

Spring 2025



Monthly Chapter Meeting

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

Our meeting place in Redwood City is under construction. When we can meet again in person, we'll let you know.

Special Meetings

Saturday Connections
2nd Saturday of the month,
11:30 a.m. – 1:00 p.m.
except June, July, August, December
(Meeting online)

Presentations

April 7 – ZOOM ONLY

"Travel with Hearing Loss and An Update on CTAP" by Jessie Johnson, Director of Special Projects, Pacific Hearing Service

May 5 – ZOOM ONLY

"Can We Try That in Bb?: Redefining Your Relationship with Music After Hearing Loss" by Brad Ingrao, AuD

June, July, August - no meeting

Register to attend any of our Zoom meetings on our website:

<https://hearinglossca.org/peninsula/>

Once you register, you'll receive an email with the link to join.

If you have more questions, feel free to contact us at **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

CO-PRESIDENT'S MESSAGE
Sally Edwards



Dear Friends,

Here we are almost into Spring. Flowers are beginning to bloom. We 'll be so glad to get this flu season behind us and have new things to look forward to this year. One of them is the opening of the new Veterans Memorial Senior Center Building here in Redwood City.

The new building is expected to be completed by Summertime, and we anticipate returning there for our meetings in the Fall. We take the Summer off from regular meetings but do have an annual summer picnic which is always fun and a great chance to socialize and share experiences with our hearing loss. It will be sometime in July. We'll get details to you once they are in place.

Another big event is the annual Bay Area Walk4Hearing to be held on May 18 in Alameda across the Bay. See the flyer in this newsletter for details. Our chapter members and sponsors have raised quite a lot of money for our Walks in the past and we hope to do that again this year. We receive back to our chapter 40% of our donations and that is the main source of revenue for our operating expenses. If you haven't attended a Walk, I encourage you to consider going this year and bringing family and friends. It is a way to support HLAA financially, meet some of the company representatives and providers of care for the hard of hearing, and HAVE A FUN TIME! Ken Peters is coordinating some ride pooling from Vets Memorial if you need a ride there. Thanks, Ken. To donate, you can do so online or by sending me your check made out to Bay Area Walk4Hearing and put "Peninsula Chapter" in the notation line for us to receive our 40%. My address is Sally Edwards 720 Paradise Way Redwood City, Ca. 94062.

The National HLAA Convention in Indianapolis, Indiana on June 11-14 has some scholarships available. APPLICATIONS MUST BE IN BY MARCH 14. If interested, contact me at sallyedwards888@gmail.com.

That's a bit of an update for upcoming events. Hope to see many of you at some of them.

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. Since we began our program in 2017, we have awarded over \$40,000 in scholarships to 17 graduating high school seniors. 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 - PUBLICITY AND ADVOCACY UPDATE by Ken Peters



I have given my power point presentation on “Hearing Loss in Seniors” at several senior residential centers during the past three months including:

Brookdale (Redwood City),
Avant (Palo Alto Commons),
The Forum at Rancho San Antonio,
Town Park Towers (San Jose),
and Gateway (Santa Clara).

I am scheduled for future presentations at
Bridge Point at Los Altos on 3/6,
Lytton Gardens (Palo Alto) on 3/25,
Sons in Retirement on 4/16,
Mountain View Senior Center on 6/5,
and Los Altos Senior Center on 7/9.

I am awaiting scheduling at Palo Alto Vi and Veterans Memorial Senior Center (Redwood City).

The talks have been very well received and can be an excellent way to inform the community and obtain new members. If you have any connections to other senior center, please let me know. If anyone is interested in joining me, please let me know.

Also, we encourage you to distribute our chapter flyer in areas of public interest. I can send you a PDF that you can download and copy.

Walk 4 Hearing: There’s a flyer in this newsletter. I encourage everyone to register and support. I’m organizing carpools to the Walk, so If you would like to join a carpool (or drive), please let me know.

Advocacy: Thank you to all who supported hearing aids for children by sending e-mails to the California Senate and Assembly Health Committees. I will try to keep our members updated on any advocacy issues that I hear about.

Thank you again for all of your support.

You can reach me at kpeters@pacbell.net

TIDBITS FROM OUR MEMBERS WHO WANT TO SHARE

WE LOVE THESE QUIET RESTAURANTS by Pacific Hearing Service

It's the number one complaint audiologists get from patients: "*I have difficulty hearing in restaurants.*" The noise management technology in today's hearing aids can be helpful in many settings, but some restaurants are so **noisy** that not much can be done to overcome the clamor.

So, we recommend you combine your hearing aids' advanced noise management technology with good old common sense – "*Avoid noisy restaurants!*" This is easier said than done since the restaurant industry has embraced highly reflective surfaces and other strategies to make the restaurant sound "lively".

Here are the top twelve quiet(ish) restaurants you told us you love (listed in alphabetical order):

Bistro Vida (Menlo Park)
Café Pro Bono (Palo Alto)
Flea Street Café (Menlo Park)
Green Elephant (Palo Alto)
Iron Gate (Belmont)
Parkside Grille (Portola Valley)

Petit Bistro (Mountain View)
Pompeii (Los Altos)
Sundance Steakhouse (Palo Alto)
Tai Pan (Palo Alto)
Trellis (Menlo Park)
Urfa Bistro (Los Altos)

Here are our other **top tips** for reducing the impact of noise when you go out to eat:

- When possible, sit outside.
- Choose a corner table away from the kitchen.
- Choose booth seating if it's an option.
- Go a little early before the crowds hit.
- When making reservations, tell them you have a member in your party with a hearing loss, and you need a quiet table.
- If you find a table you like in your favorite restaurant, ask for the table number so you can request it in the future.
- Use wireless microphones to help improve speech understanding in noisy places. (Ask your audiologist about wireless microphones that are compatible with your particular hearing aids.)

If there's a restaurant you love in this area that are quieter for folks with hearing loss and not on our list, please contact Pacific Hearing Services at menlopark@pacifichearing.com

(Reprinted with Permission from Pacific Hearing Service: www.pacifichearing.com)



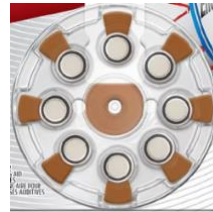
(Editor's Note: The SoundPrint app on your smartphone is worth checking out. It's like Yelp, but for noise, listing venues with their decibel level, time of day, etc. Select the search option and enter the city you're interested in. I entered my city and got a list of restaurants with quiet, moderate, loud, very loud. You can also do a SoundCheck for a restaurant you're at and submit it.)

TIDBITS FROM OUR MEMBERS WHO WANT TO SHARE

Heard at a HLAA California Leaders meeting: Toni Barrient talked about the challenges of using the new packaging for hearing aid batteries. She suggested users save the old packaging and transfer the batteries into it to prevent them from wearing down.



Child-resistant packaging



Old-style packaging

Editor's Note: On the web, it says that the best way to open your new Child-resistant packaging is by cutting through the plastic with scissors over a table or other hard surface to avoid dropping them. I'd probably do it over a bowl so I'm not hunting for batteries that bounced onto the floor!

This infographic "3 Golden Rules" bears repeating. Tell your hearing friends and family how to help you understand them when they're talking.



(Reprinted with Permission from Hearing Loss Live)



Bay Area Walk4Hearing

Sunday, May 18, 2025

**Robert W. Crown Memorial
State Beach**

8th Street, Otis Drive
Alameda, CA

9:00 am - Registration
10:30 am - Stage presentation
10:45 am - Walk begins



**Scan to Register today
or visit walk4hearing.org**



 **Walk Manager: Ronnie Adler**

 **radler@hearingloss.org**



Recordings of Peninsula Chapter Meetings

Did you miss some of our chapter meetings? Alan Katsura 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 of the most recent links:

What's New at InnoCaption (1/2024)

<https://www.youtube.com/watch?v=v65bHFRgDOW>

Amptify, Hearing Health Reimagined! (2/2024)

<https://www.youtube.com/watch?v=bjfa8kgnYKs>

Raising Awareness on Hearing Loss in Workplace: Challenges, Advocacy & Inclusion, Pat Dobbs, (5/2024)

<https://www.youtube.com/watch?v=snOVBit49c>

Latest Updates on Cochlear Implant Technology, Dr. Blevins (9/2024)

<https://www.youtube.com/watch?v=D6dTpTG742E>

Hearing Loss & Our Friends & Loved Ones, Pat Dobbs (10/2024)

<https://www.youtube.com/watch?v=0TA3ai2sfsI>

Music Perception & Enjoyment with Cochlear Implants (11/4/2024)

https://www.youtube.com/watch?v=-fl_w60AEec

Ava: Captions for All (1/6/2025)

https://www.youtube.com/watch?v=fhlIaFVv4_U

Balance & the Vestibular System (2/3/2025)

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



Hearing Loss Live offers a variety of lipreading classes. You can learn about them here: <https://hearinglosslive.com/lipreading-classes/>



Home safety for people with hearing loss presented at NYC Chapter meeting <https://www.youtube.com/watch?v=kWZOoTX57Ss>

THANK YOU!

We are so grateful to our donors. All donations to our chapter have helped pay for our captioning, student scholarships, refreshments, convention scholarships, brochures, and assistive listening demo devices.

These are our latest donations, all directed to our scholarship fund:
Sophia Hutson (Wambach)
Lori & Dennis McBride
Peter Uccelli Foundation

If we have missed someone, please let us know as we want to acknowledge each of you.



If you would like to donate to our chapter directly, and/or have your family or friends donate instead of giving you a present, please tell Eliot, our chapter treasurer if it's an occasion such as a Birthday, In Memory Of, Congratulations, etc., and to whom to send the acknowledgement.

Please make checks payable to HLAA-Peninsula Chapter and mail it to:

Eliot Terborgh
57 Parkwood Drive
Atherton, CA 94027

(HLAA-Peninsula Chapter is a registered 501(c)(3) nonprofit organization. Your donation to our chapter is tax deductible to the extent allowable by law.)

JOIN OR RENEW YOUR MEMBERSHIP IN THE HEARING LOSS ASSOCIATION OF AMERICA!

HLAA ADVOCATES FOR YOU!

HLAA has started a new membership policy. To become a member or renew your membership, 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 magazine, "Hearing Life," the cost is \$45/year, sent to you by the national office. Otherwise, it is available free online at hearingloss.org/hearing-life-issues. One rationale for this change in policy is that there have been two groups supporting HLAA: members and donors who are not members. This policy combining the two groups better represents our actual number of supporters. If you are a current member, you do not need to renew your membership until 2025 (although all donations are welcome). To join/renew, go to www.hearingloss.org/membership or call 301-657-2248. Please remember to say you are with Peninsula Chapter.

SAVE THE DATES



Get Revved Up for the HLAA 2025 Convention

Start your engine and join us at HLAA's 40th annual convention, June 11–14, 2025, in Indianapolis, IN—host of the famous Indy 500 automobile race. Our annual event brings together hundreds of people with hearing loss from around the U.S. to learn, discover and connect. Check out the latest technology and hear from health and industry experts during a series of empowering events designed to help you live your best life with hearing loss.

To learn more and register: <https://www.hearingloss.org/get-involved/hlaa-2025-convention/>

If you'd like to look up a term or idea, check out [this Hearing Loss from A-Z Guide](#) written by Carolyn Odio, former Peninsula Chapter member, HLAA-WA Board Member, and leader of the hearing loss support group at Panorama retirement community in Lacey, Washington. I think this is a really great document and worth checking out. It is being updated continuously, if you find errors or can suggest links, please contact her at carolyn@odio.com It takes a village!

<https://hearingloss-wa.org/wp-content/uploads/A-Z-HEARING-LOSS-4-February-2025.pdf>

FIRST CLASS MAIL

Contact : Email: info@hearinglosspen.org; Telephone: 650-529-5445

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:

<https://hearinglossca.org/peninsula/>

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.ALDLocator.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/>