



## February 2020

Renew your membership to our local chapter for only \$15 a year! 3 ways to renew: pay at the Reception Desk, see Len Bridges, our Treasurer, at a meeting, or send your renewal with your name, address, phone number, and e-mail to: East Bay Chapter, HLAA, P.O. Box 12484, Oakland, CA

94604-12484. See back page to sign up and support National HLAA.

### MEETING INFORMATION FOR SATURDAY, February 8, 2020

**Topic:** Our speaker will be Dr. Anish Thakkar, audiologist at the "Hearing Zone" in Oakland and Alameda, where he provides hearing tests, dispenses hearing aids, ALDS (assistive listening devices), custom musician's earplugs, and does balance and tinnitus evaluations. He earned his Ph.D at UC San Diego. Dr. Thakkar has practiced in other countries and speaks five different languages. He is noted for his pleasant disposition and good humor.

#### Schedule:

**9:00 a.m. - Set up: We always love to have you come early to help!**

**9:30 a.m. – Refreshments, coffee and tea will be served.** Those who volunteered to bring snacks don't forget!

**10:00 a.m. - Meeting starts: Introductions, Announcements, speaker.**

**NOTE: Meeting is captioned, and the room is looped. You won't miss a word!** Use the hearing loop system by turning your hearing aid(s) to the Telecoil (T-coil) setting. Thanks to Peter Townsend, Steve Ulrich and the team for setting up our room, the audiovisual, and the captioning. **11:30 a.m. - Meeting adjourns.**

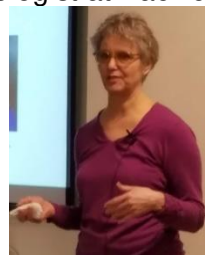
**How to find us:** Come to the Fabiola building, 3801 Howe Street, Oakland. Free parking is available across the street, in the Kaiser parking structure. From the garage, walk across Howe Street and go into the Fabiola building. Take the elevator down to the ground floor and go to Room G26. For directions to Kaiser, call 510-752-1000.

HLAA-EB will post to the California State Association webpage and our website.

Check out our website: <http://www.hearinglosseb.org/> Contact us: [info@hearinglosseb.org](mailto:info@hearinglosseb.org)

### MEETING NOTES: *Music Enjoyment for Persons with Hearing Loss*

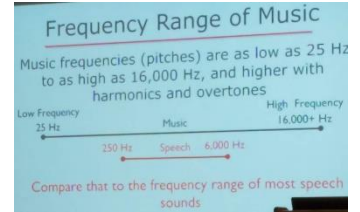
At our Jan. 11, 2020 meeting, our guest speaker was Dr. Peg Lisi, AuD., a licensed audiologist at Pacific Hearing Service in Menlo Park, CA for the last 13 years. Formerly, Dr. Lisi was an opera singer for over 20 years in Bay Area opera companies and across the country, while currently she is a mezzo-soprano singing professionally with the San Francisco Symphony Chorus. She received a Master's Degree in Audiology from S.F. State in 2005 and a Doctorate of Audiology from Univ. of Florida in 2008. Drawing upon her expertise and experience as both an opera singer and audiologist, Dr. Lisi provided a detailed overview of the theoretical background of music perception and hearing aid design, as well as many practical tips for listening to and enjoying music that can particularly help those with hearing loss (HL). Dr. Lisi also shared with us several samples of various types of music to illustrate and support the key points that she discussed.



Dr. Peg Lisi

**How the Physical Characteristics of Music Differ from Speech:** There are 4 differences in hearing music vs. speech.

- Frequency/Pitch Range – Much broader range for music (~ 25 Hz - 16000 Hz) than speech (~ 250 Hz - 6000 Hz).
- Intensity/Loudness – Much broader range of music (30 dB - 120 dB) than speech 50 dB SPL - 82 dB SPL).
- Sound Generators – A great variety of musical instruments vs. relatively uniform human voice speech generator.
- Complexity – Music more complex (rapid, unpredictable soft/loud changes) vs. speech (predictable changes).



**Factors Influencing Music Perception:** Music perception typically depends on the degree of hearing loss (HL).

- ✓ Mild hearing loss – Those with mild hearing loss can usually quite effectively hear music elements of pitch, melody, harmony, rhythm, & timbre.
- ✓ More severe hearing loss – The perception of these same music elements becomes more difficult due to: audibility factors (damaged hair cells become melded together when HL is severe) & signal distortions that may result in: (1) pitch distortion, (2) abnormal growth of loudness where a very small increase in volume is perceived as a huge increase in volume, and (3) diplacusis, where one sound is heard as two sounds.
- ✓ Research on cochlear implants & music perception has been conducted by Charles J. Limb, M.D., UCSF.

**Hearing Aid Design & The Impact on Music:** The design of your hearing aids can impact your music enjoyment.

Initially, Dr. Lisi explained that generally hearing aids (H/A's) are designed to improve speech understanding. Therefore, noise reduction and compression features are built into most hearing aids to limit sounds coming into H/A's which exceed 85 dB (e.g., shouted speech) in order to reduce bothersome noise. This noise reduction may help with speech understanding, but may adversely impact music enjoyment. Music is often louder than 85 dB (up to 110 dB) so higher music peaks may be distorted or clipped off for those wearing H/A's.

Nevertheless, many H/A's now have special music listening programs dedicated to music processing. There are also Assistive Listening Devices (ALDs) for streaming music from a cell phone or tablet directly to your H/A's.

**Tips for More Music Enjoyment for Persons with HL:** Make music more enjoyable thru training & practice.

- Start out with familiar music so the brain can fill in the gaps by relying on your memory.
- Begin with simple music with a slower tempo, then more complex (e.g., solos, duets, & then ensembles).
- Experiment with different styles & types of music to see what best suits your HL profile.
- Try adjusting the treble or bass on the sound system to see what works with your HL.
- Select music with a mid to low frequency/pitch emphasis, which is easier to hear for individuals with HL.
- Try listening with a very good set of headphones.
- Compare listening with & then without your H/A's to determine which way you perceive the music better.
- Listen to music in a quiet room with good acoustics.
- If listening to recorded music, turn music down, then turn H/A volume up for less distortion in the music.
- Combine auditory with visual stimuli since the visual cues will help you to hear & feel emotion of the music.



*Attentive Audience*

**Additional Resources:** Please see below for a select few of the many relevant resources shared & cited by Dr. Lisi.

- ❖ Pacific Hearing Service website: [www.pacifichearing.com](http://www.pacifichearing.com) (services, workshops, HL tips, new technology).
- ❖ The Musicians' Clinic of Canada: [www.musiciansclinics.com](http://www.musiciansclinics.com), Directors Marshall Chasin, AuD. & John Chong, M.D.
- ❖ Music Perception Project for the Iowa Cochlear Implant Clinical Research Center, Director Kate Gfeller, Ph.D.

- ❖ Northwestern Univ. School of Comm. Auditory Neuroscience Lab;  
<http://www.soc.northwestern.edu/brainvolts>.
- ❖ Go to the Internet for free access to music: [www.youtube.com](http://www.youtube.com); [www.pandora.com](http://www.pandora.com); [www.spotify.com](http://www.spotify.com).  
~ Kathy Fairbanks

## **WALK4HEARING, Saturday, May 30, 2020**

NEW THIS YEAR! Bay Area Walk4Hearing at Crown Memorial State Beach in Alameda, California. Mark your calendars now and plan to attend. The HLAA Walk4Hearing is the largest walk for hearing loss awareness in the country. Every spring and fall thousands of walkers – children and their families, young adults, young at heart, professionals, corporations, and everyone in between – form teams and walk in their communities to increase public awareness about hearing loss and raise funds for programs and services. HLAA depends on generous volunteers to raise funds, generate enthusiasm and awareness at each of the Walk4Hearing sites. There are 3 levels of support needed:

- Sponsors: make donations to support the walk. Levels range from \$250 up to \$5000 (or more). Sponsors may get perks such as Logo Visibility, Outreach Opportunities, and Walk Day Opportunities.
- Teams: A team could be your family, your company, your school, your club, etc. A team leader sets a fundraising goal and recruits team members to contribute and walk in the upcoming Walk4Hearing in the local area (in our case, the Bay Area Walk4Hearing). Teams can differentiate themselves by putting together t-shirts and/or hats or other outfits to make their team stand out. In this way, walk day becomes a fun event!
- Individuals: Individuals can register to participate too!

For more information, see a Walk4Hearing committee member at the next HLAA-EBC general meeting. In particular, Susan Jeffries Fitzgerald, George Fitzgerald, Len Bridges and more. You can also check out the Walk4Hearing page at <https://www.hearingloss.org/programs-events/walk4hearing/> or [facebook.com/BayAreaWalk4Hearing](https://www.facebook.com/BayAreaWalk4Hearing). Sponsorship forms and registration forms will be available at the general meeting on Feb. 8.

## **HLAA Convention, June 18 – 20, 2020, in New Orleans, Louisiana!**

Have you ever thought about going to an HLAA Convention? This year it's in New Orleans! (Have you ever wanted to go there?). Events this year include:

- Exhibit Hall Grand Opening, Thursday morning, June 18
- Opening Session, Thursday evening, June 18
- Research Symposium, *The Latest on Tinnitus Research*, Friday morning, June 19
- Get Acquainted Party (GAP) – Off-site Event, Friday evening, June 19
- HLAA2020 Convention Walk4Hearing, Saturday morning, June 20
- Awards Ceremony and Reception, Saturday evening, June 20
- Unlimited entry to Exhibit Hall and Socials
- All workshops, demo presentations and featured speakers

NOW is the time to sign up to go this year. Discounted registration fees are open until March 2, 2020. An individual first time attendee who is a member pays only \$285 before 3/2/2020, but wait, a member first timer couple pays \$449 by 3/2/2020. That's only \$250 each for a couple! The cost goes up to \$345 each by 5/22/2020 and \$405 at the door! Have you thought about helping on the Steering Committee? You could get the Chapter Leader rate of \$125! Don't delay though because March 2<sup>nd</sup> is right around the corner.

Worried about paying for it all? Get a scholarship! The Rocky and Ahme Stone Endowment Scholarship can be applied for by February 21. You could get the whole convention paid for (you'll still need airfare to New Orleans and a hotel room and incidentals). Go to [www.hearingloss.org/programs-events/convention/scholarships/](http://www.hearingloss.org/programs-events/convention/scholarships/) to apply NOW! Just to mention, your newsletter editor, Nancy Asmundson, got a scholarship last year that really helped with expenses!

Maybe you could spend a couple of extra days to check out the area! Just think of the French Quarter, jazz, history, culture, beignets, and other amazing sights, sounds and tastes.

Go to <https://www.hearingloss.org/programs-events/convention/> to find out more and get registered.

**ACT Theaters, The Geary and The Strand, in SF are now looped!** The ACT received a grant from TDF providing Open Captioning for the 2019-20 season. More information about the productions can be found online at this URL: [https://www.act-sf.org/home/box\\_office/1920\\_season.html](https://www.act-sf.org/home/box_office/1920_season.html). **OPEN CAPTION DATES:** *Wakey, Wakey*: Sat., Feb. 8, 2 p.m.; *Gloria*: Sat., March 14, 2 p.m.; *Toni Stone*: Sat., March 21, 2 p.m.; *Rocky Horror Show*: Sat., May 9, 2 p.m.; and *Poor Yella Rednecks: Vietgone 2*: Sat., June 20, 2 p.m. Sorry! Discounts expired Nov. 30.

**HEARING AID BATTERIES!** 17 cents apiece at Costco! Contact Gerry Niesar for more information. HLAA members and join the hearOclub to have batteries delivered to your home! Use the coupon code **HLAAmember** online at [hearclub.com](http://hearclub.com) or by calling 833.LISTEN-2 (833.547.8362).

**DONATE USED HEARING AIDS and/or HEARING EQUIPMENT!** See Dale Davis at a meeting or [ddavis94605@gmail.com](mailto:ddavis94605@gmail.com).

#### East Bay Leadership Team

The chapter is run by a Steering Committee, Leader Dale Davis, [ddavis94605@gmail.com](mailto:ddavis94605@gmail.com) who also oversees the Membership Database.

Advocacy: Gerald Niesar, [gniesar@nvlawllp.com](mailto:gniesar@nvlawllp.com)

Outreach, Walk4Hearing Chair, National Chapter Coordinator/Liaison, Programs: Susan Jeffries Fitzgerald, [susanlj29@gmail.com](mailto:susanlj29@gmail.com)

Treasurer: Len Bridges, [lenbridges3993-hlaa@outlook.com](mailto:lenbridges3993-hlaa@outlook.com)

Programs: George and Susan Fitzgerald, [revcgf@gmail.com](mailto:revcgf@gmail.com)

Technology and AfterWords Small Group: George Chin, Sr., 352-1569, [georgechinsr@gmail.com](mailto:georgechinsr@gmail.com)

Membership: Connie Gee, [cbgee2014@yahoo.com](mailto:cbgee2014@yahoo.com) ; Derek Daniels, [d.c.daniels262@gmail.com](mailto:d.c.daniels262@gmail.com); and Marlene Muir, [muircmc@comcast.net](mailto:muircmc@comcast.net)

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Refreshments: Marie Rhein, Coordinator

Technical/Audio Loop: Peter G. Townsend, [peterg.townsend@gmail.com](mailto:peterg.townsend@gmail.com), Steven Ulrich

#### JOIN THE NATIONAL HEARING LOSS ASSOCIATION!

Only \$45 for an individual or \$55 for a couple. This includes the Hearing Loss magazine in print and digital for one year.

For digital magazine copy only, an individual membership costs only \$35/year. Students are \$25/year.

Go to this URL to join today: <https://www.hearingloss.org/make-an-impact/become-a-memberrenew/>

**WALK FOR HEARING IS COMING TO THE BAY AREA MAY 30, 2020! WE NEED YOUR HELP!  
PLEASE CONTACT SUSAN FITZGERALD IF YOU CAN HELP! [Susanlj29@gmail.com](mailto:Susanlj29@gmail.com)**