

August 2019



# 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.

Join us and learn how HLAA can make a positive impact on your life as a hard of hearing person.

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

*Our meetings are held bi-monthly, on the third Wednesday of the month.*

**Important Note:** We are meeting back in our old location at the Speech and Hearing Center, and are back to our old dates on the third Wednesday of every month.

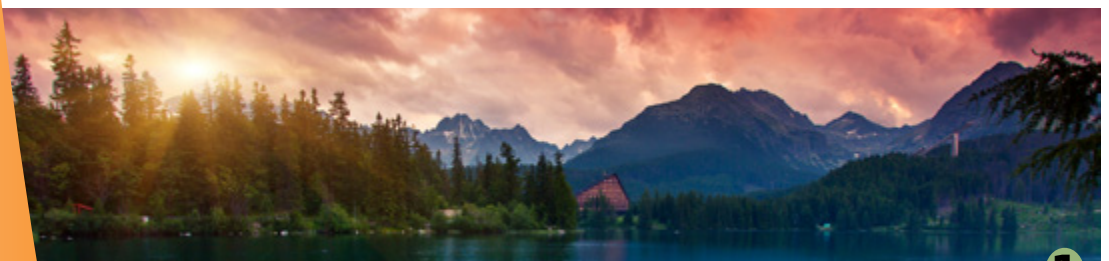
### Wednesday, September 18, 2019

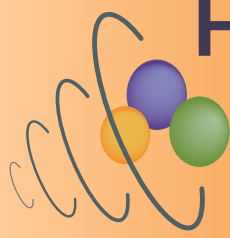
6:30pm – 8pm

**Topic: The Journey From Hearing Aids to Cochlear Implants**

**Speaker: Kristen P. Calabrese, Au.D, CCC-A, F-AAA**

Kristen Calabrese is a licensed audiologist providing clinical and surgical support as a Clinical Territory Manager in New York City Metro and New Jersey. Kristen received her undergraduate degree in Speech-Language-Hearing Sciences and Linguistics from Hofstra University and her Doctorate of Audiology from Northeastern University in Boston, MA. Prior to joining Cochlear, Kristen worked clinically with a focus on diagnosis and treatment of pediatric hearing loss in New York, NY. Kristen will be presenting on cochlear implant indications and current technology. She is the proud dog mom of two puppies – Molly and Fletcher!





# Hearing Loss Association of America

North Shore of Long Island Chapter

## Chapter Planning Committee

HLAA North Shore Chapter of L.I.

Sal Sturiale

Cliff Aronson

Charlie Kantor

Dan Morris

Len Urban

Trudie Walker

MaryAnn Weeks

## Meeting Dates

### Our upcoming meeting dates are:

- September 18, 2019
- November 20, 2019
- January 15, 2020
- March 18, 2020
- May 20, 2020

Voice: 516-331-0231  
<http://hearingloss-longisland.org>  
[hlaalongisland@gmail.com](mailto:hlaalongisland@gmail.com)

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

## What is a Hearing Aid Telecoil and Why Would I Want One?

*Contributed by Debbie Clason, staff writer, Healthy Hearing  
July 8, 2019*

If you wear hearing aids or are considering making that purchase soon, be sure to ask your audiologist about telecoil technology. These small copper coils have come standard in most hearing aid devices for nearly 50 years and, when used in tandem with a hearing loop, can dramatically enhance your listening experience in public places by piping sound directly to the hearing device.

“Hearing aid microphones only work for a relatively short distance,” Juliette Sterkens, hearing loop advocate for the Hearing Loss Association of America (HLAA), said. “But telecoils and hearing loops give people with hearing aids better hearing, even sometimes better than those with normal hearing.”

### What is a hearing aid telecoil?

*This Opn miniRITE T hearing aid has a telecoil. Many manufacturers use “T” in the name to indicate a device has a telecoil. (Image courtesy Oticon.)*

Telecoils, also known as t-coils, are small copper wires coiled discreetly inside hearing aids.

**Read more:** <https://bit.ly/2OU31o8>



# North Shore Long Island Chapter HLAA is Walking

This event is the only fund raiser that we have all year. It helps defray the cost of the newsletter and other outreach programs and all the wonderful work HLAA National does.

It would be wonderful if you can join us at the Walk4Hearing walk, but we realize that some of you can't participate in the walk. Your support of our Chapter and of the national organization in this effort is very important. If you walk or not, we need your help. Any donation is appreciated and welcomed.

Thank you for your generous donation.

## Walk With Us

**Click to Register:** <https://goo.gl/fdZjuW>

**Sunday, September 22, 2019**

**9 AM:** Registration/Check-in

**10:30 AM:** Walk Start

**Distance:** 3.1 miles / 5k

**Location:** W 97th and Riverside Dr, NYC



- Register as a New Walker
- Enter your fundraising goal and donation amount. Any amount is fine.  
**IMPORTANT:** At the Additional Information section, question #2 of the registration page, choose **HLAA North Shore Chapter** so the share goes to our chapter

Or you could click to Donate without walking: <https://goo.gl/xQ6ngG>

- Where you'll be making a donation directly to one of the board members of the Chapter.

Please let the board know if you have any questions.



# Tickle' Therapy Could Help Slow Aging, Research Suggests

July 30, 2019  
University of Leeds

Scientists found that a short daily therapy delivered for two weeks led to both physiological and wellbeing improvements, including a better quality of life, mood and sleep.

The therapy, called transcutaneous vagus nerve stimulation, delivers a small, painless electrical current to the ear, which sends signals to the body's nervous system through the vagus nerve.

The new research, conducted at the University of Leeds, suggests the therapy may slow down an important effect associated with ageing.

This could help protect people from chronic diseases which we become more prone to as we get older, such as high blood pressure, heart disease and atrial fibrillation. The researchers, who published their findings today in the journal *Aging*, suggest that the 'tickle' therapy has the potential to help people age more healthily, by recalibrating the body's internal control system.

Lead author Dr Beatrice Bretherton, from the School of Biomedical Sciences at the University of Leeds, said: "The ear is like a gateway through which we can tinker with the body's metabolic balance, without the need for medication or invasive procedures. We believe these results are just the tip of the iceberg.

"We are excited to investigate further into the effects and potential long-term benefits of daily ear stimulation, as we have seen a great response to the treatment so far."

The study was conducted by scientists from the University of Leeds and funded by the Dunhill Medical Trust.

## **What is the autonomic nervous system?**

The autonomic nervous system controls many of the body's functions which don't require conscious thought, such as digestion, breathing, heart rate and blood pressure.

It contains two branches, the sympathetic and the parasympathetic, which work against each other to maintain a healthy balance of activity.

The sympathetic branch helps the body prepare for high intensity 'fight or flight' activity, whilst the parasympathetic is crucial to low intensity 'rest and digest' activity.

As we age, and when we are fighting diseases, the body's balance changes such that the sympathetic branch begins to dominate. This imbalance makes us more susceptible to new diseases and leads to the breakdown of healthy bodily function as we get older.

Clinicians have long been interested in the potential for using electrical currents to influence the nervous system. The vagus nerve, the major nerve of the parasympathetic system, has often been used for electrical stimulation and past research has looked at the possibility of using vagus nerve stimulation to tackle depression, epilepsy, obesity, stroke, tinnitus and heart conditions.

*Continued on Page 5*



However, this kind of stimulation needs surgery to implant electrodes in the neck region, with associated expense and a small risks of side effects.

Fortunately, there is one small branch of the vagus nerve that can be stimulated without surgery, located in the skin of specific parts of the outer ear.

In Leeds, previous research has shown that applying a small electrical stimulus to the vagus nerve at the ear, which some people perceive as a tickling sensation, improves the balance of the autonomic nervous system in healthy 30-year-olds.

Other researchers worldwide are now investigating if this transcutaneous vagus nerve stimulation (tVNS) could provide a therapy for conditions ranging from heart problems to mental health.

Diane Crossley, aged 70, from Leeds, took part in the study and received the tVNS therapy for two weeks. She said: "I was happy to be a participant in this really interesting study, it helped me with my awareness of my own health.

"It was a fascinating project and I was proud to be part of it."

In their new study, scientists at the University of Leeds wanted to see whether tVNS could benefit over 55-year-olds, who are more likely to have out-of-balance autonomic systems that could contribute to health issues associated with ageing.

They recruited 29 healthy volunteers, aged 55 or above, and gave each of them the tVNS therapy for 15 minutes per day, over a two week period. Participants were taught to self-administer the therapy at home during the study.

The therapy led to an increase in parasympathetic activity and a decrease in sympathetic activity, rebalancing the autonomic function towards that associated with healthy function. In addition, some people reported improvements in measures of mental health and sleeping patterns.

Being able to correct this balance of activity could help us age more healthily, as well as having the potential to help people with a variety of disorders such as heart disease and some mental health issues.

Additionally, improving the balance of the autonomic nervous system lowers an individual's risk of death, as well as the need for medication or hospital visits.

Researchers found that individuals who displayed the greatest imbalance at the start of the study experienced the most pronounced improvements after receiving the therapy.

They suggest that in future it may be possible to identify who is most likely to benefit from the therapy, so it can be offered through a targeted approach.

**Read more:** <https://bit.ly/2YzWRcm>

## JOKES

Susan: "My new hearing aid is so great, I hear perfectly now!"

Barb: "That's great! What kind is it?"

Susan: "12:30"

A man was wondering if his wife had a hearing problem. So one night, he stood behind her while she was sitting in her lounge chair.

He spoke softly to her, "Honey, can you hear me?" There was no response.

He moved a little closer and said again, "Honey, can you hear me?" Still, there was no response.

Finally he moved right behind her and said, "Honey, can you hear me?"

She replied, "For the third time, Yes!"



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Email: [membership@hearingloss.org](mailto:membership@hearingloss.org)  
Website: [www.hearingloss.org](http://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](http://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.)

# If You're New, This is for You!

More than 48 million people in the US have a hearing loss, which can hinder daily communication. By age 65, one in three Americans has a hearing loss. This invisible condition affects the quality of life of the individuals with hear loss, as well as family, friends, co-workers and everyone with whom they interact. HLAA believes people with hearing loss can participate successfully in today's world.



*Information - Education - Support - Advocacy*

Founded in 1979, the mission of HLAA is to open the world of communication to people with hearing loss through information, education, support and advocacy.

HLAA is the nation's foremost membership and advocacy organization for people with hearing loss. HLAA publishes the bimonthly *Hearing Loss Magazine*, holds annual conventions, a Walk4Hearing, and more. Check out: [www.HearingLoss.org](http://www.HearingLoss.org)

The North Shore Chapter is a dynamic group of individuals working together as a team. To join, please fill out the Membership Form in this newsletter. Welcome!



## Donating Hearing Aids to the Lions Club

*By Michelle Gross*

If you have used hearing aids to donate, please address the package to:

John McNamara, Au.D., Ontario Hearing  
2210 Monroe Ave., Rochester, NY 14618

**Put on the lower left corner of the package:**  
"Finger Lakes Region Lions Club"

(Cleaning tools, cases, most accessories, etc. have virtually no value and are discarded.) Aids that are usable are cleaned and checked and made ready for sending to the Lions Club for qualified recipients.

You can obtain a receipt for your donation (for tax purposes) but **you must request it**. And, thanks for considering donating your used aids.

*Trudie Katz Walker*

*Attorney at Law*

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# The AidKeeper: One Man's Journey To Create An Indestructible Hearing Aid Case

*Contributed by Debbie Clason, staff writer, Healthy Hearing  
August 12, 2019*

You might say it was a case of divine intervention when Calvin Huit heard his minister deliver a sermon on faith six years ago. The previous three weeks had been rough. As a hearing aid user for more than 18 years without incident, Huit had just replaced three pairs of hearing aids.

"I looked around and thought 'the economy sucks. We aren't getting raises.' I recognized if this keeps up, I won't be able to afford wearing hearing aids," he said. "In that moment, I felt I was being directed to come up with the hearing aid case that I couldn't find. So I launched off on a little bit of faith and started to prototype the hearing aid case I wished I had."

## Durable hearing aid cases

Within six months Huit was working with a patent attorney. Eighteen months later he launched AidKeeper. After testing different models, he's now focused his efforts on creating two different products:

- Alterus, made of ABS plastic, is designed to hold hearing aids, earbuds, headsets and in-ear monitors. It comes with a cleaning brush and desiccant capsule for moisture control (\$34.95).
- Clearwater is a two-chamber metal hearing aid keeper. The case is made of military-grade bar stock aluminum and can store up to three batteries in a separate chamber (\$75.00).

"After 24 years of wearing hearing aids, I know which features are important in a hearing aid case," Huit said. As a result, AidKeepers are water resistant, crush resistant, UV resistant and lightweight. Both models fit in a pocket, won't break upon impact and store spare batteries, he said. The Alturas also floats if it falls into water.

The cases, named after rivers and lakes in the state of Idaho, are all made in the United States.

**Read more:** <https://bit.ly/2YNNISH>



*Calvin Huit with AidKeeper models*