

## 2019 Scholarship Recipient



**Mikaela Sorensen**  
**Leigh High School**

Being deaf since birth with bilateral cochlear implants, Mikaela learned early on the difficulties in dealing with people who lacked understanding of the needs of deaf people. By being proactive in explaining and recommending suggestions to enhance her overall communication, she improved her ability to communicate with others in various environments.

Mikaela's interest in Kinesiology led her to enroll at the Silicon Valley Career Technical Education. She spent ten hours per week in the Sports Medicine & Kinesiology class. This was in addition to courses she was taking to fulfill requirements at Leigh High School. Needless to say, her dedication and diligence demonstrate the willingness to go an extra mile to fulfill her career goal of becoming an athletic trainer.

Mikaela also served an internship at De Anza College, working two days per week in the sports medicine facility. In addition to observing the duties of athletic trainers, she also assisted in performing various tasks. She participated in sports medicine competition including written and practical skills examination.

To further her interest in Kinesiology, Mikaela became a member of Health Occupations Students of America (HOSA) and had an opportunity to attend its convention in Sacramento. Representing her school as Co-President and Voting Delegate provided her a once in a lifetime opportunity to meet and participate in workshops with other attendees.

Over the years, Mikaela has participated and volunteered in various school and community activities including two years of JV Basketball at Leigh High School; volunteer work at De Anza College Athletic Department, Valle Vista and Burnett Elementary Schools; and childcare assistance at Mount Olive Ministries.

Academically, Mikaela maintained a GPA of 3.94. She received the Scholar Athlete Award in 2015 and 2016 in recognition of her academic achievements.

She is fluent in ASL (American Sign Language) and conversational Spanish.

Mikaela will attend California State University in Northridge. She plans to major in Kinesiology with the intent of becoming an athletic trainer.

Congratulations and best of luck, Mikaela!

**EVERY END**  
**ISA**  **NEW**  
**BEGINNING**

*Smooth seas do not make skillful sailors.*  
-- African Proverb



## President's Message

by Lynne Kinsey

### Adjusting to New Hearing Aids

Getting new hearing aids can be accompanied by pain and discomfort or can be a comfortable means to better hearing. I have been lucky to have easily adjusted to putting that funny little foreign piece into my ear. I doubt that ears were intended to have ear molds squeezed into their opening or to have a long wire threaded in further down. We do it in the hope of improving hearing. Similar discomfort can happen to aids we have worn for years.

My husband, Stephen, just got new hearing aids. He went back for adjustments because they were too painful to wear and needs to return for re-explanations on how to adjust the volume and programs. He has given me permission to use him as an example in talking about adjusting to new hearing aids. This applies as well to people getting their first hearing aids. Each hearing aid fits a little differently and each model has its own characteristics and operation. After adjustments to the length and connection to the wires/tubes, his aids now fit comfortably. I experienced a similar painful reaction after a cleaning and getting new tubing for my hearing aid.

On Stephen's new hearing aids, the same two buttons control both volume and programs. How you push them determines what you are trying to change. He can change the program but not adjust the volume. Back he goes to be re-educated on its operation.

With the discomfort problem, he had to schedule another appointment for the adjustment. For this button utilization issue, he can go anytime and talk to a technician. I suspect that with his big hands and fingers, he is tapping the button too hard.

The message here is to consult your hearing aid provider if you do not understand the operation or are having pain and discomfort. Hearing aids are too important and too expensive to just accept the pain or decide not to wear them. Your provider

should work with you to make them right. You would certainly go back if a pair of eyeglasses were uncomfortable or did not improve your vision. You need to do the same for hearing aids and your hearing.

Hearing aids that are right for you are an incredibly wonderful thing. Hopefully, yours will be right when you first receive them, but give your provider a chance to correct any problems and make them right. If they still are not right, under California law, you can return hearing aids within 45 days for a complete refund.

UPDATE—When Stephen's hearing aids were adjusted in the office, they forgot to turn the volume adjustment back on, so his inability to adjust the volume was not his fault. All is fine now!



PLEASE JOIN US FOR OUR HLAASV  
CHAPTER PICNIC

SATURDAY, AUGUST 10, 2019  
11:30 AM - 2:00 PM

LYNNE & STEPHEN KINSEY'S BACKYARD  
647 CALPELLA DR., SJ 95136  
(SOUTH SAN JOSE NEAR HWYS 85 and 87,  
CAPITOL AND ALMADEN EXPYS)

BRING YOURSELF AND HAVE A RELAXING  
TIME. A FOOD DISH IS NOT REQUIRED. IF  
YOU STILL WANT TO BRING SOMETHING,  
BRING A SALAD OR SIDE DISH.

PLEASE DO NOT STAY HOME BECAUSE  
YOU CANNOT BRING A DISH. THERE WILL  
BE MORE THAN ENOUGH FOOD AND  
SHADE FOR EVERYONE.

RSVP SO WE KNOW HOW MANY TO EXPECT  
kinsey618@gmail.com or (408) 265-4038

## Volunteers Needed

by Ted Santos

Our chapter has great resources to help us understand and cope with hearing loss. Using these resources takes some, but not a lot, of effort. We need volunteers to make this information known and available. We need your help!

HLAA and others have brochures, videos, and websites available to us. Subjects include explanations of, identifying, coping with and personal stories about hearing loss. All of these and more are key to communicating and surviving in our fast paced world.

Specific areas of help we need include ideas for future programs (including known contact information); working in a booth at local health fairs; announcements at meetings or in our newsletter of local events that encourage members to go into their community (safari walks, library/ community centers, etc.); people with computer, database, and publicity skills; and people that are looking for something important/valuable to focus on in their life.

People with hearing loss often become lonely, isolated and depressed if they aren't actively engaged. Some of us know about these negative things that accompany hearing loss and we want to assist those wanting answers.

Please volunteer your time, energy and expertise to help yourself and others. Contact Ted Santos at [tedsfishing@att.net](mailto:tedsfishing@att.net) or (408) 298-7112 to learn more or to offer your help.

We look forward to hearing from you!



**Help us make a difference**

## Message by Nancy Kingsley, HLAA-Pennsylvania State Director

People with hearing loss often suffer unnecessarily because they don't know how to advocate effectively for their communication needs. Many are reluctant to acknowledge their hearing loss, don't want to annoy anyone by asking for an accommodation, or don't know what to ask for in the first place. As a result, they end up feeling excluded and sorry for themselves. Fortunately, people can learn to become better self-advocates—it just takes some knowledge and practice. The first thing to realize is that you have a right to know what's being communicated. Here are some requests you can make:

1. Ask people to speak a little slower and not to shout.
2. Ask people to face you and not cover their mouths.
3. When you misunderstand, ask for the sentence to be rephrased ("Can you reword that?").
4. Ask for important information to be written down.
5. When you join a group, ask what the topic is.
6. In waiting rooms, ask a staff member to come over instead of calling your name.
7. At presentations, ask the speaker to repeat audience questions before answering.

Being assertive isn't the same as being aggressive--when you make requests to be accommodated, be sure to do so politely. It's also important to understand that when people speak, they are concentrating on what they are saying, not on how they are saying it. So if you make requests like the ones listed above, people may forget. This doesn't mean that they are being deliberately thoughtless, so don't get angry or upset when it happens--just remind them. You'll find yourself feeling less frustrated when you let people know how they can help you to understand what's being said.

## In Memoriam



Pat Parsons, longtime friend and chapter member, passed away on April 24, 2019 at the age of 91.

An active member of our chapter since November 1997, Pat served many years in various Executive Board capacities including President, 1<sup>st</sup> and 2<sup>nd</sup> Vice President, and Secretary. She was involved in various chapter committees and took great pride in working on the Scholarship Committee for a number of years.

Having attained a Speech Language Pathology degree and a Deaf Education credential, Pat worked with hearing impaired children and adults in various positions. She enjoyed teaching and continued working into her 80's. Most of our chapter members got to know her while taking her classes in lip reading, sign language and coping with hearing loss. In spite of commuting weekly to San Jose from Santa Cruz during peak commute hours, she never lost her fun-loving spirit and enthusiasm for teaching. Needless to say, her enthusiasm and dedication resulted in many lifelong friends from among her students and peers.

Please join us in celebrating Pat's life on Saturday, July 27, 2019, 12 noon at 438 26<sup>th</sup> Avenue, Santa Cruz. If you have any questions, contact her daughter, Deborah Homan-Still, at [bea.still@comcast.net](mailto:bea.still@comcast.net).

-- Earl Mizuguchi

## Lines from Lynne --

### I REALLY WANT TO KNOW

I recently asked at a meeting how many people use the loop in our meeting room and their telecoil (or t-coil) to be able to hear the speakers at our meetings. Very few people raised their hand. Some reasons could be:

I don't have a t-coil.

I don't know if I have a t-coil.

I don't know what a t-coil is.

I don't know how to use a t-coil.

If you didn't raise your hand or do not use your t-coil, be aware that we spent money and many volunteer hours to install the loop above the drop-down ceiling in our meeting room and work on the electronic equipment at the front of the room.

When they are working properly, the t-coil enables the listener to hear everything spoken into the microphone as if it were spoken directly in their ear.

Some audiology offices have loops set up in the doctor's actual office where he/she talks to you; or in the waiting room where they have a loop hooked up to the TV, so you can see how helpful it is. Some people set them up in the eating or TV area of their home to facilitate easier listening and understanding for people with hearing loss. Many churches and synagogues in our area are looped to make it easier for us to hear what is said at services.

Please try using our loop. If you need assistance, ask one of our Board members for help.

### EDUCATION FOR THE DEAF

When I first experienced my profound hearing loss, my ENT doctor told me that she didn't want to scare me but suggested that I might want to learn sign language. Thinking that was something



I should do, I took classes from different people with different teaching styles. But it was something that proved to be extremely difficult for me to learn. Meanwhile, my sister in Southern California decided to support me by taking an ASL (American Sign Language) class at the community college near her. Languages were always easier for her, and in a short time, she was very good. When she came home for a holiday, she would talk to me using ASL and I would have no idea what she was trying to tell me. She told people that she took classes to support me and I dropped out of my classes.

When reading about schools for the deaf, there seems to be two philosophies for teaching deaf people. One is by using ASL. Different countries often have their own sign language, and they all are complete languages with their own grammar and sentence structure. The other form of education was referred to as oralist or oralism and today is often referred to as Listening and Spoken Language (LSL). It basically follows an English-language immersion curriculum.

There are often confrontations and criticism of the proper way to teach a deaf child.

## **AN ONLINE FORUM FOR PEOPLE WITH COCHLEAR IMPLANTS**

Just when I thought I knew about all the websites and forums for people with hearing loss, specifically those with cochlear implants, I was shown one that was new to me, HearPeers Forum <https://forum.hearpeers.com>.

People are asked to join the forum and they can then read various comments by members and add their own. The page tells you the title of the post (which may or may not tell you the subject), the number of posts, and who initiated the string of comments. There are pages of comments, some about specific CI brands, some are general comments about CIs or hearing loss. Some ask questions for other readers to answer. This is for people that want to read a lot of cochlear implant subjects, not for someone looking for a particular piece of information.

## **WHEN YOU TRAVEL**

Take a printed copy (or put it on your phone or tablet) of your hearing aid settings and eye-glasses prescription, so a local person can more easily repair or replace your device, if needed. I have entries in my tablet's contact list under Eyeglasses, Hearing Aid, and Cochlear Implant and list any specifics I would need if they were lost or damaged, plus phone numbers to my providers or the company's customer service. In my case, if I can go to a Kaiser Audiology Center anywhere that I happen to be, they can have access to the information they need. As a result of such visits, I have Kaiser membership numbers in Southern California and Washington State.

## **HEARING LOSS OCCURS IN SERIOUS NUMBERS**

Hearing loss is the third most common health condition in the U.S after arthritis and heart disease, affecting people of all ages. This means it is more common than most people think and is expected to get worse as today's young people get older.

Too many people, and children included, are listening to music that is loud enough to damage their hearing, both from exposure to loud instruments at concerts and in their home and by using headsets and ear buds to listen to loud music for extended periods of time.

## **CLEAN AND MAINTAIN YOUR HEARING AIDS**

Hearing aids are a significant investment, so it's good practice to clean and maintain them at home. Some cleaning needs are obvious, like when your ear mold or tubing is clogged with cerumen (ear wax). Whether you use the little wire loop you were given, or you separate it from the device and soak it in warm water, it is often easy to remove.

Some professionals discourage people from cleaning hearing aids themselves because aggressive cleaning can damage them.

# Membership & Renewal

Date: \_\_\_\_\_ New \_\_\_\_\_ Renewal \_\_\_\_\_  
ALL Membership Information is kept Confidential

Name: (1) \_\_\_\_\_

Name: (2) \_\_\_\_\_

Address: \_\_\_\_\_

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

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

Specify Home or Cell

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

Preferred mode of contact: Email \_\_\_\_\_ OR  
Phone \_\_\_\_\_

Birthday: (1) \_\_\_\_\_ (2) \_\_\_\_\_  
Month and Day Month and Day

## DUES:

### Silicon Valley Chapter Membership Dues

Includes bi-monthly newsletter

\$15 Individual/Couple/Family

**HCAA Membership** (National) includes bi-monthly magazine, *Hearing Life* and quarterly state newsletter, *The Hearing Loss Californian*.

\$20 Student

\$35 Individual

\$45 Couple

\$60 Professional

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

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

Scholarship Fund: \_\_\_\_\_

**TOTAL ENCLOSED** \$ \_\_\_\_\_

Make checks payable to: **HCAA-SV**

Mail to: Amy Mizuguchi-Treasurer  
6136 Oak Forest Way  
San Jose, CA 95120

## Executive Board

President- Lynne Kinsey  
408-265-4038 [lkinsey@hearinglossca.org](mailto:kinsey@hearinglossca.org)

1<sup>st</sup> Vice President/Program- Maggie Iller  
408-890-8879 [marjorie.iller@gmail.com](mailto:marjorie.iller@gmail.com)

2<sup>nd</sup> Vice President/  
Membership- Earl Mizuguchi  
408-997-6377 [earlmiz@sbcglobal.net](mailto:earlmiz@sbcglobal.net)

Secretary- Evelyn Taravella  
408-629-2428 [etarv@att.net](mailto:etarv@att.net)

Treasurer- Amy Mizuguchi  
408-997-6377 [amizs@sbcglobal.net](mailto:amizs@sbcglobal.net)

### Committee Chairs:

Cheer and Courtesy&Social &  
Welcome Table- Barbara Hinman  
408-753-9776 [ca\\_sunsets@comcast.net](mailto:ca_sunsets@comcast.net)

Hospitality&Sound System- Amy Mizuguchi  
408-997-6377 [amizs@sbcglobal.net](mailto:amizs@sbcglobal.net)

Library- Stephen and Lynne Kinsey  
408-265-4038 [kinsey@hearinglossca.org](mailto:kinsey@hearinglossca.org)

Newsletter Editor- Gwen Odell  
408-667-3125 [gwen\\_odell@hotmail.com](mailto:gwen_odell@hotmail.com)

Recruiting & Planning- Ted Santos  
408-298-7112 [tedsfishing@att.net](mailto:tedsfishing@att.net)

Scholarship- Earl Mizuguchi  
408-997-6377 [earlmiz@sbcglobal.net](mailto:earlmiz@sbcglobal.net)

Second Hand Treasures- Evelyn Taravella  
408-629-2428 [etarv@att.net](mailto:etarv@att.net)

**Volunteers are always needed to assist Officers and Chairpersons with their tasks and new tasks as they occur. With YOUR ideas and help, it truly becomes OUR organization. Talk to a Board member to see where you can fit in.**

***We are a 501(c) (3) Exempt Organization. Your dues and donations may be tax deductible.***

## THANK YOU FOR RENEWING!!

Mike & Margie Davis (N); Elsa Dinis-McVeigh, Linda Esparza, Marcia Fariss, Ivan Fawley (N), Wilkes Joy, Richard Morgan, Geri Osborn, Connie Turner, and Rose Wesley

## THANK YOU FOR DONATING!!

**Scholarship Fund:** Ivan Fawley, Wilkes Joy, Jennie Stonehouse, and Eiko Yamaichi (50-50 winnings)

**Memorial Fund:** Mike & Margie Davis for Paul Stein and Rufus Wesley; Geri Osborn for Rex Osborn and Maxine Rowley; Stephen & Lynne Kinsey, Earl & Amy Mizuguchi, Evelyn Taravella and Connie Turner for Pat Parsons



### July

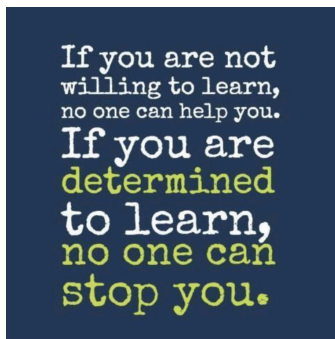
- 8 Teri Butcher
- 10 Sathappan Venkatachalam
- 11 Margie Pomerantz
- 19 Ted Witrykus
- 27 Amy Mizuguchi
- 30 Yvonne Hebert

### August

- 11 Allan Hikoyeda
- 12 Dorothy Mensinger
- 19 Stephen Kinsey



*America is another name for opportunity.*  
-- Ralph Waldo Emerson



-- Zig Ziglar

## *Lines from Lynne -- (continued)*

### SILENCE PREMIERED IN JANUARY 2018

The play, *Silence*, premiered in London in January 2018. It is about Alexander Graham Bell's wife, Mabel Hubbard, and his mother, Eliza Symonds, who were both deaf and could not use his newly-invented telephone.

The story is seen through the eyes of Mabel, who became deaf at age five from scarlet fever but was such a proficient lip reader and skilled speaker that many people didn't know she was deaf.

I do not think this play has come to the U.S., or if it has, not to the Bay Area. I am watching for it to be performed here.

### TESTING RESULTS

Do you usually receive copies of your audiogram or other hearing test results or information about your hearing devices when you see your audiologist or hearing professional? Granted many of the test scores are not understandable to us, but they can be useful to us. Sometimes a family member or friend wants to share information with us that applies to people with certain test scores.

If you have results from multiple years or visits, you can compare how results have changed or stayed the same. With many sets of results, you can track a trend and then ask about it at a future visit. You can detect any recent changes and then inquire about the reasons. You can ask if consistent gradual changes are expected to continue.

I have a binder-full of my audiograms since 1992, when my hearing loss first started. It is interesting to see how it continued to decline over the years. Some people have a sudden hearing loss and it remains fairly constant over the years. The audiogram helps your provider determine the best way to help you.

### HLAA-SV BOARD OF DIRECTORS' MEETINGS

Board members meet on the 1<sup>st</sup> Wednesday of the month (September to June) at 10:00 am in the Library at the San Jose Masonic Center. Chapter members are welcome and encouraged to attend.



647 Calpella Drive  
San Jose, CA 95136

## 2019 Mid-Year Calendar

July and August – Summer Hiatus

September 4 Board Meeting  
September 11 Potluck & Chapter Meeting

October 2 Board Meeting  
October 9 Chapter Meeting

November 6 Board Meeting  
November 13 Chapter Meeting

December 4 Board Meeting  
December 11 Potluck & Chapter Meeting

***The Date on your mailing label is your  
HLAA-SV Membership Renewal date.  
Please renew using the form on page 6  
or at a Chapter Meeting. Thank You!***

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## OSTEOPOROSIS INCREASES RISK FOR HEARING LOSS

Since most older people, especially women, have varying degrees of osteoporosis, this is a significant finding. Numerous news sources are reporting the results of a study in Taiwan, saying that people with osteoporosis are more likely to get sudden hearing loss. Few statistics were stated but can probably be found online.

### Monthly Chapter Meetings

Meetings are on the 2<sup>nd</sup> Wednesday of the month, September to June. All Meetings are Audio Looped and Captioned. Meetings are held in the San Jose Masonic Center, 2500 Masonic Drive, San Jose, CA 95125. Look for us in the Red Dining Room, off from the main lobby.

Presentations start at 1:00 pm. Refreshments and Social start at 12:30 pm when there is no potluck. Potlucks are held in March, June, September, and December and start at 12:15 pm. Our Second-Hand Treasures Sales are held at non-potluck meetings in January, February, April, May, October, and November.

For more information, contact President-Lynne Kinsey at [kinsey@hearinglossca.org](mailto:kinsey@hearinglossca.org) or call 408-265-4038. Website: <http://www.hearinglossca.org/chapters/northern-chapters/silicon-valley-chapter>

~~ JOIN US FOR OUR AUGUST 10<sup>TH</sup> CHAPTER PICNIC. SEE DETAILS ON PAGE 2. ~~