

PRESIDENT'S MESSAGE

From Lynne Kinsey

Get Re-acquainted with Your Hearing Devices, Accessories and Hearing Professional

Many people I have talked to have not been wearing their hearing devices while home alone during the pandemic. On the other hand, I personally have found it necessary to continue to wear mine all the time when I am not sleeping. I need them to understand another person at home, in the supermarket, at a doctor appointment, or on a walk around the block. I need them to understand on the phone, when listening to the TV or radio, when the computer talks to me or when I am listening to a video or webinar.

If you haven't been using them, it may be time to give them a try and see why you spent all that money on them. Do you have any instructional brochures that came with them that detail how to use them? When I do not use particular features, I forget how to access and adjust them. It could be time to see your provider and have your devices checked and adjusted. Have your hearing checked to see if it has improved or declined. Do you need refreshers on how to connect and use any microphones or other accessories that work with your device? Maybe the website of the manufacturer of your hearing device has written or video instructions on some of the simple operational and maintenance procedures you need to do. Trying this before making appointments may save you time and money.

Remember to have extra batteries at home and to carry some with you when you are out and about. Batteries always seem to die at the worst times.

THE COUPLE OUTING THAT NEVER HAPPENED

Months ago, we bought tickets to see the play *Hamilton* at the San Jose Center for Performing Arts. So many people we know and people in general had raved about it. We signed up for a month of Disney Plus to watch it. I downloaded the lyrics so that by becoming familiar with the lyrics, I might understand the words more easily.

Our tickets were for mid-October and we were dressed and ready to go after a quick dinner that was all ready. But, alas, the phone rang and a very apologetic lady told us they unfortunately would not be having captions because the person that was to operate the captioning machine had COVID. They contract out for the captions and two of the three people that run the machine were scheduled for other locations and the third had just come down with COVID.

This was to be our first real night out since before the pandemic. They offered us tickets to another show, but there was nothing else we wanted to see then and there were only very few captioned performances. So, instead we will get our money back. So much for our nice evening out.

QUARTERLY FINANCIAL REPORT

From Amy Mizuguchi

For the period October 8 through December 9, 2021:

Total Revenue:	\$ 100
Total Expenses:	\$ 0
Checking Account Balance:	\$ 539
Savings Account Balance:	\$ 21,431
Scholarship Fund Balance:	\$ 985

YOU CAN “ATTEND” OTHER CHAPTER MEETINGS

During the pandemic, many HLAA Chapters and State Organizations have been transitioning their in-person meetings to virtual meetings. You are welcome to visit online HLAA Chapter and State Organization meetings from all across the country. They are listed in one central calendar from the HLAA Leaders List Groups.io calendar. Go to hearingloss.org. There is a new purple calendar option in the upper menu bar. After you click on it, a new window will open. Click on the purple FIND HLAA CHAPTER MEETINGS HERE button to access the HLAA Leaders Groups.io calendar.

A few tips from Lynne:

Once at the meeting, click the close microphone button on the lower left corner so that noise and voices near you will not be heard by other attendees. You can turn your image on and off by clicking on the profile or photo icon. It is nice to see all the people that are participating, but you have the option to turn yours off.

We do not have any scheduled meetings yet, but don't let that stop you from hearing other excellent and interesting speakers and programs.

PREPARE FOR AUDIOLOGIST AND DOCTOR APPOINTMENTS

When you have a pre-scheduled medical appointment, be sure to take the time to prepare for it. I used to have an ongoing notepad for this purpose. Now, I write notes on my computer and move them all to a particular folder. These notes may be a recent concern or complaint I have had, an article I read that addressed an issue that pertained to me, a medication question, or something else.

Having the question or item written down helps to ensure I won't forget to bring it up. As the doctor or I switch between subjects, I may forget to ask a question. It's important to do this with audiology appointments, too. Write down what has worked and not worked for you, so you can report back to them. They need this information to make needed adjustments.

A REQUEST FROM LYNNE

When I write articles for our chapter's newsletter, I wish I had input from our members that I could use. Do you have a personal experience relating to hearing loss that would benefit your fellow hard of hearing readers or did you see an

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 2nd 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 or call 408-265-4038. Website: <http://www.hearinglossca.org/chapters/northern-chapters/silicon-valley-chapter>

article somewhere that you'd like us to share? It could be something practical, a warning of something to avoid, or even something humorous. If you don't mind sharing a short note, send it by email to me at kinsey618@gmail.com.

We all appreciate your input and sometimes get tired of reading all the articles coming from Lynne.

DEREK LEE

By Earl Mizuguchi



Derek Lee, one of our 2013 scholarship recipients, served on a November, 2021 HLAA webinar entitled, "Best Practices for Landing a Job in a Virtual Environment." The current pandemic created dramatic changes in employment recruitment practices, and the webinar provided insights and tips for navigating the current process.

Upon receiving his bachelor's degree from Stanford University, Derek worked for the Santa Clara County Public Health Department for six months, conducting data analysis for the Emergency Preparedness Program. He then attended UCLA, obtaining a master's degree in Biostatistics while completing internships at Genentech.

Derek currently works as a Data Insights Scientist for Verana Health, a software company in San Francisco that assembles clinical databases to assist physicians in promoting quality care for patients.

During his spare time, Derek chairs a HLAA Young Adults Hear Committee, meeting monthly to discuss resources to share with the hearing loss community with a focus on working age adults. You can join the Facebook group at www.facebook.com/groups/youngadultshear.

6 GOOD THINGS ABOUT HEARING LOSS (THAT YOU MIGHT NOT HAVE REALIZED)

By Gael Hannon

The downside of hearing loss is clear: we don't hear well, or at all. And that causes barriers in our communication, touching almost every aspect of our lives.

But it's nice to take a break from all that barrier-smashing and recognize that there can be an *upside* to living with hearing loss. Try taking a moment to reflect how hearing loss has impacted your life. By looking for the positive, you may unpack at least a couple of benefits or skills that came in your hearing loss package.

- 1. You listen better.** You have to. If you don't focus on what's being said, you won't get it. 'Hearing' people can hear without focusing; they can multi-task – which isn't necessarily a good thing either. But, when you listen better, you are more likely to get the message.
- 2. It builds insight and compassion.** Understanding the reality of hearing loss and its impact on human behavior and mental health is the door to understanding how *other* people must deal with challenges that are outside of your experience.
- 3. It gives you a platform.** The above insight may give you a better appreciation for the need for diversity, equality and inclusiveness in society. The lived experience of hearing loss gives you a platform to advocate for these fundamentals.
- 4. You're a better problem-solver.** You learn to search for alternatives to difficult listening situations. Yes, most of them can be difficult. But instead of your usual go-to reaction of getting mad and yelling or, worse, retreating into sulky silence, you look for ways to make it work. Manipulating the environment, using devices and reminding others of what you need from them.
- 5. You communicate better.** This isn't a given. Understanding the need to communicate better doesn't automatically guarantee it. People with hearing loss are often guilty of the things we

accuse the 'hearing' people in our lives of doing. Mumbling, not talking face to face, tuning out. But with practice and the will to improve your communication style, you will achieve it.

6. You find joy in what you *do* hear and understand. Or at least, a better appreciation for the sounds of life. Even with sophisticated technology and superior self-advocacy skills, there is much that people with hearing loss simply can't hear. So, when we *do* hear, say, birdies twittering and the stones crunching beneath our feet, it's a beautiful moment when we acknowledge the sound and be grateful for it.

These are just a few "benefits" of hearing loss. How has changing your attitude towards your hearing loss enhanced your life?

[Posted in HLAA-Rochester, NY Newsletter January 2022]

HEARING CARE DIRECTIVE

Diane Gross, member of HLAA-Los Angeles Chapter, shared these thoughts about establishing a Hearing Care Directive to let family, friends, and medical personnel know about your hearing loss situation, the devices you use, and other important information which may be necessary, if you are unable to tell them. This is how she shared the information and gave me permission to put it in our newsletter.

In the past couple of weeks, I've been helping a friend attempt to deal with the needs of a hard of hearing family member who's been moved to a nursing home. It's not my place to share the details, but I can share what I've learned.

Do you have a family member or friend who is designated to have your medical information in case of emergencies? If so, does this include your hearing care needs?

Based on this experience, I now have a list of what I want someone in my family to know. Call it a Hearing Care Directive. (This is in no particular order; there may be items I've forgotten to include.)

- * Copy of latest audiogram.
- * Name and contact information of audiologist and/or hearing device dispenser.
- * Insurance coverage, if applicable.
- * Manufacturer and model name of hearing aid or cochlear implant.
- * Battery size, type, and how to purchase.
- * Assistive Listening Devices (ALDs) used; manufacturer, model, warranty; contact information.
- * Captioning apps used with cell phone or tablet.
- * Is there someone who knows how these devices work? Can they change the batteries? Check that ALDs are working? How to turn on captioning apps and use them?
- * Has a place been designated to donate devices when they're no longer needed?

Another friend added to this concept to make it include more than just Hearing medical information. She assembles all her information and puts it all in a binder. It includes medical history and diagnoses, medication lists, emergency/ legal contacts, medical insurance information, and more. It needs to be properly labeled and someone needs to know where it is located.

Lynne added that an Advanced Care Directive should be compiled with your general medical information and personal preferences if you are unable to provide such information. Everyone should have these types of directives. Many hospitals, doctors, and health plans have sample or fill in documents to make it easier for you to complete one.

Look for something positive in every day, even if some days you have to look a little harder.
-- Unknown

Executive Board

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Second-Hand Treasures- Evelyn Taravella
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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.

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

Membership & Renewal

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ALL membership information is kept confidential.

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

\$45 Individual \$55 Couple/Family

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Chapter Donation: _____

Scholarship Fund: _____

TOTAL ENCLOSED \$ _____

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

DONATIONS



Scholarship Fund: (In memory of Katsumi Hikido) Yoshiko Kanazawa, Earl & Amy Mizuguchi, Evelyn Taravella, and Connie Turner.




January

February

- | | |
|----------------------|------------------|
| 4 Kaz Hamano | 11 Lourdes Stone |
| 17 Mary Ann Shiosaka | 12 Michael Davis |
| 18 Ted Santos | 24 Margie Davis |
| 23 Phyllis Karsten | |
| 26 Kittye Ryczkowski | |

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 HLA A membership renewals and chapter and scholarship donations. We appreciate your patience and look forward to your ongoing support. -- Earl Mizuguchi



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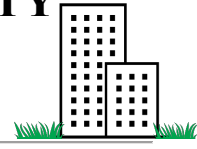
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HLAA-SV BOARD OF DIRECTORS' MEETINGS

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

Board members meet on the 1st 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.

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***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!***

YOUR NEW YEAR'S RESOLUTION

By Tom Willard

To make things easier on you, I'm writing your New Year's Resolution.

- You will stop staying home avoiding life's activities and using your hearing loss as an excuse.
- You will identify things you want to do -- classes, shows, river cruises, whatever.
- You will contact the organizers and tell them -- not ask them -- that you need accommodations to participate.

You will be clear that YOU get to decide which accommodation provides you with effective communication, not them.

If you ask for captioning, they will be flummoxed and befuddled.

Too frickin' bad. Don't take no for an answer.

[From HLAA-Rochester, NY January 2022 Newsletter]



Happy New Year