



August 2021 Volume 22, Issue 6

August Meeting: Ice Cream Social!

In Person!



When: Sunday, August 15th, 2 - 4pm

Where: Will Rogers Gardens Exhibition Center, 3400 N.W. 36th St., Oklahoma City 73112

See below for the details about the safeguards we will put in place to ensure that everyone feels safe and comfortable attending our first in-person event in over a year.

Our HLAA - Central OK Chapter will announce this year's scholarship winners and present their awards at the Ice Cream Social.

It's our opportunity to give three young people with hearing loss support for their plans for higher education.

Let us know you're coming, and how many are coming with you, so we'll know how many cups of ice cream to buy. Contact our treasure, Ron Hendricks: ron-gmi@swbell.net

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.

Please join us for future meetings
Monthly Meeting Schedule:

Aug 15, 2021 2-4pm Ice Cream Social (In person!)

We are planning to start in-person meetings, starting with the Ice Cream Social!

Sep 16, 2021 11:30 AM, Speaker: Dr. Patricia A. Burke, M.S., CCC-SLP, LSLS Cert. AVT | Program Manager, Newborn Hearing Screening Program | Oklahoma State Department of Health, Oklahoma.gov/Health | nhsp.health.ok.gov

Oct 21, 2021 11:30 AM, Speaker: Jon Gray, Captionmate

Nov 18, 2021 11:30 AM, Tony and Sharon Howard

Dec 16, 2021 11:30 AM, Christmas Party

Please, if you haven't already, contribute your dues donation:

\$10 individual, \$15 family.

Thank you from your local HLAA Chapter!

Other Events

State Fair - Senior Day: September 22, 10am - 7pm

Second Half Expo: Saturday, October 6th, 9am - 4pm, at the National Cowboy & Western Heritage Museum, 1700 NE 63rd St. For more details: secondhalfexpo.com

At Last!

The Ice Cream Social!



When: Sunday, August 15th, 2 - 4pm

Where: Will Rogers Gardens Exhibition Center, 3400 N.W. 36th St., Oklahoma City 73112

Safeguards:

- ⇒ We will purchase individual cups of ice cream in various flavors, and furnish disposable spoons and paper napkins.
- ⇒ Small individual packages of cookies will also be available.
- ⇒ There should be plenty of space in the large room at the Will Rogers

Center.

⇒ We are hoping to be able to thank OG&E for printing our newsletter for many years for **free**.

Celebrate the renewal of in-person gatherings with all of your fellow HLAA folks!

Our HLAA - Central OK Chapter will announce this year's scholarship winners and present their awards at the Ice Cream Social. It's our opportunity to give three young people with hearing loss support for their plans for higher education.

BIRTHDAYS IN JUNE, JULY, AND AUGUST

| | |
|----------------|-----------------|
| Michael Bellis | Bob Quatro |
| Marvin Blue | Marion Thompson |
| Cal Bryant | Pati Burns |
| Peggy Cook | Van Bielstein |
| Bob Cowles | Leo Cross |
| Wanda Evans | Don Keel |
| Ron Hendricks | Judy Sullivan |
| Carol Kiser | Bim Wood |

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.

Quote of the Month

Insanity is hereditary; you get it from your children.

Sam Levenson

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, (405) 537-4907.** We welcome you to join us!

HLA Board Members

Pati Burns, pati.burns@heartsforhearing.org, Member At Large

Ana Covey, okhearingloss@gmail.com, Past Chairperson

Shelley Gladden, shelley.gladden@okstate.edu, Vice Chair

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Terry Mock, mocktsr@aol.com, Member At Large

Rebecca Plunkett, rebecca.lederman@gmail.com, Website

Local Interests

SCHOLARSHIP UPDATE



Submitted by Sharon Hendricks, scholarship committee

This year we received six applications for our scholarships. We were able to fund two scholarships this year and, thanks to a donor who stepped forward to fund a third scholarship, we will be awarding three scholarships.

Selections have been made and details are being worked out, so stay tuned for our announcement of the recipients at our

August Ice Cream Social on August 15th at Will Rogers Exhibition Center from 2:00 - 4:00.

We also plan to invite a representative from OG&E to the Ice Cream Social, so that we can thank OG&E for printing this newsletter for many years for free!



Asking Someone to Repeat Themselves (Is OK!)

July 6, 2021, [Gael Hannan](#)

It irks me when people with hearing loss, including me, are reluctant to ask someone to repeat themselves.

But I understand the many reasons – and the consequences. If you don't ask for a repeat of something you didn't catch, that immediately puts you into the bluffing hole – which can quickly turn into a deep, dark bluffing *pit*. When this happens, hopefully you know what the topic is, because if you miss a comment and chickened out on asking for a repeat, maybe you'll catch up with the next comment. Or maybe the one after that. Or – you start sliding into the pit of pretending you understand what's being said. And there are very few graceful ways to climb out of this dark hole. None, actually, except for this:

“I'm sorry, I have no idea what's going on because I was too embarrassed/shy/bored/proud/insecure to admit that I'm not hearing you in this fast-paced conversation.”

Assuming you're even interested in staying in the conversation, the only way to *not* bluff is to stay on top of things. You can do this by making your needs known, reminding people as necessary, and adjusting the listening environment to reduce background noise, improve sightlines, and to keep people talking more-or-less one at a time (Difficult, yes, but not impossible.)

You are not only *allowed* to do this but are *encouraged* to – because there is absolutely nothing wrong with asking for a repeat. I mean, we have *hearing loss* – this is what we *DO!* People expect it from us.

If we don't ask for repeats for a while, they may start looking at us funny, thinking we've made up this whole hearing loss thing as a sympathy grab. Or that maybe a miracle has happened and suddenly, we can hear with the best of them.

No, people who know us expect to be asked for repeats – often because they've forgotten to face us, or they've mumbled while eating, or because it's just the way we roll. They may, in fact, be so used to repeating themselves that they may do what the

Hearing Husband does; he says something and immediately repeats it, sometimes even a third time. Which I find irritating, especially if I *did* catch it the first time.

Here's another thing. What if we didn't even get that there *was* a 'first time'? Someone is waiting for a response from us, but we have nothing to work with. We didn't know something was *said*, so how can we possibly answer?

Person (looking at me expectantly) "So...?"

Me: "So....*what?*"

Person: "So what do you think?"

Me: "About...?"

Person: (impatiently) "About what I just *said!*"

Me: "That's really helpful. You said something?"

Person: "Yes! Just now!"

Person: (Pauses.) "I said...oh, now I can't REMEMBER!"

Me: "And so you're mad at *ME?! Sheesh*, your memory's got holes in it!"

Friend: "And so does your hearing – and the holes are getting bigger!"

Me: "That's not very nice."

Friend: "Sorry."


Me: "Me too. You have to get my attention before starting to speak to me – you know that!"

Friend: "Well, you seemed to be tuned in."

Me: "Nope, bluffing! I was pretending to understand what the *other* person was saying."

Friend: "This is exhausting."

Me: "Welcome to my life."

Ask for repeats – without apology and without shame. People in your life *want* to communicate with you, and communication is a two-way street. 

Editor's Note: Gael Hannan is a regular contributor to the popular website, hearinghealthmatters.org.

Hannan is one of those people who can take hearing loss out of the scientific or clinical setting and bring us into the everyday life of hearing loss. She is the kindred spirit that lets people with hearing loss know that they're not alone.

Her next article, "Those Deaf Moments (Before Hearing Technology Goes On)" was published on the *Hearing Health Matters* website on July 14. I hope you get a chance to read it.

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.

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.oklahomahearingloss.org to view schedules for our local chapter meetings and special events. Visit 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.

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. 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 go 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

Silver Level: \$100-\$249

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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!