



HOLIDAY ZOOM!

December 14th, 2020: Join us for a Zoom presentation at 6:00 - 7:00 pm on Monday to hear Ellen Rupert, an experienced trainer and longtime leader of HLAA Albany, explain the ups and downs of Pandemic Holidays. The holidays can be stressful for all, but for those with a hearing loss, the added stress of trying to hear and communicate in the noisy environment of parties, restaurants, and family gatherings can take its toll. Come and learn strategies to cope and learn what you can do to make your holidays more enjoyable. We'll close the event with a social chat and a holiday toast. Sign up for the Zoom via e-mail to hearhlaa@yahoo.com - let us know you're coming and we'll send you the link. Please e-mail on or before Saturday December 12th.



Hands & Voices and Hearing Loss Association of America Albany present

A SIGNING SANTA !

Saturday, December 19th from 1pm to 2pm

Our holiday luncheon is paused for this year, but we still have a Signing Santa for the children! We also may be able to present a music interlude. Masks must be worn, and social distancing will be observed.

Where: Delmar Reformed Church parking lot (enter from Adams St.)

When: Saturday, December 19th from 1pm to 2pm

RSVP:

Deadline: December 6th

What: your contact info (name, e-mail, and telephone) number of children attending (ages and gender)

How : hearhlaa@yahoo.com

Updates: (518) 281-2116

Help! I have been called to serve as a Juror!



From the NYS Unified Court System website:

http://ww2.nycourts.gov/Accessibility/CourtUsers_Guidelines.shtml#types

How NYS Court Users Can Obtain Accommodations

The New York State Unified Court System is dedicated to ensuring that all qualified individuals with disabilities have equal and full access to the judicial system. We are committed to providing services, programs and activities in a way that assures accessibility. As defined by the ADA, a person with a disability is one who has a physical or mental impairment that substantially limits a major life activity such as - but not limited to - walking, seeing, hearing, learning, breathing, caring for oneself, or working.

Right to an Accommodation

If you are an individual with a disability who needs an accommodation to participate in a court proceeding or other court service, program or activity, you are entitled, at no cost to you, to the provision of certain assistance. Any individual with an interest in participating in or attending any proceeding before any court of this state may make a request for accommodations. This may include jurors, parties, attorneys, witnesses, and spectators.

Types of Accommodations the Court Can Make

Accommodations the court can provide may include making reasonable modifications in practices and procedures, or furnishing auxiliary aids, services, equipment, devices, or materials such as assistive listening devices, qualified American Sign Language (ASL) or other types of interpreters, real time computer-aided transcription services (CART), qualified readers, in large print, Braille, electronic, or audio format. If you have any questions or concerns, please email ada@nycourts.gov or call the ADA Office at (212) 428-2760.

If your case is in a court located in one of the following counties: Albany, Columbia, Greene, Rensselaer, Schoharie, Sullivan or Ulster, and you need an accommodation for a disability, contact the District Executive for the Third Judicial District: ADA3JD@nycourts.gov or (518) 285-8300. If you are sending an e-mail, please put "ADA Accommodation Request" in the subject line. If you are called in another county, the Third Judicial District offices can help you identify who to contact.

Hearing Loss Information is waiting for you in your Browser!

Are you using your online tools to find support during COVID? We at HLAA Albany are - here are some items of note - find them, read them, make bookmarks and go back often:

- HLAA National has been recording webinars. Check out the page to find recordings of some webinars held in the recent past: <https://www.hearingloss.org/programs-events/webinars/schedule-recordings/>
- New York State HLAA has links to webinars. All members of HLAA Albany, are automatically members of HLAA NYS! Check out your website at: <https://nyhearingloss.org/2020/10/21/virtual-presentations-in-november/>
- Hearing Health Foundation (HHF) is hosting a Hearing Health Hour quarterly; it's a lay-friendly webinar series about managing hearing loss and related conditions and research. Sign up at <https://hearinghealthfoundation.org/> to get notified about future events. One should be upcoming in January.
- Katherine Bouton's website has information you can use and you can sign up to get her posts which are always helpful; go to: <https://katherinebouton.com/>
- Go to Hearing Health and Technology Matters to find blogs by Gael Hannan and more about hearing and issues that concern us: <https://hearinghealthmatters.org/betterhearingconsumer/2020/lets-let-other-people-help-us-hear/>
- Don't forget HLAA Albany's website and many items of note listed there: <https://hearinglossalbany.wordpress.com/upcomingevents/>

It's that time of year — not just Thanksgiving and Chanukah, Christmas and Kwanzaa — but it's also time to renew your membership with HLAA Albany. Please see the form on the back of this newsletter and renew now. It's important in these days to affirm our links and connections - please join us and support HLAA Albany.

Would you prefer to receive the newsletter via e-mail? Do you like getting a hard copy in the mail? Do you want both? Let us know when you renew.

Adapted from the Danish Association of the Hard of Hearing as reprinted in HLAA's magazine: *Hearing Life*

Communication Tips when using Face Masks

Be attentive; if the person you are speaking to is having a difficult time understanding you, rephrase the sentence, don't just repeat it.

Be patient; face masks make lip reading impossible and muffle the sound; be patient with the person you are speaking to

Use other forms of communication; communicate using pen and paper; use your mobile or tablet audio recorder

Be mindful of distance; as the distance between two people increases, the sound level drops and visual signals are harder to decipher

Be visible; make sure you face the person you are talking to; don't walk away talking or turn in a different direction

Be clear and distinct; speak loudly but do not shout; focus on speaking slowly and clearly but do not exaggerate your words; use plain language

Ensure that you have been understood; check understanding by asking the person to repeat the information back to you

Eliminate background noise; reduce ambient noise or move the conversation to a quiet place if possible

Share the conversation; bring a hearing person with you to appointments where face masks are worn

Use a speech-to-text interpreter; available via mobile phone apps and can be used in everyday interactions to provide live captioning of the conversation

See the information to the right - it's about us: HLAA Albany. We've reorganized a little and changed our masthead. We're considering changing the distribution of our newsletter from in-print to e-mail and in-print. How do you feel about that? When you fill out the renewal form (due by January), please tell us how you would prefer to receive the newsletter. And let us know if we can feature you and your experience in a newsletter to come. Join our virtual zoom experience on 12/14 and come to the Signing Santa drive by on 12/19.

Send a note to hearhlaa@yahoo.com and tell us what you'd like to see in this newsletter. We'll be glad to hear from you! Can you volunteer to help with the Signing Santa parking lot and gift management? Let us know - write to hearhlaa@yahoo.com or call MaryKate at (518) 281-2116.

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

Address all correspondence to:
HEAR News

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HEARHLAA@YAHOO.COM

Website:

<https://hearinglossalbany.wordpress.com>

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- Donna Wayner, Ph.D and Professional Advisor

We welcome your input! Please send notes, articles and inquiries to the attention of the Editor at the address above.

Please become a member of HLAA Albany Chapter; see the form on the final page of the newsletter.

And Go NATIONAL Join the Hearing Loss Association of America HLAA
e-mail: inquiry@hearingloss.org
website: www.hearingloss.org

CART

Communications Access Realtime Translation

Realtime speech-to-text translations – the spoken word scrolling onto a screen, laptop, or tablet - from speech to text!

For more information contact:

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WHY IS THIS SPACE EMPTY? It should have your picture here!

This is our “Nice to Meet You” section where we identify and interview an HLAA Albany member and have them tell us their experience, their story, their hopes and expectations. Where are you? Send us your story and a headshot and let us feature you!

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 —
- 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 When We Are Able!

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 — 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
- Universal Preservation Hall (<https://universalpreservationhall.org>) Saratoga Springs, NY loop
- Gloversville Public Library's Carnegie Meeting Room (<http://gloversvillelibrary.org>)
- Crandall Public Library (Glens Falls) Christine L. McDonald Comm'ty Rm (<http://www.crandalllibrary.org/>)

HEARING LOSS ASSOCIATION OF AMERICA ALBANY CHAPTER MEMBERSHIP REGISTRATION

The Hearing Loss Association of America Albany Chapter operates on a calendar year from January to December. Registration is due in January of each year.

TRY US OUT - opt in for a trial of the newsletter for three issues! CUT OUT AND MAIL IN FORM WITH PAYMENT!

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And also, Go NATIONAL: Join the Hearing Loss Association of America HLAA <https://www.hearingloss.org/>




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Nov 2020