



**April 2018    Volume 19, Issue 4**

**COME TO THE MOST INTERESTING MEETINGS IN OKLAHOMA CITY!**

**Night Group:**

APRIL 9: Speaker: Mary A. Hudson, Associate Professor and AuD Program Coordinator for the Dept. of Communication Science & Disorders from John Keyes.

MAY 14: Dr. Marcia Moore

JUNE 11: Bingo & Game Night combo, or just Bingo

JULY (DATE TO BE ANNOUNCED): HLAA has been invited to “Sounds Like Healthy Cooking” at the OK Heart Hospital. Come eat and learn! This class will be for both Day and Night Groups!

**Day Group:**

APRIL 19: Speaker: Eva Saffer, Audiologist (retired).  
Topic: Telecoils.

MAY 17: MSgt. Bob Skalla from the OKC Police Dept.  
He will be speaking on emergency preparedness and measures offered to assist individuals with hearing loss.

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**Evening Group:** (Monthly) Second Monday; Lakeside Methodist Church, 2925 NW 66th Street, OKC, OK. Social period- 6:30 PM; Meeting- 7:00 PM. **April 9**

**Speaker: Mary A. Hudson, Associate Professor and AuD Program Coordinator for the Dept. of Communication Science & Disorders from John Keyes.**

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

**April 19**

**Speaker: Eva Saffer, Audiologist (retired).**

**Topic: Telecoils**

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<b>Pati Burns</b>	<b>Evening Group Chair</b>	<b>548-4311</b>
<b>Pat Fennell</b>	<b>Day Group Chair</b>	<b>816-8408</b>
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<b>Elaine Lains</b>	<b>Editor</b>	<b>317-5377</b>

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March 13, 2018

## Ugly Emotions By Lisa Peten

Some time ago, I was having a text conversation with a friend who also has bilateral sensorineural hearing loss. When I relayed to her that I am thankful in many ways for the changes that have occurred in having this condition, she was outraged that I would say such a thing. This prompted her to rant 1,001 ways in which her hearing loss is essentially ruining her life.

Despite being 20 years my senior, we share similar emotions in dealing with our late-deafened and hard-of-hearing experiences. Since we are usually so much aligned in our thoughts and emotions, I imagine my appreciation for this condition caused her outrage, and made her even more perplexed about my gratitude for this condition.

In any event, we hashed through this discussion and came to an “agree to disagree” conclusion, which posed a crossroads in our friendship. We closed this discussion with authentic, raw emotion, conjuring up experiences to change the other’s mind. In the end, we were both thankful for the honest sharing and I learned a thing or two more about compassion and empathy.

I learned that “ugly” emotions (i.e. rage, envy, and hate) about being deaf/hard-of-hearing have not been given the time, space, or energy to address them. They are sometimes buried with the false perception that these types of emotions are unacceptable. Emotions like helplessness, frustration, and sadness seem to easily find ready support, but the ugly emotions present an elephant in the room, never to be acknowledged.

After years of being unsuccessful in burying “ugly” emotions, I found three techniques to love yourself through these moments:

### **Share Immediately**

For a long time I told no one except my family about my hearing challenges. It was too vulnerable an act for me to share. Nowadays, sharing this detail immediately has had a positive effect on my experiences at restaurants, retail establishments, and even medical visits beyond the ENT and audiologists. Lessons learned along the way have taught me to release the emotions quickly, to avoid an emotional explosion later.

### **Dispense Energy**

When emotions of any kind, especially the ugly, surface, dispensing activity provides another early release. In the past, I would practically run from humiliating situations when hearing incorrectly. Now, I can easily own up to the error and explain my hearing loss. While the embarrassment is still present, it does release my ugly emotions and allow the moment to pass without festering.

### **Forgive with Compassion**

I continue to struggle with others' reactions to my hearing loss. Eleven years after my diagnosis, I still feel sullen when I communicate with people whom I have known before my hearing loss. Often times, after they learn of my hearing loss, they speak louder and unconsciously use body language to essentially ignore me, especially during group conversations. I know this is ignorance or discomfort on their part, but it still hurts. I have learned to fire away compassion for all of us in order to ease these emotionally ugly moments. I hope the emotions of my hearing loss someday subside. However, in the meantime, I will own all emotions associated with my hearing loss, and will remember to extend greater compassion and empathy to those of us who need it when ugly-filled emotions become present.



Share the newsletter after reading. Someone with hearing loss, their family member or friend may find just the answer or encouragement they need.

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**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.**

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### **HLAA Local Website and Forum**

Visit [www.okchearingloss.org](http://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](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.

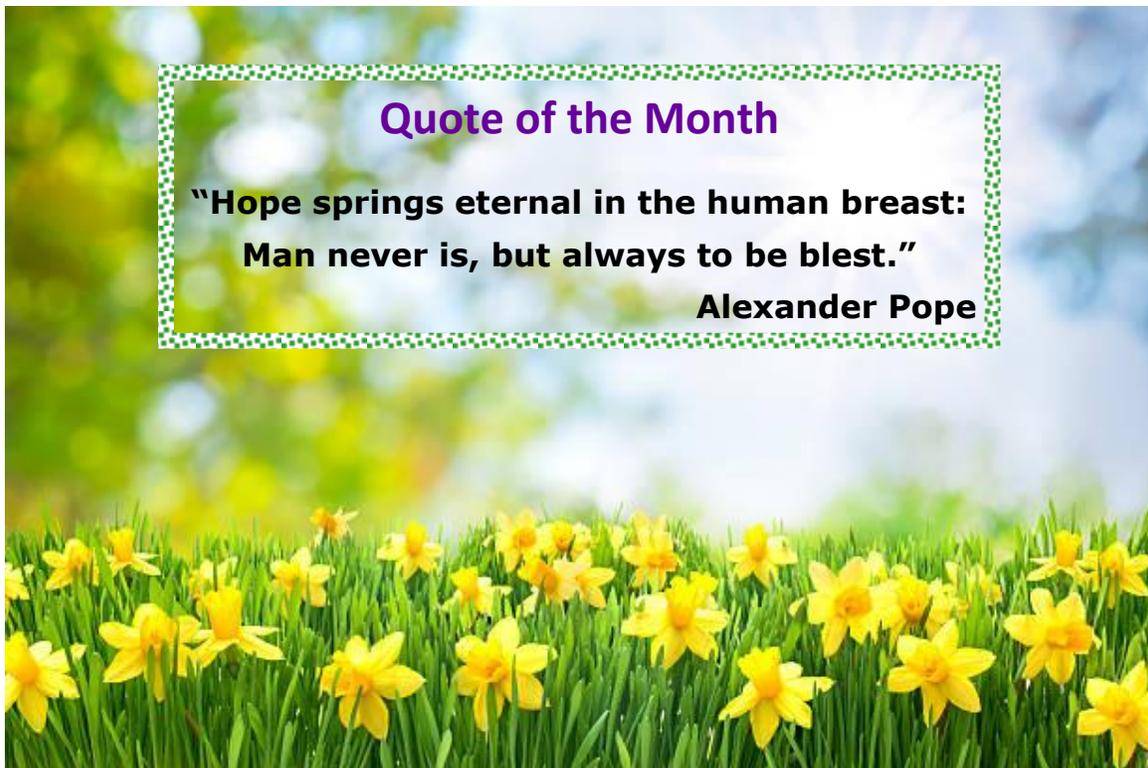
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*Volunteer:* a person who performs a service willingly and without pay. **Good friends are like stars. You don't always see them, but you know they're always there.**

Want to volunteer? **Contact Venice Meade at [vmeade1@cox.net](mailto:vmeade1@cox.net), 794-0240 or 537-4907.** We welcome you to join us!

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## 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](http://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.*"

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### The Patient is the North Star

by HHTM, March 19, 2018

*"Silence is argument carried out by other means." –Che Guevara*

We practitioners need to keep the needs of our patients front and foremost. This is challenging because our training and experience give us a natural tendency to jump ahead of the patient by leap-frogging from their diagnostic findings to treatment options. We find ourselves talking (a lot) about treatments before patients gain any understanding of the test findings, much less their implications.

Patients find themselves unable to get a word in edgewise, much less express specific wants and expectations. Confusion reigns and patients are likely to leave dissatisfied, even if they accept treatment recommendations. When this happens, we have lost our way and need to check our compass.

All paths in audiology practices need to lead to patients, who sit at the North Star of our compasses. Without them, we have no practices. We have to constantly guard against detours where we fall back on the assumption that we have all the answers and the patients are passive listeners. Before we give the answers, we need to stop talking and assuming and give patients full opportunity to state goals, ask questions, consider and understand the findings, their situations, and the recommendations.

### The Level Playing Field

Patients are the focus of what we do, so why must practitioners check their compasses and get their bearings so often?

Ironically, the answer lies in patients being purposefully quiet and subservient to the provider. To quote Elizabeth Cohen, CNN senior medical correspondent and author of *“The Empowered Patient”*:

*“There are all sorts of reasons we default to being quiet. It is general etiquette not to correct another adult, especially when this is their profession. But when the consequences are so grave, you have to summon up your courage.”*

Grave consequences? Yes. This site, [HearingHealthMatters.org](http://HearingHealthMatters.org), talks about the importance of good hearing in maintaining health, social connections, quality of life, while warding off serious depression and isolation. It’s important for patients to assume a position of equality by speaking up — asking questions, stating what they want and what they don’t want, making sure they understand what is transpiring and what is recommended.

In a culture of equality, patients are empowered and providers are receptive. This is the new etiquette for the equality culture. Providers do their best work for patients and patients optimize their hearing health in ways that make sense to them.

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The Hearing Loss Association of America, Central Oklahoma Chapter, offers a hearing friendly and 'safe' place for those with a hearing loss to learn more about living successfully in a hearing world -- and to have some fun. Visit the website to learn more: [www.okcHearingLoss.org](http://www.okcHearingLoss.org).

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Becky Young, a C.A.R.T. operator, attends each of our chapter meetings to assist with our “listening skills”. The text of the speaker is projected onto the white wall, enabling everyone to read what is being said.

**The group meetings are places where it is okay not to hear well.**

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## **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.

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## Ribbon Cutting Ceremony at the Civic Center for the new Hearing Loop



“Assist2Hear Patrons of the Oklahoma City Civic Center officially cut the ribbon on the facility’s new hearing loop system, which is hard wired into the auditorium and will transmit sound directly into a hearing aid or Cochlear implant. The system was installed by Assist2Hear, which provides hearing solutions for the hearing impaired in large venues and churches throughout Oklahoma. Participating from left were Whitney Cross Moore, Pam Mowry, Jim Reynolds, Eddie Walker, Elizabeth Gray, Meg Salyer, Pat Fennell, Doug Kupper and Dennis Clowers. [PHOTO PROVIDED]”

*from “The Oklahoman” newspaper, Sunday March 25, 2018*

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## Audiology: Navigating the Road Ahead

March 6, 2018

There is a common aphorism among Silicon Valley technophiles that they need to move fast and break things. For years, this has long been technology's mantra, and it's a refrain that embodies the disruptors of our era; those willing to take big risks with their technological innovations and let the chips fall where they may.

If logic holds, on the opposite end of this continuum, arguably where you are likely to find many hearing healthcare stakeholders, are those who want to move slowly and maintain the status quo. It is a reasonable position if you're making money and staying busy. And, there are a few reasons for maintaining the current state of affairs, especially given some of the unintended consequences of unmitigated technological disruption recently exposed on Facebook.

Somewhere in the middle, however, exist forward thinkers involved with innovation in hearing healthcare technology who approach the challenge of technological disruption with a clear-eyed respect for the problems associated with it: the unmet need of individuals with untreated hearing loss, the risk of a missed medically complicated condition, and the opportunity emerging technology holds for hearing care professionals and consumers alike. We, as audiology professionals, need to be open to explore some of the challenges facing the industry and how these challenges can be construed as once-in-a-career opportunities to do things better.

—Brian Taylor, AuD, Editor-in-Chief



### The Next two Million Days

by Lauren McGrath from The Hearing Health Foundation Magazine, Winter 2018

The future sounds clearer and looks brighter for Ethan, age 6, who recently began wearing hearing aids recommended by his audiologist. His new hearing aids were very generously donated to him by the manufacturer.

Ethan was born with mild-to-moderate hearing loss in his right ear and moderate hearing loss in his left. Thanks to universal newborn hearing screening legislation, an initiative promoted by Hearing Health Foundation and other organizations, Ethan was diagnosed at birth and able to receive immediate intervention.

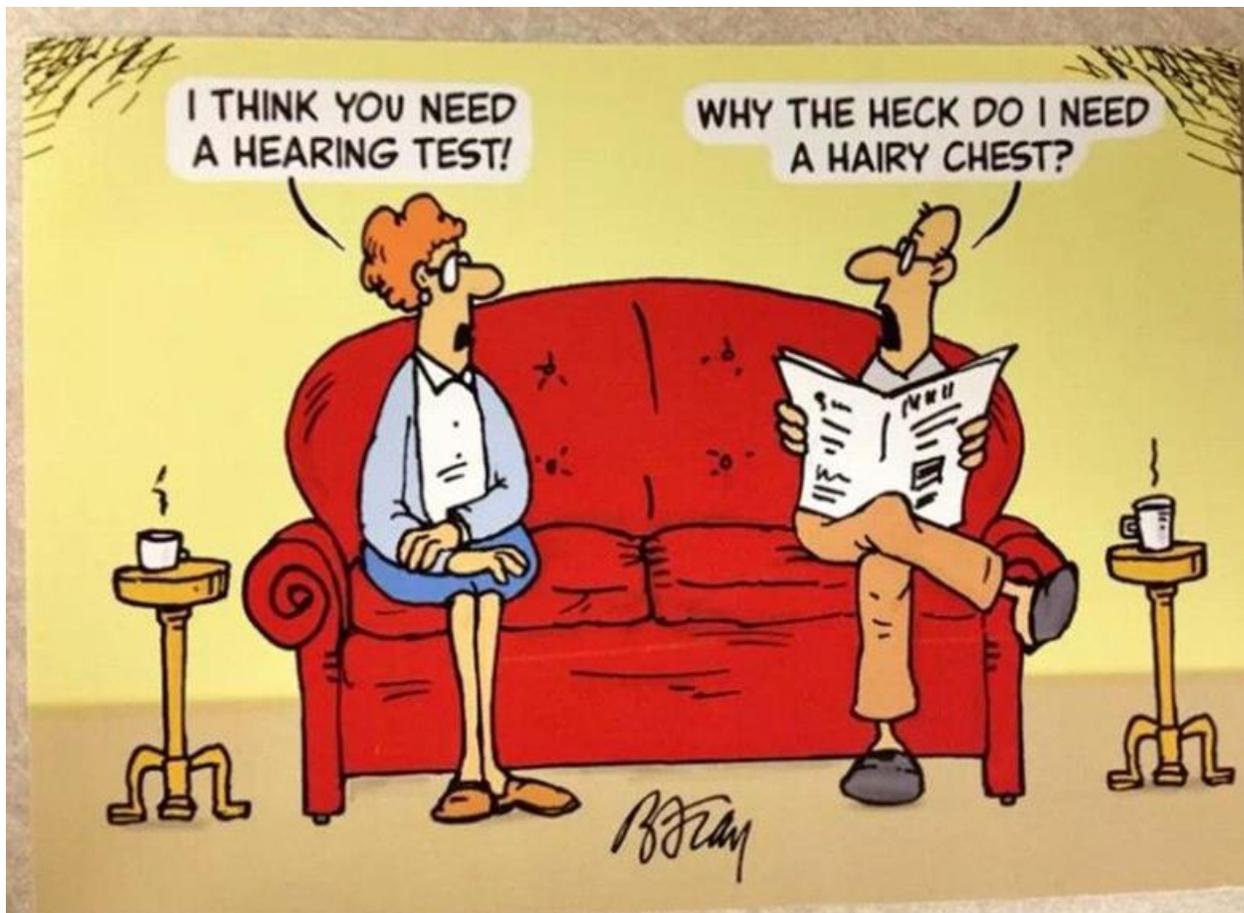
In 1993, only 5 percent of newborns were tested at birth for hearing loss; today 97 percent of babies are screened before they leave the hospital.

Since age 6 weeks, Ethan has worn hearing aids and received speech therapy. He is now a happy first grader at a New Jersey school with many on-site services for students with hearing loss. He is ecstatic that his new hearing aids have already improved his life. He especially appreciates their small size; the devices do not impede his favorite activities and don't fall out. As Ethan is easily overwhelmed by noise, he also likes that he can seamlessly adjust the volume on his hearing aids through the Resound Smart 3D app.

"Ethan asked me, 'Can I wear my new hearing aids for the next two million days?'" says Jason, Ethan's dad. At a young age, he is already on track to overcome the challenges associated with hearing loss. Ethan is confident about his hearing loss, and he and his family are thankful that he was graciously provided with hearing devices that make him happy.

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Joke of the Day



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

**Articles are due by the 3rd Thursday of the month**

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### **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

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**Mail your support of an annual tax deductible donation to:**  
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PO Box 4280  
Oklahoma City, OK 73123

Platinum Level: \$500, Gold Level: \$250-\$499, Silver Level: \$100-\$249, Bronze Level: \$50-\$99

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**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 \_\_\_\_\_

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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.

**JOIN TODAY!**