



March 2022 Volume 23, Issue 3



March Meeting - In Person and Zoom!

Date: Thursday, March 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: Emily Sutton, Meteorologist with KFOR TV. Topic: Oklahoma weather

We work very hard to have interesting and knowledgeable speakers. Our meetings are also educational seminars. If you know of a person you would like to hear, or a subject that you would want to learn more about, please let me know (Ron Hendricks, program chair, ron-gmi@swbell.net).

In April, Dr. Annie Libeer, Vestibular Audiologist with Hearts for Hearing, will talk about balance issues. In May, we will host Dr. Krista Schroeder.

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!

Mar 17 – Emily Sutton, Meteorologist with Channel 4, Oklahoma Weather

Apr 21 – Dr. Annie Libeer, Vestibular Audiologist with Hearts for Hearing

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

Our March Speaker

Emily Sutton joined the 4Warn Storm Team in December 2009 as KFOR-TV's first female meteorologist. She started on air a few weeks before Oklahoma City's largest snowstorm, the "Christmas Eve Blizzard," and has been experiencing Oklahoma extremes ever since. In 2013 she promoted to weekday mornings. Sutton is a Certified Broadcast Meteorologist (CBM) by the American Meteorological Society and has been awarded the National Weather Association (NWA) Seal. She is the only meteorologist in Oklahoma with both seals.

Since distinguishing herself while storm chasing, live, during the historic May 2013 tornado outbreaks, Sutton continues to cover significant storms firsthand for KFOR-TV. Her storm chasing gained national recognition with video showcased on CNN, MSNBC and The Weather Channel.

In her spare time, Sutton loves to travel, dance, cook and race in triathlons for charity.

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.

Quote for this Month

Who, being loved, is poor? *Oscar Wilde*

Fun Quote: People who throw kisses are hopelessly lazy. *Bob Hope*

March Birthdays

Kent Billingsley

Kanece Ham

Roger Harms

Linda Koch

Franklin Muskrat

Richard Ross

Happy Birthday!



Sylvia Frank: I have the new N7 Cochlear Processor on now. It sounds totally different than the old N6. I hear more sound, but it's different!

Pati Burns: Pati moved her younger son, Owen, to Denver, Colorado. He has taken a new job with a trucking company as a driver manager. Hopefully they will transfer him back to Oklahoma in a few years. In the meantime, he is living with one of his mom's "old lady friends" until his apartment is ready in mid-March. My "old lady friend" is actually my age, and we have been friends since third grade.

We Had a Wonderful Speaker at the February Meeting

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. In addition to teaching and administrative duties, Dr. Kimball supervises graduate audiology students in their clinical practicum and sees patients through her private practice at OUHSC.

Dr. Kimball discussed tinnitus:

Tinnitus is the perception of invasive and unwanted sound that is not from outside sources, but is generated within the brain. There are different levels of tinnitus. For some people it is a minor annoyance, but for others it is loud enough to cause severe stress and anxiety. Dr. Kimball pointed out that these are the ones who become her patients.

Researchers have not yet pinned down the exact part of the brain that generates the sounds of tinnitus, but tinnitus is usually associated with hearing loss. Tinnitus can affect concentration and sleep. It especially affects going back to sleep once awakened. Dr. Kimball emphasized that there is no medication for tinnitus. Doctors who prescribe medication for tinnitus are actually prescribing medications to treat the anxiety and lack of sleep.

What have proven to be effective are good hearing aids and cochlear implants for those with hearing loss. These devices allow more ambient sounds to be processed in the brain, which help to drown out the tinnitus.

Also, there is what Dr. Kimball calls Tinnitus Retraining Therapy. This involves setting hearing aids or cochlear implants to produce a soft sound, at a level just under the sound of the tinnitus. This is a sound to interact with the tinnitus sound, not cover it, until the patient becomes habituated to the tinnitus sound.

Other steps have also helped people adapt to tinnitus. Counseling, then group cognitive behavioral therapy, in which the patient works with a therapist to change maladaptive thought patterns has helped many. The most effective program combines sound therapy with cognitive behavioral therapy.

Dr. Kimball briefly touched on hyperacusis, a severe sensitivity to any loud sounds, which may benefit from desensitization training.

Lastly, Dr. Kimball discussed misophonia, which is sensitivity to specific sounds. The onset usually occurs at the age of 13 or 14. The offending sound makes the person

angry and feel like he or she is being targeted. Often there is familial influence involved with this condition. In these cases counseling and re-training are recommended.

Editor's Note: This was a very interesting and relevant talk. Many of us took notes! I'm sure Dr. Kimball and her colleagues provide much needed help to many who suffer from tinnitus and the other conditions mentioned. Thank you, Dr. Kimball!



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



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

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, (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.



HLAA Local Website, Forum and Facebook page

Visit the website: 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 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 quarterly 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.

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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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!