



**Western Colorado Chapter  
Hearing Loss Association of America Presents  
Free Monthly Meeting  
Saturday, May 4, 2019**

**Living Your Best Life with Hearing Loss**

**Susanna Dussling**

This year the Chapter has shown several captioned videos at the meetings and discussed what we saw and heard. This format has been successful and attendees have enjoyed the varied programs. We will show another captioned video at the meeting on May 4, and will continue to explore the topic of coping and resiliency when living with hearing loss.

Susanna shares personal stories, and will give suggestions on how to handle various situations successfully whether you wear hearing aids or cochlear implants. After this presentation, you will be empowered to live your best life.

Susanna knows adversity—she was born deaf, but lives in a hearing world. As a bilateral cochlear implant wearer, and former hearing aid user, she uses her experiences to teach us that, in spite of setbacks, it is possible to achieve success with a positive attitude. She presents to groups, organizations, and corporations as a keynote speaker and trainer.

**People of all ages and all types of hearing loss are welcome!**

This free meeting is accessible to people with all types of hearing loss. We offer real-time captioning and an induction loop system. Family members and friends are invited to attend all meetings! Refreshments will be served

**Saturday, May 4, 2019  
10:30 am - 12:30 pm  
Center for Independence  
740 Gunnison Avenue  
Grand Junction, CO 81501**

**For questions or further information contact:  
Amy Beckett: [HLAAWCO@gmail.com](mailto:HLAAWCO@gmail.com) Or 970-241-2592**

More about the Hearing Loss Association of America: [www.hearingloss.org](http://www.hearingloss.org)  
More about the Western Colorado Chapter: [www.hearinglosswco.org](http://www.hearinglosswco.org)  
More about the Center for Independence: [www.cfigj.org](http://www.cfigj.org)



**MARK YOUR CALENDAR FOR UPCOMING HLAA WCO MEETINGS!**  
**People of all ages and all types of hearing loss are welcome!**  
**All meetings are free to members and non-members, including family and friends.**  
Meetings are the first Saturday of the month, 10:30 – 12:30  
(No meeting in June, July or August)  
Center for Independence, 740 Gunnison Avenue, Grand Junction  
Contact Amy Beckett: [HLAAWCO@gmail.com](mailto:HLAAWCO@gmail.com) or 970-241-2592

**Upcoming Events - Mark your calendar so you don't miss a thing! Dates are listed below.** If you have an idea or request for a program, or if you would like to make a presentation, please contact [HLAAWCO@gmail.com](mailto:HLAAWCO@gmail.com).

After the meeting in May, the Chapter takes a summer break with meetings resuming in September.

### **HLAA2019 National Convention**

The next national convention is June 20 - 23, 2019, in Rochester, New York! The convention hotel and meeting space are the Hyatt Regency Rochester and the Riverside Convention Center. To register: <https://www.hearingloss.org/programs-events/convention/registration/>

Educational workshops will be categorized in the following tracks:

- Advocacy
- Hearing Assistive Technology
- Genetics & Hearing Loss
- Lifestyle

### **Colorado Walk4Hearing 2019**

The Hearing Loss Association of America (HLAA) Walk4Hearing is the largest walk for hearing loss awareness in the country. Every spring and fall thousands of walkers form teams and walk in their communities to increase public awareness about hearing loss and raise funds for programs and services. HLAA depends on generous volunteers to raise funds, generate enthusiasm and awareness at each of the Walk4Hearing sites.

The Colorado walk is Sunday, June 9, 2019, at Clement Park, 7306 W Bowles Ave, Shelters M and N, Littleton, CO. Sign up at [www.walk4hearing.org](http://www.walk4hearing.org).

### **April Meeting Summary**

We welcomed Amy Gallagher, Psy.D., Licensed Psychologist at our April meetings. She talked about building resiliency and increasing well-being. She discussed several studies and research about finding happiness. In fact, 40% of a person's happiness can be attributed to intentional activity. We all also have our set of virtues and strengths that we can identify and work to improve. The character strengths survey is at this link: <https://www.viacharacter.org>

Another theory includes PERMA: Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. We discussed aspects of each of these during the meeting. We also learned of 12 steps to happiness including expressing gratitude, nurturing relationships, and savoring life's joys.

We had a great turnout for this meeting with lots of participation. It was enjoyable to learn about other's life stories and coping strategies.

### **Webinars available through the National HLAA office!**

At our January and February chapter meetings we watched webinars from the National HLAA website. Every month, the National office hosts a live webinar with a guest speaker that is recorded for playback. The webinars the Chapter has watched have been interesting and generated some great discussion.

You can watch these webinars from your home computer by going to this link and selecting the webinar you want to watch. All of the webinars are captioned so you don't miss a thing!

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

### **Welcome New Staff: HLAA National Chapter and Membership Coordinator!**

Carla Beyer-Smolin is the new HLAA national chapter and membership coordinator. HLAA Chapters can look to her for support and for guidance in starting new chapters.

Executive Director Barbara Kelley says, "Carla is uniquely qualified for this position. She was part of our staff in the 1990s working in both the chapter and membership departments. Having a hearing loss herself, she has insight into living and working with hearing loss. Carla left our organization to raise her family, now she is back with the HLAA family. I know everyone will be supportive as she steps into her new role."

During Carla's time with our organization in previous years, she also coordinated the children's workshops for our conventions. She developed and managed Heroes for Hearing Loss, a mentoring program for children with hearing loss. Carla also helped create some key publications. She wrote the "ADA Begins with You" column in our then hard-copy publication, SHHH News that went to chapters. She also created and published the SHHH Ventures newsletter that went to young adults with hearing loss.

Carla said, "I look forward to meeting our new members and reconnecting with those I have known over the years. HLAA Chapters are the lifeblood of our organization and I'm excited about all the new ways we connect with our chapters and supporters, especially through virtual meetings."

### **Colorado Sprint Relay Sponsorship for the Western Colorado Newsletter**

Many thanks to Sprint Relay for sponsoring the publication of the Western Colorado HLAA newsletter. Their generous gift of \$2,000 will allow the chapter to expand its reach to people with hearing loss in western Colorado.

One of the services that Sprint Relay Provides is Captioned Telephone Service. This service allows you to answer your calls with confidence and allows you to LISTEN and READ captions of everything your caller says during your phone conversations. Don't miss another word! For most individuals, the phones are provided at no charge.

Another service is Relay Conference Captioning (RCC). This is a free service available for Deaf and Hard of Hearing residents of Colorado, and allows these individuals to participate in meetings (in-person or remote), phone calls, videoconferences and multi-party teleconference calls. All you need is a phone and a connection to a website.

Production of this newsletter is sponsored by Sprint Relay.

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To learn more, visit  
[ColoradoRCC.com](http://ColoradoRCC.com)



For more information, check out our website at [www.hearinglossco.org](http://www.hearinglossco.org)

We are also on Facebook!  
<https://www.facebook.com/HLAAWCO/>

Also check out the national website:  
[www.hearingloss.org](http://www.hearingloss.org)

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Western Colorado Chapter  
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