

# HEARSAY

The Official Newsletter of Hearing Loss Association of PA

Volume 10, Issue 1  
March 2011

## Message from Diana and Nancy

We are looking to fill several vacancies on the HLA-PA Advisory Council and would like to know whether you would be willing to serve. The Council meets just three times a year, at the Hampton Inn in Manheim, and most of our contact is by email. We are the prime movers for the Hearing Loss Association's educational and advocacy goals in Pennsylvania, so this is an opportunity to really make a difference.

Advisory Council members work towards obtaining better services for all Pennsylvania residents with a hearing loss. In addition to providing information via outreach programs

throughout the state, HLA-PA organizes an exhibit at the Harrisburg Farm Show and hosts the annual Walk4Hearing in the Philadelphia area. Our regional employment conferences provide hard of hearing workers with the tools they need to get and keep a job in this tough economy. We also advocate for improved communication access, such as captioning of movies and visual displays of stops on public transit.

With your assistance and ideas, we can accomplish more. Let us know if you have any questions, and we hope to hear from you soon!

*Diana Bender and Nancy Kingsley*  
HLA-PA State Co-Directors ([director@hla-pa.org](mailto:director@hla-pa.org))

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*6<sup>th</sup> Annual Eastern PA  
Hearing Loss Association Banquet  
Andn Presentation of the 2010  
Marcia Finisdore Award for Advocacy  
Sunday, May 1, 2011 - 12:00 noon to 2:30 p.m.  
Hot Luncheon Buffet*

Radisson Hotel Valley Forge  
1160 First Avenue, King of Prussia, PA 19406

*Please join Hearing Loss Association members, family and friends as HLA-PA pre-  
sents its most prestigious award to Pastor Angela Lundy of Philadelphia. Come and  
learn more about the activities of the PA state office of HLAA and the new national  
program for parents of children with a hearing loss. CART (real-time captioning) and  
ASL interpreters will be provided and the room will be looped for T-coil users.*

*For directions, call the hotel at 610-337-2000 or visit their website at [http://  
www.radissondestinationguide.com/locationMap/process/OID\\_EB39EA2D/?hotelCode=PAVALLEY](http://www.radissondestinationguide.com/locationMap/process/OID_EB39EA2D/?hotelCode=PAVALLEY)*

Cost: \$35.00 per person

Deadline: April 25, 2011

*Any questions, contact: Diana Bender 610-731-9387 or  
Carolyn Meyer – Meyer@HLA-PA.org - subject "HLA-PA Banquet"*

*Please return this form, make checks payable to "HLA-PA" and mail to:*

Alice Dungan, 6906 Shalkop Street, Philadelphia, PA 19128-3217

*Name:* \_\_\_\_\_

*Address:* \_\_\_\_\_

*Address:* \_\_\_\_\_

*E-Mail:* \_\_\_\_\_

*Names of additional attendees:* \_\_\_\_\_

*Name of local chapter you belong to (if applicable):* \_\_\_\_\_

*Amount Enclosed:* \_\_\_\_\_ (\$35 per person)

### **Self-Help Groups**

According to our latest MarkeTrak VIII publication on best practices and their relationship to successful hearing aid user outcomes (Hearing Review, 11/2010), only 2% of experienced and new users of hearing aids were referred to a self-help or peer-support group by their hearing health professional. When we first saw this figure it was a shocker.

At BHI we believe that counseling in all of its many forms is critical to a successful consumer journey with hearing aids. As a means of stimulating more referrals to self-help groups, especially for new users, we invited America's expert on peer-support groups, Brenda Battat, Executive Director of Hearing Loss Association of America (HLAA), to write a consumer piece on the value of self-help groups for inclusion in our BHI portfolio on Aural Education.

In her article, titled "Regaining Control of Your Life through Self-Help Groups," Brenda discusses the importance of self-help groups in providing counseling and learning and sharing about hearing loss/solution issues. She ends with 12 reasons why self-help groups are good for you, which are repeated here.

#### **Twelve Reasons Why Self-help Groups are Good for You**

Self-help groups:

- Provide a community of people with hearing loss who understand and are empathic to your unique problems.
- Help you deal with the issues of hearing loss stigma.
- Will help you understand your legal rights as a person with a hearing disability.
- Will teach you coping and communication strategies.
- Will help you to adjust and communicate your needs in a "hearing" workplace.
- Will share technologies beyond your hearing aids that will enhance your ability to function in the world.

- Will educate you on technologies and strategies for ensuring your safety.
- Will show you how to stay tuned into family conversations.
- Will suggest strategies for communicating in noisy situations.
- Will show you how to accommodate your hearing loss while traveling.
- Will empower you through exchange of knowledge, encouragement and the sharing of experiences.
- Will alleviate the despair and isolation of hearing loss through their support.

*Better Hearing Institute eNewsletter  
January 26, 2011*

### **Folate May Reduce or Delay Hearing Loss**

Low blood levels of folate are associated with a 35% increased risk of hearing loss, according to a study from Australia. Folate is the natural source of vitamin B9. The study strengthens the link between B-vitamins and hearing. Researchers at the University of Sydney have examined blood levels of folate, vitamin B12, and homocysteine and correlated this with the risk of age-related hearing loss.

The data showed that folate levels below 11 nanomoles per litre were associated with a 34% increased risk of age-related hearing loss. In addition, levels of homocysteine over 20 micromoles per litre were associated with a 64% increase in the risk of hearing loss. The study was based on a population of 2,956 people aged 50 and over.

Read the article in its entirety at <http://www.hear-it.org>

**MARCH HEARSAY STATE HAPPENINGS**

Good-bye winter doldrums! Hello tulips and daffodils. There is so much to report as HLA-PA Members “spring” into action. For further information go to our web site [www.hla-pa.org](http://www.hla-pa.org).

**HLA-PA Sponsors Scholarship to the Hearing Loss Association of America Convention:**

HLA-PA has established a scholarship to assist Pennsylvania residents who are HLAA members to attend the HLAA convention. One scholarship will be available for a deserving person who has never attended an HLAA convention and is currently involved with hearing loss issues. The HLA-PA Advisory Council’s Scholarship Committee will select the qualifying applicant.

**When and where is the 2011 HLAA convention?** The convention will be June 16-19, 2011 (four days, three nights) at the Hyatt Regency Crystal City, Arlington, VA.

**Who is eligible as a scholarship candidate?** Any Pennsylvania resident with hearing loss, regardless of age, is eligible. The applicant must be a current HLAA member and have never attended an HLAA convention. He or she must have demonstrated an interest in remaining actively involved with hearing loss issues and must indicate that a scholarship would enable his or her attendance at an HLAA convention.

**Scholarship amount:** The recipient will be awarded \$500 (to be applied to transportation, lodging, and meals) plus the cost of registration for the full-activity convention package (includes banquet). Any amount exceeding \$500 will be his or her responsibility. The awardee must attend the convention or return the \$500.

**Submission date:** Application forms may be emailed or mailed (email preferred if possible). Deadline for receipt is April 30, 2011. For more information, contact Russ Green, HLA-PA Scholarship Chair, at [scholarship@hla-pa.org](mailto:scholarship@hla-pa.org) or 106 Mountainview Dr., Chesterbrook, PA 19087-5532.

**Award Announcement:** The selection of the scholarship recipient will be announced by May 7, 2011.

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**FARM SHOW:** 32 different HLA-PA members volunteered to staff our HLA-PA information booth from January 8-15. With HLAA’S new video series running constantly throughout the day, and with the ability to demonstrate the induction loop installed by Don Groff, HLA-PA once again made further strides toward fulfilling its education, advocacy and outreach missions. Special thanks to Steve Schultz for his efforts to organize the event and make this all possible.

**ADVISORY COUNCIL SEEKS 2 NEW MEMBERS:** Do you or anyone you know who is member of HLAA wish to work on the Council as it represents the state organization HLA-PA? The Advisory Council contributes the guidance that enables the Hearing Loss Association of Pennsylvania to provide education and advocacy for coping successfully with hearing loss. Please contact Nancy Kingsley ([kingsley@hla-pa.org](mailto:kingsley@hla-pa.org)) or Diana Bender ([bender@hla-pa.org](mailto:bender@hla-pa.org)) if you are interested. Our next meeting is March 26, 2011 at the Hampton Inn in Manheim, PA. Anyone may come to a meeting as an observer at any time. The Council meets 3 times a year with web chat meetings at other intervals.

**OPEN CAPTIONED CULTURAL EVENTS :** An update on “Independence Starts Here”: Do you love to go to theatre but have difficulty understanding the words? Please go to [www.phillyfunguide.com/access](http://www.phillyfunguide.com/access) for

information and tickets. A complete list of participating theatres is also found at [www.theatrealliance.org/access](http://www.theatrealliance.org/access). HLA-PA will be working with VSA Pennsylvania to bring these OC events to theatres throughout the state. ([www.vsapa.org](http://www.vsapa.org)). Special thanks to Michael Norris and Mimi Smith for their continued effort to make this all possible for us.

**OUTREACH:** On December 16th, Diana Bender gave a presentation on "Coping with Hearing Loss" to the residents of Ann's Choice in Warminster, PA. The audience was most receptive. They have an ongoing group of people with hearing loss who meet at the facility. However, Diana's presentation was truly welcomed as she added new information and was able to answer many questions.

**JOIN US FOR THE HLA-PA BANQUET:  
MAY 1, 2011! Bring friends and family, too.**

**HLA-Delaware County Hosts Regional Chapter Meeting**

Many Chapters think it would be constructive and beneficial to create a regional coalition for chapters in the Philadelphia area to discuss areas of mutual concern; for example, membership, programs, marketing, etc. In response, the Delaware County Chapter is hosting an initial meeting to discuss these

common areas and to see if there is interest in continuing these meetings in the future. The initial meeting is intended to do the following:

1. Bring together representatives of the 7 Philadelphia area chapters including Bucks, Chester, Montgomery, GenX, Philadelphia, Delaware and Lancaster Counties to discuss the following agenda items:

- Attendance: Getting new Members
- Attendance: Member Retention
- Programs and available local Program Speakers
- Marketing your Chapter
- Chapter events outside of meetings
- Chapter meeting locations, number of annual meetings
- Mutual areas of shared interest for all Chapters

2. Determine if there is interest in continuing to meet in the future.

The date and time of the meeting is March 10th (7-9 PM) at The Friendship Circle in Darby, Pa. where the Delaware County Chapter regularly meets. If you are interested in being involved, please check with your chapter leader as we are limiting the number of representatives to 3 per chapter.

**SCHOLARSHIP APPLICATION FORM FOR HLAA CONVENTION**

(mail to: Russ Green, 106 Mountainview Dr., Chesterbrook, PA 19087-5532)

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ HLAA membership

expiration date ? (See your "Hearing Loss Magazine" label) \_\_\_\_\_

Describe the reasons for your selection (necessary for consideration). Continue on a second page or reverse side of form if necessary.

## HearSay Subscription

If you would like to receive your own copy of **HearSay**, the official newsletter of HLA-PA, please fill in this form and mail it to the address below. A **HearSay** subscription is free; however, HLA-PA is a not-for-profit organization run exclusively by volunteers and we are grateful for any donations.

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

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Enclosed is my contribution of \$\_\_\_\_\_ to support HearSay. Donations are tax deductible.

**Make donations payable to HLA-PA and mail to:**

**Marcia Finisdore  
HLA-PA  
4 State Road, #109  
Media, PA 19063**

I would like to remain anonymous

I cannot contribute, but would like to receive HearSay.

## HLA-PA Donors

*A special thanks to those who help make it possible.*

3 anonymous  
LVCIL

*(Lehigh Valley Center for Independent Living)*

Susan Streib  
Norma Jenkins

“I am just as deaf as I am blind. The problems of deafness are deeper and more complex, if not more important than those of blindness. Deafness is a much worse misfortune. For it means the loss of the most vital stimulus—the sound of the voice that brings language, sets thoughts astir, and keeps us in the intellectual company of man.”

~Helen Keller

## VOLUNTEERS NEEDED!!

Assist the HLA-PA State Director by serving on the Advisory Council or one of its committees. The Council meets periodically in Manheim, PA (1 hour from King of Prussia) but committees conduct most of their business by e-mail and occasionally meet in various parts of the state. If you think you would like to serve on the council or any of its committees, please contact one of the state leaders listed here:

### State Co-Directors:

Diana Bender (bender@hla-pa.org)

Nancy Kingsley (kingsley@hla-pa.org)

### Communication:

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Don Groff, HLA-PA web site (groff@hla-pa.org)

### Advocacy:

Nancy Kingsley, Chair (kingsley@hla-pa.org)

### Government Affairs:

Steve Schultz, Chair (schultz@hla-pa.org)

Diana Bender (bender@hla-pa.org)

### Outreach:

Carolyn Meyer (meyer@hla-pa.org)

Diana Bender (bender@hla-pa.org)

### Chapter Coordinators:

Debra Cannon, Eastern PA (cannon@hla-pa.org)

Dale Long, Central PA (long@hla-pa.org)

Teresa Nellans, Western PA (nellans@hla-pa.org)

Don't forget to log onto our website "www.hla-pa.org" for information and events for HLA-PA. Special thanks to Don Groff, our new webmaster, who is working so diligently on updating the site.