



## **February 2022 Volume 23, Issue 2**

### **February Meeting - In Person and Zoom!**

**Date:** Thursday, February 17

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

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

**By Zoom:** The Link to select and copy:

<https://zoom.us/j/99579563038?pwd=MDN3cTJLMUUwZXI5bFBqSitxSEVSUT09>

**Speaker:** Dr. Suzanne Kimball. Topics: tinnitus and sound sensitivities.

**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

### **Our February Speaker**

Editor's Note: Once again your fellow members, who have volunteered to be on the Board of our chapter, have scheduled a highly qualified and committed professional, who will give us the benefit of experience and research on a very relevant topic.

Dr. Suzanne Kimball is an associate professor of audiology and the undergraduate program director in the Department of Communication Sciences and Disorders at the University of Oklahoma Health Sciences Center in Oklahoma City. Dr. Kimball's research interests are in the area of tinnitus and sound sensitivity. Dr. Kimball currently has two areas of investigation: determining personality traits of patients with tinnitus, and sound sensitivity through the use of therapeutic and leisurely writing, and phenotyping misophonia symptoms.

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### **Continuing the Mission**

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 at the meetings
- Advocacy in the community to ensure equal access to information and entertainment
- Support, some of which is in the form of captioning for our meetings, and scholarships for young people with hearing loss

These are all part 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.*

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### *Quote for this Month*

We love life, not because we are used to living, but because we are used to loving.

*Friedrich Nietzsche*

Fun quote: A computer once beat me at chess, but it was no match for me at kick boxing.

*Emo Philips*

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### February Birthdays

Deborah Beaver

Gloria Ferguson

Michael Fusco

Happy Birthday!

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- Pati Burns has welcomed 3 new roommates. Her son, daughter-in-law, and grandbaby have moved in with her and Eddie. After quickly selling their home, they decided to move in for a few months until they find the perfect house. Needless to say, Pati says that Berklee Kay can stay as long as she wants!!
  - Sylvia Frank has just received the new N7 Cochlear Processor. She'll let us know more later after seeing the audiologist and adjusting to the new N7
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## Speaker at the January Meeting Gave Us Important Information

Charlotte Colbert, R.N., M.S., CPHQ, from Integris, gave us an interesting talk about all the aspects of the very scary event called stroke.

**First**, she defined what a stroke is and the two different types of stroke: A stroke is a sudden interruption of blood flow to the brain by a blocked or a burst blood vessel.

An ischemic stroke is a blockage in the blood vessels to the brain. (85% of strokes)

A hemorrhagic stroke is due to burst or leaking blood vessels in the brain. (< 15% of strokes)

**Second**, Charlotte emphasized the urgency of getting treatment as soon as possible. Every minute the brain is deprived of oxygen, neurons, synapses and myelinated fibers are lost.

**Third**, the key to getting prompt treatment is to recognize the symptoms of a stroke:

“BE FAST”

With the onset of any ONE of the following:

B - Balance (loss of balance or coordination, or inability to stand or walk)

E - Eyes (visual change in one or both eyes)

F - Face (one side of face droops when smiling)

A - Arm (one arm won't raise up or straighten or has weakness)

S - Speech (sudden slurred, garbled, or no speech)

T - Time to Act Fast! Call 911!

Why call 911?

The trained EMSA paramedics can start diagnosing and contact the emergency room personnel, so that treatment can start as soon as possible.

Paramedics know where the nearest stroke centers are located.

**Fourth**, Transient Ischemic Attacks are “warning strokes” that can happen before a major stroke. They could be called “a tragedy about to happen.”

TIA's are a non-permanent episode of neurological signs and symptoms, with no evidence of brain injury on CT scans, MRI's or other imaging.

Recent studies show the risk of a stroke is very high after a TIA: 10 to 15% higher risk within 90 days after a TIA.

A person who has had a TIA is 9.5 times more likely to have a stroke.

TIA's MUST be treated seriously. They need to be evaluated to prevent a major stroke.

**Fifth**, Charlotte talked about stroke prevention. Her list of recommendations contains advice most of us are already aware of, but it's good to have a reminder:

- Control your blood pressure - through life style, or medication if 140/90 or higher
- Control your blood sugar - working with your health care provider
- Control your cholesterol level
- Exercise
- Don't smoke!
- Eat a healthy diet - consider the Mediterranean diet
- Limit alcohol consumption - Men no more than 2 drinks per day, Women no more than 1 drink per day
- Healthy sleep



We would like to extend our thanks to Mr. John Sowdal at the UPS Store, 12101 N. MacArthur, Ste. A, in Oklahoma City for a \$40 discount on our copying costs.

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### **Good News!**

Reported in The Oklahoman newspaper January 12, 2022:

Renovations are continuing at Norman City Hall this month (January) as contractors have recently begun installing hearing loops in public meeting rooms.

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.



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



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### 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

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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 Vernice 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

Barbara Goodwin, [barbbgoodman@gmail.com](mailto:barbbgoodman@gmail.com), Secretary

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

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Bob Quatro, [quatorora@cox.net](mailto:quatorora@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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## 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.

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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.

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.

**!! 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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**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: \$15.00 per individual or \$20.00 per family.

Contributions are tax deductible. Amount of donation \$ \_\_\_\_\_

Membership is based on the calendar year: January through December.

**JOIN TODAY!**