



October 2019 Volume 20, Issue 8

Welcome to the Meetings! Please Join Us!

Don't Miss It!

The October Luncheon Meeting!

When: Third Thursday, October 17

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

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

Speaker: Jill Oliver from the Department of Rehabilitation
Services

Audiology Advisor: Dr. Sarah Neumann

Don't miss your chance to win a special prize by arriving in your
favorite costume!



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

Charles Chastain, c-chastain@sbcglobal.net
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Wanda Evans, wje1908@hotmail.com
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Sharon Hendricks, sharonok@swbell.net, Secretary
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Nancy Landrum, nanlan@cox.net
Bob Quatro, quatrora@cox.net

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.

Letter from the Chair

By Ana Covey

Our year is off to a great start, and our new location at the Will Rogers Exhibition Center is the perfect spot for our continued growth. Our meetings just keep getting better and better thanks to the hard work and efforts of our incredible board members, volunteers, and the generous support from our members and sponsors.

Our October meeting will feature Jill Oliver from the Department of Rehabilitation Services and Audiology Advisor, Dr. Sarah Neumann. Don't miss your chance to win a special prize by arriving in your favorite costume!

Fall shows us just how beautiful change can be. Make a positive change for yourself this year by joining us for our monthly meetings, and stop by at the Hearing Helpers Room. See above for details about the Hearing Helpers!

Sneak Previews!

November Meeting:

Third Thursday - November 21st (Not Thanksgiving)

Time: 11:30 a.m. Location: Will Rogers Garden Exhibition Center, 3400 N.W. 36th Street, Oklahoma City

Speaker: Jane Jayroe Gambel, former Miss America and Oklahoma news broadcaster

December Meeting:

Third Thursday - December 19th

Time: 11:30 a.m. Location: Will Rogers Garden Exhibition Center, 3400 N.W. 36th Street, Oklahoma City

Agenda: Christmas Party!



The HLAA Access Committee is working hard to increase hearing access in Oklahoma. Won't you join us? *By Ana Covey.*

The Accessibility Committee was created to tackle the lack of hearing access in Oklahoma. We hope to encourage our cities and the state to provide accessible services and facilities for citizens with hearing loss.

The need for better hearing access is everywhere:

- Noisy restaurants and service counters where it is impossible to hear.
- Church services where you have to struggle to read lips or fight the echo.
- Theaters where you have to hassle with customer service to find technology that rarely works well.
- Courtrooms, libraries, city halls, and public auditoriums that assume everyone can hear well.

We hope to educate local venues about basic hearing loss facts, promote hearing loops and better technology, and help add hearing access to our members' favorite locations. We also hope to increase hearing access with new legislation that many other chapters in the country have passed.

We need you and your ideas! There are easy ways to help our committee, including writing letters to newspaper editors or local businesses, making a few phone calls to managers, and by telling us where you would like to hear better. Also, if you have experience in legislation, NOW is the time to contribute your skills to help our committee, and see our chapter grow!

Please contact the committee Chairperson Ana Covey at okhearingloss@gmail.com or 405-640-5152 to share your ideas or to join the HLAA Access Committee. ###



Grapevine News

The **September meeting**, which offered a light lunch and an interesting and informative speaker, was a great success. Dr. Jace Wolfe, Director of Audiology and Research at the Hearts for Hearing Foundation, gave a talk with a slide show about how the brain develops with and responds to hearing loss.

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.



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.

October Birthdays

Mae Barclay

James Spencer

Judy Sullivan

Happy Birthday!

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

Joke of the Month

Fred: Can you tell me about that new do-it-yourself orthodontist?

Ted: Brace yourself.

Quote of the Month

"People always call it luck when you've acted more sensibly than they have."

Anne Tyler

Note from the treasurer: *Ron Hendricks*

Remember that we operate on a calendar year -- Jan 1-Dec 31. Annual dues are only \$10 per person, \$15 per family. If you have not paid your dues yet we certainly encourage you to do so. Additionally, we accept your contributions to help support our programs, such as the scholarship program, increased to \$5,000 this year, Access Oklahoma City in which we offer "seed money" to help install hearing loops, lunch included at our monthly meetings, and the newsletter to name a few. We are a 501(c)3 organization so all your contributions are tax deductible. Please let us hear from you.

Family Ties

by Ava Finnerty in the Hearing Health Summer 2019 magazine, published by the Hearing Health Foundation

My mother, born and raised in Wales, was the first person I knew with a hearing loss. She concealed it for many years.

My mother was a strict parent who believed that "children should be seen and not heard," so I thought she often remained silent in response to my questions on purpose, and not because she literally could not hear me. It

was only when I was a teenager that my mother told me the truth about her hearing. She had a severe hearing loss, but did not treat it. Her small group of friends likely provided some support for her untreated condition.

My mother inherited her hearing loss from her mother, who was profoundly deaf. Grannie was a prolific writer – I suppose by necessity, because she did not wear hearing aids. She was keenly in touch with her surroundings, able to sense vibrations and read lips adeptly. Relying on her vision, she was more cognizant of others' facial expressions and body language than most with typical hearing. She had grown strong and resilient living as a mother and grandmother with hearing loss during World War II.

My own difficulty hearing came on so gradually it was hard to notice. At one point, when I switched the phone from my right ear to my left, I realized I could not hear nearly as well from my left ear. Despite this realization, I compensated for some time, relying on my “good” ear for conversation. It is truly amazing what a person can get accustomed to not having!

Around this time I could tell that my hearing loss was affecting my work. I was well into my career as a high school English teacher. At first, I attributed my inability to understand my students to their mumbling or mouth-covering. But, as the problem worsened, I knew it was me, not them. Only later did I learn my colleagues thought I was aloof because I would not acknowledge their greetings!

Even though I knew of my mother's and my grandmother's hearing loss, I had concluded I had a buildup of earwax in my left ear.

My husband, Joseph, a physician, referred me to an audiologist. There I learned I had almost no earwax buildup, but I did have a significant hearing loss. I was diagnosed with a 78 percent loss in my left ear and a loss of close to 30 percent in my right.

My left ear's hearing loss was due to otosclerosis, an abnormal growth of bone in the middle ear. Otosclerosis is commonly thought to be inherited, but scientists also cite measles, stress fractures surrounding the inner ear, and immune disorders as possible causes.

I had a successful stapedectomy on my left ear, a surgical procedure that

replaces the stapes bone with a prosthetic device so the bones in the middle ear can again vibrate in response to sound, and hearing is restored. The procedure caused severe vertigo, which I was able to control with medication.

Over the decades that followed, the hearing in my right ear slowly diminished and I found it increasingly difficult to manage at social events. I wanted to undergo a second stapedectomy, but the audiologist told me this wasn't recommended.

I was fitted for hearing aids instead. The audiogram showed a moderate hearing loss in my left ear and a severe loss in my right with difficulty hearing low frequencies in both. No wonder I could not hear the deep-voiced young men in my classes! The audiologist asked if I wanted access to sounds at 180 or 360 degrees. I said 360 because I wanted to hear what my students were saying behind my back!

This was in 2011, when I was 62 years old, and I've vigilantly worn my hearing aids since. The devices certainly have added to my quality of life. They aren't perfect, but I consider them an absolute necessity. I want to hear my grandchildren. I'm a music lover, play-goer, and movie fan.

My daughter and daughter-in-law know about the genetic link to otosclerosis. In fact, my daughter thinks her 16-year-old daughter may have some hearing loss. My advice to her was to pay close attention, but also that there is a great distinction between "hearing" and "listening," especially when it comes to adolescents!



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

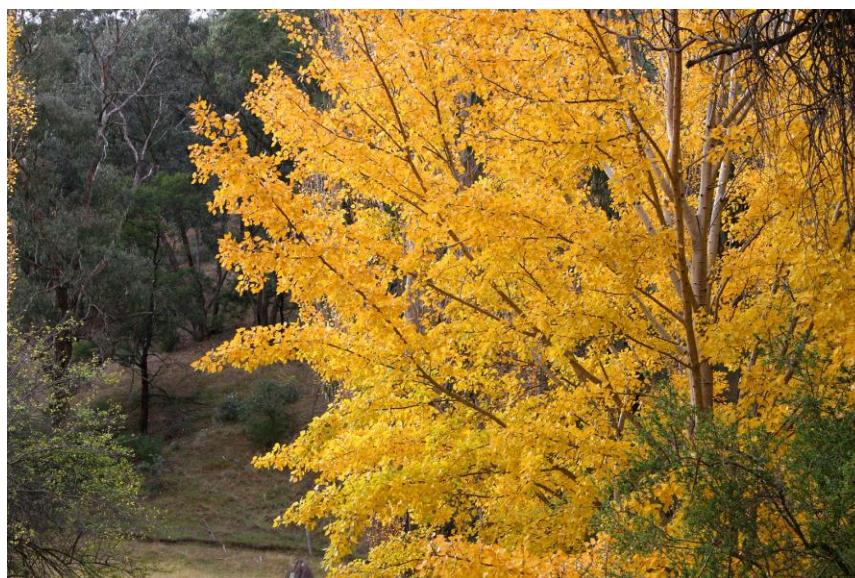
Visit www.okchearingloss.org to view maps and schedules for our local chapter meetings and special events. Read about the services offered by the *Faye Donalson Hearing Helpers Room*. Visit http://groups.yahoo.com/group/OKC_HLAA for the OKC-HLAA forum. Sharon Hendricks is our webmaster. We welcome your 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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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

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BRONZE

Advanced Bionics, Sharon & Ron Hendricks, The Lokal, Vernice Meade, Leon Nelson, Wal-Mart Neighborhood market

**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!