

**Serving People with Hearing Loss and their Families  
A Chapter of the Hearing Loss Association of America**

**HEARING LOSS BUSINESS MEETING**

DATE: **Wednesday, April 10, 2019**

Time: **5:30 - 7:30**

Where: Capital Region Otolaryngology Group  
**6 Executive Park Dr., Entrance 'C', Stuyvesant Plaza**  
Parking and Entry Access is in back of the building



Would you like to be on the Planning Committee and attend the future HLAA Business Meetings? This group plans the events for the year ... both the speakers and the social activities. There are just four business meetings a year, one each quarter.

Consider making a difference: sign up for a Committee at the next HLAA event on Wednesday, March 20th, or at the sign-in table at any future event!

Or perhaps you would rather get involved in HLAA in yet another way. We always need program greeters, tech help, refreshment providers, newsletter writers. The list goes on ...

Put your unique strengths to good use, meet new friends, learn new skills ... everyone is needed! Sign up as you sign-in at the Membership table at any of the HLAA events!

*Contributed by Nancy Williams*



- ⇒ **May 18th, Saturday** matinee at Landmark Spectrum Movie Theater;
- ⇒ Education event in **June**—Adapting to Hearing Loss;
- ⇒ **Saturday, August 3, 2019** the annual picnic at the Crossing;
- ⇒ Future Board Meetings are: **Wednesdays, July 10th and October 9th**
- ⇒ In the **Fall**; round table discussion—Adapting to Hearing Loss;
- ⇒ And for those of you who like at least several months notice ... **Saturday, December 14, 2019** will be the annual Holiday event.

Stay tuned for more information/details on these and future 2019 happenings.

**Make Hearing Loss an Issue of National Concern**

**LOOKING****SECTION****BACK**

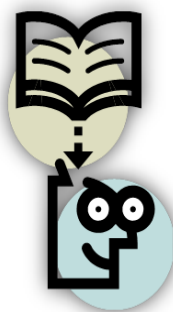
Nearly 30 attendees had a wonderful time on March twentieth at the Delmar Reformed Church, practicing signs which were new to them, and using the newly taught signs to talk to each other.

The topic, **“Survival Sign Language”** presented by **Laura Cooper**, teacher of the Deaf, **Sue Davis**, Speech and Language Pathologist and **Joanne Knauer**, Social Worker, addressed the reasons why American Sign Language might be important: hearing aid malfunctions; dead batteries with no spare, medical emergencies and communication with deaf friends (to name a few).

We practiced the alphabet, numbers, social words and phrases. Sue introduced us to medical terms; Laura told us about her medical experience without hearing aids; and Joanne talked about feelings and matching your expressions to your signs. Other tips for Signing included: Take your time, don't "fake it", face the other person and form the sign outward toward the person you are signing to, and relax. Laura reviewed the legal rights to an interpreter for those who use ASL. We broke into small groups to test our skills and laughed and learned together. A wonderful evening with pizza and cookies too!

Online resources: [ASLpro.com](http://ASLpro.com), [Lifeprint.com](http://Lifeprint.com), [Babysignlanguage.com](http://Babysignlanguage.com), [Signingsavvy.com](http://Signingsavvy.com). And Smartphone apps: Real time Captioning: Innocaption, Ava. ASL app: ASL Translator

*Contributed by Margie Litwin*



**Sound —  
A Memoir of Hearing Lost and Found  
By Bella Bathurst**

An advanced reader's copy of the above-mentioned book was given to Pat Mirza; Nancy Williams agreed to read the book and provide the below review for our Newsletter. Thanks to both ladies for their contributions.

This is the true story of how Bella Bathurst lost her hearing to Otosclerosis, and then regained it after 12 years of deafness (2 Stapedectomy operations). The author explores the notion of silence and noise and interviews professional individuals about the science of sound. In addition, she speaks with a multitude of individuals who are deaf or hard of hearing. Many interesting facts are brought forth in her research.

I enjoyed her fact finding...for example, I didn't know bird hair cells regenerate, unlike humans. The reason is because they need to hear to find a mate, and if they can't mate their species can't survive. In addition, they need sound to hear a predator sneaking up on them...so even if every hair cell is destroyed, they grow them back again & can hear again in a month.

Contributed by Nancy Williams





### **HLAA National Convention is in Rochester, NY**

If you have never attended an HLAA National Convention this is the year to do it. It will be held June 20-23 in Rochester, New York at the Hyatt Regency/Rochester Riverside Convention Center.

I have been fortunate to attend and present at many HLAA Conventions over the years and have found them to be educational and informative. It's such a wonderful experience to have everything so accessible and not have to worry about hearing the speakers!

There are opportunities to meet new friends, connect with old friends across the US and learn about new research, coping strategies and new hearing aid and assistive device technology.

There are always lots of workshops to attend and equipment, hearing aids and assistive devices to try out in the Exhibit hall. There's social gatherings and even one at an offsite location at the George Eastman Museum.

Some members are already making plans to attend. Check the National HLAA website ([www.hearingloss.org](http://www.hearingloss.org)) for more information.

Contributed by Ellen Rupert

### **A Little More 411 on 'Save This Date'!!**

Are you ready for the HLAA-Albany, Saturday, May 18th Matinee Movie Day? This will be held at the Landmark Spectrum Movie Theater and there will be closed captioning devices and headphone receivers. The movies and more information will be announced in the near future.

In June, HLAA-Albany will have a speaker whose topic will be 'Adapting to Hearing Loss'. We can all relate to that, can't we? Further information will be available next month!

Contributed by Nancy Williams

### **A WONDERFUL SHARED EXPERIENCE**

On March 20<sup>th</sup>, the first day of spring, I saw my first, second, and third robins. I also spread my wings a little. That evening, I went to a meeting of the local chapter of Citizen's Climate Lobby. I had been on their mailing list for a long time. Now, emboldened by my Cochlear implants — my second implant had been activated almost a year earlier — and having been thwarted by a snowstorm from attending the February meeting, nothing would stop me.

Wait! No loop, no CART, no one to ask if everyone could hear okay? I did pretty well. When I asked a question, it wasn't to ask for a repetition. When I laughed, it wasn't "pretend laughing." I volunteered to help out in a few ways.

I missed some, but I felt so happy I had gone. No one there could ever have guessed how happy. Ironically, I missed an HLAA meeting held at the same time, which I had really wanted to attend. **Survival Sign Language** could definitely come in handy for me. Guess I'll have to wing it! See you at the next HLAA meeting!

Contributed by Janet Mattox

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.

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- Mary Kate Owens
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- 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  
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Suite 1200  
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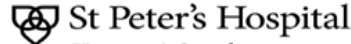
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### A Visit to The Doctor's Office...

**Patient:** "I have a ringing in my ears."

**Doctor:** "Well, answer it."

**Patient:** "Doctor, Doctor! I keep hearing a ringing in my ears."

**Doctor:** "Where else did you expect to hear it?"

**Doctor:** "You've got something in your ear, Hold Still! – Let me see what it is! Oh my goodness – it's a suppository"!!!

**Patient:** "OH NO – Well, at least now I know where my hearing aid probably is!"





The Personal Health column in the New York Times by Jane E. Brody on October 8, 2018 highlighted advantages of cochlear implants for infants and early hearing testing for all infants.

“The American Academy of Pediatrics has established what are known as 1-3-6 guidelines that state that every baby should be screened for hearing by one month of age, a diagnosis of hearing loss made by three months and entry into early intervention services by six months. Yet currently only sixty-seven percent of babies with profound hearing loss receive appropriate intervention by six months of age.”

According to the article; “One baby in 1,000 of those screened will turn out to have moderate, severe or profound hearing loss that if not promptly and properly treated, can delay their ability to learn to speak and understand speech.”

Reader comments on the article included concerns that infant cochlear implants may not work, and/or may result in delayed language training which might otherwise be addressed by training in ASL, speech and lip reading. For more information, see: <https://www.nytimes.com/2018/10/08/well/live/unlocking-the-world-of-sound-for-deaf-children.html>

*Summary by MaryKate Owens*



There's an elderly couple sitting on a swing while at a celebration of their 60<sup>th</sup> wedding anniversary. Feeling romantic, the husband turns to his wife and said; “Honey, our love is tried and true.” She had difficulty hearing him and asked him to repeat what he said. So a little louder he said; Honey, our love is tried and true.” She still couldn't hear him and she said; “What? Could you please speak up?” Frustrated, the husband shouted; “HONEY, OUR LOVE IS TRIED AND TRUE!” The wife responded with; “Well, fine; I'm sick of you too.”

From a Joel Osteen's Conference



**ATTENTION!!** Each month the editor needs assistance with articles for the Newsletter. Submissions are always welcome. Preferably short ones (270 words or less).

For a special Remembrance, think of our Tribute Fund! Tribute donations are a thoughtful way to honor a birthday, an anniversary or any special event, or to memorialize the death of a loved one. You may also make undesignated contributions. The money from the Tribute Fund is used to make our meetings accessible to everyone. Just mail the form below with your check (payable to HLAAL, Albany Chapter), to:

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## Information you can USE

(note, descriptions may be found on [www.hearinglossalbany.wordpress.com](http://www.hearinglossalbany.wordpress.com))

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

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- Madison & Saratoga Hearing Ctr, 414 Maple Ave, Ste 800 **Saratoga Spgs**, NY 12866 (518)584-0578
- Madison & Saratoga Hearing Ctr 81 Miller Rd, Ste 700 **Castleton**, NY 12033 (518)689-0792
- Resource Center for Ind. Liv. 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 Ind. Liv. 401 East German St **Herkimer**, NY 13350 (315)866-7245
- HearUSA 2200 Burdett Avenue **Troy**, NY 12180 (518)272-7323

### Patronize These Accessible Venues!\*

- **AMC Loews** ([amctheatres.com](http://amctheatres.com))—**Rotterdam**—Captioning
- **Bowtie Cinemas** ([bowtiecinemas.com](http://bowtiecinemas.com))—**Schenectady, Saratoga, Wilton**-'Cup Holder' Captioning
- **Regal Cinemas** ([regmovies.com](http://regmovies.com))— **Clifton Park, Crossgates, Colonie Center, E. Greenbush, Wilton Mall, and Aviation Mall**— Captioned Glasses
- **Capital Repertory Theatre** ([capitalrep.org](http://capitalrep.org))—Loop
- **Delmar Reformed Church** ([drchurch.org](http://drchurch.org))—Loop
- **Unitarian Universalist Society of Schenectady** ([uuschenectady.org](http://uuschenectady.org)) - Loop
- **St. Mary's Crescent Catholic Church Clifton Park** ([www.stmaryscrescent.com](http://www.stmaryscrescent.com)) - FM system
- **Our Lady, Queen of Peace Catholic Church, Princetown Road, Schenectady, NY** ([www.olqprotterdam.org](http://www.olqprotterdam.org))—Loop
- **Christ Our Light Catholic Church** ([www.christourlightchurch.org](http://www.christourlightchurch.org)) - FM
- **First Presbyterian Church** ([firstpresalbany.org](http://firstpresalbany.org)) 362 State Street Albany
- **Barrington Stage** ([barringtonstage.org](http://barringtonstage.org))- first six rows of Main Stage are looped.
- **Spectrum 8** ([Landmarktheatres.com](http://Landmarktheatres.com))- Infrared and CCR-100 Captioning.
- **Loudonville Community Church** ([www.lcc.org](http://www.lcc.org)) - FM receivers

\*If you know of any other venue that is accessible, please share it with us!

### 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.

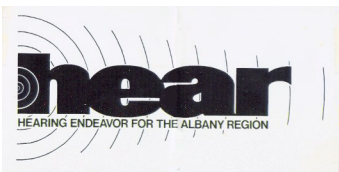
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Annual Chapter Fee (Calendar Year Basis):

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**news**



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**April 2019**



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