

November 12 Chapter Meeting on ZOOM!

How come
the turkey didn't
eat dinner?

He was
already Stuffed!

How's that for a corny Thanksgiving joke?
Are you ready for more?

Grab a turkey leg or a piece of pumpkin pie and join us on Thursday, November 12th at 6:30 pm for our Chapter meeting on Zoom. Be prepared to share a Thanksgiving joke (you can Google them!)

Our theme will be "What are you grateful for?" We'll chat, tell jokes, share our gratitude, connect with friends and maybe even play a game. If you're an experienced Zoom user, play around with the virtual backgrounds and filters; they're so fun!

Register in advance for this meeting at:
https://us02web.zoom.us/meeting/register/tZYqc-6sqjgqGdfv_AOYZy4ZokoCV0UxU_sl.

We'll send you a confirmation email. Keep track of that email! it will contain the JOIN link you'll need to enter the meeting! Of course, our meeting will be captioned.

Not comfortable using Zoom? Join Miryam's Zoom class on November 6—see details on page 2.



Coming up for our December 10 meeting—

We'll share how our families celebrate the holidays and holiday traditions. We plan on some fun games to help us get to know each other better.

Hearing loss can be a disaster at the doctor

Shari Eberts, October 13, 2020

Heading to the doctor during the pandemic can be challenging, especially for people with hearing loss. My family and I have been putting off most of our routine doctor appointments due to the pandemic, but with the low infection rates in New York City recently, we decided to give a previously scheduled visit a go. My teenage son and I masked up, walked the 12 blocks to the doctor's office and paused outside the door to be admitted. We were told to wait in the lobby until it was our turn to see the physician. So far so good.



Masks & face shields are a tough combination

Masks on, there was little opportunity for conversation, but we waited calmly, until the nurse approached us. She was wearing a surgical mask AND a face shield, and she spoke very quietly. "Mumble mumble," she asked me, holding a clipboard in her hand. "Mumble, mumble mumble," she continued. I glanced over at my son for help, but his attention was somewhere deep in his phone. "I can't understand what you are saying," I replied with a smile, yet a feeling of rising panic. "Has he been here before?" she asked in what must have been a much louder voice, since my son's head popped to attention. I answered the question and we were left again to wait.

But this time, I was not feeling calm. My heart was pounding in my chest. I wondered if this had all been a big mistake. I leaned over to my

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Check out these virtual classes, meetings and presentations!

Upcoming online meetings: save the date!

Surviving the holidays with hearing loss

HAAA & HAAA CA Virtual Meeting
Saturday, November 14, 2020, 1 pm

Alison Freeman, Ph.D. is a clinical psychologist working with hearing and hard of hearing/deaf/Deaf students at California State University at Northridge. She has had severe hearing loss since early childhood and is a longtime member of HAAA.

For more information: www.hearingloss.org

Hearing other people's experiences HOPE support group

HAAA North Bay of CA Chapter
alternate Thursdays,
new members 3:45 pm
continuing members 4 pm

Share your hearing loss successes and challenges in a supportive community where we all learn from each other.

For more information: www.hearinglossnorthbay.org

Technologies will help all hear well

HAAA Mission Viejo Chapter
Tuesday, November 10, 2020, 11 am - 12:30 pm

Speaker Fan-Gang Zeng, Ph.D. Professor and Director at the Center for Hearing Research at UCI will speak about emerging technologies, from AirPods to artificial intelligence, which will help all people with hearing loss.

Please register in advance for this event.

Register here: <https://us02web.zoom.us/meeting/register/tZcvc-GtqTspGdSjH4RNrIWWoNlytFAe5P>

CapTel Captioned Phones

HAAA East Bay Chapter
Saturday, November 14, 2020
9:30 am - 12:00 pm

Betsy Randle, local OEI Representative for CapTel, will share her expertise about captioned phones.

For more information: www.hearinglosseb.org

Learn to be more fluent with the technology we depend on to keep us connected!



Member Miryam Hernandez teaches us to Zoom!

Friday, Nov. 6 at noon

Get comfortable using Zoom in time to attend

our next chapter meeting! This class is just for chapter members to go over the basics of how to get the most of out Zoom.

Miryam has been teaching Zoom classes since the pandemic began. She's a great tech teacher and can show you tips and answer your questions.

Register here:

<https://us02web.zoom.us/j/89335789492>

Sponsored by



California Phones
Keeping you connected.

Make your smartphone work better for YOU!

In two one-hour sessions, learn how to:

- make your smartphone louder and easier to hear
- send text messages
- connect Bluetooth devices
- operate the basic functions of your smartphone and more!

iPhone

November 18 & 19
2:00 - 3:00 pm

other dates available

Android

November 18 & 19
2:30 - 3:30 pm

other dates available

Space is limited – register now!

Contact Andie Squires

(714) 325-4892 or email ASquires@ddtp.org

Sorry, no captioning for the above classes.

However—our Chapter is setting up smartphone training for December, with captions to be provided by the Chapter.

Starkey partners with OrCam to help those with vision and hearing loss

Two technology pioneers, each with a rich history of helping people live more independent, healthier lives, have teamed up to break new ground in assistive technology solutions.

Israeli company [Orcam](#), the developer of handheld and wearable artificial vision devices for the visually impaired, and US hearing technologies firm



[Starkey](#), announced on Wednesday they are integrating their trademarked technologies to help those [with] both hearing and vision loss.

The OrCam MyEye is a wearable, lightweight assistive technology for people who are blind or visually impaired. The finger-sized device attaches to any pair of eyeglasses. Using Artificial Intelligence (AI), the OrCam MyEye reads printed and digital text out loud from any surface. It can recognize people's faces, as well as identify consumer products, colors, money notes, and more—without the need for a smartphone or WiFi. When paired to a Livio

Edge AI hearing aid, the audio from OrCam MyEye is streamed wirelessly to the hearing aid.

“Livio AI transformed hearing aids into multipurpose, connected health devices with integrated sensors and artificial intelligence,” said Starkey Chief Technology Officer Achin Bhowmik, Ph.D. “By using AI, we’re bridging the gap between a patient’s hearing health and their overall health and wellness. This partnership with the OrCam MyEye device allows us to achieve even greater success in our quest to help people live happier and healthier lives by enhancing and augmenting human perception and cognition with advanced technology.”

“People who have both vision and hearing loss are often unable to find solutions that effectively address both of these limitations,” said Shashua. “OrCam’s cooperation with Starkey represents an advantageous opportunity, demonstrating OrCam’s ability to apply the advanced computer vision and machine learning methods we have developed to transmit the visual world through audio, in collaboration with Starkey’s Livio Edge AI hearing aids, to deliver a true and total solution. This holistic technological approach provides the ability for those with both vision and hearing loss to access the world more independently.”

news from HAT Hearing Assistive Technology

by **Katie Wright**, HAT Chair

Everyone is talking about Zoom these days but I want to tell you about Google Meet. The great thing about Google Meet is that it has automatic speech recognition captions.

Google Meet is very easy to use. If you have a Gmail address, you already have a Gmail account. Sign up for one if you don't; it's the easiest way to access Google Meet.

For all video-conferencing, you don't need to have a camera. You will be able to see others; they just won't be able to see you.

Directions:

- 1) Go to meet.google.com.
- 2) If you don't have a Google account, click “sign up

for free.” Go through the steps. If you have an account, click on “new meeting.”

- 3) Choose “Get a meeting link to share”
- 4) Copy the link that pops up and paste it into an email to a friend or family member. Be sure to include a day and time to meet.
- 5) All each of you has to do now is click on the link at the right time—and you're there!
- 6) Once the meeting has started, find the “control panel” at the bottom of the screen. Click the “Turn on captions” to start captions.



It's so important for all of us to do what we can to connect with others. Be brave. Do this!

New research could help millions who suffer from 'ringing in the ears'

October 15, 2020



Credit: Neuromod Devices Limited

In the largest clinical trial of its kind, researchers show that combining sound and electrical stimulation of the tongue can significantly reduce tinnitus, commonly described as “ringing in the ears.” They also found that therapeutic effects can be sustained for up to 12 months post-treatment.

The findings could potentially help millions of people, since tinnitus affects about 10 to 15 percent of the population worldwide. The study was conducted by researchers from the University of Minnesota, Trinity College, St. James’s Hospital, University of Regensburg, University of Nottingham, and Irish medical device company Neuromod Devices Limited.

The research was published as the cover story of *Science Translational Medicine*, an interdisciplinary medical journal by the American Association for the Advancement of Science (AAAS).

The study represents the largest and longest followed-up clinical trial ever conducted in the tinnitus field for a medical device, with 326 enrolled participants, providing evidence regarding the safety, efficacy, and patient tolerability of bimodal neuromodulation for the treatment of tinnitus. About 86 percent of treatment compliant participants reported an improvement in tinnitus symptom severity when evaluated after 12 weeks of treatment, with many experiencing sustained benefit 12 months post-treatment.

The tinnitus treatment device used in the study, now branded as Lenire[®], was developed by Neuromod Devices and consists of wireless (Bluetooth[®]) headphones that deliver sequences of audio tones layered with wideband noise to both ears, combined with electrical stimulation pulses delivered to 32 electrodes on the tip of the tongue by a proprietary device trademarked as Tonguetip[®]. The timing, intensity, and delivery of the stimuli are controlled by an easy-to-use handheld controller that each participant is trained to operate. Before using the treatment for the first time, the device is configured to the patient’s hearing profile and optimized to the patient’s sensitivity level for tongue stimulation.

For the trial, participants were instructed to use the Lenire[®] device for 60 minutes daily for 12 weeks. Out of 326 enrolled participants, 83.7 percent used the device at or above the minimum compliance level of 36 hours over the 12-week treatment period. For the primary endpoints, participants achieved a statistically and clinically significant reduction in tinnitus symptom severity.

When treatment was completed, participants returned their devices and were assessed at three follow-up visits for up to 12 months. Just more than 66 percent of participants who filled out the exit survey (n=272) affirmed they had benefited from using the device, and 77.8 percent (n=270) said they would recommend the treatment for other people with tinnitus.

Participants in the study were screened and selected based on a pre-defined list of inclusion and exclusion criteria to ensure the trial had a wide distribution sample of the tinnitus population.

To read the full research paper entitled “Bimodal neuromodulation combining sound and tongue stimulation reduces tinnitus symptoms in a large randomized clinical study,” visit the *Science Translational Medicine* website.

https://twin-cities.umn.edu/news-events/new-research-could-help-millions-who-suffer-ring-ears?fbclid=IwAR00ckWFiXGulAmptwyuVwypEDiGP6CVJhGMxqAR5PBA2S_8VVd6qtZFDm

disaster at the doctor

(continued from page 1)

son and said, “You are going to need to pay attention, because I can’t hear anything.” I ran through my hearing loss at the doctor tips in my mind and saw I had already missed step one. Because the appointment was for my hearing son, I had not alerted the office in advance about my hearing loss. I found my phone and activated Otter.ai so I would have speech-to-text assistance. Then I took some deep breaths to calm myself down. I was ready.

The rest of the appointment went smoothly. I was lucky that the doctor had an easy voice for me to hear and only one layer of protective gear — a surgical mask. Surgical masks block speech reading cues, but the sound degradation is relatively small at only 5 decibels. My hearing aids worked well in the quiet exam room, especially with my son and speech-to-text app for back up. Even so, I repeated everything the doctor said to make sure I had it right and asked for all the medication details in writing — including dosages and frequencies.

Invisible disabilities are hard to detect — compassion is key

Checking out with the mumbling receptionist was more challenging, but I knew the drill and handed over my credit card. Our next adventure — heading to the pharmacy to pick up the prescriptions was much easier since almost everything could be done via the pharmacy’s app.

On the walk home, my son and I talked about the strangeness of the pandemic and how it has impacted our lives in so many ways. From virtual school to virtual meetings to communicating with masks, all of us are facing new stressors and battling feelings of uncertainty. Hearing loss is invisible, as are so many other chronic conditions. People don’t know we are struggling just by looking at us. Conversely, we cannot always see the difficulties others are facing. Compassion is key.

<https://livingwithhearingloss.com/2020/10/13/hearing-loss-the-disaster-at-the-doctor/>

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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

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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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First Class

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Upcoming Programs

- Nov 12** “What are you grateful for?”
plus Corny Thanksgiving jokes and games
- Dec 10** The different ways we celebrate holiday traditions,
plus games and surprises

**In-person chapter activities are suspended,
but there are lots of opportunities
to participate and learn with others online.
More inside this issue of the Informer!**

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.