

HearSay

The Official Newsletter of HLA-PA

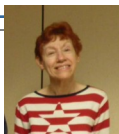
Volume 10, Issue 4

Spring 2012



Message from Nancy

By Nancy Kingsley



This year's HLAA Convention is scheduled from Thursday, June 21 to Sunday, June 24 at the Westin Hotel in Providence, Rhode Island. All events will take place at the Rhode Island Convention Center, which is connected to the hotel by sky bridge. Restaurants, shopping, and points of interest are nearby.

Workshops and a well-stocked exhibit hall are offered on Thursday, Friday, and Saturday, and a special, fun event is being planned for young adults ages 18-35.

There will be a get-acquainted party on Thursday evening, and Friday morning's research symposium will delve into How the Brain Makes Sense of the World of Sound. The Friday evening banquet features an award-winning magician, and Saturday night offers WaterFire, a spectacular (and complimentary) multi-sensory art installation of more than 100 bonfires along the Providence River. The convention closes with the awards breakfast on Sunday.

For more information and registration, go to www.hearingloss.org. See you in Providence!

Nancy Kingsley, HLA-PA State Director
director@hla-pa.org

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We've Got a New Look!

As you can see, we have been busy updating and improving HearSay! We hope you're enjoying our new format with color and photos. Soon, we will also be offering an electronic option of our newsletter, delivered via email, for those who would prefer a **green** option which will minimize clutter and help the environment. Please email reiher@hla-pa.org with suggestions and comments regarding our new look!

The HearSay staff: Pam Reiher (Editor), Donna Schumacher, Nancy Kingsley, Carolyn Meyer and Diana Bender.

State Happenings

By Carolyn Meyer



Make it your New Year's resolution to check our updated state website at www.hla-pa.org weekly for valuable information on state activities. Don Groff, our webmaster, needs your local news to have the website reflect all parts of the state. Contact him at groff@hla-pa.org.

December 17: The HLA-PA ADVISORY COUNCIL welcomed Tom Van Arman as its newest member. Tom has become an enthusiastic advocate for inductive looping and is compiling a list for our website of venues throughout the state where this access is available. Please inform him of places of worship and other establishments that provide a loop (include their addresses). Tom's email address is vanarman@hla-pa.org.

January 7-14: FARM SHOW, Harrisburg . Thanks to 27 members and their families from various parts of the state, HLA-PA once again staffed an information booth for eight hours each day. We were able to provide valuable information to many of the more than 450,000 visitors to the show who

have, or live with someone who has, a hearing loss. Alan Kutner, one of our volunteers, commented, "Steve Schultz did an amazing job for HLA-PA in his meticulous organization for such an important event." Don Groff set up a small loop system for our booth for visitors to try.

January 9: THE MAYOR'S COMMISSION ON DISABILITIES (MCPD), Philadelphia. MCPD is a forum for the disability community to express opinions on city projects and services. Mimi Smith, the newly appointed chair of the Commission, invited Marcia Finisdore and Carolyn Meyer to attend the meeting, and CART was provided. HLA-PA plans to discuss hearing loss accessibility concerns with the committees, which cover education, housing, transportation, arts and culture, recreation, employment, voting, and legislation.

January 9: ADA REVIEW COMMITTEE. Tom Van Arman attended the meeting at the Philadelphia International Airport, which is conducting feasibility studies for providing inductive loops in key areas like ticket counters and boarding gates.

January 12: INDEPENDENCE STARTS HERE COMMITTEE. Marianne Lock, Gay Balsam, Alan Kutner, and Carolyn and Joe Meyer attended the meeting. Michael Norris, Executive Director of Art-Reach, noted the new theatres that joined the program to provide open captioning, ASL interpreting, and audio description. Advertising was proposed to increase community awareness of these performances, and a plan to encourage group trips is also on the agenda. For the calendar of events, go to www.phillyfunguide.com/access. You can also sign up for the monthly email newsletter on the website.

February 22 and 29: COMMUNITY BEHAVIOR HEALTH (CBH). HLA-PA presented at two workshops for CBH in Philadelphia with the Deaf-Hearing Communication Centre (DHCC). Both were designed to educate mental health professionals about the needs of people who are deaf or hard of hearing, and Marcia

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Finisdore was a presenter on hard of hearing concerns. HLA-PA and DHCC often work together on sensitivity trainings and educational programs.

March 2012: TELECOMMUNICATIONS RELAY SERVICE (TRS) of PA appointed Steve Schultz to its board for a two-year term. The board is comprised of representatives from AT&T, the Pennsylvania Telephone Association, the Public Utility Commission, the Office of the Deaf and Hard of Hearing, Hamilton Relay, and persons who are deaf or hard of hearing or have speech/language disorders. It reviews the performance of the TRS and recommends improvements.

April 29, 2012: SEVENTH ANNUAL HLA-PA BANQUET: DON'T MISS IT! We will honor Diana Bender upon her retirement as State Director. The Marcia Finisdore Advocacy Award and the new Diana Bender HLAA National Convention Scholarship Award will be presented to the recipients. See the registration form in this newsletter and REGISTER NOW! We will have an area for exhibitors offering information on assistive listening devices, phones, cochlear implants, and more.

Open captioning is now provided in Lancaster at the FULTON THEATRE for two performances for each production. Support the theatres that make this possible by attending their accessible shows and seeing what you have been missing!

Movie Captioning Update

By Alan Kutner



As many of you know, I am very interested in providing captioning in movie theaters for those of us who are hard of hearing. I am pleased to advise that under the new amendment to the Americans with Disabilities Act, there is clear progress ahead.

We have received notices from the four major motion picture theaters in the United States including AMC, Regal Theaters, Cinemark Theaters and Carmike Theaters that they intend to install closed captioning for most of their movie screens within the next one to two years. This is already happening in New Jersey and Wilmington where Cinemark Theaters is now showing ten to twelve captioned movie screens in some theaters. Pennsylvania has not been as fortunate, but we expect the major motion picture chains to be providing movie captioning in Pennsylvania in the very near future.

On a related subject, captioning is becoming more common on Netflix through the advance of "Phlixie" and through the use of their streaming capabilities. This means that you can get captioned movies not only on DVDs, but also streamed directly to your television from Phlixie/Netflix.

If anyone has any questions about these changing developments, please feel free to contact me at: alan@alankutner.com.

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Memorial Contributions

Montco Chapter
in Memory of Mary Alice Leddy

Darwin and Sonia Loigman
in Memory of James Curato

We gratefully acknowledge the donors and contributors who make it possible to continue this publication

Personal Health: Lifelines for People with Hearing Loss

Note: This is a condensed version of Jane E. Brody's article which appeared in the January 16, 2012 issue of the New York Times.

<http://well.blogs.nytimes.com/2012/01/16/personal-health-lifelines-for-people-with-hearing-loss/?ref=todayspaper>

Hearing loss, a disability currently untreated in about 85 percent of those affected, may be the nation's most damaging and costly sensory handicap. Most of those affected can still hear sounds and think the real problem is that people aren't speaking clearly. They often ask others to speak up, repeat what was said or speak more slowly.

As hearing worsens, they are likely to become increasingly frustrated and socially isolated and gradually stop going out with friends or family. Social isolation, in turn, has been linked to depression and an increased risk of death from conditions like heart disease. And now there is another major risk associated with hearing problems: dementia and Alzheimer's disease.

Hearing and the Brain

Although hearing impairment was first linked in major medical journals to dementia and cognitive dysfunction more than two decades ago, not until last year did researchers demonstrate an independent association with dementia over time.

By following 639 people ages 36 to 90 for nearly 12 years, Dr. Frank R. Lin, an otolaryngologist at Johns Hopkins Medicine, and his colleagues there and at the National Institute on Aging showed a direct relationship between the participants' degree of hearing loss and their risk of later developing dementia or Alzheimer's disease.

For each 10-decibel loss in hearing, the risk of dementia rose about 20 percent among the participants. Compared with those who could hear normally when first examined, the risk of dementia doubled among those with mild hearing loss, tripled among those with moderate hearing loss and increased fivefold among those with severe hearing loss.

How, then, might this lead to cognitive deficits?

"The brain dedicates a lot of resources to hearing," Dr. Lin said. "When the clarity of words is garbled, the brain gets a garbled message. It has to reallocate resources to hear at the expense of other brain functions."

Another mechanism may be the effects of social isolation. "A decline in social engagement and resulting loneliness is one of the most important determinants of health outcomes in older adults," Dr. Lin said.

How Proper Aids Help

Rose Marie Jewett, 83, of Janesville, Wis., who had experienced progressively worsening hearing loss for 40 years, had all but given up hope of hearing others speak or ever again enjoying music.

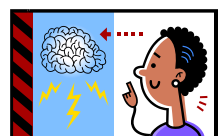
"When you can't hear anybody, you don't pay attention," Ms. Jewett said. "You shut yourself off from the world, you don't think very well, your memory gets bad and you get kind of dull."

But now it's a whole new world for Ms. Jewett. Linda S. Remensnyder, an audiologist and founder of Hearing Associates in Illinois, fitted Ms. Jewett with the right kind of hearing aids and with devices that allow her to hear clearly on the telephone, when watching television, and in public settings that have been equipped with hearing loops. A hearing loop, installed around the periphery of a room, is a thin copper wire that radiates electromagnetic signals. The signals can be picked up and amplified by a tiny receiver called a telecoil that is built into most hearing aids and cochlear implants.

Neither Dr. Lin nor Dr. Remensnyder can yet say whether improving auditory signals for the hearing-impaired will diminish or delay the development of dementia. That remains for a clinical trial to demonstrate.

Brenda Battat, HLAA's Executive Director, replied to the

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**7th Annual Eastern PA
Hearing Loss Association Banquet**

**Sunday, April 29, 2012 - 12:00 noon to 3:00 p.m.
Hot Luncheon Buffet**



**Crowne Plaza Valley Forge Hotel
260 Mall Boulevard, King of Prussia, PA 19406**

**Please join Hearing Loss Association members, family and friends as we honor
DIANA BENDER UPON HER RETIREMENT AS DIRECTOR OF HLA-PA.**

**The Diana Bender HLAA National Convention Scholarship Award and The Marcia Finis-
dore Advocacy Award will be presented to the recipients. Exhibitors will be on site. 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 610-265-7500 or visit their website www.cpvalleyforge.com

Cost: \$35.00 per person Registration Deadline: April 23, 2012

*Any questions, contact: Carolyn Meyer 215-887-9018 or by email,
Meyer@HLA-PA.org - subject "HLA-PA Banquet" (email preferred)*

*Please return this form, make checks payable to "HLA-PA" and mail to:
Alice Dungan, 6906 Shalkop Street, Philadelphia, PA 19128-3217*

Name: _____

Address: _____

City, State, Zip Code: _____

E-Mail: _____

Names of additional attendees: _____

Name of local chapter you belong to (if applicable): _____

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

To receive HearSay, the HLA-PA newsletter, complete and mail this form to the address below. Subscriptions are free; however, HLA-PA is a not-for-profit organization run exclusively by volunteers, so we are grateful for donations. Donations are tax-deductible.

Name _____

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Email: _____ Phone _____

Enclosed is my tax-deductible, contribution of \$ _____ to support HearSay.

I would like to remain anonymous.

I cannot donate but would like to receive HearSay.

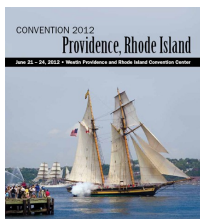
Mail to: Marcia Finisdore
4 State Road, #109
Media, PA 19063

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above article with the following comment:

"Thank you for writing about hearing loss. It's a public health concern and its impact on the individual and the people they communicate with daily is grossly underestimated. Please let readers know about the Hearing Loss Association of America (HLAA) www.hearingloss.org. Based in Bethesda, MD, we have a nationwide chapter network and introduce people to the tools they need to live and work successfully with hearing loss. We also provide support to family members and parents of children with hearing loss. Our current advocacy focus is finding ways to make hearing technology more affordable."

Note: We are proud to announce that Dr. Frank Lin, noted in the above article, is one of the presenters at the Research Symposium at the HLAA 2012 Convention. Dr. Lin's topic will be, "How the Brain Makes Sense of the World of Sound."



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 Director:

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Pam Reiher, Editor of HearSay (reiher@hla-pa.org)

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

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Diana Bender (bender@hla-pa.org)

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

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

Support HLA - PA

HLA-PA is an all-volunteer 501(c) 3 organization that advocates for state services and provides help for all Pennsylvanians who have a hearing loss through information, education, support groups, and workshops conducted throughout the state. You can assist us to continue this valuable mission by:

- A personal donation
- A donation in memory of someone
- A donation in honor of a birthday, anniversary, or other occasion

Please make checks payable to HLA-PA and send to Hearing Loss Association of PA, 4 State Road #109, Media, PA 19063. For memorial and honorary donations, please provide the individual's name and the occasion being recognized, for publication in HearSay.