

Fall 2023



## 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

**The September 11th Chapter Meeting will be hybrid (In Person at the Vets Memorial and on Zoom). After that, stay tuned.**

## Presentations

**September 11**

**“Different Hearing Losses & Technology Options for Each (Conventional and OTC hearing aids; Lyric, Earlens, Cochlear Implants)”  
Dr. Debbie Clark, Audiologist**

**(If coming in person, please arrive at 1:00 for refreshments & social time). For those joining via Zoom, the presentation starts promptly at 1:30.)**

**October 2**

**“Cochlear Implants - My Personal Story of Hearing: Loss, Evaluation, Surgery, Activation, and Miraculous Results!”  
Larry Sweeney**

**November 6**

**Hearing Loss LIVE! Will share lip reading strategies to improve access to communication which also helps build confidence and strengthens our self-advocacy”**

**December 4  
Holiday Party**

## 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. We'll put you on the roster for the next meeting. You'll then receive an invitation and a link to attend.

[info@hearinglosspen.org](mailto:info@hearinglosspen.org)

**Our mission is to support, educate and advocate for persons with hearing loss.**

Newsletter Sponsor



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](http://www.pacifichearingsservice.com)

## CO-PRESIDENT'S MESSAGE

### Sally Edwards



Dear HLAA friends,

I am fresh off the glow from the chapter picnic we had on July 22. It was a really fun afternoon at the lovely, shaded picnic grove at the Redwood City Elks Lodge. 26 attended, our highest turn-out for a summer picnic! A highlight of the day was awarding three hearing-impaired high school graduates with scholarships. How wonderful for them and how special to be able to have our chapter help them with their higher education goals. A huge thanks to the generous donors and to the Scholarship committee who worked so hard to make this possible.

We had our chapter's first hybrid meeting in May at our usual meeting place, Vets Memorial. 10 attended in person and approximately 10 on zoom. The speaker, Bill Doyle, Director of the Jean Weingarten School for deaf and hard of hearing children, (right here in Redwood City) did the presentation about the school and its impact on the lives of these young children and their families. What an uplifting program! Thanks to Larry, Bob, and Eliot for setting up the equipment which ran fairly smoothly, for a first try at a hybrid meeting.

Our September meeting will also be in hybrid format and we will be evaluating whether to continue that or return to in-person chapter meetings in the near future. Stay-tuned! I would encourage you to come to the meeting **IN-PERSON** if you can. **BRING A HEARING-IMPAIRED FRIEND OR ACQUAINTANCE!** You just can't beat meeting in person. Plus, we always have some refreshments. You can't get those on zoom!

Sister Ann Rooney and I attended the HLAA National Convention in New Orleans in June. It was, as always, informative, fun, and a chance to meet old friends and make new ones. The Expo Hall, always a favorite, was full of the companies that serve our hearing-loss community. They offered hands-on help with our devices and shared much information about their products.

There was a lot of interest in the newly approved over-the-counter hearing aids and a workshop addressed guidelines for buying them. The best source for information is the FDA website. A few pointers: They are not for folks with severe hearing loss. So, get a hearing test first to see if they are appropriate for you. And get your ears cleaned before taking the test. The price range is \$800-\$2000. They are self-fitting devices. 81 companies, many from other countries are selling these. Make sure the return policy is on the outside of the box with the return address. (On average, 15-20% and as high as 35% is the current return rate.) If a cell phone is necessary to work it, consider another one. If you want a telecoil in the device, make sure the box says it has that feature. Is it rechargeable? (most are). Well, that's just a few tips.

I hope to see you soon, in person or on zoom.

Blessings, Sally

**CHAPTER NEWS - July Picnic held at the beautiful Elks Lodge, Redwood City**



Mary & Larry



Bob & Ken



Bonnie & Jim



Annette & Kate



Bill & Janet



Jenny & Rich

(Continued on page 4)

**CHAPTER NEWS - July Picnic (continued from page 3)**



Megan & Eliot



Elvia (for Rafael), Mateo & Eliot



Sally



Bob, Joe, Kathy



Ian & Mary

(Photos with names left to right)



**See you next year!**

## CHAPTER NEWS – Scholarship Update by Kate Szentkuti



All these years of hard work are paying off; this year we have three recipients for our scholarships!

Rafael graduated from Carlmont High School and has been active in a non-profit whose mission is to end social isolation in middle and high schools in the Bay Area. His favorite subjects in school are math and science. He plans to start at Foothill College and get a degree in Chemistry before transferring to a four-year college. Outside of school and academics, Rafael has plans to travel, meet new people and gain a sense of independence.

Megan is graduated from Menlo-Atherton High School and has been very active in her school activities, involved with the school newspaper and the Varsity badminton team as well as outside volunteer activities. Megan’s English teacher wrote about her curiosity and listed books she read beyond the assigned tasks.

Benjamin graduated from Hillsdale High School. He lists football, Lacrosse and Cross Country as some of his activities. He also has volunteered at the Weingarten School for the Deaf, and USC Hearing Lab. His favorite subjects in school are math and audio production, one for the answers, and the other for the opportunity to express his creativity. His essay is especially charming as he describes coaching a group of unruly six-year-olds in flag football, a big challenge.

These three all come from different high schools, and somewhat different hearing challenges. All of them are positive about their futures. We identify with their struggles and celebrate their toughness, hardiness and wish to give them a leg up. Thank you for “listening”.

Kate Szentkuti, HLAA – Peninsula Chapter Scholarship Committee

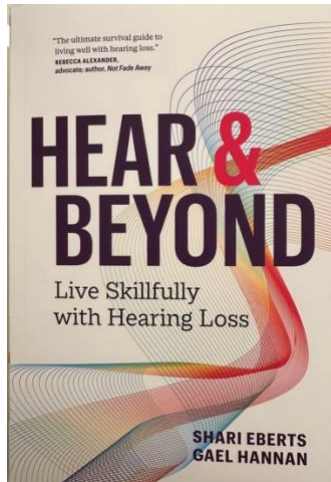
---

*Do you have a hearing loss? Are you a **young professional (ages 25-35)**? Interested in meeting other young professionals with hearing loss here in the **Bay Area**? Come join **HearTogetherFriends!** We meet once a month, alternating between in-person meets and Zoom meetings. We aim to provide a safe space to share our personal stories with hearing loss and learn from each other, to provide social opportunities, and a chance to build a professional network. Through this group, we encourage new friendships to form and to lift each other.*

*(Editor: Contact Jaynie Kind for Cleese’s email.)*

## CHAPTER NEWS – Tidbits from our members who want to share.

### A Review of *Hear and Beyond* by Ken Peters



I highly recommend "Hear and Beyond" by Shari Eberts and Gael Hannan published in 2022. The expert authors through personal stories and real-life advice provide hope and effective strategies to improve hearing and communication.

They begin with exploring our attitudes about hearing loss through "mind-shifts", which allow us to confront our hearing challenges and better take charge of our journey....

There is excellent advice on how to self-advocate and offers helpful communication best practices. The book includes well referenced chapters on new hearing aid technology. It is uniquely helpful in providing practical tools to improve our communication with friends, family, romantic partners, fellow workers, and health care providers. It is a must read for health care professionals and

highly recommended for family members and loved ones. The authors provide an empowering operating manual to not just surviving but thriving with hearing loss.

---

### A Review of the HLAA Convention by Sister Ann Rooney

The convention was outstanding. It was held in New Orleans, LA, 6/29-7/1, and on that same weekend was a big special weekend for people of color. They were so happy, it was wonderful to be among them and hear their music.

The convention workshops were outstanding. They were all in the same area, and so very convenient. The ones I enjoyed the most were:

The Hearing Better: The Role of Auditory Training.

Understanding the Link between Hearing Loss & Cognitive Issues.

Latest Accessibility Developments from the Federal Communications Commission.

The Exhibit Hall was great. The Cochlear Implant booths were so helpful. There were some new exhibits (for me): Texting on the phone, something to improve eyesight, bookstores with hearing loss topics and so many other exhibits.

As always, I enjoyed seeing people greeting each other and being so happy to see their friends.

Next year it will be held on June 26-29, 2024, at the Sheraton Grand at Wild Horse Pass, in Phoenix, AZ. If you can, please think of going, you won't be disappointed.

## CHAPTER NEWS – Tidbits from our members who want to share.

**A Recap of the Bay Area Walk4Hearing** by Sally Edwards with family photos from Bonnie Neylan



Granddaughter Nicole & her mom, Amy, working at registration table

Bonnie's family out in force

The Bay Area Walk4Hearing was held in June in Alameda, and it was a fun-filled and successful event. Close to several hundred people participated. We had a DJ, face-painting and balloons (for kids and adults!), Alameda High School cheerleaders, lots of volunteers, vendors from local and national hearing health companies, and of course yummy refreshments including snow cones. Then the 5K Walk (more or less) along the beautiful San Francisco Bay.

Some history: HLAA began having Walks around the country in 2006. The San Francisco Walk4Hearing was one of the original five pilot Walks. Our chapter was actively involved in it. Now there are about 20 each year. The purpose is to raise awareness of hearing loss and to support our National Organization, chapters, and affiliates. This year our Walk raised \$39,000. Of that amount, our chapter donated \$1500 from our bank account; our members raised another \$2500, and a generous chapter member sponsored the Walk with \$3500 more. Congratulations to Us All!



## HOW TO ASK FOR CAPTIONS – USING THREE SENTENCES

How often are you excluded by lack of captions? Do you do anything about it? Why not start speaking up with comments on videos that aren't captioned?

These three sentences go a long way in educating content owners about accessibility for people with hearing loss.

1. You're giving them the benefit of the doubt.
2. You're educating them about our numbers and needs.
3. You're asking to be included.
4. You're thanking them in advance.

Very few of the 466 million ask for what they need, but those of us who do see how much difference the few can make. Imagine the impact if everyone with hearing loss joined us in asking for what we need.

**"Is there a captioned version of your video? If not, please add captions.**

**"There are over 466 million people in the world with disabling hearing loss, and over 99% of us use captioning for communication access.**

**"Please include us and caption all of your online content. ~Thank you"**

Source: SayWhatClub, A Worldwide Forum for People with Hearing Loss on Facebook and the web:  
<https://www.saywhatclub.org>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796666/>

The most recent WHO estimate suggests that approximately 466 million people (or 6.1% of the world's population) were living with disabling hearing loss in 2018.<sup>3</sup>



## 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.

**Danford Fisher Hannig Foundation (Scholarships)**  
**Easter Cross Association (Scholarships)**  
**Eliot Terborgh (Scholarships)**  
**Tomasina Fogliani**

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](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)

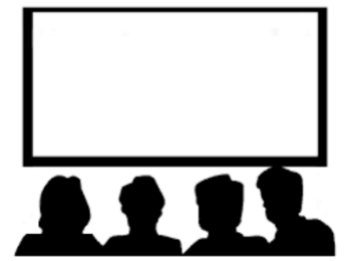
---

“Deaf people requesting captions is equivalent to hearing people requesting audio.

Imagine being denied access to audio every time, everywhere, and every day.”

L. Friedmann

---



### **Why Can't I Understand TV and Movies?**

“It's not you – the dialogue in TV and movies has gotten harder to hear.”

<https://www.youtube.com/watch?v=VYJtb2YXae8>



Did you miss some of our chapter meetings? Alan from Diablo Valley volunteered to edit them and put them on the HLAA-CA YouTube page. Thank you, Alan! They are all captioned. Here are a few links:

The Psychological Nuts and Bolts of How to Form a Resilient Identity (March 6, 2023)

<https://www.youtube.com/watch?v=IQOPZxQzf6s>

Earlens, a Unique Technology That Can Significantly Improve Hearing (February 6, 2023)

<https://youtu.be/Wc8pURJ80qc>

Hearing Challenges with Family: Julia Stepp of Hearing Loss Live (November 7, 2022)

<https://www.youtube.com/watch?v=EouBJO0vC8c>

(P.S. Other Peninsula chapter recordings, along with those from other California chapters are available as well. Or you can go to our National website for HLAA Webinar and Virtual Meeting Recordings:

<https://www.hearingloss.org/programs-events/webinars/schedule-recordings/>

## FIRST CLASS MAIL

-----

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 Maryland 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 Aid Reviews, Audiologists, etc. <https://www.hearingtracker.com>

CTAP and CRS (telephone access): <https://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)

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

Quick statistics about Hearing: <https://www.nidcd.nih.gov/health/statistics/quick-statistics-hearing>

Speech Recognition Test: <https://appsprod.ad.rit.edu/NSRT/>