

October 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, October 19, 2016

Refreshments and Social Time begins 6:30pm.

Meeting begins 7:00pm.

Topic: Stopping Scam Artists Before They Strike & Identity Theft: Protecting You from America's Fastest Growing Crimes

Speaker: Richard Yorke, Assistant Attorney General from New York State Attorney General Eric Schneiderman's Nassau Regional Office

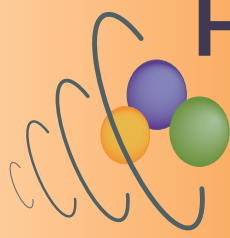
Attorney General
Eric T. Schneiderman

Translate to Another Language

NEW YORK STATE OFFICE
of the
ATTORNEY
GENERAL

The Attorney General's Office is committed to bringing to justice those who defraud, exploit and abuse New York's citizens. From deceptive prescription drug plans to elder abuse in nursing homes, from phony sweep-stakes to bogus charities, to internet scams—these crimes not only rob you of your hard-earned savings, but may also jeopardize your health and dignity.

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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

MaryAnn Weeks

Claudia Block

Voice: 516-331-0231
<http://hearingloss-longisland.org>
hlaalongisland@gmail.com

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

No Hearing Aid? Some Gizmos Offer Alternative to “Speak Up!”

Visiting an audiologist is the gold standard for hearing health care. They will assess your individual needs and make the appropriate recommendations, including fitting hearing aids. However, for some, hearing aids are still out of reach. A recent New York Times article discusses some less expensive alternatives



(PSAPs - Personal Sound Amplification Products) for those with mild-to-moderate hearing loss. HLAA Board of Trustee member Richard Einhorn is quoted in the article. Read more:

<http://www.nytimes.com/2016/07/19/health/hearing-aid-alternatives.html>

Shhh! America's Most Common Workplace Injury is Hearing Loss

By Zhai Yun Tan, Kaiser Health News

Eight years ago, Jeff Ammon, now 55, began noticing a feeling of pressure in his ears every day after work.

Over the next months, when his symptoms progressed into a slight loss of hearing and sensitivity to noise, he became worried. Ammon, a construction worker for 32 years, eventually started wearing ear protection hoping this would address these complaints – but it was too late.

From that point on, sounds ranging from the hum of a lawnmower to normal tones of conversation caused a piercing, jabbing pain in his inner ear. He stopped working in 2011, when the pain became unbearable. He also hears ringing in his ears and experiences dizziness, both side effects of the auditory damage.

“It’s debilitating...completely,” he said.

Ammon spent almost all of his working life surrounded by the loud noises of jackhammers, saws and air compressors. Now he avoids going outdoors, choosing instead to stay in his soundproof basement in Lebanon, Pa., and communicate with his doctor mostly through an online patient portal.

“The medication to address pain has not been very successful at all...I’m also on some medication for stress, anxiety and depression,” he said. “It has isolated me from society.”

Ammon is not alone in suffering from workplace-related hearing loss. In fact, according to the Centers for Disease Control and Prevention, it is the most common work-related injury with approximately 22 million workers exposed annually to hazardous levels of occupational noise. Workers in the mining sector, followed by those in construction and manufacturing, are most likely to suffer from hearing impairment. An estimated \$242 million is spent on worker’s compensation annually for hearing loss disability, according to the Department of Labor.

In an effort to reduce these numbers, the Labor Department launched a challenge earlier this summer called “Hear and Now,” in which it is soliciting pitches for innovative ideas and technology to better alert workers of hazardous noise levels.

But critics say that while these efforts might help, technology to reduce hearing injuries already exists. They contend that the maximum level of noise exposure allowed before employers are required to provide sound-protection equipment is too low, and the regulations developed by the Occupational Safety and Health Administration are outdated. For example, those regulations use sound level limits that don’t factor in the noise exposures that occur beyond the workplace – at restaurants, concerts and sporting venues, for instance—that can add to workers’ cumulative risks of harm.

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Wanted: Town of Brookhaven Resident to Join Task Force

On September 30, 2014 the Town Board adopted a resolution to establish the Town of Brookhaven Disability Task Force. This Task Force reflects the growing population of persons with disabilities, as well as their care-takers and family. The success of the Disability Task Force will continue to have a significant impact on the so-cial and economic future of Brookhaven Town.

The Town of Brookhaven Disability Task Force is looking for resident participation. The Town is proud of the diverse level of inclusivity with its membership. At this time, we are reaching out to the Long Island Chapter of the Hearing Loss Association of America to find a person who would be interested in participating in the Task Force. Ideally we would like to find a resident with hearing loss or a person who has experience working with hearing loss. The Task Force meets once a month at Town Hall, located at 1 Independence Hill in Farmingville.

If you are interested in becoming a member of the Town of Brookhaven Disability Task Force, please submit a bio or resume to **Cliff Hymowitz** at chymowitz@brookhaven.org or call (631) 451-6284 if you have any questions.

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In Florida call:

Dade County - (305) 864-3774

Broward County - (954) 472-2821

Palm Beach County - (561) 655-6844

According to OSHA officials, the agency will issue a request for information later this year about current regulations at construction sites to figure out if more stringent protections are needed and how companies are complying. (The construction industry has often been held to separate noise-related rules and requirements than those in place for other industries.) The review may lead to an update to these rules, most of which date back to the 1970s. A similar call for information was issued in 2002, but no changes resulted from the action.

Employers may also have to shoulder the responsibility of instilling more awareness and education among their workers.

To read more, please go to <http://usat.ly/2bNcLZ2>

Tip: How to Read Lips

By Malia Wollan

It is possible to listen with your eyes. Neuroimaging studies show that even when tested in silence, lip readers' primary auditory cortex, the part of the brain that processes sound, is active. If you have lost some or all of your hearing, Molly Berry, a lip-reading tutor and chair of Britain's Association of Teachers of Lipreading to Adults, suggests you start by announcing you have what she calls the invisible disability. "No one will know you're deaf unless you tell them," says Berry, who, like most of her students, lost her hearing after childhood: She began going deaf in her 30s and now has a cochlear implant.

Ask people to speak clearly and face you while talking. Ideally, position yourself three feet away. Don't just look at the mouth; expression emanates from the jaw, the eyes, the brow, the throat, even gesturing hands. Memorize what Berry refers to as the lip reader's alphabet, which mostly consists of clusters of consonants that look the same on the lips (linguists call such a group a "viseme"). For example, "p," "b" and "m" are indistinguishable. Learn the mouth shape and choose the letter that makes the most sense in context. If you continue to be confused, ask a yes-no question ("Did you say your name was Pete?") rather than an open one ("What did you say?"). Other letters, like "g" and "h," are usually imperceptible. Carry a pen and paper and ask that people write down crucial bits of information like addresses.

Practice by turning down the volume and watching TV (newscasters tend to have expressive lips), or study how your own mouth moves in the mirror. The mental agility required to concentrate on someone's face and puzzle out meanings is exhausting; take a break every 15 minutes. Loud dinner parties, or any setting with cross talk, will be nearly impossible to follow. If your hearing loss is severe, avoid the easy descent into social isolation. "You're liable to think people are talking about you when you're deaf," Berry says. Sometimes your read of the conversation will be way off. Join in, even when you're unsure. If people smirk, ignore them. "This is an inexact art," Berry says. "You're only going to get the gist, but that's usually enough."



7910 Woodmont Avenue, Ste. 1200
Bethesda, MD 20814-7022
Phone: 301.657.2248 • Fax: 301.913.9413
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

Meeting News, Continued from Page 1

This presentation will inform you of your rights under state law, and lays out steps to take to protect your health and assets. The presentation begins with a discussion about ways to spot common scams that target you by telephone, mail order or the internet. It also addresses ways to access quality health care and protect investments. A discussion of how to ensure your health care wishes are known and honored through Advance Directives is also included.

The speaker will also discuss Identity theft—the unlawful use of an individual’s personal information—which is a crime with consequences that can be devastating. Identity thieves steal information such as your name, social security number, driver’s license information, or bank and credit card accounts and use the information to establish credit, make purchases, apply for loans or even seek employment. Victims can spend months, if not years, and thousands of dollars cleaning up their good name, their credit history, and their personal records. This is why it’s critical to educate yourself in advance to safeguard your identity and know how to prevent and respond to the crime.

