



Spring 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, April 1

Brook Raguskus, Audiologist, Pacific Hearing Service, will talk about what you should know about Tinnitus, who needs an evaluation, types of treatment, tools, apps (bring your Smartphone if you have one)

Monday, May 6

Ellen Mastman, Lipreading Teacher, will talk about practical methods to strengthen your lipreading skills

June, No Chapter Meeting. We will have a summer picnic. Date to be determined

Special Meetings

Rocky Stone Hearing Device Exhibit Demonstration of Hearing Devices

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

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

Sally Edwards



Dear Friends,

We are celebrating a very special year in HLAA. It is our 40th birthday! SHHH (Self Help for the Hard of Hearing), the original name, was founded by Rocky Stone in 1979. HLAA's mission is to inform, educate, support and advocate to improve the lives of those with hearing loss. Our chapter was chartered on Aug. 15, 1983, as the Bay Area Chapter, which makes us one of the oldest chapters in the country. Somewhere along the way our name was changed to the Peninsula Chapter.

So why is HLAA important? Because we need to learn all we can to help ourselves and others. There are many struggling to cope with their hearing loss who don't even know we exist. We need to reach out MORE to our hearing impaired friends and family and introduce them to this amazing organization that can change their lives.

If you are not a member of HLAA, I urge you to join. It's just \$35/year, the biggest bargain going. Our national organization needs your support! Get involved in our chapter if you're not already. Come to the variety of meetings we have, all listed on the first page, to see what most meets your needs.

I joined HLAA in 2003 and it changed my life. I felt I knew a good deal about coping with my hearing loss. I didn't. I have learned the importance of advocating for myself and others. I have made forever friends who truly understand what it's like not to hear well. And I have gained improved hearing through some of the amazing technology available to us today. Guess where I learned about that? You got it - HLAA.

The annual National Convention is coming up June 20-23 in Rochester, N.Y. If you have never attended one, why not consider going? It is a treasure trove of information. And the exhibit hall includes companies demonstrating hearing devices of all kinds. We have two scholarships of \$250 each, available to chapter members who are first time attendees. If interested, please contact me. (info on back page).

I look forward to seeing you at one of our meetings in the near future.

Blessings, Sally

CHAPTER NEWS

We want to thank the following donors who recently gave to our chapter or national organization, above and beyond membership dues.

Members:

Robert Blackburn
Russ Castle
Tommie Fogliani
Robert Mohr
Richard Olson
Lynne Schmitt



Those who donated to the San Diego Walk4Hearing, we are deeply grateful.

Those who donated anonymously (you know who you are)

Organizations:

Easter Cross Foundation
Kaiser Foundation
Rotary Club of Redwood City Sunrise
Sequoia Healthcare District

If we have missed someone, please let us know as we want to acknowledge each of you who donated to our chapter or National organization.

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

Hearing in Noise - Confusion over Roger Pen with clip-on mics, Roger Select Microphone, Roger Table Microphone II - An Explanation from the Saturday Connections Group

(Please refer to the photographs on the next page to help you identify the different microphones.)

You can use the **Roger Pen** and give everyone at the table a **Roger Clip-On mic** and set up a network. The Roger network will switch to a new speaker if the previous one has stopped talking. This means that you will only hear one person speaking at a time.

Room acoustics are always an issue, no matter what the technology.

Another suggestion was to use the **Roger Select Microphone (This is NOT the Roger Pen)**. This is not omnidirectional; instead, it features MBT (multi-beam technology) which will automatically point to who it thinks is speaking and suppress the rest of the ambient noise. It works up to 5' away from the speaker. You can also control the direction manually, but there is **no remote** to control who you want to listen to, although you can touch the Roger Select Mic so that it points to where you want it to. (You'd have to be close enough to tap it.)

Or you can use a **Roger Table Mic II**. It's an improvement over the original table mic because it tries to focus on where it thinks the speaker is. It's similar to a Roger Pen in conference mode. It's not suitable for use in a restaurant or car and is best for situations like a meeting where ONE person is talking at a time. You have the ability to control sensitivity (how far away the mic should pick up voices). You can use the remote to turn off a distant conversation. If you are seated at a 25' long table, you could set up several Roger Table mics.

"It helped in attending a conference where I could not install a hearing loop. I used the Roger Pen for myself and then put the table mic near the speakers". If you could buy only one Roger mic, buy the Roger Pen, as the Table mic and the Select mic is not as versatile as the Pen. One bonus is that one can remotely control the Table mic (turn it on/off) while still hearing through the Roger Pen.

All the Roger mics need a Roger receiver (example: MyLink or xReceiver) to work.

(continued on the next page)

TECHNOLOGY NOTES Hearing in Noise (continued)

Roger Pen

<https://www.phonak.com/us/en/hearing-aids/accessories/roger-pen.html>



Roger Select Mic

<https://www.phonak.com/us/en/hearing-aids/accessories/roger-select.html>



Roger Table Mic II

<https://www.phonak.com/us/en/hearing-aids/accessories/roger-table-mic.html>



<https://www.phonak.com/us/en/hearing-aids/accessories/roger-table-mic.html>

If you know what devices you're looking for, you can sometimes buy them used on **eBay**.

Show Someone with Hearing Loss That You Love Them by Shari Eberts

How can you show the people in your life with hearing loss that you value them? Here are my suggestions. Please share your ideas in the comments (of the blog post link).

1. Make conversations easier. Use [conversation best practices](#) like facing the person and getting his attention first. Don't speak to him from another room or with your mouth covered. Do this consistently and before you are asked or reminded for what feels like the umpteenth time. Voluntary compliance is a true sign of caring.

2. Check to see if they understood. Group settings, cocktail parties and loud restaurants make it hard for everyone to understand speech, let alone someone with hearing loss. When in a challenging environment, glance over at your friend to see if they look confused and if they do, do a quick repeat to catch them up. This shows you care and allows them to skip asking “What” every once in a while.

3. Let them pick the restaurant. Most people with hearing loss have a few go-to restaurants that work for them. Let them pick the venue or suggest you meet for a meal in the quiet of someone's home. Remind them that their company is more important than the dynamic ambiance of the hot new restaurant.

4. Tell them that you care. Hearing loss can be isolating, leaving people feeling lonely, left out and sad. Reach out to the people with hearing loss that you love and let them know you care. Seek them out for social activities that work for you both. Encourage them to come to the party or other gathering even if it will be hard to hear and help them find a way to enjoy it.

5. Use closed captions when watching TV. Some people find the closed captions to be a nuisance, particularly if they cover the score or other stats during a sporting event. Making sure the closed captions are always on helps the person with hearing loss feel included and part of the fun without needing to make any special requests.

6. Encourage them to use assistive listening devices at the [movies](#), theater and other places. Help them enquire into the options ahead of time so things go smoothly at the venue. Remove any stigma associated with using these devices by being an active participant in their acquisition. Getting the devices for them removes one self-advocacy battle they have to fight that day.

7. Laugh at the mis-hearings. Hearing loss can be very funny if you let it be. Treat hearing loss as just one part of them, like a distaste for spicy food or a terrible sense of direction. Everyone has something that challenges them in their everyday life. Remove the stigma by treating hearing loss as just one of those obstacles we all face.

(continued on the next page)

Show Someone with Hearing Loss That You Love Them (continued)

8. Protect your hearing. Show that you understand the difficulties associated with hearing loss by protecting your own hearing and encouraging those around you to do so as well. Wear hearing protection at concerts, on planes, and other loud places. Valuing your hearing shows respect for those who struggle with their own.

(Source: <https://livingwithhearingloss.com/2019/02/12/how-to-love-someone-with-hearing-loss/>)

NATIONAL NEWS AND BEYOND



Presented by



Hyatt Regency Rochester
Rochester Riverside Convention Center

Hearing Loss Convention 2019 - So far, Sister Ann, Bonnie Neylan, and Raegene Castle are going to the convention this year. Are you? Others who have gone in the past are Sally Edwards, Steve Sells, Bob Hall, Jaynie Kind, and Kathy Rothschild. Anyone would be happy to chat with you if you'd like more input before registering.

Convention registration is open online. For more information:
<https://www.hearingloss.org/programs-events/convention/>

Along with educational workshops, demos, and exhibits, other highlights are:

The Research Symposium, "*The Latest on Genetics and Hearing Loss*", on Friday morning, June 21

The Keynote Speaker is Rebecca Alexander, a 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*. She will be speaking on Thursday morning, June 20.

On Friday night, there will be a HLAA Anniversary Celebration and Awards Gala, *Cheers to 40 Years!*

An optional visit to Niagara Falls is scheduled for Sunday, June 23.



Shop AmazonSmile and support our chapter. Use this web site address:

<http://smile.amazon.com>

AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases.

Type Hearing Loss Association of America into the "pick your own charitable organization" window. Click Search. Select our chapter, Redwood City.

Or pick your own charitable organization:

Charity name, location, or keyword

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

Redwood City, CA
Founded 2001

BUYING FROM AMAZON

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.ALDDocator.com, www.loopfinder.com

To find and install loops www.loopamerica.com