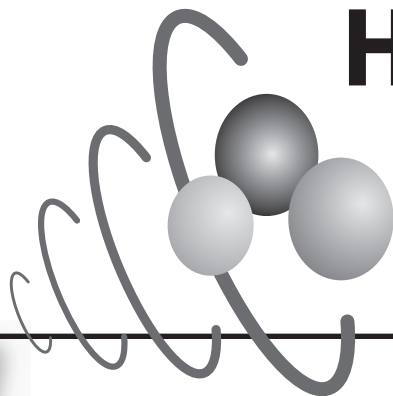


# North Shore Chapter of Long Island

January 2012



# Hearing Loss Association of America

## Meeting Location

Long Island Jewish Hearing & Speech Center is located on the grounds of the Long Island Jewish Medical Center. Enter the grounds from LAKEVILLE ROAD and it is the first building on your left. Free parking is available behind the hearing and speech building: first entrance to parking lot after building. DO NOT go into the main parking building. Go to the Conference room on the Lower Level 270-05 76th Avenue New Hyde Park, NY 11040.

If you are in doubt as to whether there is a meeting, or if you'd like further information, please call Sal: 718-479-1098.

## FYI

Assistive Listening Devices (ALD) are provided at our meetings. Headphones are available in the back. This room is Looped, so those who have hearing aids/cochlear implants can put on their T-coil switch.

## Meeting News January 18, 2012

Refreshments and Social Time begins at 6:30pm

Meeting begins at 7:00pm

*Topic:*

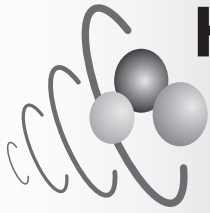
## *What is the Audigy Group, and What are AGX Hearing Devices?*

*Speaker: Dr. Gloria Boms*

*Bio: Dr. Gloria Boms is an Audigy Certified Professional, who began her career at Long Island College Hospital of Brooklyn and started in private practice, serving both children and adults in 1984. She is a Fellow of both the American Academy of Audiology, as well as the Academy of Dispensing Audiologists. She is also a member of the American Auditory Society and the American-Speech-Language-Hearing Association.*

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# Hearing Loss Association of America

## Our Chapter

*By Sal Sturiale*

### Chapter Planning Committee

HLAA North Shore Chapter  
Voice: 718-479-1098

Sal Sturiale  
Chapter President  
Sturiale@verizon.net

Charlie Kantor and  
Ruth Dunitz  
Newsletter Editor

David Siegol  
Meeting Reporter

Helmuth Mooreman  
Hilda Drucker  
Publicity

Ruth Dunetz  
Mailing

Silvia & David Siegel  
Hospitality

Charles Kantor  
Technology

### Members:

Claire Fox  
Hilda Polonet  
Fred & Ruth Wiener  
Sy Goldstein

# Wishing All Of You A Happy New Year!

This is the time of year for making New Year resolutions. The most common usually are to lose a few pounds, exercise more often, get in touch with those people you haven't heard from in a year, and most importantly: get educated about hearing loss.

You should also add one more to that list: making sure you get to our meetings. Except for losing a few pounds all the others are waiting for you: your exercise is getting to the meeting; you will reconnect with fellow members at the meetings; and you will learn about all that happening in the hearing loss community.

Getting to our meetings is not only educational, but healthy also.

I'm looking forward to seeing all of you at the next meeting, ready to take on the New Year with us!

Sal Sturiale

HLAA of North Shore Long Island does not necessarily endorse the opinions of our speakers, goods & services.

### You can still get a free Caption Call phone!

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# Tips For The Hard Of Hearing

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## *At Home*

- Always face the speaker and if you can, keep your back to a wall.
- Use closed captioning on the television
- Learn about Assistive Listening Devices (ALD's) that are available for your hearing instruments. You can purchase a device to improve clarity over the telephone or a device to improve the sound signal from your television.
- Clean your hearing instruments daily.

## *At Work*

- Admit when you don't understand. Be an advocate for yourself. The most important thing is to let people know your needs. Describe your hearing loss sooner rather than later so that people won't make wrong assumptions.
- Try to sit at a round table when meeting with co-workers. A round table allows for equal communication ground and the ability to see every speaker's face.
- Use an ALD during meetings
- Move your furniture so you can work without distraction, not be startled by a visitor
- Co-workers can write you e-mails or notes

## *In Social Environments*

- Keep a note pad handy. Have someone write down a couple words or a phrase to clarify if communication is difficult.
- Take advantage of Assistive Listening Devices (ALD's) offered in movie theaters and other public places.
- In a restaurant you should sit with your back to a wall, away from the kitchen and bathroom. You may turn down the amplification of your hearing instrument because the noise levels can become overwhelming.

Remember to be optimistic! You wear hearing aids and the only thing they can do is benefit you!!!

## Silent Risk: Most Parents and Teens Not Talking About Noise-induced Hearing Loss

National data demonstrate that 1 in 6 U.S. adolescents has high-frequency hearing loss. A new report from the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health shows that many parents don't think their teens are at risk.

National Poll on Children's Health asked parents of teens ages 13-17 about noise-induced hearing loss in September 2011. Despite an apparent recent increase in hearing loss in teenagers, two-thirds of parents report that they have not talked to their teen about hearing loss. Among these parents, more than three-quarters believe their teens are not at risk.

"Teenagers are unaware of noise-induced hearing damage until it progresses to the point where it affects speech and communication," says Sarah Clark, M.P.H., Associate Director of the Child Health Evaluation and Research (CHEAR) Unit at the University of Michigan and Associate Director of the National Poll on Children's Health. "At this point, they may have difficulties and frustration at school and in social situations."

Deepa L. Sekhar, M.D., Assistant Professor of Pediatrics at the Penn State College of Medicine worked with the National Poll on Children's Health on this study.

*Continued on Page 4*

“Noise-induced hearing loss is not reversible, but it is preventable,” Sekhar says. “There are simple steps that parents and teenagers can take toward hearing conservation.”

One of these simple steps is encouraging the use of volume-limiting headphones or earbuds - devices that look like regular headphones or earbuds but constrain sound to 85 decibels or less, a reduction of up to 40% in maximum volume output.

Only 32% of parents know about volume-limiting devices. When informed, over half of parents of teens report they’d be willing to purchase volume-limiting headphones or earbuds, but only about a third think their teen would be likely to use them.

“These findings suggest that we have work to do in educating teens and parents about hearing conservation,” Sekhar says. “We encourage more parents to talk to their teens about hearing loss. In addition, doctors and other health professionals can play a role by introducing this topic routinely to parents and teens during preventive care visits.”

Full report: <http://www.med.umich.edu/mott/npch/pdf/121211hearingloss.pdf>

## New AARP/ASHA Study Shows Many AARP Members Suffering Hearing Issues in Silence

Hearing health plays a key role in personal health and quality of life, but many people with hearing difficulties don’t believe their problems warrant treatment. And, according to a new survey of AARP members, nearly half of survey respondents say their hearing is getting worse. The survey, conducted by AARP and the American Speech-Language-Hearing Association (ASHA), focuses on the state of hearing among Americans 50-plus. It examines attitudes toward hearing, the needs and unmet needs that the 50-plus population has for treating hearing issues and knowledge of where to go for help.

“Maintaining hearing health as one ages is a very important concern among our members,” said AARP Vice President Nicole Duritz. “While the survey results indicate that older Americans recognize the impact hearing difficulties can have on relationships with family and friends, people are also going without treatment, which can negatively impact quality of life and lead to safety issues.”

Key findings from the survey include:

- 85 percent of members surveyed said that maintaining hearing health is of great importance to them personally. And 70 percent of respondents who said their hearing is excellent also said that they feel younger than their actual age.
- Over a five-year period, nearly half (46 percent) of members surveyed say their hearing is getting worse. And the same percentage (47 percent) reported having untreated hearing health issues.
- During that same period in time, the vast majority of members surveyed reported either having a vision test or blood pressure monitoring (88 and 85 percent, respectively). In comparison, 43 percent of respondents reported having had a hearing test conducted.
- More than half (61 percent) of member respondents indicate that hearing difficulties make it hard to follow conversations in noisy situations. And members point to the impact hearing difficulties can have on relationships with friends and family (44 percent) or during family gatherings (43 percent).



*Continued on Page 6*

# Higher Quality Of Life And Better Relationships – International Study Proves Positive Influence Of Hearing Aids

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New international study, “Hearing is Living” by *Hear the World*, debunks common myth around hearing loss and hearing aids. The initial study results show a significant advantage as eight in 10 (82.8 percent) people surveyed from the United States who wear a hearing aid reported an increase in quality of life and two-thirds (67.5 percent) noted a better relationship with their partners. The study results also show there may be less of a vanity issue with hearing aids as 86.7 percent said they wear their hearing aid openly and confidently, and experience positive reactions from the people around them (77.3 percent).

An estimated 36 million adults in the United States have some degree of hearing loss. However, far more important than the statistics are the effects of hearing loss for each person affected. Sometimes people with unaided hearing loss struggle with social isolation, relationship problems, disadvantages in everyday life and even depression. Modern hearing aids improve the quality of life of the people affected and help them to be able to participate fully in life once more.

“Over the last five years, *Hear the World* has been raising awareness about the importance of hearing and working to dispel many myths associated with hearing loss and hearing aids. Although hearing is of central importance for almost all spheres of life, there are still too many people who are freely denying themselves a substantial degree of quality of life without realizing it,” explains Susan Whichard, Executive Director of Industry Relations, Phonak, LCC. “With our study “Hearing is Living”, we want to make people more conscious that it is worth valuing and protecting their own hearing and encourage them to do something about their hearing loss.”

To find out more about the significance of hearing for quality of life, *Hear the World*, the worldwide initiative of the leading manufacturer of hearing aids, Phonak, initiated the study “Hearing is Living.” To this end, more than 4,300 people in the United States, Germany, France, Switzerland, and the UK were interviewed by the Swiss market research and strategy consultancy, zehnvier. These included people with a hearing aid, people with unaided hearing loss, relatives of people with hearing loss and a neutral control group. Here is an overview of the initial results for those surveyed in the United States:

- 86.7 percent of those interviewed wear their hearing aid openly and confidently.
- Over three-fourths (77.3 percent) of those interviewed report that other people react positively to their hearing aid.
- For 60.1 percent of those interviewed, their hearing aid is so natural that they even forget that they are wearing it.
- 62.7 percent of those interviewed can no longer imagine life without a hearing aid and almost half (47.7 percent) said they should have started using a hearing aid much earlier.
- 82.8 percent of the hearing aid users interviewed have been enjoying a higher quality of life since they have been wearing a hearing aid.\*
- 67.5 percent of those interviewed claim that their relationship with their partner has improved since they have been wearing a hearing aid.\*

**New AARP/ASHA Study Shows Many AARP Members Suffering Hearing Issues in Silence**  
*Continued from Page 4*

- A majority (57 percent) of member respondents with untreated hearing difficulties don't believe their problems warrant treatment.
- Nearly two-thirds of poll respondents (63 percent) cite health insurance coverage limitations, concerns about cost, and lack of health insurance as reasons for not getting treatment for hearing difficulties.

"Untreated hearing loss is not a condition to be taken lightly or ignored," according to Paul R. Rao, PhD, president of the American Speech-Language-Hearing Association. "It can lead to social isolation and even depression. And it works against the desire of more and more Americans to stay in the work force. We sincerely hope that one result of our polling with AARP will be that people seek treatment."

The survey also found that more people will seek help for hearing issues if their issue is linked to their relationships. Nearly 70 percent would seek treatment if they felt their hearing issues were affecting their relationships with family and friends. Nearly as many would do so if someone they cared about asked them to seek treatment.

For more information: <http://www.asha.org/hearing-health/> or <http://www.aarp.org/health/conditions-treatments/info-12-2011/hearing-issues.html>.

SOURCE: American Speech-Language-Hearing Association

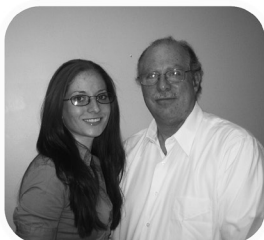
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Hollis Hills, NY 11427

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## **Membership Dues**

Stay abreast of pertinent news and information. Send in your dues today.

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