



Winter 2021

## Monthly Chapter Meeting

1<sup>st</sup> Monday of the month at 1:30-3:00 p.m.  
Except June, July & August; on holidays, meets 2<sup>nd</sup>  
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](mailto: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, January 4**  
"AVA"

**Pieter Doevendans, Co-Founder, will explain  
AVA's real-time captioning for personal  
conversations and meetings**

**Monday, February 1**  
"Hearing During the Time of Social  
Distancing"

**Dr. Valerie Kun and Dr. Ariel Fruendt will talk  
about how Pacific Hearing Service and Pacific  
Hearing Connection are coping with Covid-19;  
New mask research; Ways to hear better  
using technology (apps, mics, etc.); How  
Telehealth appointments work**

**Monday, March 1**  
"The IDA Institute and How to Read Your  
Audiogram"  
By Darcy Benson of the California Hearing  
Center

## Special Meetings

### Saturday Connections

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

### Meniere's

2<sup>nd</sup> 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](mailto: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

## CO-PRESIDENT'S MESSAGE

### Sally Edwards



Dear Friends,

As I write this in early December, and we come to the close of 2020 soon, I find myself feeling the sadness of the losses and isolation this pandemic has caused, along with the severe economic consequences to so many. At the same time, I am hopeful for the future and grateful for the many blessings that have come alongside the trials.

Our National HLAA has taken the lead in initiating zoom meetings and webinars with expert speakers to help us continue to be connected and learn how to cope better with our increased hearing challenges at this time. Our California State HLAA Leaders are meeting online regularly (Bob, Raegene, and I are attending), and working together to help the chapters with the numerous challenges we are facing as we cannot meet in person for now. Our 11 Chapter board members are meeting & have been able to keep three of our four monthly meetings happening on zoom: Chapter meetings, Saturday Connections, and Meniere's Group. (The Rocky Stone Assistive Listening Device meeting is on hold for now.) Attendance averages from 12-20. Some new folks have joined us as well. We miss being together in person but are happy to know our chapter is coping well at this changing time.

That said, we are hoping more of you will come to our meetings. When you receive your email invitation to participate, click on register and follow the prompts. Then on the day of the meeting, just go back to that email and click on "join zoom meeting." We have captions and you can actually read peoples' lips better on zoom. If you haven't tried yet, please do. It's not so difficult.

A few of our accomplishments in 2020 were giving \$2,000 to each of the three graduating seniors with hearing loss who were pursuing higher education goals. Thanks to the great work of the Scholarship Committee: Bob, Raegene, Kate, and Eliot. The Bay Area Walk4Hearing went virtual and our five Northern California chapters who participated raised \$41,735. Our chapter's rebate came to \$3,070, some of which will go to scholarships in 2021. Raegene, Bonnie, and I were our chapter's Walk leaders, and many of you and some of your family members contributed to our chapter's contributions. Thank you again!

Our virtual Holiday party will have passed when you receive this. I hope you celebrated with us.

If you can't get onto our zoom meetings for whatever reason, and would like an email or phone buddy to stay connected, please let me know (my email is listed on the last page of our newsletter) and we will get you set up with one of our volunteers.

Stay well. Keep hopeful and keep connected! Blessings, Sally

P.S. Yes, this new picture is the real me in 2020, in case you haven't seen me in a while. 😊

## CHAPTER NEWS



### Liz Furber (September 20, 2020)

Liz (Elizabeth) Furber died September 20, 2020 at the age of 96. After retirement, not only was Liz active in HLAA as treasurer and newsletter editor of our chapter, she also served on the San Mateo County Commission on Disabilities as chair of its ADA compliance Committee, among many other activities. She directed lighting production for the SF Children's Opera Company in the 1950's-1960's. Liz will also be remembered for her love of cats, her quest for knowledge, and introducing those around her to the theatre arts.

(adapted from obituary provided by Michael Barrow, her son)

Liz was a lovely lady who was among the first to start our chapter 30+ years ago. She stayed a leader with many different jobs. It wasn't too long ago she received the Spirit of HLAA National Award, so well deserved. We miss you, Liz.

-Sally Edwards

I did not know Liz as well and long as you all did but she was always a Lady: respected, and respectful and grateful to be with us. God Bless Liz, the new angel.

-Bonnie Neylan

I'll miss Liz and her wonderful sense of humor. She was great to work with, as she proofread the newsletter after I took over as editor. I called her "the mighty red pen". She had a sharp eye when it came to grammar, using terms consistently, etc. Thanks Liz, I'll always remember you.

-Jaynie Kind

Liz was a very real participant in life. We had many interesting conversations to and from meetings. We will all miss her.

-Kate Szentkuti

We have lost a good friend. Our hearts and thoughts will remember her for years to come. On a personal note, I met Liz in early 2000. Her enthusiasm and encouragement led me to get involved in HLAA. As the editor of our newsletter, she kept us all informed and up to date on what was going on in the hearing loss world. She served as our treasurer for too many years to count. Thank you, Liz.

-Raegene Castle



## CHAPTER NEWS



**Maggie Palecek (April 2020)** (On the left in the photo above with Doris Morey)

Maggie (Margaret) Palecek died April 15, 2020, in New Jersey at the age of 95. She was a long-time devoted member of Trinity. She was interviewed in our 90-Something Birthday Party booklet from August 2015, and many of you know and love her. She loved this church and we loved her!

-Dave McClure

I remember how Maggie enjoyed succulents, learning how to care for those that come from other parts of the world. She belonged to several clubs and knew the location of many succulent gardens and she even went to Argentina, in the Andes mountains, to see and learn about that country's succulents. Thank you, Maggie, for making sure our meetings had goodies!

-Jaynie Kind

She was our Co-chair of the Refreshment Committee for quite a few years, thus a board member in that role. She was a faithful attendee at the chapter meetings and always encouraging to others. We missed her when she moved to N.J. to be closer to family.

-Sally Edwards



## HLAA PENINSULA CHAPTER

### SCHOLARSHIP COMMITTEE UPDATE

As reported in our last newsletter, the Scholarship Committee of the HLAA – Peninsula Chapter awarded a total of \$6,000 to three deserving San Mateo County high school seniors with documented hearing loss. Despite the pandemic, all three students chose to enroll in their respective institutions rather than take a gap year, although most of their classes have been virtual so far. For their sake, we certainly hope that they will each be able to return to their campuses before the end of the academic year.

Your Scholarship Committee has already begun planning for 2021. With expected outside grants and donations, plus a contribution of funds from the very successful *Walk4Hearing* in May, we hope to be able to award another \$6,000 in scholarships to graduating seniors for use in the 2021 – 2022 academic year. To find qualified candidates, we have reached out to guidance counselors and disability coordinators in all San Mateo County high schools.

If you know of any graduating high school senior with a documented hearing loss, please tell them about our scholarship program. Applications, which can be obtained by writing to [scholarship@hearinglosspen.org](mailto:scholarship@hearinglosspen.org), are due by February 15, 2021.

## Tidbits from Our Chapter Members

*I love using FaceTime! If you have Bluetooth hearing aids and an iPhone, you can use FaceTime and send the sound right to your ears. Or use InnoCaption if you don't have an iPhone.*  
-Raegene Castle

*Find Zoom scary? I recommend watching Carolyn Odio's YouTube Zoom tutorial. (Carolyn is a former member of our chapter.) Select "CC" and watch as she walks beginners through on how to use Zoom. Here's the link:*

[https://www.youtube.com/watch?v=t\\_h6m\\_IYX9A&feature=youtu.be](https://www.youtube.com/watch?v=t_h6m_IYX9A&feature=youtu.be)

-Raegene Castle

*Did you know that on the scale of stressful life events (move, divorce, death, etc.), hearing loss adds 20-30% to that stress? Source: "Surviving the Holidays with Hearing Loss", by Alison Freeman.*  
-Jaynie Kind

## Check Out These Handy Links:

Face Masks and Hearing Loss: Practical Tips and Strategies

<https://www.hearingloss.org/webinars/face-masks-hearing-loss-tips/>

5 Things Covid-19 Taught Me about Hearing Loss

<https://livingwithhearingloss.com/2020/09/22/five-things-covid-19-taught-me-about-hearing-loss/>

Zoom-Pooped: Virtual Hearing Loss Exhaustion

<https://hearinghealthmatters.org/betterhearingconsumer/2020/zoom-pooped-virtual-hearing-loss-exhaustion/>

## How to Help Others Understand What It's Like to Have Hearing Loss

Do you have friends and family who just don't understand what it's like to have hearing loss? Do they get frustrated when you don't understand what they're saying? Do they say you have "selective hearing"?

If they're willing, have them play a hearing loss simulator

<https://www.starkey.com/hearing-loss-simulator> or

watch this Fred Flintstone Hearing Loss video on YouTube:

<https://www.youtube.com/watch?v=TD5E88fFnxE> or

listen to the hearing loss simulation of the Hear the World Song

<https://www.youtube.com/watch?v=it4ZjKQ2WMQ>

## Captioning

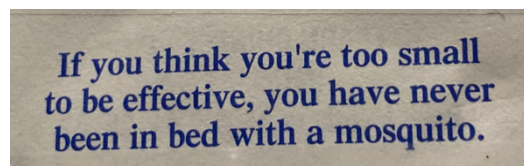


(Source: Utah Hard of Hearing Services Facebook post 8.9.2020)

Frustrated by the lack of or poor captioning? There's a "FCC Accessibility Update for People with Hearing Loss" video <https://www.hearingloss.org/webinars/fcc-accessibility-updates/> It talks about video programming, emergency communications, and modern communications like text messaging. (Did you know that TV ads are exempt from captioning rules?)

In a nutshell, you can complain online at [www.fcc.gov/accessibilitycomplaints](http://www.fcc.gov/accessibilitycomplaints)  
Tip: If it's a TV show, try filming the non-captioned/poor captioning for a few seconds as the online complaint system allows you to attach short videos.

Katie Callahan Wright, HLAA-CA board President, had success with advocacy. "As I was flipping channels watching the news last night, I noticed that CBS2 had no closed captions. I kept checking back and lingering to be sure it wasn't just a temporary glitch. Finally, at 10:45, I messaged them through Facebook and told them and, yes, I did mention that it was a violation of FCC rules. Within 15 minutes, captions were available. Coincidence - maybe, maybe not .... Advocacy works, friends!"



Editor – This is last night's fortune cookie...I think it's the best fortune I've ever read...especially in this day of advocacy. So go and be a mosquito!



# Invisible Burden of Hearing Loss



**LISTENING FATIGUE**



**SORE EARS FROM AIDS  
+ GLASSES + MASKS**



**ISOLATION FROM  
SAYING NO TO SOCIAL  
EVENTS**



**CONSTANTLY BEING  
VISUALLY AWARE**



**PRETENDING YOU  
HEARD THEM**



**CONSEQUENCES OF  
MISSING INFORMATION**



**ENT VISITS**



**CONSTANTLY SELF-  
ADVOCATING**



**SPEECH THERAPY  
APPOINTMENTS**



**WORRYING YOU MISSED  
SOMETHING**



**EXCESS EQUIPMENT**



**MISSING OUT ON  
CONVERSATIONS**



**BEING STARED  
AT/QUESTIONED**



**TINNITUS**



@mama.hu.hears



**AUDIOLOGY  
APPOINTMENTS**



**CHARGING/CHANGING  
BATTERIES**

*(Infographic made by hearing loss influencer, Michelle, @mama.hu.hears on Instagram. Permission to reprint granted to HLAA Peninsula Chapter only.)*

As you can see from the Infographic above, it's hard work having hearing loss! Be kind to yourself.

On the other side of the coin, see the next page on some of the benefits of having hearing loss.

# Hearing Loss Perks

*Yes, losses have perks. ;)*

1. Access to services (IEP, 504, ADA, VR)
2. Tune out bullies & sleep in silence
3. Priority plane boarding (ACAA)
4. Bluetooth music & call streaming
5. Hearing devices
6. Pick your earmold colors
7. On demand peace & quiet
8. Unique personal connections because, *"You get it"!*
9. College scholarship eligibility
10. **FREE** lifetime U.S. National Parks pass  
+ **Hearing birthdays!!**



*@definite\_hearing*

*(Infographic made by hearing loss influencer, Emily, @definite\_hearing on Instagram. Permission to reprint granted to HLAA Peninsula Chapter only.)*



## 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:** Kevin Castle, Eliot Terborgh

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.)

## Important Message on Membership from Sally Edwards

Now more than ever, with distancing keeping us apart, we need to be there for one another. And as we will not be physically together for the time being, staying connected by phone, email, Zoom or other virtual platforms including HLAA meetings and webinars, is really important.

With this in mind, I want to urge you to KEEP YOUR MEMBERSHIP CURRENT AND IF YOU HAVEN'T, PLEASE REJOIN. There are so many ways HLAA is reaching out to help us who are hearing impaired to cope with the isolation many are feeling. Webinars, Leaders' meetings, and the local chapter meetings keep us connected and learning and sharing what is helping us in this difficult time.

Memberships support all of this work and are now renewable yearly. See information below on how to do that. National does send out a reminder letter the month before your membership expires. And the date of your expiration is also on the Hearing Life Magazine if you are receiving it in hard copy. HLAA wants to help you as much as possible and also needs your support for this work. The cost is \$45/year with a hard copy of the Hearing Life magazine and \$35/year with an email copy of the magazine. I look forward to seeing many of you who have drifted away, returning and benefiting from your renewed membership.

Blessings to all and STAY CONNECTED SAFELY, Sally

You can renew online: <https://www.hearingloss.org/make-an-impact/become-a-memberrenew/>

Or by mail: [6116 Executive Blvd, Suite 320, Rockville, MD 20852](mailto:6116 Executive Blvd, Suite 320, Rockville, MD 20852)



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

### 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](http://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](mailto:raegeneandjack@gmail.com), 650-369-4717; or Jaynie Kind, [info@hearinglosspen.org](mailto:info@hearinglosspen.org) and they will help you get started.*



## FIRST CLASS MAIL

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Contact : Email: [info@hearinglosspen.org](mailto: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](http://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](http://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/](https://www.hearingloss.org/hearing-help/communities/students_youngadults/)

**American Tinnitus Association:** [www.ata.org](http://www.ata.org)

**Hearing loops:** [www.hearingloop.org](http://www.hearingloop.org)

**To find and add venues that offer ALDs and Loops:** [www.ALDDocator.com](http://www.ALDDocator.com), [www.loopfinder.com](http://www.loopfinder.com)

**To find and install loops:** [www.loopamerica.com](http://www.loopamerica.com)