

April 2017



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, April 19, 2017

Refreshments and Social Time begins 6:30pm.

Meeting begins 7:00pm.

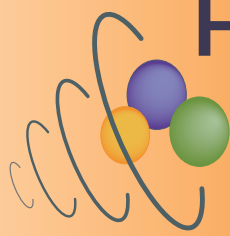
Note: Since our meeting last month was cancelled due to snow, we'll all get to enjoy the discussion this month!

Topic: Ringing (or Sounds) in Your Ears? Learn All About Tinnitus & Hyperacusis

Speaker: Dr. Aniruddha K. Deshpande, Ph.D., CCC-A

Dr. Deshpande comes to Hofstra University from the University of Iowa, where he was a research audiologist and a postdoctoral fellow at the Department of Otolaryngology – Head & Neck Surgery, University of Iowa. Dr. Deshpande received his Ph.D. from the University of Cincinnati. His research interests include tinnitus, amplification, cochlear implants and neuroimaging. His current research focuses on investigating the effectiveness of physiological and psycho-acoustic approaches for the assessment and management of tinnitus in different populations. Dr. Deshpande has authored/co-authored several publications and presentations, and is a recipient of prestigious honors and awards such as the ASH Foundation scholarship, ASHA's Lessons for Success and SRTA, University of Cincinnati's All University Honor of Exemplary Scholarship in the Life Sciences, and Starkey's William F. Austin scholarship.

Dr. Deshpande loves to discuss audiology-related concepts with his wife—the other Dr. Deshpande (and no, he was not coerced in any way to include this statement in his bio), travel, and spend lazy afternoons playing fetch with Cymba—their labrador retriever.



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

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

Great News for New Yorkers with Hearing Loss



By HLAA

The New York City Council passed an important bill supporting access to public spaces for people with hearing loss.

Intro 882-A, sponsored by Council Member Helen Rosenthal of Manhattan, provides for the installation of hearing loops in City-funded capital projects with an estimated construction cost of \$950,000 or more. This includes new construction and renovation, and means that close to 300 projects will be looped across New York City, according to City Council Member Rosenthal's press release.

Hearing loop advocates believe that New York City is the first major municipality in the country to enact such legislation.

The press release included statements of support from Barbara Kelley at HLAA National, Chris Widelo of AARP, and Katherine Bouton, President of the New York City Chapter of HLAA.

Read more specifics about the legislation (<http://on.nyc.gov/2netIES>) and Council Member Rosenthal's press release (<http://bit.ly/2mlf8fw>).



Hearing Loss: No More Suffering in Silence?

This widespread problem is associated with depression, isolation, and possibly, dementia. We report on affordable solutions and what's being done to give everyone access to treatment.

By Julia Calderone, Consumer Reports

Age-related hearing loss has long been thought of as an inevitable part of getting older, more a nuisance than a life-altering medical condition—at least by those not experiencing it.

But that's all changing.

In the past two years, the President's Council of Advisors on Science and Technology (PCAST) and the National Academy of Sciences (NAS) have published reports calling untreated hearing loss a significant national health concern, one that's associated with other serious health problems, including depression and a decline in memory and concentration. Several studies even suggest a link between hearing loss and dementia.



The estimated 48 million Americans affected by hearing impairment didn't need that memo.

More than 100 years ago, Helen Keller, who was deaf and blind, described the isolation caused by hearing loss aptly when she said: "Blindness separates people from things. Deafness separates people from people."

Lise Hamlin, director of public policy for the nonprofit Hearing Loss Association of America (HLAA) echoes that sentiment. "We're social creatures," she says. "When you shut down the ability to talk and interact with people, that isolation affects your health and your ability to participate in society."

Recent research shows that the number of Americans of working age with hearing loss has declined slightly, but it continues to be a problem for seniors, affecting 28.6 million Americans ages 60 and older.

Continued on Page 5

CDC Releases New Report on Noise-Induced Hearing Loss

By HLAA

On February 7, 2017, the Centers for Disease Control (CDC) released Too Loud! For Too Long!, a new CDC Vital Signs report about non-occupational noise-induced hearing loss and its association with socio-demographics and self-reported exposure to loud noise. According to the report about 1 out of 4 U.S. adults who report excellent to good hearing already have hearing damage and that many of those with hearing damage report no workplace noise exposure. This means exposure to loud noise comes from other sources in the environment and everyday activities such as listening to music through headphones, leaf blowers, rock concerts and sirens.

Hearing loss is the third most common chronic physical condition in the United States—as many people report hearing loss as those with diabetes and cancer combined. Untreated hearing loss is associated with anxiety, depression, stress, and loneliness. Noise exposure can lead to high blood pressure and heart disease. Exposure to loud noise at home or in the community can damage hearing as much as working in a noisy work environment. Read more here: <https://www.cdc.gov/vitalsigns/hearingloss/index.html>

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Have Tinnitus? You're Invited!

*By Hofstra University welcomes you to participate in its Tinnitus Research Study:
<http://bit.ly/2ovZmza>*

Approximately one in every ten Americans will experience some form of tinnitus, or ringing in the ears, which occurs when you perceive sounds without sounds being present in the environment.



For those affected with tinnitus, assistance for treatment may be sought.

This is a research study, for people who have tinnitus. The survey consists of approximately 30 questions. Your participation will help us further our research into effective treatment for tinnitus.

Hearing Loss: No More Suffering In Silence?, Continued from Page 3

Despite the prevalence of hearing loss and the negative impact it can have on health and quality of life, relatively few people seek treatment. Almost half of the 131,686 Consumer Reports subscribers surveyed for our 2015 Annual Fall Questionnaire reported having trouble hearing in noisy environments, yet only 25 percent had their hearing checked in the previous year. And according to research published in the Archives of Internal Medicine, just 14 percent of those who could benefit from hearing aids actually use them.

People don't seek help for several reasons. A common one, according to NAS, PCAST, and others, is that they can't afford it. NAS reports that hearing aids cost an average of \$4,700 per pair in 2013 and can climb to almost twice that price. And they're usually not covered by health insurance or Medicare.

No wonder the market for less expensive, over-the-counter hearing helpers known as PSAPs (personal sound amplification products) is growing.

We dug deep to find out why hearing aids and treatment for hearing loss can be so costly, and what's being done to bring solutions within reach. We also tried several PSAPs to determine whether they're an affordable alternative to hearing aids for some people.

Here's what we uncovered.

Continue reading here: <http://bit.ly/2kVy2s3>

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: _____

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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)
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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

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.

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**

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For more information,
details and schedules, visit:
[http://www.hearingloss.org/
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