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Volume 33, Number 7 published monthly except July and August – Rochester NY Chapter Newsletter March 2020

MARCH Calendar

Tuesday, March 3rd

10:00 am – HOPE Session–Vestry Room, St. Paul’s
“Hearing Other People’s Experiences”

Daytime Chapter meeting:

11:00 am - Refreshments/Social Time- Parish Hall

11:30 am – Announcements

12 Noon – 1 pm – Program Speaker

Evening Chapter meeting:

7:00 pm – Refreshments/Social Time – Parish Hall

7:30 pm – Announcements

8:00 pm – 9 pm – Program Speaker

Tues., March 10th – **BOD meeting-** 7-9pm – ASC

Thurs., March 19th – **Device Demo Center**, Lifespan.
(from 10am to 2pm, free to all.) also, see page 7

SAVE THESE FUTURE DATES

Tues., April 14th - BOD meeting – 7-9pm – ASC

Thurs., April 16th -Device Demo Center, Lifespan

Tues., April 21st – PAC meeting, 7-9pm, ASC

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

Also, see page 11 info from St. Paul’s Church.

Hospitality Duties for March:

Daytime Meeting – Nancy & Doug Meyer,
Bruce Nelson, Gerry Ride

Evening Meeting – Margaret Cochran, Barb Law

Board of Directors –Dan Brooks, Charlie Johnstone,
Art Maurer



We need your support! Rising costs are making the mailing of Newsletters to non-dues paying members difficult. Please pay your dues!

MARCH PROGRAMS

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

Tues., March 3 - 10:00am - Vestry room HOPE (Hearing Other People's Experiences) session – *Joe Kozelsky, MS, abd, CCC-A (retired).*

Prospective, new or long-time hearing aid users share their experiences, questions, and hearing loss journeys in an informal round table discussion facilitated by **James Feuerstein**, Ph.D., CCC-A, FAAA; Audiologist; Professor Emeritus, Nazareth College, filling in for Joe Kozelsky til April 7 meeting. All are welcome!

Tues., March 3 - Daytime Meeting -11am-1pm Speaker begins at Noon in the Parish Hall.

Healthy Minds; Healthy Bodies- *Katie Bauer, Episcopal Senior Life, Community Liaison*

Katie communicates her enthusiasm for health and positive attitudes. Happiness and good health are her passions. She’ll demonstrate a few exercises and give nutrition tips. Vital to this enthusiastic way of life is socializing with one’s peers, she says.

(continued on page 2)

Tuesday, March 3- Daytime Meeting - continued

Katie directs the neighborhood programs at Episcopal Senior Life, leading classes in chair yoga, Zumba, and meditation. She's a Weight Watchers coach who also does cooking demonstrations on TV.

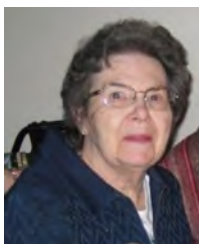
Tues., March 3 – Evening Meeting–7:00-9:00 pm
Speakers begin at 8:00 pm**Latest Assistive Technology for Hearing Loss-**
Lorin Gallistel, and Bruce Nelson

Are you up to date on the latest assistive gadgets? Members of our chapter Technology Committee--Gallistel, and Nelson--will review the most current assistive technology for people with hearing loss. They will concentrate on lower cost, innovative devices and smart phone apps. A "virtual device demo center web site" will be previewed.

Both men participate in the "Assistive Listening Device Demo Center" hosted by Lifespan, where displays of assistive devices can be viewed and tried. (see article on page 7)

Retired from a career in electronic hardware and software product design, **Lorin Gallistel** got his first hearing aids in 2015 after 25 years of declining hearing. **Bruce Nelson** retired after 37 years of computer-related service at Kodak. He also was the Western New York installer and trainer for Caption Call telephones.

All HLAA programs are free. Most meetings feature an inductive loop hearing system and open captions. For more information, view the organization web site at hearinglossrochester.org or telephone 585 266 7890.

**BARB GATES RETIRING
FROM BOARD OF
DIRECTORS**

By Ginger Graham

Ten women honored Barb Gates with a luncheon at Monroe's in January in recognition of over 20 years of service on our Board of Directors. Our President, **Suzanne Johnston**, presented Barb with a lovely gold/silver bracelet.

LEADERS COLUMN

By Suzanne Johnston, President



"Hope springs eternal" – a quote from the First Epistle of "An Essay on Man," written by Alexander Pope in the early 1700's – comes to mind when we consider

the importance of moving our lives forward into the future. We can see examples of this oh-so-important word – 'HOPE' - every day...be it in unwavering support for a football or baseball team we love but which continues to lose (do you know one??), in the greeting of a newly born child, or in the sprigs of green which reach to the sky as the Spring snows melt away. 'Hope' is something which offers us not just fleeting warm and fuzzy feelings, but the promise of a bright and positive future. Without hope, our futures can be grey and muddled.

So it is with hearing loss, or any loss in our lives, for that matter. Our loss is one of not being able to easily hear and communicate with others and our environment, which is the essence of our humanity. Our response to this loss may be a myriad of feelings, including disbelief (denial), fear, frustration, sadness, feelings of isolation and depression. These are all normal responses to loss. However, it does not mean that we can't move beyond these feelings to be empowered and renewed, and come to terms with the person that we are today.

How do we do that? Through HOPE. Through promise for a positive future, despite our trials. In response, HLAA-Rochester has been holding H.O.P.E ('Hearing Other People's Experiences') sessions from 10-11 am, directly before the daytime chapter meetings each month. These sessions provide education and resources and support for all things hearing loss related, and encourage participants to share personal experiences and ask questions in a 'safe' place.

(continued on page 3)

LEADERS COLUMN (continued from page 2)

In other words, the “HOPE” sessions offer ‘hope’ to those who attend. And, as you might guess, the response to these sessions has been significant and ever-increasing, suggesting that people with hearing loss are eager for support, and to be heard! As a consequence, in January 2020 HLAA-Rochester held an additional evening ‘H.O.P.E’ session to open the doors to those who may not be able to attend the daytime meeting. We were pleasantly surprised to have 12 participants at this inaugural meeting!

If you belong to National HLAA, you will know that the most recent issue of the *Hearing Life* magazine was about ‘Choosing Hope.’ The importance of being able to offer ‘hope’ for people with hearing loss, and to offer them the ability to make that choice, is a gift and a privilege. National HLAA and HLAA-Rochester take seriously the variety of needs of people with hearing loss--whether they be informational, technical, social or psychological. And, HLAA is always ready to offer a gift of HOPE, whatever form that may take, and even when (and especially when) HOPE is most needed.

Alexander Pope was correct in his Epistle – that HOPE is *always* with us, even when hope appears far away. Remember also that our Chapter, and the hope we are privileged to offer to others, is *always* there for you, too! Please let us know how we can better support you, our members. Feel free to contact Suzanne Johnston, President at sejohnston1959@gmail.com; or Art Maurer, Vice President at amaurer40@frontier.com with any suggestions or needs. We look forward to hearing from you!



Sincere happy birthday greetings to members who will be 90 years or older! Congratulations to **Don Roermann** 3/22;

and, **Marge Stasiuk**, will be 98 on 3/30! Have a happy day and a healthy year!



HOPE Session 1-7-20

By Jim Feuerstein, Ph.D.,
CCC-A, FAAA

Wow! We had great turnout for the January HOPE session - 15 people, including one prospective hearing aid user, one individual wearing hearing aids for the first time for about one week, one long-term user wearing new aids for about a week following a change in hearing, another long-term user frustrated by a change in hearing, and one new attendee who has worn hearing aids for some time.

Several of the new attendees have been frustrated by their hearing aid experiences. The common take-away from this month’s session seems to be the critical need for all hearing aid users to have active and collaborative relationships with an audiologist. One new user obtained hearing aids through her health insurance. This plan offers significant cost savings, but with the hearing aids provided through the mail, and without the ability to work easily with an audiologist. She has had little or no support for how to maximize hearing aid benefit, including even basic personal instruction on how to put them on, adjust the volume, utilize the T-coil, or take care of them. There is only one provider in Rochester able to support the instruments, and that is at a per-hour cost. Given the significant savings compared to full private pay for hearing aids, however, while the per hour fee is likely reasonable it acts as a potential detriment to new users.

Another “new” user has worn hearing aids for about 10 years. She had a hearing change and has new instruments. They do not sound the way she wants them to, and she is not happy. And another user continues to have difficulty with some noises around her home interfering with her ability to hear the television well. One of the members suggested that your audiologist does not know your particular lifestyle or your specific listening needs unless those issues are discussed. It is critical that clients share their experiences with their audiologists, and that they be as specific as possible. Keeping a journal of both problematic situations and situations in which the hearing aids work well for you will help the audiologist tailor each user’s hearing aid to their needs as much as possible. *(continued on page 8)*

RBTL LIVE THEATRE—CAPTIONED!

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

March 22 - Hello Dolly
 April 26 - Cats
 June 7 - Dear Evan Hansen

Anything we add will remain up to date at this link as needed to reference: <http://www.rbtl.org/accessibility-services/>
 Tickets become available 6 weeks in advance of each show. Request seats in “open captions” viewing section. Call 222-5000; email, info@rbtl.org.

GEVA THEATRE – CAPTIONED PLAYS !

Sat. shows 2pm;
Wed. 2pm & 7:30pm
 unless otherwise indicated

Sat., March 7 @ 2:30pm – **Cry It Out**
 Wed., March 18 – **ONCE**
 Sat., April 4; Wed., April 22; **Looks Like Pretty**
 Sat., April 25 @ 2:30pm – **Where Did We Sit on Bus?**
 Sat., May 9; Wed., May 27 - **Vietgone**
 Call the Box Office at 232-4382. Ask for seats in the “open captions” viewing section.

CAPTIONED MOVIES AT CINEMA THEATRE

By Gaelen McCormick

All Wednesday movies at the Cinema are **open caption.** They rotate movies every week and are a LOT less expensive than the AMC and Regal cinemas. Check local listings or www.cinemarochester.com or www.captionfish.com
 The Cinema Theatre is located at 957 Clinton Ave. S. (14620); 271-1785; Free parking in Dollar Tree lot across the street. Handicap parking behind the Cinema Theatre.

HOW TRUE...

"In March much snow;
 to plants and trees much woe."
(German proverb; Old Farmer's Almanac)

JCC CenterStage – Captioned Plays!

Wed/Thurs @ 7pm; Sat/Sun @ 2pm
 unless otherwise indicated

Sun., April 12; Thurs, April 16 – “**Sweat**”
 Sun., May 10; Wed., May 13 – “**Mamma Mia, musical**”

Tickets and information are available at www.jcccenterstage.org or (585) 461-2000. *Please specify “Captioned Area.”* Tickets are \$26-33 with discounts for JCC members, full-time students and season subscribers.

NTID THEATRES

PANARA THEATRE - captioned

Thur/Fri.-7:30pm; Sat.-2pm, 7:30pm
Sun.-2pm (unless otherwise indicated)

MAGIC SPELL THEATRE – captioned.

Panara Theater parking in Lot “L”
 Magic Spell parking in Lots “E” & “F”
 Cost: \$12 general public More Info:
https://www.rit.edu/cla/finearts/theatrearts/cla-ntid_18-19jointseason.

THE LITTLE THEATRE

By Scott Pukos, PR for The Little

We offer ‘open captions’ every Tuesday. Listed on our website (thelittle.org); info gets updated every Monday evening. Also, have ‘hearing amplification headphones’ and ‘personal captioning devices’ that are available for every film with closed captioning capabilities. These can be used in all theatres.

A ‘hearing loop’ (installed with the support of Hart Hearing Centers and the J. Stuart and Phyllis I. MacDonald Fund) is in Theatres 1,2,4, and 5; and soon to be in #3. For more info, go to: <https://thelittle.org/accessibility>.

SOMETHING TO THINK ABOUT...

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

(from Great Expectations, by Charles Dickens)

CAPTIONING OF MONTHLY CHAPTER MEETINGS WILL BE CONTINUED !

Great news! Our Daytime and Evening monthly meetings will continue to be **captioned**.

The captioning is done remotely by Alternative Communication Services—it is flawless, plus the people doing the captioning are from all over the country! It's amazing to see the words almost instantly on the screen as soon as they're spoken.

We are extremely pleased that **CaptionCall** has chosen to support our chapter by underwriting the captioning at our monthly meetings.

We also owe a huge debt of thanks to **Dan Brooks, Lorin Gallistel, Charlie Johnstone, and Bruce Nelson** for overseeing the technical support needed for this service. Without their dedication in attending *all* meetings, this would not happen!

HELP WANTED!

Volunteer for HLAA-Rochester Chapter
“Historian”

Job description: Obtains scrap book.

Follows In Good Health, Post, Pennysaver, any other media for stories concerning our Rochester Chapter and/or its members.
 Clips stories, affixes them in scrap book.

Please contact
 Suzanne Johnston, Chapter President, to volunteer. hlaa.rochester@yahoo.com
 or, phone 585-266-7890

FEATURED SPEAKER PROGRAM – May 12, 2020

Rochester Academy of Medicine (RAOM)
 1441 East Ave (14610)
 Dr. Anton Porsteinsson

“Hearing Loss and Dementia”

Doors open: **5:30pm** – refreshments before lecture
Lecture at 6:45pm; captioned & room looped

Reminder – this program will replace our monthly meetings (AM and PM) at St. Paul’s church; and, May 12th is not the first Tuesday of the month. (RAOM was already reserved for the 5th.)

For Your Donation to HLAA:



- Phyllis & J. Stuart MacDonald Estate
- Dr. Ruth P. Oakley Estate
- Rochester Area Community Foundation
- Mary Tuckley Estate
- Target Corporation (anonymous)

Donation Above Membership

Berdjouhi Esmerian; Liz Webster

GRATEFUL THANKS TO ALL CONTRIBUTORS!
Please consider a donation when you renew your membership.

**Not yet a member of HLAA? Come join our Chapter. See what you’ve been missing!
 Please see inside back cover page. Welcome!**

DAYLIGHT SAVING TIME

--First to suggest the idea: Ben Franklin, in 1784.

--First North American region to adopt it: Newfoundland, in 1917.

--First year in which the US adopted it: 1918.
 This year, **March 8th**, begin Daylight Savings Time.
(Old Farmer's Almanac)

“Volume Control” Entertains, Educates and Will Probably Make You Mad at the Big Six

by Katherine Bouton (submitted by Pete Fackler, national Board of Trustees)

One of the great things about being a writer is that it lets you pursue your passions and still call it work. Like many people who encounter hearing loss when they don’t expect it, David Owen, author of more than a dozen books, wanted to know what had happened to his hearing and why.

"David Owen, Volume Control", #HLAA., affordable hearing aids. | URL:
<https://wp.me/p4VR8U-17i>

SUBJECTS OF UPCOMING MEETINGS

By Janet McKenna, MLS

Tuesday, April 7th

Daytime: WXXI with Hope Scheda

Evening: TBD

LIKE US ON FACEBOOK !

By Jenn Hurlburt

Are you on Facebook? If so, please be our friend.
We currently have **402** friends and we want more.
Find us at: **Hlaa Rochester Ny**

HLAA NEW YORK STATE ASSOCIATION (NYSA) – UPDATE *By Dan Brooks, President*



Latest update from the HLA New York State Association (NYSA). We are scheduled to meet as a board February 8th, from 10 am to noon. This will

be a remote teleconference meeting. An agenda has already been prepared and there is much to be discussed and updates to be heard so everyone on the HLA NYSA Board of Directors will be on the same page. From what I can tell we will easily have a quorum and only two board members have other obligations but will be preparing a report prior to the meeting for me to share with the board of their committee's progress.

Let me tell you...being President you get to see all that is going on first hand and everyone that has been involved has been absolutely amazing. I have already shared most of our goals in the last month's updates so going forward I will provide updates as they develop in future Newsletters.

Another bit of information to share is that it has come to my attention that over half of the HLA NYSA BOD plan to attend this year's HLA 2020 Convention in New Orleans in June! This shows just how dedicated these great people are and how fortunate we are as a state association to have people like them at our helm!

As I have said many times before, these things do not happen if it were not for people stepping up and becoming involved. So please consider helping so together we can improve everyday life for people with hearing loss one step at a time in our state of New York.

One way you can help is by becoming or renewing your membership with HLAA (\$45 single) and because you live in New York State, you are automatically a member of HLAA-NYSA. (please see form in back of this Newsletter)

Another way to help is by becoming involved even if it is only a little. Please feel free to reach out to me with your questions at:

hlaa.newyorkstate@gmail.com or
dbrooks.hlaa.roc@gmail.com

We look forward to hearing from you soon!

CELEBRATING 30 YEARS OF ADA

(submitted by Al Suffredini)

This year of 2020 marks the 30th anniversary of President George H.W. Bush signing the Americans with Disabilities Act into law. Throughout this 30th anniversary year, a division of the DOJ is publishing a monthly blog post highlighting the impact that recent ADA enforcement efforts have made in people's everyday lives. We celebrate the many ways in which the ADA has transformed American society and enabled a generation of Americans with disabilities to thrive.

To read the January blog post, please go to:

<https://www.justice.gov/opa/blog/americans-disabilities-act-30th-anniversary-furthering-promise>

For more information on the ADA, please call the toll-free ADA Information Line at 800-514-0301 (TDD 800-514-0383) or visit the ADA website at: <https://www.ada.gov/>

DID YOU KNOW....



"In 1762, New York held its first St. Patrick's Day parade."
(from the D&C)

ASSISTIVE LISTENING DEVICE DEMO CENTER

By *Charlie Johnstone*



The demo center sessions continue to be a success thanks to the enthusiastic efforts by our regular,

long-term volunteers, in addition to those listed last month, let's add: **Al Baker, John Curtis, and Barbara Rice.** Thanks to all!

The types of devices represented during the demo sessions include signaling-alerting devices, captioned and amplified telephones and personal assistive listening devices [with an emphasis on TV listening and coping with noisy environments]. Several new, lower cost devices and smart phone apps are being shown. In addition, an interactive, computer-based "Virtual Demo Center" is being pilot tested.

The Device Demo Center is open the 3rd Thursday of each month. The next demo session at Lifespan, 1900 S. Clinton Ave. (Tops plaza) 14618 is Thursday, March 19th from 10am to 2pm. Free. All are welcome!

We Welcome All Donations

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

Mail to: Ms. Joan Kohler
15 Pickett Lane
Hilton, NY 14468

Be sure to designate:

This donation is: In Memory of; or, In Honor of;
or, Birthday congratulations. And who to send the Acknowledgment to.

With sincere thanks for donating to our Chapter!

WEBSITES OF INTEREST

Our award-winning Chapter website is:

<http://www.hearinglossrochester.org>, and

Michelle Gross is our Web Master.

HLAA National website is www.hearingloss.org.

This award-winning Newsletter of the Rochester Chapter of HLAA is published monthly except for July and August.

Editor and Publisher.....Ginger Graham
Computer Consultant,

Webmaster, and Writer.....Michelle Gross
News Releases, and Writer.....Janet McKenna
Photographers.....Art Maurer, Al Suffredini

COCHLEAR IMPLANT GROUP MEETING

By *Janet McKenna, MLS*

Tuesday, April 7th. 1:30-2:30pm, church Parish Hall --Cochlear Implants: Why "Expanded Candidate Criteria" Matter

*With Alexanna Rodgers, CCC/A, SLP Med-El
Northeast consumer engagement manager*



Presenting will be Alexanna Rodgers representing Med-El, one of the three cochlear implant manufacturers whose devices are implanted at UR Medical Center. Cochlear implant candidacy has dramatically expanded in recent years.

Ms. Rodgers says that Med-El has received FDA approval for a cochlear implant targeting patients with high frequency loss, where much residual hearing remains in low frequencies, as well as in cases of single sided hearing loss. She will demonstrate who may now benefit from an implant in these situations and explain why Med-El received FDA approval for them. Demonstration equipment and devices will be available for attendees to view and handle. Alexanna welcomes questions from possible patients and their significant others.

Alexanna spent most of her career as an early intervention specialist working with infants and toddlers with hearing loss and their families. Having earned degrees from Penn State University and University of North Carolina at Chapel Hill, she joined Med-El in 2017.

She can be contacted at alexanna.rodgers@medel.com.

IF YOU MOVE, or are a “SNOWBIRD!”

Please don't forget to notify **Henry J. Adler, Ph.D.**, Univ. of Buffalo, 137-L Cary Hall, 3435 Main St., Buffalo NY 14214; or – hjadler@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.

We need your support! Rising costs are making the mailing of Newsletters to non-dues paying members difficult. Please pay your dues! Only \$10. Thanks so much. (Please see form inside back cover.)

**BIRTHDAYS – 90 YEARS AND OVER...**

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

FOR SALE – Dry Dome Electronic Drying Station

In original box with original receipt for \$50; but asking \$20. Can bring to our next meeting. The Dome is small—3” with adapter & power cord. Purchased in 2016; never used. No Dry Bricks are needed. Contact Carol Bradshaw at 244-9154, or, rcbradshaw@aol.com.

Newsletter Deadline

Saturday, February 29th
(for the April 2020 Newsletter)
Email: ggraham859@gmail.com

Free and open to the public and **back by popular demand** Dr. Anton Porsteinsson from the U of R will be speaking at the **Rochester Academy of Medicine, 1441 East Ave. Handicap accessible and plenty of free parking...**on “Hearing Loss and Dementia” (For more information, please see page 5)

HOPE Session 1-7-20 (continued from page 3)

Remember: Hearing aids need to be custom fitted to your hearing loss and your listening needs. By working collaboratively with your audiologist, you should be able to get your hearing aids optimized for you.

This session also included discussion of assistive listening technologies, including t-coil, remote mics, etc. as ways to help offset the problems hearing aid users often have in group situation, places with background noise, and other difficult situations. A suggestion was made that when in groups, sometimes turning the hearing aids down. This may help because it lowers the general level of the background noise. While it “lowers” the volume of the person to whom you are speaking, that “lowering” may be offset by the person tending to raise his/her voice because of the background noise. There was discussion of phone call captioning having positive and negative aspects. Most captioning systems work well for English, but have limited or no ability to caption other languages. (Note: The CapTel 2400i* reportedly is able to switch languages, with a button push, even during a call.) One member reported having had good success using the InnoCaption* app for captioning of calls in English on a smart phone.

Finally, it was suggested to new users that they not feel overwhelmed by the group's discussion of advanced options. Certainly people need to know that there are a myriad of ways to augment hearing aid use, but mastering the basics should be the focus of any new hearing aid user.

*Note: These are **not** HLAA endorsements of products. A search shows a variety of caption options, both stand-alone & for smart phones, some with higher user satisfaction ratings, some with less. Individuals are encouraged to read product reviews, especially for any app that costs money.



CAPTIONING

By Robert Menchel, Ed.D.

This is a request to our members and anyone else that I would like to hear from them about their problems with television captioning.

- 1) Are you satisfied with the quality of captions that we receive in this county? If not satisfied would you explain what the problems are.
- 2) Please identify the station and the program, along with date and time. The more details, the better.

I'll collect these responses and use them to show the stations what is going on and how dissatisfied we are with the current state of captions.

Contact: rondaxdocbob@aol.com.

(Editor's Note: For problems with Channel 60, Turner Classic Movies, please contact Ginger as requested in our February Newsletter. ggraham859@gmail.com.)

“LAUGH OUT LOUD”

RHSC Comedy - Fundraising Event

<https://www.rhsc.org/upcoming-events>

When: Wednesday, April 1st

Where: Comedy @ The Carlson, 50 Carlson Rd,
Rochester 14610

Bar Opens & Silent Auction begins at 5:30 pm |

Doors Open 6 pm | Show Starts 7 pm

Cost: \$20 per person (Tickets Required)

(Cocktails & refreshments are available to buy)

Good clean fun with comedians Sky Sands & Todd Youngman. Contact: jburk@rhsc.org.

<https://red.vendini.com/ticket-software.html>?

MEMBERSHIP

By Margaret Cochran

Membership is at record highs but we have no cap--so if you are not yet a member, please consider joining yourself, as a gift for friend or loved one, or making a tax deductible donation that will enable us to continue spreading the word and support that HLAA offers throughout the central NY region.



SCHOLARSHIP PROGRAM CONTINUES

(Due Date April 3rd)

By Nancy Meyer

HLAA-Rochester is pleased to announce the continuation of its Scholarship Program. The Scholarship Program was begun in 1996 with a \$500 grant, made possible by the generous donation from J. Stuart and Phyllis MacDonald. In 2006 the award was increased to \$1000, in part by funds raised by our annual Walk4Hearing and other gifts.

From 1996 – 2005, our chapter awarded \$15,500 to 31 students; from 2006 – 2019 we awarded \$99,000 to 99 students. In total, we have gifted \$114,500 to 130 students!

In December, Committee members contacted each of the 85 schools in the nine county area we serve, (Genesee, Livingston, Monroe, Ontario, Orleans, Seneca, Wayne, Wyoming, and Yates) to verify names of contact persons (Guidance counselors) to whom we emailed the 2020 application, Jan.13. A reminder email will be sent on March 4th.

If you know of an eligible student, please advise him/her to see their Guidance Counselor. Financial need is not a requirement. The scholarship is a one-time award.

Applications for the scholarship are available at our web site: www.hearinglossrochester.org. or by contacting Doug or Nancy Meyer at dnmeyer@frontiernet.net. The application deadline is **APRIL 3, 2020**. Please help us spread the word.

ANNUAL CHAPTER DINNER, Tues., May 19th

We need your help in organizing our dinner. Please contact Barb Law at blaw1@rochester.rr.com; or, Sue Miller at SusanLeeMiller39@cs.com, for more information. Thanks for your consideration in helping to make our dinner a huge success.

“MY STORY”—A Personal History of Hearing Loss

By Sue Miller



Never did I dream when I was twenty-years old, in college, and struggling with my hearing loss, that the day would come when, next to my family, it would be the most wonderful blessing I could ever have.

I'm not sure when my hearing loss occurred, but when our fourth grade class sat in the cafeteria with headsets on and was told to “Raise your hand when you hear the sound”... I waited...and waited, and was usually the last one to raise my hand and the teacher finally recognized that I couldn't hear well. From then on, it was front row seats in every class and teachers no longer saying I didn't pay attention.

Pajama parties were always one of the fun teenage girl activities, until the lights were turned out. For some reason, I would be the only one to fall asleep! Later I realized it was because I could no longer *see* what the girls were saying, so off to La La Land I went. (The other girls always wondered why I fell asleep and fortunately, they didn't follow through on any of the drastic measures they pondered to wake me up.)

But basically, life was a joy and at eighteen, off I went to Miami University in Oxford, Ohio. All was great, until my hearing loss became an overwhelming issue. Sitting in the front row no longer worked in a lecture hall of 200 students when they would provide answers to questions and the professor would say, “That's right.” Bluffing became the norm at sorority meetings, until one evening when everyone turned and looked at me with smiles, but I had no idea what had been said. The room became quiet as someone near me shared the president's comment. Life was beginning to cave in and after doing the wrong homework numerous times and several other ‘mishaps,’ I finally left college.

My dear boyfriend at the time suggested I purchase a hearing aid...which I did, and later, married that dear boyfriend, **Scott**. Eventually, we were blessed

with wonderful children, adorable grandchildren, and great-grandchildren. Then in 1983, I was introduced to a miracle worker, **Rocky Stone**, founder of SHHH/HLAA. From that moment on, my hearing loss became a blessing. It has allowed me to make friends from not only our treasured community, but from all across the country; attending every HLAA Convention has been a godsend. Others with hearing loss have shared educational information on how to best cope with this invisible challenge. My most treasured friends are people who understand how to communicate so that all can hear. The proverbial lemon in my life has turned into phenomenally delicious lemonade...and I thank not only my dear husband and family, but all the members of HLAA for this wonderful blessing.

HEARING BETTER IN HOSPITALS

By Kathi Mestayer; suggested by Fred Altrieth

Older adults are more likely to have hearing loss and to spend time in healthcare settings. Taken together, these factors can present serious challenges.

What happens to people in healthcare settings really matters. A mistake, even a small one, can have big consequences.

So, how to hear better in hospitals? Tell hospital staff that you are hard of hearing; if you have a choice in hospitals, use the Medicare website to pick a quieter one; minimize unnecessary noise in the room from alerts or machines; make sure the speaker has the listener's attention and shows their face when speaking; use written instructions; and when needed, use a portable amplifier. Also, wear your hearing aids and store them in a clearly marked container! Lots more information at www.hearinghealthfoundation.org (excerpt from Hearing Health Magazine- Jan. 2020)





SAVE THESE DATES:

- May 12, for FEATURED SPEAKER PROGRAM
- May 19, for our Chapter's Annual Dinner
- July 26, for Bristol Valley Theatre
- August 9, for Picnic at Dolomite Park

HLAA Chapter meetings are communication accessible, featuring Real-time Captioning, and the room is equipped with a hearing loop! Please don't stay away because you think you won't be able to hear and understand well. What you find out could change your life!

HLAA CONVENTION – June 17-21
New Orleans, Louisiana

Early bird registration is now open, and available until March 2nd. Reduced rates. For details, go to: www.hearingloss.org.

One Way to Register

Online: Registration is quicker and easier through our new online registration platform, Cvent.

EARLY BIRD ENDS---- MARCH 2.

Questions? email Amanda Watson, Meeting Planner, at awatson@hearingloss.org

Rochester members planning to attend, please go to our website: www.hearinglossrochester.org for the form to fill out to receive "Reimbursement for Convention."

Deadline May 1st. Questions, contact Tom Corteville at tdcorteville@gmail.com.

SAVE THE DATE!

Sunday, July 26 at 2pm – Captioned performance at Bristol Valley Theatre – "A Gentleman's Guide to Love and Murder." Tickets: \$23.40 Then dinner at The Lodge at Bristol Harbor (cost on your own). For details, watch our Newsletters, or contact Sue Miller at SusanLeeMiller39@cs.com, or (585) 924-8933.

BAD WEATHER--ST. PAUL'S CLOSED

St. Paul's Church will cancel or postpone parish programming or services should any of the following conditions be met:

1. *Monroe County issues a ban on unnecessary travel; and/or,*
2. *The Rochester City School District closes and/or cancels afternoon activities; and/or,*
3. *The wind chill is at or below -20 degrees.*




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!



We need your support! Rising costs are making the mailing of Newsletters to non-dues paying members difficult. Please pay your dues! Only \$10. See inside back cover.

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HLAA Membership Information

Hearing Loss Association (HLAA) Rochester Chapter, Inc., 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 October through June at St. Paul's Episcopal Church, East Ave. (September is 2nd Tuesday.) While our primary focus is directed toward people with hearing loss, we welcome everyone to our chapter meetings whatever their hearing ability.

For more information, Call
585 266 7890

Professional Advisors

2018 – 2020

*Kathy Foster
 Emily Krohn
 Ralph Meranto
 Nicholas Sprague*

2019 – 2021

*Nathan Herring
 Carolynne Pouliot
 Hope Scheda
 Marianne Sernoffsky*

Consultants

*Medical - Paul Dutcher, M.D.
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^^
Newsletter
*Newsletter deadline: first day of the month preceding the issue month.
 Send articles to:
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 Webster, NY 14580*

MEMBERSHIP FORM – HLAA-ROCHESTER CHAPTER

July 1, 2019 – June 30, 2020

I want to join as a first-time member I want to renew

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If You're New, This is for You.

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

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

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

The Rochester Chapter, started in 1983, is a dynamic group of individuals working together as a team. To join, please see inside back page. HLAA has a support network of organizations—Bethesda, MD; State organizations; and, local Chapters. Welcome!

Meetings are hearing accessible

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

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

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

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