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### DECEMBER Calendar

#### **Tues., Dec. 6th – 11:00 am Daytime meeting**

Holiday party--lunch, games, and music.

**7:00 pm** - Refreshments and Social Time

**7:30 pm – Evening meeting.**

St. Paul's Episcopal Church, East Ave. and Westminster Road across from George Eastman House; enter thru rear door.

#### **Tues., Dec. 13th—Board of Directors**

7:30 pm – Justin Vigdor Room, Al Sigl Center

**Wed., Dec. 28th** – between Noon & 3pm –

RWC movie, Loew's Webster. Check theatre for movie & exact time; then social time.

### **SAVE THESE FUTURE DATES**

**Tues, Jan. 17<sup>th</sup> – PAC** --7pm -J.Vigdor Room, ASC

**Wed., Jan. 25<sup>th</sup>** – between Noon & 3pm – Rear Window Captioned movie, Loew's Webster

**Sunday, May 6<sup>th</sup>**-Walk4Hearing, Perinton Park

**Tues., May 22<sup>nd</sup>** – Annual Chapter Dinner & Awards

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**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 December**

Daytime Meeting – C. Kellner, J. Kohler, S. Miller, C. Nelson, B. Sickmond, A. Suffredini, M. Sutliff  
Evening Meeting –Mary Ellen Tait, Barb Law  
Board of Directors – Barb Law

### **WELCOME ALL NEWCOMERS TO HLAA!**



### **DECEMBER PROGRAMS**

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

#### **Tuesday, Dec. 6th – Daytime Meeting – 11:00 am**

#### **HOLIDAY LUNCHEON AND PARTY**

Don't worry about hearing loss on December 6th. We're celebrating the holidays differently this year with fun, food, music and games for chapter members at the daytime HLAA/Rochester meeting. No need to brownbag—a light sandwich luncheon is provided for everyone. Entertainment is by long-time chapter member, Al Saia, on piano and John Braun on guitar. **Marlene Sutliff and Bob Sickmond** are in charge of the arrangements.

We'll play HLAA Bingo for prizes. The person who completely fills in his/her Bingo card wins a fabulous "Mary Chizuk" gift basket.

Lighten up for the daytime holiday luncheon party.

#### **Tuesday, Dec. 6<sup>th</sup> – Evening Meeting – 7:00 pm**

#### **"EASY ENTERTAINING FOR HARD OF HEARING HOSTS"** – Meredith Low

"Entertaining at home is so much easier than meeting friends at a noisy restaurant," says Meredith. Why?

(continued on next page)

**Dec. 6<sup>th</sup> – Evening Meeting – 7:00 pm** (continued)

The hard of hearing host(ess) is in control of the guest list, seating arrangements, and placement of the dining table to suit his/her hearing needs best.

Especially with Thanksgiving and year-end holidays approaching, you can enjoy socializing while setting the scene. Meredith advises on the menu—non-crunchy foods—not playing music, and specifying the time of day when you're at your best along with other techniques to maximize your enjoyment and social interaction.

Chapter member, **Meredith Low**, is a social worker who has counseled hearing, hard of hearing and deaf clients. She recently embarked on a new career as a free-lance writer.

**HLAA/Rochester's Holiday Good Deed**

**Both** daytime **and** evening meetings feature a Holiday gift box of personal care items destined for homeless people at the Open Door Mission in Rochester.

**What can you contribute?**

Any of the following (and things we haven't thought of) would be appreciated:

Shampoo, conditioner, hair spray, comb/brush, soap, deodorant, feminine sanitary items, mittens/gloves, scarf, socks, single pack tissues, toothpaste/toothbrush, shaving cream, talcum powder, etc. etc.

**No need to wrap your gift!**

Thank you in advance for your generosity.

*HLAA-Rochester chapter meetings are held in the Vestry Room at St. Paul's Episcopal Church, East Ave. at Westminster Road, across from George Eastman House. All programs are audio looped & captioned. Those needing a sign language interpreter should contact Linda Siple at 585 475 6712, a week in advance.*

*The Hearing Loss Association is a nationwide organization dedicated to advocacy, education and support for people with hearing loss. For more information visit [www.hlaa-rochester-nv.org](http://www.hlaa-rochester-nv.org) or, telephone 585 266 7890.*

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

**CAPTIONED CHAPTER MEETINGS**

*By Ginger Graham*

Sorenson Corp. is providing remote captions for our Day and Evening chapter meetings! This will run from September thru June, 2012 (at a cost of about \$3,000 to Sorenson Corp.)

**Tim Whitcher and Bruce Nelson have worked hard to get this new captioning system up and running at meetings.**

**JEWISH HUMOR – What I learned in Hebrew School**  
(Submitted by Michelle Gross)

(Written by children and has not been retouched or corrected, i.e., incorrect spelling has been left in.)



- The First Commandment was when Eve told Adam to eat the apple.
- The Seventh Commandment is: "Thou shalt not admit adultery."
- Moses died before he ever reached Canada.
- Then Joshua led the Hebrews in the battle of Geritol.
- Most religions teach us to have only one spouse. This is called monotony.
- Solomon, one of David's sons, had 300 wives and 700 porcupines.

**for your donation to HLAA:**

Donation above Membership Dues: P. Allen, G. Behm, J. Brown, J. Burg, A. Cannarozzo, B. Perkins-Carpenter, Ph.D., L. Chaba, D. Clair, D. Cushing, J. D'Ambrose, M. Davis, F. England, J. Ewing, A. Fitelson, B. Fox, R. Frisina, Sr., G. Graham, N. Graver, M. Hargrave, H. Hood, Rabbi R. Kanter, V. Koenig, J. Kohler, M. Kramer, B. Law, J. Lazerooff, J. Littwitz, J. McNamara, J. Metcalf, S. Miller, E. Mitchell, C. Mori, S. Potter, C. Quenin, E. Sigfried, L. Siple, E. Sulewski, T. Sullivan, M.E. Tait, J. Termotto, V. Thayer, C. Treat, C. M. VanNess, J. Vazzana, Esq.

Donation via Steve Hart Marathon: N. Agacinski, M. Austin, R. Buckpitt, J. Costello, B. Coughlin, J. Cristantello, L. Guck, W. T. Harder, E. Hart, S. Hart, S. Hendrick, M. Karim, E. Kastner, B. Marche', S. Merrill, S. Miller, C. Newell, S. Newman, A. Taylor, Vertetec of NY, Inc., P. White, E. and L. Zicari  
(Earlier donations to the Marathon were acknowledged in previous Newsletters. Donations to the Marathon are earmarked for Rochester HLAA Scholarships.)

## PROGRESS AGAINST AGE-RELATED HEARING LOSS *(from Hearing Health Mag., Spring 2011)*

Presbycusis (age-related hearing loss) is one of the most common chronic conditions in the elderly. The Dept. of Health and Human Services estimates that it will affect 28 million Americans by 2030. Two recent studies show advances against the condition.

One study reveals a link between low levels of **folic acid** and hearing loss in the elderly. The research included face-to-face interviews with 126 Nigerian men and women who were over 60 years old and had no known medical conditions at the time the data was collected. Findings were conclusive: Low serum levels of folate were significantly associated with high-frequency hearing loss in the elderly.

Rich food sources of **folic acid** include leafy vegetables like spinach and asparagus, legumes like beans and lentils, and fortified breakfast cereals.

Research has already demonstrated that severely restricting calories can slow several age-related disorders in mice, including Presbycusis. But it's still unclear exactly why. Now, for the first time in mammals, a study has isolated a key player in the process: a protein called Sirt3. Researchers from the Universities of Florida and Wisconsin found that when Sirt3 is removed from mice, caloric restriction loses its anti-aging powers.

The findings were reported Nov. 2010 in the journal, Cell. The effects seen in the ear were also noted in brain and liver tissue, indicating that Sirt3 may play a role beyond the realm of hearing health.

## HOLIDAY GIFT IDEAS

### Useful Gift Ideas

- 1 Smoke and carbon monoxide detectors
- 2 Fire extinguishers (appropriate to the area)
- 3 Foldable second-story ladders
- 4 Disaster kits for home, vehicle, and pets
- 5 Weather and disaster radios
- 6 Dry and Store Kits for hearing aids
- 7 Choose toys that have volume controls

### About HLAA

The Hearing Loss Association of America (HLAA), founded in 1979, opens the world of communication to people with hearing loss through information, education, advocacy and support. HLAA publishes the bimonthly Hearing Loss Magazine, holds annual conventions, a Walk4Hearing, and more. Check out <http://www.hearingloss.org/>. HLAA has chapters and state organizations across the country.

### RBTL LIVE THEATRE--- CAPTIONED!



Sunday, December 4th at 1:00 pm –

**“Billy Elliott”**

**Note early start time.**

Sunday, February 5<sup>th</sup> at 2:00 pm

**“Shrek”**

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

### **BUY YOUR CHRISTMAS TREE FROM TROOP 31**

*(by Laura Chaba)*

Boy Scout Troop 31 has been volunteering and offering their manpower to support our Walk4Hearing each year. They have been an invaluable help. Now it's our turn to “pay it forward.” For many years, the troop has sold high quality trees, wreaths and boughs to support summer camp opportunities and programming for the boys. Won't you consider buying your tree from them this year? They have sizes from table trees, apartment size, high ceiling, and several varieties as well.

**Where:** Corner of East Ave and Meigs St. (in the Third Presbyterian Church parking lot)

**When:** Everyday from November 25 til December 24<sup>th</sup>. Cash or checks only.

### **MARINE CORP MARATHON**

*By Steve Hart*

I completed the Marathon on Oct. 30<sup>th</sup> in 4 hours & 2 minutes. It was a beautiful day for the race in Washington, DC, and the Marines did a fantastic job organizing and carrying out the race. My favorite part was at the finish... when a Marine placed the finishing medal around my neck, shook my hand and said “Congratulations, Sir.” Thank you all who contributed and supported me for this race. **I raised \$3,100 for the HLAA Scholarship Fund.**

## IF YOU MOVE

Please don't forget to let **Barb Gates**, at 28 Country Gables Circle, Rochester, NY 14606, or, via email at [Cdgbg28@aol.com](mailto:Cdgbg28@aol.com) know even if your change of address is a temporary one. HLAA is charged for each piece of returned mail, which the post office won't forward.

## NEWS OF CHAPTER MEMBERS

**HAPPY BIRTHDAY** to **Vern Thayer**, who is 95 years young December 4<sup>th</sup>. And, he still enjoys tennis! In addition, Vern is the oldest person in the country doing Apheresis blood donations. Congratulations, Vern !

**Ginny Koenig** had hip replacement surgery and is home now. Once she fully recovers, Ginny will have knee replacement surgery! She sends thanks for your cards, and dinners being provided! (p.s. So does Ray!)

## PARENTS COLUMN

*By Katy Kuczek*

(Will return next month.)

## LEADERS COLUMN

*By Don Bataille*



What I learned from Apple.... and my parents. Apple's latest iPhone release, the i4s, hit the stores with long lines and high expectations. The excitement was high with all night camp outs. Anticipation overflowed from sidewalk conversations with expectations beyond

belief. But various news agencies reported disappointment; the new iPhone release did not meet technological expectations. Oh my!

Sound familiar? I think most of us approach the holidays with high expectations, anticipating joyous holiday gatherings, engaging conversations, and catching up with family and friends. Too often, disappointment is in the air because of unrealistic expectations. Holiday expectations and realistic expectations do not often occur side by side.

Our family is spread out over several states and when we gather for the holidays my expectations are high. My Dad used a simple but creative tactic that I am now beginning to appreciate. He would say something like, "I want to show you something," and we would go to

another part of the house (usually his wood shop) to talk and just catch up on things. We were able to talk without other interfering conversations and were enabled to engage in dialogue about whatever came into our minds! He made our family gatherings work for him.

A tactic that my Mom liked to use was to start a (difficult) jigsaw puzzle. It is interesting how family and friends of all ages would sit and talk while looking for puzzle pieces, sometimes over a 2- or 3-day period. Occasionally there would be a loud "hurray, I found one" followed by a few cheers, but puzzle time provided quality conversation time and a chance to catch up with each other. And we always finished the puzzle-- a realistic holiday expectation!

Some good lessons learned. Keep your expectations realistic and try some creative communication tactics that work for you...and check out the new smart phones, they continue to exceed my expectations!

P.S. A footnote --Why I like Winter.

The more I talk to HLAA chapter members, the more I realize how varied our experiences and backgrounds are. We share many commonalities and sometimes I think we all like winter, sometimes not. When I hear, "ugh, winter!"... I wonder where did that come from? I like winter and look forward to sitting down with a good book and watching it snow-- beautiful and calming after a stressful hearing day. I like walking outside after a fresh snow fall and feeling the snow crunching (it only crunches when it is really, really, really, cold out there!) beneath my feet (no longer hear the crunching pitch but remember the sound and imagine it with each step) . I like to cook, simple hearty stuff that fills the air with rich aromas and lingering memories. Those are some of the things I like about winter.

**Our family wishes everyone a Happy Holiday Season and a Happy New Year!**

## NEWS FROM NATIONAL

*(from Brenda Battat, Executive Director, Bethesda, MD)*

HLAA has contracted with American Hearing Benefits (AHB) to offer significant discounts on various hearing aids and styles. For complete description of this new program, visit [Member Benefits](http://www.hearingloss.org) on our website. [www.hearingloss.org](http://www.hearingloss.org).



## CONDOLENCES

**Donald VanAuken**, long-time President of HLAA-Western NY Chapter (Buffalo), passed away August 12<sup>th</sup>. He was President over 25 years. Some thoughts from HLAA friends:

“Our chapter members were so saddened to learn about Don’s passing. I cannot imagine how much he’ll be missed by all of you. Don was indeed the driving force that was so instrumental in making the Greater Buffalo area more hearing friendly.”

Warmest regards, **Sue Miller**

“Don was a loyal HLAA (formerly SHHH) member and faithful leader of our Western NY Chapter. We will miss him and send our best wishes to his family.”

**Elizabeth LeBarron**, HLAA, Bethesda, MD

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*(Following articles from RIT/NTID News -  
submitted by Mary Ellen Tait)*

## LIFE OF DEAF MIXED MARTIAL ARTIST MATT HAMILL PREMIERES

Professional mixed martial artist Matt “The Hammer” Hamill is known for being the only deaf professional fighter in the history of the sport, and his story made its premiere on the big screen on October 27 in nearly 100 cities across the country.

The biopic film *The Hammer* is a critically acclaimed account of Hamill’s life. Hamill, who was born deaf, was signed by the Ultimate Fighting Championship after appearing on the third season of the popular reality TV show *The Ultimate Fighter*.

The film, which was mostly shot in Rochester, focuses on his struggles during his early years and follows his journey to NTID, where he won three national wrestling titles. It also captures his mixed martial arts career and his rise to fame. Hamill announced his retirement from the UFC at the end of this year.

For more information, including a list of screenings and the official trailer, go to [www.thehammerfilm.com](http://www.thehammerfilm.com).

To view a video inspired by the movie, written and performed by Sean Forbes (another RIT/NTID alumnus), go to <http://www.youtube.com/watch?v=JyhNz6GNbFQ&feature=youtu.be>. A free .mp3 download of the video is available through <http://www.deafandloud.com>.

*(Ed. Note: This movie was shown in Open Captions at AMC Loew’s Webster, the first part of November; not just one special showing but for a full week!!)*

## NTID THEATRE HAS FM SYSTEM

NTID would like to make sure HLAA members know that the Panara Theater at RIT is equipped with a state-of-the-art **FM assistive listening system**. It functions by using the T-coil feature on your hearing aid or cochlear implant. The system is available for use at all events held in the Panara Theater. Hearing aid and cochlear implant users wishing to take advantage of the assistive listening system should request a receiver with a neck loop at the Box Office. Others wishing to use the system should request a receiver and headset.

### Upcoming performances include:

- Peter Cook and Keith Wann, January 13-14
- "Off the Wall--RIT/NTID Dance Co.," February 9-12
- "Silent Laughter," May 10-13

Information about purchasing tickets can be found at:

[http://www.rit.edu/ntid/dccs/performingarts/box\\_office](http://www.rit.edu/ntid/dccs/performingarts/box_office).

## FREE APP FOR YOUR ANDROID POWERED DEVICE

Speak, listen and read your phone conversations wirelessly! Wireless CapTel® by Sprint® is a free app for individuals with hearing loss to place captioned calls on select Android-powered devices with OS 2.2 or higher. Wireless CapTel by Sprint delivers word-for-word captions of everything your caller says, while listening and speaking directly to your caller! App features include:

- Integrated contact list
- Call history
- Font size/color modifications
- Built-in voicemail

See [www.sprintcapitel.com](http://www.sprintcapitel.com) for details.

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## REAR WINDOW CAPTIONED MOVIES

RWC movies have been at AMC Loew’s Webster for several years, and our chapter has had a “social outing” on the 3rd Wed. of each month. **THE DATE HAS CHANGED...TO THE 4th WED. OF EACH MONTH.**

Time remains the same. The upcoming dates will be WED., between Noon and 2:30pm: Dec.28, Jan.25th. And, into the new year. Since the D&C now lists movies only in their “Weekend Section” on Thursdays, check these websites for movie and time:

[www.fandango.com](http://www.fandango.com); [www.captionfish.com](http://www.captionfish.com); [www.fomdi.com](http://www.fomdi.com). Or, email [Ginger](mailto:Ginger) and get on her monthly email list to receive updated movie information. [Graham859@frontiernet.net](mailto:Graham859@frontiernet.net).

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“Good company in a journey makes the way to seem the shorter.” -- Izaak Walton

## COMMITTEES LOOKING FOR MEMBERS

### Education & Outreach – By Barb Gates

We have several subcommittees that are interesting: Captioning of TV and Movies; Presentations, where members speak to groups who request a presentation on hearing loss; Courts – access for people with hearing loss; Libraries – working with local libraries to ensure they are meeting the needs of the HOH and deaf communities including arranging for them to receive the Hearing Loss Magazine, etc; Distributing HLAA brochures in standup holders to specific locations, and working with the Health Care committee.

We meet once a month and would love to have you join us. Contact me at [cdgblg28@aol.com](mailto:cdgblg28@aol.com).

### Health Care Committee – By Trish Prosser

Mission is to gather current info on hearing health issues. Distribute, inform, and educate Rochester chapter members and the greater Rochester community.

Current topics: Changes in health care insurance coverage; Provide volunteer services at Health Fairs (greet public and answer questions); National Office – address health care as an issue/no longer referred to as a disability, as well as designing a new brochure addressing inpatient hospital stays for those with a hearing loss, Newborn health screening & follow-up, etc.

We meet once a month. Lots of interesting topics that change occasionally. We're a small group and would welcome you to join us.

Contact me at [Ppross240@aol.com](mailto:Ppross240@aol.com).

## NATIONAL CONVENTION, PROVIDENCE, RI

The HLAA National Convention will be in Providence **June 21 – 24, 2012**. It will be held at the award winning Rhode Island Convention Center (RICC) conveniently located in the heart of downtown at 1 Sabin St (02903), and it is connected via Skybridge to the Westin Providence Hotel, One Exchange St. (02903). Registration and reservations will open soon!

## NEWS FROM NATIONAL - WEBINARS

*(from Elizabeth LeBarron, Bethesda, MD)*

December 8<sup>th</sup> at 7:00pm – EST

### Basic Acoustics and Electronics (Brad Ingrao)

This webinar describes the basics of both acoustics and electronics as they relate to HL and hearing technology.

## WEBINARS (continued)

January 10<sup>th</sup> at 7:00 pm - EST

### Limitations of Ear-Level Technology (Brad Ingrao)

This webinar reviews what factors will decrease your hearing device effectiveness and how to overcome them.

February 16<sup>th</sup> at 7:00 pm – EST

### Technology in the Workplace (Esther Kelly)

Do you use multi-line phones at work? Learn “outside the box” solutions to difficulties for people with HL. She will cover up to ten workplace situations and offer solutions, including creative ways to use FM systems to interact with co-workers and students.

For more info & to register, go to: [www.hearingloss.org](http://www.hearingloss.org).

## Subjects of Jan. 3rd Chapter Meetings

**Daytime Meeting:** “How Our Brain Processes Hearing and Information” – Dr. Shayna Takar, Strong Aud.Dept

**Evening Meeting:** “How can Airport/Airlines Become More Accessible?” – Airport Manager/Rep. from Airlines

## WEBSITES OF INTEREST:

Our Chapter website is: [www.hlaa-rochester-ny.org](http://www.hlaa-rochester-ny.org).

(Following submitted by Janet McKenna)

For info on installing Induction Loops in your house of worship. Go to: [www.firstuunf.org](http://www.firstuunf.org). The First Unitarian Universalist Church in Niagara Falls looped its sanctuary in 2004 after consulting with our own chapter members, **Pat Irr** and **Joan Ewing**.

(Following submitted by Al Suffredini)

“Canine Companions for Independence” – National non-profit organization provides guide dogs, including hearing service dogs, free of charge to people with disabilities other than blindness. Go to: [www.cci.org/site/c.cdKGIRNqEmG/b.3978475/k.3F1C/Canine\\_Companions\\_for\\_Independence.htm](http://www.cci.org/site/c.cdKGIRNqEmG/b.3978475/k.3F1C/Canine_Companions_for_Independence.htm). –or- [www.cci.org/site/c.cdKGIRNqEmG/b.4011125/k.830C/Hearing\\_Dogs.htm](http://www.cci.org/site/c.cdKGIRNqEmG/b.4011125/k.830C/Hearing_Dogs.htm). (continued on next page)

## WEBSITES OF INTEREST (continued)

(Following submitted by Don Bataille)

Info about deafness and hearing loss, including the definitions of these conditions under the “Individuals with Disabilities Education Act” (IDEA), their frequency in the general population, characteristics and the education implications for students. Go to: <http://nichcy.org/disability/specific/hearingloss>. For the PDF version, <http://nichcy.org/wp-content/uploads/docs/fs3.pdf>.

To prepare for Emergencies:

**Assemble an emergency supply kit.** Go to: [www.ready.gov/america/getakit/index.html](http://www.ready.gov/america/getakit/index.html).

**Create a family emergency plan.** Go to: [www.ready.gov/america/makeaplan/index.html](http://www.ready.gov/america/makeaplan/index.html).

**Have info about the emergency at hand.** Go to: [www.ready.gov/america/beinformed/index.html](http://www.ready.gov/america/beinformed/index.html).

**For people with disabilities.** Go to: [www.ready.gov/america/getakit/disabled.html](http://www.ready.gov/america/getakit/disabled.html).

**For pet owners.** Go to: [www.ready.gov/america/getakit/pets.html](http://www.ready.gov/america/getakit/pets.html).



## HLAA PROFESSIONAL ADVISORS

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 are new PAC members.

**Paul D. Allen, Ph.D.,** is a research assistant professor in the Department of Neurobiology and Anatomy at U of R School of Medicine and Dentistry. Originally from Australia, he came to Rochester in 2000 for post-doctoral study on the Neural Basis of Age-Related Hearing Loss. His academic publications explore the changes with age and with hearing loss that occur in our ability to process the temporal structure of sounds and their locations in space. In 2008, Dr. Allen joined the Center for Navigation and Communications Sciences (CNCS), funded by the National Institute on Deafness and Communications Disorders (NIDCD). As co-Director for the CNCS Human Subjects Core, he recruits volunteers from the community who are interested in participating in research on hearing and hearing loss.

**Nancy J. Carr** has been the Program Coordinator for the Deaf/ASL Education and Vision/Orientation & Mobility Department of Monroe #1 BOCES for over 15 years. She began as a teacher of American Sign Language, rising to various supervisory roles. Earlier, she was associated with NTID/RIT and worked in the community as a teacher of the Deaf/Hard of Hearing and as a Sign Language interpreter. She enjoys spending time with her family and grandchildren.

The other new PAC members will be written up in future Newsletters.

### We Welcome All Donations

Please make your check payable to: HLAA-Rochester  
*HLAA is a 501©(3) organization.*

Mail to: Mr. Don Bataille, HLAA Board President,  
8 Springwood Lane, Pittsford, NY 14534.

*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.

## DID YOU KNOW.....

**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. Flu is not just a bad cold. It kills people. A flu shot cannot cause the flu; it’s from a killed virus! Everyone needs a flu shot; not just sickly people. For more info, go to: [www.cdc.gov/flu](http://www.cdc.gov/flu).

“By 2013, there will be 120 million iPADS and 50 million more iPHONES.” October, 2011 - Architectural Products Magazine (from Don Bataille)

### Newsletter Deadline

**Wednesday, November 30<sup>th</sup>**  
**(for the JANUARY Newsletter)**

**Email:** [ggraham859@frontiernet.net](mailto:ggraham859@frontiernet.net)

“We all have our own life to pursue, our own kind of dream to be weaving, and we all have the power to make wishes come true, as long as we keep believing.”

*Louisa May Alcott (1832-1888)*

## JUST FLASH YOUR HLAA MEMBERSHIP CARD

(from HLAA National, 9/14/2011; Lise Hamlin)

**Mobile Phones:** Are you considering a text-only mobile phone plan for people with hearing loss? If you choose AT&T or Verizon, you can use your HLAA Membership Card to provide proof of eligibility.

AT&T and Verizon offer wireless phone plans to people with hearing loss that may include data, text, video messaging, and/or IM, but charge for voice calls by the minute. To qualify, they used to accept only a note from a doctor, audiologist, etc. Now, at the suggestion of HLAA, you can establish eligibility for these plans by showing a membership card from several national organizations for people with HL, including HLAA, as well as the traditional method of seeing a doctor, or audiologist or hearing health care professional.

So, the next time you purchase a TEXT-ONLY plan, you can simply show your HLAA Membership Card.

For more details, go to: [www.wireless.att.com](http://www.wireless.att.com); or, <http://aboutus.vzw.com>.

## SEVEN BATTERY TIPS: How to Make your Batteries Last Longer

—(from [www.hear-it.org](http://www.hear-it.org);

Central VA Newsletter, July 2011 NL)

(submitted by Ginny Koenig)

In its magazine, Auris, the Swedish hearing association HRF gives some tips as to how to get the most out of your batteries.

- Leave the batteries in their packaging until used.
- Store them at room temperature; not in the refrigerator.
- Remove the colored strip when you plan to use them.

This will protect the battery from oxidation.

- Do not put the colored strip back on, as this can damage the battery.

- When not using your HA at night, turn it off and open the battery compartment. This reduces the risk of condensation and preserves the battery's power.

- Do not store batteries in your pocket.

- Do not let batteries come into contact with metal objects.

Zinc-air batteries should be given a minute to "charge up" after the colored strip is removed.

Do not throw batteries away once they've been used. They pollute the environment. Instead, hand them in where they'll be recycled (like, Radio Shack).

(Editor note: Also see the excellent article in our November 2010 Newsletter, p.5, by Michelle Gross)

**We wish everyone a happy holiday season, with peace, love and happiness in the New Year,**

**Sincerely, Ginger, Ginny, Janet and Joan**



## HOLIDAY MADNESS

By Arlene Romoff, *Hearing Loss Magazine*,  
Nov/Dec.2008 (Excerpt)

The holiday season can be very stressful for someone with a hearing loss. With large family groups gathering, laughing and conversing, it's easy to feel left out, isolated, bewildered and sad.

Hearing aids and cochlear implants have limitations in noisy environments like this, so here are a few tips to help make this holiday more enjoyable for everyone!

-Realize that large social groups around a dining room table are one of the most difficult environments for a person with hearing loss. Be kind to yourself and focus on the positive things that you can do.

-Find a favorite friend or relative and move the conversation into a quieter corner.

- Help out in the kitchen where there are usually less people gathered; you'll be doing something rather than just trying to hear.

- When sitting down to dinner, choose a seat that is best for YOU. Put most people on your 'better' side. Seat yourself next to a person you usually have the least difficulty hearing..someone who has the patience to clue you in on what the conversation is about. Try not to sit facing a window because the glare could make it more difficult to see people's faces (and lip read). Ask your hostess to turn off any 'background music.' Put the football game on mute. Remember to be assertive about your needs! Pleasant and polite, but assertive.

-Conversation tips:

Content yourself with speaking with the people on either side of you.

If you start the conversation, they you'll know what the topic is, so it will be easier to follow.

If you miss something, ask only for the part you missed, instead of just saying "what?"

Keep a pleasant attitude; people will want to help you.

-After-dinner strategies:

Volunteer to help in the kitchen (fewer people) but do **not** offer to wash the dishes! Your back is to everyone. Offer to dry dishes or put food away. However, if you want a break from trying to hear everyone, and want to be useful, then offer to wash the dishes!





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 meet the first Tuesday of the  
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^^

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*Newsletter deadline first day of the*  
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*Send articles to:*

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