



news



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Dec 2019/Jan 2020

**Don't Forget The Upcoming Holiday Party
hosted by HLAA Albany and Hands & Voices NY
Saturday, December 14th, Noon to 2:00 pm
at the Delmar Reformed Church, 386. Delaware Avenue, Delmar, NY**



RSVP's are appreciated - how many adults, and how many children are you bringing for time with Santa? Call us at (518) 488-8268 or send us e-mail at hearhlaa@yahoo.com!

What can you bring? It's a Potluck! We suggest that you bring, using your last name starting with:

- A - E** a snack like fruit, veggies or chips;
 - F - J** a main dish;
 - K - O** a side dish;
 - P - T** cookies or dessert; and
 - U - Z** a salad.
- Hands & Voices NY is providing Pizza!**

If you can, bring a contribution for the Food Bank.

And there's more!



- Fun Holiday Crafts!
- A Signing Santa on hand with gifts for the kids
- A Raffle
- A Regifting Table (new or gently used) with proceeds to Hands Voices NY

It's that time of year to RENEW YOUR MEMBERSHIP!!! Please use the form at the end of this newsletter to RENEW! Your membership helps make HLAA-Albany possible!

MAKE HEARING LOSS AN ISSUE OF NATIONAL CONCERN

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MARK YOUR CALENDAR!

- **Saturday, December 14th: Holiday Party!**
- **Saturday, January 11th Planning Committee Meeting (We need you! Come join us!)**



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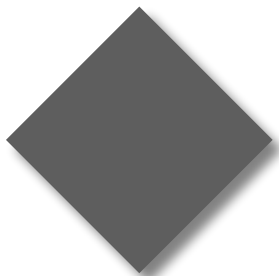
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TECH CORNER

Tech Corner is on holidaysend us your notes and comments for all things tech over the holiday months - maybe you'll get some new apps this year!

MOVIE NEWS: COMING TO HBO - HIGHLY RECOMMENDED
Premieres Wednesday 12/11/19 on HBO:

MOONLIGHT SONATA

Deafness in Three Movements

Sometimes Hearing Loss Can Be Funny

By Laura Cooper



I was recently doing some grocery shopping at Price Chopper. As I pushed my cart along, I heard a PA announcement:

“Laura, call on line two”.

Well, that was odd, I mused as I pushed my cart along. Then I heard it again:

“Laura, call on line two”.

Was this some strange mystic message? Did someone at Price Chopper have the same first name as me? I was beginning to worry. A few minutes later, I heard it again:

“Laura, call on line two”.

OK, that’s it. My sons are lying in a ditch somewhere in Queens. My husband got distracted by a squirrel and wrapped his car around a light pole. Trembling, in a cold sweat, I approached the young man at Customer Service.

“Excuse me, I don’t want to bother you, but my name is Laura and I have been hearing you repeatedly saying that I should pick up a call on line two.”

He shot me a look that managed to combine amusement and slight disgust.

“Actually, ma’am, I was paging “Floral on line two”.

I chuckled over that misunderstanding all the way home.

HEY!!!! What are you doing on Saturday, January 11th? If you have a willingness to put your shoulder to the wheel and an interest in sustaining this local chapter of HLAA, please join us at a **Planning Meeting. Send an e-mail to hearhlaa@yahoo.com or call (518) 488-8268 and let us know that you’re interested - we need your help.**

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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- 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
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Bethesda, MD 20814
301-657-2248 (voice)
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website: www.hearingloss.org

Proctors in Schenectady offers multiple options for Hearing Assistance.

Submitted by Margie Litwin

We are fortunate to have Proctors, a major performing arts center, in our community. As of last year, their seating renovation included full installation of an induction hearing loop system throughout the Main Stage area, both downstairs and in the Balcony at all seats. Funding was due in part to a grant received from the New York State Council on the Arts.

Though helpful in many situations, hearing aids alone can still leave the user with some difficulty listening to music, understanding dialog, or hearing sound projected broadly via amplified speakers, or with interfering background sounds, such as audience activity and reactions. Use of the hearing loop transmits the sound from the microphone(s) on stage directly and wirelessly to hearing aids equipped with tiny telecoil devices. Not all hearing aids have “T-coils” and the user can discuss with their hearing aid supplier the presence of a T-coil, the possibility of adding one to an existing device, or inclusion when purchasing a new hearing aid.

The NY Dept. of State (DOS), Division of Licensing Services (DLS) “Consumer Guide for Purchasing Hearing Aids in New York State” includes the following explanation:

Telecoils (T-Coils) and Assistive Listening Technology:

(NY) State law requires hearing care professionals to inform you of the benefits of telecoil technology, looped environments

and assistive listening device before making a purchasing decision, you should be given the option of obtaining a hearing aid or aids that contain a telecoil (or T-coil). Telecoils are tiny circuits imbedded in hearing aids to enable the user to receive an audio signal wirelessly in environments that have installed hearing loops or utilize other assistive listening systems. Your dispensing professional is required to explain how hearing assistive technology can help maximize your ability to understand speech coming from the television, in group settings or at a distance from the source, such as theaters, museums, banks, and other venues where audio signals and speech are present.

As many HLAA members have attested, the clarity and ease of hearing the performances is greatly enhanced by use of the hearing loop. Using one’s own T-coil equipped hearing aid, no additional equipment is needed (as with bulky headsets or receivers that need to be borrowed and kept charged). The signal reaches ALL seats, except the small side balcony boxes, so that even those further from the stage can benefit from clear sound! HLAA, Albany Chapter, has received comments that some individuals with hearing loss who previously had been unable to enjoy live performances, can now return, using the hearing loop. Area Proctors patrons, impressed with their experiences, have even gone back to neighboring venues to request hearing loop installation, as with The Good Shepherd Lutheran Church in Loudonville.

Individuals with no hearing aid, or who may not have use of a T-coil device are offered other accommodations as described by the Proctors website pertaining to the upcoming event, the musical “The Band’s Visit”:

Accessibility At Proctors, we aim to make theatre accessible for all. For “The Band’s Visit”, we are proud to offer four options for hearing-impaired individuals.

Interpreted Performance Sunday, January 5, 2 pm for the performance of the musical, “The Band’s Visit”

This performance will feature a sign language interpreter. For more information or to request access to this section, please call our Box Office at 518.346.6204

Hearing Loop Proctors now offers a hearing loop system in our theatre. Simply turn your hearing device onto the t-coil setting to amplify the sound. (Inquire through the Box Office concerning borrowing a receiver which can access the loop signal using a headset for those with no T-coil or hearing aid).

Sound Receivers FM wireless sound receivers are available at the Box Office before the show. These headsets are standard walkman headsets; patrons are welcomed to bring their own in lieu of borrowing one. They can be reserved by contacting the Box Office at 518.346.6204.

The Box Office is also equipped with a **countertop hearing loop** at one station, accessed by turning on your T-coil, standing within a few feet of the transmission speaker on the counter and a reminder, if needed, to the attendant to use the microphone installed there. Use of the loop helps to block out interfering sounds of people and activity in the area.

Enjoy the show!!!! Let HLAA know your experiences with the hearing loop at hearhlaa@yahoo.com

In case you missed it....A presentation by Ellen Rupert on surviving stress during the holidays...

G — Gratitude
I — Inform
V — Visual Cues
E — Eat healthy and Exercise and use assistive Equipment
T — Thanks!
H — Honesty and Humor
A — Assertive
N — Needs
K — Kindness
S — Stress Management

More than 30 people attended 11/26/19 at the Colonie Library, a Stress Management presentation by Ellen Rupert, and we listened, learned, and offered our own suggestions for managing stress over the holidays.

Per Ellen - in addition to Give Thanks (see above)...how can we manage stress? ***“What is the number one thing that people say we have to do for stress management? What is the number one thing that everybody needs to do, whether you have hearing loss or not? Take care of yourself, yeah, take care of yourself. That is the one thing I will strongly encourage you to do is really to take good care of ourselves, our health, our exercise, our getting time for ourselves and taking care of ourselves.”***

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

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 — Captioning and Captioned Glasses
- **Capital Repertory Theatre** (capitalrep.org) — Loop
- **Proctors Theater** — Loop in the Main Stage and the Addy
- **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—perimeter Loop on the right side of the sanctuary
- **Barrington Stage (Barringtonstage.org)** —first 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**—FM Assistive Listening System

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.

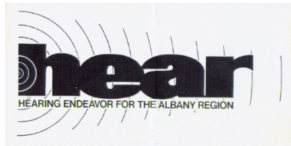
Hearing Loss Association of Albany Membership Registration Form

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Annual Chapter Fee (Calendar Year Basis):

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