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Volume 33, Number 9 published monthly except July and August – Rochester NY Chapter Newsletter May 2020

### MAY Calendar

#### ALL MEETINGS CANCELLED DUE TO CONCERN OF 'CORONAVIRUS'

#### Tuesday, May 5th

~~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., May 12<sup>th</sup> BOD meeting - 7-9pm - ASC~~

~~Thurs., May 21<sup>st</sup> Device Demo Center, Lifespan.~~

#### TENTATIVELY -- SAVE THESE DATES

Tues., June 2<sup>nd</sup> - Chapter meetings 11am & 7pm

Tues., June 9<sup>th</sup> - BOD - 7-9pm - ASC

Thurs., June 18<sup>th</sup> - Device Demo Center, Lifespan

Tues., June 30<sup>th</sup> - Program Plng. meetings (see p. 7)

Sun., July 26<sup>th</sup> - Bristol Valley Theatre (see p. 5)

Sun., Aug. 9<sup>th</sup> - Annual Picnic, Dolomite (see p. 3)

#### **Hospitality Duties for May:**

Daytime Meeting -

Evening Meeting -

Board of Directors -

#### HOW TRUE...

*(submitted by Elise de Papp, M.D.)*

I don't think anyone expected that when we changed the clocks, we'd go from Standard Time to the Twilight Zone!

### MAY PROGRAMS

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

#### ALL MEETINGS CANCELLED DUE TO CONCERN OF 'CORONAVIRUS'

### **LEADERS COLUMN**

By Suzanne Johnston, President



Are you a 'glass is half full' or 'glass is half empty' person? The COVID-19 pandemic has certainly changed the world as we know it. A lesson in social psychology, surely. And, it has been interesting to see how folks have reacted to this new existence. For many, fear and anxiety have caused them to shut down, isolate and distance themselves from community. Others, however, have doubled efforts to reach out to other people, give to various causes, and generally work to find ways to support those in our community.

I might call HLAA-Rochester an organization that reflects the 'glass is half full' philosophy. As I write this, members have already demonstrated their support of our community over the last few weeks with a variety of philanthropic gestures. Here are some examples we can be proud of:

*(continued on page 2)*

## LEADERS COLUMN (continued)

While we have cancelled our physical community events over the next couple of months, we have quickly stepped up on-line technology so that our organization can stay connected to you and each other “virtually” to continue our work and offer services to our members.

If you haven't used the ZOOM meeting platform, you can view an easy tutorial to help 'get up to speed' and engage with others who use this format for meetings in the midst of COVID precautions. Check out the link listed here:  
<https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials> -or -  
<https://tinyurl.com/hhe7sg2>

Many thanks to our hard-working Technology team volunteers--**Dan Brooks** and **Chas Johnstone** in particular--who have assisted in getting this effort up and running! We have continued to bounce around ideas concerning virtual HOPE sessions and monthly meetings – watch our Website for more info to come!

Our Virtual Demo Center is always open for business! Thanks to **Lorin Gallistel**, its volunteer designer, we can continue to learn about devices that facilitate improved listening experiences and hearing access. Check out the link here:  
[https://sites.google.com/view/vdc-1-21-2020/home\\_1](https://sites.google.com/view/vdc-1-21-2020/home_1) - or - <https://tinyurl.com/wn3p5zk>

Our Website and Face Book pages are featuring more and new information about current news and developments as we 'morph' the ways we provide information to folks who are remaining 'socially distanced.' You can view our Website at:  
<https://www.hearinglossrochester.org/newsletters>  
 and our Face Book page at:  
<https://www.facebook.com/hlaa.rochesterny> . The hard work of volunteers **Michelle Gross** and **Jenn Hurlburt** is SO appreciated at this time when communication access via technology is essential!

Our invaluable and hardworking Newsletter editor, **Ginger Graham**, is already hard at work thinking of ways we can keep our membership apprised with

news through our monthly mailed publications, as well as considering summer Newsletters. Watch for updates on our Website and in your mail!

Thanks to the continual generosity and thoughtfulness of **Sue Miller**, who coined the idea and volunteered to mail a free pack of hearing aid batteries to those who requested them. What a simple but compassionate way to reach out to members who may not have been able to obtain batteries otherwise!

Our Chapter, closely connected to a variety of philanthropic efforts in the community, recently elected to donate funds to Lifespan that were originally allocated for a fundraising event which was ultimately cancelled in light of current directives. We continue to show our support for our community partners and those who work to provide access to people with hearing loss, especially in these challenging economic times.

From the work we do and the people we see every day, to the items on our grocery list, life is different. These are unprecedented times, and the world has stepped up in unprecedented ways. If you would like to volunteer to support our efforts in our community, please reach out to myself at:  
[sejohnston1959@gmail.com](mailto:sejohnston1959@gmail.com), or Art Maurer, Vice-President at: [amaurer40@frontier.com](mailto:amaurer40@frontier.com).



As your President, I am SO PROUD of all we have accomplished so far, both corporately and individually, and all we will undoubtedly accomplish together as we continue to move into the new future. Certainly, for HLAA-Rochester, the 'glass is half full', and we should ALL be proud of that.

***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.)***



## ASSISTIVE LISTENING DEVICE DEMO CENTER

By Chas Johnstone



The demo center session for May 21<sup>st</sup> has been cancelled due to the current health concerns.

However, our Virtual Demo

Center is available online 24 hours per day, 7 days per week, thanks to the tireless devotion of **Lorin Gallistel**. Please visit the VDC to see the full range of devices in the Demo Center and submit any questions there that you might have. The link is [https://sites.google.com/view/vdc-1-21-2020/home\\_1](https://sites.google.com/view/vdc-1-21-2020/home_1) -or - <https://tinyurl.com/wn3p5zk>

The types of devices represented in the Virtual Demo Center 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 also listed.

Our Demo Center Team volunteers, who are looking forward to helping visitors find just the perfect solution to their hearing needs: **Chas Johnstone**; and, **Al Baker, Dan Brooks, Margaret Cochran, John Curtis, Lorin Gallistel, Stan & Michelle Gross, Barb Law, Eric Matson, Art Maurer, Nancy & Doug Meyer, Sue Miller, Bruce Nelson, Barb Rice, and Al Suffredini**.

The device center is open the 3<sup>rd</sup> Thursday of each month (except July and August). The next demo session at Lifespan, 1900 S. Clinton Ave. (Tops plaza) 14618 is **TENTATIVELY** set for June 18th, from 10am to 2pm. Free. All are welcome! Watch our June Newsletter and our Website for confirmation.

GOOD ADVICE...

“Be apart now, so we can all be together again later.” *By Dr. Howard Zucker*

## CHAPTER SUMMER PICNIC

By Dan Brooks

**Sunday, August 9<sup>th</sup>, from 2:00 to 7:00pm**



DOLOMITE LODGE

(New Location!!)

1628 Jackson Road,  
Penfield 14526

\$10 – Adult (13 & up) --Free for kids (12 & under)  
Catered by D&R Catering (same as last year)

Activities, Games, Music (stay tuned for details)



RSVP – Dan Brooks, no later than July 31<sup>st</sup>.

[dbrooks.hlaa.roc@gmail.com](mailto:dbrooks.hlaa.roc@gmail.com)

Cell/Text: (585) 704-8191

Address: 5765 Pease Road, Williamson 14589

Please watch our Newsletters, Face Book page, and our Website at [www.hearinglossrochester.org](http://www.hearinglossrochester.org).

## TAXES --RMD RULES WAIVED

By Gerry Loftus

“With passage of the stimulus bill, the Required Minimum Distribution (RMD) rules for IRAs and 401(k)s are waived for 2020.” ([gloftuslrc@gmail.com](mailto:gloftuslrc@gmail.com).)

## PEOPLE WITH HEARING LOSS AND CURRENT HEALTH CARE BARRIERS

By Michelle Gross

Feeling prepared for a stressful event often instills a sense of control over your situation. The knowledge that you have a plan goes a long way in reducing anxiety. Needing to be in a hospital is stressful for everyone but especially for people with hearing loss. Communication is very important when interacting with the medical establishment at any time but when a serious situation occurs, you want to know you will be able to obtain, understand, and have a say in your care. For those of us with hearing loss it's very helpful to have thought about how to advocate for ourselves before the need arises, especially if we don't have a trusted family member or friend who can help us with information and decision making.

*(continued on page 4)*

## HL AND HEALTHCARE BARRIERS (cont.)

There are challenges and we know things don't always go perfectly smoothly, but "be prepared" is always a good motto.

Below are some suggestions that may be helpful as part of your preparation. Not all of the suggestions will be helpful for everyone but over time you'll develop a sense for what will work best for you. Although you may not think about it, you have control over your care. Medical care providers are obligated to keep you informed, be sure you understand your situation and the reasons for elements of your care. We have the right to know about our condition, treatment plan, and give or deny permission for any part of our care. Remember that physicians, nurses and everyone else who provides care is human. If you find it difficult to admit you don't understand the "medicaleeze" or need information repeated, or feel what the person is saying seems to defy common sense...ask for clarification. Medical people can use vocabulary that they think will explain a situation when really it's not accurate but expedient--do not be shy about asking for clarification.

The COVID-19 situation: Although scientists and medical personnel are gaining a lot of information regarding COVID-19 it will take quite a while before they know all the "ins and outs." Much of the information we see may be over the head of non-science people and there will be various theories that will need to be refined. The best we can do is follow the guidance of medically knowledgeable people, those who are experts in their field and who have dealt with contagious diseases in the past. They have a vast body of knowledge and an understanding of the data they receive. Fortunately, the average citizen doesn't have to deal with all the nitty-gritty and the "over-the-head" information. Our job is to carry out the recommendations of the professionals and learn to filter out advice of well meaning, but not knowledgeable, people.

Here is some general advice from **Mary C. Chizuk, RN MS Ed**, a nurse on the Board of Directors of our

Rochester Chapter. Mary provides a number of helpful suggestions. Below her suggestions you'll find some helpful links.

From **Mary C. Chizuk RN MS Ed**:

### **Develop a personal "TO GO" Packet containing:**

Paper and Pen for communication  
Paper copy of Current Medication List  
 Name of Medicine, dose, frequency, time administered with last date reviewed  
 Allergies to medicines and food  
 Pharmacy—Name, Address, and Phone #  
 List of past surgeries  
 List any implanted devices  
 Contact information of relative/friend  
 Extra Hearing Aid/CI Batteries  
 Extra Phone Battery Pack

### **Keep your cell phone with you**

Know how to silence the ring to avoid bothering others - and - Become comfortable texting

### **Consider Voice-to-Text for Voice Mail**

Download a Voice Recognition Captioning App to your phone to read what is being said, such as:

LiveTranscribe for android phones (free)  
 AVA for iPhones (monthly fee)  
 Microsoft Translator  
 LiveCaption  
 (This will be valuable when communicating with people wearing masks)

### **Keep an extra charged battery pack for a power source**

Add to your Phone Contact Information:

List of CURRENT Medications  
 Name, dose, frequency and time of day administered with the last date reviewed  
 Pharmacy—Name, Address, Phone #  
 Allergies to medicines and food  
 List of past surgeries  
 List any implanted devices  
 Contact information of relative/friend

*(continued on page 5)*



## HL AND HEALTHCARE BARRIERS (cont.)

**Below are some Questions people ask. There is a summary statement then the link to follow to find out more information.**

### **If you have animals is that a problem?**

Summary:

"We do not have evidence that companion animals, including pets, can spread COVID-19."

### **Link for more information:**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/animals.html>? American Veterinary website (<https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19>) in addition to the CDC.

### **Stress and coping: Most of us feel stress at one time or another during this pandemic. Can I do anything to help myself?**

Summary: Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, avoid alcohol & drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.**

### **Link for more information:**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

### **Communications with Doctors and other Hospital Staff--Find information from our National HLAA's Website**

<https://www.hearingloss.org/communication-access-recommendations-hospitals-covid-19/#dpage>

*(continued on page 7)*

## 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)

-- Charles R. Julien

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!**



## **SAVE THE DATE!**

**Sunday, July 26 at 2:00 pm –**  
Captioned performance  
at **Bristol Valley Theatre –**

**“A Gentleman’s Guide to Love and Murder.”** Tickets: \$23.40 Then dinner at an area restaurant...(cost on your own).

**A Gentleman's Guide to Love and Murder (July 26)**  
In this Tony-Award winning murderous musical comedy penniless charmer, Monty has just learned he's 8<sup>th</sup> in line to inherit a title and a fortune—and win back the affections of his lady love. Why wait? He can speed up the line of succession by bumping off the other relatives that stand in his way!

We hope this will be held! For details, watch our Newsletters, or contact Sue Miller at [SusanLeeMiller39@cs.com](mailto:SusanLeeMiller39@cs.com), or (585) 924-8933.

## **OUR CHAPTER ‘HISTORIAN’**

Many thanks to **Janet McKenna** for several years of diligent work as our Historian.  
Welcome to **John Curtis** who has taken on this interesting task.

## HLAA NEW YORK STATE ASSOCIATION (NYSA) – UPDATE

*By Dan Brooks, President*



So how are things going? As you know much has changed with everyday life due to the COVID-19 virus pandemic. As a result many things came to a halt. Now we are asked to stay home and exercise social distancing to help reduce the spread of the virus.

Almost overnight many were told to work from home and become home-school teachers. Like many, that is exactly what happened to me. I am not complaining but this is a huge adjustment for anyone. It really is a nerve racking time especially with all the uncertainty and information going around with hearing loss. The biggest adjustment for me is trying to stay engaged for my work and HLA. Trying to figure out how to keep business as usual has been an upward challenge (especially due to having hearing loss) for a variety of reasons.

So I took it upon myself to try to figure out ways to stay connected despite my hearing loss. ZOOM for many seems to be one of the greatest tools to stay connected and continue to do what we do professionally. Many are even using ZOOM to stay connected with family and friends. Being able to “see” one another virtually helps all of us to stay in touch visually. However having hearing loss creates communication barriers where it is hard to understand what is being said during these ZOOM virtual meetings.

We do have options such as requesting Communication Access Realtime Translation (CART) services in conjunction with the ZOOM meetings but that can be quite costly. CART services can cost anywhere from \$100 to \$200 per hour. For many this is not an affordable option. With that being said, we try to resort to options that are less expensive or, better yet, free. Well, I have done just that! I was able to create a setup utilizing a FREE caption app. I went with Live Transcribe due to its high accuracy. It is Android based. However there are other caption apps that are decent

such as Otter which is Apple based. They each have their own sets of pros and cons.

Because of this setup, HLA-NYSA and HLA-Rochester Chapter, where I am from, are able to meet virtually and try to keep things moving along. If you or your chapter would like to learn more, please feel free to send an email to one or the other of the addresses listed below.

Now getting back to updates concerning HLA-NYSA. We did have our first remote Board meeting this past February. Most of the board members and officers were present on the call. All the committees reported what they are working on and where they were. Due to COVID-19 some things have been put on hold or slowed down while others have picked up more due to having more free time.

Next month I am hopeful to be able to report more...but wanted to make sure accessible communications were still occurring for all of our HLA-NYSA members. Our mission of improving everyday life in general for those with hearing loss never ceases!

With that said, please support us by joining or renewing your membership with HLA. By joining HLA and living in New York State you automatically become a member of the HLA New York State Association. Please feel free to reach out to me at: [hlaa.newyorkstate@gmail.com](mailto:hlaa.newyorkstate@gmail.com) or [dbrooks.hlaa.roc@gmail.com](mailto:dbrooks.hlaa.roc@gmail.com). Stay well!

## 2020 BUFFALO WALK4HEARING

*By Carol Loftus*



This year’s Buffalo Walk4Hearing is scheduled for **Saturday, Sept. 26**, in South Park, near the Botanical Gardens. Once again, I will be a Team Captain. My team is

Hear4Tomorrow. I realize this notice comes at a difficult time for our Country. I remain hopeful that the Buffalo Walk will not become a ‘virtual walk’ as all Spring walks have become.

A donation to my team, Hear4Tomorrow, would be greatly appreciated. You may do so by an online donation at [www.hearingloss.org](http://www.hearingloss.org). & click on Walk. More information in future Newsletters.

## HL AND HEALTHCARE BARRIERS (cont.)

**Ever wonder what medical personnel are told about how to interact with people with hearing loss?**

**Link for more information:** Advice for Medical Professionals:

<https://www.hearingloss.org/communicate-with-healthcare-providers-covid-19/>

**Masks:** The homemade masks will not “keep out” the COVID- 19 virus. These masks can be helpful reminders that we need to keep our distance from others (6’at least), help with people who are not ill but “carriers” from spreading the virus and don’t know it, and perhaps with some allergens, depending on the materials.

The variety of do-it-yourself mask patterns is vast. Use common sense when viewing Websites that provide guidance about home-made masks. Be sure the materials recommended are safe to be used as “fillers” if you decide to use a barrier inside the mask. Check materials for the best options. So far non-fluffy cotton dish towels seem to be good candidates.

Our Surgeon General provides a non-sew mask idea that you can see here.

[https://www.youtube.com/watch?v=tPx1yqvJgf4&feature=emb\\_title](https://www.youtube.com/watch?v=tPx1yqvJgf4&feature=emb_title). This video is a bit old and uses a thinner cotton than the CDC now recommends but it’s not a huge difference. Remember you need to be able to breathe comfortably with the mask and although you may select one homemade mask over another, if you can’t breathe comfortably it won’t work.

**REMEMBER: DO NOT TOUCH YOUR FACE, ESPECIALLY YOUR EYES, NOSE, AND MOUTH AFTER REMOVING YOUR MASK UNTIL YOU WASH YOUR HANDS THOUGHOUT, FOR AT LEAST 20 SECONDS.** (Sing “Happy Birthday”—that takes 20 seconds!)



We are hoping this will be held!

**SAVE THE DATE!**

Tuesday, June 30th

## PLANNING THE PROGRAMS FOR YOUR CHAPTER MEETINGS

This is only May, and we’re thinking about the end of June already...but this is really important!

Do you have new ideas for speakers or programs for our monthly HLAA Chapter meetings...if so, we would love to hear about them! Please plan to attend either the Daytime Program Planning meeting held by Sue Miller, or, the Evening Planning meeting held by Barb Law, to give them your ideas for possible topics for the new season from September, 2020, to June, 2021.

### Daytime meetings planning session:

**Tues., June 30th, at 9:30am** – coffee & conversation;  
then, discussion 10:00-Noon – Sue’s home, 16 Buckthorn Run, Victor 14564.

### Evening meetings planning session:

**Tues., June 30th, at 6:00 – 9:00pm** with Barb Law, in the 1st floor Conf. room, Al Sigl Center; light snacks. Note: Both meetings are on the same day.

**RSVP:** Please email (or, call) either Sue or Barb and let them know you’re attending. We appreciate an RSVP for seating and food! Hope to see you at one or both of the meetings! We’re eager for your suggestions!

**PLEASE CHECK OUR JUNE NEWSLETTER FOR CONFIRMATION THESE WILL BE HELD!**

### **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: <https://www.hearinglossrochester.org>, and **Michelle Gross** is our Web Master. HLA A National website is [www.hearingloss.org](http://www.hearingloss.org).

This award-winning Newsletter of the Rochester Chapter of HLA A 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



HOPE Session February 4,  
and March 3, 2020

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

There was good attendance at February's session (13 people) and again in March (21 people!). There was the usual mix from prospective adopters of hearing aids to long-term wearers. The discussions included information on what to look for in a full hearing test, when to see a physician first vs. when to see an audiologist first, types of hearing loss, using supplemental technology (loops, remote mics, etc.) to augment one's hearing aid, and other helpful tricks people have learned to make communication easier.

On a personal note: Thanks to HLA A for asking me to sit in for Joe Kozelsky while he was in Florida. It was fun, and a privilege to be able to help out.

Jim Feuerstein

### 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](mailto:hjadler@aol.com), even if your change of address is a temporary one.

HLA A 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](mailto:ggraham859@gmail.com); or, (585) 671-2683

### Newsletter Deadline

Thursday, April 30<sup>th</sup>

(for the June 2020 Newsletter)

Email: [ggraham859@gmail.com](mailto:ggraham859@gmail.com)

**Disclaimer – HLA A does not endorse products or services. Mention of goods or services in articles or advertisements does not mean HLA A endorsement, nor should exclusion suggest disapproval.**

### RAFFLE FOR AMERICAN GIRL DOLL

By *Mary Chizuk, RN*

**YOU CAN BE A WINNER AND SUPPORT NYSA OF HLA A AT THE SAME TIME!** This is an opportunity for public awareness--to have children know that the American Girl Doll "Joss"



has a hearing aid and engages in challenging sports. Featuring this raffle is a way of showing the public about children and hearing loss. Help to get the conversation started.

The proceeds will help fund our newly activated HLA A New York State Association—with our own Dan Brooks now the President. Among other things, funds will be used toward the NYSA Conference planned for the Lake George area, October 2021.

(continued on page 9)



**AMERICAN GIRL DOLL RAFFLE (cont.)**

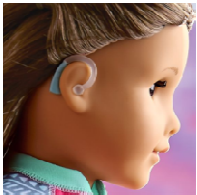
**Raffle Tickets started selling Tues March 3 at 11 am at our Program Meeting, and continue on, with the Drawing Date** to occur after Chapter meetings resume. Date to be announced at Chapter meetings and in our Newsletters.

**TICKET PRICES--1 for \$2, 2 for \$3, 5 for \$5**

**For now, purchase tickets via US Mail to **Mary Chizuk, 6152 Patriot Drive, Ontario, NY 14519.**  
**Make check payable to: HLAA-Rochester – many thanks!****

HLAA and the American Girl Doll Connection:

“American Girl is donating \$25,000 to support HLAA’s educational programs. American Girl is also supporting our 2020 Walk4Hearing with a donation of “Joss” dolls. And, from January 1, 2020, through the end of the year, the company will collect donations for HLAA at [americangirl.com](http://americangirl.com) and at American Girl stores nationwide.”



Find out more about the doll at HLAA national’s website. Go to: [www.hearingloss.org](http://www.hearingloss.org).

Watch our Newsletters for updated information, or, contact Mary Chizuk at [mcchiz6152@gmail.com](mailto:mcchiz6152@gmail.com).

**LIKE US ON FACEBOOK !**

*By Jenn Hurlburt*

Are you on Facebook? If so, please be our friend. We currently have **418** friends and we want more.

Find us at: **Hlaa Rochester Ny**

**SOMETHING TO THINK ABOUT...**

“If you remember a single blossom that defied the frost.....  
 You have no reason to fear this great mystery of life,  
 for you hold its secret deep within your heart.”

*submitted by Chris Suffredini*



**OUR UNITED WAY NUMBER IS....2425.**

We’re not a direct United Way agency and receive no funding from them. To donate to HLAA, please donate thru “Designated Option” on your gift card.

Your past support is deeply appreciated. As with other gifts, your donation enables our Chapter to continue to provide education and help for people with hearing loss. 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 for your donation!

**HLAA CONVENTION – June 17-21**  
 New Orleans, Louisiana

Regrettably, the Convention has been **cancelled** by National due to the current health concerns. They would appreciate your donating your registration fee (rather than looking for a refund) but will accommodate your wishes! With grateful thanks for your consideration. For details, go to: [www.hearingloss.org](http://www.hearingloss.org).

**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 this captioning.

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!



## PROFESSIONAL ADVISORY COMMITTEE - NEW MEMBER –

*By Mary Chizuk, RN*

**Marianne Sernoffsky** has lived long in the trench of providing, developing and supporting Veterans' Services. She is a very proud spouse of a 25-year Army veteran who last served in Iraq before retiring in 2010. Marianne is also a proud and committed mother. She has been working alongside veterans and families for 23 years.

In 2008, Marianne pioneered the Army Strong Community Center in Rochester which is the first in the Nation. She is well versed in Veterans Benefits, working with veterans' sensitive traumas; Homelessness, Post-Traumatic Stress Disorder, Military Sexual Trauma, and Family Crises.

Marianne is a leader among her peers, and is well respected in communities across the country. She has been at Veterans Outreach Center since 2014 as a Manager, and leading others to join forces to work together as a team assisting veterans and their families to remove barriers and identify new opportunities.

*This ends our information on **new** PAC members. (Other members were reviewed in earlier Newsletters.) Over the 30+ years that our Chapter has been in existence, we have had more than 100 PAC members. Many of them continue their involvement with service on our Board of Directors. We welcome, and appreciate, ALL of our PAC members.*

### VENUES WITH ALS OR CAPTIONING

*By Tim Whitcher*

Have you seen a movie or a show that has an Assistive Listening System or Captioning system and would like to share your experience with your fellow members? Did your church or synagogue install or upgrade such a system, and you'd like to make that known?

Please contact Tim Whitcher at [hlaa.rochester@yahoo.com](mailto:hlaa.rochester@yahoo.com) with the info that you'd like to share. (Please mark your email to Tim's attention.) Likewise, if you have a question regarding such a venue, please contact Tim.

## **MEETINGS CANCELLED**

*By Sue Miller*

All **May HLAARochester Chapter meetings and events are cancelled due to concern of the Coronavirus. Please check our website for up-to-date information.** [www.hearinglossrochester.org](http://www.hearinglossrochester.org). We hope to see all of you in June. In the meantime, please take good care of yourself.

## **MEETING THAT MIGHT BE HELD. ATTENDEES WILL BE NOTIFIED BY**

**EMAIL. MAY 12 – BOD meeting**

## MEMORIAL DAY

*By Anna Gilmore Hall*



Memorial Day honors those who died serving the U.S. military. It is traditional to fly the American flag at half-mast.

Memorial Day originated after the Civil War to honor both the Union and Confederate soldiers who died in the war. The holiday was extended by the 20th century to include all deceased American soldiers.

Memorial Day is sometimes confused with Veteran's Day in November, which celebrates the service of all U.S. military veterans.



“Life throws us challenges and every challenge comes with rainbow and light to conquer it.” *(unknown)*

### **NEXT CHAPTER MEETINGS –**

**Hopefully, June 2<sup>nd</sup>.**

**Daytime meeting: “Tinnitus, Sudden HL, Meniere’s, Vertigo” -Dr.Paul Dutcher**

**Evening meeting: “Hearing Aids & Noise” – Jim Feuerstein. Watch our June Newsletter and our Website to see if these will be held.**



## IN TIMES LIKE THIS, WE NEED TO LOOK FOR THE “BLESSINGS IN DISGUISE”

*By Dan Brooks*

Even in times of anxiety and uncertainty there are still blessings to be noticed. To share some of the blessings I have observed within our Chapter...

There are members reaching out to one another to make sure they are doing okay. Members looking for new ways to strengthen communications for the leadership and committees. Members thinking outside the box on how to continue the Chapter's support and services. Members stepping up to do even more than they have in the past. Members looking outside the Chapter into our community as a whole on how we can help those in need.

All this and others things could easily go unnoticed when we consume ourselves with anxiety and uncertainty. Noticing these blessings lets us realize there is still good around us and gives us a sense of community, reassurance and hope. These are the blessings I have noticed by just the members of the Rochester Chapter.

We, the Chapter, and I thank our members for all that you do and for showing us together the “blessings in disguise!”

### HOW TRUE...

*(submitted by Elise de Papp, M.D.)*

Bored – inside for weeks – Cabin Fever...  
This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog...we laughed a lot.

### IN TIMES OF CRISIS...

*By Bon Jovi; submitted by Dan Brooks*

"If you can't do what you do, you do what you can."

This stemmed from him washing dishes in his restaurant he owns called The Soul Kitchen.

## MOTHERS' DAY – May 10<sup>th</sup>

To Mothers new and old and families spending Sunday, May 10<sup>th</sup>, together or apart, we are thinking of you all at this difficult time. *(Princess Kate)*

### ENCOURAGING WORDS...

“Remember, you are not alone. We are all in the same situation. We will make it through this. We have plans and will manage any obstacle that comes our way. We are going to be OK.” *(Andrew Cuomo)*

*“It's hard to imagine composing music with a lack of hearing, but Ludwig van Beethoven did just that. The German composer struggled for years with his loss until admitting in 1801 to a friend in a letter that he was deaf. The loss of hearing was devastating to the composer who retreated from social events and struggled with depression.”*

**HLAA-Rochester Chapter will make sure this doesn't happen to you.**

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!



### SOMETHING TO THINK ABOUT...

“Science has never drummed up quite as effective a tranquilizing agent as a sunny Spring day.”

*(By W. Earl Hall, Post)*

### GOOD ADVICE AT THIS TIME...

Willow Tree Wisdom: “Life is a series of a thousand tiny miracles—notice them.” *(from D&C)*





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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**

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**Newsletter**

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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 magazine, *Hearing Life* 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](mailto:lasnss@rit.edu), at least a week in advance. **(This phone number is only to request an Interpreter.)**

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