

An Overview of the Hearing Loss Association of America’s Website

The web address for the HLA website is <http://www.hearingloss.org> or www.hearingloss.org for short. Type this web address into the box here on the browser and press enter to take you to the HLA website.



The website has three different sections, which will be looked at one at a time.

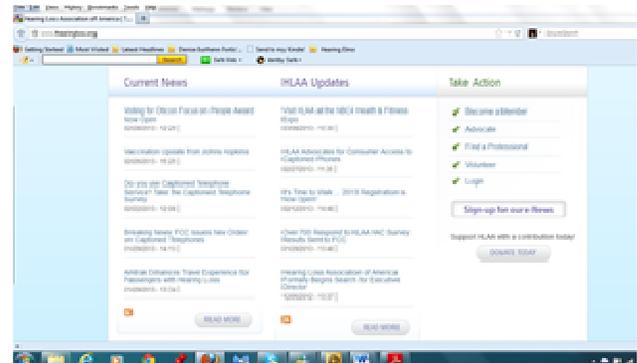


The **first section** has the most important and most frequently used things here. The Portland, Oregon picture highlights the 2013 HLA convention there. This area has four different topics that appear and disappear and which can be clicked on to enter.

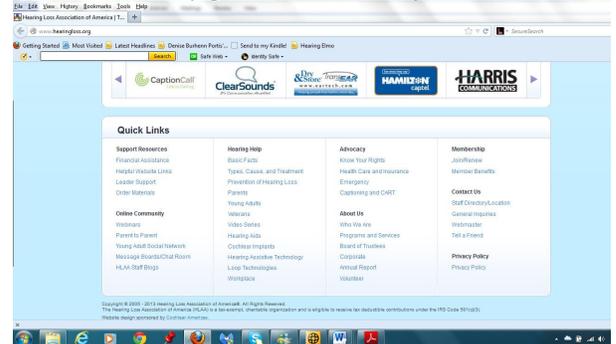
On the right are four buttons for the Walk4Hearing, Locate Your Local Chapter, Hearing Loss Magazine, and Convention 2013, which will lead you to the web pages for them.

The **long purple bar** has Leadership, Support, Online Community, Events, Advocacy, Membership, Training, Donate, and About Us with drop-down menus to go to.

The **second section** here has three groups with links—Current News, HLA Updates, and Take Action.

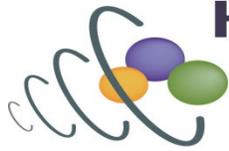


The **third section’s** Quick Links are for Support Resources, Online Community, Hearing Help, Advocacy, About Us Membership, Contact Us, and Privacy Policy. The HLA website has many great resources for you to access!



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Hearing Loss Association of Boulder

By **Debbie Mohney, HLAA Colorado State Coordinator**

March 2013						
S	M	T	W	T	F	S
24	25	26	27	28	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	2	3	4	5	6

The Hearing Loss Association of America – Boulder chapter will be meeting on **Saturday, March 16, 2013, 3:00pm – 5:00pm** at the

University of Colorado, Department of Speech, Language and Hearing Sciences Building, 2501 Kittredge Loop Road, Room 393, 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 3rd floor.

We had a good meeting in February, and will be meeting at the University of Colorado, Department of Language and Hearing Sciences Building in Room 393 on Saturday, **March 16, 2013** and Saturday, **May 18, 2013**; both meetings will be 3pm to 5pm.

Join us on **Saturday, March 16th at 3pm-5pm** for this topic:

Hearing Loss and Cognition

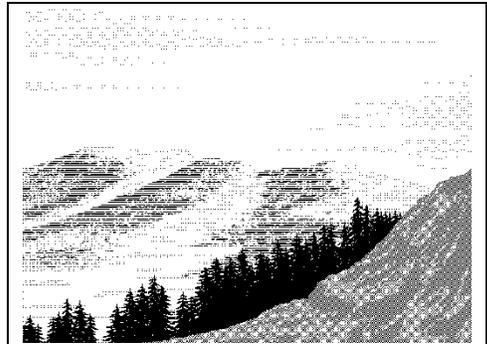
Presented by Kathryn H. Arehart, Ph.D., Associate Professor, University of Colorado at Boulder, Speech, Language, Hearing Sciences Department

"New findings related to relationship between cognition and hearing loss has gotten a lot of popular press recently. For example, last month, the New York Times ran a headline asking "Could Hearing Loss and Dementia Be Connected?" In this meeting, I will summarize some of the recent research that has led to these headlines. I will also describe research that has motivated audiologists to think both the ear and the brain when they fit hearing aids. Finally, I will tell you about a new 5-year NIH project we are doing here in the CU-Boulder's Hearing Research Lab that is exploring the interplay between cognition, hearing aids and hearing loss."

Boulder Chapter Captioned Movie Club

Also in March, we are starting the **Boulder Chapter Captioned Movie Club!** We will meet for the 1st showing at the Regal Theater at 1164 W. Dillon Road, Louisville, CO, on Sunday, **March 10, 2013**, tickets are \$4 for showings that start before Noon. Since showtimes and movies are not available until closer to March 10th, please e-mail hlaacolorado@yahoo.com or call Debbie at 303-938-9659 if you are interested in attending. We will notify you by Friday, March 8th for the movie and showtime – which will be sometime starting between 11am and Noon.

Regal Theater uses Sony Captioning Glasses, available for pickup before the movie. If we receive enough RSVP's for the movie, the Regal Theater will turn on OPEN CAPTIONS for our group! So, invite your friends to come along, and anyone you know who is interested in captioned movies! ☐



Hearing Loss Association of Colorado

HLAA Colorado State Coordinator: Deborah Mohney
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hlaaboulder@yahoo.com

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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

HLAAColoradoSprings@gmail.com

HLA of Northern Colorado Chapter

Chapter Contact: Don Willson LoopNColo@comcast.net

HLA of Western Colorado Chapter

Chapter Contact: Amy Becktell hlaawco@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 Wednesday, March 27th 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

In three words I can sum up everything I've learned about life. It goes on.

--- Robert Frost



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.

One of our Chapter members was recently called for jury duty. She was pleasantly surprised to find that things have changed for the better for a person with hearing loss; she was able to request the type of assistive device she preferred. She chose CART and it worked very well for her. While she never actually had to serve on a jury, she was able to know what was going on thanks to the help of the captioning provided for her.

At our February meeting, we had the pleasure of meeting Bob Cooley and Cami, the Hearing Dog, from International Hearing Dog, Inc. This non-profit agency rescues dogs from local animal shelters, trains them to assist hearing impaired people then places them free of charge with recipients throughout the US and Canada.

We found out there are 3 basic requirements for a person to get a dog – 1) they must have a hearing loss of at least 65 decibels, 2) the person must be over the age of 18 and 3) they need to be able to care for the dog themselves mentally and physically. We saw some demonstrations of the kinds of help a hearing dog can provide. Cami is such a lovely dog, and she was a big hit with our audience.

On March 9th, we will have Laura Hansen as our guest speaker. Ms. Hansen is the owner and founder of Assist2Hear, a Colorado company active in the professional installation of induction loop systems.

At our April 13th meeting, it'll be "share time", as we ask for input from our Chapter members. We'll elaborate more on this as the meeting time gets closer.

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 Denver Chapter meeting February 23rd 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

At its February meeting, the Central Denver Chapter was scheduled to replay a November 2012 webinar by Brad Ingrao, AuD, called "Holiday Hearing Strategies." Dr. Ingrao is an audiologist at the Hearing Spa in Tampa, Florida, and a columnist for *Hearing Loss Magazine*.

The library's WiFi system did not cooperate, so members decided to socialize, then check out the program at home at www.hearingloss.org. Choose "online community" and "webinars."

The noise factor

Dr. Ingrao's advice, while timed for winter holidays, is relevant for vacation trips and reunions as well.

Like holidays, they represent a time to take a break from the stresses of work and daily life, and to connect with family and friends, often through travel. However, each of these advantages presents additional challenges for those with impaired hearing. One is the good ol' signal-to-noise ratio, Dr. Ingrao explains. We may have some control over background noise in our work and home environments, but when we go out into the world of airports, parties, restaurants and other crowded places, we find it more difficult to follow conversations with our friends and families—which was the whole point of our holiday travel!

"So even if you have a mild or moderate hearing loss," he says, "you're going to work a lot harder in that noisy environment."

Part of that hard work is overcoming "cognitive load," or the effort we must make in listening to others. "Our ears take in all this information, but it takes brainpower to sift out what's important, what's not," he says. "If you are hear only half or third of a word, how do you fill in the missing pieces?"

Making things even worse, Dr. Ingrao reminds us, is the stigma of hearing loss. Perhaps our partners and children are used to our special communication needs, but now we are with more-distant relatives, old friends, and people we're meeting for the first time. While HLAA recommends advising people of our hearing loss, it is not always easy. "That's an emotional and psychological hurdle that a lot of people need some time to get over," he says.

Making it easier

However, honesty about hearing loss is the first step in improving our experience, Dr. Ingrao says. That gives us a chance to take the next step, to educate people about how to help us understand them better—because, as he points out, these are people who care about us and want us to hear them.

We also can take more control in unfamiliar environments by:

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

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

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

(Central Denver Chapter continued from page 3)

- arriving early
- asking in advance about the location and other guests
- making sure hearing aids and other devices are in good working order

Finally, we may have to stand up for ourselves. If, despite all our efforts, we find ourselves ignored at family events because we don't get the jokes or catch every word in a discussion, we need to let our families know how we feel, Dr. Ingrao says.

"Really come in to the situation saying, 'I know what I need, I'm a member of this family, I have a right to hear as well as I can hear and here is what you can do to help me participate.' "

The March 23rd meeting topic details are not yet finalized at this writing.

See map and directions on page 7. □

HOH-LD-News, Vol. 54, Issue 10, March 9, 2013

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HLAA Advocates for Consumer Access to Captioned Phones

Hearing Loss Association of America (HLAA) filed comments on February 26, 2013 with the Federal Communications Commission (FCC) in their proceeding on captioned telephones. The FCC is alarmed that usage of IP CTS (Internet Protocol Captioned Telephone Services) has risen dramatically. They are concerned that the fund which serves all Telecommunications Relay Services (TRS) will run short this year if they do not do something immediately. HLAA believes the rise in usage of IP CTS is to be expected, in part because the baby boomers are now aging into hearing loss, many of whom could benefit from CTS but also because more and more people with hearing loss are learning about CTS and how it can help them.

<http://tinyurl.com/awylk2h> □

Editor's Note: One of the FCC Mandate's Captioned Telephones stipulations was this on a temporary basis for 180 days:

3. IP CTS phones must have as a default setting with the captions are turned off, so that consumers need to turn on the captions for each call.

A letter was received from Caption Call and a message appeared on my CapTel phone saying that they were delivering an update about March 4th-6th to my phones to turn the captions off by default. This requires touching a green button on the Caption Call screen or the CAPTIONS button on the CapTel to toggle the captions on at the beginning of the call. If forgetting to turn captions on at the beginning of the call, they can be turned on on the CapTel in the middle of the call. I haven't attempted this in the middle of the call for the Caption Call phone. Apparently, there were problems for Caption Call's software change as it appears to be removed temporarily. □

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

Daylight Savings is right around the corner, and Spring is not far behind! It's also a good time to think about getting a hearing tune-up. If you haven't had your hearing, hearing aids, or cochlear implant processor checked in a while, you might think about going in and visiting your hearing professional and making sure everything is up to date. Our hearing situations sometimes change over the months, and we go from being indoors to being more active outdoors in the spring, and we might not notice subtle changes.

It's also a good time to make sure your smoke detector and carbon monoxide detectors are working properly and have fresh batteries. You might also want to be sure that you can hear them when you are sleeping at night. A couple of years ago, I changed out my smoke detector and purchased one that sends a 520Hz square wave pattern signal, and bought a Lifetone clock that also receives signals from the smoke detector and will use a bed shaker, a flashing light, and a variable tone sound in combination to wake me up in the event that my smoke detector activates in the night. Better to be safe than sorry. Harris Communications has good information on their website:

http://www.harriscomm.com/lifetone-technology-fire-alarm-aid-clock-bed-shaker.html#_UTLEskI3t2A

Springtime is also bringing us closer to the 2013 Colorado Walk4Hearing! This year's walk will be held on Saturday, June 1, 2013, at Clement Park in Littleton, CO, check in at 9am, walk at 10am. The Kickoff event will be on Saturday, April 20th, details to be provided soon.

Register for the Colorado Walk4Hearing at www.walk4hearing.org, and click on Find a Walk. If you have participated in the past, you should receive an e-mail about how to re-register. If you would like to volunteer send an e-mail to hlaacolorado@yahoo.com.

Plan on attending the Hearing Loss Association of America Convention in Portland, OR, June 27th – 30th. Check out workshop and registration information

at: <http://www.hearingloss.org/content/convention>

This year's keynote speaker is Howard Weinstein, Inventor of Solar Ear, manufacturer of hearing aids that run on new solar-powered battery technology, creating new access to hearing aids to the largely excluded population of low-income people with hearing loss in the developing world.

The Research Symposium, always a wonderful insight into current hearing loss research, features the *Latest Developments in Hearing Rehabilitation Research – includes Diabetes and Hearing Loss, Approaches to Tinnitus Management, and Approaches to Auditory Rehabilitation*.

Hope to see you at our Colorado Walk4Hearing and at the Hearing Loss Association of America Portland Convention! ☐

Northern Colorado HLA 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 ☐

Hearing Loops, Visual Alerts and other accommodations at airports –Comments Needed NOW!

If you see the comment button saying **COMMENT NOW!** (or get a form online to fill out for your comments), then fill out and put in your comments. Please do **ASAP** as the **three week window** may close very soon.

From: Juliette Sterkens

Hello fellow hearing access advocates,

Below is a letter from Janice Schacter, mother of a daughter who is hard of

hearing, and chair from the New York City based Hearing Access Program. She is asking that letters be sent to the FAA in regards to the need of hearing access by the use of hearing loops and better visual alerts at our national airports. If we want hearing loop technology to be adopted on a national level we need to make sure that the FAA knows about our preferences. Comments can be submitted here:

<http://www.regulations.gov/#!submitComment;D=DOT-OST-2011-0182-0001>

Below is a sample letter (in blue) written by an audiologist friend who is a consumer and hearing loop advocate. I will submit early next week. **Please send a copy to Janice Schacter Lintz** [at Janiceslintz@gmail.com] – thanks – Juliette

The FAA is currently accepting comments regarding **hearing access in airports** and it seems like a great opportunity to speak out and **promote hearing loops as well as other access for people with hearing loss** such as **visual alerts and places for service animals** to relieve themselves. **Comments will be accepted for the next three weeks.** In addition, comments for **visual alerts** are also needed so the entire spectrum of hearing loss is covered.

For more information - you can view the following links:

The docket containing the notice of proposed rulemaking (NPRM) that addressed accommodations for deaf and hard of hearing individuals at airports is DOT-OST-2011-0182 and can be accessed at www.regulations.gov.

Comments posted on the NPRM can be viewed at <http://www.regulations.gov#!docketBrowser:rpp=25;po=0;D=DOT-OST-2011-0182>

Of the 340+ posted comments, it appears that only one addressed accommodations for the deaf and hearing impaired at airports (DOT-OST-2011-0182-0019). Incidentally, this comment also advocated for installation of induction loop systems at airports.

As you know, the NPRM public comment period closed a few months ago, but you can still post your comments for consideration at

<http://www.regulations.gov/#docketDetail;D=DOT-OST-2011-0182>.

Click on the "Comment now" button that will take you to an automated comment screen where you can directly input your comments and upload related files.

Please take the time to post a comment so we can make a difference!!!

Be well,

Janice Schacter Lintz
(Janiceslintz@gmail.com)
Chair
Hearing Access Program
C: 917-975-5642

SAMPLE LETTER

As an Audiologist and advocate for individuals with hearing loss, I believe The Department should require all U.S. airports to provide access to messages and pages broadcast from the PA system in a manner that is accessible to individuals with varying degrees of hearing loss. It is imperative that all individuals with hearing loss have equal access to auditory information. Due to the complicated nature of hearing loss, which affects the quantity of hearing (i.e. degree of hearing loss) and/or quality of hearing (i.e. clarity), one system is not suitable to meet the needs of all individuals considered under this proposal. A dual system with visual display and an induction (hearing) loop is the most appropriate solution. The induction (hearing) loop system would allow individuals who utilize hearing devices such as hearing instruments and cochlear implants to gain access to auditory information wirelessly via a T coil program and a visual system would provide access to individuals whose hearing loss results in poor speech recognition ability. An example of a successful induction (hearing) loop can be seen in the Grand Rapids, Michigan International Airport.

Furthermore, it is imperative that access to all messages, essential (alerts, emergencies) and basic information (flight delays, gate assignments etc.) be made available in a manner that is suitable for varying degrees of hearing loss. Not

providing access to all auditory information is inappropriate and inconsistent with the definition of accessibility. Additionally, it would be prudent to require these proposed changes of U.S. and foreign carriers for consistency for all travelers here and abroad.

Thank you for the opportunity to post a comment on this important matter.

□

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>Catch Me If You Can</i>	Mar 10, 2013	2 pm
<i>Spamalot</i>	Mar 30, 2013	2 pm
<i>Mary Poppins</i>	May 4, 2013	2 pm
<i>Sense & Sensibility: The Musical</i>	May 4, 2013 (at The Stage Theatre)	2 pm
<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>Catch Me If You Can</i>	Mar 10, 2013	2 pm
<i>Spamalot</i>	Mar 30, 2013	2 pm
<i>A Weekend with Pablo Picasso</i>	Apr 21, 2013 (at The Ricketson Theatre)	1:30pm
<i>Other Desert Cities</i>	Apr 28, 2013 (at The Space Theatre)	1:30pm
<i>Mary Poppins</i>	May 4, 2013	2 pm
<i>Sense & Sensibility: The Musical</i>	May 4, 2013 (at The Stage Theatre)	2 pm
<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. □

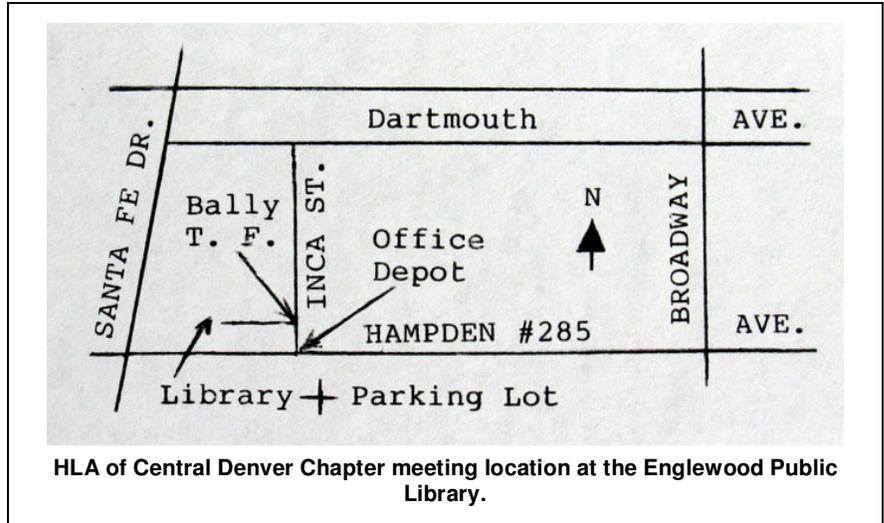
Directions and Map to Englewood Public Library

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. ☐



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

**Free Monthly Meeting
Saturday, March 2, 2013**

**Managing Emotions and
Expectations
While Living with Hearing Loss**

John S. Schultz, M.A., L.P.C.

Many people with hearing loss want to function fully in the hearing world. The reality is that may not be possible at all times in all situations. 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. Please bring your issues, concerns and ideas for an open interchange with other people who have hearing loss. We want to create a comfortable environment where people can participate as much or as little as they prefer.

John Schultz has provided Psychotherapy to families, teens, couples and individuals for thirteen years in Grand Junction. He also provides counseling for chronic disease management, disability issues and pain management. John's expertise in counseling will guide the attendees toward understanding and learning

coping strategies and setting realistic expectations to achieve more positive outcomes in their daily lives while living with hearing loss.

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

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, March 2, 2013
10:30am – 12:30pm
Center for Independence
740 Gunnison Avenue
Grand Junction, CO 81501**

RSVP's are not required but appreciated

**Amy Beckett: 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!**

**You don't want to miss these
informative sessions!**

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.)

March 19: Special Chapter Planning Meeting, 5:30 – 7:30 pm

We will have a special evening meeting to plan chapter's outreach and advocacy efforts. If you are interested in participating, please contact Amy Beckett for location details. This is a very exciting time in our chapter as we continue to grow and expand our efforts to reach out and educate people about living with hearing loss. We plan to have captioning at this meeting. Bring your ideas and enthusiasm!

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: Denice 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.

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.

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

It's time to register for Convention 2013 in Portland, OR! Get more information at: <http://www.hearingloss.org/content/convention>

WCO February Meeting Recap: Thanks to Laura Hansen, from Assist2Hear, for her informative session about induction loop systems. She did a great job at answering all of the attendee's questions, and demonstrating how loop systems work in public places and in the home.

Large venues can create difficult listening situations for people with hearing loss with reverberation, distance from the speakers, and background noise. Laura explained that loop systems work by transmitting the audio signal directly to a user's hearing aids, bypassing some of the difficulties of hearing in large venues. This increases the intelligibility of the speech and sound for the loop user. The listener needs to turn on their telecoil, or T-coil, in their hearing device to receive the audio signal, so no special equipment is needed for the user.

Loop systems are also available for smaller spaces, such as meeting rooms, and they can also be installed and used in the home. The HLAA WCO chapter uses a portable loop system at its meetings, and the Center for Independence is evaluating the installation of a loop system in the gym!

Those in the audience were very excited about this technology and are very

interested in advocating for installation of loop systems on the Western Slope. We will be in touch with our members as we move forward with this advocacy effort.

Check these sites for more information:

www.assist2hear.com and www.hearingloop.org.

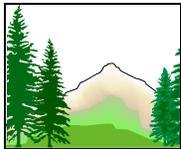
Many thanks to **Betty Rauh**, on the chapter's Membership Committee. Betty has been writing hand-written notes to our new members and guests welcoming them to our group. If you have received a note, thank Betty!

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*Courage doesn't always roar.
Sometimes courage is the quiet voice
at the end of the day saying, "I will
try again tomorrow."*

-- Mary Anne Radmacher

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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. □