



January 2019 Volume 20, Issue 1

Welcome to the Meetings! Please Join Us!

Day Group

When: Third Thursday, January 17, Social period - 1:00pm, meeting - 1:30pm.

Where: Lakeside Methodist Church, 2925 NW 66th St., Oklahoma City.

Speaker: Sara Price, Audiologist

Night Group

When: Second Monday, January 14, Social period - 6:30pm, meeting - 7:00pm.

Where: Lakeside Methodist Church, 2925 NW 66th St., Oklahoma City.

Speaker: Dr. Marcia Moore, psychologist, **Topic:** Life with Invisible Challenges

Any personal news, articles, etc., to be included in the newsletter are due by the 3rd Thursday of the month!

Email the editor (Elaine) at tlains@sbcglobal.net

OUR MISSION

The Mission of the Oklahoma City Hearing Loss Association is to open the world of communication to people with hearing loss by providing information, education, support and advocacy.



Volunteer: a person who performs a service willingly and without pay.

Good friends are like stars. You don't always see them, but you know they're always there.

Want to volunteer? **Contact Venice Meade at**
vmeade1@cox.net, (405) 537-4907. We welcome you to join us!

Ana Covey	Evening Group Chair	(877) 338-1084
Pat Fennell	Day Group Chair	816-8408
Ron Hendricks	Treasurer	721-0757
Elaine Lains	Editor	317-5377

Thank You!

Thank you to everyone who has given me tips, advice, material and suggestions for the newsletter. The newsletter is very much a team project!

Visit the **Faye Donalson Hearing Helper Demonstration Room (HHR)** at 5100 N. Brookline, Suite 100. Assistive listening devices, sonic boom alarm clocks, telephones (also for visually impaired), bed shakers, smoke alarms, and more are available for **demo and short-term loan**.

Hours are Mon-Fri 10am to 3pm.

Quote of the Month

If you do not think about the future, you cannot have one.

John Galsworthy

Grapevine News



Elaine Lains is recovering well from a car accident that occurred November 21st in St. Louis, Missouri. Fortunately her legs and back were not injured, so she can get around easily.

Her injuries are a broken sternum (the breast bone to which all the ribs are attached), and a cracked rib. The doctor at the trauma center said that the two pieces of the bone were still lined up, so surgery was unnecessary. The nurses in the hospital said that a broken sternum is common in car accidents, because people get thrown with tremendous force against the seat belt. Of course, that's better than getting thrown into the windshield!

January Birthdays!

Happy Birthday to Sharon Hendricks

Joke of the Month

I like long walks,
Especially when they are taken
By people who annoy me

Share the newsletter! Someone with hearing loss, their family member or friend may find just the answer or encouragement they need.

Change of Address - Mail or Email

Please let us know, so you can continue to receive the newsletter and other publications from the HLA Central Oklahoma Chapter. See page 2 for people to contact.



Dear HLAers,

It is about that time for dues to be due again. Remember that we operate on a Jan. - Dec. financial calendar. Annual dues are \$10 per person or \$15 for a family. Of course we depend upon your financial support in addition to that.

There is no charge to be a member of the Central Oklahoma Chapter of Hearing Loss Association of America, but it is not free.

We hold two meetings per month. For this we gladly make a donation to the Church which provides the room and facilities for our meetings and social events.

Our meetings are captioned! This is a unique service that allows everyone to read on a large display everything said at the meetings.

If you are receiving a hard copy of this monthly newsletter in your mailbox, you'll know that we have post office expenses. We also do other bulk mailings, and incur PO Box fees.

For the fourth year we will be awarding 2 scholarships for \$1,000 each to 2 college students with hearing loss.

Something new this year at the Ice Cream Social was a drawing for major prizes: a set of Resound hearing aids, and an Assist2hear home hearing loop! We hope to be able to continue this campaign.

For the Hearing Helpers Room we provide much of the literature and handouts that we give to visitors. These materials and door prizes are also given away at the many public shows, meetings, and health fairs in which we participate.

All of the expenses listed are part of our mission to provide information, education, support and advocacy for people with hearing loss.

I know that you will want to be a part of all these events and more in 2019. You can continue to help our chapter offer more public service by your attendance at meetings, volunteering your time to HLAA-COC, and your financial support -- we are a 501(c)3 tax exempt organization. Please consider a year-end contribution.

Sincerely,

Ron Hendricks, Treasurer

Quiet Restaurants *by Ron Hendricks*

Would you like to find a quiet place to enjoy a meal? Me too! So let's do something about it. There is a new app for I-Phone (Android is coming): SoundPrint. Download it from the App store and go to work. SoundPrint is a decibel meter that measures the noise level in the restaurant while you eat. You then upload to a shared file so everyone can see. In a short while we will have a database of all the restaurants in OKC, and when you are ready to eat out, check your SoundPrint data base and find a nice quiet place for a meal.

New! January Coat Drive!

Do you have a **gently** used or new jacket or coat?

Come to our January Day or Evening meetings and bring your items.

Deadline for bringing coats is January 18th.

We will be donating them to the City Rescue Mission in Oklahoma City.

Our Goal: At least 25 coats. Can we do better than 25? Of course!

Let's go for it!



CHECK IT OUT!

Apps for your iPhone or Android

<http://www.captionfish.com/theaters/cinemark-tinseltown-usa-oklahoma-city>

- ◇ Cinemark Tinseltown—6001 N. MLK Blvd, OKC 73111
- ◇ Harkins at Bricktown
- ◇ Regal Spotlight Stadium 14 in Norman —Sony Glasses
- ◇ Starplex West End Pointe 8 in Yukon
- ◇ Warren Theater in Moore -Sony Glasses
- ◇ AMC Northpark Mall
- ◇ AMC Quail Springs Cinema 24 Theater—Quail Springs Mall
- ◇ AMC Penn Square Mall
- ◇ AMC Crossroads Mall
- ◇ AMC Springs Mall West



Finding the Silence of the Season, Gael Hannan

“When I get home at night, the first thing I do is whip off my hearing aid and relax.”

When my friend said that, I was a little shocked. I fought hard for the sounds that I now hear through my hearing aid and cochlear implant, and I can't imagine muting them – especially my right-side cochlear implant. I celebrate every sound that becomes less fuzzy, clearer and identifiable. My hearing hardware only comes off for showers and nighty-nights. And peaceful silence is not the result; when the equipment is off, the sounds inside my head chime louder. But something has changed.

The latest mapping of my CI gave me a tremendous boost in clarity, range of sounds and perceived volume. Sounds that previously were off my radar have become serious sounds that can't be ignored.

Cats scratching in their litter box. The shushy-slaps of the Hearing Husband's slippers on the hardwood floor – is it too late in our relationship to ask him to pick up his feet? Water running through the pipes!

Now I understand why some CI and hearing aid users crave the softer-sounding or completely silent world they had before the sounds of life were restored to them. It's noisy out there! Especially at this time of year; when I was shopping for groceries last week, the Salvation Army guy's rattle-jingling made me a little nuts.

Now, I have a better appreciation for those moments of modified silence. When we turn the TV off. The silence of the house after a two-year-old granddaughter and her parents have left to go home. We miss them, but the quiet is delicious.

People with hearing loss who use sound-restoring technology have two things to celebrate: the joy of sound and the bliss of silence – when and where we want it.



Scholarship

Central Oklahoma Chapter of the Hearing Loss Association of America (HLAA)

Is proud to announce our 2019 Scholarship:
Two scholarships will be awarded of \$1,000 each.

Applicant Requirements:

Documentation of hearing loss
Submit an essay of how hearing loss has affected your life
Resident of Oklahoma
Must be attending higher education in Fall 2019
*See application for additional requirements

Application Deadline: April 8, 2019

Download application from WWW.OKCHearingLoss.org
or pick up at the Faye Donalson Hearing Helper's Room
5100 N Brookline, Ste. #100, OKC, OK 73123

The **Hearing Loss Association of America Central Oklahoma Chapter (HLAA-COC)** newsletter is published monthly by the Central Oklahoma Chapter. The views and ideas expressed herein are those of the editor and staff of the Hearing Loss Association of Central Oklahoma and may not always reflect those of Hearing Loss Association of America. For further information: Write to our chapter address: PO Box 42801, OKC, OK 73123.



HLAA Local Website and Forum

Visit www.okchearingloss.org to view maps and schedules for our local chapter meetings and special events. Read about the services offered by the *Faye Donalson Hearing Helpers Room*.

Visit http://groups.yahoo.com/group/OKC_HLAA for the OKC-HLAA forum. Sharon Hendricks is our webmaster. We welcome your feedback and comments on our websites. For the Facebook page, search in the Facebook search box for ***Hearing Loss Association of Central Oklahoma***.

Hearing Loss Association of America

If you are not yet a member of National HLAA, you are encouraged to join and take advantage of their services. The bimonthly Hearing Loss Magazine is full of treasures for anyone with hearing loss or the family and friends of such.

Founded in 1979, the Hearing Loss Association of America (HLAA), is the nation's foremost advocacy organization for people with hearing loss. It opens the world of communication to people with hearing loss through information, education, advocacy and support.

Information can be found at www.hearingloss.org. The national headquarters is located at 7910 Woodmont Avenue, Suite 1200, Bethesda, MD 20814.

!! THANKS TO OUR SPONSORS !!

Our thanks to these sponsors for supporting the Hearing Loss Association - Central Oklahoma Chapter. Your support of our organization and its programs is greatly treasured.

PLATINUM

Assist2Hear, Carol Kirts Davis, Cochlear Americas, GN Resound Hearing Aids, Hearts for Hearing, Hough Hearing and Speech Center, Integris Community Health Improvement, OG&E Energy Corp, Oklahoma ABLE Tech, Ramona Virgin

GOLD

SILVER

Marvin and Carolyn Blue, Calvin & Linda Bryant, Don & Joyce Keel, Terry L. Mock, Marion Thompson, Young Reporting Services

BRONZE

Sharon & Ron Hendricks, Tony and Sharon Howard, Vernice Mead, Leon Nelson, Harold D. Simons

**Mail your support of an annual tax deductible donation to:
*Hearing Loss Association of Central Oklahoma, Chapter Treasurer, PO Box 42801,
Oklahoma City, OK 73123.***

Platinum Level: \$500

Gold Level: \$250-\$499

Silver Level: \$100-\$249

Bronze Level: \$50-\$99

New Membership or Renewal: Bring to a chapter meeting or mail to:
Hearing Loss Association of America Central Oklahoma Chapter
PO Box 42801, Oklahoma City, OK 73123

Please Print Clearly:

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Birthday Month _____ Phone _____

E-mail address _____

New to Hearing Loss Association – Central Oklahoma Chapter

Preference for your newsletter delivery:

email Postal Mail

Are you a member of HLAA – National? Yes No

Annual chapter dues: \$10.00 per individual or \$15.00 per family.

Contributions are tax deductible. Amount of donation \$ _____

Membership is based on the calendar year: January through December.

JOIN TODAY!