



Winter 2019

Monthly Chapter Meeting

1st Monday of the month at 1 p.m.
Except July & August; on holidays, meets 2nd Monday

Veterans Memorial Senior Center

1455 Madison Avenue, Redwood City, CA 94061
One block from Jefferson Avenue & Valota Road

All HLAA Peninsula Chapter meetings are free of charge and open to the public. *Captioning at the monthly chapter meetings is donated by Sequoia Healthcare District and Kaiser Permanente San Mateo Area.* Refreshments are served without cost.

Presentations

Monday, January 7

**“Many Ways to Better Hearing:
Hearing Aids and Other Technology”**
By Rachel M. Otto, Au.D

Monday, February 4

**“How Earlens Uses Light to Transmit Sound to
Overcome Many Limitations of Conventional
Hearing Aids”**
By Elizabeth Eskridge-Mitchell, AuD, Senior
Clinical Research Audiologist

Monday, March 4

**Cochlear Representative Talks about
Implants, Recent Innovations, Navigating
Insurance & Rehabilitation Support**
By Rachel Tempesta, M.S. CCC-SLP

Newsletter Sponsor



www.pacifichearingsservice.com

Special Meetings

Rocky Stone Hearing Device Exhibit Demonstration of Hearing Devices

1st Wednesday of the month at 10:30 a.m.
Except January, July and August

Redwood City Main Library

1044 Middlefield Road
Redwood City, CA 94063

If you have questions about the above meeting,
please contact us at
ALDmeeting@hearinglosspen.org

Saturday Connections

2nd Saturday of the month,
11:30 a.m. – 1:00 p.m.
except June, July, August, December

Meniere's

2nd Friday of the month
12 noon-1:30 p.m.
Sequoia Health and Wellness Center
749 Brewster Avenue
Redwood City, CA 94063

Please contact us if you are interested in
attending Saturday Connections or Meniere's:
info@hearinglosspen.org

3555 Alameda de las Pulgas,
Suite 100
Menlo Park, CA 94025
650-854-1980

496 First Street, Suite 120
Los Altos, CA 94022
650-941-0664

CO-PRESIDENT'S MESSAGE

Bob Hall



I hope your holidays were happy and you are ready to face the New Year and find better ways to cope with your hearing loss. Raegene Castle has scheduled Earlens, a new product, for our February meeting. She is arranging for an audiologist to speak one month, and perhaps a representative from Cochlear Americas. She is also seeking an expert to talk about Tinnitus for later in the Spring. Check the schedule on the front page of the Newsletter.

The annual HLAA Convention will be held in Rochester, NY, June 20-23, 2019. Registration starts on December 1, 2018. Rochester may seem like a long way to go, but upstate New York has been a hotbed of progressive thinking starting with the underground railroad, Industrial Revolution in the US, Chautauqua (the early adult education movement in the late 19th century and early 20th century), Eastman Kodak, and Rochester Institute of Technology. The local Rochester HLAA Chapter is well established and a model for many chapters.

The Peninsula chapter will give a stipend to a local member who has never been to a HLAA national convention and wants to attend. The beauty of these conventions is that every event is looped and captioned. You have no difficulty comprehending what is being talked about and everyone around you is in the same situation you are. The exhibit hall has representatives from almost every company that makes products for hearing loss.

If you are having difficulty hearing in noise, using the telephone, hearing the TV, or even not being able to hear when someone is at your door, you should really go to the Chapter Assistive Listening Device Demonstration on the first Wednesday of the month. Check the front page of this Newsletter to see what months it is not held. This is a great opportunity to tell one of the volunteers your most difficult hearing situation and let them show you current devices that might help. You can try them out. No one is trying to sell you anything, but if there is something you want they will tell you where you can purchase it. You may decide the cost is not worth it, but you should know what is out there.

Hearing aids are great. They are very portable and are a basic hearing device. But a good hearing aid will only help you hear 6 to 12 feet from the person talking in a quiet room. Often times one needs assistive devices to amplify difficult situations.

I was recently invited to talk to a retirement community about hearing loss. It was a delightful audience who were very appreciative and many had hearing aids and were doing well with them. Others were having difficulty and I was able to talk about hearing aids and how best to adapt to

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CO-PRESIDENT'S MESSAGE (continued)

them when first using them. Many people had questions and I tried to answer them the best I could. I also left them with information about an audiology practice that has a non-profit center that helps provide hearing aids to those who cannot pay for them. If you know people that need hearing aids, but cannot afford them, please contact me so I can give you the name of this audiology practice and how they can seek help. Some people who have been helped by them previously had hearing aids, but when they retired they did not have the funds when it came time to replace their hearing aids.

I'm looking forward to seeing you at our meetings this coming year.

Bob Hall
Co-President,
Peninsula Chapter, Hearing Loss Association of America
Hearing Loss Support Specialist



Young Adults with Hearing Loss Meetup Group

A meetup group for young adults with hearing loss met for the first time in September at Pacific Hearing Services as a group of seven. They had an amazing time, doing ice breaker exercises to learn about each other, and then sharing ideas of activities they could do together such as bowling, dinner, hiking, etc. In October, they met for dinner at a hot pot restaurant in San Mateo. November's get-together was at Joe and the Juice cafe in San Mateo where they played a few board games.

In January they plan to meet again at Pacific Hearing in Menlo Park, date and time to be determined.

If you know of any young adults, ages 18-35, who would like to connect with this group, they can email btsmenlo@gmail.com for more information.

TECHNOLOGY NOTES

TELECOIL INFORMATION SHEET, by Carolyn Odio

Bluetooth and Telecoil are two completely different technologies; they do not conflict with each other. They can be used together or separately. Their different uses are explained below.

Bluetooth:

- Bluetooth is technology that eliminates cords between devices (examples below)
- For bluetooth you need to “**pair**” two devices, for them to communicate, without using cords
- Must be bluetooth enabled (for example, some cars have bluetooth, but older cars do not)

Examples:

- when sound from cell phone is played on the car speaker (no connecting cord)
- when you can use the keyboard for your computer (no connecting cord)
- when you hear the cell phone through earphones (no connecting cord)

Telecoil (sometimes called T-coil)

- Can be used only if you have hearing aids or a Cochlear Implant. See your hearing aid or Cochlear Implant dispenser to have telecoil enabled.
- When there is a sound source, from a microphone (for example), that sound will be sent directly to your hearing aid, from the sound source -- creating direct clear sound, eliminating background noise.
- Telecoil can be installed/activated across all brands of hearing aids (generic technology).
- Telecoil is old technology (from the 60's) and cheap technology. It should not cost much, if anything. For example, my Costco hearing aids were activated with telecoil, at no cost. According to HLAA 71% of Hearing Aids sold in US. automatically have it.
- Some telecoil systems use bluetooth (cordless) technology and some don't, since they use cords.
- Telecoil technology works by being inside a wired loop, such as a neck loop.
- Some auditoriums have been wired (looped) around the building, so you are automatically inside the wired loop. If that is the case, you don't need to wear a

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TELECOIL INFORMATION SHEET (continued)

neck loop. Just turn on your hearing aid telecoil setting! (If looped, there is the letter “T” on the auditorium hearing aid sign, in the right hand corner.)

- You can order a neck loop, in order to use it at home, with your TV. For example, I purchased a neck loop, for \$60 on Amazon. If your TV and neck loop are not bluetooth enabled, you will also need to purchase an audio cord to connect the TV to your neck loop. (Remember both devices have to be “bluetooth enabled” in order to “pair” them and be cordless.)
- In the state of California, hearing aid providers are not required to discuss telecoil with you. Therefore, you may not know anything about this technology. (*HLAA is working to change that, with legislation.)

Examples of use:

- Church or auditorium setting
- Using a microphone (or a clip-on mic) so you can hear another person well.
- Conference settings, around a conference table that has a loop installed.
- Listening to a TV, DVD Player, CD Player, cell phone, etc. (without earphones)

A Sample Scenario (without a loop):

1. Get your hearing aid activated with telecoil. Know how to turn telecoil ON and OFF, as well as VOLUME controls. (For this step, contact your hearing aid dispenser.)
2. Upon arrival at the venue, ask an assistive listening device and neck loop. You'll likely receive a FM receiver box. (The neck loop substitutes for the earphones). Turn it on and verify it has power and is set to whatever channel the venue uses.
3. Plug the neck loop to the FM receiver box (same way you do the earphones).
4. Put the neck loop around your neck.
5. Turn on your hearing aid telecoil.
6. Now the sound should be coming directly from the sound board (you won't be able to talk to the person next to you very well). The sound, from the film, speaker, show, etc., should come through more clearly, and without background noise.
7. When the event is over, turn off the FM receiver.
8. Turn off your hearing aid telecoil.
9. Return the loop and FM receiver to the auditorium personnel.

*HLAA = Hearing Loss Association of America at www.hearingloss.org

MORE TECHNOLOGY NOTES



EMERGENCY!

At our last Saturday Connections meeting in November, we talked about what happens if you're sleeping alone, at home or in a hotel. Your hearing aids or cochlear implants are not on. You might not be able to hear the smoke/fire alarm, or someone banging on the door.

Before going to a hotel, ask for an ADA room for the Deaf and Hard of Hearing. Unless we ask for accommodation, many hotels don't know to provide it. The kit should have a way of alerting you if:

- The smoke/fire alarm goes off
- Someone knocks at the door
- The phone rings
- The alarm clock goes off (so you don't miss your flight)

It would be best to have a similar system in your home. Here are some links that talk about **alerting devices**:

<https://www.healthyhearing.com/help/assistive-listening-devices/alerting-devices>

For your home, consider letting your local **fire department** know that you have hearing loss. It's tied to your address (tell them when you move though!).

[Nixle.com](http://www.nixle.com) is a website where you can enter your zip code and how to be contacted by your local emergency providers. For more information: <http://www.nixle.com/resident-fags/>

Text to 911

If you cannot hear on the phone or are in a dangerous situation and don't want to be overheard, some areas now provide a way to send a text to 911. Here's a link that explains what it is and which counties, police, sheriff, highway patrol, etc. has already implemented it.

<https://www.fcc.gov/consumers/guides/what-you-need-know-about-text-911>

Right now, San Mateo County has it. Santa Clara County does not.

Dealing with Hearing Loss: “Wounded Warrior” or “Happy Camper”? by Neil Bauman, Ph.D. (excerpts from selected paragraphs, with the link to the full article below)



or



Hearing, if you have a significant hearing loss, is not easy in many group situations. What is easy, is becoming a “wounded warrior” when what should have been a happy get together turns into a humiliating and painful experience because of our hearing losses.

When you get left out, you need to deal with the situation properly. However, we often wimp out and don’t do the right thing. This just make matters worse.

By not being forthright about his hearing needs, and how being left out made him feel, he just compounded his “wounded warrior” feelings.

One strategy is to develop a “thick skin” and not let it bother us, but this is hard to do. An even better strategy is to speak up and explain how it makes us feel. Here’s some words of wisdom from Joe. He suggests, “The next time people laugh at you for misunderstanding something, tell them that it hurts you and explain why. If they’re good people, they’ll apologize and try to stop. If they aren’t, then it’s time to cut them out of your life sooner rather than later.”

Furthermore, don’t apologize and say you are sorry all the time. Joe further explains, “I’m trying to ditch the habit of saying ‘sorry’ when I don’t hear somebody because I’m not sorry. I didn’t do anything wrong. If anything, they are the ones who made the mistake because they continued mumbling despite my having told them I can’t hear them at least a bajillion times! Now I try to say, ‘I don’t hear very well. Could you repeat that please?’ or ‘What was that?’ No more ‘sorry’.”

Michele adds, “As for saying “sorry”, I’ve given it up, with one exception. If someone is speaking to me and I’m unaware of it, I will say: ‘I’m sorry, if you were speaking to me and I didn’t respond, it’s because I’m deaf. I have to be looking at you in order to read your lips.’ I no longer apologize for not hearing as it was not my choice to have a hearing loss.”

Another thing that hurts is when hearing people get impatient with us if we don’t

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Dealing with Hearing Loss: “Wounded Warrior” or “Happy Camper”? (continued)

respond right away. Hearing people don't realize that it takes our brains longer to process what we hear (with all the missed words) and what we speechread (with all its ambiguous mouth movements) and try to combine both and make sense out of what they just said. This all takes time.

As hard of hearing people, we need to learn how to pick and choose the situations we are prepared to participate in. As Michele explains, “There are some situations where you're never going to be able to contribute and participate, and knowing your capabilities and where to apply them is key. It's not ideal, but it's what you have to do in order to thrive as a person with hearing loss.” When you do this, you don't have to end up as a “wounded warrior”.

In contrast to becoming “wounded warriors” when hearing people don't meet our hearing needs, when people do remember, and meet, our needs, it gives us a fantastic feeling. We instantly become “happy campers”.

<http://hearinglosshelp.com/blog/dealing-with-hearing-loss-wounded-warrior-or-happy-camper/>



Speech Accommodation

Try this trick to get others to speak more clearly. Slow down YOUR speech. Here's why:

“...when one conversational partner slows down, the other person tends to match the pace, slowing down their own speech.”

“It was to talk the way they wanted their conversational partners to talk to them. By simply maintaining the desired behavior, they did not need to keep reminding conversational partners to modify their speech.”

To learn more about this tip and others, read the article in full at Hearing Health Magazine, Spring 2018, pages 28-30. Here's the link if you don't have the magazine. You can subscribe for free. <https://view.publitas.com/p222-4764/hearing-health-spring-2018/page/30-31>

A Message from Kate Szentkuti, Membership Chair

Well, folks, the New Year is about to show up and here's something for your To Do List. Easy as pie and both helpful and rewarding. Please check that your HLAA membership is current, and RENEW it if it isn't. You can see your membership expiration date on the label of your Hearing Loss Magazine. If you don't have a membership, there are at least ten good reasons to join.

Hearing Loss Association of America speaks for people who have hearing loss in the political arena. The greater the membership, the more clout. HLAA puts out a very helpful and enjoyable magazine. Though membership is NOT required in order to participate, our Peninsula Chapter offers friendship, pertinent speakers, and a place where hearing loss is just not an issue.

You can renew online: <http://www.hearingloss.org/content/join>

Or ask me (Kate), Sally, Bob, or Jaynie for a hardcopy form and mail it in. The address is on the form itself.

Or you can print the form using this link. If you do, please be sure to write "Peninsula Chapter, Redwood City, CA" where it says "Chapter I belong to:"

<http://www.hearingloss.org/sites/default/files/docs/2011membershipform.pdf>

Thank you!

NATIONAL NEWS AND BEYOND

Save the Date!



Presented by



**Hyatt Regency Rochester
Rochester Riverside Convention Center**



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Charity name, location, or keyword

Hearing Loss Association Of America Inc [\(About\)](#)
Deaf/Hearing Impaired Centers, Services

Redwood City, CA
Founded 2001

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AmazonSmile. It's Amazon in every way, except that with every purchase you make, 0.5% of your eligible purchases will go to a charity of your choosing. Our chapter has registered. Think of it as being similar to the Lucky scrip card. Here, we hope you'll designate our chapter as your charity.

Note that there are many HLAA chapters registered. When you select a charity, look for our chapter, either in Emerald Hills or Redwood City. (We are trying to change the address to Redwood City.)

(Your wish lists, account history, free shipping through AmazonPrime, etc. is all exactly the same.) All you need to do

is make sure to go to smile.amazon.com when you shop. Then, once a quarter, our donation will automatically go to our chapter. It's so easy and a great way to help our chapter!

If you have any problems, please contact Raegene Castle, raegeneandjack@gmail.com, 650-369-4717; or Jaynie Kind, info@hearinglosspen.org and they will help you get started.



If any of you would like your family or friends to donate to our chapter instead of giving you a present, please make checks payable to HLAA-Peninsula Chapter and mail it to:

Eliot Terborgh
57 Parkwood Drive
Atherton, CA 94027

Let him know the occasion: Birthday, In Memory Of, Congratulations, etc. and to whom to send the acknowledgement.

(We are a nonprofit 501c(3) organization and all donations to our chapter are tax deductible.)

FIRST CLASS MAIL

Contact : Email: info@hearinglosspen.org; Telephone: 650-365-4868

HEARING LOSS ASSOCIATION OF AMERICA

The Hearing Loss Association of America (HLAA) is the nation's foremost membership and advocacy organization for people with hearing loss. The National support network includes the Washington D.C. area office, 14 state organizations, and 200 local chapters. Hearing loss is a daily challenge you can overcome. You do not have to hide your hearing loss. You do not have to face hearing loss alone.

Resources:

Hearing Loss Association of America-Peninsula Chapter:

<http://www.hearinglossca.org/Chapters/peninsula-chapter>

Hearing Loss Association of America: www.hearingloss.org

Hearing Loss Association of California: <http://www.hearinglossca.org>

Hearing Loss Web has resources for people with hearing loss: <http://www.hearinglossweb.com>

Hearing Aid Reviews, Audiologists, etc. www.hearingtracker.com

CTAP and CRS (telephone access): <http://ddtp.cpuc.ca.gov>

Young Adults Social Network 18-35: <http://www.hearingloss.org/content/young-adults-0>

Hearing loss message board and chat rooms: <http://www.hear4life.org>

Message board & chatroom: <http://www.myhearingloss.org>

American Tinnitus Association: www.ata.org

Induction loops: www.hearingloop.org

To find and add venues that offer ALDs and Loops: www.ALDDLocator.com, www.loopfinder.com

To find and install loops www.loopamerica.com