speech-center>. Once you’re registered, invite your friends and family to join the fun.

RHSC supports our Walk4Hearing; it’s our turn to support their Walk-About at Eastview Mall.

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

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

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

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

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

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

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

Please join us for this interactive program. Your
experiences can make a positive difference to others.
Other people's experiences can be helpful to you.
Join us for some peer support.

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

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

Business meeting-- 11:30 - Noon

Chapter Meeting speaker-- Noon to 1:00pm

*(with permission from HLA A Fox Valley Chapter,
Appleton, Wisconsin)*

IF YOU MOVE

Please don't forget to notify **Cathy Lee**, at
48 Glen Acre Drive, Pittsford, NY 14534, or, via
email at, cathy_lee@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.

NEWS FROM NTID

By Vienna Carvalho

A collaboration between RIT/NTID and cross-
platform developer Xamarin Inc., has resulted in the
Fall launch of a new academic program in mobile
application development. The program has received
approval by the NLS Education Department and
earned a grant from the National Science
Foundation of more than \$820,000.

Funding from the 3-year NSF grant will train and
equip students in RIT/NTID's information and
computing studies department where the new
program will be housed, and is based on the
Xamarin cross-platform approach to mobile
application development.

**CONDOLENCES**

Our sincere sympathy is extended to
the family and friends of **Jimmie
Sorrento** who passed August 22nd.
Jimmie came to our meetings from
Buffalo each month.

LIKE US ON FACEBOOK !

By Jenn Hurlburt

Are you on Facebook? If so, please be our friend.
We currently have **307** friends and we want more.
Find us at: **Hlaa Rochester Ny**

Cochlear Implant Group Meeting Changes

By Janet McKenna

The Cochlear Implant Group meeting originally scheduled for Oct. 24 is CANCELLED. Finding a mutually convenient day and time to accommodate people had become a problem.

Instead, anyone interested in discussing cochlear implants and the future of our group is invited to a short gathering--IMMEDIATELY FOLLOWING THE OCTOBER CHAPTER MEETING.

Day: October 4th

Time: 1:15-2:00pm.

Location: East Room in St. Paul's Church. This is a small conference room off the main hallway between the parking lot and the parish hall.

This new time slot attempts to attract more individuals wishing to explore and/or comment on cochlear implants. Anyone using an implant or considering one is welcome.

If you have questions, contact Ginger Graham ggraham859@gmail.com or Janet McKenna deaphyduck@gmail.com.

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

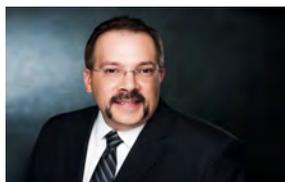
Be sure to designate:

This donation is: In Memory of; or, In Honor of,
or, Birthday congratulations.

And who to send the Acknowledgment to. Thank you.

“MY STORY” – A Personal History

By Dan Brooks



Hello, my name is Dan Brooks and I'm almost 45 years old. I was born and raised in the countryside of Penfield, NY. I am the youngest of five. My parents, Wayne and Patsy Brooks, along with my siblings, all can hear except for my brother right above me. It was believed my

brother could hear at birth but at an early age lost his hearing.

When they discovered he had a hearing loss, they suspected I had a hearing loss as well because I still wasn't speaking at the age of 4. The reason why is still unclear but nevertheless I have a severe-profound hearing loss. My parents immediately got me fitted with my first pair of hearing aids and I was eventually enrolled, for my elementary school years, into Martin B. Anderson School #1 in the city of Rochester. At that time School #1 specialized in kids with my handicap and prepared me to be mainstreamed.

From there I was able to finish the rest of my grades in the Penfield school district where I also played football and lacrosse. After graduating from Penfield High I went on to get my BA at State University of New York at Buffalo. UB for short. After graduating I pursued a few careers over the years. Eventually becoming a registered agent with New York Life, and I couldn't be happier.

With this career, I have the flexibility to give back to the community such as HLAA and the Walk4Hearing. **(I hope to see you all at our 11th Annual Walk4Hearing in Perinton Park Sunday, October 2nd!)**...and at the same time I can help individuals and families with their financial goals and needs.

I currently reside in Williamson with my beautiful wife, Lisa. We have known each other for over nine years and have been married for 8 of those wonderful years! Together we are blessed with three awesome kids...Noah, Gavin and Maggie. Also cannot forget our loveable dog Sparky!



Some of the things I enjoy doing during my leisure time are riding my Harley Davidson and fishing. However most of my more enjoyable time is spent with my family on vacation--camping and going to the cottage. Nothing compares to spending time with friends and family at our family's cottage on Duck Lake! Hope you enjoyed reading “My Story” and hope to see you all soon! Thanks!

NEWS ABOUT OUR MEMBERS

Ginny Koenig has been a faithful member and worker for our Chapter for many years. She is currently experiencing health issues and has had to cut back on her responsibilities. A heartfelt thank you to Ginny for her help with our Newsletters for so many years. We hope each day will be better.

BIRTHDAYS – 90 YEARS AND OVER...

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

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...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!

WEBSITES OF INTEREST

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

HLAA National website is www.hearingloss.org.

Our web master, **Michelle Gross**, has a suggestion for an online place where people share info, ask questions or provide answers/solutions, etc. It is

called "Hear Peers" and is an online forum for people with CI's. <http://forum.hearpeers.com>)

(submitted by Janice S. Lintz)

Consulting People with Disabilities:

<https://www.goo.gl/buEhID>

WEBSITES--Dribblings from the Internet, caught by Janet McKenna

Span, Paula "No hearing aid? Some gizmos offer alternative to 'Speak up!' " *New York Times* "The new old age" July 15, 2016, corrected July 19
www.nytimes.com/2016/07/15/health/hearing-aid-alternatives.

This website suggests that PSAP's (personal sound amplification products) or hearing aids from big box retailers may suffice for people with mild to moderate hearing loss. The extensive online comments, if you can access them, include familiar HLAA names and the usual complaints about Medicare, costs, and more.

The blog entry from the St. Johns Resource Fair in April showcases one of their residents and HLAA-Rochester Chapter member wearing her Walk4Hearing shirt, back to the camera. Go to: www.stjohnsliving.org/about-st-johns/blog/2016/04/14.

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
Photographers.....Art Maurer, Al Suffredini

DID YOU KNOW....

“On June 1, 1916, Louis Brandeis took his seat as an associate justice of the US Supreme Court, the first Jewish American to serve on the nation’s highest bench.” (from D&C 5/29/16)

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." 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.

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.

DID YOU KNOW...

43% of people with hearing loss have difficulty remembering conversations. About 48 million people in the US suffer from hearing loss.

(from Oticon's 2016 Harris Poll. 6-22-16)

HANDLING, AND AVERTING, SENSORY LOSS

By Erin Howe

The greatest pleasures we experience in life come from the ability to sense the world around us through touch, taste, smell, sight and hearing. We tend to overlook our senses on a day-to-day basis.

The acuity of these senses diminishes as we grow older due to the aging of our bodies at a cellular level. This is normal, although we also engage in activities over the course of our lives that speed this process along—such as, listening to music at loud levels. Hearing and sight are usually the first things that become less keen as we age. Even partial loss of these senses causes people to be less attuned to their surroundings, which means their ability to protect themselves from injury is diminished. They also may become less engaged in the world around them.

This disengagement becomes especially noticeable with hearing loss. People tend to withdraw from social situations rather than admit they can no longer hear the conversations. This may lead to depression and other problems that are preventable if family and friends pay attention to behavioral changes, and thereby offer understanding and respect for those with hearing loss.

Younger generations still have time to change damaging health behaviors to ensure an improved quality of life in their later years. Turn down those loud volumes now. It is easy to take our senses for granted, but it isn't too late to begin to appreciate the amazing gift of our bodies.

(excerpt from D&C. Erin Howe is an adult nurse practitioner at the Jewish Home, and a DNP in the school of nursing-UR.)

Subject of Nov. 1st Chapter Meetings:

Daytime –“Emergency/Disaster Preparedness for People with HL” -

Evening - “Civil War -Stories of Deaf Soldiers”- Harry Lang, author/speaker

COLONIAL BELLE CRUISING WAS FUN!

By Barb Law



Margaret Cochran, Connie Welch, Sue and Scott Miller

Twenty-three HLAA members and friends enjoyed an afternoon cruise on the Erie Canal on the Colonial Belle canal boat on August 14th. We were blessed with a cooler day and no rain as we traveled along the canal between Fairport and the Clover Street lock. We remained in our chairs and kept our heads down as we passed under the bridges and now understand more fully the Erie Canal song... "Low bridge, everybody down," as we could have reached up and touched some of the bridges!

The ride offered an opportunity to visit with our friends and enjoy the music of a guitarist at the back of the top section of the boat. It was difficult to hear the boat captain, as she was busy steering the boat and telling us the history of the canal at the same time. Going through the lock was an interesting experience as we watched the water fill the lock at Clover Street, raise the boat, and allow us to venture on in the canal before we turned around to come back.

The staff on the boat were helpful and pleasant. A written article about the canal's history of that section would have been helpful to those of us who could not hear, however...

We missed those of you who couldn't join us!



Colleen Cambier & Brady Dickens

HLAA-ROCHESTER STUDENT BOARD

By Suzanne Johnston

HLAA-Rochester is seeking high-school to college-age young adults

who are interested in serving our community as representatives of students with hearing loss and their families. Members of the **Student Board** engage in HLAA community events, develop and participate in basic community research related to hearing loss, and participate and support community events for students with hearing loss and their families/caregivers.

The **Student Board** meets bi-monthly during the academic year. All are welcome! Interested students/families should contact Suzanne Johnston, Student Board Chair at (585) 314-1807 (v/txt).

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(from D&C 4-24-16)

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

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

HLAA is the nation's foremost membership and advocacy organization for people with hearing loss. HLAA publishes the bimonthly Hearing Loss Magazine, holds annual conventions, a Walk4Hearing, and more. Check out: www.hearingloss.org/.

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

Meetings are hearing accessible

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

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

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

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