



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 February 2022



And for your last minute Valentine's Day shopping, don't forget that the Chicago North Shore Chapter is on AmazonSmile and benefits from your using the following link smile.amazon.com/ch/27-3871624.

Upcoming Meeting

11 a.m. - Noon
Monday
February 14, 2022

Hearing News from an Expert

Be sure to mark your calendar for this timely program presented by one of our favorite speakers, Pamela Souza, Ph.D., Professor and Chair of Northwestern University's Department of Communication Sciences and Disorders. Dr. Souza directs research on many aspects of aging, cognition, and speech perception via hearing aids and/or cochlear implants.

Dr. Souza received her bachelor's degree in Communication Disorders from the University of Massachusetts at Amherst, followed by masters and PhD degrees in Audiology from Syracuse University. She is a professor (and current department chair) in Communication Sciences and Disorders. Dr. Souza's research interests include speech recognition, hearing aids, and the effects of aging and cognitive change on communication.

A theme in her scientific work is understanding individual auditory and cognitive abilities in order to customize hearing treatment. Her clinical interests include hearing aids, severe hearing loss, hearing assistive technology, tinnitus management, and patient education. Her work is also motivated by personal experiences with hearing loss and dementia within her own family.

She also studies foreign-accented speech in noise, an issue that many people with hearing loss deal with daily. This free virtual program with live captioning 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/tz0kceioqDgsE9MGuDfFri8rH2YzHwwhZv-LI>

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

2022 Chapter Sponsors

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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.



Meandering Through the Hearing World

Honesty with Hearing Loss

Like everyone else, I have friends and loved ones who hear normally. My family helps me when I need or ask for help. My husband goes out of his way to make sure I live a normal life. Close friends, who know about hearing loss, ensure that I hear in social situations. But it wasn't always this way. It took time and courage to get to a place where I felt comfortable telling others about my hearing loss.

When first diagnosed, I did not tell friends or business associates about my hearing loss. I was afraid. There are misunderstandings and stigmas, the thought that if you cannot hear, you must be impaired. I didn't want anyone to think of me as different, needy, or incapable.

How I deluded myself! I realized how wrong I was in a most unexpected way. Several years ago, my husband reconnected with a medical school friend who had retired near us. We would often socialize together, eating out, attending parties at each other's homes. I never told the couple of my hearing loss and just struggled through conversation, thinking I was on top of it all.

One day my husband told me that his friend asked him why I often answered questions inappropriately, and why I didn't seem to follow conversation. Was something wrong with me? My husband laid it out in front of me and said it was up to me to either tell his friend about my hearing loss or to continue on a path that left people wondering.

I listened to my husband. After I told his friend about my hearing loss, I was surprised at his and his wife's understanding. My revelation drew out their kindness. They often asked, "how can we help you." It took courage on my part, but I told them that I needed to be seated with a wall behind me in restaurants, that finding a good "hearing table" was everything, that my mini mic, that I was reluctant to use, subtracted background and improved my hearing.

They seemed to understand it all. Overtime they started to ask for my help. "I have a friend with hearing loss do you know a good audiologist?" "My sister has hearing loss, would you mind telling her how to get started with treating it."

You do take a chance when you reveal your hearing loss. I know people who were not so kind, who felt that I did have a problem that they couldn't deal with. I did not like being ostracized. Over time, I ignored those who lacked understanding. I decided that I am who I am and my hearing loss has changed nothing about me.

I wish I had the perfect answer for dealing with hearing loss, but I don't. I've suffered from hearing loss for over 40 years and have learned that one of the best things I can do for myself is to take a chance and tell others about my hearing loss. Experiencing the kindness of close friends has helped. Knowing that I have opportunities to help others with hearing loss has made me feel that I am not alone in my meanderings through the hearing world.

Linda Bilodeau
HLAA Sarasota Chapter



Chicago Walk4Hearing

This fall, Walk Day events are back in-person!

Date: 9/26/2022

Location: Lincoln Park, N Cannon Dr,

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.

Movie Reviews

There has been a number of new films lately involving a hearing-loss theme. Currently playing in theaters and nominated for a number of awards is *CODA*,



Child Of Deaf Adults

Ruby is the only hearing member of a deaf family from Gloucester, Massachusetts. At 17, she works mornings before school to help her parents and brother keep their fishing business afloat. But in joining her high school's choir club, Ruby finds herself drawn to both her duet partner and her latent passion for singing.

Troy Kotsur, who plays Frank Rossi, a deaf man who is navigating challenges to his Massachusetts fishing business, has become the first deaf man and the second deaf actor nominated for an Academy Award. His Co-star Marlee Matlin became the first deaf nominee and winner in 1986 for *Children of a Lesser God*.



Early Bird HLAA 2022 Convention Registration is OPEN!

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!

Note: HLAA requires all attendees to be fully vaccinated against COVID-19. For more information visit HLAA's Vaccination Requirement page.

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.

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Liz Hupp Liz@Hupp.com

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



Some Winter Tips

Winter storms and cold temperatures can be dangerous. Here are some helpful safety tips:

- Be sure to dress properly with layers. Cover your mouth with a scarf to protect your lungs
- Drink warm liquids—no caffeine or alcohol.
- Keep the gas tank of your car full to avoid freezing the fuel line.
- When you walk on ice or snow, be a "penguin". Walk slowly on snowy and icy walkways.
- Do not use extension cords to plug in your space heater.
- Cold weather puts extra strain on heart. Dress warmly and work slowly if you do heavy outdoor chores such as shoveling.
- Seal drafts from doors and windows.
- Stay indoors during severe weather.
- Have an emergency kit in your car with supplies if your car breaks down (water, food, first aid kit, flashlight, medicines, blanket, shovel, etc.).
- Take care of your pets. They get cold too!

HEARING LOSS WORD SEARCH

There are 10 words hidden in the word search below, the words may be found across, down, diagonally and backwards and can overlap with each other. The hidden words are listed beneath the word search; circle the words in the word search as you find them and cross them out from the list.

T	S	I	G	O	L	O	I	D	U	A	H
T	T	C	W	R	L	E	E	A	H	O	H
E	W	E	H	E	X	T	T	N	B	C	N
H	L	A	A	A	Z	A	W	I	S	O	O
S	H	D	A	R	P	B	W	I	L	C	D
B	I	N	D	Y	S	T	F	Q	T	H	E
T	A	Y	R	H	L	D	E	S	Y	L	D
I	K	O	O	W	A	E	N	R	T	E	Y
O	T	R	S	I	T	L	L	R	O	A	S
N	E	N	S	S	H	H	A	D	A	R	R
O	I	Y	R	O	T	I	D	U	A	E	L
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Audiologist
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Cochlear
North

Bindy
Ear
Shore

HLAA CHAPTER SPONSORSHIP FORM

The HLAA Chicago North Shore Chapter 2022 Sponsorship Program term will begin January 1, 2022. Businesses, organizations, and people who want to support our Chapter can have the name of their business, organization, and/or their name(s) listed in our Chapter's newsletter through December 2022, in a special column in our Chapter's newsletter. We are inviting you to become a Sponsor. View the Sponsor's Column in our Chapter's newsletter which is generally on the first page. To become a Sponsor select from the following levels of participation:

- 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)

As a not-for-profit 501(c)(3), our Sponsorship Program helps pay for live captioning and assistive technology both for virtual and in-person meetings, supports our advocacy for people with hearing loss, and other basic expenses of our Chapter. To become a Sponsor, please fill out the form below and return it, with your check made payable to the HLAA Chicago North Shore Chapter, and mail to HLAA Chicago North Shore Chapter, P. O. Box #406, Glenview, IL 60025.

We currently are meeting virtually. We cannot speech read when others wear face masks.

Please print clearly

Name of the Business, Organization or Individual as you would like it to appear in our newsletter

Individual(s) or Name(s) affiliated with Business or Organization to also be included

Contact Information: Name: _____
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Enclosed find check for \$_____ payable to **HLAA Chicago North Shore Chapter**

Thank you for your consideration and support!

HLAA CHAPTER SPONSORSHIP RENEWAL FORM

Please renew your Sponsorship of The Chicago North Shore Chapter of the Hearing Loss Association of America. Our Chapter members continue to advocate for people with hearing loss. Over the Counter hearing aids will be available in the market place in 2022. Our Chapter members are a resource to help those with questions about their hearing needs. A copy of our January 2022 newsletter is enclosed in which you will find the Chapter Sponsors column. To renew your Sponsorship for 2022 select from the following levels of participation:

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~ Thank you for your consideration and support! ~