

Spring 2024



Monthly Chapter Meeting

1st Monday of the month at 1:30-3:00 p.m.
Except June, July & August; on holidays, meets 2nd
Monday

Veterans Memorial Senior Center
1455 Madison Avenue, Redwood City, CA 94061
One block from Jefferson Avenue & Valota Road

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

April 1 – **IN PERSON**

“Hear Other People’s Experiences”

Bob Hall, Psychologist and Peninsula Chapter Co-President, leads with a discussion of members about their experience with hearing loss. In particular, participants are asked to talk about when they first realized they had a problem and how they have coped with it.

May 6 – **ON ZOOM**

“Hearing Loss is a communication disorder that affects us and those we talk with. Learn the challenges and solutions to help us communicate.”

Pat Dobbs, Life Coach for people with hearing loss, educator, author, blogger

No Chapter Meetings in June, July, and August

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. 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

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



Newsletter Sponsor



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Menlo Park, CA 94025
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Los Altos, CA 94022
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www.pacifichearingsservice.com

CO-PRESIDENT'S MESSAGE

Sally Edwards



Dear Friends,

This message is an update on events coming up and an important policy change in membership from our National HLAA leadership.

March 3 was World Hearing Day. More than 50 million Americans and over 1 billion globally have hearing loss. Three good practices:
1. Protect ears now. 2. Check hearing regularly. 3. Treat hearing loss right away.

March 11, 8:30-9:30 am, we have the opportunity to visit Jean Weingarten School for young deaf children here in Redwood City. There are ten spots still available. Contact Eliot Terborgh to sign up asap at eterborgh@gmail.net.

The HLAA National Convention is June 26-29 in Phoenix, Arizona. (See attached flyer.) We have a \$250. scholarship available to one member of our chapter (or who becomes a member) who is a first-time attendee. Contact me at sallyedwards888@gmail.com if you are interested.

The chapter meeting on April 1 is IN PERSON at the Vets Memorial Gold Star Room. A chance to be together is always special. Plan to come! Snacks as usual 🍷

Our attempt at social opportunities on 3rd Fridays at Vets Memorial for lunch and a free movie didn't catch on so we are discontinuing that. Some of us from the chapter will likely go from time to time, but not regularly.

The Bay Area Walk4Hearing is May 19 at Robert Crown Memorial Park in Alameda, alongside the beach! Registration begins at 9 a.m., and the 3.1 mi walk (as far as or as little as you choose) begins at 10:45. It is a fun and important event to spread the word about HLAA and to financially support our national organization and our chapters. Our board voted to sponsor the Walk with a \$1500. donation, as we did last year. I would like to encourage you to fund raise and attend the Walk. We will have a Peninsula Chapter team or you can form your own team to fund raise and participate. To donate to the Peninsula Chapter team, go to walk4hearing@hearingloss.org and follow the instructions. Or mail me your check (as team captain of Peninsula Chapter) to Sally Edwards 720 Paradise Way, Redwood City, CA 94062 made out to "Bay Area Walk4Hearing". On the notation line, please write "Peninsula Chapter". Questions? Feel free to contact me at email address listed above.

Lastly HLAA National has started a new membership policy. To become a member, you now only need to make a donation of \$1.00/year or as much as you feel led to donate. (If you want a hard copy of the HLAA Hearing Life magazine, the cost is \$45./yr.) The rationale is that there have been two groups supporting our organization: members and donors who are not members. This new policy combines the two groups. If you are a current member, you do not need to renew until next year (although all donations are welcome.)

Fondly, Sally

CHAPTER NEWS – Scholarship Update by Kate Szentkuti



We have been offering scholarships to San Mateo County high school seniors with hearing loss and BIG plans for their futures for several years now. Our distributions are over \$20,000 to over a dozen students! For the first time we have counselors contacting us to ask for information and applications. Our eligibility requirements are that a student either live in or attend school in San Mateo County, have a documented hearing loss, and have plans to attend a college (2 or 4 year) or trade school. Contact scholarship@hearinglosspen.org for more information.

Below is a half-page flyer—please print and post anywhere you feel it will be seen by our target audience of students and parents.

Kate Szentkuti, HLAA – Peninsula Chapter Scholarship Committee



Cut here



SCHOLARSHIP AVAILABLE COLLEGE, JUNIOR COLLEGE, TRADE SCHOOL

FOR GRADUATING SENIORS WITH DOCUMENTED HEARING LOSS

**OFFERED BY PENINSULA CHAPTER OF HEARING LOSS
ASSOCIATION OF AMERICA**

APPLICATIONS AVAILABLE AT scholarship@hearinglosspen.org

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

Cochlear Implants and the Movies (Reprinted with Permission from Richard Pocker)



Hearing Loss: The Emotional Side
Richard Pocker · 1h · 🌐

Richard Pocker
1h · 🌐

There have been few movies I have wanted to see since getting my cochlear implants 7 and a half years ago. I can't resist Indiana Jones. There are so many new cochlear implant recipients that I wanted to share how I clearly hear the soundtrack. By removing the headset and plugging my Mini Mic+2 into the jack and turning down the mic volume to zero it comes through without distortion. If you are using another brand other than Cochlear, any streaming device with a 3.5mm jack and cable will work. Hey! The movie was the usual chase after chase, but the ending made the whole movie worth it.

UPDATED 2023



WHAT A CANDIDATE FOR
A COCHLEAR IMPLANT
NEEDS TO KNOW

Richard Pocker
CREATOR AND PRODUCER OF
COCHLEAR IMPLANT BASICS

Besides being active on “Hearing Loss: The Emotional Side” on Facebook, Richard Pocker is also the author of Cochlear Implant Basics, What Candidates for a Cochlear Implant Needs to Know. (Available on Amazon)

There are some fabulous interviews (written transcripts and podcasts are both available, on his website. You might recognize some names: Rebecca Alexander, Sam & Janet Trychin, Robin Chisholm-Seymour, Nanette Florian (Hear Music Again), surgeons, and more.

<https://cochlearimplantbasics.com>

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

Who is Going to a SuperBowl or Birthday Party or a Restaurant? By Jaynie Kind

This question was asked at our Saturday Connections Zoom meeting on February 10, the day before the 2024 SuperBowl. I wrote down some of the tips as I found them to be useful reminders:

- Come late and leave early.
- Look for smaller tables (maximum of 4) to sit at.
- If possible, seat people boy-girl-boy-girl. And seat the talkers apart. It encourages people to converse with the entire table. When you have girl-girl side by side, you're more likely to have multiple conversations.
- Remind folks what you need: One conversation at a time for example.



“Gene Therapy Administered Via Virus Cures Deafness in 11-Year-Old Boy”

<https://futurism.com/neoscope/gene-therapy-virus-deaf-boy>

“The more we understand about our own hearing loss, the better able we are to ask for the specific assistance that we need. People are not mind readers which means self-identifying as having hearing loss is often not enough to create good communication.”

Shari Eberts

<https://livingwithhearingloss.com/2023/09/05/greater-awareness-creates-better-access/>

“You don’t get what you don’t ask for” (Quoted with permission from Wanda Haluscak-McGuire on Hearing Loss: The Emotional Side Facebook page)

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

HearTogetherFriends

A social meetup group for young adults (Ages 25-35) with hearing loss who are looking to connect with other young adults with hearing loss in the Bay Area.

Dear Friends,

Due to scheduling challenges and family obligations, the leadership team will be unable to host events this year (2024). While the group will not be meeting via Zoom or in-person, our Facebook page will remain open for members to connect and stay in touch with each other. Do not hesitate to introduce yourself on the Facebook page or to connect with another member. For those who haven't yet joined the Facebook page but still want to, contact Dr. Cleese Relihan at jcrelihan@aol.com if you would like to receive a link invitation to HearTogether Friends' Facebook page. The HTF team will still be available to reach out to if you have any questions.

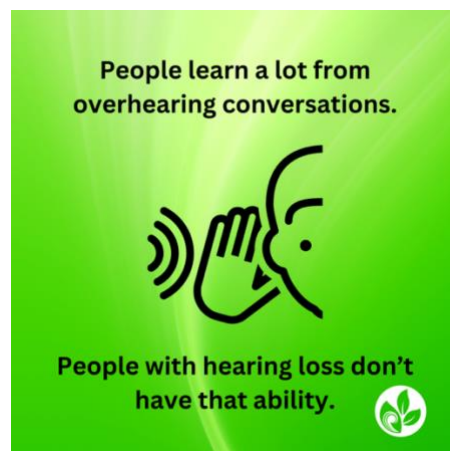
If you are interested in finding a group that meets frequently, we would like to recommend the HLAA Peninsula Chapter. They host speakers, Saturday meets, and other activities for their members and guests. While they do not focus on young adults, they welcome all ages and are a great resource for networking and learning from each other's experiences with hearing loss. If you like to reach out to them, you can connect with the group by emailing them at: info@hearinglosspen.org

We are sincerely sorry that we will not be able to host events this year. We were excited about the possibilities.

HearTogetherFriends Leadership Team

Incidental Hearing – Check out this blog post from Hearing Loss Live! Here's their infographic to clue you in...

<https://hearinglosslive.com/blog/>





Hearing Loss Association of America
**WALK4
HEARING**
Bay Area Walk4Hearing
Sunday May 19, 2024

**Robert W. Crown Memorial State Beach, 8th Street and Otis Drive, Alameda, CA
(See Sally's Co-President's message on page 2 for details on how to register)**



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.)



Join Us for the HLAA 2024 Convention

**Phoenix, AZ
 June 26-29, 2024**



Register today for the annual HLAA Convention. This communication-accessible event is designed to support millions of people with hearing loss from all walks of life around the United States. It's the largest national gathering designed to empower individuals and families facing hearing loss. When you're not learning, discovering new technology or connecting with new and old friends, you can explore the rich indigenous culture of the Gila River Indian community, indulge yourself at the spa, play on two championship golf courses and dine on authentic Native American cuisine at the Sheraton Grand at Wild Horse Pass. Complimentary shuttles to Phoenix's Premiere Outlets and the Wild Horse Pass Casino will be available.

+ Chapter Leader Workshop—Wednesday, June 26
 Topics include: Fundraising, Social Media and Marketing, ICAAT and Leadership Development

+ Opening Session—Thursday, June 27

Keynote Speaker—Shanna Adamic
 Shanna Adamic is an inspirational keynote speaker and author empowering organizations with the competitive advantage of an audacious optimism mindset. In 2011, Shanna was diagnosed with a tumor compressing her brain stem. Given only a 4% chance of regaining basic functions, Shanna tapped into her optimism to defy the prognosis. After surgery left her deaf in one ear, she focused on gratitude for surviving. Shanna steadily relearned how to walk, talk, and ultimately thrive. Today, Shanna shares her message of audacious optimism and practical strategies for empowered thinking through her speaking.



+ Research Symposium—Friday, June 28
 HLAA's 30th annual Research Symposium will focus on The Emotional Side of Hearing Loss. Often, hearing loss can lead to even more loss—most significantly, our easy connectedness with other people. This year's symposium features **Barbara Weinstein, Ph.D., Kathy Pichora-Fuller, Ph.D., Peter Dixon, M.D., Gael Hannan** and moderator **Ivette Cejas, Ph.D.**, discussing the powerful emotions of hearing loss, how they impact our behaviors and how we can harness them for a more successful hearing loss journey. **Research Symposium only access is \$20.**

+ Workshops—Thursday, June 27—Saturday June 29
 27 education workshops on a variety of topics including:

- + Hearing Aids and Cochlear Implants Can Improve Your Quality of Life
- + Why Is It So Hard to Treat Sensorineural Hearing Loss?
- + Cybersecurity and Hearing Loss
- + Growing Up with Hearing Loss and Raising Kids with Hearing Loss
- + Finding Your Hearing Loss Community on Instagram

All workshops are fully accessible with hearing loops and CART.

+ Hotel—Sheraton Grand at Wild Horse Pass
 A Resort-Style Adventure on Native Land—This year, we've traded the usual big-city experience for a beautiful southwest oasis. There's something for every member of the family to enjoy. Splash around in one of the four pools with waterfalls and a 111-foot waterslide. Discover horseback riding at the Koli Equestrian Center with lessons, trail rides, and outdoor events. For the younger guests, the Sheraton Adventure Club offers daily activities including exclusive Native American cultural programming. Or adventure by water and rent paddleboards, kayaks, and river boats to navigate the sprawling re-creation of the Gila River and view the gorgeous surrounding desert scenery. **Special rate of \$165/night plus tax for HLAA Convention attendees. Parking is free at the resort.**

+ Exhibit Hall and Product Demonstration Room
 Come check out the latest technology and resources for people with hearing loss. **The Exhibit Hall is Free and Open to the Public!**

+ FUN!
 It's not "all work and no play" at this convention with special events including the Welcome Back Bash and Celebrate! Awards Gala recognizing our Hearing Heroes.

+ Parents of Children with Hearing Loss Resources
 Friday afternoon workshops designed specifically for parents of children with hearing loss including panel discussion with HLAA parents and pediatric audiologist **Dr. Michelle Hu** and Growing up with Hearing Loss and Raising Kids with Hearing Loss led by **Janna Rovniak Cowper**.

+ Veteran's Luncheon—Saturday, June 29
 This luncheon celebrates our veterans and highlights resources available for veterans with hearing loss including the Veterans Across America Virtual Chapter (VAAVC). **First-time convention attendees who are veterans can attend the HLAA 2024 Convention for free. Email convention@hearingloss.org for details.**



**SCAN HERE
 & REGISTER**

or visit
hearingloss.org/convention

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 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

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/

American Tinnitus Association: www.ata.org

Hearing loops: www.hearingloop.org

To find and add venues that offer ALDs and Loops: www.ALDDocator.com

To find and install loops: 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/>