



Our mission is to open the world of communication to people with hearing loss by providing information, education, support and advocacy.

Chicago North Shore Chapter Newsletter May 2022



Upcoming Meeting

11 a.m. – Noon
Monday
May 9, 2022

Research Update on Speech-Reading, Training to Understand, Speech in Noise, and More.

Our Chapter is pleased to present Edward Auer, Ph.D., Associate Research Professor in the Department of Speech, Language, and Hearing Sciences at The George Washington University.

In this virtual program, Dr. Auer will discuss his research on the effects of training adults like ourselves with hearing loss to improve speech recognition in noisy environments. Dr. Auer's other research areas include multisensory speech perception and spoken word recognition, speech reading, computational linguistics, and phonetics.

This free virtual program will have live captioning and is presented by the Chicago North Shore Chapter of the Hearing Loss Association of America.

For more information, please call Ana Pinshower at 847-784-6079 or register in advance for this meeting by clicking the link below:
<https://us02web.zoom.us/meeting/register/tz0kceioqDgsE9MGuDFri8rH2YzHwwhZv-LI>

After registering, you will receive a confirmation email containing information about joining the meeting.



2022 Chapter Sponsors

Premium Level (\$500 or more)

Margie Cox

Platinum Level (\$200 or more)

Liz Hupp

Sharon King Foundation

Elaine and John McCaffrey

Gold Level (\$100 or more)

Betty DeGryse Buino

Suzanne Kaatz

Mike and Jeanne Wehman

Silver Level (\$50 or more)

Marion Anders

Andy and Carol Ban

Jean Draths - in memory of John McCaffrey

Dr. Robert Dwyer

Bronze Level (\$25 or more)

Debra Ann Boraes

Jean Z. McCulloch

Ruth Reagel

We are very grateful to these Sponsors for their generosity and support of the HLAA Chicago North Shore Chapter.

NOTE: If your name or business is not listed correctly, please let us know. Sponsor Application forms are included at the end of this newsletter. Please consider renewing or becoming a new sponsor of our Chapter.

YOU RANG?



Ringling in the ears, tinnitus, increased by almost 20 percent in women, who frequently took over-the-counter pain meds like ibuprofen, acetaminophen or aspirin, according to a recent study in the *Journal of General Internal Medicine*. Researchers made the finding after tracking 69,000 women for 20 years.



Meandering Through the Hearing World

As a retired person with a business background, I volunteer on boards, attending meetings both online and in-person. However, my severe sensorineural hearing loss makes such meetings difficult. Instead of giving up on something that I enjoy, I've worked out a plan to make meetings easier and a bit more hearing friendly.

In-person and remote meetings have advantages and challenges. Remote meetings allow the luxury of participating in a meeting at home, in a quiet room where background can be controlled. Most hearing aids and implants connect to pads, phones, and computers via Bluetooth, giving the participant the advantage of streaming sound. However, one is reliant on the sound quality at the meeting's source and the reliability of the internet connection.

When attending remotely, I test my connections prior to logging on to ensure that my aids are properly paired to the device that I will be using and to make sure there is nothing wrong with internet connections. When granted access to the meeting, I usually ask someone to speak so that I can adjust my volume accordingly. If a connection fails, I always let the participants know that I have to log off to fix the connection.

When attending a Webinar or when using Zoom or Go-to-meeting, find out if close captioning is available. The option is available if purchased by the owner of the program.

In-person meetings conducted in a quiet meeting room, with participants sitting around a table can be a hearing advantage if one is seated in full view of participants, making lip reading possible. Find out if the meeting room has a hearing loop. Most aids and implants have the ability to pair with a loop, which will make hearing easier. Additionally, there are peripheral devices that can be paired with certain aids and implants and placed in the middle of the table, providing the opportunity to stream sound from all participants. Check with your device manufacturer to see if such a peripheral is available.

When attending in-person, I arrive ten or fifteen minutes in advance. This gives me a chance to settle in and seat myself in the most advantageous way. Depending on ceiling height and flooring, and the amount of background, my ability to hear may vary. I always spend time adjusting my Made-for-I-phone aids and ensure that they are connected to my iPad or phone so that I can adjust the volume and background noise if needed.

Everyone has unique characteristics to their speech. Some people speak loudly and distinctively, while others are soft spoken. Sometimes people mumble or block their face, making lip reading difficult. Sometimes there are regional or foreign accents to contend with. Anyone with hearing loss will tell you that women's voices are more difficult to hear, that is certainly the case with me.

When I miss what is said, I speak up, asking the person to repeat. Most people don't know about my hearing loss, but I have revealed it on some

occasions. Meeting participants are usually accommodating when you ask them to speak louder or slower. After all, you've been asked to join a meeting, and they want you to follow what is being said.

Most of the meetings that I attend are recorded and closed captioning is available on those recordings. I often listen to meetings after the fact and fill in the gaps of what I didn't hear at the meeting.

Some of the meetings that I attend last for two or more hours, a long time to concentrate. I go to meetings rested and prepared, reading through previous meeting minutes or any handed out pre-meeting notes. I review the agenda several days in advance of the meeting and ask questions prior to the meeting. Removing questions, misunderstandings or misinterpretations helps me hear better because I anticipate what will be said.

I find hybrid meetings particularly difficult and usually attend those in-person if I can. In a hybrid meeting, some meeting members participate remotely while others are present. During these meetings you rely on the quality of another person's microphone or sound system. Generally, these are not very good and hearing becomes difficult.

If you find yourself in a repeated difficult hearing situations in meetings, speak with your audiologist. In some instances, peripheral devices might be used or there might be adjustments that can be made to your implants and aids.

When in a meeting participate. Let other attendees know about your hearing loss, most people want to and will help. Use technology, and go to meetings rested and prepared. Don't give up if you have difficulties hearing. Keep trying and never give up, and allow yourself to enjoy the meeting, worry free.

Linda Bilodeau
HLAA Sarasota Chapter



Chicago Walk4Hearing



The HLAA 2022 Convention is June 23-25 in Tampa, Florida! HLAA is very excited to be hosting an in-person Convention again. This year the exhibit hall, workshops, demo presentations, plenary sessions, social events and Research Symposium will all be held under one roof at the brand new JW Marriott Tampa Water Street.

When you aren't learning and networking at the most communication accessible convention for people with hearing loss, you can explore Tampa's new Sparkman Wharf area or cruise down the local Riverwalk. Start booking your trip now!

Date: 9/24/2022

Location: Lincoln Park
Cannon Dr. between W. Diversey Pkwy. and Fullerton Parkway
Chicago, IL

Schedule: 9:30 a.m. Registration Starts
10:30 a.m. Stage Presentation
10:45 a.m. Walk starts (5K/3.1 miles)

The [Walk4Hearing](#) is the only nationwide event bringing attention to hearing loss and promoting the importance of hearing health. Participating in Walk4Hearing means joining thousands of people across the country and right in our neighborhoods, who understand what it's like to live with hearing loss. It's about sharing an experience, learning from each other, and taking the first step toward better hearing health.

Editors' note: We frequently publish website links to further information related to newsletter articles. If you have a problem with a link, please let us know and we will attempt to provide a printed copy of the reference.

Mike Wehman mikewehman@outlook.com
Liz Hupp Liz@Hupp.com

The Chicago North Chicago HLAA Chapter does not endorse specific products or organizations.

Another Learning Opportunity "Strategies and Technology for Hearing Loss".

For folks not attending the Tampa Convention, you might instead be interested in the following **FREE** educational online workshop hosted by ALDA Chicago. Join others interested in improving aspects of life with hearing loss through auditory rehab and advancements in technology.

Both presentations identified below will be captioned using CART services:

- Understanding Auditory Rehab Post-Cochlear Implant with Lynn Wood
- Remote Mic Technology with Stacy Michels

Representatives from CaptionCall, Cochlear Americas and Phonak will also be available to demonstrate some of their products and/or answer your questions. **Registration is required no later than June 18, 2022.**

Doors open at noon. A sweet table and light beverages will be provided. For more information, contact one of the following:

Andy Ban at AGBan56@gmail.com
Marsha Swetin at missmarsh46@gmail.com

Tips for People Who are Hearing When Communicating With People Who Have Hearing Loss

Rule

- When audio is poor, emphasize the visual

Set Your Stage

- Get listener's attention first.
- Face the listener directly.
- Spotlight your face (no backlighting).
- Avoid noisy backgrounds.
- Ask how to best facilitate communication.

Project Your Communication

- Speak clearly, at a moderate pace.
- Do not cover your mouth, chew food, gum or smoke while talking.
- Rephrase if you are not understood.
- Use facial expressions and gestures.
- Give clues when changing subject.
- Do not shout.

Establish Empathy

- Stay positive and relaxed.
- Talk to the person, not about him or her.
- Show respect to help build confidence.
- Be patient.

Use Assistive Listening Devices

- Offer to use available assistive listening devices.
- Be positive and responsive; make adjustments as needed.

HLAA is the nation's leading organization for people with hearing loss. HLAA holds annual conventions and Walk4Hearing events across the country, has local chapters for support and information, and advocates for 48 million people in the U.S. with hearing loss.

Tips for People with Hearing Loss When Communicating With People Who are Fully Hearing

Rule

- People with hearing loss must make as much effort as people who hear well.
- Communication is a two-way street.

Set Your Stage

- Tell others how best to talk to you.
- Pick your best spot (light, quiet, proximity).
- Anticipate difficult situations; plan how to minimize them.
- Have an assistive listening device ready.

Be an Active Listener

- Pay attention.
- Concentrate on speaker.
- Look for visual clues.
- Ask for written clues if needed.
- Ask questions.
- Ask the speaker to indicate changes in topic.
- Don't interrupt speaker.
- Ask speaker to rephrase when needed.

Establish Empathy with the Speaker

- React.
- Let speakers know how well they are doing.
- Don't bluff.
- Admit it when you don't understand.

HLAA CHICAGO NORTH SHORE CHAPTER SPONSORSHIP FORM

We invite you to be a sponsor of the HLAA Chicago North Shore Chapter (“the Chapter”) for the calendar year 2022 at the level you have indicated below. The Chapter is a not-for-profit organization under Section 501 (c)(3) of the Internal Revenue Code and your sponsorship donation is tax deductible to the extent allowed by law. As a sponsor you will have your name, business or organization listed in the Chapter’s newsletter, unless you elect otherwise, but the listing does not constitute endorsement by the Chapter of any individual, business or organization to avoid any conflict of interest.

Your sponsorship donations help the Chapter pay for: Live captioning and assistive technology both for virtual and in-person meetings; advocacy for persons with hearing loss; and basic expenses of the Chapter in fulfilling its mission.

Sponsorship checks payable to HLAA Chicago North Shore Chapter should be mailed to HLAA Chicago North Shore Chapter, P.O. Box #406, Glenview, IL. 60025. Please enclose a copy of this form with your check.

Please print clearly

Name of the Business, Organization or Individual to appear in our newsletter

Individual(s) or Name(s) affiliated with Business or Organization, if any, to be included

Contact Information: Name: _____
 Email: _____
 Phone: _____

Indicate Level of Sponsorship: ___ Premium Level (\$500 or more)
 ___ Platinum Level (\$200 or more)
 ___ Gold Level (\$100 or more)
 ___ Silver Level (\$50 or more)
 ___ Bronze Level (\$25 or more)

Please enclose a copy of this form and your check in the amount of \$_____ payable to **HLAA Chicago North Shore Chapter**.

Thank you for your consideration and support!

