



**PRESIDENT'S MESSAGE**

By Lynne Kinsey

**Am I Deaf?**

Since I woke up one morning years ago with a considerable hearing loss, I have referred to myself as hard of hearing or less frequently as hearing impaired. These are terms I frequently see in writing or hear other people use. Although other people with considerable hearing loss also refer to themselves as deaf, I always thought that I do have some hearing, so I certainly am not deaf.

Over the years I have used a variety of hearing aids and then received cochlear implants (CIs). With my CIs on, I hear most things. If there is too much background noise or the person speaks too fast or slow, too soft or loud, or does not speak clearly, I may not understand what is being said. Yes, I am hearing, but I am not always understanding. To my previous way of thinking this is not deaf, because I am hearing something.

But what about when my CI is not on—when I get ready for bed, just woke up, just come out of the shower, or it stops working? I do hear some very faint sounds, but nothing is understandable. I do not hear the doorbell, phone ringing, and TV or radio. If I am looking at someone and reading their lips, I think I am hearing them, especially my husband. But am I really? Does hearing with electronic assistance make me hearing, or am I really deaf? Can a person be hearing/deaf or deaf/hearing? How do I really describe myself to others or to myself? There are times when I am having a conversation with another person and my CI battery stops working. Until I can replace the battery, I cannot hear anything.

Does a person with extremely strong eyeglasses alternate between being blind and being seeing? Obviously, without the glasses the person is blind but with the proper correction, that person can see. I guess the answer for me is that I do not like to think of myself as deaf. Although there have been times when I needed to emphasize that I needed assistance, so I have introduced myself as deaf.

My hearing loss is totally invisible when I meet someone new. People often do not know how to respond or react to such an introduction. But if I do not provide some introductory information, I may not understand anything they say until they try to say things in a way I will better understand.

I am beginning to understand that yes I am sometimes hearing and sometimes deaf. I need to get others to understand and accept that and to communicate with me in ways that are easiest for me to understand. I do not look deaf or hard of hearing, but that is who and what I am.



*Don't just live life; hear it as well.*

--Unknown

**FINANCIAL REPORT**

From Amy Mizuguchi

For the period December 10, 2021 through February 4, 2022:

Total Revenue:	\$ 490
Total Expenses:	\$ 148
Checking Account Balance:	\$ 406
Savings Account Balance:	\$ 21,906
Scholarship Fund Balance:	\$ 1,410

**ELLAINA CHOU**  
By Earl Mizuguchi



I had the pleasure of coming in contact with Ellaine Chou, our 2016 Scholarship Recipient. Ellaine recently graduated from Cornell University with a double major in Biomedical Engineering and Computer Science. She is back in the Bay Area working as a Data Scientist for the Chan Zuckerberg Initiative (CZI).

With the pandemic raging in New York during her senior year, Ellaine encountered chaos from pandemic Ithaca, Cornell's hometown. The campus not only took a two-week hiatus preparing for online transition, but additionally, abandoned students who decided to return home and away from pandemic Ithaca. It indeed provided a valuable lesson for Ellaine, in terms of self-purpose and the value of college education.

Throughout college, Ellaine's employment goal was to improve the world's healthcare using tools such as coding, engineering skills, and biology know-

ledge. She decided to focus on academia, traditional engineering/pharma industry and health care startup. In addition to performing undergraduate research in tissue-engineered intervertebral discs, she also interned at CZI and had a six-month stint with Johnson & Johnson.

Founded in December, 2015, CZI was established by Facebook founder Mark Zuckerberg and his wife, Priscilla Chan. As a Data Scientist working with the Patient Driven Research Team, Ellaine's team provides funding, capacity-building and technology, supporting the rare disease community. Its mission is to cure, prevent or manage all rare diseases by the end of the century.

**OUR FIVE SENSES AND CHOOSING TO GET MY CIs**

I am convinced that we have five senses for a practical reason. We learned about the senses in elementary school but can sometimes be stumped if asked to name them. They are: seeing, hearing, smelling, tasting, and feeling. Our senses work together to enable us to understand and function in the world and to use our body to function efficiently and fully.

Each individual has their stronger/dominant senses and sometimes senses that need some

**Monthly Chapter Meetings**

***Please note that due to Covid-19 restrictions and for the health and safety of our members, we are currently not holding any meetings.***

Meetings are on the 2<sup>nd</sup> 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 of 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 Secondhand 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](mailto:kinsey@hearinglossca.org) or call 408-265-4038. Website: <http://www.hearinglossca.org/chapters/northern-chapters/silicon-valley-chapter>

assistance. For most of us, it is our hearing that needs some assistance. Some of us also need vision assistance. There are ways to test and measure all of these senses and to determine whether we need help to use these senses better. We often use more than one sense at a time. When we are determining directions for getting to a place, we listen to directions and use our vision to determine how to follow the directions. If it is dark, we may use our arms to feel for obstacles and openings for our correct path. We might use any of the senses to determine if we are approaching a danger or something we dislike or need to avoid. We also use our senses to recognize things we like and wish to pursue.

We tend to learn about a particular sense when we experience a problem with it. Most of us know more about our hearing than we might have chosen to know. We have experienced hearing testing of many types. We have tried many assistive devices and know that some help very well and some are not effective for our particular hearing loss. We have learned which professionals might help us and which know little more than we do. Most importantly, we continue to learn what questions to ask these professionals, so we will know how to proceed. It is important to understand how to use the devices, medications, and activities to improve our ability to hear. We may be afraid of what is suggested or sometimes it is difficult to accept the diagnosis we are given. We may not want to believe that our hearing will not get better. We may be unfamiliar or afraid of the suggested device or procedure.

Everyone reacts differently to new information about their health. This is where, at least for me, HLAA became an important tool. I met people with different degrees of hearing loss and many of them had Cochlear Implants (CIs) that had given them back their hearing. I am not the type of person that usually easily accepts medical procedures. In this case, because I knew people that easily shared that they were happy and pleased with their CIs, I saw it as a positive opportunity for me. I was given opportunities to ask questions about the procedure, the recovery, and about daily life with a CI. People that knew me were surprised that I made the decision so easily and quickly.

## **YOUR AMAZING HEARING AIDS**

*Courtesy of Ontario (Canada) Hearing Centers*

There are few, if any, electrical devices that are called upon to do the duties a hearing aid is required to:

- Be small.
- Be accessible to those with poor dexterity.
- Be durable enough to last 5-7 years but light enough to not weigh down your ear.
- Be effective enough to correct your hearing loss without being intrusive.
- Be running consistently for up to 16 hours per day and 7 days per week.

Hearing aids must do all these things while being exposed to the same weather, sweat, dirt, and grime that you see on a daily basis.

Some may compare these devices to home appliances or smartphones. However, most of those devices sit in protected casings, indoors, and in stationary positions.

Hearing aids do so much for us, but their greatest ability is improving the auditory cortex of your brain!

(From HLAA-Rochester, NY February, 2022 Newsletter)

## **MORE NEW YORK CITY LIVE THEATERS TO OFFER CAPTIONS**

The Shubert Organization, which currently owns and operates 17 New York City Broadway theatres, six off-Broadway venues, and the Forrest Theatre in Philadelphia, announced that it has gotten software that allows for real-time translations and captions in its theaters. This means it will be available to us if we travel to New York. Hopefully, it will start a trend across the country of more live theaters providing captions for their audiences.



This spring, Walk4Hearing events are back in person!

Please join us for the Bay Area W4H on June 4, 2022 at the Crown Memorial State Beach in Alameda, CA. Registration begins at 9:30 a.m.

Please consider signing up to walk and/or raise money. See the W4H website at: <https://www.walk4hearing.org>.

Contact your family and friends to support you and to help HLAA and our chapter. The funds raised will ensure that people with hearing loss receive the resources needed to live better.

All donations, regardless of size, are welcome. Making your own donation is often an impetus for others to donate.

You can raise money whether you attend or not, but this will be an outdoor event, so as of the current COVID rules, it will be safe to attend. We will be constantly updated on the status.

## ADVOCACY

I would love to see all HLAA members advocate when needed to make life easier for people with hearing loss. We should be able to attend and understand at activities and events that people with normal hearing are able to do. Captions and assistive listening devices should be available at theaters, auditoriums, public facilities, medical offices and hospitals, businesses, and more. We need to speak up when we cannot communicate and understand. The following quotes help to emphasize why we need to do this.

Quotes from an HLAA section on Advocacy:

*I am only one, but I am still one. I cannot do everything, but I can do something. And I will not*

*let what I cannot do interfere with what I can do.*  
~Edward Everett Hale (1822-1909), American author, historian and Unitarian minister

*We must move beyond the ideal of a comfortable self-focused life and answer the call to be an advocate for those who don't have one.*  
~Sandwell Advocate

*How wonderful it is that nobody need wait a single moment before starting to improve the world.* ~Anne Frank (1929-1945)

*If you really want to be an advocate, start by listening to the people you claim to be advocating for.* ~Diary of a Mom

*The people who were crazy enough to think they could change the world are the ones who do.*  
~Steve Jobs (1955-2011)

*I alone cannot change the world, but I can cast a stone across the waters to create many ripples.*  
~ Mother Teresa (1910-1997)

*If you want to go quickly, go alone. If you want to go far, go together.* ~African proverb

## WHO INVENTED THE FOOTBALL HUDDLE?

Did you know that the football huddle was invented by deaf students at Gallaudet University?

The first football huddle began in 1894. Gallaudet quarterback Paul D. Hubbard is credited with creating the football huddle during that season when Gallaudet went up against two different deaf schools. GU went 5-2-1 in 1894 and defeated the Pennsylvania Deaf School, 24-0, and the New York Deaf School, 20-6. Hubbard was worried that the other teams were stealing Gallaudet's plays because his signing was out in the open. He decided to circle up his teammates and the huddle was born.

*from Wikipedia*

(From HLAA-Rochester, NY February, 2022 Newsletter)



## Executive Board

President- Lynne Kinsey  
408-265-4038 [kinsey@hearinglossca.org](mailto:kinsey@hearinglossca.org)

1<sup>st</sup> Vice President/Program- Maggie Iller  
408-890-8879 [marjorie.iller@gmail.com](mailto:marjorie.iller@gmail.com)

2<sup>nd</sup> Vice President/  
Membership- Earl Mizuguchi  
408-997-6377 [earlmiz@sbcglobal.net](mailto:earlmiz@sbcglobal.net)

Secretary- Evelyn Taravella  
408-629-2428 [etarv@att.net](mailto:etarv@att.net)

Treasurer- Amy Mizuguchi  
408-997-6377 [amizs@sbcglobal.net](mailto:amizs@sbcglobal.net)

### Committee Chairs:

Cheer and Courtesy & Social &  
Welcome Table- Barbara Hinman  
408-753-9776 [ca\\_sunsets@comcast.net](mailto:ca_sunsets@comcast.net)

Hospitality & Sound System-Amy Mizuguchi  
408-997-6377 [amizs@sbcglobal.net](mailto:amizs@sbcglobal.net)

Library- Stephen and Lynne Kinsey  
408-265-4038 [kinsey@hearinglossca.org](mailto:kinsey@hearinglossca.org)

Newsletter Editor- Gwen Odell  
408-667-3125 [gwen\\_odell@hotmail.com](mailto:gwen_odell@hotmail.com)

Recruiting & Planning- Ted Santos  
408-298-7112 [tedsfishing@att.net](mailto:tedsfishing@att.net)

Scholarship- Earl Mizuguchi  
408-997-6377 [earlmiz@sbcglobal.net](mailto:earlmiz@sbcglobal.net)

Second-Hand Treasures- Evelyn Taravella  
408-629-2428 [etarv@att.net](mailto:etarv@att.net)

**Volunteers are always needed to assist Officers and Chairpersons with their tasks and new tasks as they occur. With YOUR ideas and help, it truly becomes OUR organization. Talk to a Board member to see where you can fit in.**

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*We are a 501(c) (3) Exempt Organization. Your dues and donations may be tax deductible.*

## Membership & Renewal

Date: \_\_\_\_\_ New \_\_\_\_\_ Renewal \_\_\_\_\_  
ALL membership information is kept confidential.

Name: (1)

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Name: (2)

---

Address:

---

---

City, State, Zip:

---

Telephone:

---

Specify Home or Cell

E-mail: \_\_\_\_\_

**Preferred mode of contact: Email \_\_\_\_\_ OR Phone \_\_\_\_\_**

Birthday: (1) \_\_\_\_\_ (2) \_\_\_\_\_  
Month and Day Month and Day

### DUES:

#### CHAPTER MEMBERSHIP HLAА-SILICON VALLEY

Includes bi-monthly newsletter

\$15 Individual/Couple/Family

#### NATIONAL MEMBERSHIP HLAА

Includes bi-monthly magazine, *Hearing Life*, in print and digital format and quarterly state newsletter, *The Hearing Loss Californian*. (For online membership, *Hearing Life* is in digital format only.)

\$25 Student (Online only—requires copy of student ID)

\$45 Individual  \$55 Couple/Family

\$35 Individual (Online)  \$80 Professional

Chapter Donation: \_\_\_\_\_

Scholarship Fund: \_\_\_\_\_

**TOTAL ENCLOSED \$** \_\_\_\_\_

Make checks payable to: **HLAA-SV** and mail to:  
Amy Mizuguchi-Treasurer  
6136 Oak Forest Way  
San Jose, CA 95120

**WELCOME NEW MEMBER**

Dr. Cliff Leong (N)

*Happy Birthday!*

March

April

**THANK YOU FOR YOUR DONATION**

**Scholarship Fund:** Gerri Osborn in memory of Rex Osborn and Katsumi Hikido, Deborah Homan Still; Henry & Kittye Ryczkowski in memory of Katsumi Hikido

14 Maggie Iller

5 Charles Wade  
23 Lynne Kinsey

**DATES OF INTEREST**

March 13 Daylight Saving Time begins at 2 AM  
March 17 St. Patrick's Day

April 15 Passover begins at sundown  
April 17 Easter Sunday

**2022 CHAPTER MEMBERSHIP FEE**

Due to the ongoing pandemic and our inability to hold meetings, the Chapter's Executive Board decided to waive membership fees until we can resume monthly meetings. We'll continue taking National HLAA membership renewals and chapter and scholarship donations. We appreciate your patience and look forward to your ongoing support. -- Earl Mizuguchi



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## HLAA-SV BOARD OF DIRECTORS' MEETINGS

**Note: Due to Covid-19 restrictions, Board meetings are cancelled until further notice.**

Board members meet on the 1<sup>st</sup> 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.



**HearingLife**  
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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

***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!***

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## **HLAA NATIONAL CONVENTION: AN IN-PERSON EVENT**



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!

Visit the Convention page ([hearingloss.org/programs-events/convention](https://hearingloss.org/programs-events/convention)) for more information. Be sure to register by March 4, 2022 to receive early-bird rates!

Since this in-person convention will be the first in several years, maybe we will have a good-sized delegation from our chapter.

*Note: HLAA requires all attendees to be fully vaccinated against COVID-19.*

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Unless otherwise noted, all articles in this newsletter were written by Lynne Kinsey.