

HEAR HERE



Hearing Loss
Association
of Whatcom County

HLA Whatcom is affiliated with Hearing Loss Association of America, and Hearing Loss Association of Washington

Spring 2011



JOYCE'S VOICE

This is the final column of *Joyce's Voice*. We now have a wonderful new President, Joan Baker, who will be writing her own column, *Joan's Notes*. After two years as President, I will now be serving as Vice President.

I want to thank all who have volunteered this past year to make our group stronger and more vibrant than ever. In January, I gave away over 25 thank you certificates to the 2010 volunteers. That's a lot of people helping our organization, and I salute you all! Many of you will continue to volunteer this year.

During the last two years as president, I've seen so many accomplishments and improvements to our organization through the efforts of our dedicated Officers, Executive Committee and volunteers. We have more members than ever willing to support each other on our *Hard of Hearing (HOH)* journeys.

We have captioned meetings so everyone can understand what's being said. We're able to pay for this service through donations and fund raisers. We were also awarded several grants to help pay for assistive listening equipment, captioning and outreach. A new sign, rack cards and banners help advertise our organization and its purpose, and we have HLA-WC stationary to write thank you notes and encourage newcomers to join us. (cont. pg. 2)

WANTED: GOOD SAMARITAN

One of our members who is 92 and uses a walker, Irene Kasson, has relatives/friends in Vancouver, BC but can't manage travel there even by bus. She's looking for a ride to Vancouver and back with any of you who occasionally go there. Her family could pick her up and arrange to get her back to the pick up point. Please help if you can. This would be a wonderful gift to Irene. Contact her at 734-6593, or by email at irenek18@live.com.



JOAN'S NOTES

You have a hearing loss. Whatever the reason for your hearing loss, there existed either a probable or determinable cause, and also a subsequent effect on you and the choices you make every day. Your hearing loss does not require you to live in a vacuum. Unless you are a hermit, you are surrounded by hearing people who affect your daily life: in large gatherings, in restaurants, etc., in more intimate settings with spouse, family and friends, in whatever hobby or recreational activity you enjoy.

There's no part of our lives that is not affected by our hearing loss. But the choices we make as a result of the impact of hearing loss can and do effect the outcome of our inner sense of well-being and participation in the hearing world around us. Sometimes we may choose to isolate ourselves from the frustration of not being able to hear. I coped with my hearing loss ineffectually since 1969 when my hearing loss was diagnosed at age 21, and I had a list of frustrations too long to write down here.

But in 1981 a different framework of choices came into my life after I discovered a national organization called Self Help for Hard of Hearing People, founded in 1979 in Bethesda, MD by Rocky Stone. He, too, had coped for years with hearing loss by using only his ingenuity and his belief that life could be better for people with hearing loss through self education and knowledge. (cont. pg. 2)

SUPER WEBSITE!

Now you can access the vast amount of information available from HLA America, by visiting www.hearingloss.org, then subscribing to e-news@hearingloss.org. Stay informed! Subscribe to e-news today!

For more excellent websites go to page 6.

Joyce's Voice, cont.

Excellent speakers and programs provide us with helpful information, education, laughter and fun. We have a new web site, member roster and newsletters to keep us informed and connected. Best of all, we have opportunities at our pot lucks, luncheons and before each meeting to visit, celebrate and share with each other our life's challenges and victories. The dedication and leadership of our officers executive committee, and volunteers, have made it all possible.

My husband and ex-VP, Mike, and I feel like you are our second family and treasured friends. We thank you for your caring support and friendship. We will happily continue to be active in this fantastic organization and we're excited about another year working with our group. This coming year is going to be better than ever!

HLA Spring Programs

- March 19th** *Our Furry Indispensable Friends: Ku'a, Warren, and Lola!*
with Joyce Moseley-Sweeney., Bert Lederer, and Charlene MacKenzie showcasing their hearing helpers!
- April 16th** *Hearing Beyond Hearing Aids – More Good Options*
Rick Faunt, Trustee, Hearing Loss Association of Washington
- May 21st** *Hearing Friendly and Not Too Friendly Places in Whatcom County*
Joel Bergsbaken, Coordinator, Hearing, Speech, and Deafness Center, North Sound

CIS Spring Programs

- March 26th** Linda Day, and Sarah Taus
Cochlear Americas Corporation
- May 14th** Dr. Kimberly Peters, Ph.D.,
Director, Aural Rehabilitation
Clinic, Western Washington
University

All meetings begin at 9:30 am, and are held at Christ the Servant Lutheran Church, 2600 Lakeway Drive, Bellingham, WA 98229. Everyone is welcome!
For more information, phone 738-3796

Joan's Notes, cont.

SHHH (now Hearing Loss Association of America) made all the difference in my life choices to seek and obtain a career as an executive secretary; to participate again in large social gatherings; to again attend concerts and actually enjoy the music that I often misunderstood; and to pursue a positive, assertive attitude about every choice that I made. The outcome of positive choices, and the knowledge gained from SHHH, gave me a new lease on life and kept me from despair as my hearing loss progressed to the severe/profound stage in 1986. Without the knowledge of hearing aids, various coping strategies, assistive listening technology, and assertive techniques gained through my active involvement in SHHH, I would not have been successful in my career. I would not have chosen to again pursue piano performance after a hiatus of 20 years; nor would I have decided to use my musical skills to reveal the immense possibilities available to people with hearing loss who may need encouragement from other people with similar difficulties living in the hearing world.

To me, living with hearing loss is about choices. HLA, HLA Washington, and especially HLA Whatcom exist to provide people with hearing loss the information, education, support, and advocacy needed to cope with our hearing loss, and to help us make the best choices for our lives. HLA Whatcom has fantastic 2011 monthly programs planned by Charlene MacKenzie and Bert Lederer, our chapter founders and program chairs. The goal of these programs is to provide us with the information and help that we seek, and enable us to share with each other the difficulties we cope with every day.

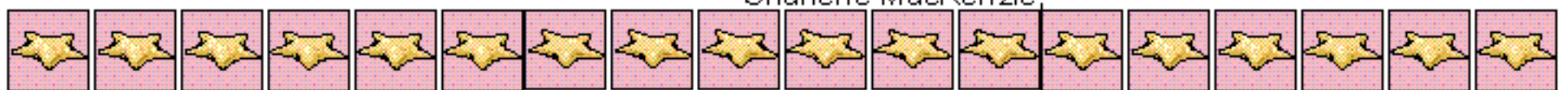
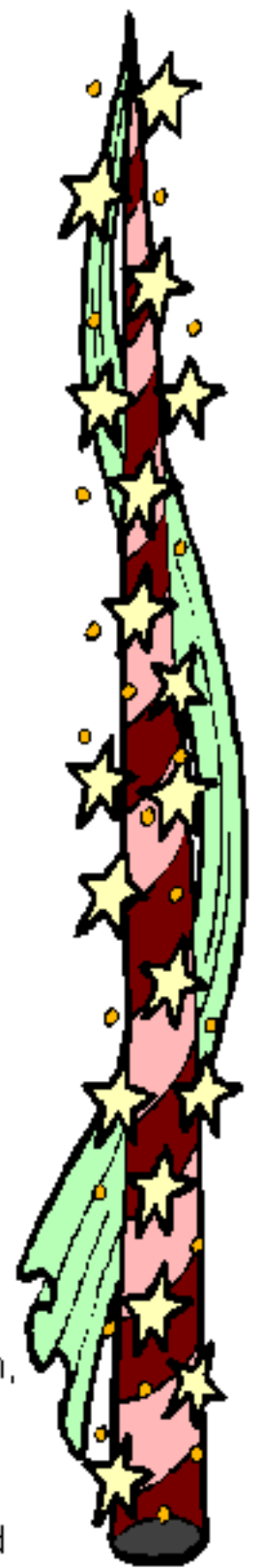
As your 2011 President, I encourage you to attend all the HLA Whatcom chapter meetings you can, and explore the possibilities for life enrichment and apply them to your own life. You may not obtain the answers to every difficulty you have, but you will discover how you can find your own answers, and how you can change your life in positive ways.

Happy 2011 exploring to our HLA Whatcom members and friends! A humble "Thank you" for your support in allowing me to "lead the exploration" through this year!

Joan Baker, Chapter President

2011 HLA WHATCOM POSITIONS / VOLUNTEERS

President	Joan Baker
Vice President	Joyce Moseley-Sweeney
Secretary	Lorraine Palmer
Treasurer	BJ Sherwood
Administrative Assistant	Kathy Mason
Program Planning / Captioning Team	Charlene Mackenzie, Pam Spencer
Membership Drive Team	Charlene Mackenzie, Lorraine & BJ
Communications:	
Publicity	BJ Sherwood
Meeting Reminders by e-mail	Corky Pytel
Meeting Reminder Phoning Team	Barbara Oliver, Joyce Moseley-Sweeney, Mike Sweeney, Karen Inkster
Equipment Manager	Matt Springer
Sound System Providers	Matt Springer and Charlene Mackenzie,
Webmaster	Robert Campbell
Membership Roster & Directory	Wayne Godard
Meeting Agenda	Lorraine Palmer
Hospitality Team	Joan Boschman, Janet Gilda, Doris Canup
Refreshment Coordinator	Barbara Oliver
Information Table	Joyce Moseley-Sweeney
Kitchen Team (all jobs open)	Joyce Moseley-Sweeney, Helen Yunker, Lorraine Palmer, Maureen Nelson
Potluck Luncheon Events	
Entrée Providers	Bert and Claydene Lederer
Table Decorations	BJ Sherwood and Doris Canup
Reservation takers (phone & email)	Karen Inkster, BJ Sherwood, Wayne & Darlene Godard
Fund Raising Team	Kathy Mason, Officers and Members
Sunshine cards	Murella DeVries
On-call helpers	Karen Inkster, Barbara Oliver, Irene Kasson, BJ Sherwood, Joan Boschman, Jan Kean
Copying, addressing, mailing helpers, and "rescue squad!"	Joan Baker,
Battery Recyclers	Doris Canup, Charlie Pilkey
Mentors/coaches/organizational development	Bert Lederer, Joyce Moseley-Sweeney, and Charlene Mackenzie



HELP THE BELLINGHAM FOOD CO-OP HELP US!

August 20, 2011 will be a very BIG DAY for us. Circle it on your calendar! Not only is it our HLA meeting day, but it's the day that both Bellingham Food Co-op stores will give us 2% of their day's proceeds! Not only that, but during the month of August the Food Co-ops' bulletin boards will feature us, one of the 12 Community Organizations they chose to support from a very large number of applicants.

This is an act of teamwork! Help increase our visibility in our community! We will set up a table at each location on August 20th to provide information about us – the Hearing Loss Association of Whatcom County! And we have more to look forward to. On March 5 at the Co-op's annual meeting and party at the Bellingham Cruise Terminal, we also will have an advertising display.

We need you! Setting up our displays and/or working at our information tables on August 20th, will make a big difference. Please contact Joyce Moseley-Sweeney at 734-0469 or email her at jampis@comcast.net. Help the Bellingham Co-op help us by giving us and them your active support on our special day.

Oregon Shakespeare Festival to Become Totally Accessible

POSTED ON NOVEMBER 2, 2010 BY JOHN WALDO, ATTORNEY AT LAW

The renowned Oregon Shakespeare Festival has developed plans that will make it the nation's most accessible live theater for people with hearing loss. OSF will schedule 20 captioned drama presentations in the 2011 season, almost doubling its offerings in 2010. OSF hopes to offer open captioning on request for any of its plays, given adequate notice.

OSF has brought the captioning function in house. All its scripts are available electronically. Once the director has put the play into final form, technicians get busy converting the production script into bite-sized captions, an exacting and labor-intensive process. When that is done, the captions are loaded into a computer, and an on-site operator "performs" the captions in synch with the pace of that particular performance.

The captions are displayed on an LED reader-board placed in front of the stage at one side. Patrons requesting captions are seated in areas where both the captions and the stage are visible in the same line of sight. The seats are offered at the price of OSF's least-expensive tickets.

The scheduled captioned performances will be clustered in 2011 to provide patrons needing captions with the opportunity to enjoy multiple productions during their visit.

2011 Captioned Productions

March 31, 1:30 – Measure for Measure
April 1, 8:00 – The Language Archive
April 2, 1:30 – The Imaginary Invalid
May 18, 8:00 – Julius Caesar
May 19, 1:30 – To Kill a Mockingbird
May 20, 8:00 – The Imaginary Invalid
May 31, 1:30 – August: Osage County
July 21, 8:30 – The Pirates of Penzance
July 22, 1:30 – Ghost Light
July 22, 8:30 – Love's Labor Lost
July 23, 8:30 – Henry IV, Part II
Sept 1, 8:00 – Henry IV, Part II
Sept. 2, 8:00 – The Pirates of Penzance
Sept. 3, 8:00 – Love's Labor Lost
Sept. 4, 1:30 – The African Company Presents Richard III
Oct. 18, 1:30 – The African Company Presents Richard III
Oct. 19, 1:30 – Measure for Measure
Oct 20, 8:00 – Ghost Light
Oct. 21, 1:30 – Julius Caesar
Oct. 22, 8:00 – August, Osage County

2011 ASL-Interpreted Productions

May 27, 8:00 – Measure for Measure
May 28, 8:00 – August: Osage County
May 29, 1:30 – To Kill a Mockingbird
July 14, 8:30 – The Pirates of Penzance
July 15, 8:30 – Love's Labor Lost
July 16, 8:30 – Henry IV, Part II
Oct. 14, 8:00 – The African Company
Presents Richard III
Oct. 15, 8:00 – The Imaginary Invalid
Oct. 16, 1:30 – Julius Caesar



Tickets are available by email, boxoffice@osfashland.org. Patrons purchasing tickets in the captioned section should state that they do need captioned seating. More information is available online at <http://www.osfashland.org/plays/access.aspx>. Some advance notice will be required, because many of OSF's performances sell out, and the seats set aside for those requesting captions will need to be released for purchase by others.

We are excited about OSF's commitment to access, and look forward to joining audiences from throughout the West and across the nation in enjoying OSF's outstanding offerings. Learn more at <http://www.osfashland.org>

The full article and more information can be viewed at <http://www.hearinglosslaw.com/2010/11/articles/washcap-1/live-theater-access/oregon-shakespeare-festival-to-become-totally-accessible/index.html>

Here's your opportunity to attend and enjoy something never before possible --

Shakespeare CAPTIONED!

ACCESSIBILITY A GREAT LEAP FORWARD!

*Bert Lederer, President,
Washington State Communications Access Project
(Wash-CAP)*

Yes, a great leap forward for those of us with hearing and/or sight disabilities. On October 8, 2010 President Obama signed into law the 21st Century Communications and Video Accessibility Act of 2010. This law will ensure that Americans with disabilities can more fully participate in society and enjoy all that new technologies have to offer, especially Internet-based and mobile services. It is probably the most significant legislative action since the Americans with Disabilities Act became effective in 1992!

The new law will make it easier for people who are hard of hearing, deaf, blind, or have low vision to access the Internet, smart phones, television and other communication and video technologies. It requires television programs to also be captioned when delivered over the Internet and requires video description in television programming for people with vision loss.


The bill allocates \$10 million per year for communications equipment used by people who are deaf-blind, ensures emergency information is accessible to individuals who are blind or have low vision, requires accessible user interfaces on mobile browsers that connect to the Internet, and requires hearing aid compatibility of 'smart phones' among several other provisions.

The passage of the 21st Century Communications legislation is a result of years of cooperative work by the American Association of People with Disabilities (AAPD), other non-profit groups including the Hearing Loss Association of America (HLAA), industry, and government. Led in part by AAPD, the Coalition of Organizations for Accessible Technology (COAT) spearheaded the advocacy surrounding this effort.

A section-by-section summary of the law can be found at <http://www.coataccess.org/node/9776>.

Portions of this article were taken from

<http://www.aapd.com> and <http://www.coataccess.org>.


"Contemplation often makes life miserable. We should act more, think less, and stop watching ourselves live." Nicolas Chamfort

PROJECT HOMELESS CONNECT

Joyce Moseley-Sweeney

HLA Whatcom is happy to be participating in *PROJECT HOMELESS CONNECT* this year on March 3, 2011. Project Homeless Connect is an event created to provide one-stop access to crucial human services for people experiencing homelessness. It is the mission of Project Homeless Connect to provide services to those who are homeless, to raise public awareness of the issue of homelessness within the community, and to provide a vehicle for community-wide involvement in addressing the issue of homelessness.

Our group will team up with Pamela Spencer, Spencer Audiology Clinic, and Bert Lederer, representative for the DSHS Office of Deaf and Hard of Hearing Telecommunications Distribution Program. We will each provide some form of support for those who feel they are hearing impaired. HLA Whatcom will have a table to distribute information about our group.

Pam and a few HLA members will conduct initial hearing screenings for those who feel they need it. Then Pam and a few volunteers will do more extensive testing on another day at her clinic for those who qualify.

Bert's table will provide information for obtaining a specialized telephone. Managed by the Office of the Deaf and Hard of Hearing (ODHH), the Telecommunication Equipment Distribution (TED) program distributes specialized telecommunication equipment that enables Washington residents to have independent use of the telephone. People aged 4 and up who are certified as deaf, hard of hearing, deaf-blind, or speech disabled and live in Washington State are eligible to apply. The cost of equipment is based on a sliding fee scale. The client's annual income and family size is used to see whether or not there is a cost to the client.

We have a small team of volunteers lined up from our group to participate in this effort. If you would like to help out at the HLA, or Pam's Audiology table, please email Joyce Moseley-Sweeney at jamp@s.comcast.net or Pam Spencer at spenceraudiology@clearwire.net.

Google's Youtube Rolls Out Automatic English Captions To All Videos

<http://singularityhub.com/2010/03/04/googles-youtube-rolls-out-automatic-english-captions-to-all-videos/> 5

IT'S HERE --- OUR VERY OWN WEBSITE!

Greetings everyone! HLA Whatcom County now has a website! It is full of interesting facts, resource links, program calendars and transcriptions, plus much more. Our latest newsletter is included with announcements, information about what's happening this coming year and must-read articles. Future newsletters will also be posted to the website for easy access. Check it all out for yourself! Visit our website at <http://www.hearingloss-whatcom.org>, view the Home Page and go from there! Our Webmaster Robert Campbell, invested hours of effort preparing for an exciting website launch and deserves our warmest thanks. Let him hear from you!!

Any comments, questions, or suggestions about our organization can be directed to the appropriate officer or area. We welcome your feedback. Send your emails to:

president@hearingloss-whatcom.org
vicepresident@hearingloss-whatcom.org
treasurer@hearingloss-whatcom.org
secretary@hearingloss-whatcom.org
programs@hearingloss-whatcom.org
newsletter@hearingloss-whatcom.org
webmaster@hearingloss-whatcom.org
infoHLA@hearingloss-whatcom.org
infoCI@hearingloss-whatcom.org



THE BEST HEARING LOSS INFORMATION ON THE WEB!

For people who have internet access, the following is a list of some of the best websites for information on hearing loss. If you know of other informational websites about hearing loss, please send an email to newsletter@hearingloss-whatcom.org.

Sound Waves, the newsletter for the Hearing Loss Association of Washington, is now available on-line. www.hearingloss-wa.org

Hearing Loss Association of America: www.hearingloss.org

Wash-CAP focuses on the unique legal needs of the Hard-of-Hearing and Deaf. www.wash-cap.com

Hearing Loss Web is dedicated to people who have hearing loss, but are not members of the traditional Deaf community. This includes people who consider themselves to be hearing impaired, hard of hearing, late deafened, and oral deaf. They provide information on issues, medical topics, resources, and technology, and events related to hearing loss. <http://www.hearinglossweb.com/>

The American Speech-Language-Hearing Association is the professional, scientific, and credentialing association for speech-language pathologists, audiologists, and speech, language, and hearing scientists in the United States and internationally. <http://www.asha.org/default.htm> Click on the public tab.

The National Institute on Deafness and Other Communication Disorders (NIDCD) is one of the Institutes that comprise the National Institutes of Health (NIH). The goal of NIH research is to acquire new knowledge to help prevent, detect, diagnose, and treat disease and disability. <http://www.cdc.gov/ncbddd/dd/ddhi.htm>

National Institutes of Health. Health and wellness information for older adults. <http://nihseniorhealth.gov/hearingloss/toc.html>

National Institute on Aging, leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. Provides leadership in aging research, training, health information dissemination, and other programs relevant to aging and older people. <http://www.nia.nih.gov/HealthInformation/Publications/hearing.htm>

The Value of Self-Help Groups

January 26, 2011

Brenda Battat, MS, Executive Director

Hearing Loss Association of America, Bethesda, MD

According to our latest MarkeTrak VIII publication on best practices and their relationship to successful hearing aid user outcomes (Hearing Review, 11/2010) only 2% of experienced and new users of hearing aids were referred to a self-help or peer-support group by their hearing health professional. When we first saw this figure it was a shocker.

At BHI we believe that counseling in all of its many forms are critical to a successful consumer journey with hearing aids. As a means of stimulating more referrals to self-help groups especially for new users we invited America's expert on peer-support groups Brenda Battat, Executive Director of Hearing Loss Association of America (HLAA) to write a consumer piece on the value of self-help groups for inclusion in our BHI portfolio on Aural Education.

In her article titled "Regaining Control of Your Life Through Self-Help Groups" Brenda discusses the importance of self-help groups in providing counseling and learning and sharing about hearing loss/solution issues. She ends with 12 reasons why self-help groups are good for you, which are repeated here.

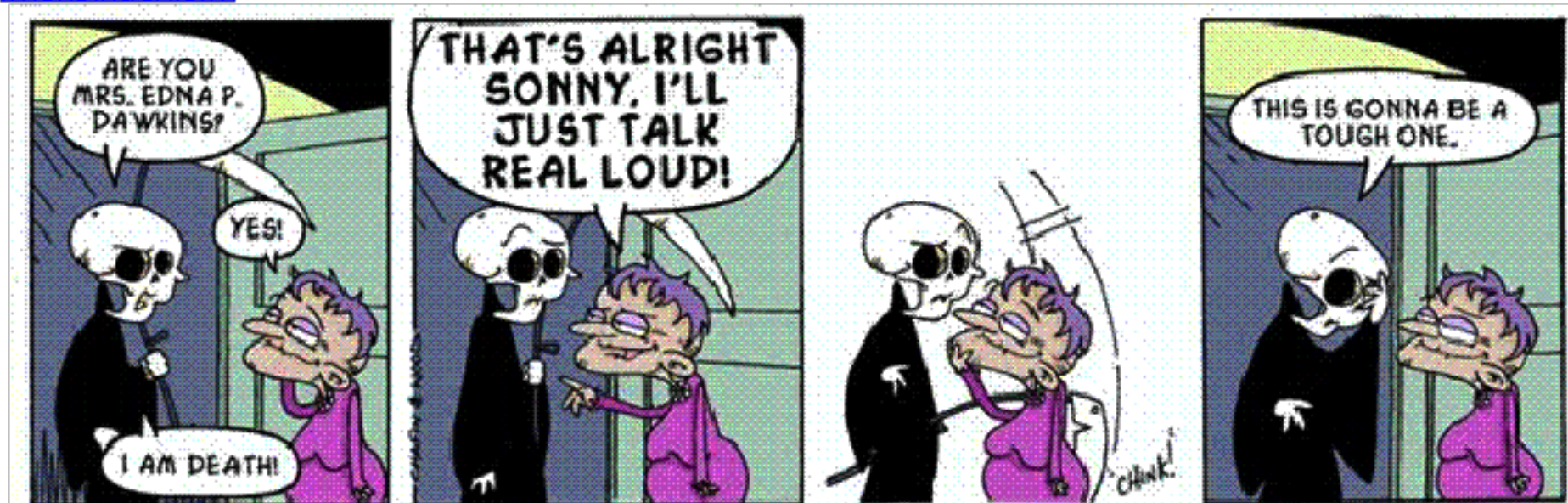
Twelve Reasons Why Self-help Groups are Good for You

Self-help groups will:

- Provide a community of people with hearing loss who understand and are empathic to your unique problems
- Help you deal with the issues of hearing loss stigma
- Help you understand your legal rights as a person with a hearing disability
- Teach you coping and communication strategies
- Help you to adjust and communicate your needs in a "hearing" workplace
- Share technologies beyond your hearing aids that will enhance your ability to function in the world
- Educate you on technologies and strategies for ensuring your safety
- Show you how to stay tuned into family conversations
- Suggest strategies for communicating in noisy situations
- Show you how to accommodate your hearing loss while traveling
- Empower you through exchange of knowledge, encouragement and the sharing of experiences
- Alleviate the despair and isolation of hearing loss through their support

To view the full article go to

http://www.betterhearing.org/aural_education_and_counseling/Self_help_groups_people_with_hearing_impairment/index.cfm



Advocating for Captioned DVD's in a Private Company's Marketing Programs

Claydene Lederer

I thought you might be interested in what can be done when someone takes on a company to advocate for accessibility for the deaf and hard of hearing.

I am a member of HLA Whatcom County and a distributor with a company called Mona Vie which manufactures healthy food supplements. Audio-video presentations, DVD's, and on-line postings are a primary thrust in the company's marketing program. But these audio-visual presentations have not been captioned! That is, until my recent advocacy effort.

When the House passed S. 3304, the captioning bill (subsequently signed into law by President Obama as the **Twenty-first Century Communications and Video Accessibility Act**), I started working emails up through the Mona Vie corporate ladder with an attached letter, the gist of which mentioned the imminent captioning law and adamantly urging the company to open-caption all audio-visual presentations to expand its market to the millions of deaf and hard of hearing potential consumers who were being excluded.

I pressed for open rather than closed-captions for a couple of interesting reasons. First, the Mona Vie distributors and others might forget or be hesitant to turn on the captions. Secondly, we know from experience that with open-captions hearing people also have better comprehension when using two senses to understand sound.

After climbing several rungs, I finally reached the executive who could really do something about it and it happened. The first video was open-caption and posted on the web within a week! I also received a firm commitment by Mona Vie to open-caption all of its many audio-video presentations.

Here is the link to the newly captioned web video, Mona Vie's hallmark marketing tool. It is a real professional job. <http://www.youtube.com/watch?v=1BkUrTXr3u0>

If you have questions or suggestions for expanding this advocacy effort to other companies, please contact me at 360.319.2730 or claydene@windermere.com.

Editor's note: HLA Whatcom County does not specifically endorse products mentioned in newsletter articles unless so specifically stated.



What is a hearing health professional?

Excerpt from <http://www.hearingloss.org/learn>

Audiologists and Hearing Aid Specialists (also called hearing instrument specialists) are hearing health professionals. They both test hearing and fit hearing aids. Audiologists have a broader training.

Audiologist is a health care professional qualified to do a thorough evaluation of your hearing. The audiologist can determine your type and degree of hearing loss and whether or not you can be helped by hearing aids and, if so, the best type of hearing aid for you. The audiologist will recommend a treatment program to assist you with your communication needs and, if indicated, may recommend a medical evaluation.

For more information or for an audiologist near you, call the American Speech-Language-Hearing Association (ASHA) at 800.638.8255 or visit ASHA at www.asha.org; or call the American Academy of Audiology (AAA) at 800.AAA.2336 or visit AAA at www.audiology.org.

Hearing Instrument Specialist is a professional certified by the National Board for Certification in Hearing Instrument Sciences (BC-HIS) and licensed or registered in all states. This specialist does an assessment, fits and dispenses hearing aids, and provides instruction in the use and care of hearing aids and related devices.

For a hearing instrument specialist near you, call the International Hearing Society's (IHS) Hearing Aid Helpline at 800.521.5247 or visit HIS at www.ihsinfo.org.