



**Hearing Loss
Association
of America**
Central Oklahoma Chapter

May 2019 Volume 20, Issue 5

Welcome to the Meetings! Please Join Us!

Note: The newsletter goes on vacation during June and July. There will be no newsletter published for June or July. Please try to attend the May meetings to find out about summer activities.

Day Group

When: Third Thursday, May 16, Social period - 1:00pm, meeting - 1:30pm.

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

Speaker: Lt. Jason Knight. His important topic will be: "What senior people can do to protect themselves when faced with a killer."

Note: If you are a member and we don't have a name tag for you yet, when you come to the meeting let Sylvia Frank know so she can make one for you.

Night Group

When: Second Monday, May 13, Social period - 6:30pm, meeting - 7:00pm.

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

Speaker: John Vincent, with the Oklahoma Insurance Commission will give us the latest information about Medicare changes.

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 vmegade1@cox.net, (405) 537-4907. We welcome you to join us!

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!

HLA Board Members

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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.



June Bingo/Pizza Night!

Second Monday, **June 10th**

Time: 6:30pm until 8pm

Enjoy Bingo and Pizza for a fun evening!



July Game Night!

Third Thursday, **July 18th**

Time: 6:30pm until 8pm

Great board and card games available, and delicious sandwiches to eat!



August Ice Cream Social!

First Saturday, **August 3rd**

Time: 2:00pm until 4pm

Bring your favorite ice cream and/or cookies to share with the group.

Our scholarship winners will be announced at this happy meeting.

April 15, 2019, Gael Hannan

We blame “it” on our hearing loss. We blame it on stress. On overexposure to loud noise. On medications. On illness or disease. On the *treatments* for illness. On pregnancy. On getting older. On we-haven’t-got-a-clue!

The “it” is Tinnitus, or “T” as many sufferers call it, not wanting to legitimize it by giving it a name. There are many causes of “T”, but mostly it seems that scientists aren’t quite sure how it works, and therefore can’t give us a cure. Like the common cold, only *much* worse.

Those of us who have it — and that’s around 15% of the public, according to the U.S. Centers for Disease Control — try to find our own remedy, jumping on everything and anything that claims to eliminate or reduce the swirling sounds in our heads. We try pills of Ginkgo Biloba and Zinc, Folate and Vitamin B12, Magnesium, Melatonin, Coenzyme Q10, Omega-3 fatty acids and Taurine. We try not having coffee. Not drinking alcohol. Drinking less alcohol. Drinking more alcohol. Exercising. We’ve done yoga. We’ve meditated. We’ve laced our hands behind our heads and snapped our pointer fingers. We’ve blamed it on rainy weather, cold weather, and, who knows, maybe sunshine causes it.

And *some* people have found *some* relief to *some* degree in *some* of the above strategies. ‘Masking’ is an effective strategy for certain degrees of tinnitus. Having music playing in the background or using a masking program in hearing aids will help mask the ‘bad’ sound with something the person perceives as pleasant. Many people have found success with Tinnitus Retraining Therapy (TRT) which aims to manage the *reaction* to the sounds of tinnitus.

I’ve now lived with serious tinnitus 24/7 for almost four years. And while I no longer believe there’s a cure coming any day now that will take me back to silence in my head, that realization doesn’t devastate me as it once did. Even on bad T days, when my head sounds are especially intrusive, I have the assurance, from my own experience, that tomorrow might be better, and it often *is* because I’ve come to look at my T in a different way.

A woman in my hiking group recently told me that she tries to regard her tinnitus as a kind of music. It’s not as harmonious as the classical music she normally enjoys, but by positioning it as a friend rather than a foe, she transforms the impact from powerfully bad to something that can be tolerated (if not enjoyed). Another woman wrote on Facebook that, at the end of the day, she removes her sound processor to tune out all the loud sounds of the world in order to spend time alone with her friend, Mr. T. I understand what both of these women are saying.

The desired goal, the nirvana, of tinnitus sufferers: to habituate, to be so tolerant of the tinnitus that it's scarcely noticeable. We want to accept the sounds as 'normal', something that can't harm us. And how tinnitus *can* harm us is not so much the sounds themselves but the stress they cause. Did I say stress? I meant to say STRESS! Tinnitus has the power to take over our thoughts, blocking out anything else, and this has driven some severe sufferers to self-violence.

But that is not me. While I currently use a low-dose medication, the plan is to replace it with my new practices of long daily hikes and meditation. And I've already discovered that the best defense to "T" is giving my attention elsewhere. When I'm in conversation, watching a TV show or movie, or reading a good book or magazine, or internet article, the tinnitus is stripped of its dominance. Now I can acknowledge that, in any particular moment, my tinnitus is bad without the feeling of acute stress.

It used to be:

T: Roar! Swoosh! Rumble-pound-POUND!

Me: OMG, this is driving me nuts. Please stop!

Now, it's more like:

T: POUND-POUND-BRRRR! Ping, pingy, POP!!

Me: Yeah, yeah, whatever.

My tinnitus and I have called a truce, although an uneasy one, because I do have moments when I feel exhausted by it. And then...oh look, an eagle is flying up there!and the tinnitus fades away for a few moments.

Note: Don't accept the myth that nothing will help you cope with your tinnitus. Ask your doctor or audiologist to refer you to resources that can help. There are many helpful online communities of people who have tinnitus – join them and learn!

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Quote of the Month

The greatest mistake of all is to do nothing because you can only do a little. Do what you can. *Sydney Smith*

Birthdays in April

Sara Rector-Rosa

Ralph Wilsack

Happy Birthday!

Joke of the Month

I have to walk early in the morning,
before my brain figures out what I'm doing.

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.

Free Hearing Screenings!

Submitted by Nancy Landrum

Free hearing screenings are available at two local audiology clinics. Gift of Sound at the Hough Ear Institute and Hearts for Hearing both will perform hearing screenings, by appointment. Hearing screenings detect whether there *may* be a hearing loss concern that should be followed by a hearing test by an audiologist of your choice to determine the severity of loss. Hearing tests are more in-depth and detailed than screenings.

Gift of Sound conducts hearing screenings by appointment only. Although Hearts for Hearing will accept walk-ins for hearing screenings, they prefer you make an appointment. There is no charge for hearing screenings. There will be a charge for hearing tests.

Gift of Sound	405-947-6030
Hearts for Hearing	405-548-4300



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
-

HLA - Central Oklahoma Chapter Committees

Join a committee and have a say in your HLA!

Share and listen to ideas that might contribute to providing information, education, support and advocacy for people with hearing loss in the Oklahoma community.

You are welcome to join any of the committees:

Fundraising, Marketing, Membership, and Scholarship.

Contact any board member to join.

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.



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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.

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**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!