

Hearing Loss Association of America

Central Oklahoma Chapter

March 2017 Volume 18, Issue 3

Why a Cochlear Implant?

By [Gael Hannan](#) On February 7, 2017

From **Hearing Health Matters**

It was time. On January 12, 2017, I received my cochlear implant (CI) in Toronto. This was a huge step—one I had never expected to take in my lifelong pursuit of better communication.

What is it like *not to hear*? What lengths would you be prepared to go to hear, to hear *well*? Imagine that you, who had once been able to hear reasonably well, were faced with the reality that your hearing was getting worse, maybe much worse.

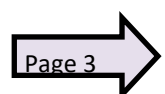
You realize this because voices, including your own, don't sound quite the same and telephone conversations are less easy, more heavily punctuated with *pardon* and *repeat that, please*?

You realize this because the misery of tinnitus and hyperacusis is part of your daily life. You realize this because, in spite of new hearing aids, people *tell* you that you're not hearing as well as you used to. This is always the most painful blow because they're right. Our communication partners know this before we do. We can't tell we've missed something because—*we didn't hear it!*

In the summer of 2015, I started struggling for the first time in decades.

But you don't want to believe this because you've paid your hearing loss dues—a life of living with it. You went to the annual checkups. You sat at the front of the class. You told people you had hearing loss. When finally cleared by an enlightened ENT at age 21 to wear hearing aids, you adopt them with passion.

This was my life, and for the next 40 years my communication improved because hearing assistive technology improved.



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

Norman Group: (Monthly) Second Saturday; Norman Regional Hospital Education Center, 901 N. Porter, 9:30 AM

March 11



Evening Group: (Monthly) Second Monday; Lakeside Methodist Church, 2925 NW 66th Street, OKC, OK

Social period- 6:30 PM; Meeting- 7:00 PM

March 13



Day Group: (Monthly) Third Thursday; Lakeside Methodist Church, 2925 NW 66th Street, OKC, OK .

Social period - 1:00 PM; Meeting- 1:30 PM.

March 16



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



1. Norman - **March 11**
2. Evening - **March 13**
3. Day - **March 16**

Pati Burns	Board President and Evening Group Chair	
Wanda Evans	Day Group Chair	265-2186
Vernice Meade	Norman Group Chair	537-4907
Ron Hendricks	Treasurer	721-0757
Elaine Lains	Editor	tlains@sbcglobal.net

A new ENT said—I'm paraphrasing but this is how the words hit me—“*Frankly, your audiogram sucks and you probably qualify for a cochlear implant. Would you like me to refer you for an evaluation?*”

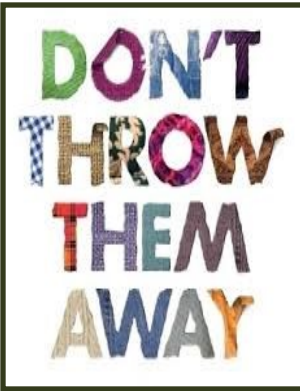
My immediate reaction was *NO! I'm sitting talking with you, so I'm doing just fine. NO!* But after my silent mini-breakdown, I thought, *what have I got to lose?* After all, my recent audiogram showed 2% speech discrimination in the right ear—and that's because I guessed correctly. If there had been another 50 words, I bet I could have *guessed* that speech discrimination score up to 10%! The truth is that my right ear hadn't been pulling its weight for many years, providing only some sound balance through a hearing aid.

I agreed to an evaluation....which didn't go so well. In the sound booth, I stared down a menacing black speaker box. My task was to repeat sentences uttered by a rich, adequately-loud, male voice, but without the help of my #1 strategy of speechreading. Very quickly, the sentences became gobbledygook and so did my repeats. I interpreted it like I heard it: *Ja, mein inken-dinken-linkenboomer!* Then it got worse: the audiologist added background noise.

Several weeks later, the doctor told me I'd been approved for an implant. Although still in shock at being approved, I said, “*Yes. Let's do it.*”

I'm excited by the completely wireless capabilities of the new technology that will connect me to everything but the garage door opener. I may not understand the technology, but what's important is that *someone else does*. All I need to know are what buttons to push, how to change the batteries and how to care for it. Also, how not to lose it!





Share the newsletter after reading. Mark meeting times and pertinent information on a calendar then pass it on. Some one with hearing loss, their family member or friend may find just the answer or encouragement they need.

Post this on a church or library bulletin board. Ask your audiologist or other professionals to place it in their waiting rooms for their clients perusal. Better yet, write your name, phone number and email on it inviting someone with hearing loss to call you for assistance.



INBOX ...or.... MAILBOX

A digital copy of the newsletter is available. You may receive both, if you wish to keep one for yourself and have one to SHARE. A more user friendly single-page format can be accomplished through scanning. This could reduce the clarity so be sure and let me know how it arrived in your INBOX. J

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.



Grapevine news

Note from editor: I know that I have probably misspelled some names in the following Grapevine Notes. I apologize!

Please, when writing a grapevine note, do not write names in script; **print names clearly**. Thank you.

- * Pat Taylor has a new great granddaughter. That makes 17 great grandchildren!
Adeline Mae
- * Lucretia Camacho is scheduled to have knee surgery on February 28 – again, for the third time on the same knee! It will be either a modification, or, more probably, a complete joint replacement. She will be at the Bone & Joint Hospital connected to the McBride Clinic for 3 days. Prayers are appreciated for the “third time’s a charm” (except Lucretia doesn’t put her faith in charms).
- * Nancy Morgan-Butkus, this was my second time to attend. I lapsed due to conflict, forgetfulness and ice. I am very interested in attending regularly. My life is full of a first grandchild in Texas and arts of all forms. My husband and I often go to Texas, but I hope to attend this group’s meetings often.
- * I recently got a pair of ReSound aids. It has been a “trip” to learn the technology they use. But they really help. LeRoy Walser.
- * Ron & Sharon Hendricks’ son and his fiancé visited this weekend. We are planning a May wedding in Arkansas.
- * Barb Goodman is recovering from laryngitis. She lost her voice completely for two weeks, but is making a great comeback. Still squeaky, so she is mostly resting her vocal cords.
- * Becky Young’s daughter, Courtney, was married February 11, 2017 in Norman, OK.
- * Kaley Testerman and Bralyn Booth are selling Girl Scout cookies. Contact Danita Testerman for delivery.



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 Vernice Meade at vmeade1@cox.net,

537-4907

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."

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For further information, please email the editor: tlains@sbcglobal.net

Quote For the Month

"If you let conditions stop you from working, they'll always stop you."
James T. Farrell

.A Note From the HLAA-COC Board Meeting February 13, 2017

Possible planned summer activities:

June 12 - 6-8pm Bingo

July 20 - 6-8pm Game Night (?)

August 5 - 2-4pm Ice Cream Social

All events are planned to be held at Lakeside United Methodist Church. Sylvia will check to confirm that the dates are available.



Granny and the Cop

An elderly couple was driving across the county and the woman was driving when she was pulled over by the Highway patrol.

The officer said, "Ma'am, did you know you were speeding?" The woman, hard of hearing, turned to her husband and asks, "What did he say?" The old man yells, "He says you were speeding!"

The patrolman said, "May I see your license?" The woman turns to her husband and again asks, "What did he say?" The old man yells, "He wants to see your license!" The woman gave the officer her license.

The patrolman said, "I see you are from Arkansas. I spent some time there once and went on a blind date with the ugliest woman I've ever seen." The woman turned to her husband and asked, "What did he say?" And the old man yells, "He said he knows you!"

***HAPPY SAINT
PATRICK'S DAY!***



MARK YOUR CALENDARS!

Becky Young, a C.A.R.T. operator, attends each of our chapter meetings to assist with our "listening skills". *The group meetings are places where it is okay not to hear well.*

Norman Group: Next Meeting: March 11

The Norman group had as their speaker for February BJ King, who talked to us about using meditation for stress in your life. This included the stress we have at coping with hearing loss. It was an interesting presentation and hopefully we can take some of those pointers and use them in our daily life.

Our March speaker was supposed to be John Vincent from Social Security who was going to talk about changes in Medicare and Social Security but he is unable to come on that date due to a conflict, so I will try to find an alternate speaker for March and have Mr. Vincent in April.

I hope you will come and bring a friend.

Evening Group: Next meeting: March 13



Happy March! If you were not at the night group in February, we missed you! Ana Covey gave an enthusiastic presentation on looping in Oklahoma. If you have a t-coil built into your listening device, you will hear so much better if you are in a venue that has been looped. Ana tells us that many venues in Oklahoma City are seriously considering having the loop installed. If you want to learn more about this initiative, please visit the website, www.Assist2Hear.com. If you are unsure if you have t-coil capability or even understand what a t-coil is, ask your audiologist.

We are excited to welcome back Dr. Michael Grim as our speaker in March. Dr. Grim is a long-time friend of HLA and always offers informative presentations. His presentation in March will regard auditory brain implants. He is a joy to listen to and I hope you can join us on March 13 at 6:30pm.



Day Group: Next Meeting: **March 16**

Our February meeting of the day group was very interesting and full of lots of new information! We were very fortunate to have Dr. Shannon Winters from Hearts for Hearing with us to tell us all about the Kros hearing aid.

It is very beneficial for patients who have one ear that has severe hearing loss and cannot be aided. With the Kros, the sound coming to the unaidable ear is transmitted to the ear with normal or aided hearing. That allows sound that is very directional and coming to the severe loss, unaidable ear to be sent to the ear that can process that sound. This means that the device in the severe loss, unaidable ear is mainly a transmitter, not a hearing aid. The device in the aided ear is a receiver as well as a hearing aid.

It was a beautiful day and our attendance was great and included some new people to our day group.

At our next meeting on March 16, 2017 we will have a rap session with members sharing ideas and discussing problems and possible solutions! Hope you can make this meeting!

Also Vernice Meade has invited anyone interested in changes in Social Security or questions regarding Medicare to the Norman group to hear John Vincent at their **April** meeting. He is an expert in the field and will be glad to answer questions. She is still in the process of finding a speaker for the Norman Group March meeting. Hope to see you at a meeting very soon!



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**

From Hearing Helpers

We have a new volunteer to greet. Welcome, Don Blanding! We are so glad to have you join our Hearing Helpers staff .

We have several health fairs coming up. These health fairs and events are free and open to the public!

The schedule below is as of 2/15/17, and is subject to change:

- ⇒ Hearing Helpers at Integris Edmond Hospital, Wednesday, March 15, 10:00 am – 1:00 pm
- ⇒ People with Disabilities Awareness @ Capitol: Tuesday, March 28, 12 noon - 4:30 pm (go to okdrs.org for more details)
- ⇒ Hispanic Health Fair: Saturday, April 8, 9:00 am – 1:00 pm
- ⇒ Senior Health Fair @ Will Rogers Center: Saturday, April 15, 10:00 am – 3:00 pm
- ⇒ Salvation Army Senior Living Fair: Saturday, April 29, 9:00 am – 12:30 pm
- ⇒ State Fair Senior Day: September TBA
- ⇒ Senior Day at the Capitol: Wednesday, September 20, times are TBA

DID YOU KNOW?

The Hearing Helpers conducted over 27 outreach events last year? From Senior Centers to Hospitals to Health Fairs, the Hearing Helpers are out there dispersing helpful information to anyone interested in help with hearing loss!



HLAA Prioritizes Legislative and Advocacy Agenda for 2017; Takes Focus Off Hearing Aid Tax Credit Legislation Feb 7 2017

Since 2003, Hearing Loss Association of America (HLAA) has supported legislation that would allow consumers to receive a tax credit for the purchase of hearing aids.

Several iterations of the tax credit bill have been introduced over the span of nearly 14 years, and none have passed. HLAA has therefore decided to focus its efforts and resources on initiatives that we believe will have a more far-reaching impact.

Some of these current efforts include:

- Working toward the implementation of the recommendations contained in the National Academies of Sciences, Engineering, and Medicine report, *Hearing Health Care for Adults: Priorities for Improving Access and Affordability*.

- Supporting legislation that would ensure Medicare coverage for the cost of hearing aids.

- Providing input to the U.S. Food and Drug Administration (FDA), which is currently working on a rulemaking that would consider a new category of over-the-counter (OTC) hearing devices.

- Supporting reintroduction of the Over-the-Counter Hearing Aid Act of 2016, a bill introduced in December 2016 by Senators Elizabeth Warren (D-Mass.) and Chuck Grassley (R-Iowa) to provide for the regulation of OTC hearing aids.

While we are diligently working on these and many other efforts to improve the lives of people with hearing loss, we cannot do it alone. Whether you call, write or visit your congressman, file a complaint when you are denied access, or attend local council meetings to advocate on behalf of those with hearing loss, the importance of your efforts cannot be overstated.

New Era of Rechargeable Hearing Aid Batteries

By [Wayne Staab](#) On February 7, 2017

Hearing aids are entering a new era of rechargeable hearing aid batteries where consumers no longer have to deal with the hassles of replacement disposable batteries.

The industry appears to be positioned to witness a new trend of rechargeable hearing aids. Recent evidence suggests adoption of rechargeable products will be welcomed with open arms by consumers.

When asked what compelling features consumers want in their hearing aids, the top answers were “a rechargeable hearing aid” and “rechargeable batteries” .

In a recent survey of hearing aid users, 70% indicated they wanted “a rechargeable hearing aid over disposable batteries.”

Rechargeable hearing aids are not new. However, for many reasons, they were not widely adopted and disposable zinc-air batteries have continued to be the dominant power source for hearing aids. However, that now appears to be shifting as industry is taking a fresh look at rechargeable batteries.

Help Your Hearing, Improve Your Social Life, Get Healthier

By HHTM Staff On February 7, 2017

Good hearing keeps you in the game, but how much is good social activity worth? Various studies have linked social connections to better health and longer life, but it hasn't been clear whether healthy people were more socially active to begin with. A review of 148 studies from researchers at Brigham Young University looked at healthy people who were followed for 7.5 years, on average. The study (ies) controlled for the health of the subjects.

The results showed that the value of social interaction was stronger and than you might think. Based on the data from these studies, weak social ties in your community are a major risk factor to your health, at least as harmful to your health as smoking, lack of exercise or obesity.



**Hearing Loss
Association
of America**
Central Oklahoma Chapter
SCHOLARSHIP

Central Oklahoma Chapter Hearing Loss Association of America (HLAA)

Is offering two scholarships of

\$1,000

Requirements:

Must have a hearing loss

Must be attending higher education Fall 2017

Must submit application by April 3, 2017

Download application from WWW.OKCHearingLoss.org

or

pick up application at Hearing Helper's Room, 5100 N Brookline, St #100, OKC

!! 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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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 Central Oklahoma Chapter P.O. Box 42801, Oklahoma City, OK 73123

Please Print Clearly:

Name _____ Date: _____

Address _____ Birthday Month: _____ {

City _____ State _____ Zip _____

Phone Number _____ E-mail address _____

New to Hearing Loss Association - Central Oklahoma Chapter

Email or Postal mail Preference for newsletter delivery

Are you a member of HLAA-National Yes No

Annual chapter dues: \$10.00 per individual/ \$15 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!



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