



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

**PROGRAMS**



**President's  
Corner – Marilyn  
Weinhouse**

Don and I participated in the Walk4Hearing in Long Beach on June

3rd. It was great fun! We joined "Team Carleigh" led by Carleigh's mother, Syndi Lyon and joined by a very lively group of family and friends. Carleigh, 7 years old, received her first cochlear implant and age 5, and will soon get a second implant. Her hearing loss is caused by Pendred Syndrome, a genetic disorder that causes early hearing loss in children. If prizes for team spirit had been awarded, we would have won! Everyone wore pink t-shirts, carried pink balloons and Carleigh's enthusiastic gymnastic teachers were hard to miss in their pink tutu's!

**Our team raised over \$5,000.** 60% of that will go to the National HLAA and 40% will go to our San Diego Chapter. This will help us continue our mission of improving the lives of people with hearing loss! Thank you to Syndi Lyon and "Team Carleigh" for all their fund raising efforts!

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**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*

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**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 **first** application through us, you ensure our chapter receives \$10 of your membership cost!

**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:

**Mary Kay Jenkins**



**Tell us about yourself.**

I am a retired elementary school teacher—taught for over 37 years for the Chula Vista Elementary School District. Most of my years were in 1st grade. I also served

as a Mentor Teacher and Beginning Teacher Support Provider. Teaching reading was my area of special expertise. I am now "Grandma Daycare" to my two grand-daughters—best job in the world! I enjoy travel, gardening (especially with Native CA plants), habitat preservation, reading, and gatherings with family and friends. My three cats and I live together in a little house with a great yard and a pool in El Cajon.

**2. Tell us about your hearing loss**

My hearing loss was a sudden, direct result of the antibiotics that saved my life in 2003. (ototoxicity) It's amazing I'm alive, as my body was shutting down, in sepsis, by the time I reached the hospital. Both my legs had to amputated below the knee to save my life. I now get around quite well on prosthetic legs.

**3. How has hearing loss affected your life?**

Many people would think being a bilateral amputee is my biggest handicap—wrong- it's my hearing loss. Although I taught for 5 years after my hearing loss, it was very difficult. I had my kids trained so that I could still function as a good teacher. My hearing has continued to deteriorate, and I feel I am becoming isolated from society. There are things I don't do anymore due to my hearing problem—movies, classes, group discussions, Bible study, to name a few. I clam up with my friends in noisy restaurants. However, I may qualify for a cochlear implant, and hope that will make a difference.

**HLAA San Diego 2012 Meetings**

(subject to change): Check for updates at [www.hearinglosssandiego.org](http://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.

**May 19** – Alec Graham, audiologist and owner of West Coast Audiology

**June 16** – 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."

**July 21** – Dr. Art Pammenter, Clinical Psychologist – Living with Tinnitus. Learn coping strategies to reduce stress that accompanies this disorder. Cognitive Therapy, usually combined with Relaxation exercises is used. You can try a relaxation exercise on Dr. Pammenter's website: [www.drartp.com/relaxation-exercise.html](http://www.drartp.com/relaxation-exercise.html)

**August 18** – Karen Wilson, National Center for Deaf Advocacy and Cindi Cassady, Deaf Community Services .

**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 – continued. Mary Kay Jenkins**

**4. How did you become involved in HLAA?**

A friend told me about the former group, and I attended a few meetings. My Saturdays are pretty busy, so I haven't been around as much as I would like. Now that I will (hopefully) have a cochlear implant, I plan to be more active in the group.

**Photos from Walk for Hearing ! (see story in President's Corner on page 1)**

[See more photos of the Walk4Hearing on our Facebook page.](#)



Nanci Linke-Ellis and Marilyn



Doggies with team spirit!



Marilyn, Carleigh and Syndi Lyon

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

- **National Convention** - 2012 HLAA Convention. June 21-24 in Providence, Rhode Island. For more info: <http://www.hearingloss.org/content/convention>
- We have purchased 2 DVD's by Josh Aronson that are available to borrow. Please see Larry or Marilyn if you would like to check them out. "Sound and Fury" and "Sound and Fury – Six Years Later" are both about the controversial decision of a deaf family to have their young child implanted with a cochlear implant.
- Larry and Char recently returned from a two week trip to the Midwest, visiting family in North Dakota, Wisconsin and Tennessee.
- Keep us up to date on *your* news! Member news always welcome in our newsletter.  
Email: [csivertson@juno.com](mailto:csivertson@juno.com)

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.