



October 2018 Volume 19, Issue 8

HLA and the Hearing Helpers at the State Fair - It Was A Fun, Busy Day! *by Elaine Lains, Ana Covey, Sharon Hendrics*

September 19th was Senior Day at the State Fair, which meant free admission to all seniors. Our local chapter of the Hearing Loss Association, along with the Hearing Helpers volunteers, set up a booth in the Modern Living building. Around the perimeter of the huge main room were the booths of many different organizations and vendors that address the needs and wants of seniors.

Ana Covey and myself (Elaine) manned the booth from 8am until 12:30pm. We handed out informative brochures about the HLA and the Hearing Helpers to everyone that went by our table. Then, from 12:30pm until 5pm, Sylvia Frank, and Sharon and Ron Hendricks took over.

From Ana Covey: I think Senior Day at the Fair was a giant success! I'm not sure how to count how many people we shared info with in the morning but I did stop counting hearing aids on visitors to our table when I hit 60!!

We had a lot of people who would say "I already have a hearing aid, so no thank you." I don't know how many times we asked someone if they knew anyone with a hearing loss and their answer was the joke: "What did you say?"

For next year at the Fair, I am going to develop a banner to hang behind us - something that says "Do you know anyone with hearing loss?" Or "Join the Hearing Loss Association Today!" Or just "We aren't selling anything!" (ha-ha!)

From Sharon Hendricks: I think it was a very good day! The place was packed until around 4:00pm, and then it was still a good crowd, just not packed. I feel like we made a lot of very good contacts. Ron and I picked up additional candy on the way as requested and that seemed to pull them in to our booth. (May have over bought!) Ana wins the prize for getting in touch with the other vendors in the room and making them aware of us.

From Elaine: What we learned: Many people think that, once they have a hearing aid, there is no more to be learned, and no more assistance is available. But hearing aids

aren't perfect, and many people don't know that there is more help and support and information waiting for them at the Hearing Helpers Room and at the HLA meetings. We hope that we have done some good by handing out a lot of information at the State Fair, and we plan to be there next year at Senior Day at the Fair!

**Any personal news, articles, etc., to be included in the newsletter are due by the
3rd Thursday of the month!**

Email the editor (Elaine) at tlains@sbcglobal.net

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.

Coming Soon! September HLA Meetings!



When: Third Thursday, October 18, Social period - 1:00pm, meeting - 1:30pm.

Where: Lakeside Methodist Church, 2925 NW 66th St., Oklahoma City.

Speaker: John Vincent, Oklahoma Insurance Commission

Topic: Medicare updates



When: Second Monday, October 8, Social period - 6:30pm, meeting - 7:00pm.

Where: Lakeside Methodist Church, 2925 NW 66th St., Oklahoma City.

Speaker: Topic: Zac Fowler, Community Coordinator at the Oklahoma City National Memorial

Come to the Cabaret!

Join us in a group outing to the Senior Cabaret Sunday, October 14th.

Time: Show starts at 4:00pm.

Where: Randall University, 3701 S. I-35 Service Road, (west side of highway), Moore, OK 73160.

If you prefer, come to the Saturday performance, same location, at 7:00pm.



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, (405) 537-4907. We welcome you to join us!**

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

Thank You!

Thank you to everyone who has given me tips, advise, material and suggestions for the newsletter. The newsletter is very much a team project!

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.



White Noise Therapy for Tinnitus Relief Should be Avoided, Says JAMA Study *September 7, 2018 HHTM*

Tinnitus is a widespread problem with approximately 20 million Americans suffering from bothersome reactions to it. Although there are a few scientifically-validated therapies for many types of tinnitus, many patients are apt to try various types of over-the-counter solutions, including products with white noise masking.

An August 30 JAMA-Otolaryngology report indicates white noise therapy for tinnitus relief should be avoided. According to the researchers, white noise exposure engages anatomical and neurochemical plastic changes in a way that induces maladaptive changes in the brain that degrade neurological health and compromise cognition.

At the core of their analysis, the researchers surmise that both tinnitus and white noise accelerate the aging process of the brain. Accordingly, the authors say the mechanisms commonly associated with hearing loss and tinnitus reflect cortical damage throughout the central auditory pathway and these same changes occur to the brain by exposure to unstructured white noise, even at non-traumatic levels in the adult nervous system.

Given these findings, individuals with bothersome tinnitus should use caution when using unstructured white noise therapy and are best served by seeking an evaluation with an appropriately licensed professional.

Quote of the Month

Our brightest blazes of gladness are commonly kindled by unexpected sparks.

Samuel Johnson

Joke of the Month

If you are going to try cross-country skiing,
Start with a small country



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

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.



HLAA Local Website and Forum

Visit www.okclearingloss.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. For the Facebook page, search in the Facebook search box for ***Hearing Loss Association of Central Oklahoma***.

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.

!! 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.

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Assist2Hear, Carol Kirts Davis, Cochlear Americas, GN Resound Hearing Aids, Hearts for Hearing, Hough Hearing and Speech Center, Integris Community Health Improvement, OG&E Energy Corp, Oklahoma ABLE Tech, Ramona Virgin

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Marvin and Carolyn Blue, Calvin & Linda Bryant, Wanda Evans, Sylvia Frank, Dave & Barbara Goodman, K. R. & Lois Hornbrook, Terry L. Mock, John Rider, Marion Thompson, Young Reporting Services

BRONZE

Pati Burns, Tony and Sharon Howard, Leon Nelson, Harold Simons

**Mail your support of an annual tax deductible donation to:
Hearing Loss Association of Central Oklahoma, Chapter Treasurer, PO Box 42801,
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.

JOIN TODAY!