



HOH-LD-News, Vol. 53, Issue 4, Oct 27, 2012
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Better Hearing Means Less Stress at Work

Meetings, telephone calls, a chat with colleagues: communication plays a key role in everyday professional life and often determines success and failure. However, what if this very communication is impaired by a hearing loss? The Hear the World initiative addressed this issue as part of the "Hearing is Living" study and came across some exciting new findings. For Instance, it was demonstrated among other things that people who can hear better again, thanks to a hearing aid, have more enjoyment, success and less stress in their profession than people with an untreated hearing loss. A quarter of the respondents hearing aid wearers questioned even stated that they would not be able to perform their job without a hearing aid.

Hear the World, the initiative of the leading hearing aid manufacturer, Phonak, initiated the "Hearing is Living" study to find out more about the importance of hearing for our quality of life. To this end, the independent Swiss marketing and strategy consultants, zehnvier, questioned over 4,300 people in Germany, France, Switzerland, Great Britain and the USA.

Relaxed in everyday working life with a hearing aid

81 per cent of the respondents with a hearing aid have discovered they are able to work normally again since wearing a hearing aid. 22 per cent of the respondents are even convinced that it would be impossible for them to pursue their work without hearing aids. Another 84 per cent state that the hearing aid enables them to take active part in meetings and discussions with their colleagues again; telephone conferences no longer pose a problem to 64 per cent of the respondents with a hearing aid either. No mean feat when one considers that 24 per cent of the respondents with an untreated hearing loss report that they are no longer able to get properly involved in meetings due to their reduced hearing; for 32 per cent a simple telephone call quickly becomes a challenge. 15 per cent have even made mistakes due to being unable to understand something.

No wonder then that the hearing aid wearers have less stress in their daily working life (30%) than those with an

untreated hearing loss (36%). "Added to the everyday challenges in professional life come even more psychological stress factors for people with reduced hearing. Primarily in meetings or telephone conferences it is difficult to follow the dialog and get actively involved. "Always having to check on things is unpleasant and may seem unprofessional. It's not unusual for those affected to feel excluded and often be afraid of misunderstandings. Not only the performance suffers as a result, but above all the self-esteem", explains Prof. Dr. med. Martin Ohlmeier, Director of the Clinic of Psychiatry and Psychotherapy at the Klinikum Kassel/Germany.

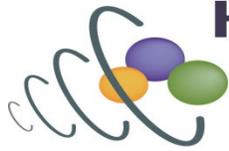
Enjoyment in work and a positive influence on concentration and salary

The most important facts at a glance:

- \* 81% of hearing aid wearers (HAW) report being able to work normally again, thanks to the hearing aid (HA).
\* 22% of HAW would be unable to pursue their work without an HA.
\* 84% of HAW have no problem taking part in meetings and discussions with the help of the HA.
\* 64% of HAW are able to easily telephone again, thanks to the HA.
\* 67% of HAW assume their colleagues are completely unaware of their HA.

Source: Phonak □

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# Hearing Loss Association of Boulder

By Debbie Mohney, HLAA Colorado State Coordinator

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## No meeting or Holiday Potluck for December.

We had a great turnout of about 15 people for lunch on Saturday, **November 17<sup>th</sup>, 2012** at 11:30am at Laudisio, 1710 29<sup>th</sup> Street, Boulder, CO. The very long table was filled with both people long time no see and people we see often. It was a great time socializing and enjoying the food in the quiet back room. The restaurant turned the music off at our request during our luncheon. The food was wonderful and we had such a good time that this newsletter editor forgot to take a picture even though she brought her camera along! Wish you were here with us!

We wish everyone all the best for the holidays and a Happy New Year!

## What's on your mind for Spring 2013?

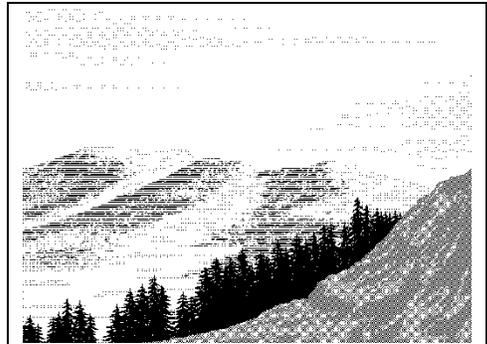
We are looking for ideas for meetings in the various areas of hearing loss— hearing aids, cochlear implants, helpful tips and solutions to share, hearing loss concerns, even perhaps an overview of financial planning, or whatever you are thinking about. We welcome all ideas and thoughts from all of you. *What's on your mind?* Please send your thoughts to Debbie Mohney at [hlaacolorado@yahoo.com](mailto:hlaacolorado@yahoo.com). □

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## Loud praise for new hearing aid

More than 1.2 million senior citizens and those with hearing problems can now hear more clearly and for a lot less - thanks to a seven-member company that worked for seven years to perfect a new hearing aid. The company that produced the device known as EasyHear has just received the chairman's award of the Global ICT Excellence Awards. Logital Company chief executive Danny Cheung Yat-yiu said 66 percent of the territory's more than one million residents suffer from a loss of hearing, while more than 660,000 suffer from hearing problems. EasyHear is the size of an iPod and has Bluetooth connectivity as well as a built-in AM/FM radio. Users just need to plug in a headphone and they can receive calls and listen to music and drama of their choice. "The device is four times better than conventional hearing aids on the signal-to-noise ratio by using twin-mic beam-forming technology and frequency-domain noise cancellation algorithm, where up to 70 percent of the background noise can be filtered to allow sharper voice reception," Cheung said. According to the government, two-thirds of the elderly in Hong Kong needed hearing aids this year, double what it was five years ago.

<http://tinyurl.com/an3dfve> □



## Hearing Loss Association of Colorado

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*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 December 2012 newsletter: no later than **Saturday, December 22th 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

*Don't count the days, make the days count.*

--- Muhammad Ali



*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.**

Several Colorado Springs Chapter members attended the October Building Communication Bridges Conference at the Ben Nighthorse Campbell Building in Aurora. We enjoyed the presentations, plus it's always fun to get together with members from other chapters.

We were happy to welcome Jay Tinglum from ADCO Hearing Products in Englewood as the speaker for our November meeting. Jay presented us with a short lesson in speech reading. He gave us a little of the bad news – such as only 30% of what is spoken is visible to lip readers, and yes, sometimes people really DO mumble! He also passed on good news – we are already lip readers and we can improve our skills by focusing on sounds and words that are difficult for us to hear. He left us with handouts of the material presented. Jay also brought various assistive devices for us to check out. It's always a good meeting with Jay as our speaker. Some of us stayed after the meeting for more conversation and information.

We were pleased to see 3 new faces at our November meeting, all 3 having been referred to our group by 3 different contacts. We hope to see them return and may the referrals continue.

Here's a heads up on our February meeting, for anyone who's interested – we'll learn about the process of training and obtaining dogs to help hearing impaired people from Bob Cooley of International Hearing Dog, Inc., located in Henderson, CO. He'll bring along Cami, the Hearing Dog. We're looking forward to this visit.

December means it's time for our annual Pot Luck Christmas Party. We will have no speaker on December 8, just lots of good food and socializing. Happy Holidays to all!

#### **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](mailto:HLAACoSprings@gmail.com) □



**Hearing Loss Association of Denver. Chapter Holiday Potluck, December 8<sup>th</sup> at the Gun Club House at 8101 E. Dartmouth Ave, Denver. See email or snailmail for details.**

Happy Hearing Holidays! We hope you had nice a Thanksgiving. We have much to be thankful for--our HLAA Chapter, our families and friends and all the wonderful technology available to us in our journey as we travel the path to better hearing. We are most grateful and blessed to have Diane Humphrey with us each month to provide us captioning. It is indeed to true that there has never been a better time to have a hearing loss!



In November, we were most fortunate to have had a dynamic presentation from Laura Hansen on getting "looped." We all know the personal benefits of being looped at our meetings. (We are not talking about too much happy punch.) Laura raised our awareness about possibly getting our home setting looped, but more importantly, we need to speak up whenever we can in restaurants, at our banks, our houses of worship, public address systems, and retirement centers where we live, to let "powers that be" know that we need help and they need to serve us better through looping. It is truly the state of the art in terms of assistive listening technology.

We hope that you will be able to join us at our annual holiday party at noon on Saturday, Dec. 8th, for wonderful food and sharing. Our potluck festivities will be at Emily Wells' club house. Precisely, it is at the Gun Club facility at 8101 E. Dartmouth Ave. You should have received the announcement either by email or in the mail if you are not online. All the details and directions to the party are in the formal announcement. Please let us know if you did not get the word.

In January, we have booked Bernie Steinberg to give us a presentation on the latest in assistive listening technologies available to us. Bernie attended a weekend seminar on this topic conducted by our national HLAA office. It should be most informative.

Happy Holidays to all!

**Chapter Contact:** Dave Conant 303-777-2279 voice **Membership Contact:** Marjorie von Frantzius 303-368-7838 voice □

## HLAA Chapters in Colorado

### CO – STATE CHAPTER

COORDINATOR : Debbie Mohney e-mail [HLAAColorado@yahoo.com](mailto: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](mailto:hlaaboulder@yahoo.com)

### CENTRAL 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](mailto: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 [HLAAColoradoSprings@gmail.com](mailto:HLAAColoradoSprings@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](mailto:ajmelnick@hotmail.com) or

[hlaawco@gmail.com](mailto:hlaawco@gmail.com)

Ph 970-241-2592

Updated: 11/01/2012

## HLAA Convention 2013 -- June 27-30

It's that time again! Time to register for Convention 2013! The convention will be in Portland, Oregon June 27 – 30. Convention scholarships will be available. Get more information at: <http://www.hearingloss.org/content/convention>.

You might recall that last year you registered online; however, our online registration system, powered by BlackBaud, will undergo an upgrade in November which will delay the opening of our online Convention registration. As a result, we have implemented the following changes: You may register starting NOW but only offline using [Registration Form \(pdf\)](#) at [http://www.hearingloss.org/sites/default/files/docs/2013\\_HLAA\\_Conv\\_RegForm.pdf](http://www.hearingloss.org/sites/default/files/docs/2013_HLAA_Conv_RegForm.pdf) – please submit it in any of the following ways:

\* Mail it to 7910 Woodmont Ave, Suite 1200, Bethesda, MD 20814

\* Fax to 301.913.9413

\* Scan and email to [convention@hearingloss.org](mailto:convention@hearingloss.org)

\* Save it to your computer, fill it out with [Acrobat Reader](#) and email it to [convention@hearingloss.org](mailto:convention@hearingloss.org)

The **early-bird registration deadline** has been moved back to **January 31, 2013**.

Opening of **online registration** will be **delayed until about the beginning of December** – check back for an update.

The registration form is included in the **November/December issue of *Hearing Loss Magazine***. Should you have any questions about the Convention or registration, please contact Nancy Macklin, HLAA Director of Events, at [nmacklin@hearingloss.org](mailto:nmacklin@hearingloss.org) or 301.657.2248, Ext. 106.

What do registration packages include?	Full Activity Package (HLAA Members only)	Education Package	1-Day Package
Exhibit Hall Grand Opening and Opening Session Thursday, June 27	✓	✓	Thursday package only
Get Acquainted Party (GAP) Thursday, June 27	✓	✓	Thursday package only
Research Symposium Latest Developments in Hearing Rehabilitation Research Friday, June 28	✓	✓	Friday package only
Unlimited entry to Exhibit Hall and Socials	✓	✓	✓
All workshops, demo presentations and featured speakers	✓	✓	✓
An Enchanted Evening at the World Forestry Center Friday, June 28	Additional cost applies	Additional cost applies	Additional cost applies
<i>Farewell</i> , Saturday Evening Banquet Saturday, June 29	✓	Not included	Not included
Awards Breakfast & Ceremony Sunday, June 30	✓	✓	Not included

### 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)

## Mohney's Musings

By Debbie Mohney, HLAA Colorado State Coordinator

December is a busy time of year with the holiday season ramping up. It's also the time to reflect on the past year, and to look forward to the new year.

First for the holidays. Thanksgiving and December both give us ample opportunity to spend time with family, friends, and acquaintances. With hearing loss, we experience, and sometimes anticipate, more stress due to communication challenges. When coupled with family and group dynamics, we can be tempted to just stay home. Learning communication strategies to use can help immensely, and keep us connected to the people in our lives.

Over the years, there have been articles that highlight communication strategies for the holidays. Arlene Romoff wrote "Holiday Madness", published in the Hearing Loss Magazine: <http://tinyurl.com/ccfdwsd>. Shanna Bartlett Groves wrote "Five Survival Tips for Celebrating the Holidays with a Hearing Loss" on her blog: <http://tinyurl.com/five-survival-tips>. These are a couple of articles, and when you attend a Hearing Loss Association of America chapter meeting, many of our members share their techniques.

Every year, I find myself so thankful that I found Hearing Loss Association of America. I employ the knowledge I have learned over the years, not only for myself, but in helping others around me to use my hearing loss to my advantage. I don't mean taking advantage of situations because of my hearing loss, but instead to become more connected to the world around me.

I grew up with my hearing loss, and learned subtle ways to be more visual, including using lipreading. Having residual hearing allows me to use environmental sounds even when I don't understand what is being said. Sometimes I don't quite recognize the sounds I do hear. Because of the skills and knowledge I've learned through the HLAA chapter meetings and conventions, I wear my hearing loss with confidence. I sometimes still apologize for the inconvenience that my hearing loss creates for some people, but mainly because I know the frustration they feel,

and I use the opportunity to educate them about my hearing loss, too.

As you plan for 2013, please include the Hearing Loss Association of America Convention in your itinerary. It is being held in Portland, OR, June 27 – 30, 2013. Early Bird Registration has been extended to January 31, 2013, so please take advantage of the discounted registration fee! <http://hearingloss.org/content/convention> and click on the registration tab on the left to register.

The Keynote Speaker will be Howard Weinstein, the inventor of Solar Ear, a solar powered hearing aid, analog solar charger, and a rechargeable battery. The Research Symposium will be on the Latest Developments in Hearing Rehabilitation Research, including the following topics: Diabetes and Hearing Loss, Approaches to Tinnitus, and Approaches to Auditory Rehabilitation.

If you have never been to a Hearing Loss Association of America Convention, 2013 is the year to go! ☐

### 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](mailto:LoopNColo@comcast.net) ☐

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### How Mitochondrial DNA Defects Cause Inherited Deafness

Yale scientists have discovered the molecular pathway by which maternally inherited deafness appears to occur: Mitochondrial DNA mutations trigger a signaling cascade, resulting in programmed cell death. The study is in the Feb. 17 issue of *Cell*.

Mitochondria are cellular structures that function as "cellular power plants" because they generate most of the cell's

supply of energy. They contain DNA inherited from one's mother. Mitochondria determine whether a cell lives or dies via the process of programmed cell death, or apoptosis.

The Yale scientists focused on a specific mitochondrial DNA mutation that causes maternally inherited deafness. The mutation occurs in a gene that codes for RNA in mitochondrial ribosomes, which generate proteins required for cellular respiration. The team found that cell lines containing this mutation are prone to cell death not directly due to the mutation, but rather because it enhanced a normal chemical modification of the RNA called methylation, which regulates ribosome assembly.

"Our lab had previously discovered that overexpression of the enzyme responsible for this methylation could cause cell death, even in cells without the deafness mutation," said corresponding author Gerald S. Shadel, professor of pathology and genetics at Yale School of Medicine. "But when the researchers overexpressed the enzyme in mice to mimic the effects of the mutation," he said, "we were astonished to discover that the animals progressively lost their hearing, reflecting how such disease would develop due to a known pathogenic human mitochondrial DNA mutation. This new mouse model will be instrumental in understanding genetic and environmental factors known to impact mitochondrial disease pathology.

The researchers found that reactive oxygen molecules produced by diseased mitochondria are what trigger events leading to a cell death-inducing gene expression program. By genetically depleting the protein ultimately responsible for activating this programmed cell death response, they were able to restore normal hearing to the mice.

The study not only sheds light on inherited deafness in humans, but possibly also age-related hearing loss and other human diseases. First author Nuno Raimundo, a postdoctoral associate in pathology, said, "Mitochondrial diseases are complicated because different tissues are affected in often unpredictable ways. Defining the molecular mechanism underlying death of only a specific subset of cells in the inner ear is a major step toward unraveling this complexity."

Other authors are Sharen E. McCay, Lei Song, Timothy E. Shutt, Justin Cotney, Thomas C. Gilliland, David Hohuan and Joseph Santos-Sacchi of Yale; and Min-Xin Guan of Zhejiang University.

This study was supported by grants from the National Institutes of Health.

Source: Yale □

**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:

- War Horse*.....Jan 20,2013 at 2pm
- Jekell & Hyde*.....Feb 10, 2013 at 1pm
- Catch Me If You Can*.....Mar 10, 2013 at 2pm
- Chicago*.....Mar 23, 2013 at 2pm
- Spamalot*..... Mar 30, 2013 at 2pm
- Mary Poppins*..... May 4, 2013 at 2pm
- Les Miserables*..... May 25, 2013 at 2pm
- Peter and the Starcatcher*..Sept 1, 2013 at 2pm
- Priscilla, Queen of the Desert*.Sept 15, 2013 at 2pm
- Sister Act*.....Oct 6, 2013 at 2pm
- Evita* .....Jan 2014 TBA
- Once* .....Apr/May 2014 TBA
- The Doyle & Debbie Show*.Spring 2014 TBA

**Please come and support this open captioning effort!**

**Tickets**

Voice: (303) 893-4100

TTY: (303) 893-9582

Online: [www.denvercenter.org](http://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](mailto: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, please call 303.893.6003 at least two weeks before the performance.

- When We Are Married* ....Dec 9 at 1:30pm
- White Christmas*.....Dec 16 at ??pm
- War Horse*.....Jan 20,2013 at 2pm
- Jekell & Hyde*.....Feb 10, 2013 at 1pm
- Grace, Or the Art of Climbing*...Feb 17,2013 at 1:30pm
- Romeo & Juliet*.....Feb 24,2013 at 1:30pm
- Catch Me If You Can*.....Mar 10, 2013 at 2pm
- Chicago*.....Mar 23, 2013 at 2pm
- Spamalot*..... Mar 30, 2013 at 2pm
- A Weekend with Pablo Picasso*...April 21,2013 at 1:30pm
- Other Desert Cities*.....April 28,2013 at 1:30pm
- Mary Poppins*..... May 4, 2013 at 2pm
- Sense & Sensibility, the Musical*...May 19,2013 at 1:30pm
- Les Miserables*..... May 25, 2013 at 2pm
- Peter and the Starcatcher*..Sept 1, 2013 at 2pm
- Priscilla, Queen of the Desert*.Sept 15, 2013 at 2pm
- Sister Act*.....Oct 6, 2013 at 2pm
- Evita* .....Jan 2014 TBA

*Once* .....Apr/May 2014 TBA  
*The Doyle & Debbie Show*.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. □



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

**Saturday, December 1, 2012**

**Free Covered Dish Holiday Meal 11:00 am – 1:00 pm**

Come join us at our holiday covered dish meal! This will be an opportunity to get to know other people with hearing loss in an accepting environment. We will have a short educational program.

The chapter will provide a ham and drinks. We typically have about 15 people at our meetings. We are requesting a RSVP, but this is not required. Please contact us if you have any questions.

Please bring a side dish according to your last name. If you have a favorite recipe, please bring it even if it does not match to your name!

- A-H: Appetizer
- I-O: Dessert
- P-Z: Vegetable

**Saturday, December 1, 2012 11:00 am – 1:00 pm**

**(Please note time change from regular meetings)**

**Center for Independence  
740 Gunnison Avenue  
Grand Junction, CO 81501**

**Please RVSP to  
Amy Beckett: [HLAAWCO@gmail.com](mailto:HLAAWCO@gmail.com)  
Or 970-241-2592.**

## MARK YOUR CALENDAR FOR UPCOMING WCO MEETINGS!

**Mark your calendar for these upcoming meetings. You don't want to miss these informative sessions!**

All Western Colorado HLAA 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.)

### **January 5, 2013: Dr. Jeanette Sadler, Colorado West Otolaryngologists Connectivity Solutions for Hearing Loss**

Dr. Sadler will give an update on hearing devices and how these solutions provide the tools to help you connect to other devices and with people. In addition, she will give advice for connecting and communicating with your hearing service provider to help you receive the best benefit from your hearing devices.

### **February 2, 2013: Laura Hansen, Assist2Hear Double the Effectiveness of Hearing Aids – Get in the Hearing Loop!**

Ms. Hansen is the owner of Assist2Hear, a Colorado company that is active in installing induction loop systems. Induction loop systems can improve listening clarity for people with hearing devices equipped with a telecoil. The loop creates a magnetic field that is picked up by the telecoil which is converted to sound sent from the loop amplifier. Background noise is reduced, creating a clearer signal from the source of the sound. Additional equipment is not required; users of the system can discreetly turn on their telecoils to receive the sound. Come learn more about this technology and its benefits.

### **March 2, 2013: John Schultz, MA Managing Emotions and Expectations**

Many people with hearing loss want to function fully in the hearing world. The reality is that may not be possible. Therefore, we can learn to cope by managing our emotions and expectations. This session will be a guided group discussion, led by counselor John Schultz.

### **April 6, 2013: Christine Pett, MED-EL Auditory Rehabilitation**

After receiving hearing instruments such as hearing aids or cochlear implants, auditory rehabilitation can help the user

adapt and become more adept at using the instruments. Just as physical rehabilitation after an injury is important to the body, auditory rehabilitation is important for hearing instrument wearers.

### **May 4, 2013: Denise Roberts, Assistive Technology Partners Devices for Your Life**

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.

### **Western Colorado Chapter Awarded Grant**

The Western Colorado Chapter of HLAA was awarded a grant through the Colorado Commission for the Deaf and Hard of Hearing in October. The grant funds will be used to provide CART, or captioning, at the chapter's monthly educational meetings. The chapter is grateful to the Commission for its continued support for people with hearing loss on the western slope.

### **Volunteers Needed!**

We are still asking for volunteers to fill open chapter committee positions. **WE REALLY NEED YOUR HELP!** Please consider volunteering for one of these positions. According to our By-Laws, more than one person can be on a committee. Please let Amy know if you need more details about these positions.

Public Relations  
Community Outreach  
Membership  
Chapter Historian □

*Western Colorado Chapter December Newsletter, page 2.*

### **Meeting Round-up for November: Introduction to Speech-Reading**

Amy was our speaker on November 3rd and spoke about speechreading as a coping strategy for her progressive hearing loss. She offered two excellent handouts from a book called *Speechreading: A Way to Improve Understanding*, by H. Kaplan, S. Bally and C. Garretson. Speechreading includes watching a person's mouth and face, plus assessing context, body language and the surrounding environment for clues as to what is being said.

Amy pointed out that there are only 38 sounds in the English language, which helps narrow down possible words, and she quoted one statistic that 54% of our communication is nonverbal. On the

other hand, only 30% of the speech sounds in English are actually visible on the lips, and other variables such as facial hair, high or low voices, fast or slow speech, distance from the speaker, room lighting and acoustics, and background noise can all complicate clarity.

Amy has learned positive strategies over the years, including being honest and assertive when she needs more information or repetition. For example, she has learned not to pretend that she understands everything, and to speak up when someone turns away or puts a hand in front of his mouth, to sit in a seat with good visibility at meetings, and to specifically repeat what she DID understand when asking a question, rather than just saying "what?" It does take a lot more effort for people with hearing loss to listen, because we have to engage our ears, look around the room, intensely watch people's faces, and constantly make adjustments in our heads about what we think we heard. She also encouraged us to choose a positive sense of humor to deal with the mix-ups through our tears.

Amy demonstrated an internet program called "Seeing and Hearing Speech," which demonstrated how certain spoken English words can look identical at first, but CAN be identified with practice. We all also noticed how some people are easier to understand than others. This program was very interesting, and it is encouraging to know that speechreading practice can make a big difference in understanding what is being said.

The Center for Independence has this program available for use on one of their computers, and it can also be purchased online for \$85. Kaplan's Speechreading book is on loan to our chapter if you would like to borrow it. There are a number of other books and auditory training programs that can be very helpful tools in our personal toolboxes for coping with hearing loss. □

### **It's a Noisy, Wonderful World**

The December 2012 **Good Housekeeping Magazine** has a four-page article (with photos) about a biomedical engineer for NASA getting a cochlear implant last December 16th. A wife and mother of two small sons, Kelly Gilkey was deaf from birth and wore hearing aids prior to getting the CI in one ear. Her reports on hearing new sounds and hearing her children provide a unique perspective for her. Check the issue out on the newsstand! □

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### **New national hearing assistance device/loop locator**

There's a new, interactive national locator for specific hearing assistance technologies, including loops. For each location, one finds the address, phone number, and web address . . . so far 2,121 locations, of which 1,519 are looped. Note that the locator enables people to search for type of ALD and even type of venue in any given area. Hearing loop advocates, vendors, and installers . . . this new ALDlocator.com welcomes your submitting venues not yet included.

<http://www.aldlocator.com/> □

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### **The quest to create the world's smallest hearing aid**

On a windy hillside near Copenhagen, Denmark, are the headquarters of a company with a simple goal: to make the smallest hearing aids in the world. Widex,

one of the globe's largest hearing aid companies, developed its first model in 1956. Back then, it came with its own battery pack and had to be strapped to the chest. They've been gradually shrinking ever since and 3D printing technology has now enabled the slender machines to vanish almost completely into the ear. "The smallest are less than the size of the tip of a little finger," says Soren Westermann, the Widex CEO whose father co-founded the company nearly 60 years ago. Back then, hearing aid technology had just made a great leap forward following the invention of the electric transistor in 1948. Westermann recalls that when he was born, hearing aids had been hulking, impractical devices "that you wore on your back." But the energy efficiency and relatively small size of the transistor -- which is used to amplify electronic signals -- paved the way for the now familiar "behind the ear" style of hearing aid.

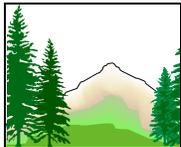
<http://tinyurl.com/ca8erkz> □

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### **Affordable Hearing Aids Now Available to U.S. Veterans**

hi HealthInnovations, a UnitedHealth Group (NYSE: UNH) company and Optum business, has launched a new program to make hearing aids more affordable for U.S. veterans and their spouses. The new program offers veterans and their spouses high-quality, custom-programmed digital hearing aids for as little as \$649 to \$849 each, depending on the model chosen. That compares to some hearing aids that retail for as much as \$4,000 each. Hearing loss is a growing health concern for some veterans, in part because of their history of noise exposure experienced during their time of service. Hearing loss is the second most common health condition among veterans, affecting more than 670,000 members of the armed forces nationwide, according to The Hearing Journal. To access the discount program, veterans work with a health professional, such as an audiologist, hearing aid dispenser or primary care physician, to get their hearing tested.

<http://tinyurl.com/b5sgu9a> □



## ***Hearing Loss Association of Colorado***

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#### **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. □