



December 2019 Volume 20, Issue 10

Welcome to the Meetings! Please Join Us!

When: Third Thursday, December 19

Time: 11:30 am until 1:00 pm.

Location: Will Rogers Gardens Exhibition Center, 3400 N.W. 36th St.,
Oklahoma City 73112

Please bring your favorite Christmas snacks and treats - store bought or home made!

Speaker: Marine Sargent Carlos Borhas, Toys for Tots coordinator. Read more about Sargent Borhas on page 3.

Topic: **The toy drive** in which all of us can participate!

New, unwrapped toys can be brought to the Hearing Helpers Room, 5100 N Brookline, Suite 100, any Monday through Friday between now and our December meeting. Let's show the Marines that the Hearing Loss Association of America, Central Oklahoma Chapter can come up big.



Any personal news, articles, etc., to be included in the newsletter are due by the 15th of the month!

Email the editor, Elaine: elains@cox.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 vmadee1@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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Looking Forward



December Meeting

Third Thursday - December 19th

Time: 11:30 a.m.

Location: Will Rogers Garden Exhibition Center, 3400 N.W. 36th Street, Oklahoma City

CHRISTMAS PARTY!

Speaker for December meeting: Staff Sergeant Carlos Borjas has been in the Marine Corps for 10 years. He has been deployed 2 times; first in 2011 to Afghanistan, and then in 2017 to Australia. Sgt Borjas is currently stationed outside Tinker AFB as an Inspector-Instructor for Fox Battery 2/14 HIMMARS. Carlos is married, since they were 19 years old, to his high school sweetheart, Nancy. They have been in Oklahoma about 6 months and love it here (they grew up in San Diego). Carlos reports that Nancy has a hard time hearing but they don't know why. This is Carlos' first tour as Toys for Tots coordinator.

New, unwrapped, toys can be brought to the Hearing Helpers Room, 5100 N Brookline, Suite 100, any Monday - Friday between now and our December meeting. Let's show the Marines that the Hearing Loss Association of America Central Oklahoma Chapter can come up big.

January Meeting

Third Thursday - January 16th

Time: 11:30 a.m.

Location: Will Rogers Garden Exhibition Center, 3400 N.W. 36th Street, Oklahoma City
This will be a welcoming and inclusive town hall meeting to update all of us on changes in HLAA.

A light lunch will be provided.



February Meeting

Third Thursday - February 20th

Time: 11:30 a.m.

Location: Will Rogers Garden Exhibition Center, 3400 N.W. 36th Street, Oklahoma City

Speaker: Jack McMahan, ADA Director for the City of Norman, who will discuss the Americans with Disabilities Act.

A light lunch will be provided.



Grapevine News

Roger Harms: *Editor's Note: Roger was kind enough to make several astute observations and recommendations:*

National radio shows, as well as television programs, occasionally interview people via Skype. The microphone being some distance from the speaker results in poor sound quality.

National television often interviews people in large, hard surfaced rooms, such as capitol buildings. The sound is universally poor. Closed captions: White lettering always disappears when shown over a light background, like dark lettering over a dark background. All closed captioning should be shadow boxed or edge tinted. The entire media industry could do much better.

HLAA, and all of us, should advocate for improvement.

Ana Covey: Her daughter recently started working with Galier Law Offices. She is able to help with living wills and the office has a temporary hearing loop available!

Karen Potts: Karen and her husband will drive to Kansas to watch their granddaughter in a talent show. She is 15 years old and sings real well.

Dave and Barb Goodman: We really appreciate all of the prayers and support while he's undergoing chemotherapy. Early in the new year he will have a scan to find out whether the treatments have helped.

Sylvia Frank: She has been doing tap dancing practice this past year. Senior Cabaret and 2-TAP dancers will have a show at Penn Square Mall near Macy's on Sunday, Dec. 8th at 3:00pm.

No name given: My granddaughter, Maddie Edwards, is a senior at Bishop McGuiness High School. She recently made All State in volleyball.

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.

December Birthdays

PEARL HOWELL

BARBARA LORUSE

Happy Birthday!

Please tell us your birthday month so we can celebrate in that month's newsletter.

Joke of the Month

I tried calling the tinnitus helpline. No answer. Just kept ringing.

Quote of the Month

"Absence diminishes little passions and increases great ones, as wind extinguishes candles and fans a fire."

Walt Whitman

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

Keeping Up the Good Work

The work of mutual support, the mission of advocating for hearing accessibility in our communities, and the continuing efforts to provide information about hearing loss and the hearing assistive technologies available - these are some of the reasons to continue your membership in the Central Oklahoma Chapter of the Hearing Loss Association of America. At the beginning of every calendar year we look forward to your presence and participation in the HLAA for the new year. Please make your yearly donation of dues, so we can all

Keep Up the Good Work!





Dear Family,

by Gael Hannan, November 26, 2019

Every year, before Thanksgiving and Christmas and Hanukkah and all the other traditions observed in our fabulous extended family, I give you the same pep talk.

You know the pep talk I mean – the one where I urge you to put some pep into how you talk with me so that I can follow conversations.

Every year, I print out articles that explain how people with hearing loss and their families can improve communications during holiday dinners, concerts, worship services, school pageants, and parties of all sizes.

And every year, I still find myself sidelined in conversations, struggling to catch up. What did Uncle Ben say? What are we talking about now? Who died? Oh, no one? Gosh, that's good. What did Grandpa just say?

The rest of the year, you're all great – OK, I'm gonna change that to good – communicators. But good intentions – to speak better, to articulate clearly, to face me, lights up and noise down, and even, if all the saints are smiling, to speak one at a time – often get lost in the excitement of the event. When you are reminded, you immediately repeat yourself or do whatever I need, but in the midst of such bubbling spirits, it's still a struggle to keep reminding you all. I've even suggested taking a saw to the rectangular dining room table and making it a circular one to help with speech reading. The idea was considered too drastic, so we continued with the same long table where I can't hear, let alone see, someone at the end on my side.

So, this year, I thought we all – but mostly me – could try something different.

If I'm having trouble keeping up with the dinner conversation, I will simply engage with whoever I'm sitting next to or across from. If I have something important to say but can't catch a break in the chatter, I will stand up and get your attention with a hand wave. Then I will own the table until I stop talking and sit down.

If the room noise sets my devices humming and sends my tinnitus and hyperacusis into overdrive, filling my head with unbearable sound, I will invite someone to go outside with me for a walk or to look at the stars. Or I'll go on my own.

If we can't sit together at church or a Christmas concert, I'll find myself a single seat where I can hear and see better. Afterwards, we can talk about how beautiful the music was and how adorable the kids looked as they sang.

If the TV at the house where we're watching old holiday movies is not accessible, and nobody can figure out how to get captions on Grandpa's ancient TV, I'll take along my TV streamer. I will actually enjoy the movie better than the rest of you, because I won't suffer through as much background noise.

And maybe this year, in addition to all the things I've suggested, maybe this year will be the one where at least some people finally really get what I need. To the point that they even change the way they communicate. Just a bit. Just enough to include, rather than exclude me.

What a gift that would be!

But even without hearing access or collaborative communication, in spite of the noise and frustration, I am still going to enjoy the season.

Because I love it...as much as I love you all.

All My Love,

Me



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.



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.

!! 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.

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Advanced Bionics, Sharon & Ron Hendricks, The Lokal, Vernice Meade, Leon Nelson

**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!