



## **December 2021 Volume 22, Issue 10**



**Date:** Thursday, December 16

**Time:** Meeting from 11:30am - 1pm

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

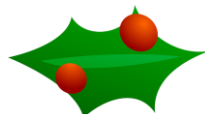
**Brown Bag Lunch:** We are encouraging everyone to bring their own brown bag lunch, and we will provide individual packages of chips and/or cookies, along with bottled water.

**Holiday Fun:** This year, we plan to have a Cookie Exchange for our December meeting. Plan now to take part in our **Holiday Cookie Exchange! See inside for instructions.**

**Games:** **paper puzzle games for us all to play, plus there will be drawings for various prizes.**

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.



### **December Meeting Details:**

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

**Dec. 16, 2021** 11:30 AM – 1PM, Christmas Party. Be prepared for a jolly old time and lots of Christmas treats!

This year, we plan to have a Cookie Exchange for our December meeting. The "rules" are listed below, but in essence you will take home a variety of some favorite cookie recipes from other members. You'll be ready for your family or any guests in your home during the holidays. Join the fun!! Plan now to take part in our Holiday Cookie Exchange!

### **Cookie Exchange Instructions:**

1. Everyone bakes 3 dozen cookies.
2. Prepare 18 packages of 2 cookies each in a festive cellophane wrap or baggie. Label each package with the kind of cookie you brought.
3. Make at least 19 copies of your recipe, unless you bring store bought cookies.
4. Bring the cookies to our Christmas party. Place them on a festive tray with the recipe underneath the tray so people can take a copy as they go down the cookie line.
5. Each member will take some cookies home.
6. If you are a family, you can only have 1 family member go through the line unless each member brings their own set of cookies.

**In addition** to the Cookie Exchange, there will be some fun games on paper at each table, and we'll have drawings for various prizes!

Some of the prizes are:

- Passes to the Rodeo Cinema Theater
- Passes to the Oklahoma City Art Museum
- A Hearing Aid Dryer

Two tickets for prizes will be given, one for the door prizes, and one to keep for a Spring meeting, when a special prize will be given for the winning ticket.



## Future Meetings in 2022 – A Great Line-up!

Jan 20 – Charlotte Colbert, Integris, Early warning signs of stroke

Feb 17 -- Dr Suzanne Kimball

Mar 17 – Emily Sutton, Oklahoma Weather

Apr 21 – Keith Wilkinson, ADA director, OKC

May 19 – Dr Krista Schroeder, May is good Hearing & speech month

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### *Grapevine News*

Sylvia Frank is still tap dancing to practice for the next Senior Cabaret show! She has been practicing every week on Mondays and Thursdays, and will let us know when the next show is.

The Hendricks took a trip to Brooklyn, New York, to visit Sharon's brother and sister-in-law. We took the new direct flight from OKC to LaGuardia airport, and enjoyed a long weekend visit.

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### *Two Good Quotes this Month*

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie.

*Jim Davis*

The human race has one really effective weapon, and that is laughter.

*Mark Twain*

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## Good Tips from the Speakers at November's Meeting

Long time members, Tony and Sharon Howard, shared what they have learned over the years from living with hearing loss at the November 18th meeting. Tony and Sharon have been married for 55 years. Here is their great list of tips and reminders:

- \* Carry extra hearing aid batteries with you at all times. Your hearing aid can stop working just when you need it the most.
- \* Keep your hearing aids clean!
- \* Devices get old, and our hearing can change. Keep regular appointments to check your hearing *and* your devices.
- \* If you have a cell phone capable of a Bluetooth connection, it makes phone calls and connecting to televisions much easier.
- \* Any medical conditions we have should be on a medical alert bracelet, including hearing loss.
- \* It's useful to have a Health App on your phone that lists allergies, vaccinations, and hearing loss. Learn how to use this important app. If you go to where you bought your phone, they can probably help you, or, better yet, ask your child or grandchild to help you use this app and others.
- \* Understand the bells and whistles about your own hearing aids and devices. Some even have an Aqua case for wet environments. A hearing device is there to help you. Make the most of it.
- \* This is the best time in history to be hearing impaired because of all the amazing technology.
- \* Using captions is good for the brain and good for understanding.
- \* Identify your cell phone accessibility settings and TDD options.
- \* Get better at texting. Texting allows clear communication for everyone. Proofread before you hit send.
- \* Try a sound bar for your television. It brings the sound to the front of the TV and sometimes helps with clarity.
- \* When shopping by phone and a voice gets muffled, simply ask if they can switch to a handheld phone instead of a headset. You can also ask for a US representative if the accent is too difficult to understand. Try live chat!
- \* Ordering food from your car can be frustrating, because the voice from the speaker can be hard to understand. Simply drive up to the window and order face to face.
- \* Look directly at the person you are speaking to.
- \* Sometimes tv hosts talk over each other so much not even the captioning can makes sense of it. In the hearing loss world, only one speaker can speak at a time. Do not interrupt; either speak or listen, but don't try to do both!
- \* Choose a good hearing environment to communicate with people. The best hearing environment is one-on-one. Create an environment where you can be heard and understood and others can be heard and understood.

\* FaceTime and Zoom are great programs and are excellent ways to communicate. See as well as speak with family members instead of calling on the phone. Save a drive to the doctor by using a virtual appointment.

\* When communicating with your partner, use gentle ways to remind them to speak to your eyes. And be honest with your friends, families and strangers. Try tapping on a shoulder or gently ask them to repeat themselves, instead of using the awful response of “Huh?” Instead try “Could you do me a favor?”

\* Instead of using self-checkout, go to an aisle with a cashier for easier checkouts. Or go straight to customer service.

**Editor’s Note:** At the November meeting, we enjoyed Tony and Sharon’s easy-going and sometimes humorous presentation. Thank you, Tony and Sharon!



<https://hearinghealthmatters.org/betterhearingconsumer/2021/6-good-things-about-hearing-loss-that-you-might-not-have-realized/>

## **6 Good Things About Hearing Loss (That You Might Not Have Realized)**

*December 1, 2021, by Gael Hannan*

The downside of hearing loss is clear: we don’t hear well, or at all. And that causes barriers in our communication, touching almost every aspect of our lives.

But it’s nice to take a break from all that barrier-smashing and recognize that there can be an upside to living with hearing loss. Try taking a moment to reflect how hearing loss has impacted your life. By looking for the positive, you may unpack at least a couple of benefits or skills that came in your hearing loss package.

1. **You listen better.** You have to. If you don’t focus on what’s being said, you won’t get it. ‘Hearing’ people can hear without focusing; they can multitask – which isn’t necessarily a good thing either. But, when you listen better, you are more likely to get the message.
2. **It builds insight and compassion.** Understanding the reality of hearing loss and its impact on human behavior and mental health is the door to understanding how other people must deal with challenges that are outside of your experience.
3. **It gives you a platform.** The above insight may give you a better appreciation for the need for diversity, equality and inclusiveness in society. The lived experience of hearing loss gives you a platform to advocate for these fundamentals.
4. **You’re a better problem-solver.** You learn to search for alternatives to difficult

listening situations. Yes, most of them can be difficult. But instead of your usual go-to reaction of getting mad and yelling, or, worse, retreating into sulky silence, you look for ways to make it work. Manipulating the environment, using devices and reminding others of what you need from them.

5. **You communicate better.** This isn't a given. Understanding the need to communicate better doesn't automatically guarantee it. People with hearing loss are often guilty of the things we accuse the 'hearing' people in our lives of doing. Mumbling, not talking face to face, tuning out, but with practice and the will to improve your communication style.

6. **You find joy in what you *do* hear and understand,** or at least, a better appreciation for the sounds of life. Even with sophisticated technology and superior self-advocacy skills, there is much that people with hearing loss simply can't hear. So, when we do hear, say, birdies twittering and the stones crunching beneath our feet, it's a beautiful moment when we acknowledge the sound and be grateful for it.

These are just a few "benefits" of hearing loss. How has changing your attitude towards your hearing loss enhanced your life?

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December Birthdays

Pearl Howell

Barbara Loruse

Happy Birthday!



**The Hearing Loss Association of America Central Oklahoma Chapter will award scholarships in the amount of \$1500 to residents of Oklahoma who will be attending an Oklahoma institution of higher learning during the fall of 2022. The application deadline is April 4, 2022.**

- Simply 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. The applicant must also present documentation of hearing loss, provide valid identification, and be a resident of Oklahoma. Each student must also submit GPA and a copy of the acceptance letter.

- Our organization will use the winner’s name and photo throughout the year especially to encourage other students to apply next year. You may view the complete list of rules and application below.
- Funds may be used for tuition, fees and book expenses with scholarship funds paid directly to the institution.



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 institution of higher education(\*) the fall of 2022.

**Application for HLAA Central Oklahoma Chapter’s Scholarship**

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

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

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

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

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

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

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

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

Applications must be submitted in writing prior to **April 4, 2022** 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
- Letter of acceptance





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 institution of higher education(\*) the fall of 2022.

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 institution of higher education's(\*) acceptance letter
- Agree to allow HLAA COC use of name & photo
- Completed application must be postmarked by April 4, 2022
- 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
- Recipients are selected by a Scholarship Committee
- Recipient will be notified in writing
- Recipient must be willing to attend the August HLAA COC meeting to receive the scholarship and 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 9, 2023.

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





## 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.

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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**

Pati Burns, [pati.burns@heartsforhearing.org](mailto:pati.burns@heartsforhearing.org), Member At Large

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

Shelley Gladden, [shelley.gladden@okstate.edu](mailto:shelley.gladden@okstate.edu), Vice Chair

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Bob Quatro, [quatrora@cox.net](mailto:quatrora@cox.net), Member At Large

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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.

**!! 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.**

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

GOLD

SILVER

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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!**