



Volume 41 Number 6
July/August 2019

Come to the Annual Picnic!
HLAA Albany Chapter & Hands and Voices
Saturday August 3rd from 12:00 Noon to 3:00 PM
Everyone is Welcome!

At The Crossings Park 580 Albany Shaker Road Loudonville, NY

Come rain or shine! We will be in the South Pavilion (*located in the back; follow the signs on the main road*) with clean restrooms nearby. HLAA Albany Chapter will provide hot dogs, rolls and condiments; Hands and Voices will provide beverages! Please bring, if you can, an item from the list below, assignment based on last name:

- A - E --- a snack like veggies, fruit or chips
- F - J --- a dessert
- K - O --- a side dish
- P - T --- a salad
- U - Z --- a main dish

EVERYONE is welcome! Members, Friends, Family! There will be games for the kids, and The Crossings has a large barrier-free playground and a fun maze to explore. Walking paths and playing fields abound so bring your sports equipment and favorite family outdoor games.

To ensure we have enough hot dogs, please RSVP either to Hearhlaa@Yahoo.com or call the HLAA phone at (518) 488-8268 and leave a message.

We can't wait to see you!

**JOIN US AT
THE COLONIE LIBRARY IN
SEPTEMBER!**

Are you or someone you care about facing challenges in dealing with hearing loss? Are you experiencing feelings of frustration at times over missed conversations or misunderstandings? Join in discussion with others on Tuesday, September 24 from 5:30

to 7:30 pm. Attendees will participate in an informal discussion facilitated by Audiologist, Dr. Donna Wayner, the organization's Founder and Professional Advisor. A variety of helps to include hearing aids, cochlear implants, communication strategies for home and work place as well as assistive listening devices, speech reading and ADA issues will be reviewed. All are welcome! Please join us.

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MARK YOUR CALENDAR!

- July 24 Business Meeting at 5:30 pm Executive Park, (entrance in rear behind Entrance C) Stuyvesant Plaza
- August 3 Picnic!
- September 24 Facilitated Discussion on Adapting to Hearing Loss 5:30 - 7:30 at the Colonie Library
- December 14 Holiday Party!



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TECH CORNER

We'll be discussing all things technology over the next few months - thank you to those who already submitted "app" information. If you have a favorite app, send the editor a note!

Laura Cooper says: I've become a fan of a theater app called GalaPro. It provides live captioning for Broadway plays and musicals. Just download the free app from the App Store (only iOS devices) and follow the prompts. Shows at Proctors use GalaPro occasionally; most recently it was available for "Waitress".

John Hargraves says: Tunity allows you to hear audio on your iPhone from your television. Download it and use the app to scan your TV screen - try it, it's free!

More to come!

HLAA Veterans Across America Virtual Chapter

"The top service-related medical issue for [military veterans](#) isn't missing limbs, traumatic brain injury or even post-traumatic stress disorder. It's a hearing injury. According to the U.S. Department of Veterans Affairs (VA), more than 2.7 million veterans currently receive disability benefits for [hearing loss](#) or tinnitus, a ringing in the ears."

HLAA is excited to announce the formation of the very first virtual chapter for veterans with hearing loss (caregivers welcome too!). Chapter members communicate via an online platform called Basecamp, and conducts monthly meetings, complete with captions, using Zoom.

The founding members have applied for an EIN, are working on chapter bylaws, and discussing priorities for the future. During the first meeting on September 26, 2018, the group adopted its mission:

The mission of the HLAA Veterans Across America Virtual Chapter is to provide education, be an advocate for veterans with hearing loss, and to provide a support system to help them to return and adjust to civilian life.

If you are a military veteran with hearing loss or a caregiver of a veteran, we welcome you. Join the chapter by sending an email to Chapters@hearingloss.org.

The HLAA Veterans Across America Virtual Chapter is sponsored exclusively by Starkey Hearing Technologies.

HEAR NEWS is a monthly newsletter of Hearing Loss Association of America Albany Chapter (HLAA) We are a not-for-profit self-help group for individuals that are deaf, have hearing loss and/or impairments. Any mention of opinions, services or products does not mean endorsement, nor does lack of mention mean lack of endorsement.

Address all correspondence to:

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(518) 488-8268

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- Michelle Othon
- Mary Kate Owens, Editor
- Don Porter
- Ellen Rupert
- Debbie Trees, Au.D
- Donna Wayner, Ph.D and Professional Advisor
- Nancy Williams

We welcome your input! Please send articles, inquiries and letters to the editor to the addresses listed above.

Please become a member of HLAA Albany Chapter, or at least give us a try – see the form on the last page.

Go NATIONAL! Join the Hearing Loss Association of America HLAA
7910 Woodmont Avenue
Suite 1200
Bethesda, MD 20814
301-657-2248 (voice)
email: inquiry@hearingloss.org
website: www.hearingloss.org

FROM THE HLAA 2019 CONVENTION: Editor's Letter

"I can't hear you", I say. But the truth is a little more complicated than that. I may be able to "hear" you in the sense that I hear the noise you're making, and I can see your lips moving, but I can't comprehend what you're saying. Sometimes it's because there's too much other noise going on - is there water running in the background, or music playing? Is someone else talking too? Are you mumbling or covering your mouth with your hand? Am I just tired of trying to listen? Then, I can't hear you. Only one of my ears "works"; my right ear is silent except for the roar of tinnitus which for me is the sound of an empty seashell held to my ear. With two ears, you can "triangulate" sound - you can locate the source of sound and ignore some background noise. One ear doesn't permit that.

HLAA-Albany members Margie Litwin, John Hargraves, and I spent a June weekend at the Hearing Loss Association of America 2019 Convention in Rochester, New York with approximately 700 other HLAA members. It was an amazing time, full of people who spoke loudly and clearly while looking at me; who emphasized their points with gestures or sign language; who amplified their speech with technology of all types. I understood almost everything - it was fabulous!

I can hear pretty well with one ear; many of the attendees at the convention were hard of hearing in both ears, and others are Deaf. There were technologies and solutions for everyone — sign language translators, live captioning, looping for those with hearing aids equipped with t-coils, and more.

And vendors displaying, advertising and selling everything. WOW! Harris Communications came with signal alerting

devices like bed shakers and strobe lights, pocket talkers, amplified phones, tv listeners, and other gadgets to help overcome hearing loss. There were battery subscription providers and hearing aid insurance providers. Providers like Advanced Bionics, Med El, Starkey and Cochlear had accessories to try. CapTel and CaptionCall demonstrated captioning phones that translate speech to text. Panasonic came with specialized phones which allow hard of hearing (HOH) users easier access. There were demonstrations of "apps" - little programs to run on a cell phone that allow you to translate or caption or amplify speech. Microsoft and Google, the CIA, Rochester Institute of Technology and Gallaudet University — and many others — sent representatives.

There were workshops like the one where I learned from Jacob Landis and Rebecca Niner about Mental Health, Substance Abuse and Hearing Loss - did you know that substance abuse is more prevalent in the Hard of Hearing (HOH) community? And that HOH teenagers are specifically more susceptible than their hearing counterparts? Neither did I. I learned that HOH travelers can board USA flights early with others needing assistance, and that you should tell your flight attendant that you're HOH. Many

workshops addressed advocating for yourself and others who are HOH using the Americans for Disability Act (ADA) provisions. Other workshops showed how to use technology to address hearing loss and manage audio equipment. William Lewis, a developer of Microsoft Translator, demonstrated how to make a fully captioned presentation using the application and Powerpoint, a useful tool for our Hearing Loss Chapter meetings. Dr. Franck of Mass Eye and Ear spoke to the upcoming prospect of over-



It's Rudy's 100th Birthday!

Rudy Dehn, a longtime member and good friend in many organizations will turn 100 on

August 12, 2019!

the-counter hearing aids which may mean more people with mild to moderate hearing loss will get help at an affordable price. I couldn't attend them all, but the best workshops for me were the ones that spoke to the psychology of hearing loss; the isolation and loneliness. Dr. Alison Marinelli of NYCHEAR addressed "hearing effort" which is the energy required to listen to someone when you are HOH, and strategies for managing that effort. She spoke to the vigilance required to listen to announcements when you don't know when your name will be called, like at the airport or DMV or Panera's; some people listen and capture sound and repeat it silently in order to comprehend it; the cognitive load of hearing effort in the HOH population may contribute to the development of early dementia. Gael Hannan, an author and activist, and her colleague Beth Wilson, PhD, presented "It's not Just Them, it's Us!" at the convention; they acted out communication mistakes between Hearing and HOH people taking turns throwing small rubber balls to or at each other— we all laughed. "You know I can't hear you when you turn away from me!" one said while throwing balls at the turned back of the

other. One juggled all the balls and wouldn't let the other join -"If I'm talking you have to listen! (and I don't have to try to listen!)" she said to illustrate those HOH people who dominate conversation. Gael spoke of the "deaf face" when you squint and frown at someone's lips in order to understand them - very welcoming and attractive! Everyone knew what she was talking about - we've all experienced it. What can I do? I learned I have to laugh at my misunderstandings - was that funny or sunny?; live as well as I can; take it in stride; and recognize that everyone else has their challenges too. I can't wait to attend next year's HLAA convention in New Orleans and hope that

many members of HLAA-Albany will join us!

In my real life, I get tired of saying "I'm sorry, I didn't hear you" or "pardon" or "I can't hear you in this restaurant". I took a pledge this past weekend, led by Gael Hannan, to not "fake it". I'll admit when I can't hear and work at "joining the party".

It's tempting to just

drop back and smile and nod and say "mmmh hmmm" when I should say, "what?". I'm going to participate, difficult or not, so I'll say "I need you to repeat that, please. I didn't understand you. I'm listening to you; I just can't hear you!"

Mary Kate Owens 7/2019

No-Bluff Pledge

**In my life, I will not bluff!
I will not pretend to understand
When I do not.
Instead I will do, all that it takes
To engage, interact and communicate!**

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The national organization HLAA needs you - and we all need HLAA.

The HLAA is 40 years old this year. It is the nation's leading organization representing consumers with hearing loss. The mission is "to open the world of communication to people with hearing loss by providing information, education, support and advocacy." Check their website regularly for information and tips:

<https://www.hearingloss.org>

If you're not already a member of HLAA, please consider it seriously - for \$45 annually or more or less depending on the membership you choose, you get a wealth of information and an excellent fact filled interesting magazine, and the support and advocacy that comes with the organization. Please go online to join today!

INFORMATION YOU CAN USE

(Note: See www.hearinglossalbany.wordpress.com for more details)

- **Hearing Loss Association of America** — www.hearingloss.org
- **Hands and Voices** — www.handsandvoices.org
- **Hearing Like Me** — www.hearinglikeme.com
- **Laurent Clerc National Deaf Education Center** — www.gallaudet.edu
- **National Deaf Center on Postsecondary Outcomes** — nationaldeafcenter.org
- **Albany Law School Civil Rights & Disabilities Law Clinic** — www.albanylaw.edu
- **Office of the NYS Attorney General, Civil Rights Division** — www.ag.ny.gov
- **Young Adults** - www.hearingloss.org/content/young-adults-and-hearing-loss
- **American Tinnitus Association** — www.ata.org
- **Career & College Advice for Deaf & Hard of Hearing Students** — www.affordablecollegesonline.org/college-resource-center/deaf-student-college-career-advice

Lion's Hearing Devices Loan-Out Centers — try out devices before you buy them!

- Madison Hearing Center, 14 Columbia Circle Drive, Suite 202, **Albany**, NY 12203 (518) 690-2060
- Madison & Saratoga Hearing Ctr, 414 Maple Ave, Suite 800, **Saratoga Springs**, NY 12866 (518) 584-0578
- Madison & Saratoga Hearing Ctr, 81 Miller Road, Suite 700, **Castleton**, NY 12033 (518) 689-0792
- Resource Center for Independent Living, 347 W. Main St., **Amsterdam**, NY 12010 (518) 842-3561
- Center for Better Hearing, 318 Ridge Street, **Glens Falls**, NY 12801 (518) 798-4800
- Resource Center for Independent Living, 401 East German St., **Herkimer**, NY 13350 (315) 866-7245
- HearUSA, 2200 Burdett Avenue, **Troy**, NY 12180 (518) 272-7323

Patronize These Accessible Venues!

And...if you know of other venues, please share them with us!

- **AMC Loews** (amctheatres.com) — Rotterdam — Captioning
- **Bowtie Cinemas** (bowtiecinemas.com) — Schenectady, Saratoga, Wilton — “cup holder” Captioning
- **Regal Cinemas** (regmovies.com) — Clifton Park, Crossgates, Colonie Center, East Greenbush, Wilton Mall and Aviation Mail — Captioned Glasses
- **Capital Repertory Theatre** (capitalrep.org) — Loop
- **Delmar Reformed Church** (drchurch.org) — Loop
- **Unitarian Universalist Society of Schenectady** (uuschenectady.org) — Loop
- **St. Mary's Crescent Catholic Church Clifton Park** (www.stmaryscrescent.com) — FM System
- **Our Lady, Queen of Peace Catholic Church**, Princetown Road, Schenectady, NY (www.olgprotterdam.org) — Loop
- **Christ Our Light Catholic Church**, (christourlightchurch.org) Loudonville, NY — FM System
- **First Presbyterian Church** (firstpresalbany.org) 362 State Street, Albany
- **Barrington Stage** (Barringtonstage.org) 1st six rows of Main Stage are looped
- **Spectrum 8** (landmarktheatres.com) — Infrared and CCR-100 Captioning
- **Loudonville Community Church** (www.lcc.org) - FM Receivers
- **Good Shepherd Lutheran Church**, (www.gslcl.org) 510 Albany Shaker Road, Loudonville, NY 12211

Hearing Loss Association of Albany Membership Registration

- **Hearing Loss Association of Albany operates on a calendar year basis, and chapter registration fees are due on January 1 of each year.**
- Persons who would like to 'try us out' can opt to receive a trial newsletter for three months by checking "Trial Registration" on the form below.
- Registration fees collected are used for operating expenses, including this newsletter, and Professional Associates are cited in each newsletter issue.
- We thank you for supporting Hearing Loss Association of Albany, and we hope you will be able to participate.

Hearing Loss Association of Albany Membership Registration Form

Name _____
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Annual Chapter Fee (Calendar Year Basis):

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