



Hearing Loss Association of America

Central Oklahoma Chapter

February 2018 Volume 19, Issue 2

From the Hearing Health Magazine Digital Archive, Fall 2017 Issue,
<https://hearinghealthfoundation.org/hearing-health-magazine/>

ONE MAN'S MILITARY PERSPECTIVE

A retired colonel who continues to teach and research tinnitus treatments on behalf of the military shares how he has managed his tinnitus, and his hopes for a cure. *By Colonel John T. Dillard, U.S. Army (Ret.)*

The top two disabilities for our returning veterans from Iraq and Afghanistan are hearing loss and tinnitus, or ringing of the ears (which is actually a sound inside the brain). Both conditions became a problem for me and for many of my friends in the service. A lifetime spent in the U.S. Army, starting in the 1970s, meant frequent exposure to gunfire and proximity to screaming jets and helicopter engines.

Even during a peacetime career in the military, our soldiers, sailors, airmen, and marines are subject to a barrage of auditory insults from the weapons and equipment they operate. It all stacks up to a gradual, although sometimes very abrupt, loss of hearing, usually starting at the higher frequencies. For those in the service, any age-related decline in hearing gets accelerated, to the extreme, by repeated exposure to noise at unsafe levels.

For me, tinnitus began faintly and increased with more hearing loss, reaching a crescendo with one big acoustic trauma—a gunshot right next to me in 2009. I immediately began searching for any kind of treatment that would alleviate the loud ringing in my head, which was actually measured in a laboratory at being around a constant 70 decibels. That is roughly equivalent to the noise inside a fairly strong shower, and I soon discovered that people would use long showers to find a bit of relief by masking their tinnitus. (However, I take short showers!)

With a background in biology and technology, I began to review all the research I could find. As it turns out, the typical tinnitus condition consists of several brain components: auditory (hearing it); attentional (your awareness of it); memory (persistence); and emotional (how it affects your mood). After many hours on the web, I spent thousands of dollars on things that didn't work, undergoing treatments in all areas of pharmacology, sound therapy, acupuncture, hyperbaric oxygen, and even transcranial magnetic stimulation.

None of these had any effect for me whatsoever. And despite some incredible recent advances in neuroscience to better understand all of the brain's complexities, there is still no proven cure or even a viable treatment for tinnitus or to reverse hearing loss.

I eventually realized I would have to tackle my tinnitus with the only things out there that to me were credible for managing tinnitus. I eventually found an audiologist who would fit me with hearing aids that provided a built-in tinnitus masking sound. Without a doubt, this became the best purchase

decision of my life.

As I continued my research, I came across and absorbed an important principle from Pawel Jastreboff, Ph.D., of Emory University. His decades of research led to this tinnitus paradigm: that once the emotional component of how one reacts to the noise is conquered (called “the habituation of reaction”), then a phenomenon called “the habituation of perception” can actually occur. This means it is possible to subconsciously shift your “brain state” so that your own perception of the tinnitus sound can be reduced. It has not been a universal outcome for all patients but was backed up substantially in the accepted research literature, so I gave it a try.

I started using Jastreboff’s concepts of Tinnitus Retraining Therapy (TRT)—habituating myself to the tinnitus sound while also using the masking program in my hearing aids. Over the course of my DIY TRT for about three years, I noticed that I finally began to enjoy one noise-free day, sometimes even two, per week. This has been an enduring benefit in the many years since.

Jastreboff’s brain model of tinnitus is still the most widely accepted one today. During a 2015 seminar series at the National Center for Rehabilitative Auditory Research, TRT was advocated as the standard of care, as a component of the Department of Veterans Affairs (VA)’s sequential approach called Progressive Tinnitus Management (PTM).

Today, I rarely use my masking devices, and only employ an implanted, removable hearing aid in one ear. Although I retired from the U.S. Army in 2001, I continue to work with young military officers who are in their early 30s and 40s, educating them about how I have coped with tinnitus. I have heard similar positive reactions from them about how they have managed their own tinnitus. They, too, say they are soothed by the masking sounds in their hearing devices, so I am glad the VA is issuing hearing aids to veterans who have a hearing loss.

Tinnitus as a condition is not considered psychological, even though the phantom sound you hear is a result of something occurring in the brain, and not from an external sound source. However, in psychology, attitudes can exert a powerful influence over behaviors. Making a conscious decision about what is going to be important in your life can be critical to one’s overall well-being. The reality is most of us really do get to choose how we react to life’s challenges. Why not be grateful and positive? In my work with service members, I try my best to encourage people to find their inner strength as they struggle with whatever their condition is. And I try to steer people away from “snake oil cures,” of which there is an unfortunate abundance. Based on the science I have reviewed, I think the first step is to find a way to interrupt a very resilient and redundant network of neuronal activity in the brain. This will be paramount for targeting a solution, which may be delivered by way of chemicals or electrical or magnetic stimulation. Ultimately the goal is to quiet things down, so those with tinnitus can hear more of what they want, and less of what they don't.



OUR MISSION

The Mission of the Oklahoma City Hearing Loss Association is to open the world of communication to people with hearing loss by providing information, education, support and advocacy.

The Hearing Loss Association of America Central Oklahoma Chapter (HLAA-COC) newsletter is published monthly by the Central Oklahoma Chapter. The views and ideas expressed herein are those of the editor and staff of the Hearing Loss Association of Central Oklahoma and may not always reflect those of Hearing Loss Association of America.

For further information: Contact one of the persons listed below:

- ◆ Write to our chapter address: PO Box 42801, OKC, OK 73123
- ◆ E-mail the editor (Elaine) at tlains@sbcglobal.net

Articles are due by the 3rd Thursday of the month



Evening Group: (Monthly) Second Monday;
Lakeside Methodist Church, 2925 NW 66th
Street, OKC, OK. Social period- 6:30 PM; Meet-
ing- 7:00 PM.

February 12



Day Group: (Monthly) Third Thursday; Lakeside
Methodist Church, 2925 NW 66th Street, OKC, OK .
Social period - 1:00 PM; Meeting- 1:30 PM.

February 15

Pati Burns	Evening Group Chair	548-4311
Pat Fennell	Day Group Chair	816-8408
Ron Hendricks	Treasurer	721-0757
Elaine Lains	Editor	317-5377



Meetings are **free!** **Everyone is welcome.** Bring someone with you. Come to any or all. We look forward to meeting you!

Hearing Loss Association of America

If you are not yet a member of National HLAA, you are encouraged to join and take advantage of their services. The bimonthly Hearing Loss Magazine is full of treasures for anyone with hearing loss or the family and friends of such.

Founded in 1979, the Hearing Loss Association of America (HLAA), is the nation's foremost advocacy organization for people with hearing loss. It opens the world of communication to people with hearing loss through information, education, advocacy and support.

Information can be found at www.hearingloss.org. The national headquarters is located at 7910 Woodmont Avenue, Suite 1200, Bethesda, MD 20814.

Quote by founder Rocky Stone: "Hearing loss is a daily challenge you can overcome. You do not have to hide your hearing loss. You do not have to face hearing loss alone."



Volunteer: *a person who performs a service willingly and without pay.*

Good friends are like stars. You don't always see them, but you know they're always there.

Want to volunteer? Contact Venice Meade at vmeade1@cox.net, 794-0240 or 537-4907. We welcome you to join us!

Summary of Evening Group Meeting January 8th

By Ron Hendricks

The Evening group met on the 9th of January. We had a small turnout, I think there was some other Big event also held on that date -- Oh yes, a National Championship football game!

Our speaker was Sandy Kessie from the Oklahoma Department of Rehabilitation Services, Tulsa office. We learned many interesting things about the services offered by DRS. For example, there is no age or income ceiling, or floor. You or I might qualify for a free hearing aid! Sandy told us that there are only 5 specialists for the entire State of Oklahoma and some 800 clients - that is about 150 each! In addition to hearing related services, Sandy's office spends a large amount of time in counseling. The DRS exists to help a person get, or stay, employed -- full OR part-time. Sandy reports that she has assisted people in gaining employment as teachers, accountants, a CPA, cosmetology, engineers, a lawyer, and a first -- a hearing impaired long haul truck driver. I encourage you to consider visiting the DRS if you need any of these services.

Save Paper and Postage!

Email the editor, Elaine Lains, tlains@sbcglobal.net, and let her know you would like your newsletter sent by email! Share the newsletter after reading. Someone with hearing loss, their family member or friend may find just the answer or encouragement they need.

HLAA Local Website and Forum

Visit www.okchearingloss.org to view maps and schedules for our local chapter meetings and special events. Visit http://groups.yahoo.com/group/OKC_HLAA for the OKC-HLAA forum. Sharon Hendricks is our webmaster. We welcome your feedback and comments on our websites.

Visit the Faye Donalson Hearing Helper Demonstration Room

The Hearing Helpers Room (HHR) is at 5100 N. Brookline, Suite 100. Assistive listening devices, sonic boom alarm clocks, telephones (also for visually impaired), bed shakers, smoke alarms, and more are available for demo and short-term loan. Hours are Mon-Fri 10am to 3pm.

The Chapter's **Evening Group meets on the 2nd Monday at 7 pm.**

There is a social period at **6:30 pm**. The February meeting is **2/12/18**.

We will be happy to have Dr. Drew from the Keys Speech & Hearing Center as our speaker.

The Chapter's **Day Group meets the 3rd Thursday at 1:30 pm.** There is a social period at **1:00 pm**. The February meeting is **2/15/18**.

The speaker for the Day Group meeting is Dr. Suzanne Kimball. She will give an informative talk about tinnitus.

Quote of the Month

One life, a little gleam of Time between two Eternities.

Carlyle



- Dave and Barb Goodman, as well as Ron and Sharon Hendricks, went to see “The Color Purple” at the Oklahoma City Civic Center. What was exciting about that? Well, the entire auditorium has been “looped”! So no matter where a hearing impaired person is seated, all they have to do is set their telecoil and they won’t miss a word! Very exciting for Oklahoma City, and many thanks to Ana Covey and the other people at Assist2Hear in making this happen. Spread the word. Many other venues here in OKC could be looped.
- Sylvia Frank and Robert Prest had to cancel their trip to Shreveport, LA because Sylvia had been very sick through Christmas and New Year’s Day. The doctor said Sylvia had very severe bronchitis. Sylvia is better and not coughing as much for the past 4 weeks.
- Elizabeth Large: My brother, Steve, passed away on December 21st.
- Former local HLA member, Dee Lewis, passed away Sunday, January 7th. Her family requested memorial contributions be made to the HLA Central Oklahoma Chapter, PO Box 42801, OKC, OK 73123, or to her church. Sympathy is extended to Dee’s family.
- Milton Anderson, long-time member of HLACOC, passed away January 22 in Corn, OK. Milt and his wife, Maxine, would make the 180-mile round trip to attend Day Group meetings. Milt established a Hearing Loss chapter in Weatherford, which continued to be a viable chapter until Milt retired from the leadership six years later. Milt and Maxine formed many friendships through HLA and will be greatly missed. Sympathy is extended to Maxine and her family.



CHECK IT OUT!

Apps for your iPhone or Android

<http://www.captionfish.com/theaters/cinemark-tinseltown-usa-oklahoma-city>

- ❖ Cinemark Tinseltown—6001 N. MLK Blvd, OKC 73111
- ❖ Harkins at Bricktown
- ❖ Regal Spotlight Stadium 14 in Norman —Sony Glasses
- ❖ Starplex West End Pointe 8 in Yukon
- ❖ Warren Theater in Moore -Sony Glasses
- ❖ AMC Northpark Mall
- ❖ AMC Quail Springs Cinema 24 Theater—Quail Springs Mall
- ❖ AMC Penn Square Mall
- ❖ AMC Crossroads Mall
- ❖ AMC Springs Mall West

Welcome to the HLA!

Join the community of friends and neighbors, audiology specialists, and other health professionals in keeping ourselves and everyone around us informed about hearing loss issues and developments.

The Central Oklahoma Chapter of the Hearing Loss Association is completely non-profit. We are all volunteers. But we all have a commitment to staying informed about the latest hearing assistive technologies, treatments, and coping strategies.

It costs money to share all of that with one another and the wider community:

Every year we participate in Health Fairs and presentations in order to reach more people and tell them about hearing assistive devices and local resources they can turn to for help with their own or a loved one's hearing loss. We give our time and efforts for free, but there's a cost for the various items, brochures and information sheets that we give out.

If you have come to the HLA meetings, you have seen that everything that is said by the speakers is projected as text on the white wall, so that everyone can know what is being said. This service is not free.

For those who want to receive our Central Oklahoma Chapter HLA newsletter, and who are unable to receive it in an email, we mail a hard copy to these members For Free. Even though the Postal Service allows a small discount for non-profits, this adds up to a substantial mailing cost for the year. Any other cards or notices we send to members adds to this cost.

Our chapter has been very proud to award 2 scholarships a year to two graduating high school students in Oklahoma who are hearing impaired. In 2017 the two scholarship awards totaled \$2300.00.

Various other items include: a donation to the church which offers its space for our meetings, our affiliation with the national Hearing Loss Association in aid of new chapters, etc. The list goes on.

If you want to join or continue as a member of this great organization, help yourself and others to stay informed about all of the interesting progress in the field of hearing loss, and enjoy being a part of a great group of wonderful, caring people, please send in your yearly donation/membership amount of only \$10.00 per person, \$15.00 for a family!

Thank you from all your friends in the Hearing Loss Association, Central Oklahoma Chapter!



Application for HLAA Central Oklahoma Chapter's Scholarship

The Central Oklahoma Chapter of Hearing Loss Association of America will award two (2) \$1000 scholarships to residents of Oklahoma who will be attending an institution of higher learning in Oklahoma in the Fall of 2018.

Application for HLAA Central Oklahoma Chapter's Scholarship

Name: _____

Parents name: _____

Address: _____

Phone: _____

Email: _____

Institution attending: _____

Applications must be submitted in writing prior to April 2, 2018 and mailed to:

HLAA Central Oklahoma Chapter

PO Box 42801

Oklahoma City, OK 73123

Or delivered in person Monday through Friday 10AM -3PM to: Hearing Helpers Room

5100 N Brookline, Suite 100

Oklahoma City, OK 73112

The applicant must:

- Present documentation of hearing loss, such as a copy of an audiogram or letter from a qualified professional (AuD or ENT)
- Provide copy of birth certificate, valid state ID, etc.
- Be resident of Oklahoma and submit residence address and phone number
- Submit a transcript or other document showing GPA
- Submit a copy of the Oklahoma institution of higher education's(*) acceptance letter
- Agree to allow HLAA-COC use of name & photo
- Submit completed application in writing by April 2, 2018
- Submit an essay consisting of 1,000 – 3,000 words expressing your goals and telling your story of how hearing loss has affected your life
- Agree to an interview of the Scholarship Selection Committee
- One application per student
- Scholarship recipients are selected by a Scholarship Selection Committee
- Recipient will be notified in writing

- Recipient must be willing to attend the August HLAA-COC meeting to receive the scholarship certificate
 - Funds may be used for tuition, fees and book expenses with scholarship funds paid directly to the institution
- (* Higher education is defined as university, college, career training, or post-high school institution of learning
-

!! THANKS TO OUR SPONSORS !!

Our thanks to these sponsors for supporting the Hearing Loss Association - Central Oklahoma Chapter. Your support of our organization and its programs is greatly treasured.

Platinum: Cochlear Americas, Hearts for Hearing, Hough Hearing and Speech Center, Integris Community Health Improvement, OG&E Energy Corp, Oklahoma ABLE Tech, Ramona Virgin, Hearts for Hearing

Gold: Nancy Landrum

Silver: Pat Aldredge, Marvin and Carolyn Blue, Calvin & Linda Bryant, Wanda Evans, Sylvia Frank, Dave & Barbara Goodman, Sharon & Ron Hendricks, K. R. & Lois Hornbrook, Don & Joyce Keel, Terry L. Mock, Marcia S. Moore, Oklahoma Hearing Solutions, Suzanne & Bill Parker, John Rider, Marion Thompson, Young Reporting Services

Bronze: Pati Burns, Vernice Meade, Leon Nelson, Harold Simons, Ruth Louise Wallace

Mail your support of an annual tax deductible donation to:

Hearing Loss Association of Central Oklahoma, Chapter Treasurer

PO Box 4280

Oklahoma City, OK 73123

Platinum Level: \$500

Gold Level: \$250-\$499

Silver Level: \$100-\$249

Bronze Level: \$50-\$99

New Membership or Renewal: Bring to a chapter meeting or mail to:
Hearing Loss Association of America Central Oklahoma Chapter
PO Box 42801, Oklahoma City, OK 73123

Please Print Clearly:

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Birthday Month _____ Phone _____

E-mail address _____

New to Hearing Loss Association – Central Oklahoma Chapter

Preference for your newsletter delivery:

email Postal Mail

Are you a member of HLAA – National? Yes No

Annual chapter dues: \$10.00 per individual or \$15.00 per family.

Contributions are tax deductible. Amount of donation \$ _____

Membership is based on the calendar year: January through December.

Remember to renew each January! Enjoy full benefits by also joining HLAA- National.

JOIN TODAY!