



## 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

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

## Presentations

### January 5 – ZOOM ONLY

“Reimagining Aging Together: Villages of San Mateo County, by Sue Eldredge, Executive Director

### February 2 – ZOOM ONLY

“Tinnitus & A Treatment Option: Lenire” by Jessie Johnson, Pacific Hearing

### March 2 – IN PERSON

“Hearing Other Peoples Experiences”. We can learn a lot from one another as we talk about our hearing loss journey. Bob Hall, Psychologist, will moderate this meeting. Think about your hearing loss and events that have been good (or not) for your ability to communicate with others. This will be followed by a short meditation led by Dr. Ken Peters, as he demonstrates how meditation can help with coping with hearing loss

## 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)**

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

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

Newsletter  
Sponsor



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Los Altos, CA 94022  
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**CO-PRESIDENTS MESSAGE**  
**Jim Lang**



Happy New Year, 2026

In last quarter's newsletter our two long serving co-presidents, Sally Edwards and Bob Hall, announced their intention to step down from those positions. Their terms ended in October, they stepped down and Eliot Terborgh and I were elected to two-year terms as the new co-presidents. Eliot is doing the heavy lifting – he is also our treasurer. We're both currently working hard to get up to speed and keep the chapter the well run, welcoming and supporting organization it has been. Happily, Sally and Bob aren't going anywhere, and we have an 11-member board of experienced people who will help us keep on track!

Since the pandemic, most of our meetings have been on Zoom, first for health reasons but more recently because the Veteran's Memorial Senior Center in Redwood City where we have held our in-person meetings, is being replaced with a new, larger and better equipped facility being built down the block. Like a lot of construction projects, this one's completion date is a moving target, but the current expectation is that it will be ready for occupancy early 2026. When it is ready we plan to resume in-person chapter meetings but keep the Zoom component for those who find that a better fit. Eliot and I both have some experience with such hybrid meetings so we're hoping to pull it off without a hitch (famous last words!). On the other hand, the popular Saturday Connection sessions where members exchange experiences and seek help from each other regarding equipment will remain on Zoom alone, since it has proven to be a good format for that type of information exchange. As in the past, announcements will be sent before the meetings.

One final note: The HLAA annual convention is coming up in June. This year it will take place from June 10 to 12 in Louisville, Kentucky. You can get more information and register at [hearingloss.org/get-involved/hlaa-convention/](https://hearingloss.org/get-involved/hlaa-convention/). We are offering a \$250 scholarship to a chapter member who is a first-time attendee to our HLAA National Convention and who agrees to share their convention experience in a future chapter meeting. So get in Line!

Looking forward to seeing you all on Zoom or in-person,

Jim Lang, co-President

**CHAPTER NEWS – Holiday Party**

**We had a wonderful time at our annual holiday party on December 1<sup>st</sup>. We hope to see you there next year!**



Sally with her white elephant gift



Left to right: Eliot, Sister Ann, Bob H., Jane, Sally, Kathleen, Jim, Ken, Steve, Janet, Judy, Bonnie, Bob C., Kate

## 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 19 graduating high school seniors. Emails and packets with information have been sent to schools. 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](mailto: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](mailto:scholarship@hearinglosspen.org)**

## CHAPTER NEWS - PUBLICITY AND ADVOCACY UPDATE by Ken Peters



My educational power point presentations on “Hearing Loss in Seniors” continues to be well received. The attendance varies from 20-60 attendees. Recently I did presentations for The Redwood City Senior Center via Zoom and in person, as well as The Palo Alto Vi Senior Residential Center, San Carlos Senior Center, Moldaw Residences in Palo Alto and Ellore Residences in Santa Clara.

In my talks I highlight the benefits of joining both our local Peninsula and national HLAA chapter. All attendees receive our chapter flyer which has our website address and a QR code which can be used to provide their contact information.

Hopefully these talks will help in increasing our membership. Please let me know of any presentation opportunities.

Advocacy- Our chapter has been supporting hearing aid insurance coverage for children and in August signed letters supporting Senate Bill 363 to hold health insurers accountable for denying kids the care they need. Please contact me at [kpeters@pacbell.net](mailto:kpeters@pacbell.net) for any speaking opportunities and any advocacy issues our chapter can help with.

## TIDBITS FROM OUR MEMBERS WHO WANT TO SHARE

### **A Review of “*But You Look So Normal, Lost and Found in a Hearing World*”**

I read this book as part of a book club hosted by Laura Hagemann, HLAA-TC Social Media Specialist and Book Club Coordinator. It's on Zoom.

This book resonated with me because of the isolation and loneliness she experienced growing up, not being able to hear in noisy group situations. We both wore big box hearing aids under our clothes. It reminded me of the loss of connection and learning about what was going on around us, missing what kids were saying, not understanding and being able to talk about music, movies, tv, etc. Two quotes I want to share:

“There are many situations in which I can't have any conversation at all with people. This is often a source of distress. I can't interact with my hairdresser because I have to take out my hearing aids as she washes and cuts my hair. Same with getting a massage or being with others in a swimming pool, sauna, or hot tub. When I'm at the doctor or dentist and the staff is wearing hygienic masks, I can't lipread. Most of the time I accept these small but repeated frustrations and humiliations, but sometimes I feel grief at not being able to participate in the social world more fully.”

“... due to technology and social advancements, and thanks in part to support from others, I learned to cope with and even take charge of my disability. I learned to stand and speak up, to reach out, to risk, to venture, to love and to forgive. I've found my place in the world. And thereby learned that acceptance is one of the sweetest sounds.”

Acceptance...of myself and from others...helps me a lot. I have HLAA Peninsula Chapter to thank, for helping me get to that place of acceptance.

Jaynie Kind

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## SAVE THE DATE!



### Full Gallop to Louisville!

Join us for the HLAA 2026 Convention, June 10-12, where we are all in the Winner's Circle. Just like the Kentucky Derby, this annual gathering will be fast-paced, inspiring and unforgettable. Get ready to run for the roses as we collaborate, learn and celebrate hearing health and community in a city known for its rich history, Southern hospitality and vibrant culture.

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### MORE TIDBITS FROM OUR MEMBERS WHO WANT TO SHARE

“Resilience, I’ve realized, is built one moment at a time. It’s not about ‘overcoming’ hearing loss, it’s about working with it, finding new ways to live fully despite it.”

Daniel Pistruttoon, <https://talkinghearingloss.com>

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Shari Eberts, Author, Speaker, Hearing Health Advocate, interviewed Jana Zaremba, who is a lifelong meditator who also lives with hearing loss. She’s developing a more inclusive and sensory-friendly approach to mindfulness that goes beyond traditional audio-based guidance.

Several members of the chapter have already tried and liked her sessions. Here’s one: <https://www.youtube.com/watch?v=p7AViFQMJPI>

To learn more:

**Making Guided Meditation More Accessible for People with Hearing Loss**  
[https://youtu.be/f\\_68VJoDoNs?si=pSlxqvD7z9OGVvrL](https://youtu.be/f_68VJoDoNs?si=pSlxqvD7z9OGVvrL)

## 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:  
Eliot Terborgh**

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.)

## 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:

**Captify-captioning glasses purpose-built for the deaf/hard of hearing (9/8/25)**

<https://youtu.be/uwB4ljcC-Fk?si=8MjlxUZxq-bnBMRJ>

**Understanding Hearing Loss in Seniors (10/6/25)**

<https://youtu.be/IN2CpScVp-s?si=QNBOZihGaUxMLsjt>

**Hearing Again at Any Age: Cochlear Implants Panel Discussion (11/3/25)**

<https://youtu.be/EimZi2Aj9JU?si=SDICim5fRoLI2rDX>

## FIRST CLASS MAIL

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Contact : Email: [info@hearinglosspen.org](mailto: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](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.ALDLocator.com](http://www.ALDLocator.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/>