



## **February 2021 Volume 22, Issue 2**

**When:** February 18th at 12 noon

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

**Speaker:** Dr. Annie Libeer, Vestibular Audiologist at Hearts for Hearing

**Topic:** Hearing and balance

Join Zoom Meeting

<https://us02web.zoom.us/j/82968027392?pwd=cEJJUFM4WC9kQytwR1dKb2dqTXV5UT09>

Meeting ID: 829 6802 7392

Passcode: 442229

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. an now to attend our meeting!



## **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 participation in the HLAA for the new year. Please make your yearly donation of dues, so we can all continue to share information, and support one another and our communities.

Just so you'll know where your membership dues/donation is going, our treasurer, Ron Hendricks, has provided a list of expenses:

- The captions at the monthly Zoom meetings: \$100 for each meeting
- Storage: \$41 per month
- Newsletter: \$44 per issue
- Scholarships: \$1,500 each
- We also need your support for on-going projects of the group. Attend the monthly Zoom meetings and make your own suggestions!

Membership amounts: individual: \$10, family: \$15.

Thank you, and

Keep Up the Good Work!

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### **What People with Hearing Loss Can Teach Everyone About Better Communication**

January 26, 2021, by Zina Jawadi, a medical school student at UCLA with prelingual bilateral sensorineural hearing loss.

Source: <https://hearinghealthmatters.org/findhearing/hearing-loss-teach-better-communication/>

### **Virtual Meetings Highlight the Need for Communication Best Practices**

As compared to phone calls, video calls provide enhanced abilities to read someone's body language. Utilizing virtual whiteboards for brainstorming sessions allows for visual ways to illustrate concepts, making it easier to follow unstructured conversations.

Sending next steps in an email promotes accountability and sets clear expectations. The world is beginning to prioritize written forms of communication, speechreading, and active listening, communication best practices that the hearing loss community have always used. Speech-to-text technology, such as Google's Live Transcribe, is an extraordinarily powerful tool with a wide range of applications for both hearing and hard-of-hearing people.

Here are some tips for making your next virtual meeting more inclusive for people with hearing loss.

- Create multi-sensory experiences by using visual features, to ensure that the meeting is not solely audio based. For instance, Zoom has annotations and whiteboard features. Write down the key transitions and main points being brought up by others on the screen. Alternatively, a meeting attendee can share a screen and type in Word.
- To minimize background noise, turn on Mute when not speaking
- Turn on videos so others can speech-read. Research shows that nonverbal communication is often as important as verbal communication
- Make sure that only one person is speaking at a time
- Summarize key points and next steps in a follow-up email
- Ensure everyone is in a quiet room with good Wi-Fi connectivity
- Have all meeting attendees test their microphones to make sure the sound is loud enough
- Utilize headphones, if needed, to hear better
- Make sure there is no light behind you, which prevents others from seeing your face clearly and from speech-reading

As we emerge from the COVID-19 crisis, I hope that the world continues to apply the skills of effective listening valued and relied on by the hearing loss community.



## 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
- 4 drawer file cabinet. \$100
- lateral file. \$200
- 1 modular 6 pocket cabinet left! \$39
- modular book case. \$139
- 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

Call Ron Hendricks

Cell: 405/550-3224



modular 6 pocket cabinets



4 drawer file cabinet



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, 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 chapter!



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#### FEBRUARY BIRTHDAYS

Deborah Beaver

Gloria Ferguson

Michael Fusco

HAPPY BIRTHDAY!

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#### *Quote of the Month*

Don't let yesterday use up too much of today.

*Will Rogers*



## 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 [vmeade1@cox.net](mailto:vmeade1@cox.net), (405) 537-4907. We welcome you to join us!**

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### **HLA Board Members**

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

Pat Fennell, [pbreilh@att.net](mailto:pbreilh@att.net)

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

Ron Hendricks, [ron-gmi@swbell.net](mailto:ron-gmi@swbell.net), Treasurer

Sharon Hendricks, [sharonok@swbell.net](mailto:sharonok@swbell.net)

Elaine Lains, [elains@cox.net](mailto:elains@cox.net), Editor

Nancy Landrum, [nanlan@cox.net](mailto:nanlan@cox.net)

Bob Quatro, [quatrora@cox.net](mailto:quatrora@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 the list of board members above 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 board 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](http://www.okchearingloss.org) to view schedules for our local chapter meetings and special events. 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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BRONZE

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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**

**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!**