

October 2015



# 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.

## Meeting News

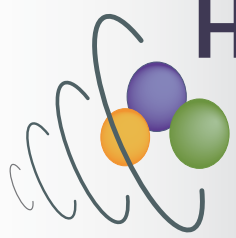
**Wednesday, October 21, 2015**

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

***Topic: My Hearing Journey—  
From Hearing-Impaired Child To Adult  
With A Cochlear Implant***

***About Our Presenter:*** Our presenter will share her personal journey as a child diagnosed with hearing impairment at age 5, through receiving a cochlear implant in adulthood—and stories in between! Join us for this journey along the path of hearing loss and medical breakthroughs.





# 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

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

## WALK4HEARING 2015

This past Sunday (September 27th) was our annual Walk4Hearing event. If you have never attended one of our Walks, you should really put on your calendar for next year. It's a great event and one everyone with hearing loss should experience.

The first thing we do at the chapter level is try to encourage other people to walk with our team. It is important to remember that in supporting this walk you support all people with hearing loss. There are many ways to give support. Firstly, by donating to the Walk we raise money for the National organization and for our chapter to continue to get information out and educate people about hearing loss. Secondly, by attending the Walk we give support to all the people with hearing loss and their families and friends that attend. Thirdly, and this is a little secret, you don't have to walk. I do both numbers one and two of the things I just mentioned. The walk is 5K which is a little over 3 miles. I can't physically walk that far at one time. So, I just gave you a bunch of reasons to walk or not to walk, but not to support what we do is not an option.

It never too late to make a donation. You can still do it online by going to [walk4hearing.org](http://walk4hearing.org) and clicking on NY walk and then on our chapter "Long Island Sandals." You can also make a check payable to Walk4Hearing and mail it to me:

Sal Sturiale  
8038 212 Street  
Hollis Hills, N.Y. 11427

This is very important to everyone with hearing loss, their children, their grandchildren and so on and so on. It never stops.

Sal Sturiale



In September we participated in the annual HLAA Walk4Hearing, with the target of raising \$500. Well, we blew past that goal and raised a whopping \$1400! Way to go, North Shore HLAA!



*Starting line*



*Finishing line*

## Hearing Aid Recycling



HLAA Lakeland Chapter in Florida is sponsoring a Hearing Aid Recycling Program. The purpose of this program is to collect new/used hearing aids, clean/repair them, and offer them (at no cost) to those who are financially challenged in our community.

### Donation Information

Hearing aids can be shipped in a small box. Carefully wrap the hearing aid in cotton, bubble wrap or other soft material, or put in a pill container.

First, fill out the form here: <http://www.hla-lakeland.org/donate/hearing-aid-donation> and print out the receipt you will get. Then mail the hearing aid(s) and the printed receipt to:

**Hearing Loss Association – Lakeland Chapter**  
**Hearing Aid Recycling Program**  
**3020 Lakeland Highlands Rd.**  
**Lakeland, Florida 33803**



# Sept 2015 HLAA Meeting Recap

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*By Claudia Block*

Our 2015-16 HLAA North Shore Chapter meeting season opened on a high note on September 17, 2015 with speaker Dr. Gloria Boms, audiologist and owner of GB Audiology in Great Neck. Dr. Boms shared her vast 30+ years of experience and extensive knowledge of audiology with our audience; presenting an informative, interactive session titled "Tools for Better Hearing." She updated us with the recent advances in neuroscience and its effects on hearing and the brain.

There have been rapid advances in understanding the way that scientists understand how our brain interprets incoming sounds. This new information has given us a better understanding of how our brain interpret sound, thus helping hearing aide manufacturers to build new technology into newer hearing devices. We also learned people with hearing loss need to work harder to convert sounds into words, thus putting more stress on their brains. As a result, the brain of a person with hearing loss needs to work harder to interpret everyday sounds in the environment, which eventually takes its toll as we get older.

Dr. Boms says the good news is there are ways to compensate and to slow cognitive decline and to lessen the isolation that often comes with significant hearing loss as we age. Although some recent studies point to some type of cognitive loss, isolation and even depression in folks with hearing loss, with proper treatment, there can actually be 20% less of a decline in these functions as we get older given proper treatment. Dr. Boms generously shared many useful tools with us to help us to increase our hearing abilities and to prevent future losses. She told our audience that by properly treating hearing loss, there are actually ways to "rewire" our brains to increase its neuroplasticity, help reorganize intelligence and to create new pathways to help preserve cognitive and language skills thus lessening unnecessary decline!

Dr Boms gave us many suggestions to help retrain our brain's auditory pathways and to improve our memory skills. She shared some new books, computer programs, websites and apps to help us to work to challenge ourselves and improve our abilities.

We are lucky to live in an age where there are so many programs out there that can help us to improve our auditory and cognitive skills. The programs are out there for the taking. If we make an effort to work regularly with cognitive programs like Lumosity or aural rehabilitation programs such as LACE (Listening and Communication Enhancement), even Books on Tape or other programs on the web pages of the various hearing aide and/or cochlear implant manufacturers, we can actually help slow the natural progression of hearing loss and cognitive decline, while having fun, learning new things, improving our skills, increasing acuity and helping us deal with the natural progression of hearing loss.

Dr. Boms' extensive knowledge, along with her empathy towards people with hearing loss made her a great choice as speaker for our first meeting. It is clear that Dr. Boms is a top notch audiologist and a unique practitioner with a great deal to offer our community. She gave the audience handouts and goody bags, while expertly answered all questions. This is only the beginning to our North Shore Chapter HLAA lecture series for 2015-16! Please make sure to join us at our next meeting. Once again, there is always something new to learn!

# HAVE YOU HEARD?

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

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- Weekend Hours
- Forecasting

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Dr. Carol B. Letzter, Audiologist/Speech Pathologist  
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### Additional Location

161-24 84 Street  
Howard Beach, NY 11414  
(718) 641-3817



## 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.

# A Technological Godsend to Counter Hearing Loss

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*By David G. Myers*

*Excerpt from Wall Street Journal, August 28, 2015*

The first time I clicked on my hearing aids' telecoils, it seemed like magic. It was 1999 and my wife and I were sitting in a historic abbey on Scotland's Isle of Iona. I had gradually become hard of hearing and had gotten my first hearing aid in my 40s, and the abbey wasn't built with acoustics in mind. The amplified voice of the worship leader caromed off the stone walls, reverberating into a fog by the time it reached my ears.

Then my wife noticed a sign with a capital T and an outline of an ear, which indicated that the abbey was wired with a "hearing loop" that could magnetically transmit sound from the PA system to the telecoils in my hearing aids. When I flipped the switch to turn my T-coils on, the fog instantly dissipated. I could hear a crystal-clear voice speaking seemingly from the center of my head. The experience took me to the verge of tears.

Hearing loops are now ubiquitous in Britain. They're in churches and auditoriums, at tens of thousands of ticket windows, post offices and pharmacies and in every London taxi. At spacious Westminster Abbey, with my hearing aids' microphones turned off and my T-coils turned on, I hear better than most in the audience.

After that epiphany on Iona, I became an evangelist: Why not loop America? Theaters and other public venues in the U.S. generally offer "assistive listening" devices. But that typically requires people with hearing loss to locate, check out and wear a conspicuous headset. I recently asked my local movie multiplex in Holland, Mich., how often these headset units get used. The reply: "Once per month, per theater."

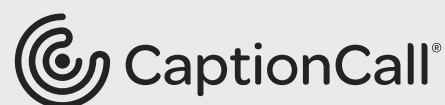
That's a shame. Some 48 million Americans have hearing loss in one or both ears. For my mother it was socially isolating. She quit going out, except to church, where, amid others, she heard little. I can sympathize. When I remove my hearing aids I have a near deaf experience. In the gym locker room, the banter goes nearly silent. In bed at night, my wife's voice from the adjacent pillow is indistinct.

But unlike my mother, I am served by new ear-opening technologies. My hearing aids suppress background noise and amplify only the sounds I need. I can wirelessly transmit phone calls and (This illustration not in the WSJ article) stereo music to them from my smartphone. I even looped my home TV room. With a simple press of a button, muffled sound becomes clear, thanks to the wireless speakers in my ears.

The challenge for hearing loops in the U.S. is inertia—existing installations of less convenient technologies are often already in place. Adding a hearing loop which involves running a coil of wire around the circumference of the coverage areas, costs money: several thousand dollars, perhaps, for a modest-size church or auditorium.

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\*Certification of hearing loss by a hearing-care professional is required to participate in this offer. A standard phone line and Internet connection are also required to use this service.

## 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!

## 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)



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

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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: \_\_\_\_\_

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

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

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