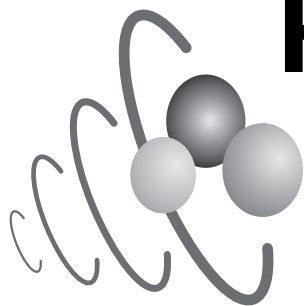


October 2013



# Hearing Loss Association of America

## North Shore Chapter of Long Island

### 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

### Wednesday, October 16, 2013

**Refreshments and Social Time begins 6:30pm**

**Meeting begins 7:00pm**

***Topic: "Traveling When You Have Hearing Loss"***

***Speaker: Ruth Bernstein***

Ruth Bernstein is a member of the Hearing Loss Association of America (HLAA) and the Manhattan Chapter Planning Committee, advocating for access and counseling people privately, explaining how the assistive listening and alerting devices and captioning she uses makes living with her hearing loss manageable.

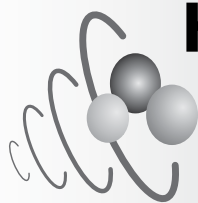
Ms. Bernstein became an advocate for people with hearing loss when she was a meeting planner and realized how difficult it was to arrange hearing access for herself at conventions. She was a founder/member of *advocates for better communication/a.b.c.*, a group allied with the Center for Hearing and Communication (CHC), advocating for access on the city, state and national level. As *a.b.c.*'s Travel Chair, she organized a hearing accessible tour to London.

Ruth contributes to the "Sound Advice" blog in "The Buzz," the Center for Hearing and Communication's newsletter.

She works pro bono with cultural institutions to make them hearing accessible and volunteers with the Education Department of the Metropolitan Museum of Art. She is also a volunteer gardener with the Central Park Conservancy.

In April, 2013, Ruth was inducted into the Hunter College Alumni Hall of Fame in honor of her work as an advocate for people with hearing loss. In 2000, she received the Volunteer of the Year Award from the League for the Hard of Hearing, and in 1999, she was honored by the Community Service Society of New York.

Ms. Bernstein will talk about "Traveling When You Have a Hearing Loss," focusing on the travel and hearing accessibility arrangements for her youngest son's wedding in Berkeley, California.



# Hearing Loss Association of America

North Shore Chapter of Long Island

## CART: REAL TIME CAPTIONING

Will be at the October &  
November meetings.

*Don't miss them — you  
won't miss a word!*

### Chapter Planning Committee

HLAA North Shore Chapter  
Voice: 718-479-1098

Sal Sturiale  
Chapter President  
Sturiale@verizon.net

Charlie Kantor  
Newsletter Editor

David Siegel  
Meeting Reporter

Hilda Drucker  
Events

Fred & Ruth Wiener  
Publicity

Silvia & David Siegel  
Hospitality

Charles Kantor  
Technology

### Members:

Ruth Dunitz  
Claire Fox  
Hilda Polonet  
Helmuth Mooreman

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

## Our Chapter

We had a very nice turnout at the September meeting. More than 20 people attended with the addition of a few new faces.

Our speaker was Dr. Cardano of Hearing Center of Long Island, who gave a presentation on "Hearing in Background Noise." He gave a general description of the problems in hearing with background noise and the hearing aids that will help in this situation. He spoke about the different features that could help but reminding the audience that they must have a reasonable expectation about what a hearing aid can do. We will never have perfect hearing. Aids give us the volume but may not give us the clarity to understand what is being said. That is where the more HI Tech technology comes in. It may give you better understand and comprehension but you have to determine if the cost of these high end aids are warranted.

There were many questions from the audience which was a good sign that the speaker and the topic had the attention of the membership.

We are always trying to bring you topics that are of interest and of value in your everyday life as well as providing information that is usable to help you in making smart decisions concerning your hearing loss and quality of life.

Our next meeting in October is on traveling with hearing loss. You may travel around the world or just to a local get a way but there are many ways to make that trip more enjoyable and less stressful.

Come early. Get acquainted with the membership. Ask questions of one another. The best source of information you will find is at our meetings.

See you in October,  
Sal Sturiale

# Update on the 2013 WALK4HEARING

By Sal Sturiale

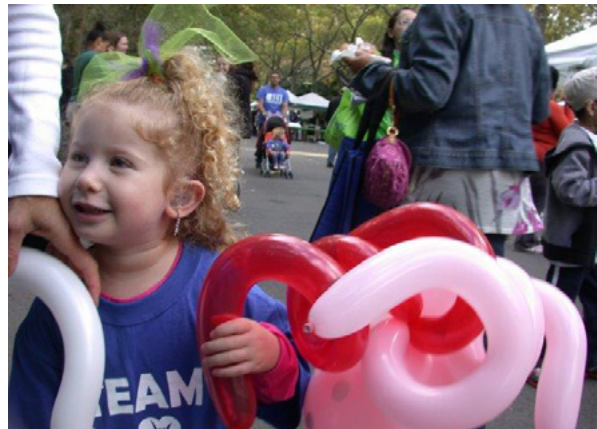


Attending the 2013 WALK4HEARING was quite an amazing experience! The walk was attended by hundreds and hundreds of people, all there to support people with hearing loss. Some folks attended solo, such as myself. Others were with friends, family, or their local group, some of which were very large. While vendors

handed out information, we were meeting up with friends old and new, having a NY bagel and coffee, and walking together for a grand cause.

I know most of you didn't make it to the walk this year, and I hope this inspires you to attend next year and experience it for yourself.

I think the child with Cochlear implants is adorable, don't you?



## Preserve Your Hearing, Preserve Your Health PSA: 30 Public Service Announcement

Hearing loss is a growing health issue among young adults and older Americans, with the condition today affecting more than 48 million people nationwide. October is National Protect Your Hearing Month, an important reminder to take steps to preserve your hearing health. That means limiting exposure to loud noises, as well as using ear protection when attending sports events or music concerts. Follow the "60/60" rule, which means limiting the use of ear bud headphones to 60 minutes at a time and at 60 percent of the device's maximum volume. Talk to your hearing health care provider, or your physician, and schedule a hearing test. For more information about hearing loss and other ways to improve your health as you age, please go to [www.hearingloss.org](http://www.hearingloss.org). This has been a public service message from the Hearing Loss Association of America, *hi HealthInnovations*, and this station.



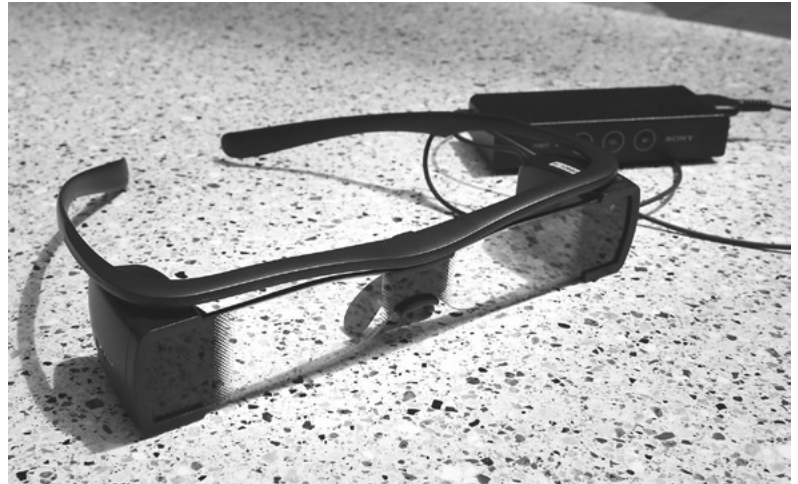
# At The Movies

By Sal Sturiale

Last month's newsletter had an article describing Closed-Captioned Glasses. I hope all of you read it. It was very informative about the new technology that gives people with hearing loss the ability to view movies in movie theaters using closed captioning.

The article gave an overview on what you would experience when you put on the glasses. Well, I had known about this technology for some time, but never took the time to experience it myself.

There was a movie I wanted to see at a Regal theatre on Queens Blvd. The name of the movie is "The Butler." I recommend the movie but that is not what this is about. The experience of using the glasses was something out of science fiction. It is very similar to TV captioning but only better. You can adjust the position of the captioning to suit yourself. The captioning is in real time with the actors speaking, no delays and no catching up like with TV captioning. I haven't been going to movies for a very long time. It was too frustrating to sit there and not really being able to follow the story line. Well now that is a thing of the past.



*We've received word that a hearing loop has been installed in the multipurpose room at the Merrick Library. Thanks to Karen MacLennan, who previously spoke to our group about induction loops, for the update!*

There are 7 or 8 theatres in this movie house and when you buy your ticket and put on your glasses, they automatically set to the film you are going to see.

There are several Regal Theatres in our area so go on line and find the one closest to you. Call first to make sure the system is working and go to the movies. Enjoy getting out and being able to be part of world that you could not be part of before this wonderful technology came along.

# Basic Facts About Hearing Loss

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- About 17 percent of adults in the United States, 36 million, report some degree of hearing loss.
- At age 65, one out of three people has a hearing loss.
- 60 percent of the people with hearing loss are either in the work force or in educational settings.
- While people in the workplace with the mildest hearing losses show little or no drop in income compared to their normal hearing peers, as the hearing loss increases, so does the reduction in compensation.
- About 2 - 3 of every 1,000 children are hard of hearing or deaf. It's been estimated that 30 school children per 1,000 have a hearing loss.

*More fact and recourses about hearing loss at: [hearingloss.org](http://hearingloss.org)*

## Types Of Hearing Loss

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### • Sensory Hearing Loss

This occurs when the inner ear is damaged, most commonly from aging, inner ear infection and noise exposure. It is usually not medically or surgically treatable. Most people with a sensory hearing loss find that hearing aids are beneficial.

### • Neural Hearing Loss

This type of loss occurs when the hearing nerve or the nervous system is damaged. Again, this can be caused by aging, in which case hearing aids may help. Or it may be caused by a tumor, such as an acoustic neuroma, pressing on the hearing nerve. This can sometimes be surgically treated.

### • Conductive Hearing Loss

Conductive hearing loss occurs when the outer or middle ear fails to work properly. Sounds become "blocked," often by fluid, wax or problems with the small bones of the middle ear, and are not carried to the inner ear. These losses are often treatable with medicine or surgery. Sometimes conductive hearing loss occurs when the eustachian tube, which opens to the back of the nose, fails to drain fluid properly due to inflammation. This can usually be corrected.

### • Unilateral Deafness

People with unilateral or single-sided deafness have complete hearing loss in one ear and normal or near-normal hearing in the other ear. Following a medical evaluation to determine if there is a serious underlying cause, people with unilateral hearing loss can often be helped with the contralateral routing of signals (CROS) hearing devices or the bone-anchored hearing aid (Baha system).

# We Welcome All Donations

Please make checks payable to: HLAA North Shore of L.I.

Mail to: Sal Sturiale  
8038 212 Street  
Queens Village, N.Y. 11427

Be sure to designate who to acknowledge for your donation. For example: "this donation is: In Memory of; or In Honor of; or Happy Birthday; or Congratulations to..."

And please let us know who to send the acknowledgment to.

Thank you!

# Stay Connected

Make sure you're on our chapter email list, so we can quickly notify you of important and time-sensitive information, such as meeting changes, etc. Send us a note at: [hlaalongisland@gmail.com](mailto:hlaalongisland@gmail.com).

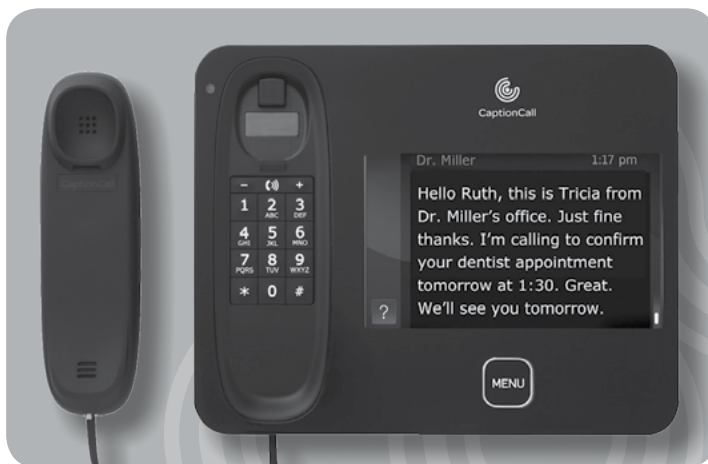
## Support Group for Parents of Hearing Impaired Children

**Meets at the Hearing and Speech Center of LIJ Hospital**

For more information: Contact Dr. Linda Glazer at (718) 470-8631 or e-mail [lglazer@nshs.edu](mailto:lglazer@nshs.edu)



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**Broward County - (954) 472-2821**

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**HLAA of North Shore Long Island**

Sal Sturiale  
80-38 212 Street  
Hollis Hills, NY 11427

**RETURN SERVICE REQUESTED**

## **Membership Dues**

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

Dues include Newsletter.

*Make check to:*

HLAA of North Shore Long Island

**Dues: \$15.00 (for the year)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_  
Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

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*Mail Check to:*

Hearing Loss Association of America  
7910 Woodmont Avenue, Bethesda, MD 20814

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_  
Phone number: \_\_\_\_\_