



Fall 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, September 9
HLAA Convention, Brief Update

Monday, October 7
“From Silence, Hope”, a talk about the intensive education and therapy program for deaf and hard of hearing children, by Bill Doyle, Executive Director of Weingarten Children’s Center

Monday, November 4
“Demystifying Dizziness” by Dr. Kristen Steenerson, Oto-Neurologist and Head of the Vestibular Program at Stanford

Monday, December 2
Annual Holiday Party

Special Meetings

Rocky Stone Hearing Device Exhibit Demonstration of Hearing Devices

1st Wednesday of the month 10:30-11:30 a.m.
Except January, June/July/August, December

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

Newsletter Sponsor



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

www.pacifichearingsservice.com

CO-PRESIDENT'S MESSAGE
Bob Hall



It is time to resume our meetings after our Summer recess. Our first meeting is scheduled for September 9th at 1PM at the Veterans Memorial Senior Center (our regular meeting place). We will be hearing from members who attended the National HLAA meeting in Rochester, NY in late June and learn what they found most interesting about the conference.

We don't have anyone to caption the September 9th meeting, but we are going to try a technical solution: The Live Transcribe App, by Google. We will have all speakers use the microphone and we know that the "Live Transcribe" App accurately converts speech to text over a Public Address system. The one unsure part of technology is connecting a smart phone to the LCD projector. We have a plan, but at this writing we have yet to try it out. We will do so before we go to press, and seek other connection possibilities if this one fails. We have time to get this right before 9/9. It will be interesting to see how well it works.

For those of you with Android Smart Phones, you can download the Live Transcribe App to your phone from Google Play. It is free and it is designed so that you can put your phone on a table where others are talking and it writes out what is said. The App was created by Google as an aid to the hard of hearing. It is most useful where one person speaks at a time. I've not used in a restaurant or where others are talking nearby, but this is something we should try in order to learn the limits of this device.

Live Transcribe does not work on the Apple iPhone. But for iPhone users it is possible to buy a relatively inexpensive Android phone and add the App. That is what I have done.

Looking forward to seeing you all in September,

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

CHAPTER NEWS – July 2019 Picnic at Flood Park



Ron Edwards, Joe Szentkuti



Jack Castle, Steve Sells



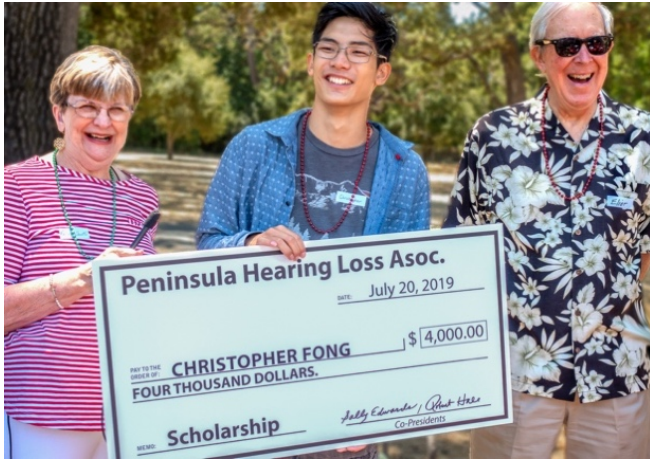
Anne Decali, Arleen Hoffman



Bonnie Neylan, Sally Edwards



CHAPTER NEWS – Picnic and Chapter Scholarship Presentation by Bob Hall



Raegene Castle, Christopher Fong, Eliot Terborgh

We had a marvelous Chapter Picnic on Saturday, July 20th. Twenty-three people attended. Ron Edwards did the grilling honors. It was great seeing Kate and Joe Szentkuti again. Everyone brought something to share.

The Scholarship Committee, Raegene Castle, Eliot Terborgh, Kate Szentkuti, and Bob Hall presented the Chapter Scholarship to Christopher Fong, a recent Menlo Atherton High School graduate who will be attending the University of Southern California (USC) this Fall. Christopher has had bilateral hearing loss since a very young age. But this has not stopped him. He plays the Cello and four other instruments. At Menlo Atherton he played in the Jazz band and toured with them. He was also on the Tennis team while maintaining an excellent Grade Point Average. Christopher has been to orientation at USC and plans to major in business.

June 2019 Convention in Rochester, NY



(Left) Bonnie Neylan, Sister Ann Rooney, Raegene Castle, Carolyn Odio; (Center) Bonnie Neylan, Rebecca Alexander, Keynote Speaker; (Right) Sister Ann Rooney, Bonnie Neylan at Niagara Falls

CHAPTER NEWS – KUDOS TO VOLUNTEERS

196 YEARS COMBINED as of August 1, 2019. Wow, let's give a round of applause to these current members who are still to this day volunteering their time and energy to our chapter. Many have or are serving in multiple roles. Some are new. You all deserve everyone's appreciation as you are the backbone to our chapter. Without you, we wouldn't exist.

The right column shows a list of the many jobs our volunteers do.

Raegene Castle: 18 years	President/Co-President
Genevieve Chan: 6 years	VP Membership
Sally Edwards: 16 years	VP Programs
Tommie Fogliani: 36 years	Secretary
Liz Furber: 27 years	Treasurer
Bob Hall: 11 years	Buddies
Jaynie Kind: 10 years	Education Table
Cora Jean Kleppe: one of the original founders, along with Tommie Fogliani	Looping
Bonnie Neylan: 7 years	Newsletter Editor/Proofreader/Mailing
Mark Paramo: 5 years	Orientation
Kathy Rothschild: 2 years	PA System
Sister Ann Rooney: 16 years	Phonak Roger Pen Loaner Program
Steve Sells: 6 years	Postcard Distribution
Annette Soby: 9 years	Publicity
Chris Sullivan: 10 years	Library Exhibit of Assistive Listening Devices
Larry Sweeney: 2 years	Welcoming
Kate Szentkuti: 5 years	Set Up/Clean Up
Eliot Terborgh: 3 years	Meniere's Support Group
	Saturday Connections Group



Thank
YOU!

(Editor: I found some of these from our old newsletters so some of these are best guesses. If I've missed you, and you are a current member, please let me know so I can add you to our Kudos. My email address is at the end of this newsletter.)

CHAPTER NEWS

Young Adults with Hearing Loss Meetup Group

A meetup group for young adults (Ages 18-35) with hearing loss have been meeting since September 2018 attending a wide range of fun activities. We have met to play tabletop games at Joe and the Juice in San Mateo, ate great Chinese food in San Carlos, had fantastic food at Hot Pot restaurant in San Mateo, and looking to have more fun for 2019.

If you are interested, come connect with us. You can email us HearTogetherFriends@gmail.com for more information or if you have questions.

HearTogetherFriends Team!

TECHNOLOGY NOTES

Difficulty in Hearing at Venues by Jaynie Kind

The Saturday Connections group recently expressed their frustration about how hard it is to hear in venues. Some ideas suggested at the meeting were:

- a. If an assistive listening device (ALD) is not working, odds are high it's not your receiver but the transmitter the venue is using. Sit on the aisle so you can get up and get help once a show or talk has started.
- b. ALWAYS CALL AHEAD to ask if the venue has an Assistive Listening System. (See page 3 of Winter 2018 Chapter Newsletter for a story about this.)
- c. If you have a Roger Pen or some other ALD, get that mic as close to the sound as you can. (The Fall 2017 Chapter Newsletter had an example of hanging the Roger Pen from the loudspeaker). Ask the speaker to wear whatever mic you use (PockeTalker, Roger Pen, etc.)
- d. Make sure your hearing aid mics are turned off if you're using an ALD. Leaving them on means you'll pick up the room noise as well. Not sure if your hearing aid mic is off? Try scratching your hearing aid/cochlear implant mic to see if you can hear scratching. If so, they're on.

TECHNOLOGY NOTES

ASSISTIVE LISTENING DEVICES MEETING



Trouble hearing?

If you have hearing aids or cochlear implants and find that you still have difficulty hearing in some situations, this meeting is for you.

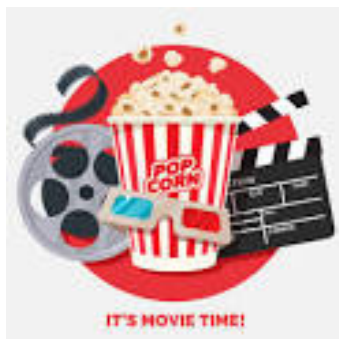
Join us to learn about new technologies to help with your hearing. Meetings include:

- Overview and introduction to the field of assistive listening devices.
- A large number of devices on display.
- Knowledgeable volunteers available to explain and demonstrate the devices.

These meetings are sponsored by the Peninsula Chapter of the Hearing Loss Association of America, a non-profit organization helping its members and others with hearing difficulties. The meeting is free & open to the public.

1st Wednesday of the month 10:30-11:30 a.m
Except January, June/July/August, and December
Redwood City Main Library, 1044 Middlefield Rd, Redwood City

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The Aquarius Theater in Palo Alto is looped. Ann Bender reports that “you just switch to T-Coil and the lovely sound is right in your hearing aids. You don’t even hear yourself munching popcorn. Please spread the good news.”

To see what’s playing: <https://www.landmarktheatres.com/san-francisco-peninsula/aquarius-theatre>

Surviving a Cocktail Party When You Have Hearing Loss by Shari Eberts (Excerpts with a shortened link to full article below.)

Cocktail parties are tough for most people, but when you have hearing loss, they can be brutal! The **constant buzz of conversation** bounces around the hard surfaces of the room, making it difficult to pick out the important sounds—the voices of your conversation partners. When music is playing in the background, it is even harder. The whole experience can be frustrating, embarrassing, and incredibly exhausting. Many people with hearing loss would prefer to avoid cocktail parties like the plague.

When approaching a cocktail party, people with hearing loss may opt for easy fixes—dominate the conversation or nod, smile and hope your responses are appropriate. While I admit to utilizing these crutches in a pinch, the following list of strategies provides a **more authentic and satisfying experience**.

- 1. Arrive rested.** Hearing at a cocktail party requires significant concentration and brain power. Arrive rested and having eaten something. An empty stomach makes it harder to concentrate.
- 2. Find a good position in the room.** Upon arrival, scope out the best possible acoustics within the setting and set up shop. A corner location often works well because it limits the background noise behind you. Areas with carpet, drapes or cushions are also good choices since soft surfaces help absorb excess sound.
- 3. Advocate for yourself.** Let people know about your hearing difficulties and ask your speaking partners to move to a quieter part of the room if possible. Or invite them to step outside for a breath of fresh air and respite from the cacophony. If possible, ask the host to turn down the music in at least one part of the party.
- 4. Use technology.** Some hearing aids have special programs for cocktail parties, but they are not always effective. Try using a [Roger Pen](#) or similar device as a microphone to hone in on the voices. One friend recently used Google's [Live Transcribe](#) app at a cocktail party with success. You can read my take on Live Transcribe [here](#).
- 5. Give visual clues to indicate you are having trouble hearing.** A cupped hand behind your ear will let the speaker know to raise his voice without disrupting the flow of the conversation.
- 6. Take breaks.** Don't be afraid to head to a quiet room to rest your brain. Once your energy returns you can make another go of it.
- 7. Bring your sense of humor.** A party is supposed to be fun. Smile and enjoy the atmosphere. Laugh at the mishearings — some can be quite funny if you let them.

<https://bit.ly/2Kl1CSn>

Chapter Business

Membership Renewal

Please check that your HLAA membership is current, and RENEW it if it isn't. If you don't have a membership, there are many good reasons to join. Our chapter gets a portion of your dues, so this way you are helping Hearing Loss Association of America locally and nationally.

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 to participate, our Peninsula Chapter offers friendship, pertinent speakers, and a place where "HUH?" is just not an issue.

You can renew online: www.hearingloss.org

Or by mail: 7910 Woodmont Avenue, Ste 1200
Bethesda, MD 20814-7022

We want to thank the following donors who recently gave to our chapter or national organization, above and beyond membership dues. Your donations have helped pay for our captioner, student scholarships, refreshments, convention scholarships, brochures, assistive listening demo devices.

Members: Clarice Dominge

Those who donated anonymously (you know who you are)

Organizations: Peter Uccelli Foundation

If we have missed someone, please let us know as we want to acknowledge each of you.



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

If it's an occasion, please tell Eliot, our chapter treasurer, if it's a Birthday, In Memory Of, Congratulations, etc. and to whom to send the acknowledgement.

Eliot Terborgh
57 Parkwood Drive
Atherton, CA 94027

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

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Or pick your own charitable organization:

Charity name, location, or keyword

Hearing Loss Association Of America Inc [\(About\)](#) Redwood City, CA
Founded 2001

Deaf/Hearing Impaired Centers, Services

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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. 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.

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“Look at me, and take your hands away from your mouth. Please don’t exaggerate your pronunciation.”

“If I do not hear you the first time, please repeat with different words.”

“Let’s try to limit or avoid background noise. I do not hear well in noisy environments.”

This came from an article which talks about what individuals with hearing loss say works and why these tips are effective. For more information, see Hearing Health Foundation, Summer 2019, *“How to Communicate Better, and More Compassionately, with People with Hearing Loss”*.

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