



**June 14 chapter meeting:
Summer party time!**

Our June Chapter meeting is on Flag Day—so it’s Party Time! Come dressed in your favorite patriotic outfit and enjoy a buffet of desserts provided by your Board of Directors (and anyone else who wants to contribute—hint, hint). Our Walk4Hearing Team Captain, Connor, will be there to give a report and share pictures of this year’s Walk. Our parties are a great way to share personal hearing stories and get to know each other better. See you there!

Note: If you want to bring a dessert, please be sure it’s “finger food” and doesn’t need to be kept cold.

May chapter meeting recap

Our May chapter meeting featured hearing loss advocate Toni Barrient, who guided us through the entire process of purchasing hearing aids—what to ask for and what to expect.

The hand-out she used, *Purchasing a Hearing Aid—A Consumer Checklist*, is an invaluable resource if you, a family member or a friend is considering purchasing a hearing aid. You can download the checklist on HLAA’s site, at this link: <https://www.hearingloss.org/news-media/brochure-downloads/>.

Thank you, Toni, for a great program!

Study identifies potential cause of hearing loss from Cisplatin

January 26, 2018, by National Cancer Institute Staff
[Edited for space]

Results from a new study may explain why many patients treated with the chemotherapy drug cisplatin develop lasting hearing loss.

Researchers found that, in both mice and humans, cisplatin can be found in the cochlea—the part of the inner ear



that enables hearing—months and even years after treatment. By contrast, the drug is eliminated from most organs in the body within days to weeks after being administered.

The study, led by researchers from the National Institute on Deafness and other Communication Disorders (NIDCD), part of the National Institutes of Health, was published November 21 in *Nature Communications*.

Cisplatin, a platinum-based chemotherapy drug, is commonly used for the treatment of many cancers, including bladder, ovarian, and testicular cancers. But cisplatin and other similar platinum-containing drugs can damage the cochlea, leaving 40%–80% of adults, and at least 50% of children, with significant permanent hearing loss, a condition that can greatly affect quality of life.

(continued on page 4)

CHAPTER CALENDAR

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

- June 14** Chapter meeting, 6:30: Summer Party!
 - Aug 22** Board Meeting, 12:00-2:00, Weingart craft room
 - Sep 13** Chapter meeting, 6:30: Dr. Brad Ingrao
 - Sep 15** HAT demo, 10:30-12:00
- Lip Reading classes resume September 5

**No chapter meeting
in July or August!**



PRESIDENT'S MESSAGE

from **Gail Morrison**

Memorial Day musings

How many of you remember the popular ditty: "Nobody likes me, everybody hates me, I think I'll go eat worms?" Maybe your mother sang it to you or you sang it to your children or maybe you just sang it. I came across this during my daily reading and it made me laugh. Exactly what it was supposed to do.

As I sit in the comfort of my home, my little cat jumps up on my lap and snuggles close to me. Soon, he is thrusting his head up to me and wants to be petted. It reminded me of the many people in our lives that want our attention or want to help us. We have all kinds of these people in our chapter and you are all special to us. We hope that we listen to you and are able to provide what you are looking for on your journey to better hearing.

This past Sunday, I watched the Memorial Tribute on PBS and was amazed at the wonderful history of our nation. This documentary should be shown in every high school history class! The soloists were outstanding as I love music and I marveled at the beautiful voices. We have these voices among our members who are trying to convey what it's like to be able to hear. In the months ahead, we are making special plans to hear your voices as you share your stories with us. We're here to listen to you as you are a part of our wonderful chapter. Thank you!



"It's a special hearing aid. It filters out criticism and amplifies compliments."

Copyright 2001 by Randy Glasbergen. www.glasbergen.com

Smartphone accessibility training



Tired of always asking your children or grandchildren how to do something on your smartphone? CTAP—the California

Telephone Access Program—is offering Smartphone training. Whether you have an android or an iPhone, this training is for you! It's called "BYOD Accessibility Training." (BYOD means "Bring Your Own Device.") Classes are small and geared to those of us who are struggling to understand all that our phones can do.

Weingart Senior Center has classes monthly. Call them to find out the next dates: (562) 630-6141.

You can also contact Andie Squires and find out if there are classes offered nearer to you: (714) 325-4892 or email asquires@ddtp.org

Here are some of the topics covered:

Basic Phone Settings

- Frequently used terms and gestures
- How to make/receive calls
- Contacts, Voicemail
- Ring/Silent/Volume
- Status bar and symbols
- Wi-fi
- Control center and symbols
- Settings menu/app
- Accessibility menu

Low Vision

- Larger text
- Bold text
- Magnifier
- Siri (iPhone)

Hearing Loss

- LED Flash Alert
- Texting
- Hearing Aid Compatibility
- Audio Options
- Pairing with Bluetooth devices

Why London is silencing its famous landmark

Angie Aspinall, August 21, 2017

from: <https://www.hearinglikeme.com/blog/>

In an effort to protect workers' hearing, one of the world's most famous clock towers will go silent for the next four years.



Beginning today, Big Ben, the bell tower in the Elizabeth Tower at the Palace of Westminster in London, will not chime. The decision to stop the bell from ringing was made in order to protect the hearing of the workers carrying out restoration work, which is expected to last until the year 2021.

But just how loud is Big Ben, and is the decision to protect hearing worth silencing the famous, historic landmark?

At close proximity, the sound of Big Ben measures 118 decibels, which is loud enough to cause physical pain.

To make the bell chime, the copper and tin bell is struck by a hammer weighing 200kg. The bell, weighing 13.7 tonnes itself, makes the musical note "E" when struck. Four smaller bells in the tower: play G sharp, F sharp, E and B, which together play a tune known as the Westminster chimes.

Conservation work

Between August 2017 and 2021, conservation work will be carried out on the tower, and the Great Clock will be dismantled, cleaned and repaired.

The Trades Union Congress (TUC), which represents more than 5.6 million workers in the UK, released a statement saying that protecting workers from a 120-decibel sound was, "just plain common sense."

The Health and Safety Executive (HSE) also said they worked with parliament and the building contractor to protect construction workers.

"People's health should not be made worse by the work they do, so it is important that no worker should suffer any hearing loss while working on this project," a spokesperson for HSE told The Telegraph.

How loud is 118 decibels?

Some people may have read that the noise emitted by some common household appliances measure up to 90dB and they may assume that 118dB is 'not much louder' but, that's not the case. Decibels are measured, not on a linear scale (like a tape measure), but on a logarithmic scale (like how earthquakes are measured). This means that an increase of 10 units is an increase on the previous number by a factor of 10 (not by 10 units).

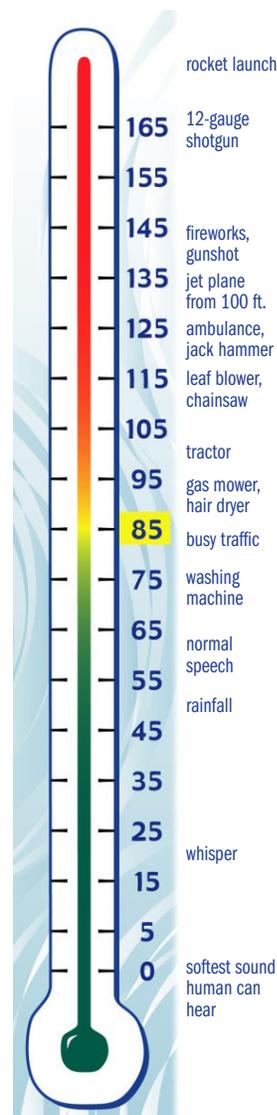
In a previous post, we explained that, on the decibel scale, zero is the threshold for human hearing: the quietest sound that can be detected by humans.

A sound that is 120 dB is 32 times as loud as 70 dB, and one trillion times the intensity of the smallest sound a human can hear. Exposure to 120dB would be painful. A sound measuring 118 decibels is as loud as a jet plane taking off or a police siren.

Noise induced hearing loss is not all about the volume

In addition to the volume, the other key factors which affect the likelihood of loud sounds causing noise-induced hearing loss are the proximity to the sound and the duration/repeated exposure.

So, if Big Ben continued to chime throughout the restoration of the Elizabeth Tower, those working nearest to the bell, and those working on the project for the longest time would be at greatest risk of noise induced hearing loss.



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Cisplatin

(continued from page 1)

“This study starts to explain why patients who receive the drug sustain hearing loss,” said Percy Ivy, M.D., associate chief of NCI’s Investigational Drug Branch, who was not involved in the study. “This is very important, because as we come to understand how cisplatin-related hearing loss occurs, over time we may figure out a way to block it, or at least diminish its effects.”

Findings that could lead to hearing loss treatment and prevention

The finding that cisplatin is retained in the cochlea indefinitely is important for patient care, Dr. Ivy said.

Hearing loss from cisplatin “is not a static injury, it doesn’t stay the same. It can progress over time and it can occur late,” she added. “That suggests that a long-term survivor needs ongoing monitoring of their hearing.”

She said it will be up to practitioners to continue this monitoring and to rapidly intervene with devices that assist in hearing, such as hearing aids.

Hearing loss can have a particularly negative impact on children, she said.

“If adults develop hearing loss, they’re more acutely aware of it, and are more likely to seek assistance, whereas younger children who develop hearing loss might not notice it as much or be unable to explain the problem,” she explained. “Since they can’t hear very well, they may have trouble paying attention and that could be misconceived as a learning disability or a behavior problem. And yet, if they get the appropriate intervention, they perform at the same level they did prior to receiving platinum.”

“[Cisplatin] is one of the most widely used anti-cancer drugs on the planet, and it’s saving a lot of lives,” Dr. Cunningham said. But the hearing loss is permanent. “So these patients are surviving and they have this hearing loss for the rest of their lives. What we’d like to be able to do is develop a therapy that will allow patients to take the life-saving drug, but preserve their hearing.”

<https://www.cancer.gov/news-events/cancer-currents-blog/2018/cisplatin-hearing-loss>

10 reasons hearing aids are not like glasses

Shari Eberts, April 2017

Do your friends and family ever wonder why you don’t hear better with your hearing aids? Mine sometimes do, which can be frustrating, especially when you are working extremely hard to hear the best you can. They might be confused, thinking that hearing aids are just like glasses, and that once you put them on, your hearing is restored to “normal.” Those of us with hearing aids know this is not the case.

Below are my top 10 reasons why hearing aids are not like glasses. Share this post with your loved ones and help them understand the difference.

- 1. They do not restore your hearing to “normal.”** Things will be louder, but not always clearer, making it difficult to understand speech.
- 2. They amplify all sounds,** including those you don’t want to hear, like the hum of the refrigerator and other background noise.
- 3. They are not seen as fashion accessories,** although some hearing aids now come in colors.
- 4. They often remain shrouded in stigma and shame,** unlike glasses which make you look “smart.”
- 5. They are not regularly covered by insurance,** making them prohibitively expensive for many.
- 6. They need batteries to function.**
- 7. They can increase sensitivity to loud sounds.**
- 8. They squeal at inopportune times.**
- 9. They can’t get wet.**
- 10. They are easily misplaced** and can sometimes be mistaken for a snack by the dog, given their size.

What reasons would you add to the list?

https://themighty.com/2017/04/hearing-aids-dont-work-like-glasses/?utm_sq=fq3nstfaw&utm_source=facebook&utm_medium=social&utm_campaign=living+with+hearing+loss&utm_content=guest+posts

by **Katie Wright**, HAT Chair

Last year, at the Leisure World Seal Beach Life Options Expo, the only groups representing hearing loss were two local hearing aid dispensers. Thanks to a wonderful visitor at our last HAT demo (Carole Kendall), we were able to be there this year! Gail Morrison, Connor and I talked to over 30 people about hearing loss, our Chapter and our HAT demos. We had 3 devices on display—the TV Soundbox, Pocketalker 2.0 and a portable flashing doorbell. The best part was just being able to reach a new group of people who need support with their hearing loss. There is such a need ...

I am looking forward to the HLAA Convention in Minneapolis later this month. Along with 3 other HAT trainers, I'll be doing a workshop on Hearing Assistive Technology. We'll have lots of devices for people to try—like we do at our own HAT demos. It should be fun!

On June 15, we will have a HLAA/HAT table at the Weingart Senior Center Health Fair. Come by and say hello!

Our next HAT Demo is scheduled for September 15. If you haven't dropped in to try any of the devices we have on display, put it on your calendar! If you have trouble hearing the TV or struggle carrying on a conversation with your family, come see what we can do to help.



Hearing Assistive Technology
HAT demonstration

Saturday, September 15
10:30–12:00

Weingart Senior Center in Lakewood

Try out a large variety of devices that can improve your 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.

HAT does not sell hearing aids or hearing assistive devices. We DO provide information on where to purchase items we demonstrate.

HAT is on
break until
September

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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:

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7910 Woodman Avenue, Suite 1200

Bethesda, MD 20814

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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

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www.californiaphones.org/about-us

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First Class

Address Service Requested

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Long Beach/Lakewood Chapter
c/o Katie Wright
7802 Kingbee Street
Downey, CA 90242

Upcoming Programs

June 14 Summer Social Event

No Chapter meeting in July or August

Sep 14 Dr. Brad Ingrao: topic to be announced

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.