



## **October 2020 Volume 21, Issue 8**

**When:** October 15th at 12 noon

**Where:** In our own homes!

**How:** Via Zoom

**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. 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).

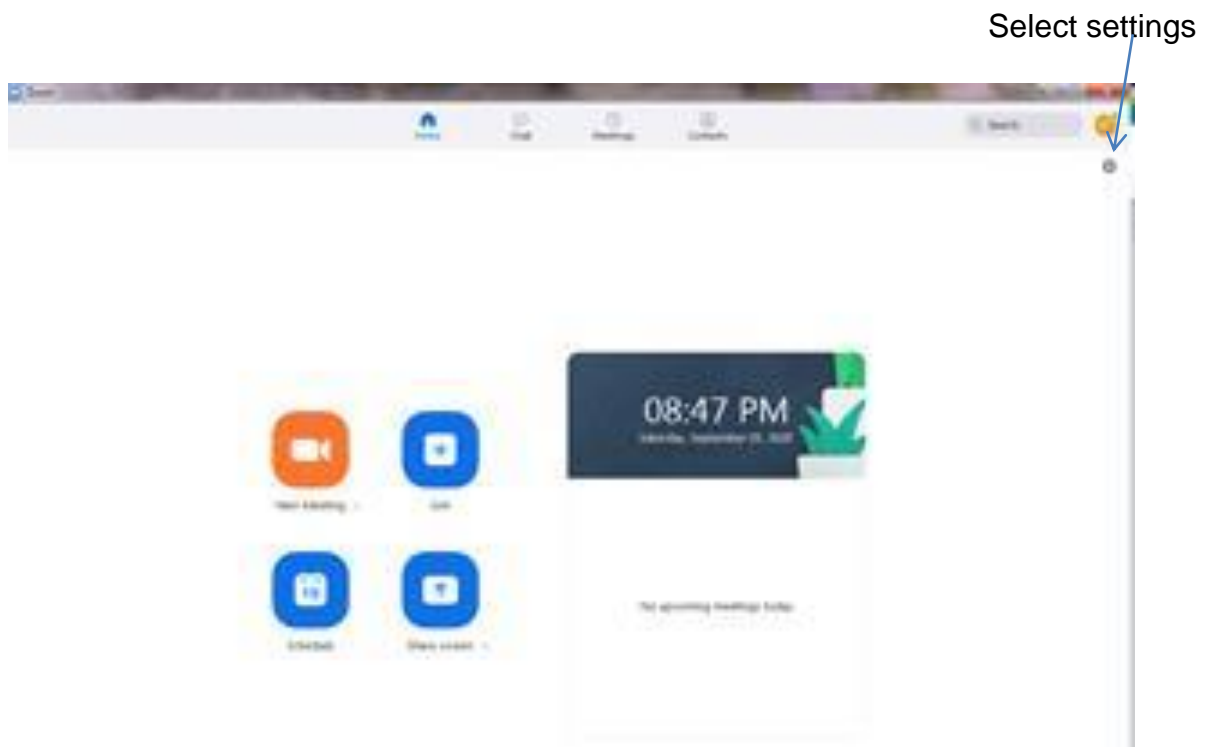
At the website you can select the free version, which is what I have.

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.

(continued on next page)





This screen is 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>



## October Zoom Meeting



**When:** October 15th at 12 noon

**Where:** In our own homes!

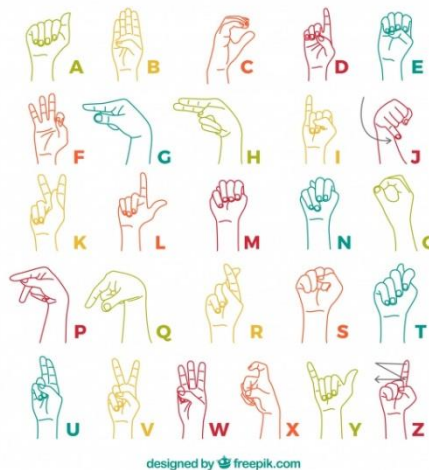
**How:** Via Zoom

### EVENT DETAILS

This month we plan on having a panel of Students (some of our Scholarship Recipients!) and perhaps some other guests to share their experiences with hearing loss and how they have overcome obstacles.

Please join us! Our meeting will be informative and fun. It's so nice to "see" our members in this way since we are unable to meet in person at this time. Ask a friend to join also.

Plan now to attend our meeting! If you are receiving the newsletter by email, you will receive the Zoom meeting information. If not, please email Sharon at [sharonok@swbell.net](mailto:sharonok@swbell.net) or Ana at [okhearingloss@gmail.com](mailto:okhearingloss@gmail.com).



Hello to our friends who use sign language!

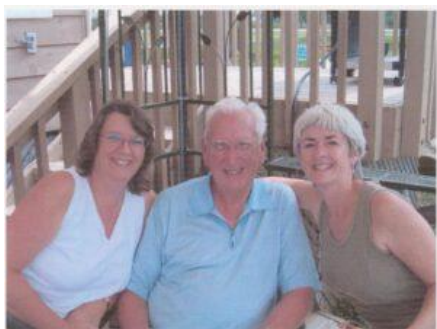
If you don't use sign language, but know someone who does, share the newsletter with them, and let them know they are welcome to join us at our Zoom meetings and our Facebook page: [Facebook.com/HLAA CentralOklahomaChapter](https://www.facebook.com/HLAA-CentralOklahomaChapter).

## Doctor, Ask Me How I'm Hearing

September 28, 2020, Gael Hannan

In our healthcare system, who is responsible for flagging hearing problems that could negatively impact a senior's health and safety? Apparently, it's the person with the actual hearing loss.

My sister and I worried about our father. He was elderly but still had a razor-sharp mind and a killer sense of humor. He was proud, stubborn and fiercely independent.



He also had hearing loss – about which he planned to do absolutely nothing. “I hear what I want to hear,” he would say, “And what I love to hear is silence.”

He lived alone (our mother had passed several years before). He was constantly refining his home environment to make it safe, both mentally and physically. His house was relatively free of obstacles you could bump into, trip over or slip on. He ate well, and he and his lady friend had arranged that if he didn't pick up on the second ring when she called, she'd be over in a flash to check on him.

But do something about his hearing loss – are you kidding?!

“Dad, you can't hear the doorbell and the TV volume is making the windows shudder – you need hearing aids!”

“I have a hearing aid.

“You got it 20 years ago to mask your tinnitus and you never wore it.”

“But I still have it here.” he said. “And I did what you nagged me to do – I mentioned my hearing to my family doctor.”

“Great! What did he say?”

“That my hearing is normal for my age. So there!”

“Did he also mention that using hearing aids is *also* normal for your age?”

“I love you, dear, now go away.”

He didn't actually tell me to go away, but the subject was firmly closed. He wouldn't listen to me, his daughter, even though he was proud of *my* success with *my* hearing challenges. If his doctor had wanted him to be screened, my dad would have done it. I now knew that we couldn't depend on his doctor to keep tabs on his hearing which, to me, is frankly outrageous. Hearing health has an enormous impact on overall health and is especially crucial for people in his age bracket.

In the October 2020 issue of The Hearing Review, Strom et al report that the US Preventative Services Task Force (USPSTF) says that there is insufficient evidence that primary physicians should be required to recommend hearing screenings for adults when there are no signs or symptoms of hearing loss. It is my understanding that the situation is similar in Canada.

Hmm, no signs or symptoms? Seniors can be wily and master bluffers (and I *know* this because I am now the wily Queen of Bluffing). In their distaste for being diagnosed with hearing loss, seniors may be able to hide their hearing difficulties during the course of a routine appointment – easy to do in a small office with no background noise. But when that same senior is back in normal living conditions, a hearing loss may not be only apparent but potentially dangerous.

Barbara Weinstein, Ph.D., is a renowned researcher whose passion is educating health professionals and the public about the trajectory of untreated age-related hearing loss. She wants the audiology community to raise physicians' awareness of what happens when hearing health is ignored. In a 2016 article for HearingHealthMatters.org, Ms. Weinstein wrote: "We need to get the word out to primary care doctors and other stakeholders within the health care system that when hearing loss goes unrecognized and untreated, implications are profound in terms of health care expenditures, health care burden, hospitalizations, and quality of physician patient communication."

Equally profound are the isolation and other mental health issues caused by inadequate mitigation of hearing loss in seniors. My dad escaped any consequences of hearing help avoidance, but many other seniors do not. And because many of them won't bring up the subject – *Hey doc, ask me how I'm hearing* – then the ball *needs to go* into the physician's court.

Closing note: For the record, my father *did* get hearing aids, but only at the urging of his lady friend who thought it would be nice if they could converse more easily during their daily 5pm game of crib. He got them and he put them in *every day* – at 5pm and after the game, he took them out again.



**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 [vmadee1@cox.net](mailto:vmadee1@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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## OCTOBER BIRTHDAYS

James Spencer	Connie Felactu
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Diane Satterlee	Charles Chastain
Judy Sullivan	Weldon Ferguson
Debbie Wallace	Mary Sykora

HAPPY BIRTHDAY!

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### *Quote of the Month*

Wrinkles only go where the smiles have been.

*Jimmy Buffett*

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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 HLAA 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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**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**

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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\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State \_\_\_\_\_ Zip\_\_\_\_\_

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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!**