



 **March 2018 Volume 19, Issue 3** 



Wow, What's That (Wonderful New) Sound?

By [Gael Hannan](#) On February 13, 2018

World Hearing Day was March 3rd. I think the goal is to remind people to take care of their hearing – reduce exposure to loud noise, get a hearing checkup, buy a hearing aid, and whatnot.

But for those of us who already can't stand loud noise, own a fine selection of hearing aids and/or CI sound processors, and visit our hearing care professionals more often than we would like – maybe we should pause for a few moments today and be grateful for any progress we've made with our hearing loss.

I'd like to celebrate by comparing what I hear when I'm wearing technology – I'm bimodal with a right ear sound processor and left ear hearing aid – and when I'm not.

Without technology: Nada, zilch, zero.

With technology: Kaboom! With increasingly better devices, my world has exploded with sounds I didn't know existed! (To be truthful, I could do with a little less noise from some of them.)

I can now hear, especially with my cochlear implant, either for the first time ever, the first time in a long time, or just better. Some examples:

Bare feet sliding across a carpet. Water left running in the sink. (The memory of our flooded camper is still painful. Especially when you're mopping up at 4am.) The hissy sounds of speech: ch/sh's and the "t" at the end of words. Speech is so much easier to understand when you hear the consonants.

Birds: the flapping of wings, the rustling about in bushes, birdsong. To be honest, at this point in my CI progress, the flapping, rustling and singing often sound the same. But, strangely, I can clearly hear the birds with the *really* high frequency birdsong.

Cars on the road when I'm not in the car, a drone I don't particularly care for. And the drone while I'm *in* the car is just an extra sound on top of my tinnitus I don't need.

People talking – not to me, but when I can't see them or they're too far away to make it out. But I do recognize there is conversation happening; it's a low, honky hum sound.

Dog nails on hardwood floors. I don't need both ears for this because these dogs are Lulu the pit bull and Duke, the Great Dane. Their nails are substantial.

Coffee maker – are *all* pots so noisy and gurgly? Charlie and Nickie, our cats, doing their business in the cat litter – a unique sound I can hear from almost anywhere in the house. To clarify: what I hear are their paws moving about in the wood pellet litter, not their actual, uh, *movements*.

With many high frequency sounds, I can't yet tell what they are. The Hearing Husband still answers this question at least two or three times a day: "*What's that sound?*" When he can't make anything out, I know it's my tinnitus.

What sounds would I like to turn off? The crinkling of plastic bags is torture, and when someone is eating chips out of a bag...gahh!! The first new sound I heard after activation of my CI was the ticking of the wall clock. Does anyone know how to turn that sound *down*? Do digital clocks also make a tick-tick-tick-tick-tick....?

So, hope you had a happy World Hearing Day! Get your hearing checked, move forward on hearing aids if you need them, and then take a moment to be grateful. The miracle of technology opens us up to the miracles of nature.



Evening Group: (Monthly) Second Monday; Lakeside Methodist Church, 2925 NW 66th Street, OKC, OK. Social period- 6:30 PM; Meeting - 7:00 PM. **March 12**

The speaker for the Night Group will be a representative from the Lyric Theater!



Day Group: (Monthly) Third Thursday; Lakeside Methodist Church, 2925 NW 66th Street, OKC, OK. Social period - 1:00 PM; Meeting- 1:30 PM. **March 15**

Dr. Perrine Pham will be the March speaker for Day Group. Dr. Pham is an audiologist with the Hough Ear Institute. She also conducts free monthly hearing screenings at the Third Age Life Center.

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

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

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. Read about the services offered by the *Faye Donalson Hearing Helpers Room*.

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 (HHR) 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.

Notice: the Hearing Helpers Room will be closed March 10th through March 17th.

Editor's Note: The opening article of this issue was written by Gael Hannan. She is a regular contributor to the *Hearing Health Matters* website. Previously she has written about her experience of getting a cochlear implant. Her latest article addresses the tricky but wonderful addition of many sounds to her world. Because of the tremendous difference a cochlear

implant has made in her life and the lives of some of my friends, I'm taking this opportunity to include in this month's newsletter information about the local Cochlear Community and their chapter meetings:

The Cochlear Community invites you to the Community Chapter meetings!

Come and: Connect with others, Learn about healthy hearing and hearing solutions, Receive hearing loss news, tips and updates from Cochlear, Explore opportunities to participate in community events, Give back by helping others with hearing loss.

To register for a Community Chapter meeting near you, please visit www.cochlear.com/US/events.

Families welcome! Captioning will be provided. Beverages and light snacks will be served. Parking is available.

Location: Third Age Life Center, Conference Center, 5100 N. Brookline, Ste. 100, Oklahoma City, OK 73112.

Dates and Times of meetings:

Tues., May 29th, 2018, 6-8pm, Social time starts at 5:30pm.

Tues., August 28th, 2018, 6-8pm, Social time starts at 5:30pm.

If you would like additional information about the Cochlear Community, please contact your local Engagement Manager:

Oscar Hernandez, Phone: 303-356-4299



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 vmade1@cox.net, 794-0240 or 537-4907. We welcome you to join us!

Quote of the Month

Trust your own instinct. Your mistakes might as well be your own instead of someone else's.

Billy Wilder



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."*

February 12th Night Group Speaker: Rebecca Barker

Rebecca Barker is with the Literacy Resource Office at the State Department of Libraries. The Department of Libraries houses government documents and archives that state government employees can check out, but another very important task they perform is teaching tutors how to teach adult literacy.

Mrs. Barker gave an excellent talk about the problem of adults who can't read. She explained that illiteracy in adults often goes unaddressed for years because of the embarrassment and shame associated with little or no reading skills. Many who can't read develop ways to hide their inability to read by delegating reading chores to a spouse or other family member. Surprisingly, 43% of Oklahomans struggle with literacy.

If anyone knows someone who is struggling with a lack of reading skills, then that person can help their non-reading family member or friend by looking up the adult literacy programs offered by the Literacy Office at the State Department of Libraries found on the State of Oklahoma website.

Achievers: Nancy Landrum Guest Lecturer

On Feb 11, 2018, Nancy Landrum was a guest lecturer at Oklahoma State University School of Hospitality and Tourism Management.

Landrum was an educator for 25 years—4 years as a First Grade teacher in MO and KS, then 21 years as an elementary counselor with Yukon Public Schools.

Nancy is an active member of the Central Oklahoma Chapter of Hearing Loss Association of America (COCHLAA).

She has worked in the Faye Donalson Hearing Helpers Room since its founding in 1998. Landrum was one of the main movers, along with Faye, in getting it set up. The Hearing Helpers Room is a place where you can see demonstrations of dozens of hearing assistive devices, and many devices can be borrowed for up to 2 weeks.

Why would a person so involved with COCHLAA be invited to speak to a Hospitality and Tourism Management class? Dr. David Davis, Assistant Director of the OSU School of Hospitality and Tourism Management, was a guest speaker at one of the COCHLAA meetings and was impressed with the mission of COCHLAA: to provide information, education, support & advocacy.

Dr. Davis decided that, because the Americans with Disabilities Act requires access for all people, Nancy would be the ideal person to speak. Nancy said, " As most of you already know, I am passionate about advocating for empathy and accommodations for the hearing impaired.

This was an unexpected and unique opportunity to do just that. These students will be leaders in hotels, restaurants, and tourist attractions within the next decade. To be able to share my experiences and hopes for the future while they are still learning the trade and open to new ideas was just phenomenal!" You can meet Landrum on Mondays as a volunteer in the Hearing Helpers Room, and she participates in health fairs, presentations to church and civic groups, and senior citizen groups. Find out more about COCHLAA; visit our website, www.OKCHearingLoss.org.

Spring Is Coming!

Are We All Ready for a Weather Emergency?

Information from the Department of Homeland Security: www.ready.gov. The Homeland Security website recommends that every household to have a kit of basic supplies. In case you have to leave your home, the kit should be portable. How well you and your family recover from an emergency often depends on the planning and preparation done today.

Some of the basic supplies listed:

ONE GALLON OF WATER PER DAY PER PERSON;

BATTERY-POWERED RADIO AND EXTRA BATTERIES;

A NOAA WEATHER RADIO WITH TONE ALERT;

FLASHLIGHT AND EXTRA BATTERIES;

FIRST AID KIT;

WHISTLE TO SIGNAL FOR HELP;

MOIST TOWELETTES,

GARBAGE BAGS AND PLASTIC TIES FOR PERSONAL SANITATION;

WRENCH OR PLIERS TO TURN OFF UTILITIES;

PET FOOD, EXTRA WATER AND SUPPLIES FOR YOUR PET OR SERVICE ANIMAL;
MEDICATIONS AND MEDICAL SUPPLIES;
HEARING AIDS AND HEARING AID BATTERIES;
COPIES OF YOUR MEDICAL INSURANCE;
ANY IMPORTANT DOCUMENTS, SUCH AS CHARGE AND BANK ACCOUNT RECORDS, WILLS, DEEDS, TAX RECORDS, ETC.

PAPERS SHOULD BE KEPT IN A WATERPROOF CONTAINER.

Making a plan includes identifying others who will help you in an emergency. Plan with your family how you will contact one another, and review what you will do in different situations. Much more information about how to make a plan of action for specific emergencies and disasters are on the website: www.ready.gov.

Grapevine News



- Dave and Barb Goodman were invited to attend “The Color Purple” at the Civic Center in order to experience the newly installed hearing loop. Dave, who is hearing impaired, spoke to one of the managers during intermission to tell her how much he enjoyed the performance. He was able to hear everything and was impressed.
- Sylvia Frank and Robert Prest are going to El Paso, TX where Sylvia’s brother lives. Her brother has invited them to come to his big Birthday Party Celebration. He will be 80-years-old. Sylvia and Robert will leave for Texas on March 1st and come back on March 6th.
- Charles and Carolyn Chastain went to Shreveport, LA on February 2nd through 4th with the PCRTTC (Putnam City retired Teachers Travel Club) to see the Mardi Gras. We had a great time and collected a lot of beads for the grandkids and great grandkids. We also had a tour of some of the Shreveport sights, like the Municipal Memorial Auditorium where Elvis broke through with the “Louisiana Hayride.” Charles is going in for knee surgery on left knee February 23rd to repair a meniscal tear.

***Editor’s Note:** As mentioned in the February 2018 newsletter, Milton Anderson, long-time member of HLACOC, passed away January 22. Milt and Maxine formed many friendships through HLA and will be greatly missed. His son-in-law, Mark Thiessen wrote a poem in honor of Milt. Mark gave us permission, to include the poem, so here is the last stanza of the poem:

*“He’s made his way now on that final flight
To heaven he’s flying with angels in white.
The Savior has called him as one of his own.
With faith in his Pilot, we know he is home.”*

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
-

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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

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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!

