

 <p><b>Hearing Loss Association of America</b> San Diego Chapter</p>	<p><b>HEAR THIS ! (It's Personal)</b> by Char Sivertson</p>	<p><b>PROGRAMS</b></p>
 <p><b>President's Corner – Marilyn Weinhouse</b></p> <p>I am looking forward to doing the Walk4Hearing on June 3rd in Long Beach. I joined "Team Carleigh" and am very proud to announce that I have raised almost \$1,000 so far! I hope others will join me next year. HLAA makes it easy to raise money by providing an online template to send out to family and friends with a link to "make a gift". No knocking on doors!</p> <p>Last month I attended the Contacta Hearing Loop training which was excellent. While in New Mexico, I also attended a Hearing Loss Conference sponsored by the New Mexico Commission on Deaf and Hard of Hearing (NMCDHH). The workshops were all very interesting, but what I found fascinating were all the different accommodations available to make everything accessible to everybody! Please see the back for more information about both conferences.</p> <p>*****</p> <p><b>HLAA-SD Steering Committee Officers:</b></p> <p><i>President: Marilyn Weinhouse Vice President: Char Sivertson Treasurer: Dianne Laviolette Secretary: Larry Sivertson Steering Committee: Dollie Cutler, Dale Laney, Joan Padilla, Iris Platnik</i></p> <p>*****</p> <p><b>Join HLAA!</b></p> <p><b>New Members</b> - Please <a href="#">download this membership form</a> (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</p> <p>By passing your application through us, you ensure our chapter receives \$10 of your membership cost!</p> <p><b>Renewing members</b> - We no longer receive \$10 for renewals, so for your convenience, you can renew online.</p>	<p><b>Member Spotlight</b></p>  <p>Since one of the great things about this group is knowing each other, we showcase members in our newsletter. This month it is:</p> <p><b>Iris Platnik</b></p>  <p><b>1. Tell us about yourself.</b> I moved from Michigan to San Diego with my husband Ben, in 1985. Now, my two daughters and granddaughters live nearby. In Michigan I was an art teacher and later a social worker with the public schools. I had a private psychotherapy practice after earning my Master's Degree in Social Work. Here in San Diego, I produced a cable TV show on location at 3 different San Diego high schools showcasing activist teens. I also worked with the administration at San Diego State on the issue of providing sober-living student housing and was an adjunct professor at UCSD. My passions are health and fitness and I am a stalwart advocate for stem cell research.</p> <p><b>Tell us about your hearing loss.</b> My husband was the one who first noticed my hearing loss forty years ago--the loss was progressive until it became so bad that I couldn't hear my students in the classroom. The cause for my loss is unknown.</p> <p><b>How has hearing loss affected your life?</b> My hearing loss made everything that I did more difficult. Finally, my hearing aids were not enough, so I had a cochlear implant about 9 months ago--the good news is my hearing continues to improve. After the implant I couldn't hear on the phone at all--now, after taking lessons with an audiologist, I am again able to use the phone.</p> <p><b>How did you become involved in HLAA?</b> An audiologist told me about the organization. I find it an inspiring group of people who are interested in solving their own hearing challenges as well as helping others. I am hopeful that our membership can grow.</p>	<p><b>HLAA San Diego 2012 Meetings</b> (subject to change):</p> <p><b>Check for updates at</b> <a href="http://www.hearinglosssandiego.org">www.hearinglosssandiego.org</a></p> <p><b>January 21</b> – Stacy Rogers from Med-El – Hearing Implant Devices</p> <p><b>February 18</b> – Dr. Sven Schild, Clinical Psychologist – Managing Stress</p> <p><b>March 17</b> – SDSU Audiology Students – the Audiology Training Program.</p> <p><b>April 21</b>– Erick Young from WCI – Assisted listening devices and CapTel.</p> <p><b>May 19</b> – 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.</p> <p><b>June 16</b> – Pam Chapman, Executive Director, Tierra Santa Senior Village – The Senior Village Concept and Time Banking. The Senior Village concept is a network of social connections, events, information, and support services that will permit seniors to live conveniently, safely, and happily as they grow older – in their own homes. The Time Bank is the Village's program for members to exchange services, hour for hour, or "time dollar" for "time dollar."</p> <p><b>July 21</b> – Dr. Art Pammenter, Clinical Psychologist – Living with Tinnitus.</p> <p><b>August 18</b> – Karen Wilson, National Center for Deaf Advocacy and Cindi Cassady, Deaf Community Services – Local resources for deaf and hard of hearing.</p> <p><b>September 15</b> – Jennifer Raulie, Advanced Bionics – Cochlear Implants</p> <p><b>October 20</b> – Debbie Lousberg, Hearing Loss Support Specialist and Career Coach – Improving Communication in the Workplace</p> <p><b>November 17</b> – Thanksgiving Potluck</p> <p><b>December 15</b> – White Elephant Gift Exchange and Holiday Songs</p>

## News from Marilyn's Blog:

**"It is vitally important that people with hearing loss stop trying to hide their hearing problem. There is absolutely nothing to be gained by doing so, and so much to lose."**

Richard Einhorn, composer who suffered a sudden, unexplained profound hearing loss in 2010.

Can you imagine waking up one morning and discovering you are completely deaf in one ear and have lost 70% of your hearing in the other ear?! That would be devastating for anyone, but imagine you were a composer and your entire life revolved around music. Read the inspiring story of this man in the [May-June issue of the Hearing Loss Magazine](#) (available online to HLAA members).

The New York Times has published a second article about Richard, "[For Hard of Hearing, Clarity Out of the Din.](#)" In this article, he discusses t-coils, loops and assisted listening devices. Richard describes how he converted his iPhone into a personal amplifier. Very cool!

## Hearing Loop Training

I learned a lot about installing hearing loops, but decided that for now I will stick to home loops and small commercial loops. I met some loop installers from LA who are willing to come down to do larger jobs, so still hoping to "Loop San Diego"!

## NMCDHH 2012 Conference

I was so impressed with the organization of this conference and the quality of the workshops. There were CART and ASL interpreters in every workshop. There was a woman with both visual and hearing impairments in some of the workshops I attended. They provided an ASL interpreter just for her who sat right in front of her with a light shining on her hands. The interpreters were amazing! So expressive and dramatic!

In one workshop, the speaker was deaf, so there was an oral interpreter that spoke for him and when questions were asked, another interpreter signed the questions to the speaker. Wow! Very impressive! For an assisted listening device, they had the Comfort Contego Personal FM System available to check out and there was at least one room equipped with a hearing loop.

One of the conference highlights was seeing Lou Ferrigno – "The Incredible Hulk"! I met him in the elevator and shook his hand! It was so exciting! He is one BIG guy! He gave a motivational talk about growing up with a hearing loss and never letting hearing loss prevent us from achieving our goals.

## Here are a couple of my favorite workshops from the NMCDHH 2012 Conference

**"Voice-to-Text Successes and Challenges – A Fun Exploration"** by Philip Hussong, owner of [Alternative Communication Services \(ACS\)](#)

In this workshop, two types of remote captioning were demonstrated. The presenter used Skype to connect with two remote captioners (one in New York and one in DC!). While he spoke into a microphone, one captioner did "remote CART" which is typing word-for-word what the speaker was saying. The other demonstrated "text Interpreting" which is typing the main ideas, not exactly what is being said. These were both projected on a screen for us to view. This remote captioning is a service that can be used as needed by people who are deaf or hard-of hearing when an ASL interpreter or captioner is not available. It costs about \$100/hour.

**"Hearing Loss in Health Care Settings"** by Mary Clark (former HLA-CA President – now President of the Albuquerque HLAA Chapter!)

Good to see Mary again. She did an excellent workshop on how to manage the very stressful experience of being hospitalized with a hearing loss. Some of her tips: Use the HLAA "hearing Impaired" stickers to post on medical charts and at the nurse's station near your call button (even better – put masking tape over the button so they have to come into your room to respond to a call). Prepare or purchase a Hospital Kit to take with you, including a large sign to put above the bed. Bring a Pocketalker or other listening device with you. Put a note on your chart: "Please face me" and "I can't lip read someone wearing a mask."

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



**Christy Stolzer:** I had my first hearing test since my second cochlear implant. My newly implanted ear is performing better than the ear that was implanted over 2 years ago. So glad I decided to go for the second implant. It's nice to say goodbye to the progressive hearing loss chapter of my life. (from Facebook)



**Bowling Day.** Our Bowling Day last month was great fun! We had 12 bowlers and one cheer leader. Our top bowler, Walt Gutjahr, scored a whopping 172! A good time was had by all.

**Congratulations** to Joan Padilla whose daughter has earned a degree in Veterinary Medicine!

**Walk for Hearing**, June 3<sup>rd</sup>, 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>

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>