



**January 2019**

*HLAA-EBC wishes you a Happy New Year with much joy in 2019!*

**Call to renew your membership! Only \$15 for a year to join our local chapter! Please also support the National HLAA with a membership: individual \$35 or family \$45. National HLAA advocates on your behalf for cheaper hearing aids, more hearing access in venues, and much more. See end of this newsletter for details on how to join.**

**MEETING INFORMATION FOR SATURDAY, January 12, 2019**

**Topic and Speaker:** Contessa Bunn from the California Telephone Access Program will educate us about the latest in telephone technology; they offer free phones to the hard of hearing in California.

**Schedule:**

**9:00 a.m. - Set up: We would 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](mailto:info@hearinglosseb.org)

Get ready! The **HLAA National Convention for 2019** will take place in Rochester, NY, June 20 – 23, 2019. Click [here](#) for more details. Registration opens December 1. Reservations for rooms are open [here](#) at the Hyatt Regency Rochester. Use promo code: G-AMHL. Got something to say? There is a Call for Papers [here](#). Deadline for papers coming up quick: Nov. 30!

**MEETING NOTES: *HLAA-EB Chapter Holiday Party and Annual Check-Up/Survey***

On Dec. 8<sup>th</sup>, 2018, the HLAA East Bay Chapter rang in the holidays with the annual Holiday Party that included an introduction of EB Board/Steering Committee members, its Annual Check-Up/Survey discussion, and potluck goodies!

**HLAA-East Bay Chapter Annual Check-Up Survey and Discussion**

After our Master of Ceremony Gerry Niesar kicked off the Holiday Party, he turned the Annual Check-Up discussion over to Program Chair George Fitzgerald, who noted that to his surprise there were several familiar faces missing from

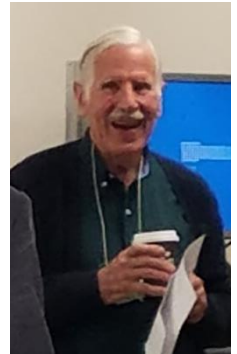


Gerry Niesar

today's meeting (possibly due to other commitments at this busy time of year). Nevertheless, those members of the EB Chapter Board/Steering Committee who were present were invited to introduce themselves and briefly describe their domain of responsibilities.

All present members were also encouraged to complete the HLAA East Bay Chapter Annual Check-Up, a 2-page Survey prepared by Program Co-Chairs George and Susan Fitzgerald. Utilizing a list of 2018 program speakers on the first page, members were asked to rate (using a "1" to "3" scale) each of the monthly speakers and topics for 2018, and to provide suggestions regarding future Chapter speakers and topics for 2019. On the second page of the Survey, members were requested to provide answers or add comments in response to several specific questions about what they liked most about the HLAA East Bay Chapter, programming, Chapter activities (e.g., AfterWords, community fair information tables, group meetings, etc.), publicity, and Chapter meeting volunteers/helpers.

**1. General Overview: What Members Like Most about the HLAA-East Bay Chapter:** A preliminary look at the Survey results, taken in conjunction with members' comments made during the discussion, indicates that Chapter members find considerable value in participating in the EB monthly meetings, as well as other Chapter activities. In particular, members seem to like the educational aspects of the Chapter meetings, along with the social interaction that occurs among participants at meetings and during other activities.



George Fitzgerald

**2. Programming:** Speakers and their topics presented at our 2018 monthly EB Chapter meetings were highly rated with members' ratings on the 3-point scale generally falling between "1" = "Excellent" and "2" = "Good". During the discussion, members mentioned that they would like to continue having a variety of speakers on diverse hearing loss topics, while offering a balance between legal/policy issues and updates on cochlear implants, hearing aids and Assistive Listening Devices (ALDs) technology. Program Co-chairs George and Susan Fitzgerald said that they welcome any suggestions for new speakers and topics.

**3. Chapter Activities:** AfterWords is an informal small group, led by George Chin, which meets for about an hour directly after the monthly Chapter General Meeting. Audience members who have attended AfterWords meetings commented that they had found them quite helpful because "... you get a chance to tell your story, to talk to the experts, and to get your questions answered."



AfterWords Meeting participants



Susan Fitzgerald

Outreach Chair Susan Fitzgerald and her back-up George Fitzgerald explained that in addition to their Community Street Fairs/Information Tables/Booths in Alameda and Oakland, they are always looking for new possibilities for reaching out and sharing information with persons experiencing hearing loss.

**4. Publicity:** As Publicity Chair, Kay Athos continues to regularly send out announcements about our monthly EB Chapter meetings and other special events to a few local newspapers which give us free space (e.g., Castro Valley Forum, San Leandro Times, etc.), but not to the Oakland Tribune and other newspapers which are too expensive. Kay said that she would appreciate hearing from any folks who have ideas for "... getting the word out."



Kay Athos

Audience members applauded our Chapter Editor Nancy Asmundson for her great job in getting out our "fabulous" monthly EB Newsletter, as well as Co-Editor Kathy Fairbanks for her excellent coverage in her summary of the prior EB General Meeting speaker's presentation.



SC Members: Nancy Asmundson, George Chin, Peter Townsend, Kathy Fairbanks, and Connie Gee at a recent SC Meeting.

**5. Chapter Meeting Leadership & Support:** In addition to those already mentioned, several other EB Chapter leaders and helpers were also commended for their on-going leadership and support of the EB Chapter and National HLAA. Please see the last page of this EB Chapter Newsletter for a complete list of our hard-working volunteers who serve on our East Bay Leadership Team/Steering Committee. Feel free to contact any of them if you have suggestions that you wish to share with our Leadership Team.

**Wrap-Up:** Overall, our members seemed to appreciate the opportunity to participate in the Chapter’s Annual Check-Up/Survey, as well as the pleasure of socializing and enjoying the wonderful food and fellowship with our colleagues and friends in the holiday spirit.

~ Kathy Fairbanks

### SAYING GOODBYE TO MARY LEE LUZMOOR

Mary Lee Luzmoor, an active member of our HLAA-East Bay Chapter passed away earlier this month. Many of you may remember her contributions as our Membership Chair and later our Refreshments Chair. Born March 31, 1924, she made it to 94 years old! She served in World War II with the WAVES and later earned a B.A. in English after which she became a teacher for many years while raising her children. After retirement from the Oakland public schools she became active in the HLAA-EBC. If you want more information, her family has created a website: [www.maryleeluzmoor.org](http://www.maryleeluzmoor.org).



### A Testimony from HLAA National: Why Shari Eberts Supports HLAA

Hearing loss can be a lonely proposition. Communication is difficult and often exhausting, even with those closest to you. People don’t always understand the condition and wonder why you can hear them in certain settings, but not in others. It makes an invitation out to dinner, at the movies or at the theater a daunting proposal. Sometimes, it is tempting to just stay home and avoid the whole thing. That is how it seemed to me in my first few years of living with hearing loss. Not only was conversation becoming more challenging, I was also suffering from stigma and embarrassment. I hid my hearing loss as much as possible and wore my hearing aids only when absolutely necessary. I would not have considered using assistive listening technologies that might draw attention to my condition, even if I had known that they existed. I was following an unhealthy path toward isolation and withdrawal. **HLAA helped me change all that.** I found a place where hearing loss was not only accepted, but was the norm. I discovered the power of self-advocacy and the camaraderie of spending time with others who understood my struggles. I picked up communication tips and learned about accommodation options I had not considered. I found real friendships that I cherish today. I attended my first [HLAA Convention](#) in 2015 and from the moment I arrived I was amazed. I had never seen so many people with hearing loss in one place. It was thrilling to realize the depth and breadth of this new community I had joined. The level of hearing accessibility was incredible. I began to understand how much my life would improve if I simply asked for the accommodations I needed. HLAA showed me how to do just that. All this made it easier for me to accept my hearing loss and live well despite it. I gained the confidence to start a blog called [LivingWithHearingLoss.com](#) and share my hearing loss journey with the world. **On the national level, HLAA amplifies our voice to fight for equal access for people with hearing loss,** and to sponsor scientific studies such as the landmark 2016 National Academies of Sciences, Engineering, and Medicine report that labeled hearing loss as a public health concern. These efforts help forge government policy decisions and determine future treatment protocols. The New York City Chapter, to which I belong, helped pass legislation requiring hearing loops in all public assembly areas constructed or renovated with public funds. **There is power in numbers (48 million Americans with hearing loss) and we are fortunate we have HLAA to represent us!**

## WANT TO TRY OUT SOME NEW HEARING TECHNOLOGY?

Earlens Hearing Aids in Menlo Park seeks test subjects for a new hearing aid technology using induction coils. No invasive procedures. Please email or call: (Ms) Pragati RM Vasuki by e-mail: [pragati.mandikal@earlens.com](mailto:pragati.mandikal@earlens.com) or phone: (650) 739-4557 or (408) 338-8635 cell

## 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.

**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](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)

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

Outreach: Susan Jeffries, [susanlj29@gmail.com](mailto:susanlj29@gmail.com)

Recording Secretary: Peter Townsend, [peterg.townsend@gmail.com](mailto:peterg.townsend@gmail.com)

National Chapter Coordinator/Liaison: Peter Townsend, [peterg.townsend@gmail.com](mailto:peterg.townsend@gmail.com)

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

### Committees

Programs: Susan Jeffries, [susanlj29@gmail.com](mailto:susanlj29@gmail.com) and George 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)

Newsletter Editors: Nancy Asmundson, [nasmundson@comcast.net](mailto:nasmundson@comcast.net); Kathy Fairbanks, [mkathyfairbanks@att.net](mailto:mkathyfairbanks@att.net)

Publicity: Kay Athos, 886-4717, [athos.artist@att.net](mailto:athos.artist@att.net)

Refreshments: Betty Thomas, Coordinator, and Marie Rhein, Assistant

Membership Database: Dale Davis, [ddavis94605@gmail.com](mailto:ddavis94605@gmail.com)

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

**Yes, I want to join or renew membership in the East Bay Chapter of HLAA and the benefits it entails! Only \$15/person.**

Join       Renewal (due by 1/31/19)

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Send newsletter by mail: \_\_\_ or e-mail: \_\_\_

Annual Dues (\$15) \_\_\_\_\_

Donation: \_\_\_\_\_

Total: \_\_\_\_\_

Contact me to help volunteer: \_\_\_\_\_

Mail to: East Bay Chapter, HLAA, P.O. Box 12484

Oakland, CA 94604-12484

### 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](http://www.hearingloss.org/content/join)