



February Chapter Meeting **California Telephone Access Program CTAP**

Roberta Smith, Outreach Specialist of the Deaf/Hard of Hearing California Telephone Access Program (CTAP) will be our guest speaker on Thursday, February 8 at 6:30 p.m. Come see what phones are available for free from this program and how they might help you connect with the world.

CTAP is a state-mandated, state-funded program

**FREE
SPECIALIZED
PHONES**

Applying is easy!
Call
1-800-806-1191

California Phones
Keeping you connected.

that provides free specialized telephones for people living in California that have phone service (landline OR cell phone) and who have a special need such as difficulty with vision, hearing, speaking, memory AND mobility. Ms. Smith will have applications available and will explain how you can qualify for the program.

Apply for a CTAP phone online at:

<http://www.californiaphones.org/apply-now>

Hearing aid batteries: Know your options

The Hearing Journal, January 2018, Volume 71, Issue 1

For people who wear hearing aids, imagine playing a summer sport and you begin sweating profusely. Would



you worry that your hearing aids might stop working in the middle of the game? Or think about being stranded somewhere with no pharmacy access. Would you be concerned about being able to use your hearing aids in their full capacity throughout your ordeal? Hearing aid batteries may seem like secondary orders of business in hearing aid use, but certain situations may arise that will highlight the importance of having high-quality hearing aid batteries at hand. So it's best to learn more about the devices that power your hearing aids and evaluate your battery options.

Disposable batteries

In recent years, hearing aid technology transitioned from analog to digital, but to some consumers' chagrin, hearing aid batteries have not developed as quickly nor as simultaneously. Battery life remains one of the top concerns of hearing aid users. Once batteries are activated, they continue running until all the power is drained.

Zinc-air disposable batteries are most commonly used today. Battery life depends on various factors including battery size, the power needed by the device itself, the wearer's hearing aid

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CHAPTER CALENDAR

All events are held at the at Weingart Center, 5220 Oliva Ave, Lakewood 90712 unless otherwise noted

- Feb 8** Chapter Meeting, 6:30: Roberta Smith of California Telephone Access Program (CTAP)
- Feb 17** HAT demo, 10:30-12:00
- Feb 28** Board Meeting, 12:00-2:00, Weingart craft room

We offer 2 different lip reading classes: Mondays 10:00–noon and Wednesdays 9:30–11:30 am

PRESIDENT'S MESSAGE

from **Katie Wright**



To hear better, speak up!

When was the last time you spoke up about not being able to hear? Let me tell you about one member's story of advocacy. Peg Heglund lives at Leisure World in Seal Beach. Most of the time at the classes at LW, she can't hear what the instructors are saying but also can't hear the class members' comments during discussions. It's been a frustrating experience, as you all well know.

Recently, Peg went to one of the health classes offered by the OC Council on Aging. She said to the leader, "I can't hear what you're saying and I want to. I want to learn from you." At the next class, they brought a microphone and speaker system. While that helped, she still wasn't able to hear what the other class members were saying.

At the next class she signed up for, with the Council on Aging, the instructors showed up the first day with the amplification system! They had gotten her message. At this class, the leaders offered to pass the microphone around so everyone could hear; everyone declined. Peg spoke up, "I need you all to help me by using the microphone so I can hear you. Would you please do it as a favor for me?" Everyone agreed.

The third class was not a Council on Aging class but was led by a fellow Leisure World resident. Peg brought her personal amplifier and made a big deal of sitting close to the instructor to be able to hear. There was no amplification at this meeting because it needs to be requested through LW ahead of time; now the instructor knows. After class, a woman came up to Peg and asked about her Pockettalker. As a result, this woman came to the HAT demo last weekend! "Seeds" are being planted.

Peg's experience is a lesson for us all. We need to speak up—not just for ourselves but for those who don't have the words to ask for what they

need. As long as we sit in silence, we will remain in silence. If we say, "I want to hear you" and "Please do this for me," that cycle of isolation and silence will be broken. When we ask for what we need, others hear us. We are giving them the words they need to help themselves.



January chapter meeting

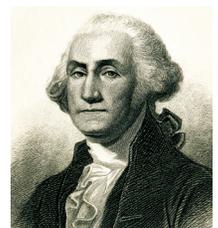
Dr. David DeKriek, Au.D, spoke to us at our January meeting about the technological advances that are happening with hearing aids. Already hearing aids can connect directly to cellphones and laptops. Soon we may have hearing aids that count our steps, measure our heart rates, and check to see if we're okay if we fall down! Can you imagine if your hearing aids could ask you if you need to call somebody for help? Dr. DeKriek anticipates that very soon hearing aids will be fitted with sensors that will tell them to adjust automatically depending on the noise level of where you are, by using all the technology that comes with smartphones, the "cloud" and GPS. It's going to be an amazing world; I can only imagine what my grandson will experience in his lifetime with his hearing aids.

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Long Beach/Lakewood Chapter
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Downey, CA 90242

Presidents' Day was established in 1885 to recognize President George Washington's birthday on February 22. Now celebrated on the third Monday of February, the holiday is still officially called "Washington's Birthday" by the federal government. President's Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.



Batteries

(continued from page 1)

usage and degree of hearing loss, and the environmental conditions where the batteries are stored. Elements such as humidity, temperature, and altitude all affect battery life. Before, consumers were instructed to place hearing aids in the refrigerator, but today's zinc-air batteries should be stored at room temperature, as battery voltage is reduced in colder settings. Using dry storage kits and hearing aid dehumidifiers help protect hearing aids and batteries.

The life of hearing aid batteries also depends on the features of the devices they power. Julie Norin, AuD, director of audiology at the Hearing and Speech Agency (HASA), attributes the short lives of hearing aid batteries to how they are being used by today's consumers. "If someone connects their hearing aid to an iPhone or if they're in school and it is powered to an FM system, then the battery will not last as long because the client is using it for more than hearing basic sounds," said Norin. With the popularity of hearing aids with Bluetooth iPhone connectivity capabilities, the need for a more powerful hearing aid battery also increases.

Solar batteries

Solar-powered hearing aid batteries are low-cost and eco-friendly options currently being used in various developing countries. Although the use of solar batteries helps reduce the continuous expense attached to using disposable batteries or the higher cost of a rechargeable battery, hearing aid users must consider the practicality of solar batteries in their daily hearing aid use.

Rechargeable batteries

Compared with disposable and solar-powered hearing aid batteries, rechargeable batteries may be the most useful and efficient for hearing aid users. Rechargeable batteries with lithium-ion and silver zinc have been making waves in the past few years. Some rechargeable batteries maintain a charge for up to 24 hours, and may need to be replaced after a year. The flexibility

of these batteries may benefit hearing aid users with poor vision and those with dexterity issues.

Some rechargeable aid battery brands also allow consumers to swap out an empty rechargeable battery with a disposable battery, ensuring that the consumer is not left with a non-working hearing aid.

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Energizer acquires world's largest hearing aid battery supplier, Rayovac, in \$2 billion deal

Hearing Health Matters, January 17 2018

MIDDLETON, WISCONSIN — Within a week of media reports that Spectrum Brands Holding Inc was exploring the possible sale of its appliance and battery divisions, Energizer announced on Tuesday it would buy the company's battery and portable lighting business in a \$2 billion cash deal.



By acquiring Rayovac from Spectrum as part of the deal, Energizer will become the largest supplier of hearing aid batteries, controlling more than 60 percent of the world market. According to a report in Reuters, SunTrust analyst

William Chappell was quoted saying that Energizer will control more than 40 percent of the overall U.S. battery market and over 85 percent of the total market following the conclusion of the deal.

As a result of the deal, Energizer will have greater pricing power and will expand its international presence in Europe and Latin America. The company said the acquisition would be expected to generate annual savings of \$80 million to \$100 million.

While some regulatory concerns remain, early trading saw Energizer shares up 15 percent on Tuesday, Jan. 16. The companies said they expect the deal to formally close at the end of the year.

by **ilga**, HAT co-chair

Did you know?

Many hearing aid batteries use zinc-air technology and are activated by exposure to oxygen. Don't remove the sticker until you are ready to use the battery.

Allow the battery one minute to rest after removing the sticker and before placing it into the hearing aid. This will allow it to activate.

Once activated, the batteries are continuously running. However, you can conserve battery life by opening your hearing aid battery doors when you remove your hearing aids at night.

Life expectancy for hearing aid batteries varies, depending on the individual's hearing loss, the amount of time the devices are worn, the ambient conditions of the environment and the age of the batteries themselves.

Many hearing aid centers allow you to drop off used hearing aid batteries for recycling and to keep them out of the waste stream.

Color is key! All manufacturers are required to use specific colors for each hearing aid battery size. When you buy batteries, you only need to look for your color—yellow, brown, orange or blue.

Visit our next HAT demonstration on Saturday, Feb. 17, from 10:30 to 12:00 noon. Note that the demo is now a half hour shorter, but we'll help anyone who arrives by noon.

Our January demonstration had 10 visitors, 6 of whom heard about us as a result of outreach efforts earlier in the month.

HAT demos are typically staffed with six or more volunteers, plus Sam Moghadam from Ascent Hearing Center and Jacob Weldy representing CapTel. Add 5 to 8 visitors and the Weingart craft room gets a bit noisy. We're hoping to move future demos so we have more space to spread out.

We've acquired a few new devices, including the Williams Sound PLA-90, a portable telecoil loop in a lightweight battery-powered tabletop unit. A microphone on the back of the unit picks up a speaker's voice, and broadcasts it to anyone within a 4 foot range wearing telecoil-enabled hearing aids. It's a great device for face-to-face situations such as bank teller windows, service counters, or for conversing across an office desk. You can see and try it at the HAT demo welcome table.



Hearing aid battery types and sizes



color & size
dimensions
used with
average lifespan

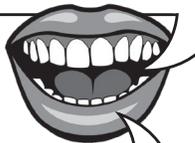
blue 675
11.6mm x 5.4mm
power BTE
9-20 days

orange 13
7.9mm x 5.4mm
BTE, ITE
6-14 days

brown 312
7.9mm x 3.5mm
Mini BTE, RITE, ITC
3-10 days

yellow 10
5.8mm x 3.6mm
Mini RITE, CIC
3-7 days

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. Classes meet in the craft room of the Weingart Senior Center.

Mondays

10:00 a.m. to noon

Led by Elfriede Maclver

Wednesdays

9:30 - 11:30 a.m.

Led by Linda DeGuire



Hearing Assistive Technology HAT demonstrations on Saturday mornings!

February 17
new time:
10:30–12:00

Weingart Senior Center

*Jacob Weldy of
CapTel will be
showing captioned
phones*

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.

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HLAA, Long Beach/Lakewood Chapter

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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

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Long Beach/Lakewood Chapter
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First Class

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Upcoming Programs

- Feb 8** Roberta Smith, California Phones program
- Mar 8** Alison Eier, Advanced Bionics: Auditory Training to improve listening skills
- Apr 12** Election and installation of chapter officers

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 at www.hearingloss.org/content/join 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.