



Spring 2020

Monthly Chapter Meeting

1st Monday of the month at 1:00-3:00 p.m.
Except June, July & August; on holidays, meets 2nd
Monday

Veterans Memorial Senior Center

1455 Madison Avenue, Redwood City, CA 94061

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 6~~

CANCELLED DUE TO THE CORONA VIRUS

Monday, May 4

Meeting time: 1:00, Class time 1:15-3:15 p.m.

Having Difficulty hearing and seeing on your iPhone? In this class, taught by Contessa Bunn, learn how to

- Make your iPhone louder and easier to hear
- Send text messages
- Turn your iPhone into a magnifier
- Connect to Bluetooth devices

And more...

No Chapter Meetings June, July, August. We will have a summer picnic. Date to be determined.

Special Meetings

Rocky Stone Hearing Device Exhibit Demonstration of Hearing Devices

The Rocky Stone ALD exhibit is in transition and no longer meeting at the library. See inside for more information.

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 HLAA Friends,

Wow, Spring is upon us and we in HLAA have some exciting things to look forward to this year. Those are the annual National HLAA Convention in New Orleans June 18-21 and the Bay Area Walk4Hearing May 30 alongside the beautiful Crowne Beach in Alameda.

If you haven't ever attended the National Convention, New Orleans promises to be a fun one for sure, and life enriching for all of us with hearing loss and your loved ones too. At least five of us that I know of from our chapter are going. We still have one \$250 scholarship for a chapter member attending for the first time. (Contact me if you're interested.) Also, veterans attending for the first time have no registration fee!

HLAA began having Walk4Hearing events in 2006. We were one of six states that piloted those first Walks. Ours was held at Crissy Field in San Francisco. They were fun, awesome events. We raised \$66,000. in our first Walk. We had Walks in 2008, and 2010 locally, but none since then. Today there are twenty annual Walk4Hearing events around the country and we are privileged to be having our own Northern California walk, entitled the Bay Area Walk4Hearing on May 30.

The purpose of the Walks is two-fold: to raise awareness of hearing loss, that there is help available. HLAA's objectives of education, information, advocacy and service can open that door. The second purpose is to raise funds for our National organization's operations and for the local chapters. We are all volunteers, but the National office employs about 10 people who advise and lobby members of Congress, the administration and federal agencies including the FDA and the FCC. They work to improve the lot of those of us with hearing loss. So the excitement and anticipation for this Walk is high. In January, I became the local chair for our Walk, under the expert leadership of Ronnie Adler, our National Walk chair. I am especially motivated and eager to see us have a highly successful event. With your help, I am sure we will!

Please consider forming your own Walk team, or just come yourself or carpool! You can also seek sponsors from your community. For a \$250 donation they will have their name and logo on the Walk t-shirt. Walk4Hearing.org has all the details you need to know and is pretty easy to use. Click on Find a Walk", under "5/30 Bay Area Walk4Hearing", click on "Register/More Info" and follow the prompts to donate. You can use your credit card to donate on-line, designating your donation to "Peninsula Chapter". Or you can donate by check made out to "BayArea Walk4Hearing," and on notation line: "Peninsula Chapter" and deliver it in person at the Walk. We will also send an envelope around at the April and May chapter meetings to collect checks or cash donations. If none of the above work for you, you can mail me your check and I will be sure it gets to the Walk Treasurer on May 30. Send to Sally Edwards, 720 Paradise Way Redwood City, CA 94062.

Don't miss out on this very special event!

Blessings, Sally

CHAPTER NEWS

As local Bay Area Walk chairperson, our co-president, Sally Edwards, is happy to respond to questions/suggestions for how to make our chapter shine in attendance at the Walk and fund-raising.



Bay Area Walk4Hearing

Saturday, May 30, 2020

Robert W. Crown Memorial State Beach
8th Avenue and Otis Drive
Alameda, CA

Registration 10 a.m.
Walk Begins 11 a.m.

Love your ears, walk with us!
Join the Walk4Hearing for a day that is active, empowering, and fun.

Register at walk4hearing.org

National Walk4Hearing Manager, Ronnie Adler

radler@hearingloss.org

CHAPTER NEWS`



Unfortunately, the Sequoia Awards ceremony had to be cancelled due to the Coronavirus.

The Redwood City “Volunteer of the Year “award was presented March 12, 2020 to one of our chapter members, Annette Soby, by Jack Castle, of the Sequoia Awards Committee of Redwood City. Mark Simon, columnist of the Redwood City Magazine wrote:

When in nature, it is said, leave only footprints.

In the world, Annette Soby leaves fingerprints. As a result, there is hardly a part of our community that remains untouched by her generosity, her giving spirit and the unceasing and diverse nature of her energy.

For more than 30 years, and with continuing support from her husband, Paul, she has helped countless lives in dozens of ways, and she continues to leave a lasting impact on those with whom she has come into contact over decades of volunteering and giving of herself to others.

She has been a volunteer at Kainos Home and Training Center for more than 25 years. She began as a mentor to Kainos clients, an activity she continues. But some years ago, she expanded into speech therapy, using her training as a speech pathologist to teach improved enunciation and expanded vocabulary. In the process, she has built the confidence of countless clients as they seek to build a mainstream life.

At Peninsula Covenant Church, she has provided speech therapy and counseling in addition to serving as a Sunday School teacher and a leader of the church’s Christmas choir. She has been a mentor to new parents.

Through PCC, she has traveled to China to teach English to children. Numerous times, she has hosted travelers from China, the Congo and Japan, providing them a place to stay while they attend to studies at PCC. And she has opened up her home on a moment’s notice to people suddenly rendered homeless.

The list grows ever longer.

Annette teaches Sunday school for Kainos clients. She is the Refreshment Committee chairman for the HLAA chapter meetings in Redwood City. She participates in a women’s Bible Study Fellowship and Bible School to children. She has tutored students in the school district, advised parents of children with special needs how to advocate for their children. Every fall, she leads a drive to collect blankets, coats, hats and socks to

(continued on page 5)

CHAPTER NEWS

(Annette Soby continued from page 4)

donate to the homeless through Streetlife Ministries. And she has been a tutor at Project Read for hard-of-hearing students.

A woman of deep and abiding Christian faith, her faith and her good works are intertwined. The Bible has much to say about being of service, summed up in the familiar phrase, "It is more blessed to give than to receive."

But the steadfastness of Annette's giving – that she is a continuing blessing to her community -- brings to mind a passage from the Book of Matthew:

"For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, saying, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'"

Congratulations Annette!

Our chapter celebrated **World Hearing Day** at the Monday, March 2nd meeting.



“ASHA (American Speech-Language-Hearing Association) and HLAA Join Forces This World Hearing Day to Dispel Myths, Encourage Early Intervention and Treatment for Hearing Loss. Whether hearing loss is something a person is born with or something they acquire months, years, or decades later, this World Hearing Day, we want to empower and motivate people to take the next step towards good hearing health.”

<https://www.hearingloss.org/asha-and-hlaa-join-forces-this-world-hearing-day-to-dispel-myths-encourage-early-intervention-and-treatment-for-hearing-loss/>

Here Sally Edwards presents the cake with “Happy World Hearing Day” written on it.

CHAPTER NEWS

ASSISTIVE LISTENING DEVICES MEETING



Trouble hearing?

If you have hearing aids or cochlear implants and find that you still have difficulty hearing in some situations, this meeting is for you.

We are in the process of planning for a downsizing of this program and will no longer be meeting in the Redwood City Public Library. After twenty years or so, it is time for a change. The board members and faithful exhibit volunteers are working on how to continue this service in a different way. **STAY TUNED FOR THE NEW PLAN."**

We are so grateful to all you dedicated volunteers who have been serving so faithfully in this program and continue to participate in the planning and execution of the new plan. Sister Ann Rooney, Raegene Castle, Steve Sells, Bonnie Neylan, Genevieve Chan, Mark Paramo - **YOU ARE THE BEST!**

Young Adults with Hearing Loss Meetup Group

A meetup group for young adults (Ages 18-35) with hearing loss has 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, learned and amazed by local history at the San Mateo County Museum in Redwood City, and enjoyed the sunshine at Ocean Beach in San Francisco and looking to have more fun for 2020.

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!

TIDBITS

10 Travel Tips From the Deaf Traveler by Ed Rex

1. Always carry a spare part with you. Even if it's another hearing aid, tubing, ear mould and especially batteries.
2. Always let your flight, bus, train and even walking company know in advance of your deafness and if they have materials you can follow.
3. Be patient when meeting people. Always tell them to be aware of your deafness and that they should use techniques when talking to you e.g. always face you, don't cover their mouth and be clear as they can. Remind them that you may not catch what they say the first time.
4. I always carry a set of T-loop hook headphones to help me listen to my music, audio tour guides (although ask if they have transcripts) and for any phone conversations.
5. Download visual apps on your phone to communicate back home including Skype or FaceTime.
6. Always carry an under-the-pillow vibrating alarm clock to help you wake up to meet your flight on time.
7. If you are following a walking tour, always barge your way to the front to get the best view of the guide.
8. I prefer to travel during daylight hours as I feel safer and less stressed.
9. If you are going out with fellow travel mates, ask if they can go to a quieter place to help with listening.
10. Most of all, always smile and enjoy the travelling. Don't let a momentary loss of not understanding what went on ruin your trip.

(Ed is profoundly deaf. You can follow him at <https://rexyedventures.com/> or read this article in full at <https://wheelchairtravel.org/guest-post-10-travel-tips-deaf-traveller/>)

The Saturday Connections group shared a tidbit you might find of interest:

If you have a smartphone, try using a decibel app. It's a great way to find out how loud a venue is. And it's a good opportunity to educate others on protecting their hearing. One such app shown was "Decibel X". Shari Eberts used her smartphone to show her soft-spoken family members that she needed them to speak clearly and loudly. <http://skypaw.com/decibel10.html>

NEWS NEAR AND FAR

HLAA2020 Convention in New Orleans!



Join us in the Big Easy for what promises to be a dynamic HLAA2020 Convention. What a fun place to find support and information! Learn in the most communication-accessible environment, meet others with hearing loss who share interests and concerns, and discover new passions. New Orleans is a magical city teeming with energy, history and culture. The birthplace of jazz, home to Creole cuisine, and charmed with its unmatched southern hospitality, the city never fails to mesmerize. Educational workshops and a broad mix of innovative, informative HLAA2020 exhibitors await you—along with the city’s French Quarter and its famous streets, a captivating assortment of museums, and the allure of “only-in-New Orleans” live music. We can’t wait to see you there!

Hearing Loss Convention 2020 – So far, Raegene Castle, Bonnie Neylan, Sister Ann Rooney, Sally Edwards and Ken Peters (first time!) are going to the convention this year. Are you? Some others who have gone in the past are besides those above are Steve Sells, Bob Hall, Jaynie Kind, and Kathy Rothschild. Anyone of us 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 Tinnitus Research,

The Keynote Speaker is David Owen, author of *Volume Control: Hearing in a Deafening World*.

Check out this TED Talk (Editor: *TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less).*” *This one is subtitled.*)

"Complete silence is very addictive," says Rebecca Knill, a writer who has cochlear implants that enable her to hear. In this funny, insightful talk, she explores the evolution of assistive listening technology, the outdated way people still respond to deafness and how we can shift our cultural understanding of ability to build a more inclusive world. "Technology has come so far," Knill says. "Our mindset just needs to catch up."

https://www.ted.com/talks/rebecca_knill_how_technology_has_changed_what_it_s_like_to_be_deaf

CHAPTER BUSINESS

Membership Renewal

Please check that your HLAA membership is current, and RENEW it if it isn't. (Expiration date is on your "Hearing Life" magazine's mailing label.) If you don't have a membership, there are many good reasons to join. Our chapter gets a portion of your dues, so this way you are helping Hearing Loss Association of America locally and nationally.

Hearing Loss Association of America speaks for people who have hearing loss in the political arena. **The greater the membership, the more clout.** HLAA puts out a very helpful and enjoyable magazine. Though membership is NOT required to participate, our Peninsula Chapter offers friendship, pertinent speakers, and a place where "HUH?" is just not an issue.

You can renew online: www.hearingloss.org

Or by mail: 7910 Woodmont Avenue, Ste 1200
Bethesda, MD 20814-7022

We want to thank the following donors who gave to our chapter or national organization since the last newsletter, above and beyond membership dues. Your donations have helped pay for our captioning, student scholarships, refreshments, convention scholarships, brochures, assistive listening demo devices.

Individuals: Sally Edwards, Thomasina Fogliani, Robert Hall, Jaynie Kind, Eliot Terborgh

Organizations: Insurance by Castle

Those who donated **anonymously** (you know who you are)

If we have missed someone, please let us know as we want to acknowledge each of you.



Whether you would like to donate to our chapter directly or have your family or friends donate instead of giving you a present, please make checks payable to HLAA-Peninsula Chapter and mail it to:

If it's an occasion, please tell Eliot, our chapter treasurer, if it's a Birthday, In Memory Of, Congratulations, etc. and to whom to send the acknowledgement.

Eliot Terborgh
57 Parkwood Drive
Atherton, CA 94027

(We are a nonprofit 501c(3) organization and all donations to our chapter are tax deductible.)

CHAPTER BUSINESS



Welcome to
amazonsmile

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. 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 Amazon Prime, 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.

The Power of Advocacy

“When I help someone feel more comfortable with their struggles, it allows me to live better with my own.

That is the power of advocacy. We all benefit from the strength and resilience of each other in ways big and small. We feel less alone and more empowered to lead our best lives. Thank you to all of you for being the advocates that you are. We are stronger for it.”

By Rebecca Alexander, psychotherapist, disability rights activist, group fitness instructor, and extreme athlete. She is also the author of *Not Fade Away: A Memoir of Senses Lost and Found*, keynote speaker at the 2019 HLAA Convention, living with Usher syndrome, source: <https://livingwithhearingloss.com/2019/08/13/hearing-loss-when-you-feel-like-your-senses-fail-you/>

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