



**HEAR THIS !
(It's Personal)**
by Char Sivertson

PROGRAMS



**President's
Corner – Marilyn
Weinhouse**

I'm sorry I couldn't be here today, but I am in Albuquerque attending a hearing

loop training conference. Hopefully, I'll return as a loop expert!

Would you like to help change the world for the better for people with hearing loss? The HLAA Walk4Hearing will be in Long Beach on June 3rd. The Walk4Hearing is the largest walk of its kind in the country that raises awareness and helps to eradicate the stigma associated with hearing loss. You can learn more about it and register online at:

www.walk4hearing.org. I would love to get a team together to participate!. Our chapter will receive 40% of the money raised! Please contact me if you are interested.

**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

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:

HLAA-SD
5663 Balboa Ave #357
San Diego, CA 92111

By passing your application through us, you ensure that our chapter receives \$10 of your membership cost!

Renewing members - We no longer receive \$10 for renewals, so for your convenience, you can renew online.



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:

Susan Almond



1. Tell us about yourself.

I have been a Registered Dietitian for the past 40 years. I retired once from Public Health after 25 years, when I lived in Bishop, CA..

When I moved to Carlsbad 12 years ago, I worked at Palomar Medical Center as a Clinical Dietitian, and I have been trained to work in ICU/Trauma, as well as other areas of the hospital including Diabetics, Renal patients, Cardiac patients, Mental Health and Rehabilitation, Neonatal Intensive Care and Pediatric, as well as Women's Health. I also work part-time as a Mary Kay Independent Beauty Consultant, which is more like a hobby, and has taught me social marketing skills and other business skills which I have enjoyed learning. Additionally, I am a native Californian, born in Los Angeles. I went to elementary school in Whittier, CA, and high school in the San Fernando Valley. My college years were spent in San Luis Obispo at Cal Poly. My dietician internship was at UCLA and the VA in LA. I am single with one daughter who lives in Austin, TX and works as a fundraiser for Concordia University, TX. I have made Carlsbad my home for the past 12 years.

2. Tell us about your hearing loss.

I have a sensory-neuro hearing loss, which is congenital. My daughter also inherited the same low frequency hearing loss. I wear bi-aural hearing aids, and cannot hear without them. I am very good at lip-reading, as I depended on that for about 25+ years before I was fitted with a hearing aid in the left ear. I was always very self conscious about my hearing and wearing hearing aids until I became more "grown up." I am losing my word discrimination, especially in my left ear, and would like to be tested for a cochlear implant.

HLAA San Diego 2012 Meetings
(subject to change):

Check for updates at
www.hearinglosssandiego.org

January 21 – Stacy Rogers from Med-El – Hearing Implant Devices

February 18 – Dr. Sven Schild , Clinical Psychologist – Managing Stress

March 17 – SDSU Audiology Students – the Audiology Training Program.

April 21– Erick Young from WCI – Assisted listening devices and CapTel, the original captioned telephone used to hear & read captions of everything the caller says.

May 19 – Alec Graham, audiologist and owner of West Coast Audiology – Latest developments in hearing aids and the accessories available from major hearing aid manufacturers that can make up for what hearing aids alone have trouble accomplishing.

June 16 – Pam Chapman, Executive Director, Tierra Santa Village – Senior Village Concept

July 21 – Dr. Art Pammenter, Clinical Psychologist – Living with Tinnitus.

August 18 – Karen Wilson, National Center for Deaf Advocacy and Cindi Cassady, Deaf Community Services – Local resources for deaf and hard of hearing.

September 15 – Jennifer Raulie, Advanced Bionics – Cochlear Implants

October 20 – Debbie Lousberg, Hearing Loss Support Specialist and Career Coach – Improving Communication in the Workplace

November 17 – Thanksgiving Potluck

December 15 – White Elephant Gift Exchange and Holiday Songs

Spotlight – Susan Almond – continued.

3. How has hearing loss affected your life?

My hearing loss has had an emotional effect on my life. I had a speech impediment as a child as well, and I was teased about it. I became very shy and self conscious in high school. My speech became normal during my high school senior year, and I went off to college. I always sat in the front of the class so I could take notes and hear the instructor. I married a man who became intolerant of my hearing loss, and after our daughter was diagnosed too, he felt like a "victim." He did not like the captioning on the TV, even though it helped both my daughter and I to enjoy TV programs, while keeping the sound at a level he could enjoy. The captioning was a god send for my daughter to learn to read, as well. She began wearing hearing aids at 16 months of age, thanks to a friend of mine who has her Masters in Audiology who insisted we get help for my daughter Carrie as soon as possible. My daughter is doing very well now and has her Masters degree. She is married to a wonderful, compassionate and kind young man. Digital hearing aids have made a big difference in both of our lives due to the clarity of word discrimination over the analog type of hearing aid.

4. How did you become involved in HLAA?

I began having trouble discriminating what my work colleagues were saying. We have sometimes 5-6 dietitians working together in the same office. They talk among themselves about issues etc, and I feel left out and become anxious, because I cannot understand what they are saying. My job is very visual and I use the computer in my work. When I need to talk to someone, I face them and I usually have little problems. But, if my back is to them or I'm working, then I cannot participate in the conversation. So, I looked up hearing support groups on Google and found out about HLAA. There was a Carlsbad group with a woman named Debbie, but they were ironically moving to Austin, TX. She recommended the Escondido group, where I met Marilyn W, our President. She encouraged me to visit this group and I did. When my work schedule allows, I have enjoyed participating, and learning from its members. I would never have known that Cochlear Implants were so advanced, and I have appreciated meeting people who share the same problem that I have. Thank you for listening.

News from Marilyn's Blog:

People often ask me what I think about the hearing aids at Costco. I have actually heard good things about their hearing aids and the prices are excellent. As with buying any hearing aid, you should know what features you are looking for. I called several Costco Hearing Aid Centers and asked if their hearing aids have t-coils. I was usually met with confusion, uncertainty, and "I'll have to call you back". So, once again, shop around at different Costco's and get a good audiologist. [The April issue of the "Costco Connection" magazine has an article about their hearing aid centers on page 80, called "Listen Up".](#)

I was very happy to see the last section of the article, "The Scoop on the Loop," all about t-coils and hearing loops! This was from an interview with Steve Frazier, the New Mexico State Coordinator for HLAA. It should be great for spreading the word about hearing loops! Their newest hearing aid, the Kirkland Signature 4.0, comes with a t-coil. It is also Bluetooth capable with an optional streamer and has a rechargeable battery! At \$2,000/pair sounds like a great deal to me. [More details about the Kirkland Signature 4.0 here.](#)

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

Speech Reading Class is BACK! Larry's popular speech 6-week reading class continues Saturdays from 12:30 – 2:30 at the Clairemont Friendship Center until May 5.

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



Bowling Day, Sunday, April 29, 2:00 – 4:00 Kearny Mesa Bowl 7585 Clairemont Mesa Blvd, San Diego 92111. Join us for a fun afternoon of bowling! Cost is \$10/person which includes 2 hours of bowling and shoe rental. You can pay at the bowling alley on the day of our event. Don't want to bowl? Come and cheer us on! Worried about the noise level? Don't worry! No one will hear well, but we'll all have lots of fun! RSVP to Marilyn at xweinhouse@aol.com

Walk for Hearing, June 3rd, Long Beach

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>

Broadway San Diego Jan Jensen and Marilyn Weinhouse thoroughly enjoyed the captioned performance of "Rock of Ages"! Fabulous costumes, dancing, music, lovable characters (and "R-rated"!).

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>