

February 2016



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, February 17, 2016

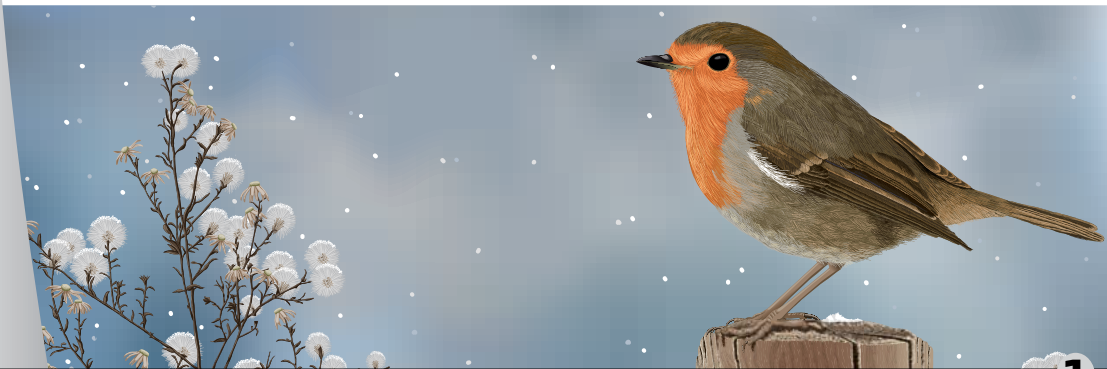
Refreshments and Social Time begins

6:30pm. Meeting begins 7:00pm.

Topic: Cochlear Implant Technology: Advanced Bionics and Phonak Latest Innovations for Hearing Your Best

Speaker Bio: Rachel Pizarek AuD

Advanced Bionics is a global leader in developing the most advanced cochlear implant systems in the world. Acquired by Sonova and working with Phonak since 2009, AB develops cutting edge cochlear implant technology that restores hearing to those with severe-to-profound hearing loss. Always focused on innovations that improve quality of life, AB has consistently made the industry's leading advancements in hearing technology. In fact, with six sound coding programs, they offer more ways to hear than any other cochlear implant company. Please join Advanced Bionics to learn more about their cochlear implant technology including the latest sound processor and wireless technology.





North Shore of Long Island Chapter

Chapter Planning Committee

HLAA North Shore
Chapter of L.I.

Sal Sturiale

Charlie Kantor

Rosemarie Mignogna

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

Hearing Aids May Slow Mental Decline in Hard-of-Hearing Elderly

By Reuters <http://fxn.ws/23JGf0t>

Seniors with hearing loss who use hearing aids may experience cognitive decline at a rate more like their peers without hearing trouble, according to a French study that followed thousands of seniors for 25 years.

Past research has shown a link between hearing loss and steeper cognitive decline in old age, but few have tracked that relationship over a quarter century.

"With a large sample size and 25 years of follow-up of participants, this study clearly confirms that hearing loss is associated with cognitive decline in older adults," said the study's lead author, Helene Amieva. "Using hearing aids attenuates cognitive decline in elders presenting with hearing loss."

Amieva, a researcher at the University of Bordeaux in France, pointed out that about 30 percent of people age 65 and older have some degree of hearing loss and that's true of 70 percent to 90 percent of those aged 85 and older.

"It is well known that individuals with hearing loss often experience depressive symptoms and social isolation," Amieva said in an email.

To see if hearing loss contributes to cognitive decline with age, and if hearing aids might offset that effect, the researchers used data from a

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Reasons Why Self-Help Groups Are Good For You

By Brenda Battat, past Executive Director, HLAA

- Self-help groups such as Hearing Loss Association of America (www.hearingloss.org) and the North Shore Chapter (www.hearingloss-longisland.org) offer the following:
 - Provide a community of people with hearing loss who understand and are sympathetic to your loss.
 - Will help you understand your legal rights as a person with hearing disability.
 - Will alleviate the despair and isolation of hearing loss through their support.
 - Will help you adjust and communicate your needs in a hearing workplace.
 - Will share technologies beyond your hearing aids that will enhance your ability to function.
 - Will educate you on technologies and strategies for ensuring your safety.
 - Will show you how to stay tuned in to family conversations.
 - Will show you how to accommodate your hearing loss when traveling.
 - Will empower you through exchange of knowledge, encouragement and the sharing of experiences.
-

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

Top 10 Reasons to Join Our HLAA Chapter

The Hearing Loss Association of America North Shore of Long Island chapter opens the world of communication for the one million people with hearing loss in our community through education, advocacy and support. We offer:

- 1. Information**
Our chapter meetings are a resource for how to live successfully with hearing loss.
- 2. Education**
The expert and experienced speakers at our regular chapter meetings will teach you how to best manage your hearing loss and improve your listening skills to live a more active lifestyle.
- 3. Support**
Through the experience of other members, you will learn how to get the best treatment, as well as the latest techniques that can improve your listening beyond what a hearing aid alone can offer.
- 4. Mentoring**
Hearing loss affects everyone including your family, friends and co-workers, and we invite you to bring your partners to a meeting or to arrange a private counseling session to help improve communications.
- 5. Latest Technologies**
You will learn about the latest developments in hearing aids, implants, assistive devices, communication access, smart phone apps and much more that can enhance your hearing.
- 6. Access to the Community**
Learn about the movie theatres in our community, which offer new captioning systems and other venues which offer a hearing loop. Also learn how to advocate for more.
- 7. Social Connections**
At our chapter, you will meet many others like yourself, whether you have hearing loss or are supporting someone with a loss. You need not face hearing loss alone.
- 8. Access to Other Resources**
We are your gateway to many resources, such as how to manage the cost of hearing aids, the state's relay phone program which offers free amplified and captioned phones and so much more.
- 9. Self-Help**
At HLAA, we learn to advocate for ourselves at home, work and in the community, by mastering the simple tools that can help guide all the people we encounter to deliver our communication needs.
- 10. Staying Tuned**
New technological advances in hearing devices, treatment procedures, support tools, preventive and curative developments are occurring at a more rapid rate than ever before. HLAA and your local HLAA chapter remain your best source to keep pace, so you continue to get the most out of your hearing.



Meetings Supported by Loop and CART

At our chapter meetings you should not miss a word as we offer two communication access systems. The hearing loop system sends the voice of the speaker from the microphone into one's hearing aid. CART (see left photo) or Communication Access Real-time Translations types every spoken word onto a screen.



To learn more about our chapter:

Come to a Meeting: Every 3rd Wednesday of the month at 7:00, except summer months

Location: Long Island Jewish Hearing & Speech Center 270-05 76th Avenue New Hyde Park, NY 11040

Contact: Sal Sturiale hlaalongisland@gmail.com (516)331-0231

Visit: <http://hearingloss-longisland.org/>

large, long-term study of people in France who were 65 and older and living at home, rather than in institutional settings, when they were first recruited in 1989-1990.

Amieva's team focused on more than 3,700 people who answered questionnaires 12 times over 25 years and underwent psychological exams to assess their cognitive skills and mood. Of this group, 137 people reported at the outset that they had major hearing loss, another 1,139 had moderate hearing problems such as trouble following conversations with several people talking or in a noisy background and 2,394 had no hearing troubles.

Those with hearing loss were more likely to be men and less educated, to have depressive symptoms and more chronic diseases, and to be more dependent on others, the authors report in the *Journal of the American Geriatrics Society*.

Cognitive decline was measured with a 30-point questionnaire often used to screen for dementia, which includes questions such as what year it is and asks individuals to repeat simple phrases. The participants' ability to perform activities of daily living well, and their degree of depressive symptoms were also assessed.

After accounting for age, gender and education, the researchers found there was a significant association between hearing loss and a lower score on the mental health screening, as well as greater cognitive decline over the 25-year period.

Overall, people with hearing loss scored lower for cognitive skills at the beginning of the study compared to the people without hearing loss.

But among those with hearing loss, people who used hearing aids experienced a rate of decline in cognitive skills that was more like those without any hearing loss. For participants with hearing problems who did not use hearing aids, the decline was steeper, translating to an extra 1.5 points of decline on a 30-point scale over 25 years.

"It is a significant decline, both from a clinical and statistical point of view," Amieva said.

After adjusting for depressive symptoms, social networks, chronic diseases, dependency, psychotropic drug use and dementia, however, the differences in cognitive decline diminished, the authors note.

"One thought is when individuals do have hearing loss, what happens is they miss bits and pieces of information and so it isolates them," said Thomas Zalewski of Bloomsburg University of Pennsylvania, who was not involved in the study. "So when people are isolated, they aren't communicating as much and what happens is this vicious cycle."

"They're not engaged and we all know when we're not engaged, we have this increase in cognitive decline," he said.

The study team concludes that auditory rehabilitation programs should be considered for older people who can't hear well. Such programs include listening and communication skills, as well as instruction in the use of hearing aids.

"These results underline the importance of addressing the problem of under-diagnosis and under-treatment of hearing loss in elderly adults," Amieva told Reuters Health.



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Email: membership@hearingloss.org
Website: www.hearingloss.org



HLAA opens the world of communication to people with hearing loss through information, education, support, and advocacy. HLAA is a 501(c)(3) organization.

MEMBERSHIP FORM

I'd like to: ☐ Become a member of HLAA ☐ Renew my membership ☐ Give a gift membership

My Membership/Renewal

Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

Email: _____ Phone: _____ - _____ - _____

Chapter I belong to: _____

How did you learn about HLAA? _____

Gift Membership

Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

Email: _____ Phone: _____ - _____ - _____

	Annual USA Membership Fees	Annual Non-USA Membership Fees
Individual	<input type="checkbox"/> \$35 (1 year) <input type="checkbox"/> \$95 (3 years) <input type="checkbox"/> \$140 (5 years)	<input type="checkbox"/> \$45 (1 year)
Couple/Family	<input type="checkbox"/> \$45 (1 year)	<input type="checkbox"/> \$55 (1 year)
Professional	<input type="checkbox"/> \$60 (1 year)	<input type="checkbox"/> \$75 (1 year)
Library/Nonprofit	<input type="checkbox"/> \$50 (1 year)	<input type="checkbox"/> \$75 (1 year)
Student	<input type="checkbox"/> \$20 (1 year)	N/A
Corporate	<input type="checkbox"/> \$300 (1 year)	<input type="checkbox"/> \$325 (1 year)

My membership fee is \$ _____

Plus I'm adding a tax
deductible donation of \$ _____

My total is \$ _____

3 Ways to Join, Renew or Give a Gift Membership

1. Return this form to your chapter with your check made payable to HLAA.
2. Mail or fax this form to the HLAA office at the address above with your credit card information.
3. Visit www.hearingloss.org/content/join and use your credit card online. (this is a secure website)

Credit Card Payment Information: ☐ American Express ☐ Discover ☐ MasterCard ☐ VISA

Card Number: _____ Expiration Date _____ Security Code _____

Name: _____ (as it appears on card)

Signature: _____ (Include your billing address if different than membership address above.)



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*Certification of hearing loss by a hearing-care or healthcare professional is required to participate.

Hearing Aid Recycling



Donation Information

HAAA 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.

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**

Trudie Katz Walker

Attorney at Law

225 Old Country Rd.
Melville, N.Y. 11747

twalker@walkerlegaloffices.com

Tel. (631) 361-8737
Fax (631) 361-8792



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

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

RETURN SERVICE REQUESTED



June 23–26
Washington Hilton
1919 Connecticut Avenue, N.W.
Washington, DC 20009 US

Early-bird Registration is Open!

Discounted registration rates are good through January 31, 2016. Register by the deadline to be entered in a drawing for an iLuv Smartshaker, a wireless alarm controlled by your smartphone (iOS and Android). Smartshakers will be awarded to 15 lucky early-birds! In addition, early-bird registrants of the Full-activity package will be eligible to select their table at the Capital banquet starting in February (the next opportunity will be in April).

Host Hotel – Washington Hilton

The Washington Hilton is just a short walk to restaurants, shopping and nightlife. Enjoy all the nation's capital has to offer as the hotel is only four blocks to the Dupont Circle Metro (Red Line), providing easy access to the National Zoo, Smithsonian museums, the National Mall, and more.

Convention Updates

Be sure to check this page frequently for Convention news as well as on Facebook (<https://www.facebook.com/HearingLossAssociation>) and Twitter (@HLAA, @nmacklin #HLAA2016).

For more information, visit: <http://www.hearingloss.org/content/convention>