

 <p>Hearing Loss Association of America San Diego Chapter</p>	<p>HEAR THIS ! (It's Personal) by Char Sivertson</p>	<p>PROGRAMS</p>
 <p>President's Corner – Marilyn Weinhouse Last month we had several new visitors who are struggling with sudden onset hearing loss and the effects of increased hearing loss. I was moved to see the compassion and empathy of our members who reached out and provided ideas, resources and encouragement to these people. Together we have a vast wealth of experience and knowledge about hearing loss. In order to create more time to be able to provide support to each other, we have decided to experiment with changing the structure of our monthly meetings. We plan to use the last 30 minutes of every meeting for an open discussion time. This will be an opportunity to ask each other questions, share personal challenges (and successes!) and support each other in our journeys of living with hearing loss. We will try it for a few months and then re-evaluate. I hope this will better meet the needs of our members.</p> <p>*****</p> <p>HLAA-SD Steering Committee Officers: President: Marilyn Weinhouse Vice President: Char Sivertson Treasurer: Dianne Laviolette Secretary: Larry Sivertson Steering Committee: Dollie Cutler, Dale Laney, Joan Padilla, Iris Platnik</p> <p>*****</p> <p>Join HLAA! New Members - Please download this membership form (also available on our website), fill it out, and mail it along with your check to: <i>HLAA-SD</i> <i>5663 Balboa Ave #357</i> <i>San Diego, CA 92111</i> <i>By passing your application through us, you ensure that our chapter receives \$10 of your membership cost!</i> Renewing members - We no longer receive \$10 for renewals, so for your convenience, you can renew online.</p>	 <p>Member Spotlight Since one of the great things about this group is knowing each other, we showcase members in our newsletter. This month it is: Al Bowen</p> <p>1. Tell us about yourself. I grew up in Miami, but moved away after high school. Attended college and served in the military. Graduated from FSU, commissioned in the USAF, and became an Air Force pilot. I flew as a commercial pilot with PSA and USAir. Because of my hearing loss, I lost my FAA medical certificate and was forced into an early retirement. I've been happily retired for 15+ years and have been trying to learn how to play golf... (OK, I know I'm a slow learner!!!) but, golf is the game that was invented to frustrate retired people... My wife and I combined our two families when we married 25+ years ago, and have four adult children.</p> <p>2. Tell us about your hearing loss. The main causes of my hearing loss are: heredity, and damage from aircraft engine noise. I've been wearing hearing aids for a very long time. I am fortunate that the VA provides me with hearing aids and an incorporated FM system. If anyone is a veteran, I would highly suggest they check out the many benefits available to them through the VA.</p> <p>3. How has hearing loss affected your life.? It's certainly limited my ability to interact with other people. (which I'm sure is not news to anyone)... I can nod and smile with the best of them though !!! (in any language)... It really doesn't matter too much if you're talking to me in English or Italian; I still won't be able to understand you !!!!! It's been very frustrating and very difficult.</p> <p>4. How did you become involved in HLAA? I found out about HLAA through a web search. I really haven't become as involved yet as I would like to... I have attended meetings and Larry's speech reading class. I've been absent the past six months because of my wife's health, but things are now looking positive and I expect to return soon.</p>	<p>HLAA San Diego 2012 Meetings (subject to change):</p> <p>Check for updates at www.hearinglosssandiego.org</p> <p>January 21 – Stacy Rogers from Med-El – Hearing Implant Devices</p> <p>February 18 - Dr. Sven Schild , Clinical Psychologist - Managing Stress</p> <p>Today!</p> <p>March 17 – SDSU Audiology Students will explain the Audiology Training Program, the type of hands-on experiences they have before graduating, specialties within audiology, and the differences between audiologists and hearing aid specialists.</p> <p>April 21 - April 21 – Alle Rhames from WCI will be talk about assisted listening devices and CapTel, the Original Captioned Telephone that allows you to hear and read captions of everything the caller says.</p> <p>May 19 – Alec Graham, West Coast Audiology - Latest developments in hearing aids.</p> <p>June 16 – Pam Chapman – Executive Director, Tierra Santa Village - Senior Village Concept</p> <p>July 21 – Dr. Art Pammenter – Clinical Psychologist – Living with Tinnitus.</p> <p>August 18 - Karen Wilson – National Center for Deaf Advocacy; Cindi Cassady - Deaf Community Services – Local resources for deaf and hard of hearing.</p> <p>September 15 – Jennifer Raulie – Advanced Bionics – Cochlear Implants</p> <p>October 20 – Debbie Lousberg, Hearing Loss Support Specialist and Career Coach, Improving Communication in the Workplace</p> <p>November 17 – Thanksgiving Potluck</p> <p>December 15 – White Elephant Gift Exchange and Holiday Songs</p>

News from Marilyn's Blog:

Do you want to show your family or friends what it is like to have a hearing loss? Check out this website: http://www.betterhearing.org/hearing_loss/hearing_loss_simulator/index.cfm

I subscribe to Neil Bauman's "eZine" (an online newsletter) and really enjoy his articles. This month he wrote an article called "Hearing Loss and Hearing Loss Simulators." The article has links to 3 simulators including the one above. Great way to demonstrate to others what you are hearing! You can read the whole article here:

http://www.hearinglosshelp.com/ezine/february_29_2012.htm Scroll down to section 6.

The next time someone accuses you of not paying attention, show them what it is like!

HLAA-SD was invited to participate in a meeting with the director of the Office of Civil Rights on February 23rd. Iris Platnik attended and shared this report:

Since by my participation in the Civil Rights March on Washington where I heard Martin Luther King's, "I have a Dream", speech and having worked with Rosa Parks at meetings in my home, I have been interested in civil rights issues. So when Marilyn told me that the Director for the Office of Civil Rights for the U.S. Department of Health and Human Services, Leon Rodriguez, was conducting meetings that included civil rights for hearing impaired people right here in San Diego, I decided to go.

There were about 25 people there. Many of those were hearing impaired. Three people were deaf with an interpreter. Many were attorneys, or represented groups that wanted language accessibility for people that spoke only foreign languages or others that were for various reasons denied communication availability. This office provides services to any institution that receives federal funds (hospitals and captions for medical lectures come to my mind). Because funding has been cut they are looking for more expeditious ways to provide services and asked for our ideas. If you have any ideas about this, please email Iris at

irisandben@san.rr.com

UPcoming Events and News (share with friends and families!)

Speech Reading Class is BACK!

Larry's popular speech reading class starts March 31st. It will run for 6 consecutive Saturdays from 12:30 – 2:30 at the Clairemont Friendship Center.

For more info: <http://www.hearinglossnetwork.org/serv/spch/spch.htm>

National Convention - Now is the time to plan for the 2012 HLAA Convention.

June 21-24 in Providence, Rhode Island. For more info: <http://www.hearingloss.org/content/convention>

Christy Stolzer and **Anne Herman** both had CI surgery this month! Wishing them both a very successful outcome!

Visit **HLAA San Diego** for ongoing events.

*If you are looking for past news, these newsletters and events are always found on our HLAA SD website.

HLAA San Diego:

<http://hearinglosssandiego.org>

HLAA National:

<http://www.hearingloss.org>

Facebook:

<http://tinyurl.com/34x87dg>