



## **December 2020 Volume 21, Issue 10**

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

**How:** Via Zoom. We will email the meeting id and password a day or so before the meeting.

**Theme:** Our Christmas meeting can still be full of togetherness and fun. Join the virtual Christmas party!

Wear a Christmas hat and/or a Christmas shirt or sweater!

Also have your own favorite Christmas treat ready to show and eat. To see all of us on the same screen, wearing our Christmas tops and eating our Christmas goodies, will be a meeting to remember!

This month 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!



## Opportunity to Buy Useful Office Storage and Desk!

Dear HLA Members & Friends,

As you know, the Hearing Helpers Room was forced to close in the Spring (2020). By the end of June we had placed all the office furniture in storage. The storage fee is \$40 per month (and will increase by \$5 in December), and that figure is just not in the budget.

Your board has made the hard decision to sell it all. So, once again we are coming to you with high expectations. Below is a list of the pieces available and some photos. To submit your offer, please contact me directly. My email is ron-gmi@swbell.net, my cell phone is 405-550-3224. I look forward to hearing from you.

Sincerely,

Ron Hendricks

### Modular units for home – office – school...

These nice modular units are a great addition to any storage situation. These are pieces that were in the Hearing Helpers Room. The units were purchased new from Michaels. Prices ranged from \$30 - \$150.

Your local HLAA chapter needs your help. If you can use any, please make a generous tax deductible donation. Your local chapter of HLAA is a 501(c)3 organization.

They are all in storage now at a cost of \$40 per month and we need to clear the storage unit.

Thanks to the generosity of several members we have sold most items. We still have a few pieces remaining.

We still have:

- 60" executive desk. \$50
- file cabinet. \$100
- lateral file. \$200
- modular 6 pocket cabinets. \$39 each
- modular book case. \$139
- New listings:
- side chairs -- 4 nice, stack able, Grand Rapids Chair Co. Brown fabric seat & back. Clean. \$12.50 each
- electric strips -- 4: Chicago Electric metal power strip. 4 feet long, 12 outlets. Black in color. \$25 each
- brochure cabinet -- 2: wall mount brochure rack. grey interior with walnut wood side frames & plexiglass cover. \$25 each

Call Ron Hendricks  
Cell: 405/550-3224



modular 6-pocket cabinets



file cabinet



brochure rack



lateral file



electric strips - 4



modular book case



4 stackable side chairs



desk

To ask about prices and where to pick up the items, email or call Ron Hendricks: [ron-gmi@swbell.net](mailto:ron-gmi@swbell.net), cell phone is 405-550-3224.

This is a great opportunity to acquire some useful office or home storage, and help out your local HLA A chapter!



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#### DECEMBER BIRTHDAYS

PEARL HOWELL

BARBARA LORUSE

HAPPY BIRTHDAY!

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## Treating Tinnitus Through the...Tongue?

With headphones and a lollipop-style stimulator, many patients found relief from phantom noises in a large clinical trial by Neuromod Devices

By [Megan Scudellari](#), Posted 07 Oct 2020 | 6:11 GMT

Tinnitus, the sensation of hearing phantom sounds, ranges from annoying to debilitating, and it affects an estimated 10 to 15 percent of the population. Unfortunately, finding relief from these symptoms can be tough.


In a paper published in the journal *Science Translational Medicine*, researchers at Dublin-based biotech Neuromod Devices, along with academic collaborators, present positive results from a year-long, randomized clinical trial of a device that pairs sound with gentle electrical tongue stimulation to treat tinnitus. In a group of 326 adults, 12 weeks of treatment with the device significantly reduced tinnitus symptom severity for up to 12 months after treatment.

With the technology, “we’re shifting the brain’s focus away from the tinnitus to other sounds, presented by the treatment device and the environment,” says Hubert Lim, chief scientific officer of Neuromod and an associate professor of biomedical engineering and otolaryngology at the University of Minnesota. The device has been approved in Europe under the trade name Lenire since 2014, but it is not yet approved by the U.S. Food and Drug Administration.

Most cases of tinnitus are caused by altered brain wiring. “What we’ve definitely been able to show is we can improve the burden of tinnitus symptoms severity with our treatment,” says Lim.

Next, the company is planning a follow-on study to try different variations of tones and tongue stimulation to tease out which features are driving the positive effects. These cases are often associated with hearing loss and thought to be the result of the brain overcompensating for that loss, leading to hyperactivity and abnormal brain activity patterns, like revving a car engine that you’re afraid is about to stall.

Lim noticed that stimulating somatosensory regions of the brain—that is, areas associated with the perception of touch, pressure, temperature, and pain—caused a decrease in tinnitus in patients. When starting his own lab in Minnesota in 2009, Lim began testing different ways to activate somatosensory pathways without a brain implant, by stimulating the ears, neck, limbs, tongue and more. “What we’ve definitely been able to show is we can improve the burden of tinnitus symptoms severity with our treatment,” says Lim.

Next, the company is planning a follow-on study to try different variations of tones and tongue stimulation to tease out which features are driving the positive effects. 



## 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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Sylvia Frank, [sylviafrank43@gmail.com](mailto:sylviafrank43@gmail.com)

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Bob Quatro, [quatrorora@cox.net](mailto:quatrorora@cox.net)

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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.okhearingloss.org](http://www.okhearingloss.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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**!! 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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**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**

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

**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!**