

September 2015

The logo features three overlapping circles in purple, orange, and green, with a stylized ear shape composed of three curved lines to the left.

Hearing Loss Association of America

North Shore of Long Island Chapter

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: 516-331-0231.

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, September 16, 2015

Refreshments and Social Time begins 6:30pm. Meeting begins 7:00pm.

Topic: Tools for Better Hearing

We tend to think of hearing as something that happens in our ears. What we don't often think about is what happens when sound makes its way to the brain. That's where sound acquires meaning. For people with compromised hearing, the brain has to work a little harder in order to fill in the gaps, and this extra effort can take its toll. You may have seen articles lately that have linked untreated hearing loss to dementia, depression, or cognitive decline. Now that science has a better understanding of the brain's role in hearing, there have been a number of tools developed to support the way the brain makes sense of the sounds it receives. Some of these tools are built into hearing aid technology. Others are rehabilitation "games" that are performed on the computer at home, like strength training in the gym. We'll talk about this focus on the brain and show you how you can access these tools yourself.

About our presenter: Dr. Gloria Boms has been a licensed audiologist for over 30 years. She has been in private practice in Great Neck since 1998, and takes pride in the personalized service she provides her patients. She is a Fellow of the American Academy of Audiology, a member of the Academy of Doctors of Audiology, and the owner of an Audigy Certified practice.



Hearing Loss Association of America

North Shore of Long Island Chapter

Chapter Planning Committee

HLAA North Shore Chapter of L.I.

Sal Sturiale

Charlie Kantor

Rosemarie Mignogna

Trudie Walker

Ruth Wiener

Hilda Drucker

MaryAnn Weeks

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<http://hearingloss-longisland.org>
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HLAA of North Shore Long Island does not necessarily endorse the opinions of our speakers, goods & services.

Hearing Loss Association of America Outraged by CDC Study Ignoring People with Hearing Loss

Bethesda, MD: According to a new study published by the Centers for Disease Control and Prevention (CDC), one out of every five adults has a disability. The study, *Prevalence of Disability and Disability Type Among Adults, US, 2013* (<http://www.cdc.gov/mmWR/preview/mmwrhtml/mm6429a2.htm>), examined vision loss, cognition, mobility, self-care and independent living, but failed to study hearing loss. The CDC ignored 48 million Americans with hearing loss. HLAA is taking action with the White House and the CDC to see that swift and meaningful steps are taken to correct this gross error.

In the CDC's own words, "Understanding the prevalence of disability is important for public health programs to be able to address the needs of persons with disabilities." Excluding people with hearing loss is not giving serious consideration to hearing loss as a disability that has an impact on a person's quality of life, ability to work, and to fully participate in society.

10th Anniversary Walk4Hearing



This year, the Walk4Hearing celebrates 10 years of Walking for hearing loss awareness. Since 2006, the Walk4Hearing has raised more than \$7.7 million and has become the largest walk for hearing taking place in cities across the United States.

Join us and walk together to make this our best year yet!
Donate and help us reach our 2015 fundraising goal of \$1.4 million

View our team page, the "North Shore Sandals": <http://bit.ly/1NMUG4v>

Join our team: <http://bit.ly/1NMUCBT>

Donate to our team: <http://hearingloss-longisland.org/donate/>

Date:

Sunday, September 27, 2015

Location:

Riverside Park
W 97th St. & Riverside Dr.
New York, NY

Schedule:

9am - Registration/Check-in

10am - Walk begins

Distance: 5K (3.1 miles)



For more information: <http://hlaa.convio.net>

How to Irritate People (With Your Hearing Loss)

By Gael Hannan

<http://hearinghealthmatters.org/>

Some of my personal favorite, sure-fire ways to spark irritation in other people:

1. Choose not to wear your hearing aids or cochlear implant and then struggle to communicate with someone. *I'm giving my ears a break and I want to save money on batteries. But c'mon, talk to me, I can read your lips.* (Like this *ever* works.)
2. Bluff. Just pretend to understand what's being said. Nod like a bobble head. Smile vaguely. Use a variety of interested facial expressions that, while they may fool strangers or casual acquaintances into believing you're with them all the way, to anyone who *knows* you, it's clear that you're in high-performance *faking* mode.

3. Repeatedly ask for repeats without doing anything to improve the situation.

What did you do on the weekend?

Pardon?

What did you do on the weekend?

Huh?

Saturday! Sunday! You! WHAT?

Well you don't have to get snippy, I am hard of hearing, y'know.

4. Say pardon before the person has finished saying it the first time:

What did you...

What?

5. Ask someone to tell you what another person is saying—try tapping rapidly on their arm—while it's still in the process of *being said*. Unless they are trained translators, your friends cannot understand the message and pass it along to you at the same time, without *something* getting lost in the process.
6. Talk about your hearing loss all the time. Frankly, nobody's *that* interested. And if you *really* want to be irritating, do all of the talking—whatever the topic—because that way you won't have to listen to anybody else.
7. Be a Communication Commando; lie in wait to pounce at the first whiff of less-than-perfect communication:

Aha! You were about to turn your head away while talking!

Hey—don't even think of putting that food in your mouth until you finish what you're saying.

There seems to be a magnet keeping your lips together; could you try moving them apart so that I can understand you?

Continued on Page 6

HAVE YOU HEARD?

OUR CENTER IS HERE TO SERVICE ALL OF YOUR HEARING HEALTHCARE NEEDS

All Long Island HLAA Chapter members are invited to enroll in our hearing aid benefit program. Special discounts just for members and their families.

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Additional Location

161-24 84 Street
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(718) 641-3817



A Friend and a Champion

Again it is with sadness I write about losing friend and champion of HLAA.

Ruth Wiener passed away in June. She was a very special person. You see, Ruth like many other friends of HLAA and our chapter, was not hard of hearing. It was her husband Fred who was hard of hearing. Ruth supported Fred as he struggled with hearing loss. In supporting Fred, they both helped establish a chapter at the Lexington School for the Deaf in Jackson Heights. This is something that takes a great deal of effort and determination. They ran it for many years but eventually had to shut it down for lack of attendance.

That was to our benefit. Ruth and Fred knew all about the in's and out's of running a chapter. They jumped in and did all they could to make our chapter flourish and grow.

There wasn't a job Ruth could not do or would not do. A very intelligent woman and dedicated to people with hearing loss. We are lucky to encounter a person like this even once in our lifetimes.

She will be missed dearly.

Or—bark out military communication drills:

Face me!

Speak up!

Slow down!

Form your words!

8. Enforce political correctness with people who are just trying to be nice.

How long have you been hearing-impaired?

Please don't use that term with me. I'm not damaged.

I'm sorry, no offense intended. 'Hard of hearing', then.

Don't like that either. It sounds brittle and yucky.

Ok, how about 'deaf'?

Excuse me, do you think I'm not hearing you right now?

Well, what term should I use?

'Hearing loss'.

But that doesn't sound any more positive than 'hard' or 'impaired'.

Listen, it's my disability and I get to pick.

Fine, how long have you been "hearing loss"?

For pete's sake, hearing loss is a noun, not an adjective. You should say, how long have had hearing loss?

I no longer care.

9. Drag out the seating process in a restaurant. You want to sit where you'll have the best possible understanding of the most number of people. But if you wait until everyone's seated and comfortably settled in, you may see the ideal seat—*there*—and make everyone move, picking up their stuff and any cutlery they may already have licked. You can say sorry for the inconvenience and they'll say no problem, but who really means it?
10. Sometimes it's difficult to tell where the best seat *is*! Restaurants have so many potential barriers, it's a juggling act. What's the lighting like? Where are the noisiest sections? You sit with your back against the wall, because you've been told that's the best strategy for hearing-challenged peeps like you. But, no—now the light's behind your partner's head, making their face all shadowy. Switch places. Jeez, now there's all this behind-you noise. Switch your chair to the *side* of the table, hoping that the servers won't trip and spill leftover food on you as they go by. Darn, now there are annoying visual distractions in your line of sight. You move back to the first seat, against the wall, because the sun has now sunk low enough that your partner's face is no longer in shadow. The food is also cold.

Life is full of annoyances, but most irritations are short-lived or we find ways to deal with them. We worry too much that our hearing loss irritates other people. And so what if it does? Are our family and friends going to stop being our family and friends? Do we sever relationships with a limping family member who can't keep up on a walk, or a forgetful spouse who can never remember where s/he laid her glasses, wallet or keys—merely because those things *irritate* us?

That's life and so is the fact of our hearing loss.

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We Welcome All Donations

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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!

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
lglaizer@nshs.edu



North Shore of Long Island Chapter
<http://hearingloss-longisland.org>

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.

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HLAA of North Shore Long Island

Dues: \$15.00 (for the year)

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