



 **March 2021 Volume 22, Issue 3** 

**When:** March 18th at 12 noon until 1pm

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

**Speaker and Topic:** Our local chapter is proud to host Dr. Rick Kopke from the Hough Hearing Institute, who will discuss his team's work on the HEARING LOSS PILL!!!! Don't miss this exciting ZOOM meeting!

We meet on the 3rd Thursday of each month from 12-1:00pm Central Time (11:30-12:00 meet and greet).

Feel free to share this invite with your audiologist, as well as anyone you know. The meeting will have live captions and friends who understand life with hearing loss.

Join Zoom Meeting

<https://us02web.zoom.us/j/82968027392?pwd=cEJJUjFm4Wc9kQytwR1dKb2dqTXV5UT09>

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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### **Did You Miss It?**

The February meeting featured Dr. Annie Libeer, a Vestibular Audiologist at Hearts for Hearing. Dr. Libeer gave a very interesting talk, with visual slides, about the various causes of vertigo and other balance issues, and the various treatments and therapies.

The good news is that most of these conditions can be successfully treated!

After her presentation, all of us had a chance to ask Dr. Libeer questions. She answered them all with good information and advice.

Please try to tune in to the upcoming March 18th zoom meeting with Dr. Rick Kopke from the Hough Hearing Institute, who will discuss the research he and his colleagues are doing on the Hearing Loss Pill! This will certainly be an interesting meeting!

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The Hearing Loss Association of America Central Oklahoma Chapter will award scholarships in the amount of \$1,500 to residents of Oklahoma who will be attending an Oklahoma institution of higher education(\*) the fall of 2021.

The applicant must:

- Present documentation of hearing loss; such as a copy of an audiogram or letter from a qualified professional (AuD or ENT)
- Provide copy of valid state ID
- Be resident of Oklahoma and submit residence address and phone number
- Submit a transcript or other document showing GPA
- Submit a copy of the Oklahoma institution of higher education's(\*) acceptance letter
- Agree to allow HLAACOC use of name & photo
- Completed application must be postmarked by April 5, 2021
- Submit an essay consisting of 1,000 – 3,000 words including:
  1. Your goals for the future
  2. Your hearing loss story
- Agree to a personal interview
- One application per student
- Scholarship recipients are selected by a Scholarship Selection Committee
- Recipient will be notified in writing
- Recipient must be willing to attend the August HLAACOC meeting to receive the scholarship certificate
- Funds may be used for tuition, fees and book expenses with scholarship funds paid directly to the institution
- Submit an article to be published about how the scholarship has benefitted you by January 10, 2022.

(\*) Higher education is defined as university, college, career training, or post-high school institution of learning



The Hearing Loss Association of America Central Oklahoma Chapter will award scholarships in the amount of \$1,500 to residents of Oklahoma who will be attending an Oklahoma institution of higher education(\*) the fall of 2021.

### Application for HLAA Central Oklahoma Chapter's Scholarship

Name: \_\_\_\_\_

Parents name: \_\_\_\_\_

Address (City, State, Zip): \_\_\_\_\_

Phone: \_\_\_\_\_

Parent's Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Institution attending: \_\_\_\_\_

Applications must be submitted in writing prior to **April 5, 2021** and mailed to:

HLAA Central Oklahoma Chapter

PO Box 42801

Oklahoma City, OK 73123

Required Attachments:

Essay

Copy of audiogram or letter from an Audiologist or ENT

Transcript(s)

Copy of valid state issued ID



# 2021 HEARING LOSS SCHOLARSHIP

- ✓ UNIVERSITY
- ✓ CAREER TRAINING
- ✓ COLLEGE
- ✓ POST HIGH-SCHOOL  
INSTITUTION OF LEARNING

**APPLICATION  
DEADLINE:  
APRIL 5, 2021**

Go to our website at [Oklhomahearingloss.org](http://Oklhomahearingloss.org) for complete rules and information.

Complete Application must be received by April 5, 2021 before midnight to qualify.

- 1 The Hearing Loss Association of America Central Oklahoma Chapter will award scholarships in the amount of \$1,500 to residents of Oklahoma who will be attending an Oklahoma institution of higher education(\*) the fall of 2021.
- 2 Submit an essay consisting of 1,000 – 3,000 words expressing your goals and telling your story of how hearing loss has affected your life
- 3 Download application from [OklahomaHearingLoss.org](http://OklahomaHearingLoss.org)

Contact **Scholarship Chair Sharon Hendricks** at [sharonok@swbell.net](mailto:sharonok@swbell.net)

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.

## **When Your Hearing Loss Self-Advocacy is Viewed Negatively,**

*by Shari Eberts, February 14, 2021, source:*

<https://hearinghealthmatters.org/findhearing/hearing-loss-advocacy-viewed-negatively/>

Sometimes hearing loss can feel like a no-win situation. If you don't self-advocate, you will be left out of the conversation. But when you do, your self-advocacy behaviors are met with resistance, or worse — contempt.

A friend of mine recently did all the right things to handle her hearing loss in the workplace — she arrived early to meetings and rearranged the seating arrangement so she could hear her best — but in her year-end review, she was labeled as too controlling.

In many cases, we are entitled to accommodations under the Americans with Disabilities Act, but the organizers may not understand their responsibility to make their activities accessible to all. They may react with annoyance or worse, decline your requests for assistance.

### **How to Combat Resistance to Self- Advocacy**

How do we continue to advocate for ourselves in the face of resistance?

1. Share your struggles. Even if you have mentioned your hearing loss to people many times, they may not truly understand the struggles that you face. Hearing loss is difficult to understand unless you have experienced it. Tell them specifics about your hearing loss, including the frustration and sadness you feel when it makes it harder for you to do the things that are important to you. When you share your vulnerability, it is often met with empathy and a greater willingness to help.
2. Get them on your side. Make your success their success. If you can get your boss/friend/whoever you need to assist you as a co-advocate, your chances of success rise. Explain why the meeting or event is important to you and how the changes that you are requesting will enhance your ability to participate. Ask for their help in creating an environment where you can shine. Appeal to their desire — especially if it is your boss — for you to be able to do your best work. When you transform a skeptic into a co-advocate, they will no longer be working against you. Any successes you have will reflect positively on them as well.
3. Express gratitude. When you ask someone to swap seats at a meeting or to provide captions on a webinar, sincerely thank them for their help. Giving them credit for the “good behavior” will incentivize them to assist you again in the future. This should be easy, since you probably are genuinely grateful for the assistance, especially when it is done with a smile. Pro tip: Make your requests with your own smile and a positive attitude. Both are hard to resist.
4. Use humor. Humor can lighten the mood, reduce tension, and prod people to do the



right thing. When entering the meeting, you can announce, “The deaf one is here, please make way,” or something similar that fits with your personality and the setting.

*Most Importantly, Don't Stop Advocating.*

Sometimes doing the right thing for ourselves or others is not popular, but even if others cannot see our self-advocacy for what it is — self-preservation — we must persist. If you have trouble rousing the courage to advocate for yourself, imagine that it is your child or best friend that needs the help and think about what you would do to assist them. Then take these steps for yourself. We deserve to be part of the conversation.

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### **Opportunity to Buy Useful File Cabinet and Stackable Chairs!**

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

#### **Items for home – office – school...**

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:

4 drawer file cabinet. \$100

4 stackable chairs: Grand Rapids Chair Co., Brown fabric seat & back. Clean. \$12.50 ea.

Photos on next page:



4 drawer file cabinet



4 stackable chairs

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 items, and help out your local HLAA chapter!



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#### MARCH BIRTHDAYS

Kent Billingsley

Lucretia Camacho

Kanece Ham

Roger Harms

Linda Koch

Franklin Muskrat

Richard Ross

**HAPPY BIRTHDAY!**





## 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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### 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 HLAA 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.

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### *HLAA Local Website and Forum*

Visit [www.oklahomahearingloss.org](http://www.oklahomahearingloss.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!**