



December 13:
**Our Chapter
Holiday
party!**

We'll have food, drawings for prizes, a game or two, and get to know each other better. Member Ellen Mathis will tell us how she came to get hearing aids.

Snacks and refreshments will be provided, but if you want to bring something—the more the merrier! Please bring serving pieces or cutlery if your food requires it.

It's time to re-register with Ralphs! Not sure how to do it? Bring your Ralph's card to the meeting and we'll help you. When you swipe your Ralph's card, 1-4% of your purchase (depending on your spending level) goes to our chapter.



UPCOMING CHAPTER EVENTS

Unless otherwise noted, all events are at the Weingart Center, 5220 Oliva Ave, Lakewood 90712. (See map on last page, or on the outside of print copies.)

Dec 13 Chapter meeting: Holiday Party
Thursday, 6:30 to 8:00 p.m.

Dec 15 HAT Demonstration
Saturday, 10:30 a.m. to noon

Dec 19 Board meeting
Wednesday, noon to 2:00 p.m.
Open to any chapter member

Jan 10 Chapter meeting: Dr. David DeKriek
Thursday, 6:30 to 8:00 p.m.
"Your Audiological Exam" Bring your own audiogram (hearing test results) to the meeting. Dr. DeKriek will explain how to read the data and what it means for your hearing.

Lip Reading classes (ongoing)
Mondays 10:00–noon with Elfriede
Wednesdays 9:30–11:30 a.m. with Linda

Chapter meetings are held on the 2nd Thursday of each month from September through May, and are always free and open to the public. Meetings are telecoil looped, with live projected captions, and free use of assistive listening devices so everyone can hear. Refreshments and a drawing are included. Come join us!

Hearing loss and the holiday blues

Lisa Packer, staff writer for Healthy Hearing, Dec. 12, 2017

The holidays are upon us, and many of us are looking forward to going to parties and getting together with extended family over the next couple of weeks. Some enjoy the frenetic pace of family gatherings, shopping, cooking and travel, and don't even mind that some radio stations started playing Christmas music in October. But for others, the holiday season brings a sense of isolation and loneliness. Those with hearing loss, especially, are at greater risk for the "holiday blues."

Hearing loss can further isolate you during the holiday season. "For many of the millions of hearing impaired Americans, especially the

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 **Community Contribution Program**

Help your chapter whenever you shop at Ralphs

Register online at www.ralphs.com/account/create
or phone 1-800-443-4438 to call or renew.

When registering, reference number **XE889** for
Hearing Loss Assn. LB/Lakewood Chapter.

Thanks for your support!



PRESIDENT'S MESSAGE

from **Gail Morrison**

Finding what works and what doesn't

I was pleasantly surprised at the November 17 HAT Demo to see two of our members visit—Dr. Linda De Guire and Dr. Dale Freeberg. Katie assisted Linda (see her report) while I assisted Dale. I've been volunteering with the HAT Demo for about six months, and I'm just beginning to feel like I know what I'm doing—or maybe it was having such a pleasant time assisting Dale.

Like me, Dale attends meetings and small groups. He'd heard us rave over the powerful Pocketalker 2.0, and at HAT's suggestion he'd purchased it, plus a "shotgun" microphone, and a t-coil neck loop. But he wasn't achieving the sound that he had expected and was seeking some answers.

Both Dale and I have severe to profound hearing loss. I explained that because of this degree of hearing loss, we need people to speak directly into the mic. Setting the mic on the table doesn't always work for us. We tried it several times at the HAT demo, where other conversations in our large room with poor acoustics provided a real scenario of what we were up against. Dale could hear that holding the mic close to a speaker's mouth worked best for him. But when setting the mic on the table, he sometimes heard and sometimes didn't. We went through this scene several times to get the feel of what was happening and what to expect. We also worked with his shotgun mic but decided it didn't provide a strong enough signal either. Also, people don't like the mic pointed at them! Dale decided that the Pocketalker didn't provide what he had hoped for, but we were able to learn what it could do for him.

It was a great session of trial and error—that's often necessary when working with the devices we have to help us hear. This is why it's a good idea to come to one of our HAT Demos so that we can work with you and to find the answers to your questions.

news from HAT

Hearing Assistive Technology

by **Katie Wright**, HAT Chair

Like Gail, I had a great experience at the November HAT demo. Linda DeGuire is preparing to go on a big trip and wanted to get all her hearing help organized. She had two concerns: hearing all the tour guides have to say and being able keep herself entertained with movies on the long flight.

Tour Guides: Dr. DeKriek found the only remote mic system that works with her hearing aids. She brought it with her to the HAT demo so I could help her figure out how to use it. I had never seen that particular device before but between the two of us, we were successful in getting it to connect with the neckloop that works with her hearing aids. We practiced with it until she was comfortable knowing how to explain to the tour guide how to use it. It was a great team effort by all three of us.

Movies: We all know that very few in-flight movies are captioned. Amazon Prime Video allows subscribers to download movies to a tablet, so I showed her how to connect her tablet to her hearing aid neckloop with either an audio cable or Bluetooth. (I have found on my many plane trips that using the audio cable is much more reliable.) She can also connect her neckloop to the headphone jack on the airplane with an audio cable to listen to the in-flight movies. I know it sounds complicated but it really isn't!

I loved this experience with Linda. Figuring out how to make the tech work for her, having her practice and then leave knowing she knew what to do—well, it made my day. This is what HAT demos and our Chapter is all about!

November chapter meeting recap

Audiologist Dr. Gary Dorf spoke about recent medical studies that link untreated hearing loss to impaired memory and diminished cognitive function, which may increase the chances of developing Alzheimer's.

Read more about this topic here: <http://www.hearingreview.com/2016/09/world-alzheimers-month-hearing-loss-linked-impaired-memory/>

CHAPTER NEWS

New membership chair Ellen Mathis



For some months now, long-time member Ellen Mathis has been hosting the welcome table at chapter meetings. She has offered to become the Membership Chair and will be maintaining our attendance

database and our lists of members and visitors. (Katie is thrilled—one less hat to wear!) Thank you, Ellen, for stepping up all these months for our Chapter and for taking on this responsibility.

Your hearing story

We're looking for members willing to speak at a chapter meeting for 5 to 10 minutes about their personal experience with hearing loss and how they came to get hearing aids or cochlear implants. Ellen Mathis will be the first speaker, at our December meeting. If you'd like to share your story with the chapter, see Ellen to sign up for a future chapter meeting. She'll give you some guidelines and tips for your talk.

The Board of Directors invites you!

Did you know any chapter member may attend a Board meeting? The Board meets every 3rd Wednesday (except when holidays conflict), from noon to 2:00 in the Weingart Craft Room. Your officers and committee chairs discuss operation, plans and programs for the chapter. If you have some ideas to share, we'd like to hear them.

Interested in getting more involved in Chapter operations? Visiting a Board meeting will give you an idea of what each officer and Committee does. Our next Board meeting is December 19.

FYI, each month's Board minutes are posted at the next Chapter meeting.

Chapter member Kaiso needs a ride from Signal Hill to monthly chapter meetings. If you can help, contact Katie at (562) 861-7993 or katie.hearingloss@gmail.com

HAT is seeking a volunteer hearing aid specialist

Sam Moghadam, who for many years has given his time at our HAT demonstrations, is no longer able to attend. If you know of an audiologist or hearing aid specialist who might be willing to give two hours on one Saturday morning a month, please talk to HAT chair Katie Wright.

Dead hearing aid batteries piling up?

Bring them to any chapter meeting—we'll collect them and dispose of them responsibly.



Long Beach expands looping

Ever decided to not go to a City of Long Beach public meeting because you knew you would not be able to hear? As soon as the new Civic Center project is finished, that will no longer be a problem. The City has adopted an Administrative Regulation that states that permanent hearing loops will be installed in rooms that are 500 sq. ft. or larger, have amplified sound and are intended to be used as public meeting space!

Thanks to the persistent work of Maxine Barton-Bauman, our Chapter's Looping Co-Chair (along with Ram Kakkar), several locations in the new Civic Center will have loops installed. She has worked tirelessly toward this end for 3 years. Suzie Price is the Councilwoman who brought the issue to the Council. The rooms being looped include:

- Council Chambers
- City Hall—Media Room
- City Hall—Large Conference Rooms (Levels 2, 3 and 10)
- Library—Large Community Rooms (3 rooms)
- Port—Multipurpose Room (Level 1)
- Port—Training Centers (Level 2)
- Port—Technology Education Center (Level 9)
- Port—Trade Reception Room (Level 11)

This is fantastic news! The Civic Center project is currently on schedule for opening in the Summer of 2019. If you have a telecoil in your hearing aids, you will be able to walk right in to a meeting and hear everything that is going on. Get involved in your City!

Hearing loss holiday blues

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27 million living with untreated hearing loss, the holidays may not be all that happy,” audiologist Cindy Beyer said.

Holiday blues

Studies have linked untreated hearing loss to loneliness, stress and depression, feelings which intensify during the holiday season. If you have hearing loss, you may find holiday gatherings difficult due to the frustration of trying to participate in conversations with family and friends. You might even avoid parties and get-togethers. But unfortunately, avoiding holiday gatherings altogether just leads to further loneliness, isolation and depression—and the cycle continues.

Sergei Kochkin, Ph.D., the executive director of the Better Hearing Institute, explains the dichotomy of the festive holiday season against a backdrop of hearing loss: “The holiday season is meant to be a time of thanks, celebration and joy,” he said. “But for many people, it is a time of year when unaddressed hearing loss can cause them to feel particularly isolated and depressed. Even when surrounded by loved ones, a family member’s impaired ability to hear and actively participate in conversation cuts them off. Oftentimes, they are left with a sense of sadness, inadequacy and emotional isolation. This is especially true when the hearing loss is either unrecognized or is being ‘hidden’ by the family member with hearing loss.”

Get back into the festive spirit

Just because you have hearing loss doesn’t mean the holidays have to be stressful and depressing. There are steps you can take to have a joyful season and be able to participate in the festivities.

Don’t let another year of struggling to hear go by. See a hearing care professional to get a hearing screening and treatment.

Speak up. Let friends and family know you have hearing loss so they can accommodate your hearing needs. Most people are quite happy to help by facing you when speaking,

speaking clearly and distinctly and repeating things if necessary.

Connect. Loneliness and isolation are associated with depression, as is hearing loss. Don’t avoid parties and gatherings; make plans to attend holiday gatherings or get together with friends.

Volunteer. There are many charitable organizations looking for help this time of year. Volunteering can not only take your mind off your troubles, it can make you feel more socially connected, helping reduce loneliness and depression. Visit a nursing home, work at a soup kitchen, help out at a toy donation program or wrap gifts for charity; any time you give in service to others will lift your mood.

Embrace past traditions. What did you used to love to do? A walk in the crisp winter air, baking cookies, making handmade ornaments, singing favorite songs or resurrecting a traditional family recipe can help connect you to past experiences and bring back the joy of the season.

Recharge. Even with hearing aids, your hearing still might not be 100 percent. Trying to listen to conversations in background noise of holiday parties can be tiring, so be sure to get some downtime and plenty of rest.

Talk about it. Give family and friends the opportunity to support you by letting them know what you are going through.

Help is a text message away

If you are not comfortable talking to family or friends about your feelings of sadness, there is another option. Now, you can try a 24 hour crisis text line (<https://www.crisistextline.org/>). The free, nationwide text line receives millions of texts annually. Though the crisis text line was originally intended for teens, whose preferred method of communication is texting, it quickly found another, unintended group of beneficiaries: those with hearing loss. The hotline is now being used by the deaf and those with hearing loss who are feeling the need to reach out due to personal crisis.

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Hearing loss holiday blues

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Text “HOME” to 741-741 to connect

Prior to the availability of the text line, anyone with hearing loss who was feeling depression during the holidays had nowhere to turn and very few resources available. Now, not only is the crisis hotline available for people to text to, but training for those who staff the hotline includes dealing with hearing loss issues as well. Those with hearing loss who reach out to the crisis hotline will find an empathetic, well-trained staff member, some of whom are deaf or hearing impaired themselves. Their training includes closed-captioned training videos, chat-based training sessions and ASL interpreters and transcribers. Just text “HOME” to 741-741 to connect and start the conversation.

Don't let the holiday blues get you down. If you or a loved one has hearing loss, make this the time to reconnect and bring back the joy of the season once again.

Dr. Cliff on YouTube

Dr. Cliff Olson is an audiologist in Arizona who frequently posts informational videos on YouTube. To learn about “The 6 Main Differences Between Hearing Aid Technology Levels,” click on the link below to go to a captioned YouTube video by Dr. Cliff.

The 6 Main Differences Between Hearing Aid Technology Levels: <https://www.youtube.com/watch?v=qAkWYGKfYQg&t=16s>



Hearing Assistive Technology HAT demonstration

HAT moves to
2nd Saturdays
in 2019!

Saturday, Dec. 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.

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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Treasurer Craig Bowlby

Recording Secretary Katie Wright

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Committees

Hearing Assistive Technology Katie Wright

Lip Reading Linda DeGuire

Looping Ram Kakkar

Membership Ellen Mathis

Programs/Publicity Gail Morrison

Refreshments Adela Praderas, Joyce Bowlby

Ways and Means need volunteer!

Professional Advisor

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Newsletter

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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: <https://www.hearingloss.org/make-an-impact/become-a-memberrenew/>

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
c/o Katie Wright
7802 Kingbee Street
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Upcoming Programs

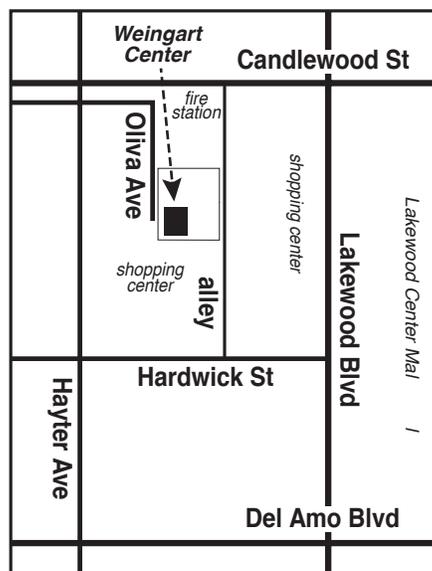
- Dec 13** Holiday party
- Jan 10** Dr. David DeKriek: Your Audiological Exam
- Feb 14** Katie Wright: Hearing Loss Goes to the Movies

Monthly chapter meetings:

2nd Thursday of each month
6:30-8:00 p.m.
September through May

All Chapter meetings, Board meetings, lip reading classes, and HAT demonstrations are held at:

Weingart Center
5220 Oliva Ave.
Lakewood, CA 90712



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

- We have a high quality sound system
- We'll lend you an assistive listening device
- If you have hearing aids with telecoils, we have a hearing induction loop.
- 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.

Join HLAA now at

<https://www.hearingloss.org/make-an-impact/become-a-memberrenew/>

to receive *Hearing Life Magazine* and become part of a nationwide nonprofit organization representing the interests of 48 million people living with hearing loss in the United States.