



**SURVIVING THE HOLIDAYS WITH HEARING LOSS
JOIN US AT THE COLONIE LIBRARY!
Tuesday, November 26, 2019, 5:30 – 7:30 p.m.
Colonie Library, Steadman Room, 629 Albany Shaker Road,
Loudonville, New York**

Guest Speaker: Ellen Rupert. The holidays can be stressful for all, but for those with a hearing loss the added stress of trying to hear in the noisy environment of parties, restaurants and family gatherings can take its toll! Come and learn strategies to cope and what you can do to make your holidays more enjoyable!

Question: What topics/events would you like HLAA Albany Chapter to offer (even if it costs HLAA Albany a little money to support)?

Ideas flowed in:

• TECHNOLOGY

- I try to educate each person I talk to about the 6 second delay prior to the start of captioning on a captioned phone. Most hang up instead of waiting. HLAA with the larger audience and "louder" voice, might make a difference explaining this, perhaps in the newspapers?
- We could use some hands on learning how to make the most of technical innovations, such as cellphones (voice to text) and looping (we have no idea what it's about)
- A mini exhibit - a 'hands on' experience of the latest hearing aids & other hearing supports. Should be complimented with a knowledgeable person to answer people's questions at each table. Could be sales reps.
- Various hearing aids - pros cons, technology associated with them
- What do you do when hearing aids no longer help with your hearing loss? Not that I'm in that position yet, but I'd like to know if there are options available.
- How to work devices with your hearing aid
- I think a hands on workshop on how to connect your devices to your phone is warranted. Or How to use a tcoil or assistive device.
- Many people are left in the cold by their audiologists and dispensers when it comes to connecting. They don't know how to do it.

- We could get a few volunteers who understand the process and help people actually use their technology. I hope we can cover the new regulations about over the counter hearing aids, next year, around this time of year. The FDA regs should be in effect by August.

• SOCIAL

- More social events, opportunities to get to know one another One that meets more often than every few months.
- A singles event
- Screening the film "Wonder Struck " might be fun. It must be on DVD by now.

• COPING

- Advice on managing situations when sounds are too loud, annoying or painful despite use of hearing aid programs, esp when you can't just leave, e.g., a work presentation.
- Dealing with speech in noisy environments- tips
- How to deal with a relative who won't wear his hearing aid much at all or else only wears it at certain times of the day or to certain events. Or he wears it but then says he can't hear a person and yet doesn't use his volume control or programs. Esp interesting when you have a hearing loss yourself.

(continued on the bottom of page 3)

MAKE HEARING LOSS AN ISSUE OF NATIONAL CONCERN

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MARK YOUR CALENDAR!

- **Tuesday October 15th Business Meeting at 5:30 pm**
Executive Park, IN THE REAR BEHIND Entrance C, Stuyvesant Plaza
- **Tuesday November 26th 5:30 pm at the Colonie Library**
Surviving the Holidays!
- **December 14th: Holiday Party!**



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(continued from Page 1 - Ideas...)

• MEDICAL

- What about connections between Diabetes and hearing loss?
- Medical research.... genetics of hearing loss... science of hearing... that comes to my mind first!

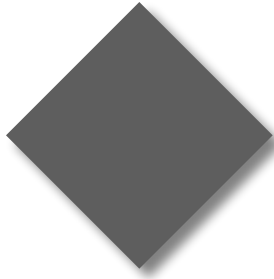
• OTHER

- This idea might fit better with the newsletter, is having a 'Personals' column...if a member is sick, or needs help

another member could volunteer to help them...visiting, running errands, driving them to Drs. Other ways we could connect with each other in this column....seeking a HLAA traveling partner in this country or away, donating/selling unused hearing apparatus that might help another individual, connecting with another that enjoys hiking, attending a museum, eating a meal out, etc.etc.

- I get most frustrated with the volume that commercials play at on tv. I now put mute on as soon as an ad starts

Collated, summarized and submitted by Pat Mirza.
Have more ideas? Send them along!



TECH CORNER

By Debra Trees, AuD

Bluetooth for iPhone Hearing Aids

1. Connect to iPhone first. Go to Settings, General, Accessibility, MFi Hearing Devices.
2. Open and Close your hearing aid battery drawers,
3. PAIR REQUEST: Yes. To both Requests.

Then connect with an APP from the App Store for your particular hearing aids.

If hearing aids do not connect or lose the connection.

1. Swipe up or down on the phone, depending on your version. Hit the Bluetooth icon on and off 10 times. This clears out the Bluetooth cache.
2. Double click home button (bottom or side depending on your version), and pages will pop up. Clear out the pages that are open on the phone.
3. Power down the phone and leave off for 1-2 minutes, then turn on again. This is Rebooting the phone. (Do not simply turn off the phone, but hold side button and home button simultaneously and slide to re-boot, or however phone reboots. The screen will go black and then you will see the Apple symbol. Let the phone sit for a minute or two to clear.)
4. Lastly, go into Settings, General, Accessibility then MFi Hearing devices and choose "Forget this Device" at the bottom of the connection screen.
5. Make sure the batteries are good.
6. Then start over from the top to reconnect the hearing aids.

Note: Put Apple Watch, iPads/iPods or Fitbits in Airplane mode to avoid interference with other devices when streaming.

Looping in the News:

As part of a renovation project, **St Mary's Catholic Church** in Hamilton recently had a hearing loop installed in their sanctuary. (Upstate Hearing Loops)

The **Schenectady Light Opera Company**: *"SLOC is thrilled to announce the installation of a brand new sound system, equipped with assistive listening devices for our patrons. The Assistive Listening System is made possible by a generous donation by the Gilman Family in memory of Ira Gilman"*

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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STRATEGIES FOR HEARING LOSS - An Overview

Dr. Donna Wayner presented on September 24th at the Colonie Library, Steadman Room with CART Captioning and telecoil use. She introduced herself as an audiologist for almost 60 years...*"which is a very long time"*....and the founder of the circle of 12 people in 1983 which has become today HLAALB Albany Chapter.

Dr. Wayner:

"Let me tell you a little bit about my story. I've always had an interest in hearing impairment. When I was a very little girl, I had a cousin who was a teacher of the deaf and she would come to our home and have tea with my Mom. And I was very young and would be playing under the table. I would listen to her talk about how she taught deaf children to speak. And as a child, I used to think about how is it if you can't hear? What is it like?"

The meeting was a conversation about strategies for communicating, and issues that arise with those strategies. It was a conversation shared by all the participants contributing their thoughts, concerns, and ideas. For a full transcript, please see our website: <https://hearinglossalbany.wordpress.com>.

Audience Members comments included:

- *I'm told I need a hearing aid. But I'm able to hear most of it when someone is talking. I was able to hear everything without the device. My primary reason for being here is to understand from other people's experience whether I need a hearing aid.*
- *Hi, I have a genetic Hearing Loss; I became an expert lip reader. Now I'm 50 and I'm close to getting a Cochlear implant but I'm fighting it. \$8,000 is insane.*
 - *I wear a hearing aid. Speak up - I'm proud of it. I'm not ashamed of it.*
- *The technology is wonderful. I learned about the glasses when you go to the movies that caption. I hadn't been to the movies since Titanic and now I went to the movies and I cried. I was so happy to see movies again - with the glasses you can see the words and it doesn't bother anyone else.*
 - *And thank goodness for these meetings. I love it. I try to get here when I can. Being hearing impaired can be very depressing, very isolating. Don't give up - keep coming back!*
- *I've lived 81 years without any hearing problem until a month ago when I could not hear what was being said at meetings I was attending. So I called my doctor's office and wax was removed from my ears about 3 days ago and since then I'm able to hear again.*
 - *I get frustrated in restaurants. But someone said if you sit against a wall it's better than in the middle of a room. I get frustrated with people who will not look at me when they talk. Once I have the hearing aids in, the television works pretty good. I can get my phone to work with my hearing aids. Some days are good, some days are not.*
- *My friend told me about this group. It's good to be with other people. I'm not embarrassed to tell people if I can't hear them, to speak up. Most of the time they don't. I'd say 50% of the time they don't.*
 - *Over the summer I've been in parks where people are walking riding bikes and three times I almost got hit by a bike because I did not hear them coming and Dave pulled me to the side — that's very frightening.*
- *So we have just modified when we go to restaurants to avoid going when it's very busy. We will often go for a late lunch when it's quite empty. It's a simple idea but it might be something you want to try.*
 - *The other thing is if you're in a restaurant always if you can be in a corner against the wall it's much more helpful. If it's possible if they have a lot of music playing, you can ask them to turn it down or even turn it off particularly when it's not that busy.*
- *Never ever sit in the middle of a restaurant; it's ridiculous.*
 - *I have a hard time hearing men speaking with a deep voice, or hearing TV if there's background music*
- *I've lost the high pitch and the low pitch; I had surgery scheduled for a Cochlear implant but I got scared....I may have to revisit that now.*
 - *The best thing I did was get a hearing aid. And the second-best thing I did was join this organization where we meet other people with hearing loss. Now I have two Cochlear implants and in the last few months I've noticed I am hearing better. When I get up in the morning and put it on, the world comes alive. So I recommend you be patient if you get one - it takes time.*
- *When I first got my implant (Cochlear) I listened to 80's music that I knew which helped to train my brain for listening.*

- *I have a multi-mic and it has telecoil for my hearing aid so I'm golden. I went to see Hamilton and the sound came right in my ear - that was fantastic!*
- *I notice different people have different voices and sometimes, my husband will walk away while speaking to me. Notice your surroundings! In restaurants, I always ask for a booth.*
 - *I'm a teacher for the deaf and I gained insight into my student's lives with my hearing loss. I'll never say my hearing loss is a blessing but it enables me to have more empathy for them. Especially at the end of the day, you just want to take those hearing aids off and throw them in a corner. Imagine if you're 5 or 6 years old and feel that way.*
- *The new hearing aids I have help me with my tinnitus too - they cancel it out. So if any of you suffer from that, get it addressed!*
 - *One of the reasons I came tonight is that I've heard the federal regulations on what can be called a hearing aid are going to change and that companies like Apple and Bose are going to be in the field to a larger degree.*

Dr. Wayner comments included:

- *If your hearing aids lack a telecoil setting, you may be able to go back to your audiologist and get them retro-fit.*
- *With regard to a Cochlear implant, there's just a sanding procedure to fit the implant to your skull. There are people in the group who have Cochlear implants - please speak to them. The technology is incredible.*
- *With regard to finding an audiologist, we have in our newsletter several audiologists who are from the region who are supporting our organization. And if you have any particular question, I might be able to help you find someone. It is prudent to have two hearing aids, which work together to train the brain. It's not so much that someone is selling as they're trying to provide you with the optimum.*
- *For television with background music, I really recommend captions which just help tremendously.*
- *As **Debbie Trees**, the audiologist supervisor from St. Peter's, and one of those audiologists listed in our newsletter, just said, in New York State the law allows you a **45 day trial period**. And some places extend that time period. It's important to note that in NYS it doesn't matter if you are an audiologist or a hearing aid dispense, you must follow that law.*
- *When you make a reservation for a restaurant, you can mention that you have a hearing loss issue and ask them to seat you somewhere which will assist you.*
- *When do you know you need a hearing aid? It depends on your lifestyle and it depends on your work and your relationships.*
- *One prudent thing to do if contemplating Cochlear implants is to get a couple of opinions. Some doctors are more familiar with procedures and results than others. Candidates for Cochlear implants are restricted by FDA Guidelines and what the FDA will approve insurance for. Europe has different criteria than the United States.*
- *If you question whether you should see an ENT physician or an audiologist, it's always prudent to get a medical evaluation first to see if there's anything which can be done medically.*
- *The LIONS club is a great resource for assistance with hearing aids.*
- *For tinnitus, you can match the sound that the person is hearing in the ear to the sound that would be generated by the tinnitus and if you carefully adjust it, it can cancel it out.*
- *For a gift to someone who is in denial about hearing loss and the need for hearing aids, consider a subscription to the Hearing Loss Association of America, the national chapter, and it's magazine which is excellent.*
- **Debbie Trees:** *Upcoming in August 2020, the FDA will allow over-the-counter hearing devices for certain types of mild to moderate hearing loss. They're still working on the regulations.*

TRIBUTE FUND

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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

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- 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!

- **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
- **Proctor's Theater** — 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.olqprotterdam.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 — Loop
- **St. Mary's Catholic Church, Hamilton, NY** — Loop
- **Schenectady Light Opera Company, Schenectady, NY** — Loop

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

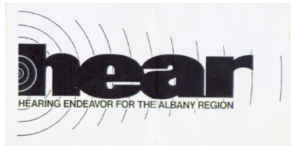
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