



April 2019

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, April 13, 2019

Topic and Speaker: *Dr. Herb Dedo, formerly of UCSF Medical School for 45 years. The National Institutes of Health paid to set up and operate his Laboratory to research paralysis of the vocal cords. He was chief of Head and Neck surgery, taught ENT residents and medical students, introduced several operations to San Francisco, invented a few more operations and invented 20 surgical instruments. He published over 100 papers and gave over 200 lectures from Australia to Stockholm and received a few awards.*

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.

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.

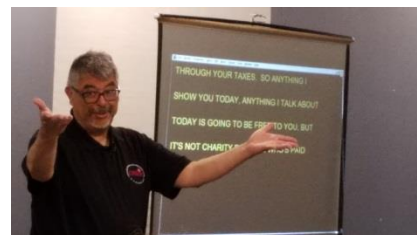
HLAA-EB will post to the California State Association webpage and our website

Check out our website: <http://www.hearinglosseb.org/>

Contact us: info@hearinglosseb.org

MEETING NOTES: *Community Resources for Independent Living (CRIL) - Assistive Technology Lending Program*

At the March 9, 2019 HLAA-EB Chapter meeting, our guest speaker was **Michael Galvan, PhD, Program Director at Community Resources for Independent Living (CRIL)**. Dr. Galvan described CRIL's services & Assistive Technology (AT) Lending Program for independent living with a special emphasis on adaptive equipment for those experiencing hearing loss. CRIL has 3 offices locally with the



main office in Hayward and 2 branch offices in Fremont & Livermore. CRIL is one of 12 Device Lending Libraries (DLLs) in California that is able to provide devices on loan to eligible users.

CRIL'S MISSION: CRIL is a 40-year-old peer-based organization “. . . that advocates and provides resources for people with disabilities to improve lives and make communities fully accessible.” CRIL offers *free* independent living services to individuals who self-identify as living with disabilities in Southern & Eastern Alameda County. The Federal ADA law guides CRIL in clarifying & specifically defining “Individual with a significant disability . . . “ See 29 U.S.C. 706; 34 CFR 364.4.

CRIL'S SERVICES: CRIL offers many independent living services at no charge (since we as taxpayers are already paying for them):

- **Information & Referral (I & R):** Provides a centralized resource for disability-related services & equipment.
- **Housing Search Assistance:** Teaches how to find & access available housing for individuals with disabilities.
- **Personal Assistant Referral:** Assists consumers with obtaining private-pay, in-home care personal assistants.
- **Benefits Advocacy:** Educates about financial benefits to which persons with disabilities are entitled.
- **Employment Benefits Assistance:** Provides employment & vocational benefits counseling.
- **Peer Support:** Offers on-going support by independent living coordinators & peer support groups.
- **Independent Living Skills (ILS) Training:** Trains individuals in necessary skills for daily independent living.
- **Travel Training:** Provides individual & group transit training in using the bus, BART & paratransit services.
- **Accessible Van Share:** Makes wheelchair accessible vans available for rent on a low-rate, hourly basis.
- **Community Leadership Academy:** Provides five-week leadership training for participation on local boards.
- **Individual Advocacy:** Works with individual consumers & provides workshops on self-advocacy skills.
- **Systems Advocacy & Community Organizing:** Advocates through its disability action network for equal access.
- **Assistive Technology (AT) Referral & Loan:** Identifies & loans devices to accommodate individual disabilities.
- **Other Services:** Provides non-partisan voter education/registration & disaster preparedness workshops.



CRIL'S ASSISTIVE TECHNOLOGY (AT) REFERRAL & DEVICE LENDING LIBRARY PROGRAM

Dr. Galvan demonstrated several examples of the 4000+ AT devices CRIL can access for lending to consumers:

- **Pocket-Talker:** Assistive listening device that amplifies sounds & improves clarity of speech.
- **Cell Phone Amplifier:** Amplifies sound so it is much louder when connected by a cable to your cell phone.
- **Roger Pen:** Enables individuals to hear & understand more speech in background noise & over distance.
- **Serene Hands-Free Direct Talk & Personal Listener:** A hands-free assistive listening device.

- **Sonic Alert:** An alarm clock that vibrates when placed under a mattress to alert those with hearing loss.
- **Vision Magnifiers:** A variety of types where each magnifies 4, 10 or 12 times the original item.
- **Big Reading Magnifier:** Big, clear magnifier that moves across the page that you are trying to read.
- **Big Speaking Calculator:** A calculator with big numbers & also speaks to assist persons with vision loss.
- **Business Cards with Braille:** Card information in both normal writing & in Braille for those with vision loss.
- **Pens with Grips:** Rubber grips that help persons hold & write with a pen even when they have arthritis.
- **Ergonomic Mouse:** Helps to keep one's wrist straight & avoid carpal tunnel syndrome.
- **Transfer Assistance Bars:** Tools that can help individuals get in & out of a car.
- **Specialized Eating Utensils:** Big, heavy swivel eating spoons & forks & non-skid plates.

Dr. Galvan concluded by reminding us that Californians may borrow their AT devices *free* of charge for 30 days with a 30-day extension possible. They even make home visits to help consumers determine what devices they need.

For More Information or Questions: www.crilhayward.org; michael.galvan@crilhayward.org; Call (510) 881-5743.

Device Lending Libraries (DLLs): www.abilitytools.org/exchange; Call 1-800-390-2699.

~ Kathy Fairbanks

The **HLAA National Convention for 2019** will take place in Rochester, NY, June 20 – 23, 2019.

Some events to look forward to:

Exhibit Hall – Many vendors will be on site to show you the latest in hearing loss aids

Keynote Speaker: Rebecca Alexander, psychotherapist, disability rights advocate, group fitness instructor, and extreme athlete. She is also the author of *Not Fade Away: A Memoir of Senses Lost and Found*.

Workshops: Hearing Assistive Technology, Genetics and Hearing Loss, and more

Research Symposium: The Latest on Genetics and Hearing Loss

Outings: A Night at the George Eastman Museum, a visit to Niagara Falls

Banquet: Cheers to 40 Years! HLAA Anniversary Celebration and Awards Gala

Click [here](#) for more details. Or use this URL: www.hearingloss.org/programs-events/convention.

Registration is open now. **Registration open now!** Reservations for rooms are open [here](#) at the Hyatt Regency Rochester. (or use this URL: www.hyatt.com/en-US/hotel/new-york/hyatt-regency-rochester/roche?corp_id=G-AMHL) Use promo code: G-AMHL.

REMEMBERING MARY LEE LUZMOOR

Mary Lee Luzmoor was a long time HLAA East Bay Chapter member and volunteer. Due to her recent death, a memorial service will be held on Saturday, April 6, at 11 a.m. at the Park Blvd. Presbyterian Church, 4101 Park Blvd., Oakland. Parking is limited so you may have to park on the street. The memorial will feature classical musical selections that Mary Lee loved. Stellar musicians and family members will perform. A buffet lunch will be served after the service. More information and photos from Mary Lee's life are at www.maryleeluzmoor.org.



How to make the best of your hearing loss: Write about it! John J. Geoghegan has written a serious but humorous book about his hearing loss entitled *Hear Today Gone Tomorrow, A True Story of Love, Hearing Loss, Heartbreak, and Redemption*. This book is available at local booksellers and at Amazon.com. If you write about your hearing loss you may be able to create a beautiful reflection and stimulate discussion about hearing loss.

HEARING AID BATTERIES!

Gerry Niesar or another Costco member can get them at 17 cents apiece! Your old batteries can be recycled by putting them in a plastic ziplock bag and placing on top of your recycling waste container on your trash pick-up day. Batteries are considered hazardous waste and may not be thrown in the regular trash.

OR Join hearOclub which is a hearing aid and cochlear implant battery subscription service which delivers DieHard brand batteries on a set schedule (with free shipping!). Sign up for a hearOclub subscription and receive **\$30 worth of free batteries plus a battery tester keychain - a \$40 value**, exclusive to HLAA members! Use the coupon code **HLAAmember** online at hearclub.com or by calling 833.LISTEN-2 (833.547.8362). If you cannot get out easily, batteries are delivered to your address!

DONATE USED HEARING AIDS and/or HEARING EQUIPMENT! To donate, place them in a ziplock baggie and give to the person at the reception desk at the next meeting. These items will benefit low income persons through the Lions Club “Ear of the Lion” program which refurbishes them. For more information, talk to 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

Advocacy: Gerald Niesar, gniesar@nvlawllp.com

Outreach: Susan Jeffries Fitzgerald, susanlj29@gmail.com

Recording Secretary: Rotation (Volunteers)

National Chapter Coordinator/Liaison: Susan Jeffries Fitzgerald, susanlj29@gmail.com

Treasurer: Len Bridges, lenbridges3993-hlaa@outlook.com

Committees

Programs: Susan Jeffries Fitzgerald, susanlj29@gmail.com and George Fitzgerald, revcgf@gmail.com

Technology and AfterWords Small Group: George Chin, Sr., 352-1569, georgechinsr@gmail.com

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

Newsletter Editors: Nancy Asmundson, nasmundson@comcast.net ; Kathy Fairbanks, mkathyfairbanks@att.net

Publicity: Kay Athos, 886-4717, athos.artist@att.net

Refreshments: Marie Rhein, Coordinator

Membership Database: Dale Davis, ddavis94605@gmail.com

Technical/Audio Loop: Peter G. Townsend, peterg.townsend@gmail.com, Steven Ulrich

HEARING LOSS ASSOCIATION OF AMERICA

YES! I want to join or renew membership in National HLAA, entitling me to the magazine *Hearing Loss*, and a number of discounts. Membership also means I'm supporting advocacy for people with hearing loss nationwide.

Individual \$35 Family \$45

Name: _____ Street: _____

City, State, Zip: _____ Phone: _____

E-mail: _____

Send to: National HLAA, 7910 Woodmont Ave., Suite 1200, Bethesda, MD 20814

Or join online at www.hearingloss.org/content/join