



HEAR THIS ! (It's Personal)

Send YOUR story to csivertson@juno.com

PROGRAMS



President's Corner – Marilyn Weinhouse

Greetings All!

I have just discovered a new magazine published by the

Hearing Health Foundation. It is called, "Hearing Health," and is available in a digital edition online or you can sign up for a free subscription to the print edition at

www.hearinghealthfoundation.org.

I encourage you to sign up! It is full of easy-to-read, interesting articles, such as: "10 Clues Your Child Has Hearing Loss", "Peace on Earth, Peace of Mind" which describes great gifts for people with hearing loss, and "Hearing Headlines" with brief articles of hearing-related news.

In Hearing Headlines there is a **caution about taking the painkillers.**

Acetaminophen (Tylenol) and ibuprofen (Advil and others) have been shown to increase the risk of hearing loss.

The mission of the Hearing Health Foundation is "to prevent and cure hearing loss through groundbreaking research," but the magazine is written for lay-people, not researchers, in a user-friendly format. Great way to keep informed of hearing loss news!

HLAA-SD Steering Committee Officers:

President: Marilyn Weinhouse

Vice President: Char Sivertson

Treasurer: Dianne Laviolette

Secretary: Larry Sivertson

Steering Committee: Dolli Cutler, Dale Laney, Joan Padilla, Iris Platnik

Member Spotlight



Since one of the great things about this group is knowing each other, we would like to showcase members in this column. We need your help! Please answer the questions below and send to Char.

1. Tell us about yourself (Where are you from? How long have you lived in the S.D. area? What type of work do/did you do? Hobbies/Interests? Your family?)
2. Tell us about your hearing loss. (When did it start? How did it progress? Hearing aides or CI?)
3. How has your hearing loss affected your life?
4. How did you become involved in HLAA? How has it helped you?

Chapter News!

- Marilyn's daughter was married on Oct.6th. Here is a photo of the newlyweds!



- The Escondido Chapter of HLAA is closing. We welcome their members to join us and look forward to meeting new friends from "up north."

HLAA San Diego 2012 Meetings

(subject to change): Check for updates at www.hearinglosssandiego.org

January 21 – Stacy Rogers from Med-EI – 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.

July 21 – Dr. Art Pammenter, Clinical Psychologist – Living with Tinnitus. Learn coping strategies to reduce stress that accompanies this disorder.

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, MA, CCC-A Advanced Bionics – Cochlear Implants.

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

November 17 – Thanksgiving Potluck. Plus Game Day!

December 15 – White Elephant Gift Exchange and Holiday Songs

News from Marilyn's Blog

Over-the-Counter Hearing Assist Devices

Interesting article in The Wall Street Journal online, "[Testing, Testing...Can You Hear Better Now?](#)" about "Personal Sound Amplification Products" or "PSAP's." They are not subject to FDA approval and can be sold over-the-counter. Ranging from \$100 to \$500 each, they are much cheaper than hearing aids.....but are they really helpful? The author, Melinda Beck, seemed to like the Able Planet Personal Sound AMP2500.....but she has never worn a "real" hearing aid. The PSAP's may be a step above the analog devices that sell for \$20, but I still question their effectiveness. For now, I'll stick with my "real" hearing aids.

Other News



Presentations from the **Research Symposium at HLAA 2012 Convention** are available on YouTube. You can find them by searching YouTube for "HLAA Research Symposium 2012." The presentations are given by researchers and professors from Johns Hopkins University.

1. "Central Auditory System Basics and the Effects of Abnormal Auditory Input to the Brain" by Amanda Lauer, Ph.D.
2. "Listening in Noise: Basic Mechanisms and Clinical Implications" by Brad May, Ph.D.
3. "Music Perception" by Charles Limb, MD
4. "Hearing Loss and Aging" by Frank Lin, MD, Ph.D

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



November 17th - Please note the time change! 11:00 – 1:00

In November, we will have our delicious Thanksgiving Potluck. We will also bring games for those who would like to "stay and play" after lunch. For November only, we will be meeting at 11:00 instead of our usual 10:30 meeting time.



The HLAA Convention 2013 will be held June 27-30th in Portland, Oregon.

Registration is now open: <http://www.hearingloss.org/content/registration>

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. Send your news to Char Sivertson at csivertson@juno.com

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! But as always, membership is NOT required to attend our meetings.

HLAA San Diego:

<http://hearinglosssandiego.org>

HLAA National:

<http://www.hearingloss.org>

Facebook:

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

The mission of Hearing Loss Association of America is to open the world of communication to people with hearing loss by providing information, education, advocacy and support.