



January 2023 Volume 24, Issue 1

January Meeting - In Person and Zoom

Date: Thursday, January 19

Time: Meeting from 11:30am - 1pm

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

Speaker: Ashleigh Robinson, Miss Oklahoma 2021

Zoom: For Zoom instructions see the next page – page 2

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 speak at a meeting, 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.

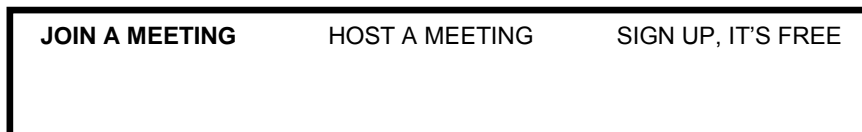
The meeting will have captions and friends who understand life with hearing loss.



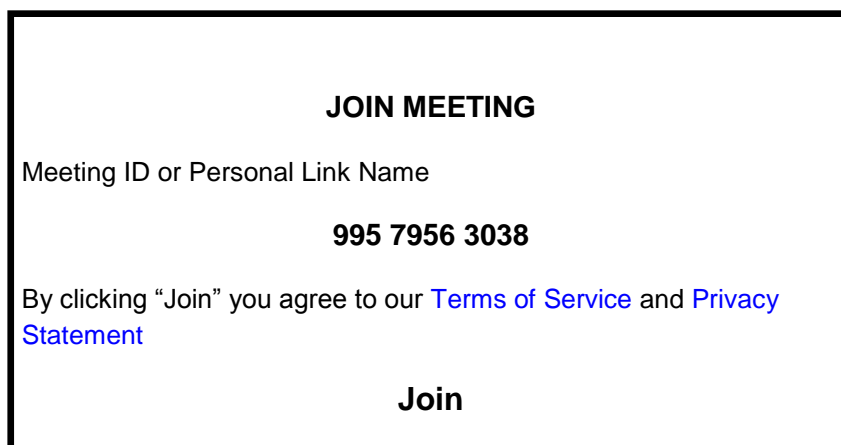
Join HLAA Central Oklahoma Chapter Monthly Meetings via Zoom:

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.

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.

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
Board meeting 3/23

April 20, 2023: Josh Phelps, Auctioneer, musician
Board meeting 4/27

May 18, 2023: Juliette Sterkens, HLAA Hearing Loop Technology
Board meeting 5/25

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 January

You may delay, but time will not. *Benjamin Franklin*

In the depth of winter I finally learned that there was in me an invincible summer.
Albert Camus

Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to.

Bill Vaughan

The December Christmas Party Was Fun and Filling!



In the Santa Game we exchanged gift cards. Gift cards from a variety of stores and restaurants were passed back and forth until the end of the game. If someone “stole” your gift card, it was okay, because you received another gift card of equal value. The amount on the gift cards was limited to \$10.



We all brought little bags of cookies, and then we were able to choose a little bag from each of the other trays.



I ate enough cookies to gain a few pounds, but who cares. The holidays are for fun, sharing and caring. Caring not about calories, but caring for each other.



Speaker for January 2023

Ashleigh Robinson, Miss Oklahoma 2021, is a 7th Grade English Language Arts teacher at F.D. Moon Middle School in Oklahoma City Public Schools.

She was named OKCPS District Rookie Teacher of the Month in March '21.

Her Social Impact Initiative and life passions are on a platform of Inclusion. Her youngest sister, Danielle, has Down Syndrome. Danielle is a vibrant young woman with dreams and capabilities of her own.

Ashleigh advocates for a culture shift in our communities to include those with intellectual and developmental disabilities in opportunities for education, employment, and social engagement. She hopes to create better communities through advocating for inclusion in every corner of Oklahoma.

Ashleigh attended Oklahoma City University where she studied at the Bass School of Music. She was employed in the Diversity and Inclusion Office as a student ambassador, and was awarded the university award for Outstanding Student for her commitment to including others.

Ashleigh is the daughter of Craig and Jennifer Robinson, and the sister of Anthony, Courtney, and Danielle Robinson.



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.

adherndon@okcu.edu

Oklahoma City University recently published an article about wills, and charitable IRA rollovers.

The article outlines some common estate planning errors. Some of these errors are described below.

1. You Don't Have a Plan. Many people don't realize they need a plan. As a result, they fail to make a will/trust or create a plan during their lifetime. Not having a plan means the distribution of your assets will be dictated by your state's law. State "intestacy laws" typically leave a percentage of your estate to your family, but you have no say in how your property is divided or who gets what. Make sure you create a plan so your intentions are carried out.

2. Using Online "Do It Yourself" Legal Help. Because the internet makes it seem easy to prepare a will or trust online, some people do not feel the need to consult an attorney in their planning. However, these "do it yourself" plans often fail to consider variations in state law and unique personal circumstances. Worse yet, many of these plans would not hold up legally if there was a change in federal tax law. For these reasons, it is important to use an experienced estate planning attorney when creating your plan.

3. Failure to Properly Designate and Update Beneficiaries. Have you designated beneficiaries for all of your assets? If so, have you reviewed your designations recently? Most investment accounts allow for the designation of a beneficiary (IRAs, 401(k)s and company plans). Because all of these beneficiary designations control who receives your assets, it is important to periodically review your designations.

4. Failure to Maximize Annual Gifts. Distributing your property during your life is perhaps the oldest and best way to minimize future estate taxes. Many people do not realize the prudence of making annual exclusion gifts each year to family members. Over the long run, you can transfer significant sums of money out of your estate and reduce your taxes. There are also strategies such as charitable lead trusts that can help you leverage your exemptions and allow you to give even more. Making gifts during your lifetime also allows you to personally witness the impact of your generosity.

5. Failure to Take Advantage of the Gift Exemption. Above and beyond the annual exclusion gift limit, you are permitted to make gifts during your life up to the federal gift exemption amount without owing any gift tax. Making lifetime gifts is a simple and effective way to minimize estate tax. Be sure to work with your advisor(s) to ensure you can take advantage of the most effective strategies considering your personal circumstances.

Editor's Note: The above advice from Oklahoma City University reminds all of us to make sure we are taking care of our loved ones and our legacy.

Thanks to the support of members and friends like you, 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!

Our Chapter Continues the Scholarship Program

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.

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.

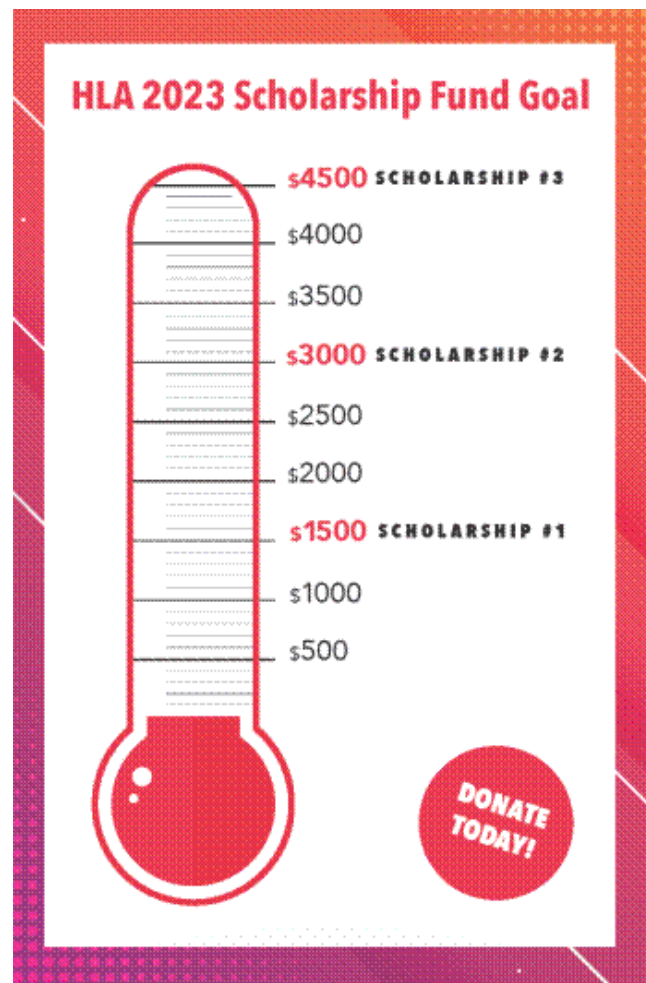
Any amount is appreciated.

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 Bad Communication Hangover

December 7, 2022, Gael Hannan

If you've ever participated in an event that went from fun to unpleasant, how you feel the next day is often not good.

Hangovers are the lingering effects of any negative situation. For people with hearing loss, this can be a Bad Group Communication Event (BGCE). Any situation involving marathon group conversations such as family celebrations, parties, women's getaways, and business meetings that are meaningful and important, can easily sideline you because of accessibility issues.

You can't keep up with the conversation and your pleading reminders for accommodation seem to get lost in the organic flow of communication. A pleasurable event becomes painful. When these events are over, a stress reaction sets in. For some of us, the hearing loss hangover means that we're just grumpy for a little while and annoyed with ourselves as well as others.

But for some, the stress is more acute.

A hearing loss friend, in distress after a weekend away with a group of her closest friends, wrote me about it:

"It doesn't happen often but when it does, it wipes me out. The trigger is always the same: difficult, effortful listening with a constellation of people that I care about, sustained over a long period of time. It's the work of listening, of balancing "not repeatedly interrupting the group conversation" with the need to interrupt. The yearning to be part of the conversation and not achieving it. The sadness that follows. Then there's the balancing of trying to understand why it's so hard for them to do what I've asked them to do—and anger that they can't or won't do it. That's followed by discouragement and frustration that my efforts have not been effective.

That triggered my typical stress reaction—a bone deep physical exhaustion that lasts for days and a complete exhaustion of cognitive and emotional problem-solving resources. When the stress wears off a bit, I pledge myself to planning more carefully for the next event. It's important to prevent the accumulation of stress rather than reacting to it and having to do damage control."

So how do we cope with the aftermath of a Bad Group Hearing Event?

Katherine Bouton, author of [Shouting Won't Help](#) says, "I read and take a lot more naps than I used to. Maybe it's because I'm older, but it's mostly due to exhaustion from the daily hearing effort."

One thing is clear. With all the knowledge in the world, all the best-laid plans for

managing the listening event, even seasoned advocates with hearing loss cannot completely avoid the stress!

Let's take comfort in knowing we're not alone in our stress reactions, whether they are mild or more serious. We are not the only frustrated people with hearing loss—there are millions of us! And there's nothing wrong with feeling this way, because the hurt and frustration of being disconnected from other people is real.

There are strategies for dealing with a hearing loss hangover. Breathe. Indulge in quietness. Exercise. Have a nap. But it starts with forgiving yourself and others for not being perfect communicators yesterday or today. But tomorrow, we can be better.



January Birthdays

Pearl Howell
Barbara Loruse
Brent Wending

Happy Birthday!

Check It Out

NALscribe: A live captions app that provides speech-to-text hearing help for *iPhones* and *iPads*, from National Acoustic Laboratories.

The NALscribe app continuously converts speech to text with no time limit. And the app is **free**.

Provides privacy with auto clear screen, or save, edit and share transcriptions.

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

Sharon Hendricks, sharonok@swbell.net, Chairperson

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.

PLATINUM

Assist2Hear, Cochlear Americas, DeeAnn Dolan, David and Robin Croninger, Hearts for Hearing, Dennis & Joan Kelley, Perry & Mary Mast, Pro Hearing, OG&E Energy Corp,

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BRONZE

Van Bielstein, Freddy's Forzen Custard, Shelley Gladden, Leon Nelson, Sam's Club-NW Expressway, Peggy Scarbrough, Crystal Schwab, 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!