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Volume 27, Number 6

published monthly except July and August

February 2014

FEBRUARY Calendar

Tuesday, February 4th

11:00 am - Refreshments/Social Time
11:30 am – Announcements/Business Meeting
12 Noon – 1 pm – Program Speaker

7:00 pm – Refreshments/Social Time
7:30 pm – Announcements/Business Meeting
8:00 – 9 pm – Program Speaker

Tues., Feb. 11th – **Board of Directors**
6:00-9pm – Justin Vigdor Room, Al Sigl Center

Wed., Feb. 26th – RWC/CaptiView movie,
AMC Webster – Between Noon & 3 pm. Email Ginger
the weekend ahead for exact movie & time.
ggraham859@frontiernet.net. See you there!

SAVE THESE FUTURE DATES

Thurs., March 6th – “Kick-Off” for the WALK

Tues., March 11th – BOD meeting, 6:00-9pm,
JV Room, Al Sigl Center

Wed., March 26th – RWC/CaptiView movie.
AMC Webster – Between Noon & 3 pm.

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

Hospitality Duties for February:

Daytime Meeting –J. Sorrento, C. Treat
Evening Meeting –D. Bataille, G. Graham
Board of Directors –M. Chizuk, J. Kozelsky

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

WELCOME ALL NEWCOMERS TO HLAA!



FEBRUARY PROGRAM

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

Tues., Feb. 4th - Daytime Meeting 11:00 am

**Ears to the future: How wireless can connect
the hearing impaired community** – Ryan Dwyer
Verizon Wireless and Cellular Sales

Smart phones and tablets can help you connect to the world in ways many people have never experienced. Ryan has worked extensively with people with hearing loss to develop solutions for their particular needs. He will demonstrate devices, compare different ones, and allow time for your questions. Ryan encourages you to bring any cell phones and pricing structures you currently have, as opportunities exist specifically directed toward the HLAA community.

Ryan has been in the cellular industry for more than four years and specializes in training and physical device fitment for clients.

He can be reached before and after the event by email or phone at:

Ryan.dwyer@cellularsales.com or 585 7926 and

Continued on next page)

Tuesday, Feb. 4th – Evening Meeting – 7:00 pm**“A Reverence for Life”: A one-act play about Rachel Carson, environmentalist and author of *Silent Spring* – Carolyn Coit Dancy**

“Every once in a while in the history of mankind a book has appeared which has substantially altered the course of history,”

Sen. Ernest Gruening, D-Alaska, told author Rachel Carson as she testified before a Congressional panel on pesticides. Rachel Carson is widely considered to have established the modern environmental movement. In *Silent Spring*, she posited that synthetic pesticides, especially DDT, made their way up the food chain to threaten birds and fish, possibly even sickening children. *Silent Spring*, published in 1962, presented the idea that if humankind poisoned nature, nature would in turn poison humankind.



Carolyn Coit Dancy speaks as Rachel Carson in her monologue play “A

Reverence for Life,” describing how Ms. Carson came to write her landmark book exposing widespread spraying of toxic chemicals and their malevolent effects on birds, wildlife and humans.

Ms. Dancy was a photographic scientist and technical writer with Eastman Kodak Company from 1963-89. While a docent at the Rochester Museum and Science Center from 1990-98, she received a grant from the New York Foundation for the Arts in support of developing the script of this play which debuted in 1998 for the RMSC Women’s Council.

HLAA-Rochester chapter meetings are held in the Vestry Room at St. Paul’s Episcopal Church, East Ave. at Westminster Road, across from the George Eastman House. All programs are audiolooped & captioned. A sign language interpreter is available for evening meetings only. To request an interpreter for an evening meeting, contact Linda Siple at 585 475 6712, a week in advance. (Please note, this phone is only for those needing an interpreter.)

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

Hearing loss is a daily challenge you can overcome. You do not have to hide your hearing loss. You do not have to face hearing loss alone.

**HLAA NATIONAL CONVENTION**

June 26 – 29, 2014 – Austin, Texas

(Early Bird Registration Deadline was January 31)

Keynote Speaker: Richard Einhorn, classical composer, “A Life in Music After Hearing Loss.”

Austin—mom-and-pop shops, wine bars, coffee houses, restaurants; some housed in historic homes dating back to the 1800s.

Hotel reservations at: Renaissance Austin Hotel, 9721 Arboretum Blvd., Austin, TX 78759-6316
Call 800-228-9290, or, 512-343-2626; or, www.Bit.ly/CONV2014.

Single/Double - \$154 + tax
Double/Triple - \$169 + tax

Texas Swing at Historic Scholz Garten –June 27th;
Texas BBQ and beer; Boot-scootin’ bands & more.



SAVE THE DATES!

Thursday, March 6th – Kick-off for the WALK
Sunday, May 4th – Walk4Hearing
Tuesday, May 20th – Cochlear Implant group
Tuesday, June 17th – Annual Dinner

Watch upcoming Newsletters for more details!

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.

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.

HAPPY BIRTHDAY

Mark Hargrave will celebrate his 92nd birthday on February 16th. Congratulations, Mark, and many more healthy and happy years!

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. We'd like to include you 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

SOMETHING TO THINK ABOUT...

(submitted by Bob Sickmond)

“The only disability in life is a bad attitude.”

- Scott Hamilton

“Whenever you find a stumbling block, use it as a stepping stone.” – author unknown



For your Donation to HLAA:

HLAA National; Last Man Standing Club 2
 (A. McDermott, Bryan Law); United Way

For Your Donation Above Basic Membership:

L. Arney, A. Kingston, J. McMillan, E. Nicosia

In Memory of Dave Law: - Sue Miller

In Memory of Meredith Low: - Sue Miller

CAPTIONING OF MONTHLY CHAPTER MEETINGS WILL BE CONTINUED !

This past year, our chapter members have enjoyed the opportunity to have the Daytime and Evening monthly meetings **captioned**, thanks to CaptionCall! This has fulfilled a wish for our chapter for almost 30 years. We have just learned that they are willing to provide this wonderful service again for the coming year!

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...such an incredible gift to our chapter. 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 **Candi and Bruce Nelson**, and **Tim Whitcher** for overseeing the technical set-up needed for this service.

THOUGHT FOR THE DAY

“The most wasted of all days is the day when we have not laughed.

(French proverb)

LEADERS COLUMN

By Elise de Papp, M.D.



Imagine a **Nobel Laureate** who traced that achievement to hearing loss! John W. Cornforth, an Australian born scientist (b. 1917), was encouraged to pursue chemistry as a career because a high school teacher felt deafness would pose less of a handicap in that field than in other lines of work. Dr. Cornforth began to lose his hearing at age 10, due to otosclerosis; he entered university at 16 and by the time he graduated 4 years later he was profoundly deaf, unable to hear any lectures. He won the Nobel Prize in chemistry in 1975, for research in the biosynthesis of cholesterol. Dr. Cornforth himself said little about his deafness, other than to say "my wife has eased for me beyond measure the difficulties of communication that accompany deafness." He used lip reading, and compensated for his inability to hear during lectures by visiting chemists by gleaning the content of their speeches from the slides they showed, and he asked the most perceptive questions at the end of the talks. A former colleague said that other deaf people wrote to Dr. Cornforth asking for advice, and that he had been a great inspiration to young deaf people. (NYTimes obit 12/20/13).

Nothing is mentioned as to whether or not Dr. Cornforth ever resorted to hearing aids or CI. Audiology developed after WWII to cope with the needs of veterans with noise-induced hearing loss. Engineering and miniaturization of hearing aids resulted in the first transistor hearing aid in 1952; and the first commercial digital hearing aid in 1987. The first cochlear implants were developed in the early 1970s; one of the 3 major manufacturers is Australian (Cochlear Ltd.).

As I sign off on this column (written the end of December 2013), I bid farewell to **Meredith Low**, one of our most inclusive member in terms of her multilingual ability to communicate with voice and lip reading or ASL. (She told me that as a child, her

Mother practiced lip reading with her for hours every day.) She was active in so many areas of HLAA-Rochester; she is and will be missed for a long time to come.

RBTL LIVE THEATRE--- CAPTIONED!



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

February 16th – "Sister Act"

March 23rd – "Once"

April 20th – "Phantom of the Opera"

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.**

February 15th – "Clybourne Park"

March 22nd – "Informed Consent"

April 26th – "The Odd Couple"

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

GROUND HOG DAY, FEBRUARY 2ND

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

(from The Old Farmer's Almanac)

For the record, Punxsutawney Phil has seen his shadow 100 times (meaning more winter), and NOT seen his shadow only 16 times. This started as a small gathering in 1887 in Gobbler's Knob, and now tens of thousands from all over the world come to see Phil.

There has been no tally of how many times Phil has been right! But, ain't this fun?

IN MEMORIAM

Suddenly - December 14, 2013

Meredith Fellman Low will be missed by all who knew her. She was full of life, charm, sophistication and had a great sense of humor. Born with a hearing loss, Meredith never stopped believing that improvements could and should be made. She was determined to help make the world a more accepting and accommodating place for persons with hearing loss.

Meredith worked tirelessly in that endeavor throughout her life collaborating with many organizations, groups, and teams as an advocate to improve accessibility. Her most recent accomplishment is texting to 9-1-1.

Meredith spent her career in social work and was an accomplished writer who never missed an opportunity to provide a warm kind word. Her smile was infectious and her enthusiasm never waned. Meredith will be remembered for her dedication, loyalty and generosity. Sending our deepest sympathy.....

“HEARING LOOP” or “INDUCTION LOOP” – That is the Question!

By Don Bataille

The question on whether to use the term “Hearing Loop” or “Induction Loop” depends on which side of the Big Pond you are on. Hearing loops or induction loops are designed to work with hearing aids, cochlear implants or loop listeners (with headset or ear buds) fitted with a T-coil providing a clear sound signal from an audio source such as a microphone in church or meeting location. Hearing loops also work with TVs, iPads, smart phones, music players or other audio sources.

The technical name for a hearing loop system is “Audio Frequency Induction Loop System” (AFILS). In Europe the term, Induction Loop, is typically used by professionals but more and more I see European loop equipment manufacturers using the term “Hearing Loop,” hearing loop drivers, hearing loop standard, etc. Univox, the largest hearing loop manufacturer, uses the term “Professional Loop Driver” on the front face of their loop drivers and the term “loop current” at the back of the driver loop control setting.

The term Hearing Loop is used in the US because the term Induction Loop also refers to the embedded roadway loops that send a relay signal at a traffic light.

Another important factor is the design of a hearing loop driver. Hearing Loop drivers, compared to speaker amplifiers, are designed to provide a constant field strength signal. This assures that the listener will hear a stable and quality sound with high speech perception. Hearing loop drivers are also required to meet the IEC standard 60118-4:2006.



Information was provided by Donald Bataille, AIA, owner of Hearing Loops Unlimited. He can be reached at don@bataille.us for further information.

CAPTIONS – ADVOCATING FOR US!

By Bob Menchel

WROC (Channel 8) had announced that it was going to do a broadcast which would interview Mayor Tom Richards on his last days in office. This was set for December 10th at 5:30 pm. When the interview was broadcast, there were captions only for the questions being asked by the reporter and no captions for Mayor Richards’ responses. (Also, not all of the questions were captioned.)

I contacted the Vice President and General Manager of WROC that evening and told him that this was unfair to the Deaf and Hard of Hearing community. He agreed with me and made a special effort to rebroadcast this interview with captions on December 19th at 5:30 pm. It seems that if you make your voice heard, you can achieve some results.

MY STORY – A Personal History

By Michelle Gross



Several weeks ago I had an opportunity to do a “segment” on two of our local TV stations. The subject was using the New York State relay service and a captioned telephone. The fellow from the relay service, who was on the program with me, made the comment that “some day as I age I may find myself needing a captioned phone.” “Wait a minute” I thought, “I lost my hearing when I was eight, does he realize what he’s saying?” His words took me back many decades. I began thinking of “back when,” the days I struggled--often frustrated, lonely and depressed--and no one with whom I could share what I was experiencing.

I lost my hearing suddenly when I was eight. Life instantly changed and became frightening and a struggle. I was fitted with two hearing aids. They were cigarette-like boxes, which required that I wear harness, which held the aids with beige twisted wires going from aids to ears. No behind-the-ear aids in those days, no captioned phones, no TTY’s, no captions on the TV and not much understanding by normally hearing people.

Going through the teen years was very difficult. Dating was not on my “favorites” list. Clothing brushing against my hearing aid microphones was not conducive to good conversation or budding romance. The challenges of the classroom were many.

I did make it through high school and college. There weren’t any ADA regulations so I had to depend on the notes of classmates and extra assistance from professors. I graduated as a **physical therapist** and worked my entire career in various settings, each one carefully chosen to allow me to create my own set of workarounds for difficult situations. I always wore a lab coat and uniforms with multiple pockets. I filled each pocket with vibrating timers, pagers, note pads and pens—all of which helped me keep track of patients and facilitated communication.

SHHH (Self Help for Hard of Hearing) came into my life sometime in the early ‘80’s. I read an article in a New York paper and became interested. I don’t remember when I joined but I do remember acquiring a green cap with the large white letters “SHHH” on it, which I wore proudly. I had an identity; there were others out there who shared my stress, anxiety and isolation and even if I didn’t know them, I felt I belonged.

I became a member of the Rochester Chapter sometime in the ‘90’s when I moved to Rochester from New York City. I currently belong to the Education and Outreach and, also, Technology Committees. I answer the emails that come to the Chapter, manage our Website, provide informational presentations to groups, and assist others in the Chapter when I can.

The chapter has helped me grow and flourish. Because of HLA A, I developed new skills and honed others. Through HLA A, I have met others with skills, talents and knowledge I admire. There is a wonderful communication among us, which goes beyond audiograms, hearing aids, and assistive devices. It’s the dialogue of our spirits, which binds us and propels us forward. HLA A is the best hearing aid we can have and requires no batteries!

Subjects of March 4th Chapter Meetings

Daytime – “Questions we’d like to ask about CI’s, but were afraid to ask before” – Mark Orlando, Strong Au.D

Evening – “Ask the Doctor” – Tinnitus, Meniere’s Disease, and other medical causes of hearing loss” – Dr. John W. Wayman, MD

WALK4HEARING -Can you Help?

By Cindy Kellner



We are in desperate need of **sponsors** for our 2014 Walk4Hearing planned for May 4th. If you know of anyone or any entity, corporation or business (perhaps a current or prior employer) who might be willing to sponsor the Walk at the \$500, \$1,000, \$1,500, \$2,000, or greater level, please let either Cindy Kellner or Sue Miller know. The support of the sponsors is greatly appreciated by all of us. (ckellnel@rochester.rr.com) or 585-586-8391 or Sue Miller (SusanLeeMiller39@cs.com).

Remember that our Walk is important to the future of HLA A-Rochester. It is our only fundraising event and the proceeds go directly to help make the world a better place for all of us. Please help us if you can.

WALK KICK-OFF PARTY -Come and Join the Fun

By Cindy Kellner

This year's Walk4Hearing Kick-Off Party is being held on Thursday, March 6th from 5:00 – 7:00 pm. Thanks to the generosity of the National Technical Institute for the Deaf, the party will be held at the Joseph F. & Helen C. Dyer Arts Center (the Center) located inside the Lyndon Baines Johnson (LBJ) Building on the beautiful RIT campus located off Jefferson Road in Henrietta.

Directions: Off of Jefferson Road, enter the RIT Campus at the traffic light for Lowenthal Road. At the first stop sign (end of Lowenthal Road), you will be facing the LBJ Building. Make a left turn onto Andrews Memorial Drive and then a right turn onto Lyon Crescent to get to the entrance of the LBJ Building. The Center is located on the first floor just off the lobby.

There is ample free parking near the building. The Center is looped and an interpreter will be available.

If you plan to participate in this year's Walk or would like more information, please stop by. Captain's packets will be distributed. Drinks and light hors d'oeuvres will be served. Please come and join the party. For more info contact Cindy Kellner at ckellnel@rochester.rr.com or, 585-586-8391. Hope to see you there!

LIKE US ON FACEBOOK !

By Cindy Kellner

Are you on Facebook? If so, please be our friend. We currently have **178** friends and we want more.

Find us at: **Hlaa Rochester Ny**



HOLIDAY BOX OF GIFTS –

Thank You Note received via **Marlene Sutliff:**

“The Open Door Mission and its entire staff thank each one in HLAA

who made the generous donation of items. We appreciate it all very much. May God bless each one of you” -- (signed) Everyone at the Open Door Mission.

WEBSITES OF INTEREST

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

IF YOU MOVE

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

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

MARVELOUS LITTLE “T-COIL”

By Joe Kozelsky

Many of your hearing aids are equipped with a T-coil. The “T” stands for Telephone and the coil is tiny coil of very fine wire wound around a magnetic core which is placed inside the hearing aid. The original purpose of the coil was for use with the phone. This is because, without the coil, when people held the phone up to their hearing aid, the aid would go into feedback, causing it to whistle.

Long ago, the engineers overcame this problem by realizing that all the telephones of yester-year were equipped with electromagnetic receivers which transformed sound energy into electromagnetic energy which in turn caused the receiver (little loudspeaker) of the phone to vibrate causing sound waves to occur, thus enabling sound to be transmitted over the phone lines. They realized that if there was a corresponding electromagnetic pick-up coil in the hearing aid, then sound could be transmitted to the hearing aid electromagnetically thereby avoiding use of sound waves for hearing on the phone. It works great for those who have enough hearing loss. However, it has been our experience that those people with mild or even moderate hearing loss usually don't benefit from using the coil.

Your Audiologist can tell you how to use the T-coil. Frequently, people don't have enough difficulty with the phone to consider using the T-coil switch. If you are having problems with the phone, most of the time, the problems can easily be overcome. Contact your Audiologist or hearing professional.

“NEW BEGINNINGS”

Book Review detailing the experiences of cochlear implant users published - *Personal stories are shared from cochlear implant recipients*
By Greg Livadas

A medical device which has allowed thousands of deaf individuals worldwide the opportunity to hear – sometimes for the first time and well enough to talk on the telephone – is the focus of 15 personal experiences in a new book published by RIT Press at RIT.

New Beginnings, Acquiring and Living with a Cochlear Implant, is a compilation of stories written by deaf or hard-of-hearing individuals who have had cochlear implants. Their personal stories will give readers insight into the struggles and challenges they endured through the process as well as the delights and disappointments they faced after surgery.

The book was edited by Michael Stinson, a research faculty member at RIT’s NTID, and NTID **President Dr. Gerard Buckley**. Both Stinson and Buckley have cochlear implants and each has been involved in education for deaf and hard-of-hearing students for more than 30 years.

“When Gerry and I were considering getting our implants, we could find no resource that described the possible outcomes we might experience,” Stinson says. “We decided to create the resource by bringing together diverse cochlear implant users to write about their experiences so that others considering an implant would have a better idea of what to expect.”

Dr. Buckley also hopes the book will help others going through the same process.

“This book is designed to provide deaf and individuals with hearing loss and their families with additional insights into the diverse experiences of individuals who are cochlear implant users,” Buckley says. “It is our desire to see this book of experiences serve as an information source for individuals who are considering this option in their lives.”

Cochlear implants involve a surgical process that enables some individuals to hear sounds via an implanted electronic device that converts sounds to electrical signals

that directly stimulate peripheral parts of the auditory nerve.

Early attempts with using cochlear implants weren’t always successful, but technological advancements now enable some implant recipients to hear more frequencies. What used to involve an overnight hospital stay for implant patients, is now typically an outpatient procedure.

There are some who question the decision of hearing parents who get implants for their young, deaf children, saying that it would deprive them of knowing about deaf culture and becoming part of it as their identity. In 2000, the National Association of the Deaf took a position that views cochlear implants as a technological aid that could be used in some instances, much like hearing aids, while affirming that it is also important for deaf children who receive implants to become aware of deaf culture.

In 2002, there were an estimated 70,000 CI users worldwide. That number tripled by 2010. This year, a record 360 students at RIT/NTID have cochlear implants. That’s more than 28 percent of the deaf students and those with hearing loss who attend RIT/NTID.

Brenda Battat, past executive director of the Hearing Loss Association of America, said the book is a “must read” for anyone interested in this issue.

Nancy Bloch, former CEO of the National Association of the Deaf, noted that 13 of the 15 contributors to this book are people who use sign language. Their perspectives “would be of benefit to the decision-making efforts of deaf individuals considering single or bilateral implants,” she said.

New Beginnings is available in softcover, for \$17.99 through [RIT Press](#) or by calling RIT Press at 585-475-6766. **PHOTO AVAILABLE:**
<http://www.rit.edu/news/pics/NewBeginnings.jpg>

WORDS TO LIVE BY....

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

HELP HLAA 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 HLAA 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!

Newsletter Deadline

FRIDAY, JANUARY 31st
(for the March Newsletter)

Email: ggraham859@frontiernet.net

CONDOLENCES

Our sincere sympathy to **Janet McKenna** on the loss of her brother, Larry, in Florida.

DEAF RABBI – FUNCTIONING WITH A HEARING LOSS

By Jeannette Kanter

Rebecca Dubowe, a Reform rabbi who happens to be deaf, has been the leader of a hearing congregation in California for the past 16 years.

I first came into contact with Rabbi Dubowe while attending Ronnie Adler's (Walk4Hearing) wedding in New York. At that time she was just starting out on her rabbinical career. Both the rabbi and the wedding were spectacular.

Rabbi Dubowe was recently the subject of a syndicated article that appeared in the Buffalo News and the

Washington Post on December 15, 2013. The article about the rabbi and her family demonstrates how someone with talent manages to traverse three communities-- people with a hearing loss (Rabbi Dubowe has a cochlear implant and can hear speech now), the deaf community, and the hearing community. She is an excellent example of how we negotiate life with a hearing loss of any degree.

YOU CAN'T REMEMBER WHAT YOU DID NOT HEAR – ALZHEIMER'S DISEASE OR HEARING LOSS?

By Carrie Morabito, Au.D.

The numerous characteristics that are shared by both those suffering from Alzheimer's and Hearing Loss are astounding. Even more shocking may be the fact that people have been misdiagnosed with a more severe case of Alzheimer's disease than they truly had, simply because of a lack of a diagnosis and treatment for their hearing loss.

The characteristics both maladies may exhibit include:

Depression	Defensiveness
Inappropriate responses	Distrust
Anxiety	Negativity
Difficulty recalling info	Denial

Tests of cognitive function rely on the person's ability to follow verbal directions. When an individual has hearing loss, their ability to understand speech clearly is impaired. Thus, there is an increased likelihood that the patient's responses may be altered and therefore their diagnosis.

When hearing aids are prescribed for those with HL, with or without accompanying Alzheimer's, the characteristics listed above have lessened. Yet, despite the fact that hearing aids can help to improve an individual's quality of life, only 1 out of 5 people with hearing loss wear hearing aids.

The misconceptions surrounding hearing loss, its diagnosis, and treatment have remained in the Ice Age. Even our primary care physicians are under-informed about the negative consequences of hearing loss, the treatment options, and evaluation recommendations.

(continued on page 10)

ALZHEIMER'S OR HEARING LOSS (continued)

Did you know that:

--Less than half of physicians recommend hearing evaluations;

--Less than 25% of physicians counsel their patients on possible causes of hearing loss or treatment options;

--Hearing evaluations are recommended once a year for people age 45 and older;

--The longer you wait to correct your hearing loss the less likely hearing aids may help you to hear the way you would like.

Advocate for your own hearing health care and hear life!

MARDI GRAS

(submitted by Esther Brill; info from Wikipedia)

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, when Lent begins.

Why does Mardi Gras fall on different dates each year?

The date of Mardi Gras changes every year (**it is March 4, 2014**) 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.

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. (*Editor Note: These are also the colors of HLAA!*)

Why are masks worn?

By law, float riders must always have a mask on. On Fat Tuesday, masking is legal for everyone else, and the elaborate masks that some wear add to the fun.

How long have "throws" been around?

The tradition of float riders throwing trinkets to the crowds began in the 1870s, and still continues today. Typical throws include beads, cups, doubloons, and stuffed animals.

VOLUME OF TV COMMERCIALS

By Ginger Graham



The law to bring down the volume on commercials is now in effect. The Commercial Advertisement Loudness Mitigation (CALM) Act began Dec. 13, 2013. The FCC rule requires TV commercials to have the same average volume level as the programs on which they appear.

However, the FCC is relying on viewers to help enforce the rule, so if you think a broadcast or cable channel is in violation, you can file a complaint at www.fcc.gov/complaints. Click on the "Loud Commercials" button and you'll be directed to the form. You can also contact the TV station, programming network or advertiser. Be sure to include specifics, such as the name of the advertiser, date, time, program, and network.

(excerpts from AARP Bulletin, April 2013; and TV Guide Jan. 6-12, 2014)



The 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
Writer	Janet McKenna
Research assistant	Ginny Koenig

AIRPORT SCREENING TIPS

(excerpt from Hart Hearing Centers Newsletter, May 2013)

If the screening process is unclear to you, ask the Security Officer to write down the information. Inform him/her of your disability and the best way in which you can communicate. TSA Security Officers are trained to provide whatever assistance they can to persons with hearing disabilities.

According to Audiologists and Otolaryngologists, hearing devices such as hearing aids, cochlear implants, external components of CIs, and middle ear implants are **not** affected by X-ray inspection, the walk-through metal detector, or the hand-held metal detector. It is best if you wear your hearing device while going through the metal detector in order to hear instructions.

If you're concerned with going through the walk-through metal detector, or are uneasy with having the external component of your CI X-rayed, you can ask for a full body pat-down of your person, and a visual and physical inspection of the exterior component while it remains on your body. Happy flying! steve@hartheating.com

MEMORIAL SERVICE FOR MEREDITH

The roads were dry with not much snow or wind on Sunday, January 5th, for the service of the Celebration of Life for **Meredith Low**. Eulogies were presented by four of her close friends, including our own **Sue Miller**.

Meredith's husband, **Stuart**, arranged to have a lovely and fitting service to honor his adored wife. He asked **Don Bataille** to loop the Social Hall at Temple Sinai, **Bruce and Candi Nelson** to arrange for the service to be captioned, and **Art Maurer** to take photos. How thoughtful of Stuart to make sure the service was totally hearing accessible. And how incredibly kind that he requested that all donations be sent to our chapter. Please remember to keep Stuart in your prayers.

...and finally, we'll remember **Meredith** as one in a million. We'll miss her enthusiastic energy, her exciting ideas, her bright personality, and her infectious smile. She has truly left this world a better place. How blessed we've all been to be a part of her life.

BE SURE TO USE 1.45 VOLT BATTERIES

By Joe Kozelsky

Recently the hearing aid batteries companies eliminated all traces of mercury from their batteries. This has resulted in a decrease in voltage which, in turn, has created problems for the very delicate balance of electronics contained in some of the newer technology HA's. Sometimes the hearing aids will act up by shutting down and then starting up or chiming every so often. Sometimes this happens in one aid only. I don't know why it is one, and not the other. Perhaps this is because one may be turned up a little higher than the other, drawing a little more current from the battery.

It is surprising how important five-hundredths of a volt can be! So, if you're experiencing any issues with your hearing aids acting up like that, check the voltage ratings of your batteries. They may be rated as 1.4 volts. Frequently, batteries from chain stores have the lower voltage ratings. The voltage rating should be posted somewhere on the package.

If you have trouble locating 1.45 volt batteries, contact your Audiologist.

THOUGHT FOR THE DAY

"Every person needs to take one day away! A day in which one consciously separates the past from the future...A day away in which no problems are confronted; no solutions searched for."

(Maya Angelou)

Grateful thanks to Carmen Coleman and Sue Miller for their special writing contributions in this Newsletter.

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

Small enough to serve you *best.*



Joe Kozelsky, M.S., Audiologist
Joan Mullings, Au.D. Audiologist
Peggy Driscoll, Receptionist



From left to right:
Peggy, Joe, Joan

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HLAA Membership Information

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

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Newsletter

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

MEMBERSHIP APPLICATION – ROCHESTER CHAPTER

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

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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 200 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 House. Parking is available at the George Eastman House, if needed.

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

(This phone number is only to request an Interpreter.)

Entrance to the meeting room is via the rear door next to the fence.

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