



April 2023 Volume 24, Issue 4



April Meeting - In Person and Zoom

Date: Thursday, April 20

Time: Meeting from 11:30am - 1pm

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

Speaker: Dr. Josh Phelps, Auctioneer, musician, has traveled the world professionally, performing in some of the best known operas.

He obtained his Doctorate in Choral Directing from the University of Oklahoma. He is a nationally recognized auctioneer with many titles to his name. Josh is a tractor guy and a horse man and is married to Dr. Lacey Phelps. Somehow he finds time to work in the real estate field. Josh is a man who knows the importance of hearing and what is lost when it goes away.

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).

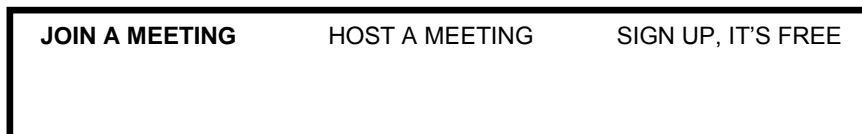
Feel free to share this invitation with your audiologist, as well as anyone you know. The meeting will have captions and friends who understand life with hearing loss.



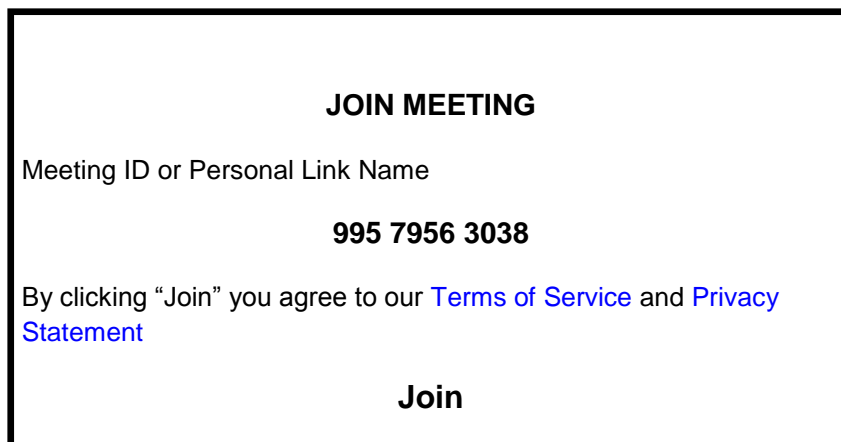
Join HLAA Central Oklahoma Chapter Monthly Meetings via Zoom:

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.

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

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

June 15: *Bingo!* Come join the fun at Will Rogers Gardens Exhibition Center, 3400 N.W. 36th St., Oklahoma City, 11:30am - 1pm

July 20: The **Rodeo Cinema** will have a special showing of the movie “**CODA**”. Please join us for this award winning movie at 11:30am. [Address:](#) 2221 Exchange Ave, Oklahoma City, OK 73108. HLAA members will get discounted tickets. After the movie, people can decide if they want to go to Cattleman’s or McClintoch’s for lunch or just pie and coffee.

No newsletter for June and July. Every year the newsletter takes time off during June and July, but please put on your calendar the fun activities scheduled for June and July.

The **August** issue will give the details of our yearly and very popular Ice Cream Social.

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 April

At my age flowers scare me.
George Burns

When your work speaks for itself, don't interrupt.
Henry J. Kaiser



Grapevine News

Ron and Sharon Hendricks have traveled to two very different places in recent months.

They traveled to Arkansas to celebrate a son's birthday, play with their grandson, and to go with their daughter to meet their soon-to-arrive grandson!

Ron and Sharon also had the opportunity to visit Israel. They had a two-week tour of the Holy Land. They sailed on the Sea of Galilee, climbed up mountains and went down into caves. They spent 5 days in Jerusalem and visited the Western Wall. They saw many interesting religious and archaeological sites, and had an "awesome trip!"

Cochlear Implant Ergonomic Study Opportunity

Oscar Schrag is an Industrial Design Master's Student at the Parsons School for Design. His work in the program is focused on health and medical design. He is currently conducting research for his thesis on the ergonomics of cochlear implants.

About the project:

The project was brought to Parsons by the parents of a 7-year-old child, who uses cochlear implants. This child leads an active lifestyle. He and other children with hearing loss play soccer, run on the playground, and are joyful and energetic.

They have issues with the outside transmitter of their Cochlear Implant falling off or disconnecting while playing. This project aims to propose solutions for keeping their Cochlear Implants connected while participating in active extracurricular activities such as team sports.

The project will explore a redesign, modification, or adaptation for their implants.

The project will explore a secondary user group: adult athletes with cochlear implants.

This is why Oscar is reaching out to our HLAA chapter.

He is hoping to interview 10-20 adults aged 18-75 with cochlear implants who do any form of exercise. He is hoping that some HLAA members might be interested.

Oscar Schrag's email address: schro506@newschool.edu

Below is the link to the [intake form](#) for the study.

https://newschool.qualtrics.com/jfe/form/SV_298dUFSrQ2pYZIY

Our Chapter Continues the Scholarship Program

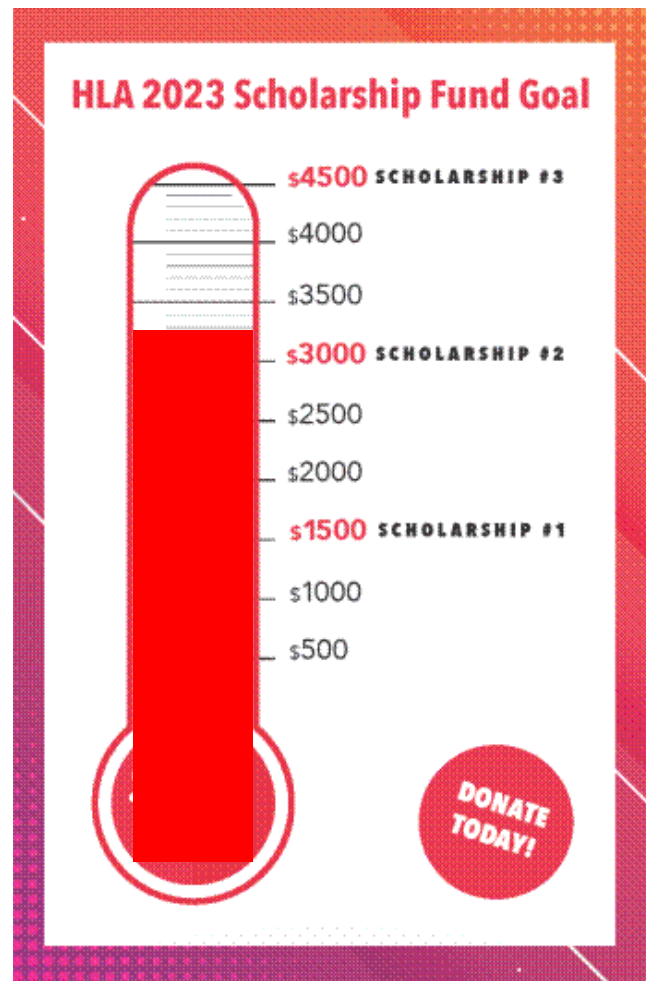
We hope to announce three more scholarship recipients at the 2023 Ice Cream Social! We have sponsored the Scholarship program for the past seven years and have helped 17 hearing impaired students in pursuing their goals for the future. We have invested \$17,500 in scholarships.

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.

Wow! HLA members and friends have given a generous push towards our goal.

**Let's see if how much *more* 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.



OKLAHOMA HEARING LOSS ASSOCIATION MEMBER RECEIVES RECOGNITION

Patricia Fennell, an active member of our local HLA has been nominated and selected for the Oklahoma Women Hall of Fame. Her induction will take place at a ceremony and dinner held at the OMNI Hotel on Friday, April 28th. Pat will be the first Latina to be inducted in the Hall of Fame since its creation by Governor George Nigh in 1982.

Pat is being recognized for her lifetime social work achievements. Initially, she worked with children with end stage renal disease where she developed innovative treatment modalities such as the creation of the first- in-the-nation camping experience for the children and served as a pediatric instructor at the OU Health Science Center. Later, she became an advocate working on behalf of the Latino community. Among her achievements, she started a non-profit agency in 1991 with an initial United Way annual allocation of \$42,000. When she retired in 2011, the agency had a yearly budget of over 3 million dollars, implemented 23 programs with a staff of over 70 employees.

She was an advocate who provided a voice for the Latino community locally and nationally. She served in numerous local and national Boards and Commissions such as serving on the board of the OKC Federal Reserve Bank for six years and as Chair of the Board for three and a half of those years. She served in the Board of Unidos USA, the largest Latino organization headquartered in Washington DC. She also served as one of five Trustees of the National Association of Social Workers supervising the organization's 63 million dollars insurance trust.

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In 1991, she received a letter of commendation from President George Bush Sr. Her agency was recognized as one of 50 teaching examples at the US Presidents' Summit for American Youth held in Pennsylvania in 1997. She was selected by the Kellogg Foundation as a Delegate to the Women's Conference in Beijing, China in 1995. Her list of honors and recognitions is extensive.

Congratulations, Pat! We are glad you are part of our wonderful community.

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 people with hearing loss.

Thanks to the support from you, 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!

April Birthdays

Linda Bryant

Shelley Gladden

Tony Howard

Barbara Loruse

Dr. Marcia Moore

Happy Birthday!

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

Judy Hughey, jahughey55@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

Vitamin D Deficiency: Can it Cause Vertigo and Hearing Loss?

Vitamin D is an essential nutrient, necessary for building and maintaining healthy bone structure by promoting calcium absorption in the body. Despite its importance, vitamin D is not found naturally in many foods. Also, with populations spending less time outdoors, vitamin D obtained naturally from sunlight is likely declining. As such, vitamin D deficiency is widespread.

Deficiency or insufficiency can lead to bone pain/loss, fatigue, mood changes and muscle cramps.

Vitamin D and the Ear

The human inner ear structures allow for hearing, stable vision during motion (VOR), as well as orientation to gravitational force and the ability to maintain an upright posture (VSR). The inner ear structures are fluid filled.

The difference in concentrations of different fluids allows for a positive endocochlear potential. The system is dependent on a specific ionic concentration in order to work efficiently and alterations in these concentrations can lead to dysfunction of the system.

Vitamin D and BPPV

The condition of benign paroxysmal positional vertigo (BPPV) is the most common cause for vertigo. BPPV is a condition in which calcium carbonate crystals (otoconia) migrate into the semicircular canals (head turn sensors). When the affected individual moves their head, this results in movement of the otoconia. This movement stimulates the canal, which results in nystagmus and dizziness. Nystagmus is a vision condition in which the eyes make repetitive, uncontrolled movements.

These movements often result in reduced vision and depth perception and can affect balance and coordination. BPPV can be readily treated with a series of timed head movements referred to as canalith repositioning procedures; however, the recurrence rate is high. BPPV recurrence is problematic as there is no way of knowing when someone's symptoms might recur and there is little that can be done to reduce the risk of recurrence.

More recently it has been shown that vitamin D deficiency is associated with a higher risk of BPPV recurrence. The recurrence risk appears to be highest for those with severe vitamin D deficiency (< 12 ng/mL). One study showed a 70% risk of recurrence for those severely deficient in vitamin D and only a 22% chance of recurrence for those with normal vitamin D levels. This would seem logical as the otoconia are made of calcium and vitamin D helps the body absorb calcium. One can speculate that if the body is better at absorbing calcium, then any otoconia that are shed should be more readily re-absorbed.

Vitamin D and Hearing

Vitamin D deficiency has been correlated with increased rates of sensorineural hearing loss across the lifespan. Vitamin D deficiency has been reported as a likely metabolic cause of sensorineural hearing loss dating back to the 1980's.

One study showed that the odds of bilateral hearing loss were increased by 45% in older adults

when compared to their peers with normal vitamin D levels. At this time there is at least some data to support that vitamin D supplementation may help reduce BPPV recurrence risk and reduce the risk of hearing loss.

Summary

This is not meant as an exhaustive review of all of the potential adverse effects of vitamin D deficiency, but rather as a simple review to shed light on some of the potential complications of vitamin D deficiency on ear function. Preventative healthcare is one of the best means of reducing the physical and financial burdens of a disorder.

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!