

May Chapter Meeting

Katie Wright: Beyond hearing aids

How do you get beyond your hearing loss? Hearing aids aren't perfect. Glasses "fix" vision, why can't hearing be fixed as easily? If you have hearing loss—whether or not you wear hearing aids—many daily situations can be very frustrating. It happens so often—you put your hearing aids in a drawer, you give up trying to talk to your co-workers or grandchildren, you stop talking on the phone, you stop going out in public.

Come to our next meeting and learn what interferes with good hearing, analyze your hearing needs at home, work or in the community and explore some assistive devices that will get you connected to the world again.

Katie Wright is a certified Hearing Assistive Technology Trainer and "Noise-Induced Hearing Loss" educator. She is the current President of the Long Beach/Lakewood Chapter of the Hearing Loss Association of America.



Do you hear better in the morning?

Shari Eberts, February 16, 2016

Do you hear better in the morning? I think I do. Perhaps it is because everything is quieter in the morning so there is less

background noise, or that everyone is rested so they speak more clearly. It sometimes amazes me if I turn the TV on in the morning, how loud the volume is set from the night before.

I wonder if my hearing actually improved overnight. But that is not likely to be the case. I am simply more alert after a full night's sleep.

My mother-in-law tells me the same thing about her brother. He lost much of his hearing in a construction accident many years ago and has worn hearing aids ever since. If his wife needs to talk to him about something important, she always does it in the morning when his hearing seems to be at its best—even before he puts in his hearing aids.

This made me wonder, is there something scientific to this? A quick Google search did not uncover anything definitive. In fact, there were as many articles talking about why we hear better at night as there were talking about why we hear better in the morning.

I think it comes down to hearing loss exhaustion. As the day progresses, someone

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Chapter meeting attendance

	Members	Guests	Total
April '17	25	3	28
March '17	30	0	30
Feb '17	20	0	20
Jan '17	27	7	34
Dec '16	20	4	24

CHAPTER CALENDAR

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

May 11 Chapter Meeting, 6:30: Katie Wright, "Beyond Hearing Aids"

May 19 HAT Demo, 10 a.m. - noon, Weingart craft room

May 24 Board Meeting, 12:00-1:30, Weingart craft room

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

No chapter meeting in July or August!

HLA offers 2 different lip reading classes: Mondays 10:00–noon and Wednesdays 9:30–11:30 am. Last lip reading classes before summer break are Monday, May 15 and Wednesday, May 22



PRESIDENT'S MESSAGE

from **Katie Wright**

There's a lot going on!

These are exciting times for our Chapter. We have a new Board of

Directors, a new leadership team for the HAT Committee, an active project for the Looping Committee and the upcoming Walk4Hearing.

First I would like to welcome my support team on the Board: Gail Morrison as Vice-President, Craig Bowlby as Treasurer, Van VonBurg as Corresponding Secretary, and Joyce Bowlby as Recording Secretary. These four are the new official Board members but I have others who regularly volunteer their time and efforts. Linda DeGuire, Maxine Barton-Bauman, Ilga Dravnieks, and Ram Kakkar are regular attendees at our monthly Board meetings. The work this Chapter does would not be possible without all of them. We will miss long-time volunteer Ken Saw but he said it was time to retire. All our Chapter volunteers will be honored at the June celebration.

- Thanks to a program available through the National HLAA office, we are able to reach out to HLAA members who live in our area and let them know about us and invite them to our meetings and HAT demos. Van and Ilga are working on this.
- Ilga and Craig are moving forward with plans to move the HAT demos to Saturday mornings in an attempt to reach a new group of people.
- The HAT Committee is expanding their commitment to spread the word through outreach efforts not just Demonstrations.
- Gail is reaching out to the Vision and Hearing Club at Seal Beach Leisure World to help them better meet the needs of their members with hearing loss. We have several members who live in the complex and I'm sure they will pitch in to help.
- September will bring the Southern California Hearing Tech Expo 2017, put on by the HLAA California Board.

- The Looping Committee, along with the American Association of University Women (Long Beach Branch), Disabled Resources Center, Inc., Soroptimist International of Long Beach and Reverend Susie Bjork, the Associate Pastor at the Bay Shore Community Congregational Church, is lobbying the Long Beach City Council to loop the new City Hall.

And of course the Walk4Hearing is June 10. We are indeed busy. Stay tuned! Better yet ... come join us at our meetings and the Walk!



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 May 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.

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 May—

One of our favorite devices, the Pocketalker! Whether or not you use hearing aids, this personal amplifier is a great help in hearing conversation better in noisy environments such as restaurants meetings, or at holiday dinners.



Patients with hearing loss benefit from training with loved one's voice

Julia Evangelou Strait, April 18, 2017
Washington University School of Medicine, St. Louis
(edited for space)

To help people with hearing loss navigate their daily lives, Nancy Tye-Murray, PhD, and her colleagues at Washington University School of Medicine in St. Louis have developed software tools to improve speech recognition. The program is called “customized learning: Exercises for Aural Rehabilitation,” or cLEAR.

Washington University research has shown that patients with hearing loss benefit from auditory training that utilizes the specific voices of the people they most want to hear—often spouses and other family members.

The cLEAR software allows users to play computer games designed to be entertaining while letting them practice recognizing common words and sounds. It's not the only such training tool available, but Tye-Murray said one of the aspects of this software that sets it apart from other programs is the ability to practice listening to specific voices.

“Our program includes traditional generic voices, but we also have a recording and editing system that lets patients train with the voices of people they most want to hear—often spouses, children or grandchildren,” Tye-Murray said. “The patient's spouse, for example, sits down and records the samples. Our software edits the audio clips. As soon as the recording is finished, the patient can begin training with his or her spouse's voice.”

Tye-Murray's research, published in the *Journal of Speech, Language, and Hearing Research*, has demonstrated that patients show improved recognition of a spouse's speech when practicing with the spouse's voice, compared with practicing with generic voices that are part of all other auditory training programs.

Tye-Murray emphasized that this training program can be used by anyone dealing with

hearing loss, whether hearing aids, cochlear implants or none of these tools are used.

“Conversation is a cooperative effort—there are implicit rules that people follow when speaking with another person,” she added. “But when people have hearing loss, they break these implicit rules without realizing it. It may appear that they're not paying attention, but the problem may be simply that they can't hear what's being said. They miss subtle cues, and that can make conversation difficult. We want to bring these problems into the light and talk about them, deal with them and come up with solutions that help patients communicate with the people who are most important in their daily lives.”



CVS hearing aid centers?

Hearing Health and Technology Matters, April 24, 2017

CVS Pharmacy, the largest pharmacy chain in the US, announced late last week that the company is looking to massively expand the number of hearing centers it has across the country. The company currently has a handful of hearing centers in select markets, which it launched in 2015, and it is now looking to build upon the success of those clinics.

According to sources with knowledge of the plans, as well as a report last week at *Drug Store News*, CVS wants to increase its hearing center footprint to approximately 50 locations.

In addition to the currently operating locations in Ohio, Texas, and DC area, the company is looking to expand significantly in the southeastern US and also open several locations across the state of California.

Eyeing success of the store-in-store format utilized by Costco's hearing aid centers, resulting in a 20%+ year-over-year growth—and also seeing Boots Pharmacy's success with hearing centers in the UK—CVS hopes its gamble on adding hearing centers will be attractive to its customers and boost the bottom line.

Better in the morning?

(continued from page 1)

with hearing loss has to work much harder to make sense of the noises around them. Which sounds are words? What are these words? I heard them say “-ay,” but did that mean say, bay or ray? The mental gymnastics that we go through each day take a toll on the brain, and make us weary. This weariness makes it tougher to concentrate, and therefore, harder to “hear.”

The truth is that we hear equally well (or poorly!) at all times of the day, but we understand better in the morning, when our brains are fresher. Perhaps the term “hearing loss” is a misnomer and we should be calling it “understanding loss” instead. I know for myself, I can often hear the sounds around me, I just don’t understand what they are or what they mean. Unfortunately, that is the most important part.

Armed with this awareness, here are my tips for taking advantage of this “better hearing in the morning” phenomenon.

1. Schedule important meetings and doctor appointments for earlier in the day. You want to be at your best when critical information is being conveyed. Bring paper and pen to take notes, which can help you stay focused.
2. Set aside time to rest before important events later in the day. Simply sitting in a quiet room with your eyes closed could provide the recharge that you need. This is particularly important before cocktail parties and other evening events where communication is already set up to be difficult.
3. Take breaks when you need them. Even short 5 to 10 minute breaks give your brain the opportunity to rest. Head to the restroom or take a short walk around the block or find a spot in another room to sit quietly. Keeping your stamina up will help you participate more fully and enjoy yourself more.



Recap of April chapter meeting

The April Chapter meeting was bittersweet. We said “Thank you” to Louise Allen and Bill Busch who are both moving out of the area. Both of these individuals have been instrumental in the growth of our Chapter. We will miss them. We had stories, food and conversation!



We also elected our officers for 2017. Dr. DeKriek, our professional advisor, officiated over the installation of our new officers:

President Katie Wright
Vice-President Gail Morrison
Recording Secretary Joyce Bowlby
Corresponding Secretary Van VonBurg
Treasurer Craig Bowlby



Learn ^{How}To Lipread



Free & Fun!

2 classes
weekly—
Join anytime!

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

Classes on May 1, 8, and 15, then break for the summer, resuming in September.

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

Classes will be held May 3, 10, 17 and 24, break for summer, then resume September 6.

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

Hearing Assistive Technology Last HAT Demonstration until September

Friday, May 21
10 a.m. to noon
Weingart Senior Center

*Don't miss
our last demo
before HAT
takes a summer
break!*

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 Subscriptions

If you want to receive a paper copy in the mail of our terrific newsletter the Informer, it's time to subscribe. It's a bargain at 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

Ilga Dravnieks, Craig Bowlby

Lip Reading Linda DeGuire

Looping - Ram Kakkar

Membership Flo McDavid (on leave)/Katie Wright

Programs/Publicity Gail Morrison

Refreshments *need volunteer!*

Ways and Means *need volunteer!*

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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

May 11 Katie Wright: "Beyond Hearing Aids"

June 8 Summer Celebration!

No chapter meetings in July & August. Next meeting September 14

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.