



May 2022 Volume 23, Issue 5

May Meeting - In Person and Zoom!

Date: Thursday, May 19

Time: Meeting from 11:30am - 1pm

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

By Zoom: See next page for easy instructions

Speaker: Dr. Krista Schroeder. Dr. Schroeder is an Audiologist in Oklahoma City with special training and skill in diagnosing, treating, and preventing conditions and injuries that affect the sense of sound and balance.

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.

We're giving away a set of Resound hearing aids! Bring the green tickets we have been giving out at the meetings. There will be a drawing, and you must be present to win. Dr. Pam Matthews will give a fitting session and follow up sessions for a complete custom fit hearing aid.

Editor's Note: Our custom for many years has been to let the newsletter take a break for 2 months. So there will **not** be a newsletter for June or July. The next newsletter will be for August.

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).

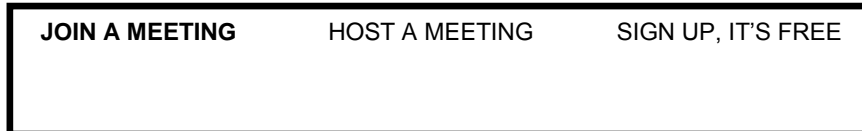
Feel free to share this invitation with your audiologist, as well as anyone you know.

The meeting will have live captions and friends who understand life with hearing loss.

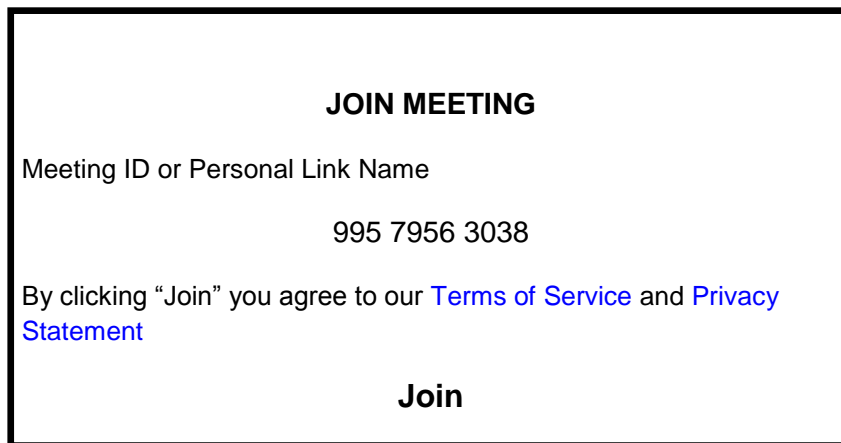
To Join HLAA Central Oklahoma Chapter Monthly Meetings via Zoom:

From your computer, tablet or phone: You don't have to have the app downloaded. You can simply follow these instructions:

1. Go to the internet and type in the web address: www.zoom.us
2. On the top of the page, you will have a choice to: Join a meeting, Host a meeting or Sign in. Choose JOIN A MEETING by clicking on the words.

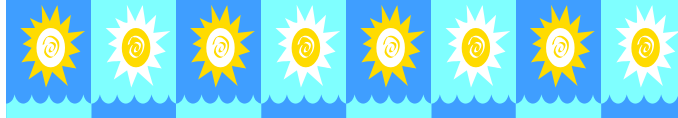


3. Now you will see a screen that asks you to enter the Meeting ID as seen here:



4. Enter the Meeting ID as follows: 995 7956 3038
5. Now you are streaming into the meeting!

Editor's Note: We have fellow board member, Shelley Gladden, to thank for these clear and easy instructions.



Summer Schedule

From our Chairperson, Sharon Hendricks

During the summer months, we take a break from our regular seminar meetings and plan on social activities instead. It's been two years since we've scheduled social activities, but now we have some fun things planned for this summer.

The location for all our activities will be the same as for our regular meetings: Will Rogers Gardens Exhibition Center, 3400 N.W. 36th St., Oklahoma City.

June 16 - 11:30 - 1:00 - We will have Line Dancing taught by Carissa Rone. I met Carissa at the State Fair last year when she came to Senior Day and taught us seniors beginners' Line Dancing. It was a lot of fun, and I think everyone will enjoy either joining in or watching. Pizza will be available.

July 21 - 11:30 - 1:00 - A favorite brought back by popular demand. It's BINGO! Come ready to join in all the fun! Pizza will be available.

August 7 - SUNDAY 2:00 - 4:00 - Our annual Ice Cream Social. In addition to enjoying a favorite dessert, we will award our Scholarship Certificates to our recipients this year. Plan to bring family and friends.

Please plan on attending our social events this summer, as it is an opportunity to get to know your fellow HLAA members.

Quote for this Month

A nickel ain't worth a dime anymore.

Yogi Berra

May Birthdays

Judy Dutton

Dr. Pam Matthews

Sarea Rector-Rosa

Ralph Wilsack

Happy Birthday!

The Spiral of the Hearing Journey

March 15, 2022 by Gael Hannan

It's some journey, this life with hearing loss. And for most of us, it's a journey with a vanishing horizon. An open-ended spiral.

To be clear, my hearing is not taking a downward spiral – that ship sailed some time ago. Unaided and unamplified, my natural hearing levels are low on the 'usable' scale.

No, I'm talking about another type of spiral. A family member gave me a garden ornament with the spiral design that has been a cultural icon since people were chalking dinner recipes on the walls of their caves.



In Maori culture, the spiral is a koru, an unfurling silver fern, that symbolizes new life, peace, perpetual movement and probably a few other things. In Celtic culture, the Triskele (Triple Spiral, pictured below) is the oldest symbol of spirituality. Galaxies are in spirals of energy. Energy moves in spirals. It's a sacred geometric shape.

It's a tattoo on my arm.



I got it for several reasons. About to have a cochlear implant, I wanted a tattoo to signify an important transition in my life: my hearing system was moving from natural hair cells, which weren't working very well or had given up the ghost completely, to an electronic array. I was inspired by a similar tattoo that a Facebook friend had etched on her body. Besides, my son asked, hey mum, want to get a tattoo with me? He knows I'm a sucker for family adventures. He got a full-color swallow, which was 10 times the size of my little cochlea.



Why is this symbol important to me? The spiral represents a never-ending journey, going forward. Some people with hearing loss feel like they're going around in circles as they try to cope. But when we take charge of our hearing loss we learn that, at times, we can turn around and go the other direction, to reassess and think things through for a little while. Then, we turn around and get back on the track. My garden ornament makes me happy because it's green and it patches up a bare spot in the trees. It also reminds me of my hearing journey and my struggles to break through communication barricades that keep popping up – and which I keep knocking down. I'm grateful for the ability to hear better and, more importantly, to communicate better.

When we have hearing loss, most of us get to keep it forever. Rather than fighting it, why not make the journey smoother by embracing tools to make our interactions with people and the universe more beautiful?

Helpful links: (repeated from the last issue):

Tom Burke, one of our members, and a member of the Oklahoma City Mayor's Council for Disability Concerns, shared some valuable information regarding receiving notification of an emergency. One can get alert messages from the city in ASL, voice and text.

The link to register is below. The link is to **Oklahoma City's Accessible Hazard Alert System (AHAS)** provided by DeafLinks. The link is to a website where you can then sign up for this free service for OKC residents.

<http://okc.ahasalerts.com>

For everyone, not just Oklahoma City residents, there's a website that lets us know that most cell phones are capable of receiving national and local alerts. It does not recommend specific devices or equipment.

CTIA is a 501(c)(6) nonprofit membership organization, and represents wireless carriers and suppliers, and manufacturers and providers of wireless products and services.

Go to their website: Wireless Emergency Alerts (WEA) **[https:// www.ctia.org](https://www.ctia.org)**. From

there, select Consumer Resources, then select Wireless Emergency Alerts.

WEA are alert messages sent to your mobile phone during an emergency. No sign-up is required. The Wireless Emergency Alerts (WEA) program is voluntarily supported by wireless operators to help make Americans safer. Alerts and warnings from local public safety officials are delivered directly to your WEA-capable mobile device when there is a dangerous situation in your area. Confirm that you have not opted out of receiving important Wireless Emergency Alerts (WEAs) on your device.

More good advice from the CTIA website:

Download emergency apps including FEMA, AccuWeather, and Red Cross Emergency to help keep you updated as the situation unfolds. Make sure you can access travel and transportation apps in case you need to evacuate. If you don't have a flashlight app built into your mobile phone, download one.

Save phone numbers and email addresses for police, fire, hospital, school, vet, and other emergency resources in your phone. If you are a parent, find out how your children's school or school district will notify you during a weather or other emergency.

During an emergency or disaster:

Use voice calls only for important communication and keep them short. Instead *use text messaging*, email or social media to let your loved ones know your status. Keep messages short and simple.

Conserve your cellphone's battery life during an emergency: Whenever possible, turn on your phone's power-saving mode. Reduce your screen's brightness, and adjust your settings to ensure your phone's screen goes into sleep mode faster. Close unused apps and turn off push notifications so nothing is running in the background. Turn off Bluetooth, Wi-Fi and location-based services when you don't need them.

For more information, visit prepared.ctia.org and ready.gov

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.

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 vmadee1@cox.net, (405) 537-4907.** We welcome you to join us!

HLA Board Members

Pati Burns, pati.burns@heartsforhearing.org, Member At Large

Ana Covey, okhearingloss@gmail.com, Past Chairperson

Shelley Gladden, shelley.gladden@okstate.edu, Vice Chair

Barbara Goodman, barbbgoodman@gmail.com, Secretary

Ron Hendricks, ron-gmi@swbell.net, Treasurer

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Nancy Landrum, nanlan@cox.net, Member At Large

Rebecca Plunkett, rebecca.lederman@gmail.com, Website

Bob Quatro, 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.



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.

!! 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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BRONZE

Arthur Bay, Van Bielstein, Dr. Pam Matthews, Freddy’s Steak Burgers, Leon Nelson, Rebecca Plunkett, Ben & Sandy Ratzliff, 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: \$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!