



December 2022 Volume 23, Issue 10

December Meeting - In Person

Date: Thursday, December 15

Time: Meeting from 11:30am - 1pm

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

Since this meeting will be a Christmas celebration rather than an educational talk, we will not have Zoom available.

Christmas Party: We'll have a Cookie Exchange and a Santa game where we will exchange \$10 gift cards. Instead of *gifts*, we ask that everyone bring a **wrapped ten dollar gift card**.

The gift card can be from any retail store or eatery - from Academy Sports to Target, from Braums to Zio's, from Home Depot to Walgreens, and anything in between.

See the next page for the Cookie Exchange details.

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.

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 captions and friends who understand life with hearing loss.



Cookie Exchange

We are having 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 the little bags of cookies 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.



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.

December 15, 2022: Christmas Party: Fun and Cookies! (See the previous page for Cookie Exchange details). Be sure to check above to see the fun 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

May 18, 2023: Juliette Sterkens, HLAA Hearing Loop Technology

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.

Quotes for December

Maybe Christmas, the Grinch thought, doesn't come from a store.

Dr. Seuss

I will honor Christmas in my heart, and try to keep it all the year.

Charles Dickens

Humorous: What I don't like about office Christmas parties is looking for a job the next day. *Phyllis Diller*



December Birthdays

Pearl Howell

Barbara Loruse

Brent Wending

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!

Sad Grapevine News



All our sympathy and love to Vernice Meade and her family.

Her son, Mark Fair, passed away in November.

Vernice, all of us will keep you and yours in our thoughts and prayers.

Our Chapter Continues the Scholarship Program

We introduced our Scholarship Recipients for 2022 at our annual Ice Cream Social, which was held on August 7, 2022.

We hope to announce three more scholarship recipients at the 2023 Ice Cream Social!

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.

Mail your support donation to:

Hearing Loss Association of Central Oklahoma, Chapter Treasurer
Box 42801,
Oklahoma City, OK 73123.



8 Things You Should Do If You Have Tinnitus

Ben Thompson, AuD November 19, 2022

It's possible to reach a point where your brain habituates to tinnitus and effectively filters it out, allowing you to focus on the things you want to do. In the same way that people who live by airports or highways learn to habituate and tune out certain parts of their environment, the brain is capable of habituating to tinnitus and avoiding a reactive emotional response.

It is possible to be successful with tinnitus, and to do well across all areas of life. If you think you have tinnitus, there are many things you should do to begin the habituation process.

1. Consult a Licensed Audiologist

If you believe you are suffering from tinnitus, it's important to visit an audiology clinic for an in-person consultation. Consulting an audiologist and receiving a hearing test (also known as an audiogram) will help determine if you are suffering from hearing loss-tinnitus and the treatment options that are available to you.

2. Consider Trying Hearing Aids or Tinnitus Sound Therapy

Hearing aids can benefit those tinnitus patients who have documented hearing loss. With the help of a tinnitus-specialized audiologist, consider the online service by Treble Health for the best hearing aids for tinnitus. These hearing devices can be programmed to promote

habituation and retrain the brain so that it no longer focuses on the tinnitus sound.

3. Use Sound Therapy

Sound therapy is a crucial tool for achieving tinnitus habituation, and can help to vastly improve quality of life. Many individuals ultimately find that after a robust sound therapy protocol, tinnitus volume will decrease. When discussing sound therapy, it's important to consider both the technology (the device, instrument, or speaker creating the sound) as well as the actual sound output (white noise, pink noise, water sounds, etc.).

4. Limit Daily Stressors

Any stimulus or activity that activates the stress response or prompts anxiety in the body can make tinnitus worse. Since the brain is designed to focus on threatening stimuli, whenever it's presented with outside stressors it will feel compelled to categorize tinnitus as a negative stimulus and maintain its intensity.

5. Limit Loud Noise Exposure

Loud noise exposure can cause temporary threshold shifts in hearing, which can then result in increases in tinnitus volume.

6. Improve Sleep Quality

Tinnitus habituation requires a foundation of healthy sleeping patterns. If your sleeping patterns are out of balance it will be very hard to make any progress with your tinnitus. If you're waking up in the middle of the night and struggling to fall asleep, you might want to walk to another room, sitting down in a chair, and observing your breathing until you start to get tired again.

7. Practice Cognitive Behavioral Therapy

Cognitive behavioral therapy (CBT) refers to a set of targeted practices that allow the brain to rewire and restructure itself. There is a large body of psychological research supporting the efficacy of these practices, as they allow individuals to eliminate certain negative thought patterns and emotional associations and thereby habituate to tinnitus.

8. Experiment with Mindfulness

Mindfulness is a type of meditation that involves observing one's thoughts—both positive and negative—with equanimity. This is crucial for tinnitus patients because it works to reduce the emotional response and therefore diminish the strength of one's tinnitus.

Finally if a possible technique or treatment is not evidence-based or audiologist-approved, that should be a red flag to tread carefully.





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.

HLA Board Members

Pati Burns, pati.burns@heartsforhearing.org, Member At Large
Ana Covey, okhearingloss@gmail.com, Past Chairperson
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Elaine Lains, elains@cox.net, Newsletter Editor
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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 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!