



November 2022 Volume 23, Issue 9



November Meeting - In Person and Zoom!

Date: Thursday, November 17

Time: Meeting from 11:30am - 1pm

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

Speaker: Dr. Kopke, Hough Ear Institute

Topic: Current research

By Zoom: See next page for easy instructions

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 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.

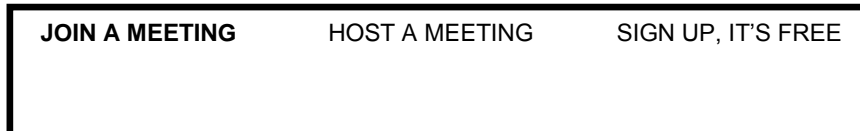
The meeting will have live captions and friends who understand life with hearing loss.



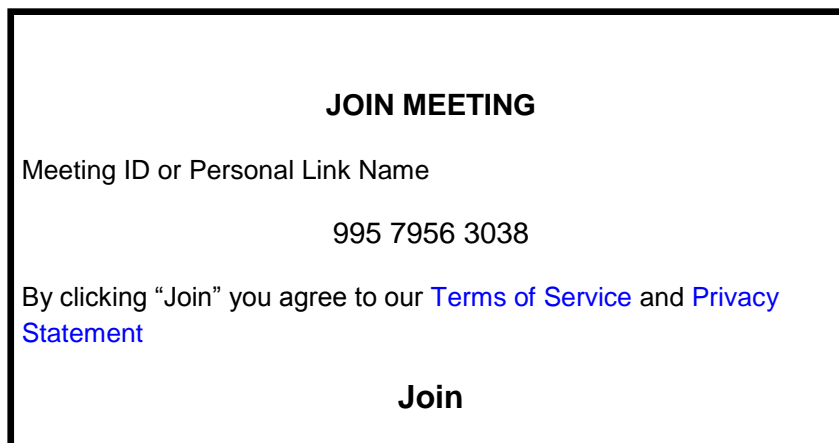
Join HLAA Central Oklahoma Chapter Monthly Meetings via Zoom:

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. Enter the password: **HLAA** (UPPER case)
6. 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.

Apology

We apologize for the difficulties with the captions at the October meeting, and the frustrating experience that some folks had while attempting to attend the meeting via Zoom.

We're working on resolving these issues. Don't give up on us!

Scheduled Speakers for the HLAA Central Oklahoma Chapter 2022 Meetings Below is a list of speakers at our meetings at Will Rogers Gardens Exhibition Center, 3400 N.W. 36th St., Oklahoma City, 11:30am - 1pm

**All are welcome at our board meetings also. The board meetings are held at
Hearts for Hearing at 5pm.**

November 17, 2022: Dr. Kopke, Hough Ear Institute, current research

December 15, 2022: Christmas Party: Fun and Cookies! (See the next page for Cookie Exchange details). Be sure to check the December newsletter to see the fun game we're planning. We are asking everyone to bring a gift card of no more than ten dollars from any store you choose – Target, Walmart, Walgreens, Kohls, any grocery store, Starbucks, **any store!** You choose.

January 19, 2023: Ashleigh Robinson, Miss Oklahoma 2021

February 16, 2023: Audiologists from Audio Recovery, Hearing in noise

March 16, 2023: Lt. Brian Taylor & Juila Reynolds, Emergency Preparedness

April 20, 2023: Josh Phelps, Auctioneer, musician

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.



Planning for Christmas

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. 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.

Quote for this Month

An optimist is a person who starts a new diet on Thanksgiving Day.

Irv Kupcinet

November Birthdays

Diane Capps

Sylvia Frank

Vernice Meade

Happy Birthday!

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 hope 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 want to increase our footprint in the greater Oklahoma City area.

Have you made a will? I don't like to think about making a will for myself, but then I realize that a will is not for me, it's for my family. I don't want to leave an expensive mess for my family to have to deal with.

If you haven't made a will, or you if need to update your will, now is always a good time to protect your loved ones and control the direction of your estate - not the government. Things can change quickly.

Now is the time to consider your own life changes and how you can plan, or update your plan, to accommodate any changes in your, or your family's situation.

Thanks to the support of our members and friends, our chapter, over this past year, has been able to continue to offer support to many people living with hearing loss. As we move forward, we need your support more than ever. Please consider including the Hearing Loss Association of America - Central Oklahoma Chapter in your plans. Thank you!

Grapevine News

Ron and Sharon Hendricks recently took a trip to California. We took a city tour of San Francisco, had a harbor cruise, and also visited Muir Woods, home of the Redwood forest. Imagine a tree 6 to 8 football fields tall!! It was magnificent! We visited old town Sacramento, where the Pony Express began and ended. Then on to South Lake Tahoe via train - quite an experience. Lake Tahoe was beautiful. It was formed over 2 million years ago. We took a stern wheel paddleboat tour on the lake. I've never seen lake water that blue. Great trip.

Our Chapter announces Scholarship Recipients

We introduced our Scholarship Recipients for 2022 at our annual Ice Cream Social, which was held on August 7, 2022. Our recipients this year are Charles Brady IV from Ardmore, OK; Josie Burns from Bennington, OK; and Boyd Robertson from Bethany, OK. We want you to "get to know" our recipients, so we will feature one recipient's bio each month.

We have sponsored the Scholarship program for the past seven years and have helped 17 hearing impaired students in pursuing their goals for the future. We have invested

\$17,500 in scholarships. If you agree with us that this is a worthwhile program, please donate to keep reaching out into the community by helping these students get a start.

Any amount is appreciated.

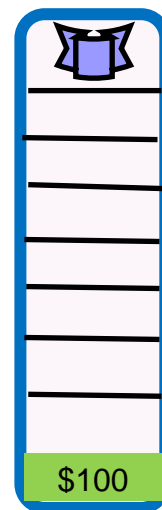


Miss Josie Burns is a recipient of the 2022 Hearing Loss Association of America Central Oklahoma Chapter's (HLAA COC) \$1,500 scholarship. HLAA COC has given scholarships of over \$17,000 in the past seven years. She is the daughter of Bob & Jill Burns, Bennington, OK. Josie passed the newborn screening process but by her first birthday her parents knew something was wrong, she could not hear. At 14 months of age, Josie received a Cochlear implant and her hearing life began. So did "normal" life. Josie points out that just because a person has hearing loss doesn't mean that they should be treated differently than other students. In fact, Josie has been on the principal's honor roll numerous times through elementary, junior

& high school and she will graduate from Caddo High School with a 3.5 grade point average. Sports has been a big part of Josie's life, she entered her first rodeo event at age 8. Track, basketball, softball and rodeo helped her learn discipline and a work ethic. Her love of horses directed Josie to a planned career in Equine Assistant Therapy, a place where she can serve people with their mental and physical needs thru equine assistance by pursuing a degree in Psychology.

Let's see how much we can raise for the 2023 scholarship fund! We want to continue to assist hearing impaired students in reaching their goals.

Mail your support donation to:
Hearing Loss Association of Central Oklahoma, Chapter Treasurer
Box 42801,
Oklahoma City, OK 73123.





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 2023.

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 3, 2023 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 2023.

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, etc.
- > 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 and photo
- > Completed application must be postmarked by April 3, 2023
- > 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

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.

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

The Oklahoman, Tuesday, October 11, 2022

'Our struggles don't discount us.' What people with hearing aids wish you knew.

Sara M Moniuszko, USA TODAY

Nearly 30 million adults have trouble hearing, but only about 1 in 5 people with hearing loss use a hearing aid.

But starting mid-October, hearing aids will become available over-the-counter, the Food and Drug Administration announced this year.

'It puts hearing help in the mainstream,' says Barbara Kelley, executive director of the Hearing Loss Association of America and the spouse of someone with hearing loss. 'When people find out they have a hearing loss, it often progresses, and they wait five to seven years before they get hearing aids. So this could possibly be motivation for people to take a step sooner rather than later.'

Delayed help for hearing loss can affect someone both physically and emotionally. In addition to loneliness, anxiety and depression, untreated hearing loss is also linked with falls and dementia, Kelley says.

Ariel Reign, a 24-year-old singer-songwriter based in Memphis, has been wearing hearing aids since she was 5 and thinks the over-the-counter option will also help increase visibility and reduce stigma.

'I grew up in an era where everyone that I met was ashamed of having hearing aids,' she says, adding she hopes this shift in accessibility boosts others' self-esteem.

As experts expect an uptick in people wearing hearing aids following the FDA's decision, here's what else people in this community want others to know:

What is it like to wear hearing aids? The good and the bad.

It's different for everyone, but for Reign, it's just as normal as putting on glasses in the morning. 'My hearing aids are my ears,' she says. 'I just have to put my ears on even though you wake up with yours.'

Though Reign didn't have any shame in her hearing aids as a child, that didn't stop her from being bullied when she entered fourth grade, recalling her classmates calling her names like 'alien' when her hearing aids would ring.

Hearing aid misconceptions

Without normalization and understanding, myths about hearing aids and the people who wear them often go unchecked, including:

You have to be old to wear hearing aids: Kelley says hearing aids have long been associated with aging, which has no real basis because 'we know the younger people have hearing loss as well.' 'People from ages zero to 100 are wearing them,' Dorn adds, not just the elderly. She says this stereotype is painful and adds to stigma.

Hearing aids fix everything: While they do amplify and assist, Dorn adds they're 'not perfect' and don't 'fix' hearing loss.

'When people see someone wearing a hearing aid, they just assume the hearing is corrected. They can hear me, everything is like normal, but that's not really true,' Kelley explains. 'Hearing aids are great assistive technology, but there's communication strategies (that can further help).'

Getting hearing aids is easy: Without proper education or resources, finding the perfect pair can be a challenge, so much so that it can deter people from wearing their devices.

Dorn's first attempt at hearing aids was in college when she visited her first audiologist. 'They just gave me some hearing aids to try and they were very expensive and painful, too,' she says. 'I didn't know that they weren't supposed to hurt so I didn't wear them.' While she recognizes the positives in accessibility and visibility with the coming over-the-counter options, she hopes there is adequate support and resources for those who are just starting their journey with hearing devices to prevent negative experiences.

How can you support someone who uses hearing aids?

Ask questions. The best thing to do? Ask someone how to best support them.

'Hearing loss and hearing is a sensitive topic for some people, so that's why I say treat it on a case-by-case basis,' Reign says.

Dorn adds it's not offensive (and can be helpful) to ask things like:

Is there anything you need from me?

Do you need me to sit closer to you so you can hear me better?

Do you want to go to another room that's less noisy?

Speak up, but not too much: 'If someone says, 'Hey, can you speak up for me?' That doesn't mean yell at them. That's so annoying,' Reign explains.



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
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Elaine Lains, elains@cox.net, Newsletter Editor
Nancy Landrum, nanlan@cox.net, Member At Large
Rebecca Plunkett, rebecca.lederman@gmail.com, Website

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 quarterly 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!