



Hearing Loss Association of America COLORADO

April/May 2013

Best HLAA State Newsletter Award 2009
Serving HLAA Members and Friends in Colorado

<http://www.hearinglosscolorado.org>

Set the Date, Saturday, June 1st, 2013 for the Colorado Walk4Hearing Walk

Chances are you or someone you know is affected by hearing loss. It's time to **STEP UP!**

WALK4 HEARING

Colorado Saturday, June 1, 2013

Clement Park
7306 W. Bowles Avenue
Pavilion #8
Littleton, CO

Distance: 5K (3.1 miles)
Registration: 9:00 AM
Walk Starts: 10:00 AM

For more information:
Walk Chair:
Debbie Mohnhey
303-938-9659
hlaacolorado@yahoo.com

Scan here to watch Walk4Hearing video:

Walk4Hearing is produced by **Hearing Loss Association of America**

HLAA is the nation's largest consumer advocacy organization for people with hearing loss and is dedicated to providing information, education, support and advocacy to enable those with hearing loss to live full and productive lives.

National Sponsors
Presenting Sponsors: CapTel, hi
Platinum Sponsor: MED-EL
Mobile
Diamond Sponsor: IntriCon
Gold Sponsors: AB, CaptionCall, Cochlear, WELLS FARGO

Local Sponsors
at&t, LOCKTON

For more information and to register today, visit www.walk4hearing.org.

If you need help getting started, then download [My Walk Center Help document](#) for the registration steps and for a quick overview of the new fundraising tools available once you've registered.

Attention Returning Walkers: If you have previously participated in the Walk4Hearing, you need to register again for 2013.

1. First, click on the Walk location below that you will be participating in.
2. Then select the **Register** button.
3. Select if you are starting a team, joining a team or walking as an individual.
4. During the registration process please select **Returning Walker** and enter your username and password from last year. If you forgot your username, please [click here](#) to request your login information.

If you have questions, please see the FAQ at <http://hlaa.convio.net/site/PageServer?pagename=FAQs>.

Again, this year, the walk proceedings will be captioned. All you need is a smartphone. Instructions also will be given at the walk site. Go to the QuickCaption website at <http://quickcaption.com/walk4hearing.asp> for more information.

We greatly appreciate your support! Hope to see you there! . □

Inside This Issue

HLA of Boulder News.....	2
HLAA Central Denver News.....	3
HLAA Colorado Springs News.....	3
Ibuprofen, hearing loss and cochlear implants.....	4
HLAA Chapters in Colorado/Captioned Movies.....	4
Mohnhey's Musings/Northern Colorado HLAA Chapter News.....	5
Tinnitus: Learning to Live Again/Use your Android phone as a hearing aid remote.....	5
DCPA Open-Captioned Live Shows.....	6
DCPA ASL interpreted live and audio described shows.....	6
HLAA Western Colorado Chapter News/WCO Upcoming Meetings.....	7
Map and directions to Englewood Library.....	7
Convention 2013/\$50,000 Matching Challenge Grant/ Evidence for Connection between Cognitive Decline and Hearing Loss Mounts.....	8
Walk4Hearing Kickoff/Music Training: An Antidote for Aging?/Phantom Music Very Real to Those Who Hear It/Mothers push Georgia lawmakers for hearing aid coverage/Another Milestone for Internet TV Captioning/iPhones Now Turned into Functional Hearing Aids.....	9
Walk4Hearing Kickoff Photos/Newsletter deadline notice.....	10

June 1st is coming very quickly! Please join us to walk to support help for people with hearing loss, both in Colorado and nationally. Visit the link http://hlaa.convio.net/site/TR?fr_id=2061&pg=entry to see the Colorado Walk4Hearing page.

To **register** or for more information about the Walk4Hearing near you, click on the Walk location that you would like to participate from the list below at <http://hlaa.convio.net/site/PageServer?pagename=locations>.



Hearing Loss Association of Boulder

By Debbie Mohney, HLAA Colorado State Coordinator

May 2013						
S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

The Hearing Loss Association of America – Boulder chapter will be meeting on **Saturday, May 18th, 3:00pm – 5:00pm** at the

University of Colorado, Department of Speech, Language and Hearing Sciences Building, 2501 Kittredge Loop Road, Room 230 (room change!),

Boulder, CO 80309.

Directions from U.S. 36, exit at Baseline Road, turn left, turn right onto Broadway. Turn right onto Regent Drive, right again on Kittredge Loop Road, then an immediate left. Heading up the hill, take a left at the fork on the left toward the building at the top of the hill, and around the building to the left into the parking lot. The parking lot is open parking on weekends. (Please note, this parking lot is up at the top by the Events Center, and the Department of Speech, Language and Hearing Sciences Building is across the parking lot). There is a client entrance to the building, walk through the lobby to the elevator, or you can take the stairs to the 2nd floor.

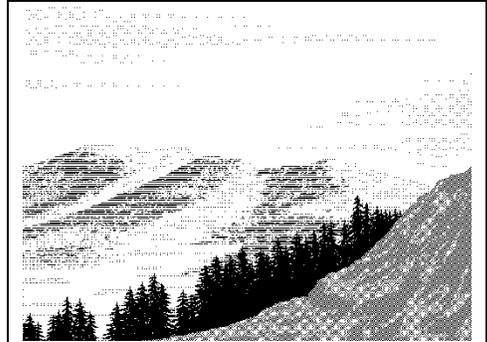
Top 10 Things You Want Your Hearing Health Care Provider to Know

Come join us as we share our insights with University of Colorado Audiology students! We often hear what professionals want us to know, here is our chance to make a difference with tomorrow's professionals! Come join us at the Department of Speech, Language, and Hearing Sciences Building at the University of Colorado – Boulder, Room 230!

Our March meeting featured Kathryn H. Arehart, Ph.D. Associate Professor, University of Colorado Boulder on the topic of **Hearing Loss and Cognition**. She shared their new five year NIH project, which explores the relationship between cognition, hearing aids, and hearing aid users. They are finding out that they need to consider both the brain and the ear in fitting hearing aids for the individual. The hope is that this project will lead to a new way to program hearing aids based on individual hearing and cognition. Our standing room filled audience was captivated by the information shared by Kathy Arehart. The potential of this project was very exciting to everyone in the room. □



Kathryn H. Arehart discusses Hearing Loss and Cognition aspects on March 16th.



Hearing Loss Association of Colorado

HLAA Colorado State Coordinator: Deborah Mohney
303-938-9659 voice

Newsletter Editor: Karen Keil 303-363-8917 CapTel

HLA of Boulder Chapter

Chapter Contact: Debbie Mohney (temp)

blaaboulder@yahoo.com

HLA of Central Denver Chapter

Chapter Contact: Dave Conant 303-777-2279 voice

Membership Contact: Marjorie von Frantzius 303-368-7838 voice

HLA of Colorado Springs Chapter

Chapter Contact: Pauline Weiss

HLAACoSprings@gmail.com

HLA of Northern Colorado Chapter

Chapter Contact: Don Willson LoopNColo@comcast.net

HLA of Western Colorado Chapter

Chapter Contact: Amy Becktell blaawco@gmail.com

To submit a news item, article, clipping, story, book review, new product, personal/general member news, etc., please contact Karen Keil, P. O. Box 472704, Aurora, CO 80047-2704 by mail or by home phone by calling **CapTel 1-877-243-2823, then put in 303-363-8917** or **E-mail: kkeil75@yahoo.com**. (Please include source, date (and page number if possible).)

Submission deadline for April 2013 newsletter: no later than Saturday, August 24th at 11:30 pm. The newsletter is mailed at least 10 days prior to Colorado Springs monthly meeting.

A major objective of HLAA is to develop a constituency of hard of hearing people. This cannot be achieved without members throughout the U.S. Members of HLAA groups and chapters should be members of HLAA National to help accomplish the goals that will benefit **all** hard of hearing people and at the same time receive the benefits of that national membership.

Individual: \$35/USA, \$35/Canada/Mexico, \$45/Overseas (via airmail).

Professional: \$35/USA, \$45/Canada/Mexico, \$55 /Overseas (via airmail).

(Other types of memberships include **Library, Non-Profit Organization** and **Organization**, etc.)

For information, send a SASE to HLAA, 7910 Woodmont Ave., Suite 1200, Bethesda, MD 20814.

Quote of the Month

The best things in life aren't things.

--- Art Buchwald



Hearing Loss Association of America Colorado Springs Chapter

By Pauline Weiss, President

The Colorado Springs Chapter of the Hearing Loss Association of America meets the second Saturday of each month, from 1-3 pm, at Mission Medical Clinic, 2125 E. LaSalle St., in Colorado Springs (entrance in back, by lower parking lot). We provide a loop system for the benefit of members and visitors with telecoils in their hearing aids or implants.



Ann Belfiglio (left in red), Matt the weatherman, Pauline Weiss, and Vicky Pacheco on far right. (snapshot taken from ad)

Have you seen us on television lately? Three of us from the Colorado Springs Chapter went to America the Beautiful Park one February afternoon and were asked if we wanted to participate in a commercial. A popular newsman from one of the local television stations has an ad campaign going where he's filmed with locals, and the tv crew was filming there that afternoon. And so Vickie Pacheco, Ann Belfiglio and I were filmed together with him – such fun! It's a very brief commercial. I've never seen the ad on tv, but have seen the video on Facebook....and there we are, the 3 of us, with our bright yellow "Please Face Me" buttons. My son saw the ad once about midnight so I know we were on at least once. It's possible we're relegated to late night tv!

Our March meeting was interrupted by a snowstorm. We were due to have Laura Hansen of Assist2Hear as our speaker, but since blizzard conditions were forecast between Denver and the Springs, she wisely opted to stay home. Here in the center of town it wasn't supposed to be bad, so we went ahead with the meeting. And sure enough, it snowed but the road conditions remained good. We turned the meeting into a share and discussion time. Vickie livened things up a bit at the end by auctioning off a planter in the shape of a football – and we earned a whopping \$2 for our treasury!

(Colorado Springs Chapter continued on page 4)

COLORADO SPRINGS CHAPTER

When: Second Saturday at 1:00 PM every month
Where: Mission Medical Clinic, 2125 E La Salle Street,
Colorado Springs, CO
Chapter Contact: Pauline Weiss
e-mail HLAACoSPrings@gmail.com □



Hearing Loss Association of America Central Denver Chapter

Hearing Loss Association of Denver Chapter meeting May 18th at the Englewood Library located at 1000 Englewood Pkwy, first floor of the Englewood Civic Center, in the Anderson Room. 1:00 pm for socialization and greeting one another. 1:30 pm program. Chapter Contact: Dave Conant 303-777-2279 voice Membership Contact: Marjorie von Frantzius 303-368-7838 voice

By Paula DeJohn

The Denver chapter's March meeting was among the casualties of the March 23 surprise spring snowstorm.

The following day, however, was bright and sunny, a perfect day to venture out to see a play in the Denver Center for the Performing Arts (DCPA).

A small delegation of chapter members attended a performance of **A Weekend with Pablo Picasso**, courtesy of the DCPA Community Relations Council. Our vice president, Bernie Steinberg, is a member of the council, which offers complimentary tickets to performances at the Denver Center Theater Company (DCTC). As part of the deal, we got to test the listening devices the theater provides. Contact Bernie at 303-756-1107 or email berniedan@yahoo.com.

The play is a solo performance by actor-playwright-artist Herbert Siguenza, who expresses not only Picasso's wit and passion, but also some of his painting talent. The setting is Pablo Picasso's studio in the south of France during the 1950s. He has received a rush order to produce six paintings in a few days. He spends a weekend painting while reminiscing about his life, including women, politics, and the techniques and philosophy of his art. While he talks, he paints.

One of his works turns out to be a hasty sketch of an audience member. On that Sunday, for that impromptu charcoal portrait he chose our own chapter president, Dave Conant, who was sitting conveniently in the first row.

Cochlear update



Keri Reynolds gives information on Med-El cochlear implants.

Keri Reynolds, consumer outreach manager of MED-EL Corp., spoke at our April 27 meeting. MED-EL is an Austria-based manufacturer of cochlear and other types of implants for hearing, including bone conduction and middle ear. Keri described the newest models of MED-EL implants, which are designed for better music perception and which come in a wide variety of colors. She passed around samples and

(Denver Chapter continued on page 4)

HLAA Chapters in Colorado

CO – STATE CHAPTER

COORDINATOR : Debbie Mohney e-mail HLAAColorado@yahoo.com

Ph 303-938-9659

(Note: Please notify me if you aren't able to reach your chapter contact)

State website:

<http://www.hearinglosscolorado.org>

Join the Hearing Loss Association of America e-mail E-News:

<http://www.hearingloss.org/membership/Sen.asp>

BOULDER CHAPTER (Boulder)

When: Third Saturday of Month at 10:30 AM, Sept. - May

Where: Meadows Branch Library, 4800 Baseline Road, Suite C-112, Boulder, CO 80303

Chapter Contact: Debbie Mohney e-mail hlaaboulder@yahoo.com

DENVER CHAPTER

When: Fourth Saturday of Month at 1 PM, no meeting July/August (special event in Sept. and Dec., date TBA)

Where: Englewood Public Library Anderson Conference Room 1000 E. Englewood Pkwy in Englewood Civic Ctr.

Chapter Contact: Dave Conant Ph 303-777-2279

e-mail DCONANT2279@MSN.COM

COLORADO SPRINGS CHAPTER

When: Second Saturday at 1:00 PM every month

Where: Mission Medical Clinic, 2125 E La Salle Street, Colorado Springs, CO

Chapter Contact: Pauline Weiss

e-mail HLAACoSprings@gmail.com

WESTERN COLORADO CHAPTER

When: First Saturday at 10:30 AM Sept – May

Where: Center for Independence, 740 Gunnison Ave, Grand Junction, CO 81501

Chapter Contact: Amy Becktell e-mail ajmelnick@hotmail.com or hlaawco@gmail.com

Ph 970-241-2592

Updated: 11/01/2012

(Denver Chapter continued from page 3)

distributed literature that explains the science of hearing and advances in implant technology. An implant wearer for the past 10 years, Reynolds told chapter members, "Cochlear implants gave me my life back—both professionally and in my relationships."

Coming up

Our May meeting will be the 18th to avoid conflicting with Memorial Day weekend. Jay Tinglum will speak on "Everything But Ears." In other words, he will address the other important factors in hearing: the sound source, the listening environment and the brain of the listener.

See map and directions on page 7. □

(Colorado Springs Chapter continued from page 3)

For our April meeting, the weather cooperated and Laura Hansen drove down to deliver her speech on looping, covering the effects of hearing loss and how looping provides accessibility, allowing hearing impaired persons to stay connected to the world around us. Laura encouraged us to become advocates and learn to speak up when we have trouble hearing in a public place. Diane Humphrey was on hand to provide captioning for our meeting. Many thanks to both! Our new Chapter t-shirts were distributed at this meeting. We also talked about the upcoming Walk4 Hearing and chose a name for our Colorado Springs team – we will be the **Springs Sweet Soles**.

In May on the 11th, we're looking forward to a visit by Dr. Katie Steinhafel, a local audiologist. She will speak to us on tinnitus; the causes of it and ways to manage tinnitus, as well as treatment options.

We'll have our own Ann Belligio as our speaker for our June meeting. Ann attended the H.A.T. (Hearing Assistance Technology) conference in Denver last October, sponsored by HLAA, and she'll be talking to us about the various technologies available to aid us, and also how to advocate for technology in the workplace and public places. We'll also hear from her about how this program works and how she qualified.

Enjoy your summer! □

Ibuprofen, hearing loss and cochlear implants

Many brands that have Ibenprofen, such as Advil, are often ototoxic and cause temporary and permanent hearing loss, tinnitus, dizziness, nystagmus and vertigo. Sometimes drug-induced hearing losses affect only one ear rather than both, the more common instance.

Ibenprofen may affect people with cochlear implants. Some people have noticed that hearing with cochlear implants get a little fuzzy or muddy, hindering understanding on phones.

<http://hearinglosshelp.com/weblog/advil-ibuprofen-and-temporary-hearing-loss.php> □

Captioned Movies in Your Area

Links to see captioned movie listings in your area may be found at:

<http://www.regmovies.com/nowshowing/opencaptionedshowtimes.aspx#CO>

This link gives listings per state for Regal and United Artists theatres.

<http://www.captionfish.com> (you specify the city and state)

This link lists the showtimes of movies for all theatre chains and businesses that choose to show captions and share the showtimes with Caption Fish with the following kinds of captioning:

OC = open-captioned on the movie screen—seen by everyone

RWC = Rear Window Captions (closed) --captions from LED screen on back wall seen on reflector panels provided by the theatre

ST = Subtitles (like those seen in foreign movies)

CV = CaptiView (captions on a device for personal viewing – provided by the theatre)

SONY = SONY® Access Glasses showing closed captions via infrared transmission (can be put on over prescription eyeglasses). □

Mohney's Musings

By Debbie Mohney, HLAA Colorado State Coordinator

How many times have you met someone with hearing loss and have wanted to share your hearing loss with them? Do you start a conversation with them, or do you let the moment slip by and say nothing? If you have met me, you know that I will reach out and talk to people who have hearing loss, but even I have those moments when I let the opportunity slip past me. Maybe I'm not sure how the person will react, or more often, I have somewhere I need to be and don't have the time to stop and talk.

We keep hearing statistics about hearing loss, and yet those statistics don't reflect the number of people who actually acknowledge their hearing loss, or do anything about it. (<http://hearinghealthfoundation.org/85>)

Hearing Health Foundation says that 1 in 5 Americans have hearing loss in at least one ear, which amounts to 48 million people, or 20% of the population. The reality is that very few people who should be wearing hearing aids wear them. There are speculations as to why that is, but from experience, here are my reasons before I became a devout hearing aid user.

1. I can hear just fine, well good enough.
2. I don't want anyone to know I have a hearing loss.
3. These hearing aids cost a lot of money!
4. The first hearing aid I had just didn't sound very good.
5. Some people's hearing aids whistle, why do I want to wear something that whistles?

I attended many Hearing Loss Association of America meetings before I finally decided it was time to get serious and address my hearing needs. What

finally spurred me into action, was attending training through HLAA and having a completely accessible environment and being frustrated after a weekend of not being able to use the technology that was available since I didn't have a telecoil in my hearing aid. The first thing I did when I came home was to call my audiologist and make

arrangements to "try out" programmable analog behind the ear hearing aids. They were bigger than my previous hearing aids, but my whole hearing world opened up. The bottom line is that my hearing aids are worth every penny I've spent on them.

Most people don't want to draw attention to themselves, especially when it comes to health, or any issues that make others question our ability to take care of ourselves. It might be an issue of pride, or it might just be that we think others will look down on us because of our perceived weakness. However, I can tell you that the saying "Knowledge is Power" is spot on when it comes to addressing issues that we have. The more we share, the more we get back.

Become more involved in Hearing Loss Association, your local chapter, and the Walk4Hearing (www.walk4hearing.org). Wear your hearing loss with pride. You might be the motivating factor in convincing someone to do something about their hearing loss, and help them to realize that they are not the only person with a hearing loss.

Plan to attend the Hearing Loss Association of America Convention in Portland, June 27 – 30. Visit <http://hearingloss.org/content/convention> to register today! ☐

Northern Colorado HLAA Chapter

No action on regular meetings at this writing. Don Willson is continuing to advocate for loop accessibility, and had loop accessibility installed in the Fort Collins City Hall chamber. An article on this appeared in the *Fort Collins Coloradoan*, January 23, 2012, p. A1, A2. (See HLA of CO February 2012 newsletter).

Don is meeting with various groups on the topics of hearing loss and related aspects, and is spending most of his time in self-education on this area.

Contact:
Don Willson
Hearing Loss Association of America
Northern Colorado Chapter
LoopNColo@comcast.net ☐

Tinnitus: Learning to Live Again

By Claudia Reiche

03/08/2013

Imagine: it is nighttime and you are settling into bed, getting all comfortable, looking forward to a good

night's sleep. Suddenly, you realize that there are strange sounds in both of your ears, loud, airplane engine-like noises that came out of nowhere and appear to have no external source. Confused you sit up and concentrate on this annoying new sensation. What is going on? Your confusion turns into a panicky feeling as you realize that the intense noise is not going away. There must be an explanation. You try to calm yourself by thinking about making an appointment with an ear doctor who will help you eliminate this bothersome condition and restore quiet. You don't waste any time and the next day, after an audiological exam, you hear the doctor say that you have what's called tinnitus, that there is no cure, and that you have to learn to live with it ... your life has just changed dramatically. It will NEVER be the same. This is what happened to me.

It has been 9 years since I was diagnosed with tinnitus. "Learning to live with it" has been a long, difficult journey! At times, it can still be very bothersome, but generally speaking, I have succeeded in adapting to it. People who hear sounds in their ears or head without an external source present have a variety of different stories to tell on how it all started. Maybe, like for me, it came out of nowhere and no obvious explanation can be found. Some have been exposed to extreme loud noises such as explosions, gunshots, music, or working around heavy machinery without ear protection. Sometimes tumors, surgeries, or medications are the cause. Even earwax and ear infections can cause temporary tinnitus. Whatever the cause, the outcome is almost always the same: normal functioning in everyday life is disrupted. Some of the main complaints include anxiety, depression, irritability, anger, helplessness, difficulty concentrating and sleeping, and interpersonal conflict.

While there is no cure for tinnitus YET, it is not true that there is nothing that can be done. There is an array of physical, mental, and psychological interventions that can help significantly. My field of expertise is Cognitive Behavioral Therapy. As the name

suggests, we work on how a person thinks and reacts to their tinnitus. The people I work with receive education about tinnitus and treatment options, which often helps to resolve misconceptions and alleviates worries. Other strategies encompass cognitive restructuring, attention control, and imagery training. All of these techniques contribute to a sense of control over tinnitus. Relaxation training is another important component that many people appreciate. Because there are such a variety of causes for tinnitus, the treatment plans are very specialized and individual. What works for one person does not necessarily help another. Keep in mind that tinnitus support groups exist (on the [Helpful Resources](http://www.coloradotherapy.com/helpful-resources.html) (<http://www.coloradotherapy.com/helpful-resources.html>) page you will find information about the Denver Tinnitus Group). Especially for people who are new to tinnitus, it can be very beneficial to talk to others who also have this condition. If you would like to learn more, please contact me. You don't have to manage alone.

Claudia Reiche is a registered psychotherapist in Longmont, CO who offers counseling and works with people dealing with tinnitus and hearing loss. For more information, please visit: www.coloradotherapy.com. Reprinted by permission. □

Denver Center for the Performing Arts (DCPA) Open-Captioned Live Shows

Captioned Live Showings Coming up in 2012 at Buell Theatre

We offer Open Captioning at select performances for many of our shows. We invite persons who are Deaf or Hard of Hearing to join us for these shows.

Because Open Captioning uses a text display at the side of the stage, it is important that you alert our box office staff that you would like this service, this way we can ensure your seats are in the optimal location. Seats for Open Captioning are also available online by entering the promo code **OCAP**.

Captioning is available on these dates:

<i>Les Miserables</i>	May 25, 2013	2 pm
<i>Peter and the Starcatcher</i>	Sept 1, 2013	2 pm
<i>Priscilla, Queen of the Desert</i>	Sept 15, 2013	2 pm
<i>Sister Act</i>	Oct 6, 2013	2 pm
<i>Evita</i>	Jan 2014	TBA
<i>Once</i>	Apr/May 2014	TBA
<i>The Doyle & Debbie Show</i>	Spring 2014	TBA

Please come and support this open captioning effort!

Tickets
Voice: (303) 893-4100
TTY: (303) 893-9582

Online: www.denvercenter.org

If you wish to get updates on these shows and any other shows in e-mail, please send e-mail to kkeil75@yahoo.com to be put on the **Captioned Live Shows e-mail list**.

From the DCPA: Because Open Captioning uses a text display at the side of the stage, it is important that you alert our box office staff that you would like this service. This way we can ensure your seats are in the optimal location. Contact the Denver Center Box Office at (303) 893-4100; (800) 641-1222 or TTY (303) 893-9582. □

Denver Center for the Performing Arts (DCPA) ASL Sign Language Interpreted and Audio Description Live Shows

The Denver Center for the Performing Arts provides American Sign Language (ASL) interpretation and Audio Description of all of our productions on select dates. We invite persons who are Deaf or Hard of Hearing to join us for these plays and we will seat you in an optimal location to view the interpreters and the stage.

When you purchase your tickets, please alert our box office staff that you would like ASL interpretation, so that we can secure appropriate seats.

Blind or low vision patrons can check out assistive listening devices for the Audio Description and large print versions of the Applause program magazine at the patron services desk in the Bonfils Theatre Complex and through house management at the coat check in the other theatres (photo id required).

For a Braille script or large print program, please call 303.893.4836 or

ckrueger@dcpa.org at least two weeks before the performance.

<i>Les Miserables</i>	May 25, 2013	2 pm
<i>Peter and the Starcatcher</i>	Sept 1, 2013	2 pm
<i>Priscilla, Queen of the Desert</i>	Sept 15, 2013	2 pm
<i>Sister Act</i>	Oct 6, 2013	2 pm
<i>Evita</i>	Jan 2014	TBA
<i>Once</i>	Apr/May 2014	TBA
<i>The Doyle & Debbie Show</i>	Spring 2014	TBA

Should you need assistance in ordering tickets to these programs, contact us at 303.893.4100, 800.641-1222 or TTY 303.893.9582. □

HOH-LD-News, Vol. 54, Issue 11, March 16, 2013
Copyright (C) 2013 Hearing Loss Web, LLC. All rights reserved. Reprinted by permission.

Use your Android phone as a hearing aid remote

Beltone, a leader in patient-focused hearing technology for over 70 years, has announced SmartRemote(tm)-the first-ever app that allows hearing aid wearers to use their Android phone as a "remote control" to discreetly adjust their hearing instruments. SmartRemote can be downloaded from Google Play at no cost. Beltone developed the SmartRemote app in response to what hearing aid wearers wanted most: a great listening experience in multiple environments, ease-of-use, and complete discretion. Beltone's award-winning 2.4 GHz wireless streaming technology underpins the new SmartRemote app. By pairing their hearing aids with the new Direct Phone Link 2 and the SmartRemote app on their Android phone, the hearing instrument wearer can use their Android phone to privately adjust hearing aid volume in one or both ears, change listening programs to match their environment, mute background noise during a phone conversation, and more.

<http://tinyurl.com/ccrbk2j> □

We can throw stones, complain about them, stumble on them, climb over them, or build with them.

– William Arthur Ward

Directions and Map to Englewood Public Library

From East Hampden:

Turn right on to S. Inca St.

From West Hampden:

Turn left on to S. Inca St.

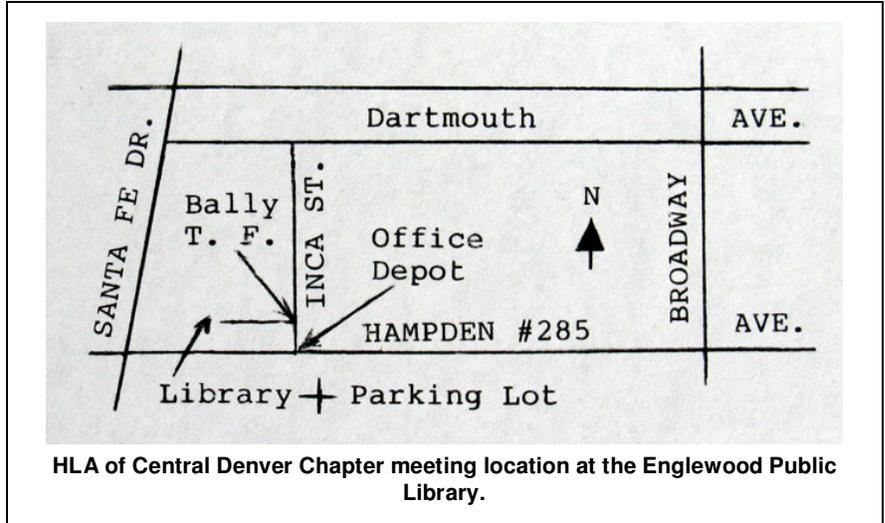
Turn left where the Bally store is and continue to go into the parking garage to park. The library is on the right next to the garage.

From Dartmouth Avenue:

Turn left from the East or turn right from the West into S. Inca St. at the northern end.

Continue south on S. Inca St. Turn right where the Bally store is, and continue into the parking garage. Library is to the right.

See map on this page. □



This meeting will be captioned and light refreshments will be served.

You don't want to miss these informative sessions!



**Western Colorado Chapter
Hearing Loss Association of
America**

**Free Monthly Meeting
Saturday, May 4, 2013
Special Time!
10:30 am – 1:30 pm**

Devices for Your Life

**Denice Roberts, Assistive
Technology Partners**

Ms. Roberts, our chapter's Professional Advisor, will present and demonstrate various devices to help people with hearing loss be independent and safe in their homes. May is Better Speech and Hearing month, and we plan to have special activities to mark this event. After the presentation, the devices and software will be available for demonstration so you can better understand how they work. You can also get help signing up for the Walk4Hearing! We need some help assembling outreach packets, so please plan to stay and help. This will be a great time to visit with other people who have hearing loss. We will also celebrate the chapter's second year! The Western Colorado chapter was founded March 23, 2011. Join us for pizza and cake!

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

All HLAA chapter meetings are free to members and non-members, including family and friends. Meetings are held the first Saturday of every month, 10:30-12:30.

**Saturday, May 4, 2013
10:30am – 12:30pm
Center for Independence
740 Gunnison Avenue
Grand Junction, CO 81501**

RSVP's are not required but appreciated

Amy Becktell: HLAAWCO@gmail.com
Or 970-241-2592 □

More about the Hearing Loss Association of America at: www.hearingloss.org

HLAA is the nation's leading organization representing people with hearing loss. HLAA provides assistance and resources for people with hearing loss and their families to learn how to adjust to living with hearing loss. HLAA is working to eradicate the stigma associated with hearing loss and impacts on communication access, public policy, research, public awareness, and service delivery related to hearing loss.

Thanks to a grant provided through the Colorado Commission for the Deaf and Hard of Hearing, our meetings are captioned.

**MARK YOUR CALENDAR FOR
UPCOMING HLAA WCO
MEETINGS!**

All HLAA Western Colorado chapter 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, and August.)

June 1, 2013: Colorado Walk4Hearing, Littleton Colorado

Plans are underway for the annual Colorado Walk4Hearing. This project raises awareness about hearing loss and provides funds to continue our hearing loss advocacy efforts. We will try to participate from the Western Slope. For more information, go to www.Walk4Hearing.org. Or check out the Western Slopers team page at this link <http://tinyurl.com/WesternSlopers>. You can sign up to join the team and show your support for people with hearing loss.

June 1, 2013: HLAA WCO Summer Picnic, Columbine Park, 10:00 – 1:00

If you can't make it to Littleton for the Walk4Hearing, join us for a covered dish picnic at Columbine Park! The chapter will provide meat; bring your favorite side dish or dessert! The picnic is open to your friends, family, and children. Come join us as we celebrate the end of a successful year in our chapter's growth!

June 27 – 30, 2013: HLAA National Convention, Portland

There is still time to register for Convention 2013 in Portland, OR! This four-day conference will be filled with information, vendor displays, and education. Best of all, there will be hundreds of other people with hearing

loss from across the country! Get more information at: <http://www.hearingloss.org/content/convention>

When we seek to discover the best in others, we somehow bring out the best in ourselves.

-- William Arthur Ward



Portland, Oregon is the host city for Convention 2013, June 27 – 30.

Convention 2013 Has Gone Mobile

The mobile Convention app is like having the *Program and Exhibit Guide* in the palm of your hand...only better! Learn how to use this amazing tool by reviewing the [App Tutorial](#). The mobile Convention app is sponsored by CTIA-The Wireless Association®.

Convention 2013 Registration is NOW Open!

Start by clicking [Registration](#) on the menu to the left.

Portland, the pioneer of "green" initiatives and sustainability, has so much to offer our Convention 2013 attendees. There are loads of parks, gardens, museums, theaters, **tax-free** shopping, wineries ... the list is endless. So start planning now by visiting our ["micro-site"](#) created by TravelPortland – it is chock-full of information about the area as well as day-trips to Mount Hood (via the Columbia River Gorge), and the Oregon Coast (just an hour and a half away). TravelPortland now has a mobile app - visit the micro-site for more information.

Workshop Schedule and Schedule-at-a-Glance

Take a look at the [workshop schedule](#) and the [preliminary schedule-at-a-glance](#) to help you determine the appropriate registration package as well as travel and hotel needs. The [workshop schedule with summaries](#) is also available for further information. The schedule is subject to change; please check the *Convention 2013 Program &*

Exhibit Guide for the final schedule. Go to the [Schedule page](#) for more details. □

\$50,000 Matching Challenge Grant Opportunity to Make a Difference at HLAA

There is a special opportunity to make our donations to HLAA double in power and impact in the area of hearing loss. According to the HLAA website: "*This special opportunity is a **\$50,000 MATCHING CHALLENGE GRANT** from an anonymous long-time HLAA supporter, who shares your passion for our mission, to open the world of communication to people with hearing loss. And this is why he has issued a challenge to HLAA to match this \$50,000 grant dollar for dollar for our spring appeal.*"

For instance, a \$100 donation becomes \$200 with the matching. You can donate online at <https://17291.thankyou4caring.org/sslpage.aspx?pid=298>.

[Editor's Note: Many of us may have received paper mails with this information as well.] This is time-limited so donations for this rare opportunity should be done today.

Also according to the HLAA website, all donations given are fully tax-deductible as allowed by law. "Also, you can triple your donation with a Matching Gift from your employer. □

HOH-LD-News, Vol. 55, Issue 2, April 13, 2013
Copyright (C) 2013 Hearing Loss Web, LLC. All rights reserved. Reprinted by permission.

Demos of what speech sounds like with various hearing losses

It's easy enough to restore 20/20 eyesight with glasses or contacts. But even state-of-the-art digital hearing aids can't perfectly restore hearing for people whose inner ears have been damaged by noise exposure, medications or just the wear and tear of aging. Part of the problem is that this kind of sensorineural hearing loss- the result of permanent damage to the sensory cells of the inner ear - does more than just make sounds quieter. It can jumble the sounds, too, in ways that garble speech. To give people with normal hearing an inkling of how wild

these distortions can be, hearing and speech researcher Arthur Boothroyd created several audio clips for Shots. Each demo uses the same spoken sentence, but is distorted in a different way. (You can hear the original, undistorted sentence further down in this post. But before you do, take a listen to the demos and try to figure out what's being said.)

<http://tinyurl.com/cbkcbkp> □

HOH-LD-News, Vol. 55, Issue 1, April 6, 2013
Copyright (C) 2013 Hearing Loss Web, LLC. All rights reserved. Reprinted by permission.

Evidence for Connection Between Cognitive Decline and Hearing Loss Mounts

What is the impact of hearing loss in older adults? Would screening for the condition and treating it make a difference in how people function as they age? These very basic questions are at the heart of research that is yielding some provocative findings about the relationship between hearing loss and healthy aging. The results suggest that hearing loss has an important role to play in how people fare as they grow older. There may even be pathways through which hearing loss contributes to cognitive decline. "By the time people are 70, two-thirds of adults have a clinically significant hearing loss," said Frank R. Lin, MD, PhD, whose research group at Johns Hopkins University School of Medicine in Baltimore is examining these broader questions (see FastLinks). "For almost everyone, it develops over time, yet we don't necessarily think about it as possibly contributing to other, more important outcomes in later life." In some cases, hearing loss may be a component of a more complex syndrome of frailty or progressive overall disability, suggested James T. Pacala, MD, a professor and the associate head of family medicine and community health at the University of Minnesota Medical School in Minneapolis. The more researchers look into this, "the more they uncover associations of hearing loss with many other conditions that produce functional decline," he said.

<http://tinyurl.com/c5yh8cx> □

Walk4Hearing Kickoff April 20th at Blue Bonnet in Denver

We had a great turnout for the Kickoff. We had great Mexican food catered in a special room at the restaurant which all enjoyed. It was a great success!

Along with a speech explaining the Walk4Hearing Walk, two short videos were also shown for the Walk4Hearing, both open-captioned.

Thank you to all who came to the Kickoff! Please see Kickoff pictures on page 10. □

HOH-LD-News, Vol. 55, Issue 2, April 13, 2013
Copyright (C) 2013 Hearing Loss Web, LLC. All rights reserved. Reprinted by permission.

Music Training: An Antidote for Aging?

One of the most pervasive effects of aging is the reduction in processing speed, affecting sensory, cognitive, and motor systems. In the January issue of The Hearing Journal, we discussed how aging influences central auditory processing (see <http://bit.ly/AudAging>, or p. 36 of that issue). The effects of aging on temporal processing likely play a role in the older adult's difficulty understanding speech in challenging listening environments (Psychol Aging 1999;14[3]:380; Int J Audiol 2003;42[S2]:26). So what options can a clinician offer an older patient who continues to struggle with hearing after being fit with amplification? Research has demonstrated that both short-term auditory training and lifelong experience can not only lead to better hearing in noise, but also fundamentally alter the brain's representation of speech and other sounds. Musicianship is an example of long-term training that can result in the development of superior auditory skills extending beyond the music domain to speech-in-noise perception and auditory cognitive abilities, such as memory and attention

<http://tinyurl.com/c4dmogs>

□

HOH-LD-News, Vol. 55, Issue 3, April 20, 2013
Copyright (C) 2013 Hearing Loss Web, LLC. All rights reserved. Reprinted by permission.

Phantom Music Very Real to Those Who Hear It

I remember well the day the music first began to play. It was September 1999. We had just been cleared at the Canada-United States border and were driving back to Southern California after spending the summer in Alaska. The wind was blowing from the north and gently rocking the travel trailer we were towing. All at once I heard singing, loud singing-ladies with high voices, like a church choir. It was just like someone had turned on a switch. I checked the radio; it was off. I looked at my close friend and travel companion, who did not appear to hear the music, but I did not ask her. The singing continued through the day. I thought maybe the angels were calling me home. Was I just hallucinating, or worse, was I going crazy? That night, the next day, and on from there, the singing continued. There was never a break and never a pause. After a week or so, the music was replaced by another song, opera like, with a deep male voice singing. This continued for days before changing to something else. I have never been a music person and have no music training, but I like most music.

<http://tinyurl.com/c3e9df>

□

HOH-LD-News, Vol. 54, Issue 12, March 23, 2013
Copyright (C) 2013 Hearing Loss Web, LLC. All rights reserved. Reprinted by permission.

Mothers push Georgia lawmakers for hearing aid coverage

A handful of mothers with deaf children urged Georgia legislators on Tuesday to require health insurance companies to provide hearing aids. The women estimated there are fewer than 400 children needing the devices, which can run as much as \$6,000 for a pair every five years. Medicaid, the state's insurance for the poor, already provides them, but most private insurance companies don't because they aren't necessary for survival. The mothers, who formed LetGeorgiaHear.org, argue that spending \$40,000 on hearing aids during a child's youth avoids tenfold costs for special education. "It's going to be hard.

It's not a very popular concept," admits Kelly Jenkins, one of the group's co-founders and the mother of Sloane, age 3, who was fitted with hearing aids before she could walk.

<http://tinyurl.com/c5et335>

HLA-CO Editor's Note: It's rather interesting that the insurance companies deemed hearing aids not necessary for "survival". This tells how little they understand the impacts of hearing loss on a person's life. □

HOH-LD-News, Vol. 54, Issue 12, March 23, 2013
Copyright (C) 2013 Hearing Loss Web, LLC. All rights reserved. Reprinted by permission.

Another Milestone Coming for Internet TV Captioning

First, a quick reminder: Next month is a very important milestone for internet captioning law. By March 30, 2013, live and near-live video programming must be captioned online if it is shown on regular TV. The exact language from the Federal Communications Commission consumer guide is reproduced below:

"Live and near-live video programming must be captioned on the Internet if it is shown on TV with captions on or after March 30, 2013. Near-live video programming is defined as programming that is performed and recorded less than 24 hours before being shown on TV for the first time."

An example of this type of programming is Dateline NBC. Dateline NBC is partially live, and the captioning is done live on regular television.

<http://tinyurl.com/cflwb7p> □

HOH-LD-News; Vol. 54, Issue 13, March 30, 2013
Copyright (C) 2013 Hearing Loss Web, LLC. All rights reserved. Reprinted by permission.

iPhones Now Turned Into Functional Hearing Aids

In yet another lovely example of turning a smartphone into a medical product, researchers at the University of Essex, UK created a new iPhone app that works like a hearing aid. Using the built-in microphone, the BioAid app listens to the ambient environment and amplifies, as well as quiets, ranges of frequencies that the user can adjust at any time. Because many people with hearing loss are only mildly to moderately affected by their symptoms, a free and easy solution like the BioAid may offer them a way to avoid using traditional hearing aids. The app has been made available for free on iTunes for anyone with an iOS 6 device, but is optimized for the iPhone 5.

<http://tinyurl.com/cecyl7l> □

Walk4Hearing Kickoff April 2013 at Blue Bonnet in Denver

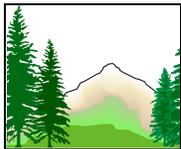


HLAA Colorado State Newsletter Deadline Notice

The newsletter will resume in September 2013. Tentative deadline is Saturday, August 24th at 11:30 pm.

Don't judge each day by the harvest you reap, but by the seeds you plant.

---Robert Louis Stevenson



Hearing Loss Association of Colorado

Karen Keil, Editor
P. O. Box 472704
Aurora, CO 80047-2704

Note to those on Boulder Chapter Mailing List

Check your mailing label for the numbers after your name. This is the year and month of the last newsletter you will receive. Please pay **\$15/year fees** to continue receiving the News. Checks are payable to HLA Boulder, and sent to Karen Keil, P. O. Box 472704, Aurora, CO 80047-2704. □