



**September 2020    Volume 21, Issue 7**

### **A meeting at last!**

**When:** September 17th at 12 noon

**Where:** In our own homes!

**How:** Via Zoom

The meeting will feature audiologists who will answer a few of our questions.

**Editor's Note:** You can search for and find videos on YouTube that can give instructions on how to download and use Zoom. Earlier in the year, there were some security issues with Zoom. But the company has updated its software since then and tightened its security.

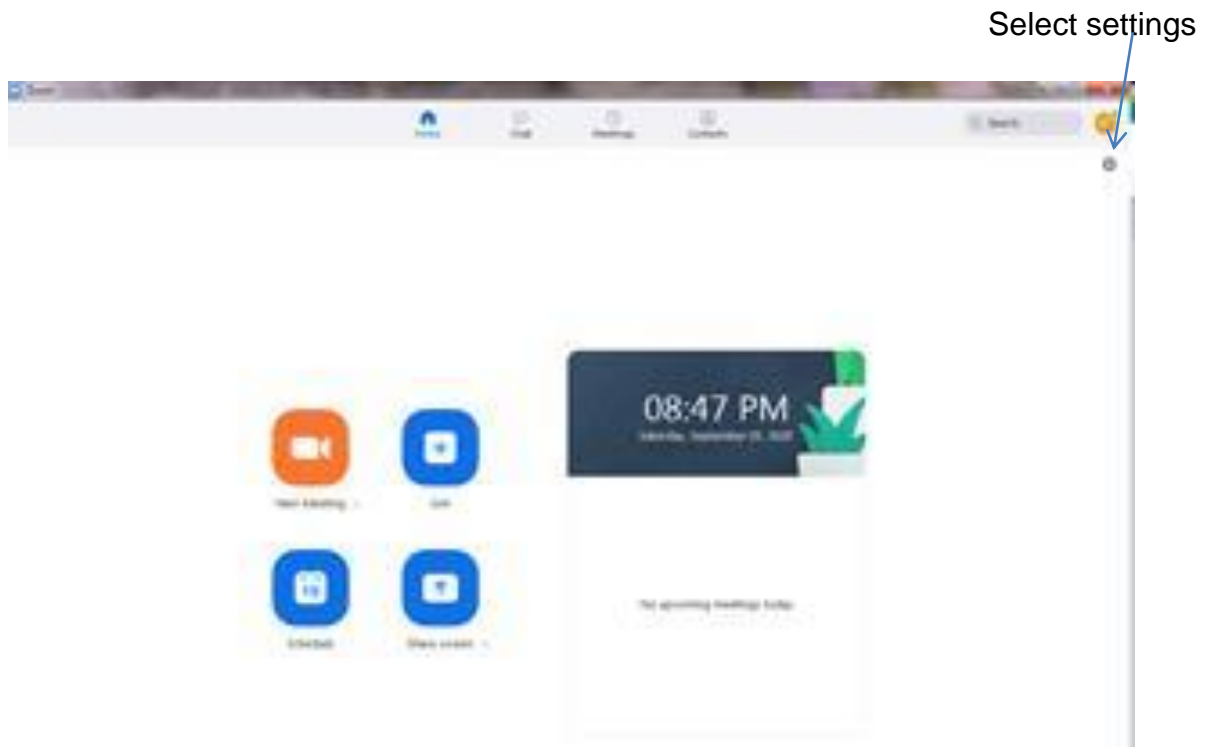
If you're new to Zoom meetings, on your computer, laptop or tablet, go to the internet and find [zoom.com](https://zoom.us).

At the website you can select the free version, which is what I have.

You'll need to provide an email address and a password. Download the free version and install it onto your device. It should then be available in your list of apps.

Once the installation is complete, open the Zoom app and enter your email and password.

On the next page is a screen shot of what you'll see after logging in – **not** the same as when joining a meeting.



In the upper right corner, below your initials, find the symbol for “settings” (a little gear symbol).

In the settings screen, on the left side, select Video.

This will open up a screen that allows you to check if the camera on your device is “seeing” you. If you don’t show up, you might have to check the settings on your computer. For instance, does your computer list the camera in its list of devices? Is the camera enabled or turned on?

On the left side of the screen you can select Audio. The audio screen allows you to test the speaker on your computer. You’ll probably want the volume up fairly high so that you can hear others at Zoom meetings.

I hope that everyone who receives this newsletter has the opportunity to install and practice with the Zoom app before the September 17th meeting. Ana Covey will send emails with the Meeting ID and Passcode before the meeting.

Check for the latest updates at:

<https://www.facebook.com/oklahearingloss>

**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](mailto:elains@cox.net)

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## 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.

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

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# 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!

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### HLA Board Members

Ana Covey, [okhearingloss@gmail.com](mailto:okhearingloss@gmail.com), Board Chairperson

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## SEPTEMBER BIRTHDAYS

Amy Doughtry

Robert Dutton

Joyce Keel

Ron McCubbin

HAPPY BIRTHDAY!

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**<https://livingwithhearingloss.com/2020/08/25/hearing-loss-are-clear-masks-really-the-answer/>**

### **Living With Hearing Loss, A Hearing Loss Blog, August 25, 2020 Shari Eberts Hearing Loss: Are Clear Masks Really the Answer?**

Hearing loss and masks have been a hot topic since the start of the Covid-19 pandemic, and rightly so. Masks, while necessary for health and safety, make it much harder for people with hearing loss to communicate with others. Face masks not only physically block sound, they also take away speech reading cues like lip movements and facial expression, a double whammy for people with hearing loss.

Clear masks are often cited as the solution because the transparent window allows for lip reading. But there is a trade-off. A recent study published in Audiology Today shows that clear masks block up to twice as much sound as an N95 mask and up to four times as much sound as typical surgical masks, depending on the type of clear mask tested. When face shields were added, the sound quality plunged further.

The study was conducted in a double-walled sound booth. The output was measured from 6 feet away. Researchers analyzed the decibel impact of a variety of masks when worn alone, and when combined with a face shield.

Surgical masks showed the least impact on the sound, with a 5 decibel impact, while transparent cloth masks had the most, with a 21.2 decibel hit. Anytime a face shield was added, the result was significantly worse. Practically speaking, this may mean that the plexiglass dividers in the supermarket checkout line are doing more to negatively impact communication than the masks themselves.

Source: Audiology Today

This study raises critical questions about whether or not clear masks are the best

solution for helping people with hearing loss communicate with others during these challenging times. As with any hearing loss question, the answer may vary by situation and from person to person. For good lip readers, the benefits of the clear window may outweigh the additional sound degradation, while for others, the speech reading benefit may be less important. Results may also vary depending on the severity of your hearing loss.

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**Excerpt from The Daily Oklahoman newspaper article, August 9<sup>th</sup>, 2020**

**Health Notes**

**Ear Institute to Get Funding**

Hough Ear Institute (HEI) will receive \$300,000 in new funding to further its groundbreaking research into treatments for hearing loss and tinnitus.

HEI ranked ninth out of 63 proposals in a competitive grant by the Oklahoma Center for the Advancement of Science and Technology (OCAST). OCAST awarded the funds to advance a hearing-loss pill which could preserve and possibly restore natural hearing for millions of people.

The hearing-loss pill, known as NHPN-1010, is currently awaiting Phase 2 testing by Oblato Inc., which holds exclusive rights to the drug. It could ultimately provide a simple, affordable way to prevent hearing loss and restore natural hearing.

The new research program funded by OCAST aims to obtain critical preclinical data to support NHPN-1010 as a treatment for tinnitus.

**Editor's Note:** The rest of this article can be found in the archives section of [www.oklahoman.com](http://www.oklahoman.com).

## 2020 Scholarship Winners

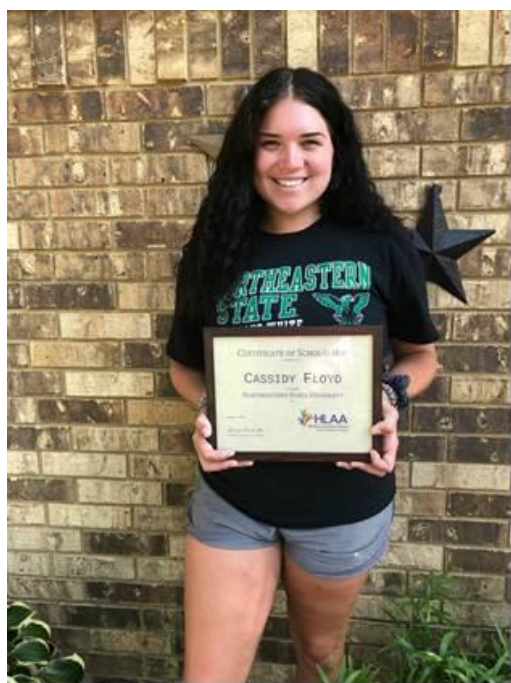
We recently announced the 2020 HLAA Scholarship recipients. Scholarship certificates are normally presented at our annual Ice Cream Social, but due to COVID-19 and social distancing restrictions, the awards were presented to recipients at their homes by members of the Scholarship Committee. Here's a look at our recipients:

### *Zachary Burlison*



Zachary Burlison is one of our 2020 Scholarship recipients. He is the son of Keith and Tammie Burlison of Bethany. Zach was born with severe complications and started wearing hearing aids at the age of 10 weeks. Because his parents believed hearing was important to a child's development, they took immediate action to see that he had every opportunity. He found that he was able to compete and excel wherever applied, including Varsity football, Eagle rank in Boy Scouts and National Honor Society to name a few. Zach is headed to Oklahoma State University, where he plans to major in

marketing and to work in Social Media. A goal of his is to spread the word to parents of children with hearing impairment that wearing a hearing aid will not affect their ability in the classroom or on the sports field.



### *Cassidy Floyd*

Hearing Loss Association of America Central Oklahoma Chapter (HLAA COC) proudly introduces Cassidy Floyd, a 2020 Scholarship winner. Cassidy is the daughter of Tony and Cara Floyd of Roland, OK. Cassidy will be attending Northeastern State University in Tahlequah after graduating from Eastern Oklahoma State College and playing softball for two years. She was born with hearing loss in one ear and it definitely made an impact on her life. The hearing loss required her to learn to depend upon herself but also showed that it is okay to ask for help. Many teachers, coaches, family and friends supported her when needed. Cassidy learned that when you put on a hearing aid you almost become a different

person; one who can be involved in classroom discussions, one who can communicate in a group setting with background noise, one who doesn't feel left out. With her hearing aid, Cassidy said, "I feel more comfortable out in the world and am ready to take on more challenges." And she is. Cassidy plans to become a math teacher and coach so she can give back to her students and show them that while life may not be perfect, it is wonderful. She wants to show them that they can do anything they want.



### *Mackenzie Chesnut*

Our Chapter proudly introduces a 2020 scholarship awardee, Mackenzie Chesnut. Mackenzie will attend Oklahoma State University – OKC this fall and plans to become an Audiologist. Mackenzie is the daughter of Darwin and Bridgett Chesnut of Choctaw. Mackenzie's hearing loss journey began at age 14 when she woke up with an ear infection. She soon became the "old lady" in the ENT's waiting room because he was a pediatric Dr. Her first hearing aid came as she entered High School and it helped, especially with the male teachers, because her hearing loss is in the lower register. A modeling job for the small boutique where she works was the first to show Mackenzie's "flaw"

when a photo caught a view of her hearing aid. At first Mackenzie was embarrassed, but her mother loved it because it empowered her to be unafraid to be different and became Mackenzie's motto: that your flaws are beautiful and you should embrace them. Becoming hearing impaired has given purpose to Mackenzie. She wants to encourage people with hearing loss to talk about it and not be embarrassed. She says that her audiologist has made such a positive influence in her life and she wants to do that for others. She will!

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### *Quote of the Month*

If you're going to be able to look back at something and laugh about it, you might as well laugh about it now.

Marie Osmond



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## 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.

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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.

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### *HLAA Local Website and Forum*

Visit [www.okchearingloss.org](http://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](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 HLA CentralOklahomaChapter

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## 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](http://www.hearingloss.org). The national headquarters WAS located at 7910 Woodmont Avenue, Suite 1200, Bethesda, MD 20814.

**The new address is:** 6116 Executive Blvd, Suite 320, Rockville, MD 20852.

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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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**Platinum Level: \$500**

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**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** \_\_\_\_\_

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**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!**