

Congratulations to our HAT Committee!

Our HAT Committee was honored at [Disabled Resources Center's](#) 41st Annual Awards Dinner on Thursday, June 15 at The Reef on the Water in Long Beach. HAT was honored with the Community Service Award for our many years of demos and outreaches in the community, explaining our fifty plus technology items that help people with hearing loss (HOH) to hear. Peg Heglund gave an endearing presentation, speaking from the heart to the audience on what HAT does for her.

HAT members honored were: Dr. Bill Busch, Herb Balkind, Peg Heglund, Helen Bologna, Ilga



Dravnieks, Gail Morrison, Dr. Doug Green, George Costello, Bonnie Strutin, Craig Bowlby, Katie Wright, Van Von Burg, Ron and Elfrieda MacIver and Don Hachiya.



Tips for driving safely with hearing loss

Debbie Clason, June 2017, *Healthy Hearing*

How much do you rely on your hearing when you drive? Probably more than you know. Although your sense of sight is undoubtedly the most important when behind the wheel, your sense of hearing helps you detect approaching emergency vehicles, hear the blaring horn of an impatient driver or reminds you that your turn signals are engaged. While people with hearing loss don't drive any worse than those with normal hearing, it never hurts to be prepared and take extra safety precautions.

Get treatment for your hearing loss

With hearing loss, reducing distractions is even more crucial to driving safely.

First of all, if you aren't hearing as well as you used to, find a qualified hearing healthcare professional and have your hearing evaluated. You may just have a bad cold or obstruction in your ear that can be removed, but if the diagnosis is hearing loss, follow your professional's recommendation for treatment.

The right treatment might be hearing aids, especially if you've developed sensorineural hearing loss. Not only can hearing aids amplify the important sounds you hear on the road, they can also keep your auditory system healthy so your brain doesn't forget how to interpret other sounds in your environment.

(continued on page 4)

CHAPTER CALENDAR

All events and meetings are held at the at Weingart Center, 5220 Oliva Ave, Lakewood 90712

No chapter meeting in July or August, no Board meeting in July

Aug 23 Board Meeting, 12:00-1:30, Weingart craft room

Sep 14 Chapter Meeting, 6:30: Audiologist Dr. Brad Ingrao

We offer 2 different lip reading classes: Mondays 10:00–noon and Wednesdays 9:30–11:30 am. Lip reading classes are on summer break but will resume in September—watch for dates.



PRESIDENT'S MESSAGE

from **Katie Wright**

Report from the HLAA Convention

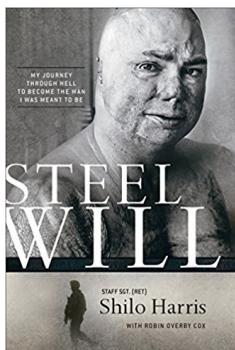
Maxine Barton-Bauman and I just returned from the HLAA Convention in Salt Lake City. It was amazing to be around people who "get" what it's like to struggle to hear. Every workshop, every social event—even the hotel registration desk—was looped. Captioning was available at all the workshops and, if someone needed a sign language interpreter, with a little advance notice, that was provided.

While there were classes on advocacy, looping, chapter development, technology, cochlear implants—and even genealogy (after all, it was Salt Lake City), the most moving event was the keynote speech by Staff Sgt. (Ret.) Shilo Harris.

Sgt. Harris was severely injured in Iraq in 2007, when his armored vehicle was struck by an IED. Three of his fellow soldiers were killed. He survived with severe third degree burns on 35% of his body, losing his ears, the tip of his nose,

and three fingers. The explosion fractured his collarbone and spine. After 48 days in a medically-induced coma, three years of intensive physical therapy, 75 surgeries, PTSD, and scar tissue covering 85% of his body, he is now a motivational speaker. "Everything in life is a gift. It may not be the gift you want but you realize that your challenges are a new beginning."

One thing he said spoke to all of us in the audience. The loss of his hearing is the most difficult battle he still has to fight. It reminded me of a Helen Keller quote: "Blindness separates us from things but deafness separates us from people." We all fight a battle every day to hear our loved ones, take care of business, ward off isolation and depression. If Sgt. Harris can view his life as a gift, then I guess I can too.



Harris has written a book with educator Robin Overby Cox about his experience, entitled *Steel Will: My Journey Through Hell To Become the Man I Was Meant To Be*. I can't wait to read it.

Teleconferencing with captions

Gail Morrison, HLAA Long Beach/Lakewood Chapter, June 2017

When the Chairman of the Worship Committee emailed us that she was setting up a teleconference call, I panicked! I emailed her stating that I wouldn't be able to hear and that I would need captions. Hearing on the phone is a very difficult task for HOH people.

Imagine my surprise on Sunday when she asked if I had captions on my phone. I do have a captioned phone service but I didn't know if it would handle teleconference calls. I sent out an email asking for advice; Lynne Kinsey, Board Member of HLAA-CA Board of Trustees, suggested calling the CaptionCall Support Line stating how helpful and friendly they are. I called (1-877-557-2227) and they said all I need to do is call the conference number and the

code. She asked how many would be using CaptionCall and I told her that it would only be me. She asked how many would be involved and I told her up to ten. She explained that the captioner would start a new paragraph as each new speaker spoke.

Another friend who uses a captioned phone chimed in and suggested I ask the Chairman to have each participant state their name when speaking. She added that she doesn't tell people she's using CaptionCall; it's a personal choice to decide how to handle this. The Worship Chairman said she would include these tips in the email to the committee when she had the conference number and code telling them that I would be using CaptionCall. This was fine with me since they all know I have severe hearing loss.

(continued on page 3)

Teleconferencing

(continued from page 2)

The next evening, I simply dialed the two numbers and, just like making a regular phone call, was connected with the Chairman and the rest of the participants. Quite a few times I couldn't hear and neither could the captioner ("inaudible voice..."), but as the captions picked up I got a good enough sense of what was said and I could follow along. Without CaptionCall, it would have been trying for me since not everyone spoke clearly enough.

Afterwards, the chairman asked how the meeting went for me and I explained that it was successful and said, "Thank you, captioner." Everyone laughed!

So, I'm glad that I tried it. Of the sixteen on the Worship committee, only six participated and I wonder if the rest of the committee didn't participate because they were afraid to try something new. I encourage everyone not to be afraid to use it. I use CaptionCall, but this should work on any of the captioning phones or apps, such as CapTel, Hamilton CapTel and apps for your smartphone.

Lynne reminded me to click on Save Captions so I could scroll back and re-read it afterwards, but I couldn't figure out how to do that! That's my next project!



Tips for driving safely

(continued from page 1)

Eliminate distractions

Today's hearing aids are technological marvels, with sensitive microphones designed to discriminate between speech and background noises. Yet even with hearing aids, you'll want to eliminate distractions while you're driving. According to the [National Highway Traffic Safety Administration](#) (NHTSA), distracted driving claimed almost 3,500 lives and injured more than 390,000 people in 2015 alone. Here are a few tips to keep the distractions at a minimum:

Maintain your hearing aids. [Feedback from hearing aids](#) is a major distraction, regardless of your activity. Be sure to tell your hearing healthcare professional whenever you are having problems. Sometimes, all it takes is a slight adjustment or cleaning to improve their functions.

Reduce the volume on the car radio. Not only is keeping volume low good for your remaining sense of hearing, you'll also have more mental energy to concentrate on other noises around you, especially those important for your safety. Here's a tip: adjust the volume before you set out on the road so you don't have to fiddle with the controls while the vehicle is moving.

Ask passengers to keep the conversation quiet and to a minimum. While it's always fun to be part of the conversation, participating in any activity other than driving means your attention isn't fully focused on the road.

Keep the car windows closed to minimize road noise. Today's vehicles are built to reduce road noise, which is good news for those with hearing loss. Anytime you can reduce the variety of noises competing for your attention, the better you'll be able to hear the ones you need to.

Focus on driving. Everything else—like texting, eating or applying makeup—can wait until you reach your destination. You already know this and have probably said it out loud a time or two to your children or grandchildren. Make this a habit for safety's sake as well as to model good driving behavior to your young family members.

Rely on visual cues

Once distractions are minimized, you'll have more capacity to focus on the information your ears are collecting along the way. Here's how your eyes can help you:

Just as you do your hearing, **have your eyes examined annually** and wear prescription eyewear when you drive. This is important for your safety on the road as well as those who share it with you.

Invest in a larger rearview mirror. These accessories are available online and range in price from \$10-\$60. Some states, such as New York, require drivers who wear a hearing aid or can't pass the hearing test to use a full-view rearview mirror. Check with the Department of Motor Vehicles to see if the same restriction applies in your state.

Look for flashing lights on approaching vehicles and at railroad crossings. In the city, use building windows and other reflective surfaces to warn you of approaching emergency vehicles. Check your rearview mirror frequently (and safely) for vehicles approaching from behind.

Where the rubber meets the road

Whether you hear well or have some degree of hearing loss, driving comes with a lot of responsibility. That means anytime you improve your driving skills, you reduce the risk of becoming an accident statistic and help make our roads safer. Reduce distractions, rely on visual clues and, above all, find a hearing healthcare professional who can help you hear your best when you're behind the wheel as well as when you're not.



Chapter meeting attendance

	Members	Guests	Total
June '17	26	3	29
May '17	29	5	34
April '17	25	3	28
March '17	30	0	30
Feb '17	20	0	20

Learn How To Lipread

Beginning in September

2 classes weekly—Join anytime!

Free & Fun!

Lipreading can help anyone better understand what someone is saying. This skill is especially helpful to the hard-of-hearing, and when used in combination with hearing aids.

Mondays 10:00 a.m. to noon

Wednesdays 9:30 - 11:30 a.m.

Classes are on summer break but will resume in September.

Classes are held in the craft room of the Weingart Senior Center.

Hearing Assistive Technology

HAT demonstrations moving to Saturdays in fall!

**Saturday, Sep. 23
10:30-12:30**

Weingart Senior Center

New day and time!

Invite your friends and relatives with hearing loss to come and try out a large variety of devices that can improve their ability to hear better in difficult situations. These devices can be very helpful to people with or without hearing aids and are a lot less expensive.

In addition to our large selection of devices for you to try, Sam Moghadam, Hearing Instrument Specialist from Ascent Hearing Center, will also be present to answer questions about hearing aids.

HAT does not sell hearing aids or hearing assistive devices, but provides information on where to purchase items demonstrated.

Informer print subscriptions

Receive paper copies of our terrific newsletter, the Informer. A subscription for 12 monthly issues delivered by US mail is only \$10 per year.

HLAA, Long Beach/Lakewood Chapter

Officers

President Katie Wright

Vice-President Gail Morrison

Treasurer Craig Bowlby

Recording Secretary Joyce Bowlby

Corresponding Secretary Van VonBurg

Committees

Hearing Assistive Technology

Ilda Dravnieks, Craig Bowlby

Lip Reading Linda DeGuire

Looping - Ram Kakkar

Membership Flo McDavid (on leave)/Katie Wright

Programs/Publicity Gail Morrison

Refreshments Adela Praderas, Joyce Bowlby

Ways and Means need volunteer!

Professional Advisor

Dr. David DeKriek, Au.D.

Newsletter

Editor Katie Wright

Layout Ilda Dravnieks

For more information about our chapter:

hlongbeachlakewood.org

Katie Wright (323) 205-6794

katie.hearingloss@gmail.com

HLAA Hearing Loss Association of America

Join HLAA to receive *Hearing Loss Magazine* and to become part of the one organization that represents the interests of 48 million people with hearing loss in the U.S.

Send \$35 for individual or \$45 for family membership to:

Hearing Loss Association of America
7910 Woodman Avenue, Suite 1200
Bethesda, MD 20814

Or join online: www.hearingloss.org/content/join

For more information:

(301) 657-2248 or email inquiry@hearingloss.org.

Membership brochures are available at chapter meetings.

CTAP California Telephone Access Program

For information, repair or exchange:

English Voice 1-800-806-1191

Spanish Voice 1-800-949-5650

www.californiaphones.org/about-us

DISCLAIMER: We believe the information contained in this publication has been compiled from reliable sources. However none of the contributors, sponsors, or anyone else connected with the Informer in any way whatsoever can be responsible for the appearance of any inaccurate or libelous information or for your use of the information contained in or linked from these pages. If you need specific advice, for example, for your particular hearing concerns, please seek a professional who is licensed or knowledgeable in that area. We further do not recommend or endorse any product or professional but supply such information as a public service.



Long Beach/Lakewood Chapter

Hearing Loss Association of America,
Long Beach/Lakewood Chapter
c/o Katie Wright
7802 Kingbee Street
Downey, CA 90242

First Class

Address Service Requested

Upcoming Programs

No chapter meeting in July or August - summer break!

Sep 14 Audiologist Dr. Brad Ingrao on music after hearing loss

Oct 12 Sam Moghadam on why you should wear hearing aids

HLAA Long Beach/Lakewood Chapter Meetings are held on the second Thursday of each month, 6:30-8:00 pm, at the Weingart Center, 5220 Oliva Ave, Lakewood 90712

If you don't like meetings because you can't hear well, our meetings are different!

- We have a high quality sound system
- You can borrow an assistive listening device
- If you have hearing aids with telecoils, we have a hearing induction loop
- If none of these help, we project captions on the wall for you to read.

We provide all these options free so you can understand what is said.



Hearing Loss Association of America

HLAA opens the world of communication to people with hearing loss through information, education, support and advocacy.

The national support network includes the national office in Washington D.C., state organizations and local HLAA Chapters.

Join HLAA now to receive *Hearing Loss Magazine* and become part of the one organization that represents the interests of 48 million people with hearing loss in the United States.