



**November 2018    Volume 19, Issue 8**

**Welcome to the Meetings! Please Join Us!**

### **Day Group**

**When:** Third Thursday, November 15, Social period - 1:00pm, meeting - 1:30pm.

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

**Speaker:** Dr. Davis, vice president of operations for New Century Hotels in Oklahoma City, as well as an adjunct professor at OSU.

**Topic:** Changes made in the OSU curriculum to increase sensitivity for hard of hearing guests in the hospitality industry and plans for applying sensitivity in his new role with hotels.

### **Night Group**

**When:** Second Monday, November 12, Social period - 6:30pm, meeting - 7:00pm.

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

**Speaker:** Dr. Michael Grimm, audiologist at the VA Medical Center

**Topic:** Assistive Listening Devices

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**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](mailto:tlains@sbcglobal.net)

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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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*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 [vmegade1@cox.net](mailto:vmegade1@cox.net), (405) 537-4907. We welcome you to join us!**

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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>
<b>Ron Hendricks</b>	<b>Treasurer</b>	<b>721-0757</b>
<b>Elaine Lains</b>	<b>Editor</b>	<b>317-5377</b>

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**Thank You!**

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

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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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*Grapevine News*



- Pat Fennell will travel to France from November 4th to the 14th, and to Ecuador from December 23 to January 16, 2019.
- Sylvia Frank acted three parts in the Senior Cabaret Show on October 13th and 14th. She will be able to announce how much the Senior Cabaret raised for the John Keyes Hearing Aid Fund at a later date.
- Elaine Lains traveled to St. Louis, MO the first two weeks in October. She enjoyed a family reunion and was also glad to spend time with her younger sister whose husband is undergoing treatment for stage 4 throat cancer. It's been very rough for her sister's husband, and her sister looked tired, but they are pushing ahead and hoping for the best.

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### ***Quote of the Month***

I count him braver who overcomes his desires than him who overcomes his enemies.

*Aristotle*

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### *Joke of the Month*

*Mother:* Every time you're naughty I get another gray hair.

*Son:* Gee, Mom, you must have been a terror when you were young. Just look at grandma.

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

### **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.

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Noise Exposure is Becoming the New Secondhand Smoke *by Mindy Fetterman, The Washington Post*

From *The Oklahoman*, May 14, 2018

In New York City, the 311 non-emergency call service gets 50,000 calls a day, and the No.1 complaint is noise. New York University has a five-year study underway to track sound across the city, but what policymakers do with the information is not yet clear.

Experts point to rising complaints, more lawsuits, more people with hearing problems, and

studies showing that noise has negative health effects. Noise is the new “secondhand smoke issue.”

It took decades to educate people on the dangers of secondhand smoke. It may need decades to show the impact of secondhand noise. The Environmental Protection Agency has said that noise below an average of 70 decibels over 24 hours is safe and won't cause hearing loss. But those levels are way above recommendations made by the European Union. In 2009, the E.U. set noise guidelines of 40 decibels at night to “protect human health.” And it said steady, continuous noise in the daytime - such as the noise on highways - should not exceed 50 decibels.

“We're in active denial” about the effects of noise, said Rick Neitzel, director of environmental health policy at the University of Michigan. “We're far, far behind what Europe is doing.”

A recent study of 290 national park sites found that 67 percent had significant human caused noise, said Rachel Buxton of Colorado State University. In the national parks, “the biggest culprit is aircraft - the planes overhead, and then road traffic and sounds from industrial sources like oil and natural gas drilling,” said Buxton.

Noise doesn't just affect hearing, noise activists say. A study by the University of Michigan showed an association with cardiovascular disease and heart attacks. “The consensus is that if we can keep noise below 70 decibels on average, that would eliminate hearing loss,” Neitzel said. “But the problem is that if noise is more than 50 decibels, there's an increased risk of heart attack and hypertension,” he said. “Noise at 70 decibels is not safe.” A noisy restaurant can reach 70 decibels.

A few states and cities are beginning to do at least a little something to quiet things down. “Most of the roaring noise from highways comes from the tires on the road, not the engine or exhaust noise,” said Robert Bernhard at the University of Notre Dame, an expert in noise control engineering. Traditional concrete is raked with grooves that run across the road to drain water, he said. Quieter concrete has grooves that go with traffic and drops highway sound levels 5.8 decibels, on average, a study in Texas found. In Texas, new “quiet concrete” is being tested on two stretches of highway. The \$12.4 million project is aimed at replacing concrete sound barriers that won't be needed because highway traffic will be quieter.

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### **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): 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, check your SoundPrint data base and find a nice quiet place for a meal.

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## December Day Group

**When:** Third Thursday, December 20th, Social period - 1:00pm, meeting - 1:30pm.

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

### CHRISTMAS PARTY!

Please bring your favorite treat, and an *inexpensive* white elephant gift (\$10 or less).

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## December Night Group

**When:** Second Monday, December 10th, Social period - 6:30pm, meeting - 7:00pm.

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

### CHRISTMAS PARTY!

Please bring your favorite treat, and an *inexpensive* white elephant gift (\$10 or less).

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## New Smart Hearing Aid in the Works

From the Readers' Digest, submitted by Bob Quatro

Researchers at New York's Columbia University Foundation School of Engineering and Applied Science are developing a high-tech hearing aid that can help people focus on a single voice in a noisy restaurant or any other setting that's packed with competing and overlapping sounds.

The hearing aid works by monitoring the brain activity of the user to determine whether he or she is conversing with a specific speaker; it then automatically picks that person's voice out of a mixed audio feed and amplifies it. In a recent trial, almost all the subjects found the device helpful and wanted to continue using it beyond the test.

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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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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.

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

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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.

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**!! 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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**BRONZE**

Pati Burns, Sharon & Ron Hendricks, Tony and 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.

**JOIN TODAY!**