

February 13 Chapter Meeting

Lipreading: What it is? What is our class like?

Linda DeGuire, who leads HLAA's free weekly lipreading class, will tell us about this valuable skill, which can be learned, practiced and honed. She will illustrate its usefulness to those with hearing loss, as well as its limitations.

She'll give a few tips for learning lipreading, followed by a brief demonstration of what actually occurs in our classes.

Please join us!

Linda DeGuire (4th from left in photo) is Professor Emerita of Mathematics from California State University Long Beach. She has a masters degree from Stanford University and a masters and doctorate from the University of Georgia. She taught for 48 years before retiring—10 years on the K-12 levels and 38 on the university level.



By the late 1990s, her hearing was fading and she was experiencing problems in the classroom. To help herself, she joined our HLAA Chapter and the lipreading class in 2001. She began leading the class in August 2007, and has continued to lead it since then. Actually, as she says, she just organizes it and all class members share in leading it!

UPCOMING CHAPTER EVENTS

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

Feb 13 Chapter meeting

Thursday, 6:30 to 8:00 p.m.

Dr. Linda DeGuire: *Lipreading talk and demo*

Feb 26 Board meeting

Wednesday, noon to 2:00 p.m.

Open to any chapter member

Mar 12 Chapter meeting

Thursday, 6:30 to 8:00 p.m.

CSULB audiologist: *Aural Rehabilitation*

Mar 14 HAT Demonstration

Saturday, 10:30 a.m. to noon

Lip Reading classes (ongoing)

Wednesdays 9:30 to 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!

Our meeting room Telecoil loop was installed with the generous help of Rick Archbold of [Hearing Now USA](http://HearingNowUSA.com).

Dining out for people with hearing loss

Shari Eberts, The Hearing Journal

Dining out can be a loud and stressful experience. Today's popular restaurant décor includes hard woods, mirrors, and metal surfaces that reflect noise rather than absorb it. A lack of carpeting and other sound-absorbing surfaces creates a cacophony of sound reverberating around the space. Background music combined with the clinking of cutlery on plates and conversations between other patrons add to the overwhelming din. Hearing the waiter recite the specials, let alone enjoying a quiet conversation with your dinner companions, becomes almost impossible. This is true for everyone. Imagine the challenge if you have hearing loss.

Many people with hearing loss avoid restaurants because of the noise. But with these tips, you can make your next dinner out a success.

Research quiet restaurants. Quiet restaurants may be few and far between, but they do exist.

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PRESIDENT'S MESSAGE

from **Gail Morrison**

Happy New Year!

A brand-new year! I hope that everything goes well for you and yours this whole year! And, like the words from the song Winter Wonderland.... to face unafraid, the plans that we made.... walking in a winter wonderland! What a wondrous thought!

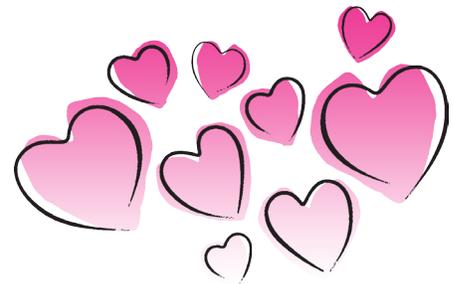
We all enjoyed Dr. DeKriek's message at the January 9th meeting. His review of the new legislation affecting hearing aids was a real eye opener. Progress is slow in legislation as well at the home front. There are some promising improvements coming in Bluetooth technology. Right now, Bluetooth can only connect to one device at a time. Connectivity to more than one device is on its way—although it may be a couple of years still. Steady by spurts.

We have Nominations for a new slate of officers coming up in the next few months. Van VonBurg is the Nominations Chair. If you would like to be an officer, don't be shy! Let him know or nominate someone else.

Check out our Vice President Ram Kakkar's message on what he's learned about MRI/CT scans and cochlear implants on page 4. He'll speak about his experiences at the February 13 meeting.

SMILE, as we greet each other "...a beautiful sight, we're happy tonight!..."

WELCOME BACK EVERYONE!



Chapter elections are coming!

It's the hard work of your Board of Directors that keeps all the activities of our Chapter running. Please consider supporting your chapter by nominating yourself or a member for the Board.

Officers serve a one year term (May to May) and must be members of HLAA National. Here are the main tasks of each officer:

President

Prepares agendas, arranges speakers, and presides at chapter and board meetings. Sees that all chapter decisions and resolutions are put into effect.

Vice President

Assumes the president's duties in case of absence or illness. Coordinates the activities of all committees.

Recording Secretary

Records the proceedings of chapter and board meetings. Posts a copy of minutes at chapter meetings. Acts as custodian for all records except those assigned to others.

Corresponding Secretary

Attends to all routine correspondence of the chapter, including thank you notes to speakers and donors, and other correspondence as directed by the president. Keeps a paper copy of all correspondence.

Treasurer

Arranges with the bank to have the newly elected President, Vice President, and Treasurer eligible to sign checks that require two signatures. Deposits all monies in the bank to the credit of the organization. Keeps a full and accurate account of all receipts and disbursements. Renders a complete accounting of all transactions at board and chapter meetings. Posts a copy of the current Treasurer's Report at all chapter meetings. Prepares a budget for the ensuing year, to be approved by the Board of Directors.

To nominate someone (including yourself), please see Van VonBurg, who is the head of this year's nominating committee. Elections will take place at the April 9 chapter meeting.

by **Katie Wright**, HAT Chair

We had a great turn-out at the January HAT demonstration—7 visitors! It's always gratifying knowing that the time we give to the Demo helps so many people. Our publicity chairperson is Gail Morrison; she does a great job getting the word out to local publications! Thanks for your hard work, Gail.

I want to share with you a technology that I've not personally tried but have heard good things about. My son works for a tech company in San Francisco. Not only did they recently install a loop in their conference room but they've hired a hard-of-hearing employee. After some research, they purchased for him a Google Pixel 4 smartphone with a transcribing application. This is the Google 4 Pixel Recording app. It doesn't require internet or wi-fi to work. All the other transcribing apps

I know about are limited by their dependence on an internet connection. The employee using the app loves it. He apparently has some hearing but needs to lip-read at the same time. I know we all understand that, don't we?

I don't have a Pixel smartphone and, unfortunately, they are too expensive for me to buy just to experiment with. I'm hoping that someone out there reading this has one or knows someone who does and can try it out. Let me know?

So many great things are happening with advancements in technology for our community: direct Bluetooth connection to hearing aids from all smartphones, better background noise mitigation, fall detection, health monitoring—the list goes on. I keep thinking about our dear Connor at only 11 years old; what will his hearing aids be able to do during his lifetime? It's bound to be amazing.

Dining out

(continued from page 1)

Read restaurant reviews online. Many now feature loudness ratings. Ask friends for recommendations, or consult free crowdsourcing apps, like Soundprint or iHEARu, to locate quiet restaurants in your area.

Provide hearing-related information early. When you make your reservation, mention that you wear hearing aids and request a quiet table. When the restaurant calls to confirm, reiterate your request. When you arrive at the restaurant, remind the hostess once again. If the first table you are given does not suffice, request to be moved.

Request a table in a corner. A corner table or a location beside a wall is often quieter because there is a barrier between you and the rest of the restaurant noise. Sitting with your back to the wall will help limit distracting noise from behind you. Experiment to see what works best for you.

Ask for a round table. A round table makes group conversation easier. People are more likely to face forward as they speak, projecting their

voice towards the center of the table and keeping their faces visible for speech reading.

Consider restaurants with sound-absorbing décor. Look for old school restaurant design features like carpet, drapes, cushioned seats, fabric tablecloths, and acoustic tiles. Many restaurants today prefer hard surfaces like wood and glass. Preview the décor online or stop in to see it for yourself before making a reservation.

Advocate for your needs. Ask the manager to turn down the music or move you to a quieter table. Request the specials in writing rather than verbally from the waiter. Hearing loss is an invisible condition, so others won't know that

you need help unless you ask for it. If a restaurant is not open to meeting your needs, vote with your dollars and do not return.

Avoid busy times. Restaurants are quieter at off-hours, and the management may be more amenable to requests to turn down

the music. Eat early or late, or try dining outside if the weather permits. Outdoor spaces often have fewer hard surfaces to reflect sound and more organic materials to absorb it.



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HLAA Board member Ram Kakkar, who uses cochlear implants, recently underwent an MRI. He will take a few minutes at the February 13 chapter meeting to speak about his experience.

Here's some background on imaging tests.

Medical testing: CT scans & MRIs

CT scans ("CAT" scans) and MRIs are both used to view internal body structures. The biggest difference is that MRIs (Magnetic Resonance Imaging) use radio waves and CT (Computed Tomography) scans use X-rays. Your doctor will decide which test is most appropriate for you.

CT scan

CT scans are administered using a large X-ray machine. The patient lies on a table which moves through the machine, while X-rays record a series of cross-section images of tissues, organs, and skeletal structures. A test may be done "with contrast", meaning a dye will be injected into the veins to aid the imaging.

A CT scan may be recommended if you need a general image of an area of your internal organs, or due to a fracture or head trauma. It is typically used for bone fractures, to identify tumors or internal bleeding, or to monitor cancer.

Although CT scans use a very small dose of radiation, it's higher than a typical x-ray and may slightly increase your risk of cancer. CT scans may harm unborn babies, and patients may react to injected dye.

MRI

Similarly to a CT scan, a patient lies on a table to be moved into a large machine. Radio waves bounce off fat and water molecules in your body, and are translated into images. Because MRI uses a magnetic field, you will need to inform the technician beforehand if your body contains any metal, such as artificial joints, IUD, a pacemaker or cochlear implant.

MRIs provide a more detailed image of your soft tissue, ligaments, joints, or organs for conditions such as herniated disk, torn ligament, or soft tissue issues in the brain, wrist, ankle, breasts, heart, blood vessels, etc.

Some drawbacks to MRIs are: a possible reaction to metals in the body, discomfort from

claustrophobia, or raised body temperature during long duration MRIs. The machine is very loud, which some may find unsettling.



MRI machine

CT scan vs MRI:

CT scans are more widely used than MRIs and are typically less expensive; MRIs, however, provide more detailed images. The most notable difference is that CT scans use X-rays while MRIs do not. CT scans expose patients to ionizing radiation, while MRIs do not.

Lastly, even though the radiation dose of a CT scan is low and the risk of developing cancer may be small, the American College of Radiology advises that no CT imaging be done unless there is a clear medical benefit.

CHAPTER NEWS

Refreshments

Thanks to Bonnie Strutin, who volunteered to bring treats for our February Chapter meeting.

Please pitch in to supply refreshments! Sign up with Adela Praderas to bring a finger food treat to a future chapter meeting.

Updated member roster available

If you'd like a copy, please see Membership Chair Ellen Mathis for a printout or to have the list emailed to you.

It's time to pay Chapter dues!

Only \$1 for the whole year!
Please pay (cash only) to Treasurer Craig Bowlby.



Dining out

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Limit group size. It is fun to eat out in large groups, but this makes conversation more difficult in a noisy environment. Limit groups to four to six people if possible. If a larger group is required, focus on conversing with the people next to you and across from you.

Manage the seating arrangement. Position yourself towards the center of a large group, and have the people who are more difficult for you to hear sit directly across from you so that you can read their lips. In a group of four, I like to have the person hardest for me to hear sit diagonally across from me. That way if he or she turns to speak to the person next to him or her, his or her voice is still heading in my general direction. Don't be shy about asking for a different seat if needed.

Experiment with technology fixes. Ask your audiologist to create a restaurant program for your hearing aids that will block out background sounds and focus on voices, or try an assistive listening device. Speech-to-text apps can also be used discreetly right on your phone. Remote microphones where your dining companions wear microphones that connect directly to your hearing aids also work well.

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https://journals.lww.com/thehearingjournal/Fulltext/2020/01000/Dining_Out_for_People_with_Hearing_Loss.12.aspx

Free and fun!
Join anytime

Lip Reading Class

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

Hearing Assistive
Technology

HAT Demonstration

Saturday
March 14, 2020
10:30 a.m.– Noon

both at the Weingart Senior Center in Lakewood

Get the Informer by US Mail - \$10/year

Make check out to Long Beach/Lakewood HLAA and mail to HLAA Long Beach/Lakewood, 5200 Clark Ave, P.O. Box 41, Lakewood CA 90714

HLAA, Long Beach/Lakewood Chapter

Officers

President Gail Morrison

Vice-President Ram Kakkar

Treasurer Craig Bowlby

Recording Secretary Miryam Hernandez

Corresponding Secretary Van VonBurg

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

Dr. David DeKriek, Au.D.

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 \$45 for individual or \$55 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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Upcoming Programs

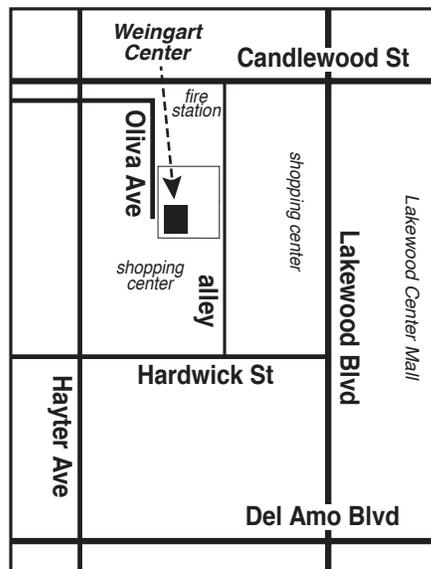
- Feb 13** Linda DeGuire: *Learn about learning to Lipread*
- Mar 12** CSULB audiologist: *Aural Rehabilitation*
- Apr 9** Chapter elections and a HAT demo

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.