



Winter 2022

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, January 3

"America is Getting in the Hearing Loop"
Stephen Frazier, speaker at national conventions of HLAA, ALDA, and TDI, will talk about hearing loops, telecoils and why they're preferred, growing advocacy and their availability

Monday, February 7
"HeardThat"

Bruce Sharpe, CEO of Singular Hearing, will show how the HeardThat app on your smartphone can help you hear conversations in noisy environments (free on iPhone & Android)

Monday, March 7
The "Buzz"

Andrea Aicardi of Neosensory will talk about how the Buzz wristband can add information to help us hear in a variety of situations

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



Covid changed our plans again. We had hoped to move to in person meetings in September only to have the Delta version of Covid put aside those plans. Recently, this December, the Veterans Memorial Senior Center has reopened. As I write this, we are having our Holiday party in a few hours. We must be masked, and consume any food outside on the patio, but we will be meeting indoors for the gift exchange while wearing clear masks that allow us to see one another's mouth as they speak.

Thirteen people came for the Holiday party. There was a social period at first and then we ate the food Eliot Terborgh brought. Afterward we had the gift opening. The rules were every person picked a number from a cup. This number specified the order in which persons went up to open a gift. Once opened, a gift had to be shown to all present. The person who had drawn the number 2, then could go to the table and unwrap a new gift, or they could take the gift unwrapped by the first person. If they took number 1's gift then, number one could select another gift and show it to everyone. Subsequent participants to take someone else's unwrapped gift or open a new one. An unwrapped gift could be taken only two times. It was an occasion for laughter and merriment.

We have been planning an in-person, hybrid meeting for January 10th, 2022. The goal was to have the meeting be on Zoom, but members could come to the Veterans Memorial Senior Center and view and hear the Zoom meeting, and speaker on a large screen TV with captioning on another large screen TV. We thought that a possibility if the speaker was present at the in-person meeting. Then we learned the speaker would be appearing from a remote site, and realized it is unlikely our plan would work as there is no current technology that allows amplification of captioning and sound to a large room where people come to view the program on Zoom, Google Meet or Microsoft Teams. That meeting will likely be on Zoom only.

This matter of hybrid meetings has caught the attention of Zoom, Microsoft and Google and it is predicted they will make changes to their software to make these gatherings easier and more effective.

During the pandemic the leaders of HLAA California have been busy creating a calendar of Chapter meetings, webinars and other information important to our membership available through Zoom to all persons who are interested. We send out messages to our members via e-mail about talks we think might be of interest. Many of these meetings are also available by checking the national hearing loss website: www.hearingloss.org. Open this website, look at the top list of items, click on "programs and Events" and look down the list for webinars. There are many informative programs already recorded that you can watch from the HLAA website.

Hopefully technology will catch up with our needs. In the long term a hybrid meeting of persons meeting together and others viewing from home is likely to be the best possible venues to reach more people.

Bob

CHAPTER NEWS – Tidbits from our members who want to share



Earthquake

- Have more than one method to receive warnings and evacuation information
- Store extra batteries in your disaster kits for hearing or communication devices
- Keep pen and paper in your kits for receiving and communicating information
- Check out what to do in a variety of situations: in bed, at a store, in a stadium, driving, etc. <https://www.earthquakecountry.org/step5/>



Emergency at home: Let your fire department know if you have hearing loss (they note it on their computer by address, so if you move, please let them know)

Emergency and unable to put on your own hearing devices: Have you showed a family member or friend how to put your hearing aid or cochlear implant on if you are unable?



(Multiple sources: Diablo Valley Chapter 10/9/21; HLAA Official Community & Support Facebook page)

CHAPTER NEWS – Tidbits from our members (continued)

A Message from Eliot Terborg



“How about a section reviewing books and movies that are about hearing disabilities? Some that come to mind are the movies *CODA* and *The Sound of Metal* and the book *Hear today, Gone Tomorrow*.”

What a great idea. Please share your thoughts on some books or movies to be published in future newsletters. The deadline is March 1 for the Spring issue, August 1 for the Fall issue and December 1 for the Winter issue if you'd like to participate.

Neil Baumann, 10/6/2021

“When you're prescribed a drug, take the lowest dose needed and the shortest time to do the job.”



(Source: <https://hearinglosshelp.com> has books on Ototoxic drugs, Meniere's, Tinnitus, etc., along with assistive listening devices, alerts, visor cards, etc. as well as an online hearing aid museum.)

Buying personal amplifiers, phones, clocks, alerting devices, etc?
Harris Communications is now at <https://www.diglo.com>

10 THINGS SOMEONE WITH HEARING LOSS WISH OTHERS WOULD KNOW



01

Get my attention:

So I can focus on you;
please speak one at a time.

02

Give me quiet:

Off the TV, music, fan; and a
quieter booth in a restaurant.

03

Hearing loss is tiring:

It takes all my energy to fill in
the blanks of missing sounds.

04

I am not rude or stupid:

I am trying;
please repeat and let me speak.

05

Be kind to me:

When you get frustrated, I would
rather opt out and be alone.

06

Speak clearly & slowly:

Give my brain some time
to process your speech.

07

Repeat & rephrase:

I will miss some;
please repeat, rephrase or spell it out.

08

Face me when you speak:

Lip-reading helps me connect the dots
when I can't hear you clearly.

09

Hearing aids are not glasses:

Sounds are louder, but not 100%
clear in noisy environments.

10

Give me context:

If all I hear is "ca_", knowing if it's about
animals (cat) or headgear (cap) helps.

**Lynne Lim Ear Nose Throat &
Hearing Centre (Child & Adult)**
www.drlynnelim.com

Main Clinic:
#17-07 Mount Elizabeth Medical Centre (Orchard)
3 Mount Elizabeth, Singapore 228510.
Tel: 65-6737 7787
enquiry@drlynnelim.com

Satellite Clinic:
#15-02 Farrer Park Medical Centre
1 Farrer Park Station Road, Singapore 217562
Tel: 65-6702 0990
contact@drlynnelim.com

(Infographic made by Lynne Lim Ear Nose Throat & Hearing Center, Singapore. Permission to reprint granted to HLA Peninsula Chapter only.)

Practice Builds Confidence – Some Examples You Can Use To Advocate for Yourself

By Shari Eberts

“Practice builds confidence.” When we focus on actions to improve the situation and practice the skills we need to do this, we will feel more confident in the moment and execute the workarounds more effectively.

For example, at the pharmacy, you can use a speech-to-text app to provide captioning support for what you hear from behind the masks. Practice with a family member at home first so you will be more adept in the moment. Same goes for the Zoom meetings or any other listening challenge.”

(Source: <https://livingwithhearingloss.com/2020/07/21/hearing-loss-is-a-practice-not-a-perfect/>)

By Michelle Hu

“Please face me while you talk: I pick up an amazing amount of information from facial cues and body language! I also feel that it is simply respectful.”

*If we’re in a group of multiple talkers – “Can we pretty please try to take turns?”
“I know we’re so excited to see each other but could you SLOW DOWN?”*

Especially in large group conversations – “Can the person answering reiterate the question that was asked?”

“I forgot my mini mic, let me turn on Live Listen on my iPhone, don’t worry, I’m not recording you.”

“Get my attention before you start talking. This allows me to focus on you and save you energy/possible frustration from repeating it again. You can tap me, say my name or “Hey,” wave, etc.

(Source: Michelle Hu can be found on Facebook, Instagram, or on her website is: <https://www.mamahuhears.com>)

By Michele Linder

In a dark car, I tell the others, “I would love to chat, but I can’t lipread in the dark.” In the daytime, “I would love to chat, but I’m not able to follow the conversation.” I always have a book, laptop, and/or phone to occupy myself. Notice, “I’m sorry...,” is not part of my explanations. Saying sorry is a bad habit many HoHs have. We’re doing everything we can to hear and it’s not our fault we have a hearing loss, so why be sorry?

(source: <https://hearinglosslive.com> (Hearing Loss LIVE! is what happens when three friends, with an interest in helping people who are Hard of Hearing (HoH), decide to change the status quo of hearing loss help and support.))

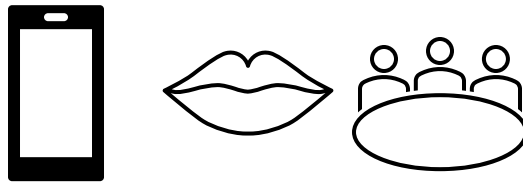
(Continued on page 7)

Practice Builds Confidence (continued from page 6)

By Gael Hannan

“I’m sorry, I have no idea what’s going on because I was too embarrassed/shy/bored/proud/insecure to admit that I’m not hearing you in this fast-paced conversation.”

(Source: <https://www.gaelhannan.com>)



So, go forth and practice with your technology, your words, and your situations!

And if you need a smile, check out these buttons made by Dr. Laura, an audiologist with hearing loss!



(Source: Citrus Hearing Clinic LLC <https://citrushearing.com> You can reach the clinic via their Facebook page for more information if you'd like a button.)

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.

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 for an individual, and \$55/year for couples/family. 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-member-renew/>
Or download a form off the website if you do not wish to renew online: https://www.hearingloss.org/wp-content/uploads/HLAA_MembershipForm_8.2021.pdf and mail it to: [6116 Executive Blvd, Suite 320, Rockville, MD 20852](mailto:6116_Executive_Blvd_Suite_320_Rockville_MD_20852)



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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

Search

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

Redwood City, CA
Founded 2001

Select

BUYING FROM AMAZON

Since Amazon Smile began, our chapter has earned a total of \$532 as of December 2020, thanks to you all!

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!



[FDA APPROVED, MADE IN THE USA](#)

The Communicator™ Surgical Facemasks with Clear Window

The masks you saw being worn at the picnic and the December Holiday Party are the Communicator Surgical Facemasks. When I go to doctor appointments, I bring a couple in a plastic bag to give them. They are also used at Stanford Clinics, if I request my doctor wear them. At the checkout desk, the clerk whipped one out when I said I lipread. They come in a box of 40 masks and can be ordered online at:

<https://safenclear.com/product/the-communicator-surgical-mask-with-a-clear-window/>

NATIONAL NEWS



HLAA 2022 Convention, June 23-25

The HLAA 2022 Convention is June 23-25 in Tampa, Florida! HLAA is very excited to be hosting an in-person Convention again. This year the exhibit hall, workshops, demo presentations, plenary sessions, social events and Research Symposium will all be held under one roof at the brand new JW Marriott Tampa Water Street. When you aren't learning and networking at the most communication accessible convention for people with hearing loss, you can explore Tampa's new Sparkman Wharf area or cruise down the local Riverwalk. Start booking your trip now!

All the information about the upcoming convention is in the Fall 2021 issue of the Hearing Life Magazine and on the HLAA website, www.hearingloss.org.

If you missed the "We Hear You, Now Hear Us" documentary, you can find it here: <https://www.we-hearyou.com>

HLAA Webinar and Virtual Meeting Recordings: <https://www.hearingloss.org/programs-events/webinars/schedule-recordings/>

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