



SHHHARING THE NEWS

Celebrating 30 years!

May and June 2019

May 8th Program Are You Ready for Whatever?

June 12th Program Scholarship

Our speaker will be Eugene Ludwico who worked at PG&E in the gas and electric departments. Gene will talk to us about PG&E emergencies and in particular what we need to know as People with Hearing Loss (PWHL). We have certain needs because we may not hear or understand sirens, smoke alarms, special news bulletins, or instructions from people canvassing our neighborhoods. It will be important not only for us to hear what he says, but for him to hear from us about what we can and cannot understand in times of emergencies. We need to understand what to do and what help will be provided long before such emergencies occur.

Gene also worked at San Jose State University's Facilities Department as a HVAC mechanic and was safety coordinator for the department. Since retiring in 2006, he has been active with the City of Sunnyvale's CERT (Community Emergency Response Team) training program. Gene is also the coordinator for the Emergency Preparedness Team for Willow Ranch Mobile Home Community in Sunnyvale where he resides.

Our Chapter will be hosting its Annual Scholarship Luncheon, recognizing an outstanding hearing impaired high school graduate. Over the years, the Chapter has awarded 54 scholarships to students representing more than a dozen local high schools. These students worked hard and long to overcome their disability and compete with their peers. Let us all show our support and provide encouragement to these young people by attending this luncheon celebration.

Our guest speaker will be Dr. June McCullough, a professor in the Communicative Sciences and Disorders Department at San Jose State University since 1989 and in the last two years Interim Director of the new Doctor of Audiology program coming to SJSU in 2020. Dr. McCullough received her Ph.D. in Hearing Science at the University of Iowa. She also sees patients with hearing loss at Hearing Solutions, her private audiology practice in East San Jose.

As this is a potluck, please bring a favorite main or side dish for everyone to enjoy.

Monthly Chapter Meetings

Meetings are on the 2nd 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 or call 408-265-4038. Website: <http://www.hearinglossca.org/chapters/northern-chapters/silicon-valley-chapter>



President's Message

by Lynne Kinsey

BE PREPARED FOR EMERGENCIES

I once had a small suitcase packed for emergencies. It contained common things: small battery-operated radio; one or two flashlights (all with batteries removed and in a zipper bag); a whistle that I cannot hear but others could hear to locate me; food with a long shelf life; water; an approved face mask; moist towelettes; plastic trash bags; medicines we take regularly; and of course, hearing aid and cochlear implant batteries and their necessary supplies. It is wise to have your medical card, phone numbers to call, and a list of your medical conditions, medicines, and doctors. Having a cell phone or tablet is almost a necessity these days.

This is the bare minimum that I tried to have. I used to check it frequently to replace the food, water, batteries, and check on other things. When I had neglected to check the supplies, most of the batteries were either dead or leaking, the granola bars were stale, and the water was past date (I am not sure why water should have an expiration date). Lesson learned—remember to check emergency supplies.

We haven't actually needed supplies since the Loma Prieta Earthquake in 1989 when our daughter was nine years old. All of our neighbors brought folding tables and chairs out to our driveways where we sat hoping that each shaking would be the last. A tall shelf unit in our garage fell over, resulting in broken jars and scattered supplies. Luckily, the car was not in its space next to it. We have more food and water in our garage than most of our neighbors and since that time, we have added easily accessible can openers near the canned foods.

Why am I writing about this? I never really thought about the need to have hearing device equipment accessible in the garage. There are probably cards of batteries in numerous places in the house—desk, kitchen, and bedroom drawer, many purses and tote bags in the closet,

medicine cabinets in both bathrooms, and more. But what if we couldn't get back in the house? Now because of my hearing aid and cochlear implant, I need two different types of batteries available, plus assorted auxiliary microphones.

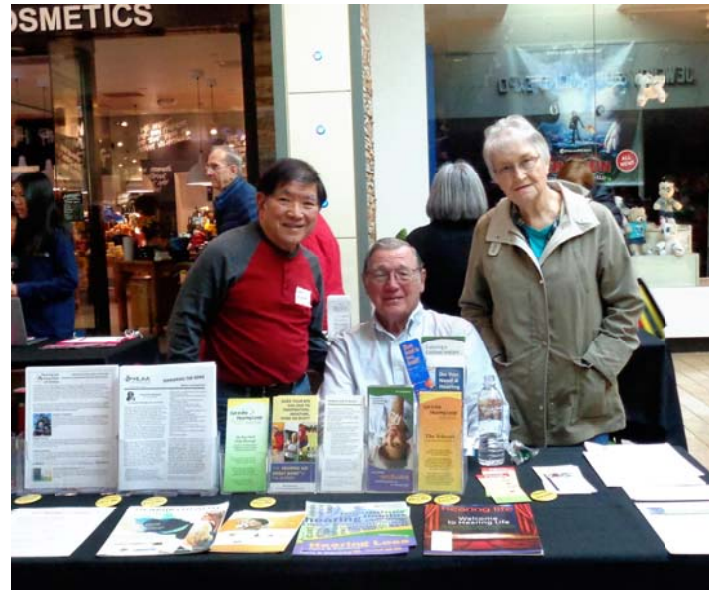
If you look at www.ready.gov, there is information about being prepared for a variety of emergencies. Please plan ahead and be prepared for any emergency that requires you to leave your house or shelter inside.

Senior Walk at Oakridge Mall

by Earl Mizuguchi

The first of several Senior Walks sponsored by the City of San Jose was held on February 22nd at the Westfield Oakridge Mall. With 100+ seniors in attendance, our Chapter used this opportunity to promote and provide information on hearing loss and encourage individuals to join us at our monthly meetings and activities.

Assisting at this event were Chapter members Evelyn Taravella, Charles Wade, and Amy and Earl Mizuguchi.



(L-R): Earl Mizuguchi, Charles Wade, Evelyn Taravella

~~~~~  
*No one can make you feel inferior without your consent.*  
~~~~~

-- Eleanor Roosevelt

Second-Hand Treasures Table

by Evelyn Taravella



Since HLAA is a non-profit organization, we rely on donations and other ways to generate income for our Chapter. One of those ways is by selling good quality items donated by our members at a Second-Hand Treasures table. The Second-Hand Treasures table is open during those months that we do not have a potluck, meaning January, February, April, May, October and November. Lately, we have not had many donations and thus have collected very little income. If we do not get any salable items, we will have to consider discontinuing this activity.

So please, I encourage all of you to bring something that you no longer want that can be sold to help our treasury. It can be household items, books, etc. Each spring we are encouraged to do "spring house cleaning." Think about donating items you no longer want to HLAA.

Lines from Lynne ...

The HLAA-Rochester, NY posted this excellent description of what HLAA does and is. Rather than try to write my own, I am choosing to share their well-written article.

What is our HLAA chapter about?

We often use the word SEA as an acronym standing for Support – Education – Advocacy. What impact do those words have? Let's consider each word.

Support leads to improved socialization. We immediately think of the socialization at HLAA events such as our monthly Chapter meetings – people experiencing hearing loss interacting with others having the same challenges. The support of HLAA encourages and gives us confidence to reach out beyond our gatherings to stay involved with family, friends, houses of worship, book clubs ... all kinds of groups. Support convinces each of us that other people experience the same problems and frustrations ... and importantly, gives us tips on how to better cope.

Education improves our ability to expedite. Presentations at HLAA meetings by professionals teach us how our ears and brains handle sound, plus we learn about hearing aids and devices available enabling us to hear better. By understanding hearing better and the technologies available to assist, we become more discerning consumers with the ability to improve living with hearing loss.

Advocacy leads to broadening access – access to the sound we so dearly need to fully engage with others. Just as people with physical limitations need flat passageways and ramps, advocacy for better hearing environments gives us access to understandable and intelligible sound. We become aware of improvements that can be made in public places and gain the confidence to ask for what we need. And in theaters and public places, we encourage the use of Open Captioning and Induction Hearing Loops.

The benefit for the individual often reaches far beyond hearing alone. It's been proven that better hearing contributes to improved overall physical health, helps maintain mental acuity, decreases depression; it can even increase longevity. In short, better hearing touches all aspects of our lives.

The Future...

As always we strive to increase our membership. The impact of selective placement of print advertising and possible exposure on TV is being tested. And we're enhancing our use of social media. There are so many in our community who can benefit from our knowledge and advice; so many who have never heard of HLAA! We're always open to creative ideas.

DO YOU WEAR GLASSES AND A HEARING AID?

There is only so much space behind your ear to be shared by the two devices. If you are having trouble caused by the way they all fit together, and your optical office has multiple opticians, ask whether any of them wear hearing aids. Those people will have a better idea of the discomfort you are trying to describe. It may be easier for you to explain to someone with the same concerns.

PLEASE SUPPORT ASSEMBLY BILL 598

HCAA-CA has asked Chapters and their members to support AB 598, the California bill known as Let California Kids Hear. This bill would require insurance companies to cover hearing aids for children. In California all newborns are required to have a hearing screening, but there is no requirement to treat those that are found to have hearing loss. If infants receive treatment before six months of age, they are more likely to develop at the same rate as other children.

At our March meeting, I brought post cards and information and messages were written to our California legislators to support this bill. I stamped and mailed the postcards and Chapters all over California are doing the same. You can do the same from home. To find out how to contact your legislator, go to findyourrep.legislature.ca.gov. A page will pop up to enter your address. Then you will be told who your Assembly person is and you can click on the name for the contact information. We are told that mailed comments are given more stature than emailed messages, but an emailed message is better than none

THEATREWORKS OPEN CAPTIONS

The TheatreWorks Group has announced its 2019 schedule of programs, which are shown at the Mountain View Center for Performing Arts and at the Lucie Stern Theater in Palo Alto. Details can be found at <https://theatreworks.org>.

Of special note is that each scheduled show will be shown with Open Captions on the 3rd Sunday (matinee and evening) and the last Wednesday (matinee only). You must specify that you want Open Captioning so you will be located in the section that can view the captions. They are good up-close seats and make it easier to understand the performers. We have gone many times and highly recommend it.

WE CAN USE YOUR HEARING LOSS MAGAZINES

Please bring your *Hearing Life* magazine and *Hearing Loss Californian* to our Chapter meetings when you are done with them, instead of throwing them away. We like to give them to visitors at meetings and at outreach events. THANK YOU!

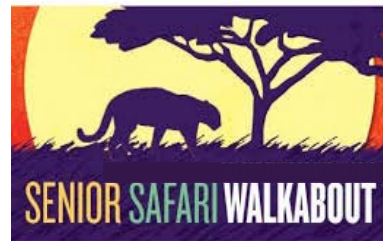
HEARING TESTS

If you suspect a family member or friend has a hearing loss, encourage them to get a hearing test.

Their health plan may provide free hearing screenings.

Many audiologists provide free testing with initial free appointments.

There are online hearing tests. One is at starkey.com. Click on "Hearing test" at the top of the page.



Adults age 50 and up are invited to take over San Jose's Happy Hollow Park and Zoo--in a kid-free environment—to spend a morning of animal encounters, activities and tours.

Admission and parking is free on the following Thursdays from 9-10 am:

May 23, June 27, July 25, August 22,
September 26, October 24

Happy Hollow is located at 1300 Senter Road in San Jose. There is also an entrance around the corner off of Story Road, which offers a little shorter walk to the park. Once in you are welcome to stay all day, although rides and activities will no longer be free; and the park will be invaded with children, families, and possibly whole classes on field trips.

Most times we have gone, we have seen other seniors that we knew. It is pleasant level territory walking, exercise we all can use. I hope to see you there.

-- Lynne

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 _____

Birthdate: (1) _____ (2) _____
Month and Day Month and Day

DUES:

Silicon Valley Chapter Membership Dues

Includes bi-monthly Newsletter

\$15 Individual/Couple/Family

HLAA 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: **HLAA-SV**

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Second Hand Treasures- Evelyn Taravella
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Volunteers needed on our Board:

Outreach Chairperson

Publicity Chairperson

Also welcome are helpers for any position.

(Ask a Board member for position details.)

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

THANK YOU FOR RENEWING!!

Betty Canote; Judie Cordy (N); Laurel Euler; Marsha Haines (N); Vera Hurlburt; Deborah Homan Still (N); Nancy Garthwait (N); Steve & Lynne Kinsey; Joyce Kurotori; Dorothy Mensinger; Henry & Kittye Ryczkowski; Ted & Rachel Santos; Richard & Lourdes Stone; Gail Swanson; Eiko Yamaichi (N).

THANK YOU FOR DONATING!!

General Fund: Gail Swanson, Eiko Yamaichi

Memorial Fund: Dorothy Mensinger for Ardeh Greenquist; Gail Swanson; Eiko Yamaichi for Jimi Yamaichi

Scholarship Fund: Laurel Euler; Marsha Haines; Deborah Homan Still; Joyce Kurotori; Amy Mizuguchi (50-50 winning); Richard & Lourdes Stone; Gail Swanson; Eiko Yamaichi



May

- 16 Luana Sell
- 17 Henry Ryczkowski
- 17 Sandra Hocker
- 19 Zina Jawadi
- 20 Laurel Euler
- 22 Richard Stone
- 24 Pat Parsons
- 27 Elsa Dinis-McVeigh
- 31 Judie Cordy

June

- 18 Marcia Fariss
- 26 Connie Turner
- 27 Pat Oswald



MEMORIAL DAY
★ ★ ★ ★ ★ ★ ★ ★
REMEMBER AND HONOR

~~~~~  
A quote from Lynne:

*If you've got melted chocolate all over your hands,  
you're eating too slowly.*

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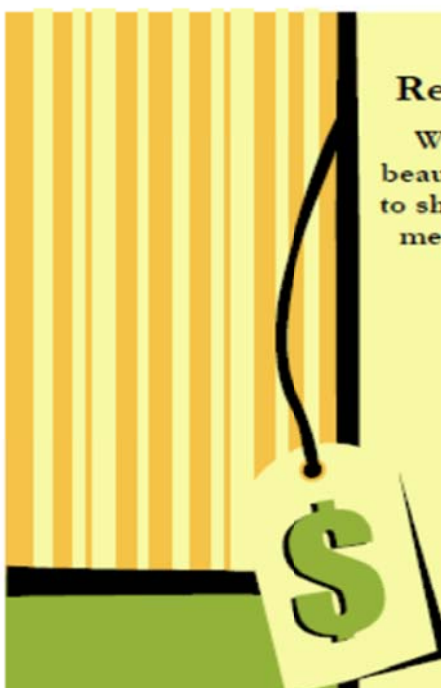


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HLAA-SV BOARD OF DIRECTORS MEETINGS

Board members meet on the 1st 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.



Barry Drogy

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Opinions expressed in articles appearing in this newsletter are those of the authors.

Mention of goods and services in articles and advertisements does not mean HLAA-SV endorsement, nor should exclusion suggest disapproval.



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2019 Mid-Year Calendar

BOARD MEETINGS: Summer Hiatus- July and August. Sept. 4, Oct. 2, Nov. 6 and Dec. 4.

CHAPTER MEETINGS: Summer Hiatus- July and August. Sept. 11, Oct. 9, Nov. 13 and Dec. 11.

The Date on your mailing label is your HLAA-SV Membership Renewal date. Please renew using the form on page 5 or at a Chapter Meeting. Thank You!

Lines from Lynne (continued)

WHAT TO DO WITH OLD HEARING AIDS AND EYEGLASSES

If you are like many people, you end up with a drawer full of old prescription glasses and old hearing aids. At some opticians they have a bin where you can deposit old glasses to be sent to the Lions Club to identify the prescription, clean them and make them available for someone that cannot afford glasses. Similarly, used hearing aids can be processed to give to someone who otherwise might not be able to get a hearing device.

If you are not offered that option when you get new devices, we have that option here at the Masonic Center. First, always keep your most recent old hearing aids and glasses, in case yours gets damaged or lost. It may seem obvious, but many people do not do this. But if you have other older ones at home, you can bring them to our meetings and the Masonic Center will help us have them refurbished and given to someone that really needs them. We used to mail them to the Lions Clubs organizations that do this, but it is much easier to give them to the Masonic Center and let them do it.

THANK YOU FOR HELPING OTHERS TO HEAR AND SEE.

(We repeat this information occasionally because of its importance and because we have new members that need to know this.)