

September 11th Program Emergency Preparedness



As hearing impaired people, we have a unique set of needs during an emergency crisis. Gene Ludwico, also hearing impaired, will have a presentation you won't want to miss. The next emergency in our lives can't be predicted, so join us and get prepared.

9/11 is an especially appropriate day to talk about emergency preparedness. Many of us worry about not hearing or understanding announcements and instructions during an emergency. If there was a major earthquake or other disaster, how would you know if any nearby roads are closed, where there are evacuation shelters when needed, details on the extent of the earthquake, whether your area is being evacuated, and when and where you're supposed to go? Has a major storm caused damage in your area? How will you communicate with first responders? Will your inability to completely understand them be misunderstood or thought to be confrontational? What do you need to know and do in order to prepare for these situations (which, hopefully, will never happen)?

Mr. Ludwico will answer these and many more questions to prepare us and put us at greater ease in the event of an emergency situation near where we are. Bring your questions and concerns to ask him and to share experiences with other members.

October 9th Program CTAP

Elizabeth Wong from The California Telephone Access Program (CTAP) has much information that you will enjoy and she will be available to answer questions about this free program.

CTAP offers a range of free, specialized phones that make it easier to hear, dial, and call. They also have phones that are designed for individuals who have restricted mobility, speech impairments or who are blind or deaf. CTAP is now referred to as California Phones and you may have seen their recent TV advertisements. Learn about their new products and programs they offer and things that could help you, as well as things that would be applicable to family members and friends. We pay for CTAP through phone taxes. We should be taking advantage of all their useful offerings. Bring questions about products you currently use or ask what would work best for you and your environment.

Coming in December

Laughter Yoga will be presented by Carole Holcomb. It's a chance to have some fun. This will be our Holiday Potluck and Carole will demonstrate a fun way to relax and feel good. This form of yoga does not involve getting on the floor and posing in strange and unnatural positions. You will not be expected to sign up for a heavy dose of laughter yoga. It will be an opportunity to see what it is about and learn if there are some simple things you can do on your own.

If you have ideas for new and important program topics, talk to Ted Santos who is chairing the committee exploring such topics. You can also email him at tedsfishing@att.net.



President's Message

By Lynne Kinsey

A Profound Thought

Everyone thinks that Shel Silverstein's poetry books are for children. You have probably read and laughed at one or more with your child or grand-child. But some of his poems have very grown-up messages. I particularly like this one from his book, *A Light in the Attic*:

Frozen Dream

*I'll take the dream I had last night
And put it in my freezer,
So someday long and far away
When I am an old gray geezer,
I'll take it out and thaw it out,
This lovely dream I have frozen,
And boil it up and sit me down
And dip my old cold toes in.*

I think it is time to take out some of my old dreams and dip my toes in them. What about you? How many of your favorite dreams involve hearing or not hearing things?

I recently read that someone asked, "Do deaf people hear things in their dreams?" Similarly, are people that were late-deafened able to hear in their

dreams? Do you recall times when you could hear? Or do your dreams exist only in your life as it is now? I hope that if your memories are filled with the sounds that you heard before your hearing loss, that you can hear them in your dreams.

One of my recurring early morning day dreams is waking up to an alarm clock. At night without my hearing devices, the sound of the alarm clock is completely absent from me. One clock is located right next to my side of the bed and the alarm is loud. It still amazes me that I cannot hear it. Many of my hearing friends have a hard time believing some of the things that I cannot hear. Hearing alarm clocks in my earlier lifetime is such a vivid memory.

QUARTERLY FINANCIAL REPORT

By Amy Mizuguchi

The Executive Board voted to include a quarterly financial report in our newsletter. This covers the period April-June, 2019:

Total Revenue:	\$ 1,371
Total Expenses:	\$ 1,177
Checking Account Balance:	\$ 189
Savings Account Balance:	\$ 22,052

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>

Summer Picnic A Success

By Lynne Kinsey

A special Thank You to everyone that came to our summer picnic. Stephen and I enjoy hosting our members at a setting where we do not worry about the contents and smooth running of a chapter meeting. It gives me a chance to relax and enjoy mingling with everyone. I think others relaxed and enjoyed it, too.

Meeting our scholarship recipient is always inspiring and although our scholarship is a small one, we hope it helps a student with hearing loss enjoy one little extra thing they may not have had otherwise at their first year of college.

We know how much extra effort people with hearing loss have to exert in order to do well in school. We often have the difficult task of picking the recipient from many well qualified applicants. Sometimes one just stands out above all the others.

We do not spend any chapter money on our scholarships. The money comes from donations that are given specifically for our scholarships. Thank you to all that make our scholarships possible.

I look forward to seeing all of you at future chapter meetings, as well as various social and special events.

National Membership Dues Increase

By Earl Mizuguchi

Effective July 1, 2019, HLAA National adopted an increase in membership dues as listed in the membership and renewal section (p. 5) of this newsletter. For those of you who renew your National membership through our chapter Treasurer, please be sure to include the correct amount when submitting your renewal request to avoid delay.

REMEMBER: THIS SERVICE IS PROVIDED ONLY FOR CHAPTER MEMBERS, SO PLEASE INCLUDE YOUR \$15 LOCAL MEMBERSHIP DUES WITH YOUR SUBMITTAL.

Tips For Getting Used To Wearing Hearing Aids

Was getting hearing aids not what you expected? For a lot of people, new hearing aid ownership can be a difficult transition. Many people go through the process of spending money on their hearing aids only to decide after one use or so that they don't want to wear them. That's unfortunate because wearing your hearing aids is vital when it comes to stemming the negative effects of hearing loss. Hearing loss is associated with cognitive decline, increased risk of falls, higher medical expenses and increased risk of loneliness and depression. Here are some tips for how to get used to your hearing aids:

- Wear them! Getting used to hearing aids can be a slow process. Your mind may take time to adjust to the new sounds.

- Make sure you visit regularly with your hearing care professional. If something doesn't seem right, bring it to their attention. There may be things you need to get used to, but at the same time, you want to make sure everything is working as it should.

- Patience! The key to adaptation is patience. It won't be uncomfortable forever. Once you do start getting used to hearing aids, you will notice a tremendous improvement in your everyday conversation.

Hearing aids are vital to resisting the challenges of hearing loss and those challenges will far outweigh the mild irritation you have now as you wear them for the first time. Take a moment to breathe. Talk to friends, family and your hearing care professional. You will be glad that you did.

(From *Caption Call April 2019 Email Newsletter* – Shared by Evelyn Taravella)

A VIDEO WORTH WATCHING

Ellen meets a hearing-impaired young boy from Fort Worth, TX raising money for other kids who need hearing aids:

<https://www.youtube.com/watch?v=CuKqMoWHt54>

Fall Speechreading Classes

By Marcia Fariss

Back by Popular Demand

A Beginning Lipreading Class will be returning to the Saratoga Senior Center on Tuesday, September 24 at 1:30 PM. Three levels of Lipreading (speech-reading) Classes will return to the Jewish Community in Los Gatos on Monday, September 23. The classes are open to all adults, whether or not hearing aids are worn, and whether or not a hearing loss is present.

The goal of the classes is to improve students' ability to understand speech, especially in group and/or noisy listening environments. Techniques for identifying individual sounds as well as methods to improve listening experiences in general will be presented.

The classes are being offered through Foothill College's Community Based Program. There's no fee for these non-credit classes. Each session is 12 weeks long and consists of weekly two-hour classes.

In addition to learning specific speech-reading techniques, interpretation of students' audiograms, maximizing hearing aid performance, brief anatomy and physiology of hearing, prevention of hearing loss and preservation of hearing are among the topics discussed.

For additional information, call the Saratoga Senior Center at 408-868-1254; the Jewish Community Center at 408-357-7492; or the instructor, Marcia Fariss, M. A., F-AAA at 669-444-0LIP (you can also email her at: hear@gizmology.com). You may also reference her web page:

www.gizmology.com/hear

Pre-registration is advised. A registration packet may be obtained by contacting Jackie Brown at 650-949-7103 (email: brownjackie@fhda.edu). However, you may also register during the first class.

Lynne shares an article:

Shari Eberts is a Board member of the Hearing Loss Association of America, an author of books on hearing loss issues, an advocate for hearing, and writes a blog — [Living with Hearing Loss](#).

This is from her February 16, 2016 blog, but is as important today.

Do You Hear Better In The Morning?

Do you hear better in the morning? I think I do. Perhaps it is because everything is quieter in the morning so there is less background noise, or that everyone is rested so they speak more clearly. It sometimes amazes me if I turn the TV on in the morning, how loud the volume is set from the night before. I wonder if my hearing actually improved overnight. But that is not likely to be the case. I am simply more alert after a full night's sleep.

My mother-in-law tells me the same thing about her brother. He lost much of his hearing in a construction accident many years ago and has worn hearing aids ever since. If his wife needs to talk to him about something important, she always does it in the morning when his hearing seems to be at its best — even before he puts in his hearing aids.

This made me wonder, is there something scientific to this? A quick Google search did not uncover anything definitive. In fact, there were as many articles talking about why we hear better at night as there were talking about why we hear better in the morning.

I think it comes down to hearing loss exhaustion. As the day progresses, someone with hearing loss has to work much harder to make sense of the noises around them. Which sounds are words? What are these words? I heard them say “-ay,” but did that mean say, bay or ray? The mental gymnastics that we go through each day take a toll on the brain and make us weary. This weariness makes it tougher to concentrate, and therefore, harder to “hear.”

The truth is that we are hearing equally well (or poorly!) at all times of the day, but we are

(continued on p. 8)

Membership & Renewal

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

Name: (1) _____

Name: (2) _____

Address: _____

City, State, Zip: _____

Telephone: _____

Specify Home or Cell

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Preferred mode of contact: Email _____ OR
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Birthday: (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*.

\$25 Student

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\$55 Couple

\$80 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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President- Lynne Kinsey
408-265-4038 kinsey@hearinglossca.org

1st Vice President/Program- Maggie Iller
408-890-8879 marjorie.iller@gmail.com

**2nd Vice President/
Membership-** Earl Mizuguchi
408-997-6377 earlmiz@sbcglobal.net

Secretary- Evelyn Taravella
408-629-2428 etarv@att.net

Treasurer- Amy Mizuguchi
408-997-6377 amizs@sbcglobal.net

Committee Chairs:

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408-753-9776 ca_sunsets@comcast.net

Hospitality&Sound System- Amy Mizuguchi
408-997-6377 amizs@sbcglobal.net

Library- Stephen and Lynne Kinsey
408-265-4038 kinsey@hearinglossca.org

Newsletter Editor- Gwen Odell
408-667-3125 gwen_odell@hotmail.com

Recruiting & Planning- Ted Santos
408-298-7112 tedsfishing@att.net

Scholarship- Earl Mizuguchi
408-997-6377 earlmiz@sbcglobal.net

Second Hand Treasures- Evelyn Taravella
408-629-2428 etarv@att.net

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Talk to a Board member to see where
you can fit in.**

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donations may be tax deductible.***

THANK YOU FOR RENEWING!!

Katsumi & Alice Hikido and Yoshiko Kanazawa

THANK YOU FOR DONATING!!

Memorial Fund: Katsumi & Alice Hikido, Yoshiko Kanazawa, Julie Loreda, and Deborah Homan Still for Pat Parsons

Scholarship Fund: Amy Mizuguchi (50-50 winning)



September

- 6 Gerri Osborn
- 10 Evelyn Gardner
- 10 Joyce Kurotori
- 11 Nancy Garthwait
- 20 Nancy Hikoyeda
- 22 Barbara Hinman

October

- 4 Linda Esparza
- 9 Yoshiko Kanazawa
- 11 Evelyn Taravella
- 18 Wilkes Joy
- 25 Ivan Fawley
- 27 Eiko Yamaichi



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We don't stop playing because we grow old; we grow old because we stop playing.

– George Bernard Shaw

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

14911 National Ave., Ste. 2, Los Gatos, CA 95032 • 408.356.1999
 5293-D Prospect Rd., San Jose, CA 95129 • 408.248.2545
 5406 Thornwood Dr., #145, San Jose, CA 95123 • 408.281.7773
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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.



647 Calpella Drive
San Jose, CA 95136

2019 Calendar

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 5
or at a Chapter Meeting. Thank You!***

Do You Hear Better In The Morning? (continued from p. 4)

understanding better in the morning, when our brains are fresher. Perhaps the term “hearing loss” is a misnomer and we should be calling it “understanding loss” instead. I know for myself, I can often hear the sounds around me, I just don’t understand what they are or what they mean. Unfortunately, that is the most important part.

Armed with this awareness, here are my tips for taking advantage of this “better hearing in the morning” phenomenon.

- 1. Schedule important meetings and doctor appointments for earlier in the day.** You want to be at your best when critical information is being conveyed. Bring paper and pen to take notes, which can help you stay focused.
- 2. Set aside time to rest before important events later in the day.** Simply sitting in a quiet room with your eyes closed could provide the recharge that you need. This is particularly important ahead of cocktail parties and other evening events where communication is already set up to be difficult.
- 3. Take breaks when you need them.** Even short 5 to 10 minute breaks give your brain the opportunity to rest. Head to the restroom or take a short walk around the block or find a spot in another room to sit quietly. Keeping your stamina up will help you participate more fully and enjoy yourself more.

(Reprinted with permission: <https://livingwithhearingloss.com/2016/02/16/do-you-hear-better-in-the-morning/>.)