

MEETINGS

Lakeside United Methodist Church
2925 NW 66th St
Oklahoma City, OK 73116

Day Group

1:00 P.M. on the third Thursday each month, September through May.

Night Group

6:30 P.M. on the second Monday each month, September through May.

Summer Schedule varies, please check specific month for date and time.

Next Meetings

Day: December 20th
January 17th

Night: December 10th
January 14th

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.

NEWSLETTER

Any personal news, articles, etc., to be included in the newsletter are due by the 3rd Thursday of the month! Email the editor Elaine Lains at tlains@sbcglobal.net

Join the Party!

Don't Miss the HLAA Christmas Parties this year.

Both the day and night groups will be playing Dirty Santa. Please bring your favorite snack, and an inexpensive white elephant gift (\$10 or less). You are also invited to wear your favorite Christmas socks for fun!

This year we are also sharing the warmth, by helping the City Recue Mission with a Coat Drive- see details below. If you haven't made it to a meeting lately, this one is sure to please!



*Merry Christmas & Happy Holidays
from all of us at the Central Oklahoma Chapter of the Hearing Loss Association of America.*



Central Oklahoma
Hearing Loss Association

Coat Drive



Help Us Collect Clean, New or Gently Used Coats for the OKC City Rescue.

All sizes for men, women, & children are needed.
Bring Coats to the Day or Night Meetings in Dec. and Jan.

New at the Meetings!



Dr. Kela Miller from Pro Hearing speaks with Ron Hendricks during the Night Group Meeting.

We've made some awesome changes to our monthly meetings! Each meeting will have an "Audiology Advisor" to visit with before the presentations begin. This is your chance to ask questions in between audiology appointments and visit with local hearing professionals. The Hearing Helpers from the Faye Donaldson Hearing Helper's Room will also demonstrate different products available before each meeting. Meetings are your chance to get involved, make great friends, and share tips and advice about living with hearing loss.

NEWS LETTER

December 2018 Volume 19, Issue 9



letter from the chair

Will Rogers once said: "If you want to be successful, it's just this simple. Know what you are doing. Love what you are doing. And believe in what you are doing."

My name is Ana Covey and I am honored to serve as the new Chair of our chapter! I truly love being a part of the hearing loss community and I learn more about hearing loss with every meeting. I am so excited to do my part to help our amazing organization. Get ready for a great year!

If you haven't come to a meeting lately, please join us because you may be surprised! Our dedicated board members and volunteers have been working hard to help our chapter grow stronger. You will also notice a few changes in our chapter meetings in addition to our fantastic speakers. Each meeting will have an "Audiology Advisor" to visit with before the presentations begin and our amazing member volunteers from the Hearing Helper's Room will also demonstrate different products available before each meeting.

This year, we will also be stretching our wings through special HLAA fieldtrips throughout the city. Another big change will be a new website which has been redesigned by one of our newest members and will officially launch this Christmas.

Are you interested in getting more involved? Help our chapter grow by joining a committee or simply sharing ideas. You can also help by TALKING about hearing loss- to our families, churches, doctors, and more. I invite you to keep my cell phone number to share ideas for meeting topics, articles, fieldtrips, and advocacy opportunities.

Here's to an awesome year of learning, growing, and bringing awareness to hearing loss throughout our state!

Warmly,

Ana Covey

(405) 640-5152 ana@assist2hear.com

Vol-un-teer (noun):
a person who performs a service willingly and without pay.

We need YOU! The Central Oklahoma Chapter or the HLAA is growing and we are in need of volunteers to help! Please contact VERNICE MEAD at vmeade1@cox.net or (405) 537-4907 to bring your ideas to our team.

Are you good at social media? Do you like to help coordinate events? We need everything from door greeters to Hearing Helper volunteers. Please consider donating your time this year to help our chapter grow in a big way!

Faye Donalson
Hearing Helper
Demonstration Room
5100 N. Brookline, Suite 100.
Hours are Mon-Fri 10am to 3pm.

Visit the HHR today to try the 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.



Please send your grapevine news to Elaine by the 22nd of each month. We love hearing about special anniversaries, new babies, fun trips and of course, your hearing loss stories!

• Charles Chastain has a granddaughter who is a Navy doctor serving in Afghanistan. Her rank is Lt. Commander, and she will be up for promotion to full Commander when she returns to the U.S. sometime this Summer. Charles had cataract surgery on his right eye and will have the left one done later. He is finally able to read the paper, so he is very grateful!

• Santos and Margarita Hernandez are celebrating their fiftieth anniversary this year!

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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.

Happy Birthday
from the HLAA!



December Birthdays
Pearl Howell
Barbara Loruse

Change of Address? Mail or Email

Please let us know, so you can continue to receive the newsletter and other publications from the HLA Central Oklahoma Chapter. See page 2 for people to contact. Be sure to share your newsletter! Someone with hearing loss, their family member or friend may find just the answer or encouragement they need.

Letter From the Treasurer

Dear HLAers,

It is about that time for dues to be due again. Remember that we operate on a Jan. - Dec. financial calendar. Annual dues are \$10 per person or \$15 for a family. We are a 501(c)3 tax exempt organization, so please consider a year-end contribution. We depend upon your financial support!

There is no charge to be a member of the Central Oklahoma Chapter of Hearing Loss Association of America, but it is not free.

We hold two meetings per month. For this, we gladly make a donation to the Church which provides the room and facilities for our meetings and social events.

Our meetings are also captioned! This is a unique service that allows everyone to read on a large display everything said at the meetings.

If you are receiving a hard copy of this monthly newsletter in your mailbox, you'll know that we have post office expenses. We also do other bulk mailings, and incur PO Box fees.

For the fourth year we will be awarding 2 scholarships for \$1,000 each to 2 college students with hearing loss.

Something new this year at the Ice Cream Social was a drawing for major prizes: a set of Resound hearing aids, and an Assist2hear home hearing loop! We hope to be able to continue this campaign.

For the Hearing Helpers Room, we provide much of the literature and handouts that we give to visitors. These materials and door prizes are also given away at the many public shows, meetings, and health fairs in which we participate.

All of the expenses listed above are part of our mission to provide information, education, support and advocacy for people with hearing loss.

I know that you will want to be a part of all these events and more in 2019. You can continue to help our chapter offer more public service by your attendance at meetings, volunteering your time to HLAA-COC, and your financial support!

Sincerely,
Ron Hendricks, Treasurer

NEWS LETTER

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Staying Safe in Parking Lots This Holiday Season

by Jim Malervy, AAA Automotive Solutions, AAA Magazine

Parking lots can be dangerous places any time of year. Even though cars move more slowly in parking lots, collisions between vehicles or involving pedestrians can result in major damage and severe injuries - or fatalities. Theft is also a concern; a thief could rob you of your wallet and your packages, or even your vehicle, in moments.

If you can't avoid parking lots during the busiest shopping season, from Thanksgiving through New Year's Day (and who can?), you can increase your safety with the following tips.

1. Avoid distractions. Don't talk on the phone or text while you're driving or walking in or around parking lots.

2. Stay alert. Whether you're walking or driving, look for cars preparing to stop or pull out from parking spaces. Listen for car doors closing and engines starting, and look for illuminated tail-lights and headlights. Pay attention to pedestrians, who can be especially unpredictable in a holiday rush.

3. Back into parking spaces. Many accidents happen when drivers are backing out of spaces. If possible, back into your space to that you can have a clear view of cars and pedestrians when pulling out. Don't rely solely on your rear cross-traffic alert systems. If you have to reverse, use all your senses plus your car's alert system.

4. Stow your treasures. Put all shopping bags and valuables in the trunk, and cover them if the storage space in your car is exposed. Also always lock your car.

5. Park under a light. If you find a well-lit parking space at night, scoop it up; it will make you and your vehicle less likely to be targeted by criminals.

Enjoy a safe and happy holiday season!

I Scream! You Scream! We all Scream for Quiet Restaurants!

by Ron Hendricks

Would you like to find a quiet place to enjoy a meal? Me too! So let's do something about it. There is a new app for I-Phone (Android is coming) called **SOUNDPRINT**. Download it from the App store and go to work. SoundPrint is a decibel meter that measures the noise level in the restaurant while you eat. You then upload to a shared file so everyone can see. In a short while we will have a database of all the restaurants in OKC, and when you are ready to eat out, simply check your SoundPrint data base and find a nice quiet place for a meal. If the app detects levels higher than 87 decibels, make sure to speak up for all of us living with hearing loss and and make the manager aware!



Are you in the Loop?

by Ana Covey

Have you experienced the hearing loops popping up throughout Oklahoma yet? Imagine understanding every word of a movie or church service?! Along with the National HLAA, our chapter is working hard to increase hearing access throughout the state and our own communities.

Make sure to ask your audiologist if you have a telecoil (T-coil) in your hearing aid or implant. If you have a T-coil, ask them to activate it and show you how to access the program.

For more information about hearing loops, visit <https://www.hearingloss.org/programs-events/get-hearing-loop/> or visit the Hearing Helpers Room!

Check out these Oklahoma Hearing Loops:

- Oklahoma City Civic Center Music Hall
- Rodeo Cinema
- St. Eugene Catholic Church
- Nichols Hills City Council Chambers
- The Village City Council Chambers
- Catholic Church of St. Mary in Tulsa
- Yale Avenue Christian Church



Central Oklahoma Chapter of the
Hearing Loss Association of America (HLAA)
is proud to announce our 2019 Scholarship.
Two scholarships will be awarded of \$1,000 each!!
Application Deadline: April 8, 2019

Applicant Requirements:

- Essay of how hearing loss has affected your life
- Documentation of hearing loss
- Resident of Oklahoma
- Must be attending higher education in Fall 2019

*See application for additional requirements

Download application from
WWW.OKCHearingLoss.org
or pick up at the
Hearing Helper's Room
5100 N Brookline, Ste. #100
OKC, OK 73123

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Check out the Apps for your iPhone or Android!
<http://www.captionfish.com/theaters/cinemark-tinseltown-usa-oklahoma-city>

- Cinemark Tinseltown
- AMC Penn Square Mall
- AMC Crossroads Mall
- Regal Spotlight Stadium 14 in Norman —Sony Glasses
 - Starplex West End Pointe 8 in Yukon
 - Warren Theater in Moore -Sony Glasses
- AMC Quail Springs Cinema 24 Theater—Quail Springs Mall
- AMC Springs Mall West
- Harkins at Bricktown
- AMC Northpark Mall

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

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 treasured.

Platinum

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

Gold

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Silver

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

Bronze

Pati Burns, Sharon & Ron Hendricks, Tony & Sharon Howard, Leon Nelson, Harold D. 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.

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.