



May 2020

Renew your membership to our local chapter for only \$15 a year! 3 ways to renew: 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.

May 9, 2020 Meeting by Zoom! Use the link (below) to register to tune in and see your friends from HLAA-EBC. Our speaker will be Dr. Jan Larky, Audiologist at the Audiology and Hearing Devices Clinic, Stanford Health Care, in Palo Alto, CA. Dr. Larky has specialized in cochlear implants since 1989 when she graduated from the University of Iowa with her Master of Arts degree in Audiology and joined the House Ear Institute. There she was introduced to the world of cochlear implants in children and never looked back. During her tenure at both UC San Francisco and Stanford she has served as co-investigator in numerous FDA approved cochlear implant clinical trials. Jan received her Bachelor of Arts in Speech and Hearing Sciences from UCSB, her Master of Arts degree from the University of Iowa and her AuD, professional doctorate in Audiology from AT Still University.

Today Jan works in both the Pediatric Audiology department at Lucile Packard Children's Hospital as well as the Adult Audiology Clinic at the Stanford Ear Institute where she provides the full range of services to cochlear implant candidates and recipients. She has expertise in programming all FDA approved cochlear implant devices.

Our May 9 meeting will be a Zoom meeting:

Everyone needs to register up front at our website: <http://www.hearinglosseb.org/>

After you register, you'll be sent information about how to join the meeting.

New to Zoom? Register for a practice session on our website. They will be held:

Zoom New Users Practice Sessions:

1. Friday May 8, 2020 9:30 to 11:30 AM
2. Friday May 8, 2020 7:30 to 8:30 PM
3. Saturday May 9, 2020, 8 to 9 AM

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

May is Better Hearing and Health month! The Hearing Loss Association of America (HLAA), the leading consumer organization, is pleased to be part of this [public service campaign](#) to educate people about hearing health, the importance of hearing tests and what to do about hearing loss. The HLAA national coordinates with the Hear Well, Stay Vital organization at <https://www.hearwellstayvital.org/>. Check it out!

WEBINAR NOTES: *Assistive Hearing Tech & COVID: Tips, Applications & More* By *Richard Einhorn, HLAA Board Chair*

At the HLAA Webinar on Fri., April 17, 2020, the speaker Richard Einhorn, modern classical music composer, producer, engineer and hearing technology consultant, gave an excellent timely presentation where he offered some very practical tips, applications and much more for using assistive hearing technology to help survive these challenging times of COVID-19. Since graduating summa cum laude in music from Columbia University, Mr. Einhorn has produced and engineered hundreds of records, as well as more than 30 albums of classical music.

Unfortunately, in June 2010, Mr. Einhorn experienced a sudden sensorineural hearing loss from a virus. Not only did he keep on composing music, but he also began creating unique professional and consumer technological solutions to help himself and other people with hearing loss. He continues to design new hearing technology, assist with strategic planning and marketing, write articles on hearing loops and improved hearing technology, as well as give many public presentations on hearing loss. Mr. Einhorn is also serving as the current Chair of the HLAA Board of Directors.

General Tips: Initially, Mr. Einhorn provided some general tips which may help those with a hearing loss (HL).

- Go to www.HLAA.org/coronavirus for a full page of resources for dealing with many day-to-day situations.
- Buy lots of batteries in bulk from a local retailer or online (e.g., hearOclub) and put them everywhere.
- If you have a cochlear implant, get an extra rechargeable battery.

Adjustments and Repairs of Hearing Devices: There are ways to get your hearing devices adjusted or repaired.

- ✓ Most audiologists are not currently working in their office, but are typically available by phone or email.
- ✓ Remote audiology allows patients to call or email their audiologists, identify the problem & get a solution.
- ✓ Hearing aids (HA's) that are not broken but need adjusted, often may be fixed remotely by your audiologist.
- ✓ Alternatively, patients may arrange to drop off their HA's at their office & later pick them up after repaired.
- ✓ If mailing in your HA's for repair, follow the audiologist's or manufacturer's recommendations for packing.
- ✓ The HA's will be treated as contaminated & cleaned thoroughly, so don't clean them with alcohol or bleach.

What to Do in A Pinch: There are some temporary solutions if your HA's are not working and need repaired.

- Use older HA's that may still be working, but be sure to first clean them thoroughly before using them.
- Try using an over-the-counter (OTC) hearing device although be careful to insert the right-size batteries.
- For mild or moderate HL, use a free smartphone app (e.g., Petralex; Ear Machine) as a hearing amplifier.
- Look for and research other easy-to-use hearing devices, such as the Pocketalker or Roger Pen.

Staying Connected: Technological advances have made it quite easy for those with a HL to stay connected.

- For more clarity on phone calls, there are all kinds of amplified phones and captioned phones available.
- A video relay service may allow a deaf user to communicate with a hearing user through an interpreter.
- Video calls & conferencing provide access to social and business meetings from home or office.
- Zoom, Skype & FaceTime are popular apps for video calls & conferencing since they are fairly easy to use.
- Closed captioning on video calls & conferencing is often available to support participants with HL.
- For better video calls & conferencing: sit close to your computer or phone; speak in a normal tone and speed; and adjust the lighting on your screen and in the room for visual clarity.
- Be patient with yourself and others when you run into technological problems as you try to stay connected.

For More Information or Questions:

- ❖ This HLAA webinar was recorded so you may view this full one-hour webinar by using this link: <https://www.hearingloss.org/programs-events/webinars/schedule-recordings/> Then select *Hearing Assistive Technology at Home* to watch Mr. Einhorn’s presentation.
- ❖ For additional information or questions, please feel free to email Mr. Einhorn: richardein@mac.com.

~ Kathy Fairbanks

Wondering what HLAA National does for you? Here’s a list:

- **Advocating** for policies and holding up the ADA
- **Providing direct help** for people having trouble with communication access
- **Offering educational webinars** and virtual support meetings
- **Tracking FCC efforts** to ensure access to Telecommunications Relay Services, TV and Internet captioning
- **Developing guidelines** for telehealth and workplace access

Looking for support during the COVID-19 shut down? HLAA National has your back! Go to this link to see resources you can tap into today: <https://www.hearingloss.org/coronavirus-covid-19-resources/>. Get a newsletter, join a Facebook group, connect to the Mayo Clinic Hearing Loss Forum, find out about the Veterans Virtual group, get tips about the latest news, and tips about communication and coping during this time. Help is out there!

WALK4HEARING, Saturday, May 30, 2020

CHANGES! Bay Area Walk4Hearing will be a virtual online celebration (due to the corona virus). Mark your



calendars now and plan to attend. The HLAA Walk4Hearing is the largest walk for hearing loss awareness in the country. The Walk4Hearing is a wonderful event and centerpiece of our community and if we work together, we can keep our community together at a time when being connected is more important than ever.

You may be wondering just what an online celebration is like. Well, we guarantee it will be fun and with your help, it will be successful. We will connect people online so that personal stories can be shared,

achievements celebrated, and the important work of our mission explained. That sense of community is what brings us together and what makes us stronger.

To the many alliances, team captains and walkers who have started building your teams and fundraising, thank you! We encourage you to keep our mission in mind and work to bring together family and friends in this unusual but necessary way.

I hope you will show your support and register today. Our event is [here](#) (or type this URL into your internet browser: http://hlaa.convio.net/site/TR?fr_id=2638&pg=entry). As always, the funds we raise through the Walk4Hearing will support essential resources for people with hearing loss nationally and in local communities. Please plan to contribute to support our chapter. Here's incentive: contribute \$100 and get a Walk4Hearing t-shirt. Contribute \$500 and also get a Walk4Hearing beach towel.



For more information, e-mail Dale Davis, Susan Jeffries Fitzgerald, George Fitzgerald, or Len Bridges – e-mails on last page of this newsletter. You can also check out the Walk4Hearing page at <https://www.hearingloss.org/programs-events/walk4hearing/> or facebook.com/BayAreaWalk4Hearing. We look forward to sharing this event with you at the very first Bay Area Walk4Hearing!

HLAA Convention, June 18 – 20, 2020, in New Orleans, Louisiana. CANCELLED due to COVID-19! Look into attending next year – June, 2021. Register early in 2021 for best rates/discounts.

HEARING AID BATTERIES! Only 17 cents apiece at Costco (if you can get into Costco these days!). HLAA members can join the hearOclub to have batteries delivered to your home! Use the coupon code **HLAAMember** online at 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.

East Bay Leadership Team

The chapter is run by a Steering Committee, Leader Dale Davis, ddavis94605@gmail.com who also oversees the Membership Database.

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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/>