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November 2011

NOVEMBER Calendar

Tues., Nov. 1st – 11:00 am Daytime meeting

Brown Bag your lunch, then Program at Noon.

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.

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

Tues., Nov. 8th—Board of Directors

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

Wed., Nov. 23rd – between Noon & 3pm –

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

(NEW DATE. See article on page 5.)

SAVE THESE FUTURE DATES

Wed., Dec. 28th – between Noon & 3pm – Rear Window Captioned movie, Loew's Webster

Sunday, May 6th-Walk4Hearing, Perinton Park

Tues., May 22nd – Annual Chapter Dinner

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 November

Daytime Meeting – C. Bradshaw, N. Robertson

Evening Meeting –Don Bataille

Board of Directors – David Hartman

***WELCOME BACK, MEMBERS, and,
WELCOME ALL NEWCOMERS TO HLAA!***



NOVEMBER PROGRAMS

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

Tuesday, Nov. 1st – Daytime Meeting – 11:00 am

“ASK THE AUDIOLOGISTS” –Panel Discussion

A quartet of experienced Rochester-area audiologists assembles for the (approximately) annual HLAA “Ask the Audiologists” panel question and answer session. As with previous hugely popular and informative “Ask the Audiologists” programs, it is completely impromptu and unrehearsed.

Four local audiologists are ready to answer your questions about hearing aids, hearing loss, assistive listening devices, new technological developments, and other things that may puzzle you as a person with hearing loss. If they can't provide immediate answers, they will follow up.

Audiologists on the panel will be:

Stephen Hart—has owned Hart Hearing Centers, with five locations, since 1977. His son, Peter, recently joined the firm as an Audiologist.

Joseph Kozelsky—of Webster Hearing Center, a former Rochester chapter president and recipient of our Annual Chapter Award in 2011.

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Nov. 1st Daytime meeting – 11:00 a.m. (cont.)

Audiologists on the panel (continued):

John McNamara—associated with Ontario Hearing Instruments since 1988.

Carrie Morabito—manager, Advanced Hearing Center, Webster

You are encouraged to come and challenge the panelists with your queries!

Nov. 1st Evening meeting – 7:00 p.m.

**“WHAT CAN HLAA NATIONAL DO FOR YOU?
WHAT CAN YOU DO FOR NATIONAL HLAA? –
Peter Fackler, President, HLAA Board of Trustees**

In 1979, Howard (Rocky) Stone founded the organization Self Help for Hard of Hearing People, now known as Hearing Loss Association of America, to make hearing loss “an issue of national concern.”

Continuing in a line of Rochester chapter members holding national HLAA office, Peter Fackler tells what the national organization does for us in advocacy, education, and support of people with hearing loss. We can also help HLAA promote its mission.

Peter joined the organization’s Board of Trustees in 2007, succeeding to the presidency in 2010. He is a Certified Public Accountant and Chartered Financial Analyst holding degrees from Duke University and the University of Michigan. His career spanned nearly thirty years in higher education.

He is a bilateral Cochlear Implant recipient.

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 audiolooped & 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-ny.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

CaptionCall, a division of Sorenson Corp., are in the process of using Rochester as a test market for a new captioned phone they’ve developed. **Bruce Nelson** has joined this company and is currently installing this new phone in the homes of members. In appreciation for cooperating with this research effort, Sorenson Corp. are willing to provide 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.)

If you’re interested in the CaptionCall phone, contact Bruce at: Bnelson1@rochester.rr.com.

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

LEADERS COLUMN

By Don Bataille



We have all heard the saying “some things never change.” I think this applies to how we think about our hearing aids as well, at least in my case it does. A lot has changed and a lot has not changed since I first started using hearing aids over 15 years ago. There was a time when analog hearing aids were being phased out in favor of “new digital hearing aids.”

Digital aids were introduced with improved sound quality response and numerous program features. My first “real aids” were digital behind-the-ear aids fitted by an audiologist. I say “real aids” because after responding to several national advertisement claims, I did some on-line research and quickly realized the difference a professional fitting can make. But back to “a lot has changed and a lot has not changed.” Our expectations, as hearing aid users, have not changed. We still expect our hearing aids to perform in some very aggressive environments, including wind, rain, sleet, snow (well it is Rochester), temperature swings, high humidity 24/7 (sometimes) as well as a deluge of unwanted sounds interfering with our good hearing. You might agree that our hearing aids have a tough life, but we still expect them to provide near normal hearing. So we pamper them and try to assure they provide a long and useful life (good economics!). However, too often they are out sight and out of mind and sometimes neglected (nothing new there).

An example, my wife and I were in Louisiana a while ago, it was late August and we were experiencing heat and humidity levels that I didn’t know existed! I began having problems

(continued on next page)

LEADERS COLUMN (continued)

with my hearing aids and I was in a state of pre-panic. I was able to contact my audiologist who referred me to a local audiologist's office in Louisiana. The audiologist, with a very friendly and slow Southern drawl, discussed my concerns and resolved my hearing aid problems. And at no charge! (Friendly Southern hospitality has not changed either.) I now travel with a "dry and store" unit and a wide brim hat to protect me from the sun and afternoon rain storms.

Planning helps one respond to change. In this case, I learned firsthand that having a response plan to excessive moisture is important. First, turn off your aid(s) and place it in a "dry and store" unit or in a jar with humidity beads. Then contact your audiologist and follow his/her advice.

Another example of "some things never change" can be seen by the demonstrated volunteerism of our chapter members. Several members stepped in and picked up **GINNY KOENIG's** numerous board and committee jobs (including meeting greeter) while Ginny is recuperating after hip surgery and looking forward to planned knee surgery. Thank you to everyone who is helping out. (Get well soon, Ginny, and hope to see you back at our meetings soon.) The **Technology Committee** took over the responsibility of setting up our chapter meetings with the new captioning program. Fantastic job, and thank you **Bruce Nelson** and **Tim Whitcher** for your numerous test runs and time spent working out the details.

My last example is "know when to ask for help." Our chapter is in need of an Assistant Treasurer. Some spare time and experience with MS Excel is all that is needed to post chapter membership dues and donations on a spreadsheet, then make a bank deposit. Contact our Treasurer, **Pete Fackler**, or me, if you are interested. Happy Thanksgiving everyone, and I look forward to seeing you at our next chapter meeting.

We Welcome All Donations

Please make your check payable to: HLAA-Rochester
HLAA is a 501(c)(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.

THOUGHT FOR TODAY

"The key to life is imagination. If you don't have that, no matter what else you have, it's meaningless."

Jane Stanton Hitchcock

WEBSITES OF INTEREST

Our Chapter website is: www.hlaa-rochester-ny.org.

(Following submitted by Al Suffredini)

Do you know how loud is too loud? You need to know how loud things are around you to protect your hearing. For info on decibel level of everyday sounds, go to: www.nidcd.nih.gov/health/education/decibel/decibel_text.htm.

Hearing Aids & Personal Sound Amplifiers—Know the Difference – from USDA "Consumer Health Information" explains the difference between hearing aids and personal sound amplifiers. Signs of hearing loss are also provided. This link opens a PDF document. www.fda.gov/downloads/ForConsumers/ConsumerUpdates/UCM187224.pdf.

Letter to the Editor re new law that will force out anyone wearing a hearing aid from NYC Police Dept. It also creates a level of hearing acceptable to be an officer of the law. You can access the original article from within the editorial to familiarize yourself with what's going on. www.nytimes.com/2011/06/30/opinion/1web30hearing.html?ref=opinion.

If you cannot get the original story, go to: www.nytimes.com/2011/06/20/nyregion/ny-enforces-ban-on-police-officers-using-hearing-aids.html.

(Following Submitted by Don Bataille)

National Task Force on Healthcare Careers and people who are deaf or hard of hearing, go to: www.rit.edu/ntid/hccd/about. (from Dr. Steve Barnett)



for your donation to HLAA:

In Memory of Pnina Skupsky, from Dave and Barb Law.

(following donations received via Dr. Hart's Marathon)
Sally Bacon, Don & Paula Bataille, Peter Diggins, Paul Farrell, Peter Hart, Steve & Margaret Hart, William Henry, John Herbert, Mary Hollis, Sara Klimasewski, Sue & Scott Miller, Optipro, Rosanne Darling Walter Consulting, LLC; James Tague, Vern & Bing Thayer

United Way. Also, thanks to all who have renewed their membership.

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.

EAR CANDLING

To the Editor of *In Good Health*:

(By Dr. Sarah Klimasewski, Au.D, Hart Hearing Centers)

As a publication endorsing safe and healthy practices, I found it upsetting that "In Good Health" would publish an article on ear candling that contained such misleading and inaccurate information ("**The Low Down on Ear Candling**"). With a little investigative research, it would be easy to find out that the practice of ear candling has absolutely no scientific basis or medical benefit to the ear, sinuses or brain. It was mentioned that the FDA has not approved this procedure, and for good reason: it does nothing of benefit and actually has potential to harm the participant. The providers mentioned in the article may have good intentions, but are unlearned in the area of basic human anatomy, physiology and the laws of physics.

The intact outer ear canal is **not** connected to the sinuses, brain or any other structures mentioned. Also, the act of candling cannot create enough pressure to draw earwax or any other matter from the ear canal; this is physically impossible. The debris present is only the leftover debris from the candle; nothing else. To be told that this is cerumen (earwax) or some other by-product from the ear is deceitful.

The human body is a miraculous thing and the ear is no exception. In most cases, earwax works itself out of the ear without help. In cases that the earwax is impacted, treatment should be sought from a medical professional. Any other concerns with pain, pressure in the ear and/or sinuses should also be treated by a medical professional, not an esthetician or masseuse.

RBTL LIVE THEATRE--- CAPTIONED!



Sunday, December 4th at **1:00 pm** –
"Billy Elliott"
Note early start time.

Tickets become available 6 weeks in advance of each show. Request seats in "open captions" viewing section. Call 222-5000; email, info@rbtl.org.

WHERE HAVE ALL THE HUMANS GONE?

By Michelle Gross

Have you been frustrated by calling a company, gov't agency, etc and had to deal with the never ending menus? Not being able to reach a "human" is particularly maddening when using the relay/captioned phone service. These sites list suggestions for bypassing "menus." Companies do change the way they do things so these methods may not always work, but it's worth a try!

<http://www.dialahuman.com/>
<http://gethuman.com/customer-service.html>

DID YOU KNOW.....

When family and friends visit during the holiday season.....

The **Planetarium** has an Induction Loop for people who wear a hearing aid with a tele-coil (T-switch). It is advisable to mention at the box office that you will be using the Induction Loop system---so they can turn it on!



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.

"If you judge people, you have no time to love them."
 Mother Teresa

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 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 ON CHAPTER MEMBERS

Ginny Koenig had hip replacement surgery and is recovering nicely. She expects to be home from the Fairport Baptist Home by the time you read this. She sends thanks for your cards, and dinners being provided! (p.s. So does Ray!)

PARENTS COLUMN

By Katy Kuczek



Transition Tips

Our children are back in school, and hopefully the transition has gone well for your child(ren). Even if things are going smoothly, it's important to check in periodically with your child's teacher/teaching team. You want to make sure your child is keeping up and that his/her IEP or 504 plan is being implemented.

Some other things to consider:

-Has the classroom been evaluated for optimum acoustics? Does your child have preferential seating at the front of the classroom? Is your child seated away from the door and other noise sources? Are there tennis balls on the feet of desks and stools to eliminate additional background noise?

-Often overlooked are socialization skills. Provide her with opportunities to socialize with other children with hearing loss in or outside of school.

-Beyond his special needs, encourage participation in other activities, to continue to build his social skills. Whatever his interests (sports, music, art) give him additional opportunities to make new friends and bolster his self-esteem.

-Give her some downtime when she gets home from school. The experts say it takes so much more effort for the child with hearing loss to keep up in school. She will need a break from the auditory stimulation of the day.

-As she grows older and matures, encourage your child to be a self-advocate. My daughter attended her first IEP meeting in the Spring (she was in 6th grade at the time), and it was a very positive experience for her. It gave her a voice, as she was asked for input into her services.

If your child has hearing loss, please consider joining our Parents group at HLAA. Contact: kkuczek@rochester.rr.com for more information.

THOUGHT FOR THE DAY

"A woman is like a Tea Bag...you never know how strong she is until she gets into hot water."

Eleanor Roosevelt

HUMOR

"Pickles" by Brian Crane

OPAL speaks: If you could change one decision you've made in your life, Earl, what would it be?

Keeping in mind that it might change everything else in your life...you might be wealthy, or married to a super-model, or living in Tahiti.

So...Earl...what decision would you change?

EARL replies: Putting a new battery in my hearing aid this morning.

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 IS CHANGING...TO THE 4th WED. OF EACH MONTH.**

Time remains the same. The upcoming dates will be WED., between Noon and 2:30pm: Oct. 26, Nov. 23, Dec.28. 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; www.captionfish.com; www.fomdi.com. Or, email Ginger and get on her monthly email list to receive updated movie information. Ggraham859@frontiernet.net.

"Friendship is a sheltering tree."

Samuel Taylor Coleridge

NO-BLUFF PLEDGE

From Santa Barbara, CA Newsletter, March 2011;
(Submitted by Ginny Koenig)

In my life, I will not bluff!
I will not pretend to understand when I do not!
Instead, I will do all that it takes to engage,
interact, and communicate.

(From Gael Hannan's webinar, "The Masks of Hearing Loss (Bluffing 101)" 2-24-2011)

DID YOU KNOW?



You can get credit (for Income Tax purposes) for donating used hearing aids to the Finger Lakes Regional

Lions Hearing Foundation. Contact Arthur Elliott, 7134 Valentown Road, Victor, NY 14564; phone: (585) 924-2875. Request a receipt.

IMPROVING HEARING ACCESSIBILITY IN HOUSES OF WORSHIP

By Michelle Gross, and Barb Law
(originally published February 2010)

Note: Parts of this article are taken from “Hearing Accessibility Handbook, A Guide for Houses of Worship” – Rochester Chapter HLAA

Hearing loss affects people of all ages and knows no religious preference. Due to room size, acoustics, and sound levels in houses of worship, people with hearing loss often have a great deal of difficulty in following speech and soon begin to feel lost and isolated. There are steps which can be taken during worship services and social events which will help bring hard of hearing folks closer to the mainstream of worship and fellowship.

Following are a few guidelines which will benefit both hearing and hard of hearing congregants:

- ❖ Always use the microphone. Consistent and proper use of microphones helps the general congregation and those with mild hearing loss. If you are using a lectern-mounted microphone, remember that when you step away, your speech will be greatly diminished to hearing people and lost to congregants with hearing loss. Many people who feel their voice is powerful enough and don't need a microphone, are mistaken.
- ❖ If your place of worship is equipped with an assistive listening system for people with hearing loss (highly recommended), make sure it is connected to the main sound system so that when the main system is used, the assistive system is turned on as well. Ushers and greeters must be aware of the system and of the individuals who may need receivers. People who have not experienced the benefit of personal receivers will be rather passive in trying out equipment that, after all, is not their own, especially if they are unfamiliar with it. If an Induction Loop system is used, many people with hearing loss will be able to use their hearing aids and will not need any other type of receiver.
- ❖ Speak slowly and distinctly and project your voice to the person in the back row. Given the fact that women's and children's voices are softer and at a higher frequency range than men's (and also the range most often affected by hearing loss) women and children should be encouraged to “speak up.”



- ❖ People with hearing loss usually speech-read to help them understand. The standard microphone should NOT be directly in front of the mouth, but close underneath it.

- ❖ Have a small lamp at the lectern to illuminate the speaker's face, when possible.
- ❖ We encourage the use of wireless microphones. Speakers should be careful that it is properly placed just below the mouth. Head mounting with a light boom to keep it near the mouth is even better. They can provide very high quality sound and the volume and tone never change because the microphone is always in the same position relative to the speaker's mouth.

We encourage you to read the entire booklet referenced above for more details. It is also available on our website at: <http://www.hlaa-rochester-ny.org/outreach.htm>.

CAPTIONCALL INTRODUCES A REVOLUTIONARY NEW PHONE

By Bruce Nelson

Sorenson Communications recently introduced CaptionCall® to the Rochester, NY Metro area. It is a new service that will benefit millions of Americans with hearing loss and is for anyone who has difficulty hearing on the telephone.

HLAA-Rochester member **Bruce Nelson** has been named as the local Installer/Trainer for the Western New York region.

Similar to captioned TV, CaptionCall uses innovative voice recognition technology and a transcription service to quickly display written captions of what callers say on a large, easy-to-read screen on your phone. The free, FCC-funded service is delivered through the state-of-the-art CaptionCall telephone, which works like a regular phone. Customers make and receive calls as they always have. All that is required to use CaptionCall is a high-speed internet connection, a standard home phone line, and an ordinary home electrical outlet.

(continued on next page)

CAPTIONCALL (continued)

Users keep their current phone number and their phone service carrier with no increase or fees added to their monthly bill. Text size on the display is adjustable as is the handset and ringer volume. The captioning is provided via a secure connection to the captioning center.

To order your CaptionCall phone, contact Bruce Nelson at 260-9366 or via email at bnelson@captioncall.com. You may also ask to be contacted via the "Request Info" link at www.captioncall.com.

CELL PHONE SAFETY

(from Woman's Day – April 1, 2011)

Did you read that little slip of paper that came with your cell phone telling you to keep it a certain distance from your body? We didn't either. (An insert with the iPhone 4, for example, advises keeping the phone at least 5/8-inch away while using it.) Research linking cell phones to cancer and infertility has been mixed, but some experts believe we should take the warnings seriously.

"Phones act like small microwaves by emitting radiation, which, over time, may be harmful," says Devra Davis, PhD, author of *Disconnect*. Protect your health by:

-Not making calls when the signal is weak. If your phone is having a hard time finding a signal, it puts out more energy to reach a tower—which means more radiation.

-Getting a headset or using the speaker option so you can chat without the phone being right next to your head.

-Carrying your phone in a purse or bag, rather than in your pocket near sensitive body parts. A.L.C.

COCHLEAR IMPLANTS

(submitted by Fred Altrieth)

When traveling, carry your **Patient ID card** with you. Pack your back-up sound processor (turned off and with the battery compartment removed) in your carry-on luggage. The metal detector usually will not react to the metal in your CI, so it is OK to walk thru metal detectors and Whole Body Scanners. If it does react, tell Security that it is a part of an implanted hearing device. Show your Patient ID card. A handheld wand will not hurt your CI.

Water resistance? Using rechargeable batteries for both the Nucleus 5 and Freedom Sound Processors helps increase the water resistance.

For more information, go to: info@cochlear.com.

DEAPHYDUCK AT CHAUTAUQUA – 2011

By Janet McKenna

What with all its lectures, there are easier places for intellectuals with hearing loss to vacation at than the Chautauqua Institute. But many of us can use the Chautauqua infra-red system successfully in the several venues where you find them: the Amphitheater, Hall of Philosophy for afternoon and major talks, and for theater and opera. Infra-red headsets and a couple of receivers are found at events where there are ushers.

Ushers call the receivers "cochlear implant" receivers. Anyone can use them, not just CI wearers. They got that name because this CI person advocated for their purchase. I can use them only because I can direct- connect to the powerful amplifiers. If you still have residual hearing, the "stethoscope" headsets are allegedly very good.

The sound technicians are skillful. Speakers use a variety of microphones in addition to the assistive listening devices. A very good setup involved a microphone attached to the speaker's head. They really try to accommodate people with hearing loss, even though captioning only exists as supertitles at the opera.

This is a big lack, not only for us. Also lacking is any amplification other than ordinary microphones for smaller venues. I discovered a long time ago that, without my little FM system, I might as well sit in the plaza and read a book for all that I can understand. I still must ask speakers to attach the transmitter to the podium microphone or their jackets and hope they have pockets.

Even with the receivers, some speakers talk very fast (another curse for people with hearing loss). To the contrary, some use power point presentations and video very successfully.

I found music pretty good; in fact, music is LOUD. But as we all know, it's not the volume that's the problem. Hearing loss is really a "brain thing"-- the inability of our brains to comprehend and interpret sounds.

So be warned. There is a point where this hard of hearing person just could not manage to understand some of Chautauqua's lectures. (But if you are accepted as a Cochlear Implant candidate in Rochester, you are VERY deaf.) Having a hearing loss at Chautauqua Institute presents challenges, but our HLAA background gives us an advantage.

Subjects of Dec. 6th Chapter Meetings

Daytime Meeting: Holiday Luncheon, with Bingo, prizes and fun!

Evening Meeting: "How to Entertain if You Have a Hearing Loss" – Meredith Low; &, enjoy holiday food

CONGRATULATIONS!

Dr. Donald Sims, NTID, honored by the 2011 Oticon “Focus on People Awards,” that recognizes individuals who are helping to eliminate negative stereotypes of what it means to have a hearing loss.

REASONS TO BELONG TO HLAA NATIONAL

(from Albuquerque NM May 2011)

HLAA is supported largely by donations and membership dues and, like all such national nonprofits, it constantly struggles to come up with the funds to carry on it's important work. In today's unhealthy financial climate, this is an especially difficult but important task.

You can help ensure that HLAA continues to be “The Nation's Voice for People With Hearing Loss” by becoming a national member and/or making a donation to HLAA. See the inside back page of this Newsletter for information on how to donate.

(from Bethesda, MD 8/1/2011)

- Bi-monthly issues of Hearing Loss Magazine.
- In-depth info on important topics and what HLAA is doing thru E-news: Sign up: www.myhearingloss.org.
- Participate in free resources for parents of children with hearing loss at: <http://kidsandhearingloss.org/>
- National support network that includes 200 local chapters and 14 state organizations: www.hearingloss.org/chapters/index.asp
- Big discounts to the annual Convention every June
- Discounts at Avis Rent-A-Car, SoundAid Hearing Aid Warranties, Harris Communications, ClearSounds Communications, HITEC and Teltex, Inc.
- Support the latest achievements on advocacy issues: <http://hlaa-advocacy.blogspot.com/>
- Live Webinars about various hearing loss topics available: www.hearingloss.org/Community/schedule.asp
- Join the thousands of people nationwide in the Walk4Hearing to raise awareness and support for programs and services for people with hearing loss. Visit www.walk4hearing.org for more info.

“The way to love anything is to realize that it might be lost.” By G. K. Chesterton



MY VOICE SOUNDS STRANGE

(Excerpt from Central VA Newsletter, April 2011)

(Submitted by Ginny Koenig)

When you first use hearing aids, you may find that your voice sounds strange to you. The voice may sound hollow or booming as if you were talking in a barrel.

This phenomenon is known as the “occlusion effect.” The voice distortion is so annoying to some hearing impaired people that they leave their aids unused even though a few simple adjustments may take care of this problem.

Blocked passageway: The problem occurs when the hearing aid ear mold completely fills the ear canal trapping the vibrations from your own voice in the ear. Instead of escaping the ear, the vibrations bounce off the blockage and stay in the ear making the voice appear louder. In the lower frequencies, the voice may be amplified as much as 20 dB.

In most cases, creating a vent through the aid to unblock the ear solves the problem. This allows the vibrations of your own voice to escape the ear. A larger vent promotes a more normal sounding voice.

Some hearing aids come with a pressure relief vent, equalizing the air pressure in the ear, but these vents are often too small to reduce the “occlusion effect.” Thus, it may be necessary to create a larger passage in the hearing aid.

Several adjustments: The “occlusion effect” can be measured during the HA fitting. If the sound bothers the hearing aid user, frequently the dispenser at the clinic will be able to relieve the problem. More adjustments may be needed for satisfactory hearing aid performance, but the corrective steps make getting used to the aid easier.

So-called “open hearing aids” with extremely small ear molds have eliminated much of the occlusion problem. But this type of hearing aid is suitable only for treatment of mild or moderate hearing loss.

Source: The “Occlusion Effect,” Hearing Loss, 2004 No. 1.

From: www.hear-it.org.

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!



Hearcare Hearing Centers

Dr. Jared Teter, Au.D.

21 Willow Pond #110
Penfield, NY 14526
(585) 421-7039

Tobey Village Office Park
140 Office Park Way
Pittsford, NY 14534
(585) 479-8040



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3 AUDIOLOGISTS:

- John J McNamara, Au.D.
- Andrea M. Segmond Au.D.
- Christopher A. Cisterna, M.S.



Pittsford Hearing & Balance, LLC
56 North Main Street
Pittsford, NY 14534
877-381-6050

Clifton Springs Hearing Center, Inc
4 Coulter Road
Clifton Springs, NY 14432
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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 -- support entitles me to receive the newsletter in order to be alerted to programs for Daytime, & Evening Chapter Meetings and Cochlear Implant meetings.

[] Yes, I need transportation to meetings

Check type of contribution

[] Individual \$10 [] Friend of HLAA \$25
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Send to:

Mr. Donald Bataille, HLAA Board President
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HLAA is the largest international consumer organization dedicated to the well-being of people who do not hear well.

To join, please see inside back page. HLAA has more than 200 chapters and 14 state organizations. Welcome!

Meetings are hearing accessible

St. Paul's Episcopal Church, East Ave. and Westminster Rd., across from the George Eastman House. Parking available at the George Eastman House, if needed

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(all meetings)

Interpreters on request- contact Linda Siple, 585/475-6712, lasnss@rit.edu a week in advance

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

Everyone is welcome! With or without a hearing loss.