

## HEAR THIS ! (It's Personal)

Send YOUR story to [csivertson@juno.com](mailto:csivertson@juno.com)

## PROGRAMS



### President's Corner – Char Sivertson.

First, let me thank Marilyn for serving two years as our president. Her efforts made 2013 a great year for us!

Don't worry, she will continue to serve us on the Steering Committee with a focus on Programs and Education. Thanks to the entire committee going into 2014! Late 2013 I submitted what I felt were our strengths to HLAA National Chapters Spotlight (at the link below) and want to share a portion of it with you here.)

<http://www.hearingloss.org/content/spotlight>

#### Knowledge, Advocacy, Support and Tradition

The HLA San Diego Chapter is thriving, having two - hour monthly meetings of 20 to 30 attendees. We publish a monthly newsletter and maintain a website on which we post meeting agendas and newsletters. Our president books varied and qualified speakers who cover a full range of subjects that are compelling to people with hearing loss, such as existing and future technology and devices, psychological ramifications, and available services in the area.

Our members want to learn and grow. We find instructors to teach speech reading and sign language classes. Members want to talk with each other, so we try to find time at each meeting for group discussion and healthy break times so people can chat on a one to one basis. Our members want a sense of family and we support each other as such. We maintain family traditions during the holidays including Thanksgiving with all the trimmings and a Holiday White Elephant Gift Exchange combined with enthusiastic singing.

We focus on growing the group because it is the new people who have never had a support group that remind us of our purpose and inspire us to mentor. To do this, our members volunteer to "man" HLAA booths in various venues. We advertise through our website, Meetup, and newsletters. We find new members who first attend our classes.

Our San Diego Chapter has been active for many years and the last few years have been very gratifying with strong leadership with Marilyn as president and Larry Sivertson in charge of logistics. The board is engaged and our members reach out to all. Our speakers often comment during our discussions how knowledgeable and supportive our group is.

We know we will always have challenges in keeping the ball rolling, but for now we are enjoying the synergy of Knowledge, Advocacy, Support and Tradition.



### Spotlight: *Corrine Brown*

#### 1. Tell us about yourself

I have lived in San Diego since 2007. My two daughters live in San Diego and my son lives in Orange County so it is nice living closer to my children and grandchildren.



I am not currently working but I love spending my time volunteering. I volunteer for HLAA (of course!). I am honored to be serving as the Vice President of the San Diego Chapter for 2014 and look forward to a great year! My other love is children with developmental disabilities. I spend lots of time with students my daughter teaches at Clairemont High. I have recently been on a quest to learn ASL too. It's really a fun language to learn. DCS here in San Diego offers a free beginners class on Thursdays. Another interest is service dogs. If you know me, you know my dog, Sunni. She is my partner that is by my side almost everywhere I go.

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

I probably had some degree of hearing loss when I was a child but I was not diagnosed until I was in my early 20's. I did not accept that diagnosis. In my 30's my hearing loss got to the point that I was misunderstanding far too much. I had to overcome the stigma. I became a hearing aid user. Hearing aids helped me but my hearing loss progressed quickly - I was struggling. After losing all the hearing in one ear, I was evaluated for a CI. It turned out I had almost no hearing in either ear so I was a candidate! I scheduled surgery the first available date the surgeon had. I have been very successful with my CI. I love it. It opened up my world. I have had it a year now and couldn't be happier.

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

In my younger days, my hearing loss had a very negative impact on my life. I now realize that was because of my attitude. I was ashamed. I believed the stigma of hearing aids and I hid mine at all cost. But now, I believe that every person who gets fitted for a hearing device should be proud. They are taking care of themselves so they can avoid the isolation and loneliness that untreated hearing loss can lead to.

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

When I came to San Diego, I started going to hearing loss support meetings. Then I started to attend the HLAA meetings and am so glad I did. HLAA has helped me with my confidence. I have literally learned how to hear. I would not be wearing a CI if it weren't for the wonderful members sharing their stories and encouraging me. I have met so many great people - our chapter is filled with great people willing to help each other.

### HLAA San Diego 2014 Meetings

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

**January 18** - Paul Steussy, Hamilton Relay Outreach Coordinator, Captioning for Smart Phones, Computers, and Captel Phones

**February 15** – Erika Zettner, Director of Audiology at UCSD – What to Expect after Receiving a Cochlear Implant.

**March 15** – Dawna Mills, Director, Adult Cochlear Implant Program, House Ear Clinic, Los Angeles – Single-sided Deafness

**April 19** - Camille Jenkins and Rico, Sam Simon Foundation - Hearing Dog Program

**May 17** – Dr. Alison Freeman, Clinical Psychologist – Navigating a Successful Relationship

**June 21** – Joe Pelatt, Awareness Network Manager, Cochlear Americas

**July 19** – Larry Sivertson – Speech Reading

**August 16** - TBD

**September 20** – Anabel Kuykendall, Aging and Independence Services (AIS)

**October 18** - Open Forum – Hearing Assistive Technology

**November 15.** Thanksgiving Potluck

**December 20.** White Elephant Gift Exchange and Holiday Songs

**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-SD Steering Committee

*President: Char Sivertson*  
*Vice President: Corinne Brown*  
*Treasurer: Dianne Laviolette*  
*Secretary: Larry Sivertson*  
*Steering Committee:*

*Marilyn Weinhouse, Dolli Cutler, Joan Padilla, Iris Platnik, Duke Argabright, Charlotte Zaino, Karen Miller*

*Steering Committee Meetings: (held after meeting, open to all and subject to change) Feb, 15, June, 21, Oct 18*

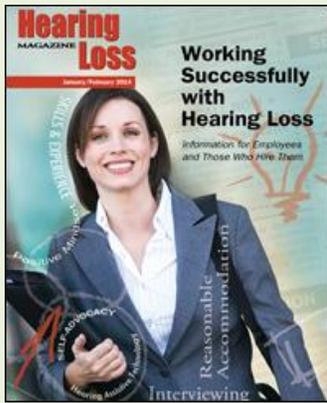
**This newsletter is available online at**

[www.hearinglosssandiego.org](http://www.hearinglosssandiego.org)



Find us on  
**Facebook**

## News from Hearing Loss Magazine



One of the benefits of joining HLAA is their nifty magazine. The latest issue is all about **hearing loss in the workplace**. It is well-done.. So, if you are looking for employment or already in the workplace but want to maximize it, hearing-wise, don't miss this issue. Check our **library** if you need a copy.

### **Career Success after Hearing Loss: Finding and Refining Your Path**

*By David Baldrige*

The author shares ten common successful strategies among people with hearing loss.

### **Congratulations, You Have an Interview! What Now?**

*By Mary Clark*

Does the interviewing process have to be a nightmare? Not if you are prepared.

### **The Workplace and the Law, By John Waldo**

While the Americans with Disabilities Act has opened doors to communication access to people with hearing loss, the law doesn't tell the employee or the boss what either must do in any specific situation.

### **Workplace Behavioral Responses to the Law**

*By David Baldrige*

Be prepared to fully participate in the process of offering helpful suggestions to your employer.

### **A Midwestern Grocery Store Extends a Helping Hand**

*By Suzanne Roath*

Here's a story of an employee/employer relationship that works.

### **You're NOT Fired! Technologies for Workplace Success**

*By Brad Ingraio*

The author gives you advice on what to use on the job.

### **HLAA Employment Toolkit**

*By Lise Hamlin*

HLAA provides practical and helpful information for people in the workforce.

### **Hiring Employees with Hearing Loss – What's in it for Employers?**

*By Valerie Stafford-Mallis*

Why should someone consider hiring someone with a hearing loss? Here are some really good reasons why.

### **Hearing is Big Business**

*By Bettie Borton*

The American Academy of Audiology president writes about untreated hearing loss in the workplace.

### **Working Successfully with Hearing Loss**

*By Anna Gilmore Hall, HLAA executive director*

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



### **HLAA Convention 2014 Registration Now Open !**

**June 26 – 29.** If you have never gone, it is an

experience you will never forget. If you are returning, it will be a reunion with friends!

### **Host Hotel - book your stay now.**

#### **Renaissance Austin Hotel**

9721 Arboretum Boulevard  
Austin, TX 78759-6316

Single/Double - \$154 + tax  
Double/Triple - \$169 + tax

<http://www.hearingloss.org/content/registration>



**Long Beach, California – June 1.  
More on this next month.**

**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.