



October 2021 Volume 22, Issue 8



October Meeting - In Person!

Date: Thursday, October 21

Time: Socialize and visit from 11:30am - 12 noon

Meeting from 12:00pm - 1pm

Location: Will Rogers Gardens Exhibition Center,

3400 N.W. 36th St., Oklahoma City

Speaker: Special guest, Lezley Bell, will discuss the importance of staying connected via Caption Call phones.

We are encouraging everyone to bring their own brown bag lunch, and we will provide individual packages of chips and/or cookies, along with bottled water.

Feel free to share this invitation 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:

We are planning in-person meetings!

For the remaining meetings, listed below, we are letting everyone bring their own brown bag lunch, while we provide small individual bags of chips and bottled water.

Oct 21, 2021 11:30 AM, Speaker: Lezley Bell, Caption Call. Lezley will discuss the importance and advantages of staying connected with Caption Call phones.

Nov 18, 2021 11:30 AM, Tony and Sharon Howard. Tony and Sharon will share their hearing loss journey for this special Pre-Thanksgiving meeting.

Dec 16, 2021 11:30 AM, Christmas Party. Be prepared for a jolly old time and lots of Christmas treats!

Other Events

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

BIRTHDAYS IN OCTOBER

Mae Barclay
Charles Chastain
Connie Felactu
Weldon Ferguson
Don Mason
Gerald McCall
Laurene Powers
Diane Satterlee
James Spencer
Judy Sullivan
Mary Sykora
Debbie Wallace

HAPPY BIRTHDAY!



Last month's newsletter featured one of our two scholarship winners, Esteli Barrera. This month we are featuring our other winner, Daniel Knowsley.

Daniel Knowsley is the 18 year old son of Tom and Cyndi Knowsley. Daniel is a 2021 graduate of Bridge Creek High School and plans to attend Oklahoma City Community College in the Fall. Daniel enjoys eating, playing video games, hanging out with friends and playing with his dog, Eve.

Daniel was born with a high-frequency, moderately severe and severely profound hearing loss, caused by Connexin 26, a mutated gene that both his parents have. He received his first pair of hearing aids when he was 5 weeks old. His parents chose audio-verbal therapy for him so that he would learn to listen and speak like everyone else. He began school at 3 and went to a preschool for children with hearing loss. He did so well there that he was kicked out. He was mainstreamed into preschool when he was 4 and continued in the Bridge Creek school system until graduation.

He is leaning towards a career in graphic design and wants to continue his studies at a university. His idea of having a successful life and career isn't all about the money; it consists of being a good person, respecting other opinions and being kind. He considers helping his family and others is a success in and of itself.

He is very excited about his future and credits the support of his parents for making him the person is today.

Quote of the Day

“To say yes, you have to sweat and roll up your sleeves and plunge both hands into life up to the elbows. It is easy to say no, even if saying no means death.”

Jean Anouilh

Here's a more humorous take on living life to the fullest:

“When choosing between two evils, I always like to pick the one I never tried before.”

Mae West



Have you made a will? I don't like having to think about making a will for myself, but then I realize that a will is not for me, it's for my family. I don't want to leave an expensive mess for my family to have to deal with.

If you haven't made a will, or you if need to update your will, now is always a good time to protect your loved ones and control the direction of your estate - not the government. Things change quickly. We have a friend, who is without a will, who had a stroke and is not able to direct her affairs. The State will say who will receive her assets.

Now is the time to consider your own life changes and how you can plan, or update your plan, to accommodate any changes in your, or your family's situation.

Thanks to the support of our members and friends, our chapter is in a good financial position. Over this past year we have been able to continue to offer support to many people living with hearing loss. As we move forward, we need your support more than ever. Please consider including the Hearing Loss Association of America - Central Oklahoma Chapter in your plans. Thank you!



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.

With our mission in mind, we want to thank you for continuing to receive and read our Hearing Loss newsletter. We are hoping to be able to increase awareness and make a real difference for hearing impaired people. If you are one of the many who like to earmark end of the year donations, we would love it if you would consider our

organization, and give some thought to becoming actively involved through attending our meetings. We exist to give a voice to the hearing impaired and are anxious to increase our footprint in the greater Oklahoma City area.

From Hearing Health Foundation Magazine

Summer 2021 issue

Helping Others Has Helped Me

By Helen Garrett

For several summers, my husband Steve and I attended Celebrate Brooklyn Concerts in Prospect Park with friends. We always sat in the front section. None of us wore hearing protection. During many of the concerts the bass was extremely loud, causing pain in my ears. I complained about it, and would stuff napkins in my ears to try to block the sound. It never occurred to us to wear earplugs, and my guess is that many people there weren't wearing them either.

Two summers ago we went to a David Crosby concert at "Lincoln Center Out of Doors" in Manhattan, and because people were blocking my view, I went close to the stage—and the speakers. The music didn't seem loud, but two nights later I woke in the middle of the night with an alarming, high-pitched buzz in my right ear. I got out of bed and went looking for the origin of the sound—in the guest room, out the window—and woke my husband and asked him what it was. When I realized it was all in my head, I dropped to the floor in a complete panic; terrified it would never go away.

The next day I saw an ENT (ear, nose, and throat specialist) and had a hearing test that revealed a mild to moderate hearing loss in my right ear. The doctor recommended steroid shots, which didn't help, nor did a change in diet. For the first two to three months, I had occasional bouts of severe tinnitus, and a couple of times a mild vertigo, but both eventually went away.

Nowadays the tinnitus is always there, but it is rarely as debilitating as it was those first couple of months. Despite all this, including owning earplugs, it didn't occur to me until I worked on the Hearing Health Foundation's (HHF's) "Keep Listening" campaign how damage to your hearing is *cumulative*, and that I've been doing additional damage to my hearing through some of my regular routines. My coffee grinder, used daily, is 90 decibels or more, as is our mini food processor. (I know this thanks to the decibel measuring apps I learned about from HHF.)

I now use earplugs when I run noisy appliances. Since I developed tinnitus, restaurants are often not enjoyable because of ambient noise. At parties, it's hard for me to follow conversations when multiple people are talking, and I often ask to have music turned down. If Steve says something to me in bed and my good ear is on the pillow, I can't hear what he is saying. It's not just about losing your hearing. I'm now aware that my quality of life and overall health could be more adversely affected.

The strong connection between hearing loss and dementia has also been a real eye opener. I've become passionate about speaking out about the importance of hearing protection and the

urgent need to make everyone more aware of the dangers of noise-induced hearing loss. We need to make this issue as mainstream as wearing seatbelts or using sunscreen.

There is so much unnecessary excess noise in the world, including the idea that “fun equals loud.” For our collective health, we must turn down the volume. The chorus to one of my favorite songs applies to so many of us: “You don’t know what you’ve got/Till it’s gone.” There’s no question in my mind that if I had known what it would be like to have my hearing impaired, I would have taken many more precautions. I took my hearing for granted until I had a problem. I hope we can convince more people—especially people in their teens and 20s—to protect their ears, now, so they can keep listening. ###

Helen Garrett lives in New York and is a consultant to nonprofits on branding, marketing, and social impact campaigns.

Editor’s Note: To see this and other articles, go to:

<https://hearinghealthfoundation.org/hearing-health-magazine>

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

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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.

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.

!! THANKS TO OUR SPONSORS !!

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.

PLATINUM

David and Robin Croninger, OG&E Energy Corp, Hearts for Hearing, Dennis & Joan Kelley

GOLD

SILVER

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Arthur Bay, Van Bielstein, Elaine Lains, Leon Nelson, Dr. Pam Matthews, Rebecca Plunkett, Sam's Club-NW Expwy, Peggy Scarbrough, Harold Simons, Young Reporting Services – Becky Young

**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!