



Adapting to Hearing Loss with Dr. Russ Wolff

**Wednesday, June 19th
5:30 pm to 8:00 pm
Stedman Room, Colonie Library**

Dr. Russ Wolff is a licensed psychologist who is deaf, and has extensive professional and personal experience with the Deaf and hard of hearing. This presentation will focus on how to maintain a positive attitude while dealing with hearing loss during difficult social situations. You may be thinking, “Yes, I already know how to cope with hearing loss and the strategies, but how can I help my hearing peers and family understand my issue?” This presentation will also provide some strategies to dealing with everyday challenges faced with people with hearing loss. Significant others will have the opportunity to explore their struggles with understanding and adapting to individuals with hearing loss. The participants will have the opportunity to ask questions, to share their experiences and thoughts, and to offer suggestions that may be useful tools.

PICNIC PICNIC PICNIC PICNIC PICNIC PICNIC PICNIC PICNIC PICNIC

The HLAA Albany Annual Chapter Picnic is coming up on August 3rd from noon to 3:00 p.m. More details to follow in next month’s newsletter, but mark your calendar now!

Food Assignments based on last name:

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

We can’t wait to see you!

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MARK YOUR CALENDAR!

- **June 19th: Dr. Wolff on “Adapting to Hearing Loss” at the
 Colonie Library Stedman Room**
- **July 24th: Business Meeting at 5:30 pm Executive Park,
 (entrance in rear behind entrance C) Stuyvesant Plaza**
- **August 3rd: Picnic!**
- **December 14th: Holiday Party!**

Getting to Know You:

Hi, I'm Laura Fantauzzi and live in the Albany area, not far from the City of Mechanicville, where I grew up.

Right out of college I got a job as a bench research chemist for Sterling Drug, Inc. a pharmaceutical company. For over 25 years, I traveled extensively for business within the USA and loved my work. In 1998, the company I worked for was contracted by a pharmaceutical firm in Helsinki, Finland to help them write and submit their first ever new drug application for submission to the United States FDA for approval of a new drug for heart failure. So, for over a period of 3 years I lived and worked in Helsinki.



After many years working in the field of clinical research and representing clients in drug regulatory activities with FDA, I decided in 2002 to start my own consulting company in medical and regulatory writing. I was a company of one until I retired.

In 2010 I contracted the H1N1 virus resulting in pneumonia and hearing loss. I remember as an adult joining the ranks of toddlers when I had to have tubes placed to relieve the pressure in my ears.

Joining HLAA was an "ear opener" for me! After attending one meeting it was comforting to know others share some of the same problems as me. Also it has been a tremendous benefit to me to find out through the meetings the technology being offered to facilitate hearing aids working more efficiently.

Now in retirement.... my partner Daniel Kush and I enjoy visiting historical sites of the Revolutionary and Civil Wars as well as time spending time each winter in Palm Desert, California.

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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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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The Future of Hearing: In-ear devices will do more than improve sound. (From AARP Bulletin 4/2019)

Streaming Audio: Hearing aids can connect to your smartphone, computer, TV or other device via Bluetooth wireless technology. The audio then ‘streams’ directly into your ear, as though you were wearing earbuds.

Smartphone Apps: Hearing aids can be adjusted this way, giving more control to you. Some apps will change your settings automatically based on the environment. For example, the GPS on your phone can detect if you are in a car or a bar and will alter amplification accordingly.

Rechargeable Batteries: Typically, hearing aids primarily use tiny replaceable batteries. But some now have built-in batteries that can be plugged in to recharge as you sleep.

FUTURE TECH: Just as smartphones are more than phones, hearing aids may become health aids that monitor your temperature and pulse. Sensors will detect falls and alert an emergency contact. Because older Americans are more likely to use their hearing aids every day, they may be the best device for monitoring an aging relative who lives alone. Developments are looking at other ways hearing aids can become in-ear audio assistants. If the doorbell rings, your hearing aid may tell you “The doorbell is ringing”. Eventually, with facial recognition your hearing aid might tell you “Cindy is at the door” or “The FedEx truck is outside” says Jackie Clark, past president of the American Academy of Audiology (AAA).

COULD HEARING LOSS BE REVERSED? In 2018, researchers at St. Jude Children’s Research Hospital announced that they had regenerated auditory hair cells in mice by manipulating certain genes. Novartis is running a five-year clinical trial to regenerate hair cells (The trial is expected to conclude this year). At Indiana University, researchers have grown inner-ear tissues from stem cells. A 2017 paper published in Nature shows that genetic editing could prevent progressive hearing loss in mice. Similar procedures eventually could be used in people.

*** **

THOUGHT FOR THE DAY: (attributed to Warren Buffett)

You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing things with logic. True power is restraint. If words control you that means everyone else can control you. Breathe and allow things to pass.

*** **

Reasons why Self-Help Groups are Good for You (continued from May '19)

- Will suggest strategies for communicating in noisy situations
- Will show you how to accommodate your hearing loss while traveling
- Will empower you through exchange of knowledge, encouragement and the sharing of experience
- Will alleviate the despair and isolation of hearing loss through their support



Restaurants are too LOUD!

So many urban spaces, from the gym to the subway system, have become unbearably loud. And this din is slowly degrading our hearing in subtle, irreparable ways.

One space where it can be especially frustrating to be forced to shout is a restaurant. Both Zagat and Consumer Reports surveys have found that excessive noise is the chief complaint diners have — ahead of service, crowds, or even food issues. Not being able to hear the people we're dining with can make connecting painfully difficult.

Now there's an app to help people who are struggling to find a quiet place to eat or drink. It's called SoundPrint, and it's basically Yelp for noise levels in thousands of restaurants, bars, and cafes across America. SoundPrint allows you to rate and review places based on their sound levels. This way you can plan your next meeting, date, or family outing around a great place to eat to hear and connect with each other. Go to the App Store or Google Play to download the app for your phone and join the crowd of users who want quieter places to dine!

Excerpted and edited from VOX 4/19

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
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- 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

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Annual Chapter Fee (Calendar Year Basis):

Please indicate your choice:

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