



Flag Day commemorates the adoption of the U.S. flag in 1777.

Loosely celebrated since the 1880s as “Flag Birthday”, National Flag Day was designated a national holiday by an Act of Congress signed by President Truman in 1949.

Flying this summer? Hints for your hearing aids

2017, Healthy Hearing



As this year’s summer travel season approaches, news of heightened airport security is making some people with

hearing aids or cochlear implants nervous about what they may encounter as they go through TSA screening.

Earlier this month, the Department of Homeland Security announced that the current ban on laptops and tablets, including some E-readers, on international flights from mostly Muslim countries in the Mideast and Africa would be extended to flights from Europe as well. After a meeting in Brussels last week, EU and American officials decided against the ban, in part because of the danger from fires in the hold caused by lithium batteries.

But the proposed ban raised the issue of electronics and security once again. Travelers with hearing aids and cochlear implants should rest assured that these will not set off alarms as you go through security screening.

It’s best to wear your hearing aids, in fact, for several reasons. The first is that they will allow you to hear questions from the TSA agents, which is important. You may even be able to hear flight announcements. The second is that hearing aids or cochlear implants and their various assistive devices in your

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June Chapter Meeting Beach party!

(But not at the actual beach). The June Chapter meeting will be a social event with a beach theme! Wear something “beachy” and come eat some yummy desserts. You’ll have a chance to give some feedback on the Informer newsletter and there will be some HAT items to give away. If you want to bring a dish, bring a dessert BUT it’s not necessary. We’re looking forward to seeing you!

from the HAT cabinet

Come to the chapter meeting early (we’ll start at 6 pm) to see and try examples from HAT’s collection of 50+ assistive listening devices. Devices will be on view after the meeting too.



For June—
The TV SoundBox from Serene Innovations is wireless and portable, so you can put it next to your chair or carry it from room to room.

CHAPTER CALENDAR

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

June 8 Chapter Meeting, 6:30: Beach party!

June 28 Board Meeting, 12:00-1:30, Weingart craft room

No chapter meeting in July or August!

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**

Captain Connor

What a blessing it has been to have my grandson Connor be the captain for our Walk4Hearing team! When Maxine Barton-Bauman suggested that he take over as Team Captain, he was thrilled. As you all well know, there are few social benefits to wearing hearing aids, especially when you're 5 years old. But now—his hearing loss makes him special. This will be his fourth year in the Walk and he looks forward to it every year.

It's been quite a journey adjusting as a family to his hearing loss. Mom and Dad have learned how to navigate Special Ed meetings, the audiologist and ENT appointments, being sure teachers know his needs, playing baseball, wearing the hearing aids into the shower (!), losing them—and finding them again.



Taking molds for earpieces.



Customized hearing aids!

Family and friends have supported Connor and his team tremendously, both financially and by participating in the Walk. Whenever I tell him that another donation has been made, his face lights up! It's his day to realize that there are others like him (other than his grandmother). He knows that the money the Walk raises helps HLAA with their various projects: captioned entertainment on airplanes, lobbying for more affordable hearing aids, spreading the word about hearing assistive technology, reaching out to veterans with hearing loss. He is encouraged by his efforts because 40% of what he raises comes back to our Chapter to caption our meetings, produce our newsletter, provide speakers and offer our HAT demos.

Please consider donating to Connor's Beach Buddies—no matter how little—to support what the Hearing Loss Association of America and the Long Beach/Lakewood Chapter is doing to increase awareness of hearing loss, and definitely come walk with us on June 10th.



Thank you for donating to my team for the Walk 4 Hearing!

Connor



Saturday, June 10, 2017
Marina Green Park at Long Beach Marina
Registration 9 am, walk starts at 10 am

Help Connor and the Beach Bums team reach their 2017 goal:

Write a check to "Walk4Hearing" and bring it to the June Chapter meeting, or mail it to:

HLAA, Long Beach/Lakewood Chapter
c/o Katie Wright
7802 Kingbee St.
Downey, CA 90242

Donate online: Google "walk4hearing connor waterman" and make a donation—or sign up to walk with us.

How to survive a public restroom when you have hearing loss

Shari Eberts, May 22, 2017

I have been flying a lot lately, which means plenty of time spent in airport bathrooms. Many have made huge strides in cleanliness and a large number are now more eco-friendly, but they have also gotten louder—dangerously so in some cases.

If it isn't the deafening swoosh of the self-flushing toilets, it's the new high-speed hand dryers running perpetually. Both are high-pitched sounds, so for someone like me with relatively strong high-pitched hearing, the volumes are excruciating. What is a hearing aid wearing traveler to do?

As an environmentalist and germaphobe, I applaud many of the modern advances. Automatically flushing toilets, faucets that turn on without a touch, and hand dryers that replace paper towels have many ecological and health benefits. But as someone with hearing loss, these improvements can also be painful—my hearing aids amplifying every powerful flush and hand dryer blast.

In a busy airport restroom, the hand dryers can be running almost constantly—many clocking in at 85 decibels or more! One common model, the Xlerator, operates at 90-100 decibels according to a report by the Acoustical Society of America. The Dyson Airblade was measured at 85-90 decibels. You can read the full report here: <http://www.restroomdirect.com/hand-dryer-noise-levels.aspx>

These noise levels are unsafe for everyone. According to It's A Noisy Planet, a program of the National Institutes of Health, "No more than 15 minutes of unprotected exposure at or above 100 decibels is recommended." You can find a useful bookmark detailing this information here: <https://www.noisyplanet.nidcd.nih.gov/publications/how-loud-too-loud-bookmark-english>

I try to get in and out of a public restroom as quickly as possible, but that is not always possible for women, where the line can

sometimes wind out the door and around the lobby. Waits of 5-10 minutes are not uncommon, all with the swooshing water and gushing air as over zealous background noise.

I get a lot of funny looks for plugging my ears while waiting in line, especially from my teen-aged daughter, but I can't risk the noise exposure. Occasionally I will see other people doing the same, but it is a rare occurrence. I wish more patrons would protect themselves.

So what is a busy traveler with hearing loss to do? I haven't yet found a way to wash my hands and plug my ears at the same time, but I am working on it. Next time, I may just turn off my hearing aids for the whole experience.



HLAA SoCal Tech Expo 2017 slated for September 17 in Torrance

The Hearing Loss Association of America, California State Association (HLAA-CA) will host the first ever Hearing Loss Tech Expo in southern California. The event is open to the public and free to attend.

The expo is a unique opportunity to see the latest hearing products and services and to network with people with hearing loss and with hearing professionals.

Attendees will receive complimentary reusable tote bags stuffed with valuable information and prizes. Complimentary refreshments will be served and parking is free.

Sunday, September 17, 1:00–4:00 pm
Ken Miller Recreation Center
at the Torrance Cultural Arts Center
3330 Civic Center Drive
Torrance, CA 90503

Expo information: <http://www.hearinglossca.org/hearing-loss-tech-expo-2017>

Flying with hearing aids

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carry-on baggage might prompt a bag search simply based on the shape and metallic content.

The best thing is to tell the security desk that you are wearing a hearing aid or cochlear implant. If the alarm goes off as you go through the security gate, it's probably because you forgot to take off your belt or left your keys in your pocket. If you are pulled aside, explain again that you have a hearing aid or cochlear implant.

On the plane itself, you may want to remove the aids if the plane is too loud. Noise-cancelling headphones can help cut the noise and may also allow you to enjoy the inflight entertainment, which the airline-provided earbuds would probably not. (Note to airlines: We're still waiting for captions on in-flight entertainment!)

Don't put your hearing equipment—or any other valuables or medications—in your checked bag. Bags are too easily lost in transit. Although the bag will probably eventually make it back to you, you want to have everything essential in your carry-on luggage.

If your hearing loss prevents you from hearing announcements in noisy airports, check off "disability" when you buy your ticket. Even if you specify that your disability is hearing loss, you may be met at the gate by a wheelchair. (This has actually happened to several friends of mine!)

But you will also be offered pre-boarding, which is definitely preferable to being caught in the scum at the boarding gate as people wait to hear their zone called.

So wear your hearing aids, keep your valuables in your carry-on bag, and don't forget your sense of humor!



Chapter meeting attendance

	Members	Guests	Total
May '17	29	5	34
April '17	25	3	28
March '17	30	0	30
Feb '17	20	0	20
Jan '17	27	7	34

Police dog finds child's lost hearing aid

From the Macedonia, Ohio Police Department FaceBook post

Haro (the Department's K9) did something pretty remarkable today. Yesterday we were contacted by a teacher at a local elementary school who was present for a K9 Demo that Haro and I did at the school last year. He remembered Haro doing an article search in the demo, so he asked if Haro would be able to help find a very expensive hearing aid a child had lost at recess. Haro was still a bit under the weather from a dewclaw problem he's been having, so we were unavailable. Haro is feeling much better today, so we went to the school to give it a try. After about 10 minutes of searching, Haro managed to find this tiny hearing aid in a playground full of mulch about 24 hours after it was dropped. Truly a needle in a haystack scenario! Great job Haro!



Learn ^{How To} Lipread



Free & Fun!

**2 classes weekly—
Join anytime!**

**Beginning
in September**

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

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Refreshments Adela Praderas, Joyce Bowlby
Ways and Means *need volunteer!*

Professional Advisor

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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

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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

June 8 Summer Celebration!

No chapter meetings in July and August - summer break!

Sep 14 Audiologist Dr. Brad Ingrao

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.