



Celebrating 30 years!

SHHHARING THE NEWS

January and February 2019

January and February Programs

Our January 9th and February 13th meeting programs are still in the planning stages because we do not have confirmations on them. We do hope that you will plan to come. Watch for your monthly meeting announcement that will have details and specifics on the subject matters and the individuals doing the presentations.

For January 9th, we hope to have discussions on captioning with handheld smartphones and tablets. Our speaker will, hopefully, know a variety of the programs available and will be able to discuss the positive and negative characteristics of many of them. It should be interesting in general to know what options are available to help all of us understand and follow conversations and programs, despite some level of hearing loss. If you received cash holiday gifts and are considering this type of purchase, this should be perfect for you. If you received a smartphone or tablet, this should give you more ideas about how to use it. We are lucky to be living in an era where there are so many things that can help us hear and understand better, in spite of our hearing losses. Sometimes we need help to know which devices are right for us and how to use them effectively.

Additionally, the speaker will be able to speak about Apps for people with hearing loss. There are so many Apps (Applications) available for smartphones, tablets, and computers. Many are designed specifically for people with hearing loss. You won't want to miss learning more about these Apps.

The February 13th will dovetail with the January program topic. At this time, we hope to have a member of the HLAA-California Board of Trustees who is extremely knowledgeable in HLAA issues and in many devices related to hearing loss. We will pin down subject specifics when the speaker is confirmed.

“WELCOME 2019” GET-TOGETHER

Please join us to celebrate the New Year on Saturday, January 5th at Judie Cordy's home, 2784 Babe Ruth Drive, San Jose. A light lunch and dessert will be provided. Plan to arrive at 11:00. Food will be served at 12:00. It will be a wonderful time to meet and socialize with our members and enjoy eating together.

RSVP is appreciated. Email Judie at JACordy@aol.com or call her at (408) 923-9205.

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

Making the Most of Hearing Devices

If you have or are contemplating a new hearing aid or cochlear implant, I want to emphasize the importance of practicing to help your brain learn the new tasks of understanding speech signals, with some formal practice every day or multiple times a week. Some practice a few times a week, consistently. Still others practice every so often and wonder why they are not improving. Remember that each person is different and there are so many variables: How severe is your hearing loss? How long has your loss persisted? Do you hear some frequencies and not others? Does this match your audiogram? When was the last time you saw your audiologist to make adjustments or add new programs? Start a list of hearing situations that are difficult for you and specific words, names, or phrases that you do not usually understand to share with the audiologist.

I have to remind myself that until I was in my 40's, I had better than normal hearing. Sudden onset profound hearing loss occurred overnight. My hearing continued to deteriorate such that my hearing aids no longer helped me to understand speech, to tell the direction of sounds, or to be comfortable in crowds and busy places. I avoided situations and missed events I really wanted to attend. When I was told I might qualify for a cochlear implant, I didn't hesitate to begin investigating that possibility. There were numerous medical exams and tests, selecting the specific CI I wanted and its features and extra devices. From the moment it was turned on, I heard and identified environmental sounds. As I practiced, I understood some speech but not all. I sought outside hearing rehabilitation and utilized loops whenever they were available. I still do, even though I can usually understand without the loop now. I rarely used the Roger Pen or lapel mics, mainly because I didn't get into the habit of taking them with me. I guess I was a little like people that do not use their hearing aids.

For a long time, I kept hoping for my hearing to get even better and wondered where the magical

improvement was that so many CI users describe. Was I going to be a CI failure?

Suddenly, my brain seems to have kicked in and I am hearing and understanding with my CI. I am still disappointed that it took almost five years for this to gradually happen. Now it just seems natural and I barely notice how well I am hearing, until someone comments on it. A friend commented that he notices how much better I am hearing. Just a week ago, my hygienist commented that I must be hearing better because she hardly had to pull down her mask to ask me a question. My improved hearing ability was sudden and spontaneous and I barely noticed. One question I am asked is whether I hear better with my CI or my hearing aid. I always respond, "I don't know." I cannot distinguish which ear hears what. They work together to enable me to hear. If the battery in one device dies or for some reason I only have one on, I finally realize how my hearing differs in each ear depending on the location, loudness, and clarity of the sounds.

I was told that I may now qualify for a second CI and need to consider whether to pursue the testing and additional CI surgery. The LINK hearing aid I have in my left ear works with my right ear's CI. As long as the two are working together to give me good stereo speech understanding and adequate music listening, I will forego additional surgery for now. That is not to say I may not reconsider at some time in the future. I am the type of person that really dislikes hospitals, surgeries, procedures, and even just medical appointments. I avoid them for routine things and realize, with urging from my husband, when they are important.

Your Hearing Story

We're looking for members willing to speak at the beginning of a Chapter meeting for five to ten minutes about their personal experience with hearing loss and how they came to get hearing aids or cochlear implants. If you'd like to share your story with the Chapter, talk to Lynne to sign up for a future Chapter meeting. She'll give you some guidelines and tips for your talk.



BEA's Turkey Feast

by Earl Mizuguchi

The Bay Area Bionic Ear Association (BEA) held its Annual Thanksgiving Turkey Feast on Saturday, November 17th, in Fremont. BEA consists of children and adults who either have an Advanced Bionic Cochlear Implant and/or are considering having an implant. Under the leadership of Evelyn Gardner, Chapter member, and Mary Ruth Leen, Cochlear Implant Specialist for Advanced Bionics, the group meets quarterly to share and exchange ideas and information.

The Chapter was well represented as shown in the group photo below. Seated from left to right are: Elsa Dinis-McVeigh, Evelyn Taravella, Lynne Kinsey and Stephen Kinsey. Standing from left to right are: Amy Mizuguchi, Earl Mizuguchi, Evelyn Gardner and Nancy Garthwait. Roselle Schwartz also attended, but not included due to late arrival.



FLU SHOTS

A reminder again to get your flu shots. The CDC recommends getting your flu shot. Because flu is contagious 1-2 days before symptoms appear, it can be spread before we know we're infected. For more info, go to: www.cdc.gov/flu.



Thoughts after the Holiday

by Lynne Kinsey

When Having Packages Delivered to Your Home

We went to a presentation on Holiday Safety. Most tips had to do with not having packages delivered to your doorstep. There has been a huge increase in thefts of items from porches and front yards. This is particularly important to those of us with hearing loss and applies all year long. We do not always hear the doorbell and many times deliverers do not even knock or ring the bell. Here are some ideas for routine delivery of packages.

- Make sure someone will be home when packages are supposed to arrive.
- Deliver them to a work address.
- Ship them to their local store for pick up.
- Send them to a P.O.B. or mail storefront.

* Use a shipping locker or kiosk at a local store (for example, Amazon Lockers).

- Require a signature on delivery, when possible.
- If available, track your package online.

Other Common Sense:

- Don't leave anything visible in your car--use your trunk!
- Put things in your trunk before you park where you are going, so people do not see you putting things in your trunk.
- Stop mail and newspaper when you will be away.
- Have a neighbor check the porch for advertisements and unexpected packages.
- * REALLY OBVIOUS—Lock doors and windows even when you are home.
- Don't advertise that you are going to be away. Don't post on Facebook or other social media about trips before or while you are away.

Be safe during holidays and all year long.

Shopping at Amazon and Lucky

by Earl Mizuguchi

If you shop at Amazon or Lucky Supermarket, you have an opportunity to raise funds for the Chapter.

In the case of Amazon, a portion of the costs for items purchased are donated to our Chapter. To start earning money for the Chapter, please register on <http://smile.amazon.com/> and select Hearing Loss Association of America, Inc., San Jose as the non-profit group you wish to support. There are a number of other Hearing Loss Associations registered, so be sure to select the one indicating San Jose. Once registered, you can sign in to smile.amazon.com when making a purchase.

For members who shop at Lucky Supermarket, please enroll in their eScrip Program which also benefits the Chapter. Use the following link to register: www.escrip.com/merchants/identity/lucky/. Use your 10-digit phone number (including area code) and select Hearing Loss Association of America, Morgan Hill, as the agency you wish to support. When using the self-checkout, tap on the screen indicating "type in phone number" prior to scanning items purchased. When using the cashier-assisted lanes, inform the cashier that you are an eScrip participant and you can enter your phone number on the credit card device.

Happy shopping and thank you for supporting our Chapter!



Useful Gift Ideas

by Lynne Kinsey

Keep this list of useful gift ideas handy all year long for birthdays, anniversaries, holidays, and for no-particular-reason gifts.

- Smoke and carbon monoxide detectors with strobe lights!
- Fire extinguishers (appropriate to the area)
- Foldable second-story ladders
- Disaster kits for home, vehicle, and pets
- Weather and disaster radios
- Dry and Store Kits for hearing aids and CI's
- Choose toys that have volume controls.
- HLAA national membership, which includes the bi-monthly magazine, *Hearing Life*; *The Hearing Loss Californian* quarterly newsletter; and membership in our Chapter
- Some people appreciate receiving hearing aid batteries.
- Assistive Listening Devices and other helpful hearing-related items, if discussed first with the recipient and if fully returnable



More than 48 million people in the U.S. have a hearing loss, which can hinder daily communication. By age 65, one in three Americans has a hearing loss. This invisible condition affects the quality of life of the individuals with hearing loss as well as family, friends, co-workers and everyone with whom they interact. HLAA believes people with hearing loss can participate successfully in today's world.

Founded in 1979, the mission of HLAA is to open the world of communication to people with hearing loss through information, education, support and advocacy.

HLAA is the nation's foremost membership and advocacy organization for people with hearing loss. HLAA publishes the bimonthly *Hearing Life*, holds annual conventions, a Walk4Hearing, and more.

Membership & Renewal

Date: _____ New _____ Renewal _____
ALL Membership Information is kept Confidential

Name: (1) _____

Name: (2) _____

Address: _____

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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

Includes bi-monthly newsletter

\$15 Individual/Couple/Family

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

\$20 Student

\$35 Individual

\$45 Couple

\$60 Professional

Memorial Donation: _____

Chapter Donation: _____

Scholarship Fund: _____

TOTAL ENCLOSED \$ _____

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

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

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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!!

Sandra Hocker, Maggie Iller, Luana Sell,
Charles Wade

THANK YOU FOR DONATING!!

Scholarship Fund: Sandra Hocker, Amy Mizuguchi (50-50 winning), Connie Turner, Charles Wade

General Fund: Charles Wade

Memorial Fund: Yoshiko Kanazawa and Stephen & Lynne Kinsey in memory of Maxine Rowley



January

- 4 Kaz Hamano
- 17 Mary Ann Shiosaka
- 18 Ted Santos
- 22 Katsumi Hikido
- 23 Phyllis Karsten
- 26 Kittye Ryczkowski

February

- 8 Ruth Moorhatch
- 12 Michael Davis
- 24 Margie Davis

Happy
Valentine's
Day



-Unknown

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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 CALENDAR

BOARD MEETINGS: Jan. 2, Feb. 6, March 6, April 3, May 1 and June 5. Summer Hiatus- July and August. Sept. 4, Oct. 2, Nov. 6 and Dec. 4.

CHAPTER MEETINGS: Jan. 9, Feb. 13, March 13, April 10, May 8 and June 12. 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!

2019 HLAA Convention

Rochester, New York
June 20-23, 2019

Do you happen to be scheduled to be in New York in June 2019? Maybe you can combine it with a visit to the 2019 HLAA Convention. Hopefully, one of these years it will be in California and it will be possible for several of our members to attend. If you happen to be going to Rochester or close by, ask me for convention details or go to www.hearingloss.org/programs-events/convention to find information

Whether you just go to the exhibit hall, which is free to HLAA members, choose to attend workshops, meals, special events or programs, or even stay at the convention site, it will be an amazing opportunity. Being in a huge exhibit hall or an auditorium with hundreds of people, all of whom either have hearing loss or are related to hearing loss, is a very empowering experience. Usually, in a group, you may be the only person who has a hearing loss; but at a HLAA convention, you do not have to explain that you have a hearing loss. Everyone knows and understands.

Consider making it your vacation destination. -- Lynne Kinsey

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*Life is what happens while you are busy making plans.* –John Lennon  
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