



Spring 2021

Monthly Chapter Meeting

1st Monday of the month at 1:30-3:00 p.m.
Except June, July & August; on holidays, meets 2nd
Monday

**ALL MEETINGS WILL BE ONLINE UNTIL FURTHER
NOTICE DUE TO COVID-19.**

Register to attend meetings. If you don't get an email a week before, contact membership@hearinglosspen.org. A registration link will be sent to you where you'll provide your name and address, and then a link to the meeting will be sent to you.

Presentations

Monday, April 5

“Recent Developments in Measuring Hearing Loss and Cochlear Implant Technology”
by Matthew Fitzgerald, PhD, Chief of
Audiology, Stanford Ear Institute

Monday, May 3

“Music Enjoyment with Hearing Loss: Factors Influencing Music Perception, How Hearing Aids are Designed for Speech versus Music, and Tips for Better Enjoyment”, by
Dr. Peg Lisi, Audiologist

No Chapter Meetings in June, July, August.

Special Meetings

Saturday Connections

2nd Saturday of the month,
11:30 a.m. – 1:00 p.m.
except June, July, August, December
(Meeting online until further notice)

Meniere's

2nd Friday of the month
12 noon-1:00 p.m.
(Meeting online until further notice)

Please contact us if you are interested in attending Saturday Connections or Meniere's.

info@hearinglosspen.org

Request which meeting you're interested in and ask that you be put on the roster for the next meeting. You'll then receive an invitation and link to attend.



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
Bob Hall



Welcome to an early Spring. Daylight Savings starts at 2AM on Sunday, March 14th. It is “Spring Forward” so you set your clocks forward and lose an hour of sleep.

I last wrote to you about using Zoom as the Veterans Memorial Building closed because of the Covid Pandemic. Since September the Chapter has been having Chapter meetings, Board meetings, Saturday Connection and Meniere’s Group meetings exclusively on Zoom. The response has been good. Many people prefer the Zoom meetings because they don’t have to drive to a meeting, and they spend less time on it.

If you are still not connecting on Zoom, or you wish to get in contact with us, please feel free to contact Sally Edwards or myself (Robert Hall) by telephone or email. You can locate these numbers on the back of this Newsletter. If you are not a member you can contact us through our chapter email address: info@hearinglosspen.org.

If you are struggling with Zoom or need help to get started, or just have a question about your hearing aids, please feel free to call us.

It is hard to know about the future of the pandemic. We have experienced a very great drop in new cases over the last month. There are some rumblings about an increase in cases again. Meanwhile vaccinations are proceeding, and the supply of vaccines is said to be increasing. The State of California in partnership with the Federal Government are setting up Mass Vaccination sites to offer appointments for those who have been unable to get them. San Mateo County has been offering them at the San Mateo County Event Center and the Governor has declared there will be mass vaccinations at the Oakland Coliseum around March 15th.

If you need an appointment you can Google “San Mateo County Health Covid Vaccine” and will find instructions on how to get an appointment and where the vaccine is given. Presently, as of March 1, only persons 65 years and older are eligible. It is anticipated that those under 65 will be eligible on or about mid-March.

Best wishes to you all,
Bob Hall, Co-President, Peninsula Chapter, Hearing Loss Association of America, Hearing Support Specialist

CHAPTER NEWS

What HLAA has Done for Me

“I’m almost totally deaf...years ago my audiologists told me nothing about these devices: t-coil, mics, etc. Without them, I hear nothing. If I hadn’t found the Hearing Loss Association, my life would be totally boring, and I’d have no friends. So that’s my two cents.”
- Raegene

“Hearing how everyone else is coping and what everyone else’s problems and experiences are makes me a whole lot wiser on how I can cope better.”
- Steve

“The power of the group to demand changes for the improvement of life with hearing loss.

Education-Information

- Attending meetings & National Conferences
- Staying current on Issues and what is available

Advocacy (such as a lobby group, Looping groups, etc.)

Support group (HOPE, Developing friendships experiencing same difficulties)”
- Carolyn

“I knew no one with hearing loss until I joined our chapter. I really appreciate how people share coping skills, how they advocate for themselves, their techie tips and tricks. For instance, I never even heard of hearing fatigue until someone mentioned it at a meeting. I feel like my world has expanded.”
- Jaynie

“Since I joined HLAA in 2003, I have learned so much about hearing loss that I did not know before. I learned about Cochlear Implants and now have bilateral ones that help me to hear amazingly well. I have been blessed to have gained many HLAA friends who share our experiences and knowledge. HLAA is an integral part of my life.”
- Sally

“I value the friendship, support and education. I find that I learn something new from nearly every HLAA meeting.”
- Eliot

“I really enjoyed meeting all the people who come to the meeting. We all have something in common, we are hard of hearing. So, we understand the frustration of other people not knowing what it is like. The chapter let us realize that there are other people who know what we are talking about and that is a wonderful feeling, we are not alone.”

“I like to hear about what’s new in hearing loss, whether it be devices or how the Police/Fire Departments handle our issues. Another very important thing for me is the social interaction.”
- Bonnie

“We support HLAA through our membership because we value the organization’s position on advocacy for those of us with hearing loss.”
- Sister Ann

Being able to meet with other chapter members facing the same daily challenges is a real plus. The technology feedback, shared experiences, and general supportiveness are invaluable to us.”
- Cindy and John

(Continued on page 4)

What HLAA has Done for Me (continued from page 3)

And now that you've heard from a few of our chapter members on what they've gained by being a member of HLAA, here's a note from Kate:

Requesting your membership to support HLAA and our local activities.....

HLAA is important to what we do on the local level. They provide an excellent magazine, an annual Convention, and a voice in the legislature for those with hearing loss.

Please do consider signing up once again for your HLAA membership. The on-line signup is available at **hearingloss.org**. If you aren't sure of your expiration date, it is on your magazine label, or ask me to check.

I'm not crazy about bugging people, but thrilled if you decide to stay with us. We've been active through the Pandemic, offering meetings on Zoom, and National has offered topics available through the internet as well. Staying connected is vital to our well being. Hope is that you'll rejoin us.

Kate Szentkuti, Membership Chair HLAA-Peninsula Chapter



PENINSULA CHAPTER SCHOLARSHIP COMMITTEE UPDATE

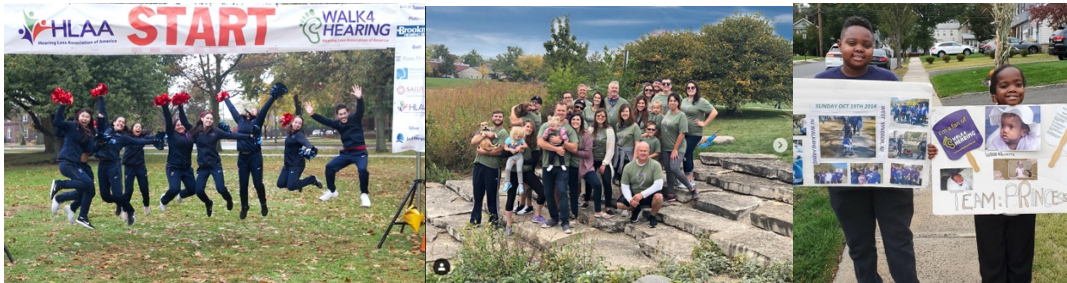
We have five applicants for our scholarship. One is a free spirit, another wants to study genetics, and two more are passionate about climate change, and the last one is a very dedicated lover of animals. Each of them have some form of hearing loss and reside in San Mateo county, both requirements for consideration. We will be virtually meeting each candidate for interviews shortly after the newsletter deadline, so will have to update you when all the decisions are made.

The committee is headed by Raegene Castle; Bob Hall, Eliot Terborgh, and Kate Szentkuti are on the committee. Sally Edwards participates on an informal basis. Raegene, with support from her husband Jack, has been an incredible fundraiser for our group. We all spend a great deal of time reaching out to the community of schools, principals, and counselors to be sure to reach these students. The first scholarship was in 2017 and we have awarded six scholarships for a total of \$13,000.

If you would like to contribute specifically to the Scholarship fund, let the Treasurer, Eliot Terborgh, know that is your wish.

CHAPTER NEWS

Bay Area



Here are some photos from past Walks across the country, they represent virtual celebrations which included folks that walked in their own neighborhoods. You can do the same!

BAY AREA WALK4HEARING IS JUNE 12TH, 9 A.M. and we'd love you to participate! The Walk will be virtual again as it was last year, due to crowd restrictions.

Ronnie Adler, HLAA National Walk4Hearing Chairperson, spoke at our chapter meeting on March 1st about the twenty Walks held across the country each year. The purpose of the Walks is two-fold: to raise awareness of hearing loss and HLAA's role in helping those of us with hearing loss, and to raise funds to support our National organization and local chapters.

The website, Walk4Hearing.org, with all the information you need will be up by the time you receive this. I'd like to encourage each of you to get involved in fund-raising this year. Form your own team from your family and trusted friends on your email list. You'll receive many more donations than just yours by doing so. There will be a Peninsula Team you can join if you do not have your own team.

Don't forget about your business and professional contacts. Alliances are for non-profit organizations that will receive 40% of their total donations back to them. You can contact Ronnie with questions re: the process at radler@hearingloss.org

Let's all help our organization thrive even more this year. Join our Walk!

Sally, Raegene and Bonnie, Peninsula Chapter Walk Committee

Tidbits from Our Chapter Members

Dear Friends,

On this evening's PBS News Hour there was a segment on entrepreneurs starting companies during Covid. One person featured was a woman who is developing an app that transcribes conversations in real time, and tells you who is speaking. This is especially applicable while people are wearing masks.

The company, Imanyco, is still in the early stages of enhancing and testing their product. However, should you like to learn more about it, and see the PBS segment, here is the link to the company: <https://imanyco.com/>

Thanks to everyone who shared their personal story today, and for all the information and support that was given in order to help one another.

Stay safe,
Gail Gorton

(Received after at our chapter meeting, March 2)

"Please Everyone, read this article about CAP, Communication Access Plan, on navigating the healthcare system for those of us with hearing loss and getting the best possible hearing plan in place. I learned some very important points from reading this article."

- Sally Edwards

https://www.hearingloss.org/wp-content/uploads/HLAA_HC_Full_Guide.pdf

"This app seems to be a functional equivalent to the popular Android Pixel transcription function." Definitely worth checking out.

<https://www.microsoft.com/en-us/garage/profiles/group-transcribe/>

If you haven't already heard, you can sign up for live transcription (automatic closed captioning) on free accounts:

<https://blog.zoom.us/update-on-live-transcription-for-free-accounts/>

Hearing Loss Tools and Support to Stay Connected to Your World

<https://gatheringsound.com>

Tips to Optimize Your Hearing Aid Programming or CI Mapping Appointment

- **Write your concerns/problems down:** It's so easy to forget the situations you have difficulty in, especially in a nice quiet audiology office!
- **Write down what DOES sound good and why:** SO IMPORTANT! Note what IS working well and what situations you hear the BEST in. This gives us access to your hearing perspective and the variables you favor so that we can adjust programming.
- **Answer these questions:**
 - Does it physically hurt?
 - Can you recreate it?
 - Is it only in certain situations?
 - Is it only certain voices?
 - Does it bother you with and without the device on?
- **Be open that it might take time to adjust to**
- **Take a sound break for a few hours if possible and put the device back on - does it still bother you?**
- **Be as descriptive as possible.**

"It sounds..."

 - Robotic
 - Screechy
 - Like I'm in a box
 - Too much background noise
 - Muffled
 - Empty
 - Echo-y
 - Bubbly
 - There's an annoying sound in the background
- **Be open to trying new programs**
- **Know that chasing "how it used to sound before," can sometimes be a slippery slope**



@mama.hu.hears

(Infographic made by hearing loss influencer, Michelle, @mama.hu.hears on Instagram. She can also be found on <https://www.facebook.com/mamahuhears/>. Permission to reprint granted to HLAA Peninsula Chapter only.)

As you can see from the Infographic above, these are things YOU as a person with hearing loss can do.

On the other side of the coin, see the next page on what those who communicate with you can do.

10 Tips to help a Deaf Person When Communicating

N.1

Get my attention:

I can focus on what you are saying. I understand better when one person is speaking at a time

N.6

Talk where it is quiet:

Turn off the TV, Music, fan or anything that is noisy in the background

N.2

Repeat & rephrase:

We may miss some of what you say, Please repeat, rephrase or use hand gestures

N.7

Speak clearly and slowly:

Give our brain time to process what you have said so that we can reply

N.3

Hearing Loss is tiring:

It take a lot of energy to listen to others talking- we have to think about what you are saying and keep up with what is being said and convert this

N.8

We are NOT rude or stupid:

We are trying our very best to hear everything you say Please repeat what you have said if we don't hear you

N.4

Give me Context:

Help me by being clear when you speak we may only hear part of a word, point to your head if you are say hat or do whiskers motion on the cheeks if you are saying cat

N.9

Face me when you speak:

Lipreading helps me connect the words you are saying when we cannot hear you properly

N.5

Hearing aids are not like glasses:

Sounds are clearer but not 100%

N.10

Be Kind:

When you are frustrated; I would rather not engage with you.

(Infographic made by hearing loss influencer, Nicola Hickling, https://www.instagram.com/the_cochlear_community/ She can also be found on <https://www.facebook.com/thecochlearcommunity>, <https://twitter.com/Lipreader16>). Permission to reprint granted to HLAA Peninsula Chapter only.



Save-the date: HLAA Virtual Convention 2021, June 24-26

For more information, go to <https://www.hearingloss.org/programs-events/convention/>



We are thrilled to announce the launch of the HLAA Young Adults Hear group:
<https://www.facebook.com/groups/youngadultshear/>

Born out of our collective love for memes, we are an active group intending to connect deaf/hard of hearing folks, with a particular focus on young adults from post-high school age through their 30s. Whether you are actively looking for new friends, new professional connections, helpful resources, or relatable memes, we have it all.

Please feel free to add your deaf/hard of hearing (DHH) friends!
Zina and the Young Adults Hear (YAH) Team

You can also find more on the HLAA website at https://www.hearingloss.org/hearing-help/communities/students_youngadults/

THANK YOU!

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: Bob Hall, Lynne Schmitt

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.)



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:

Hearing Loss Association Of America Inc [\(About\)](#)
Deaf/Hearing Impaired Centers, Services

Redwood City, CA
Founded 2001

Thank you to those who chose our chapter as your charity! As of 12/2020, we have earned \$532 in total since this program began!

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.

Can you help? We could use your inspiration!

-Can you contribute a few sentences about how you coped in a tough listening situation, a bit of technology you love, how you advocated for yourself?

-Invite a friend or family member to one of our meetings.
We’re on Zoom!

-Let others know about HLAA. We’re a great resource for people with hearing loss!

We can be reached at info@hearinglosspen.org

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: https://www.hearingloss.org/hearing-help/communities/students_youngadults/

American Tinnitus Association: www.ata.org

Hearing 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