



## January 2022 Volume 23, Issue 1

### January Meeting - In Person!

**Date:** Thursday, January 20

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

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

**Speaker:** Charlotte Colbert, R.N., M.S., CPHQ, from Integris, will discuss the early warning signs of a stroke

**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.

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.



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

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

### January speaker: Charlotte Colbert, R.N., M.S., CPHQ

Charlotte has had an impressive career in various positions: community health, hospital administration, quality improvement, infection control, nursing education, professional recruitment, case management, and clinical bedside nursing.

After her sister had a stroke in 2019, she saw how the Integris Health Neuroscience Stroke Program restored her sister's health. Charlotte is now the Integris Health Stroke Community Educator. The goal is to educate the public about the early warning signs of stroke, and risk reduction for stroke prevention. She promotes stroke awareness/stroke prevention strategies to community groups of all ages.

---

As you can see by our mission statement below, every year we try to make sure the Central Oklahoma Chapter of the HLAA brings value to all our members and friends. Informative and engaging speakers, advocacy in the community to ensure equal access to information and entertainment, and support, some of which is in the form of captioning for our meetings, and scholarships for young people with hearing loss, are all parts of the endeavor to fulfill our mission. Please help us to continue our work. Continue to be or become a valued member with a donation (membership) of \$15 for individuals and \$20 for a couple or family membership. You can mail your membership donation to HLAA-Central Oklahoma Chapter, PO Box 42801, Oklahoma City, OK 73123. Please accept a big thank you from all your fellow members!



## 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 for this Month*

The pine stays green in winter... wisdom in hardship.

*Norman Douglas*

---

January Birthdays

Sharon Hendricks

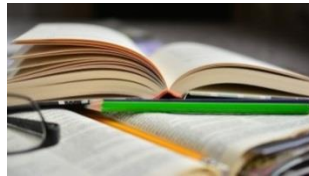
Doris Brinlee

Sandra Krug

Leon Nelson

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



## **Readers' Choice 2021: A Prayer for Healing of Tinnitus-Stress**

December 27, 2021HHTM

May I be calm and without fear. Tinnitus does not rule me...

If you have chronic head noise, you'll try almost anything to get rid of it. It follows you everywhere, this tinnitus, like a biting bug that you can't shake off.

Science can't figure out how to fix that bug bite that throbs on your arm. It bothers you all the time, drawing your focus over and over again, pulling your attention away from other things that are more pleasant and interesting.

You try drumming the spot with your fingers. You try massaging it. You treat it with topical ointments. You swallow herbal remedies 'guaranteed' to get rid of the venom that bug left behind. You drink more wine than usual to dull the feeling.

OR...

You acknowledge to yourself that it was one nasty little critter that left its mark on you, but hey, your arm hasn't fallen off; you can still use it. Then you move your mind to other things, more deserving of your time. You focus on sleeping better, eat delicious food and engage in exercise. You take calming breaths, that expand to the practice of mindfulness and even meditation even though you-can't-believe-you're-actually-doing-this. You make new life goals to reduce stress and become as healthy and strong as possible, mentally and physically. How beautiful is that!

And, while you wait for the day when science delivers something to fix the bug bite/tinnitus problem, you learn to love yourself more.

A recent Facebook post by a tinnitus sufferer told how, after months of severe anxiety over his tinnitus—how did this start and what am I going to do—he realized that the anxiety was far worse than the actual tinnitus. When he dealt with his anxiety, he was able to live more calmly with his tinnitus. If we can make it to that stage, we can become more aware of our tinnitus triggers. For me, rainy weather is not optimal, although I live in a semi-rainforest and I like the rain. If I'm tired, tinnitus seems to be worse. Salty snacks are deliciously addictive but seriously not good for head noise. But I've also learned that a good, aerobic hike can lower my tinnitus level the next day, at least for a while.

When we find ways to reduce our stress, we are being kind to ourselves. Stress not only maintains the flame of our tinnitus, it can lead to other health issues such as heart disease, high blood pressure, mental health issues and even cancer.

Why not reframe your goals, making self-care and stress reduction your top priorities. Just think about it because these are things that you can control. As a start, here's a meditative prayer/meditation that you can address to yourself, the universe or to God. Change it up to make it more 'you'. Then take a few slow deep breaths before starting. Then start.

May I be calm and without fear. Tinnitus will not rule me.

May I show myself kindness and compassion, because I did not cause this tinnitus.

May I nourish myself through exercise, sleep, healthy food and connecting with those I care for and who care for me. These are the important things in my life.

May I show kindness and compassion to others, expanding the meaning to my life.

Let me be open to new things, knowing that some will help my tinnitus, and many will not.

May I be grateful for those who support me, help me and love me.

May I be happy, because tinnitus does not rule me.

May I be calm and without fear.

---

*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!

---

#### **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

Barbara Goodwin, [dgoodman6@cox.net](mailto:dgoodman6@cox.net), Secretary

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

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

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

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

Terry Mock, [mocktsr@aol.com](mailto:mocktsr@aol.com), Member At Large

Rebecca Plunkett, [rebecca.lederman@gmail.com](mailto:rebecca.lederman@gmail.com), Website

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

---

#### **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, Forum and Facebook page***

Visit the website: [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 Rebecca Plunkett is our webmaster. We welcome your feedback and comments on our websites. For the **Facebook** page, search in the Facebook search box for HLAA Central Oklahoma Chapter.

---

**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.**

PLATINUM

Cohear Americas, David and Robin Croninger, OG&E Energy Corp, Hearts for Hearing, Dennis & Joan Kelley, Perry & Mary Mast

GOLD

SILVER

Calvin & Linda Bryant, Wanda Evans, Pat Fennell, Weldon & Gloria Ferguson, Sylva Frank, Shelley Gladden, Ray Harris – diglo, Sharon & Ron Hendricks, Tony & Sharon Howard, Nancy Landrum, Betty Jo Large, Vernice Meade, Terry Mock, Oklahoma Pediatric Therapy Center, Robert Reynolds, Marion Thompson

BRONZE

Arthur Bay, Van Bielstein, Elaine Lains, Leon Nelson, Dr. Pam Matthews, Rebecca Plunkett, Sam’s Club-NW Expressway, 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!**