

HearSay

The Official Newsletter of HLA-PA

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MESSAGE FROM NANCY

By Nancy Kingsley, State Director



One of our responsibilities as people with hearing loss is to educate others about how to communicate more effectively with us. We can ask people to face us, speak a little slower, rephrase what we don't understand, and the like. It's also important to realize that communication habits can be difficult to change. Since people focus on what they are saying rather than on how they are saying it, a failure to consistently do what we ask doesn't necessarily imply insensitivity on their part.

Some people are especially attuned to hard of hearing communication needs, and we are

fortunate if any of them are in our social circle. They notice if a speaker is covering his or her mouth or facing away from us, and they let those people know. They also fill us in on what we miss without having to be asked. But most people aren't that observant, so we need to be prepared to give gentle reminders when necessary.

There are also a number of simple ways to improve the communication setting. For example, we can ask the host or hostess to reduce background noise by turning off the television, and we can take the seat by the window at a restaurant so the faces of others at our table won't be in a shadow.

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State Happenings and Outreach

By Carolyn Meyer



“Spring” into action with all the HLA-PA upcoming events in April! Register for the Employment Conference, “Working Together” in Harrisburg, Friday, April 19 if you think it will help you or someone you know in the workplace, and join us for the “Lunch and Learn” (replacing the annual HLA-PA banquet) on Sunday, April 28 in King of Prussia. All details are on the website, www.hla-pa.org, so do check for registration forms and further information on all state events on a regular basis to keep up to date. If you have an event you want posted, email our webmaster, Don Groff (groff@hla-pa.org.)

STATE NEWS

SPECIAL CONGRATULATIONS TO ALICE DUNGAN of the Montco chapter. She is the recipient of the 2012 Marcia Finisdore Advocacy Award. Alice will receive the award at the “Lunch and Learn” afternoon event on Sunday, April 28 at the Radisson Hotel Valley Forge. Join us to applaud her achievements!

February 2: HLA-PA ASSISTIVE LISTENING DEVICE (ALD) DEMO KIT COMMITTEE MEETING Attending were members Alan Kutner, Don Groff, Nancy Kingsley, Carolyn Meyer (absent: Diana Bender, Donna Schumacher). The committee voted to appoint Bill Best of the Chesco chapter as the “HLA-PA Assistive Listening Device Coordinator.” Bill completed HLAA’s Hearing Assistive Technology (HAT) Training Program in October 2012 at the University of Colorado. The HAT program is supported by a grant through the National Institute on Deafness and Rehabilitation Research (NIDRR) and the Rehabilitation Engineering Research Center on Hearing Enhancement (RERC-HE) at Gallaudet University. Training sessions cover hearing aids, cochlear implants, assistive listening systems, alerting and signaling devices, and telephone technologies. Attendees receive instruction on how

to advocate for technology in the workplace and public places. The Chesco chapter helped to subsidize Bill’s expenses for this weekend workshop. Bill has offered to travel up to 3 hours to demonstrate the ALD Kit upon request. For further information contact best@hla-pa.org or check out our state website.

SCHOLARSHIP NEWS: Mitchell Bilker to Chair the 2013 Diana Bender HLAA National Convention Scholarship Committee. The application form is available on www.hla-pa.org or contact Mitch at mitch@hla-pa.org. Applications due April 8.

CHAPTERS: HLAA Delaware County Chapter welcomed Elizabeth LeBarron, HLAA State and Chapter Coordinator, to its February 2 meeting. Chapter President Donna Schumacher hopes to increase chapter membership. The meeting location is Friendship Circle in Darby, on the campus of Fitzgerald Mercy Hospital (St. Bernard’s Hall, first floor). Meetings will be quarterly, with the next meetings at 2 pm April 27 and June 29. In the fall, meetings will be at 10 AM. Program details on the state website.



(L to R) Catherine & Robert Ford, Elizabeth LeBarron

Signs- They Are A Changin'

For the deaf and HOH community, taking a yoga class is often an exercise in frustration. The nonprofit Deaf Yoga Foundation (deafyoga.org) is working to change this. Yoga teacher Lila Lolling, through the foundation, is hoping to make yoga more accessible to the more than 36 million deaf and hard-of-hearing people who live in the United States. The organization has partnered with Sivananda Ashram Yoga Ranch in upstate New York to create the only teacher training course with sign language interpreters. Lolling hopes

(Continued on page 3)

that yoga studios and conferences around the country will open their doors to deaf and HOH students. By practicing simple techniques, yoga teachers can draw more deaf and hard-of-hearing people to their classes. Some simple techniques non-signing yoga teachers can implement into their classrooms to welcome HOH and deaf students are:

1. Make eye contact---this establishes a sense of safety, boosts confidence, and builds trust.
2. Use natural gestures---demonstrate different moves by miming each position.
3. Guide by touch---it is difficult for HOH or deaf students to relax if they don't know when to open or close their eyes. Rouse students from Savasana or seated meditation by lightly touching their ankle or knee.

Submitted by Pat Cortez

HearSay is Going Green!
 HearSay will soon be available via email, helping to save both mailing costs and the environment! To sign up, please visit www.hla-pa.org.

**HLA-PA WANTS TO HEAR FROM YOU!
LET'S GET IN THE LOOP!**

Are there libraries, places of worship, public places, or any other locations near you that are now looped? Please help us to compile a list of these venues so that we can post it on our website, www.hla-pa.org. Send the name, address and phone number of any looped environment you have visited recently. We want to cover areas throughout the state to create an effective "go to" resource for anyone to search for looped locations. This is part of our HLA-PA looped initiative. Are you working on a site that you want to have looped? Let us know. We appreciate your help. Send details to meyer@hla-pa.org. They will be forwarded to our webmaster.

The Lycoming County Chapter of the Hearing Loss Association members participated in the HLA-PA Farm Show in Harrisburg on opening day, January 5, 2013. It was interesting to see not only native Pennsylvanians at the show, but also individuals with hearing loss from Maryland, New Jersey, New York, and Virginia.

We were in contact with individuals knowingly admitting they have a hearing loss, but in each case none of them had seen a doctor or an audiologist. We also met numerous individuals with hearing loss who had concerns and questions about their hearing aids.

Those who visited the booth asked many questions regarding topics such as cochlear implants vs. hearing aids, tinnitus, hearing aid costs, etc. Many veterans from the wars in Vietnam, Kuwait, Afghanistan, and Iraq also stopped by to discuss how the V.A. can help them with their hearing loss.

Visitors to the booth were also interested in HLA-PA literature, chapters and HearSay. In fact, HearSay was one of the only newsletters made available by the Farm Show vendors. HLA-PA members who volunteered at the Farm Show booth enjoyed making information available to attendees who greatly benefitted from assistance in dealing with their hearing loss.

Submitted by Kay Tyberg



Norm and Ann Kirsch staffing the HLA-PA booth at the Farm Show

**Diana Bender HLA National Convention
Scholarship**

The Hearing Loss Association of Pennsylvania (HLA-PA) has established the Diana Bender HLA National Convention Scholarship to assist Pennsylvania residents who are members of the Hearing Loss Association of America (HLAA) to attend the HLAA convention. (Note that membership in a chapter is not the same as membership in HLAA; the latter is required for scholarship eligibility.) One scholarship will be available for a deserving person who has never attended an HLA 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 2013 HLA convention?

The convention will be June 27-30 (four days, three nights) at the Oregon Convention Center in Portland (the DoubleTree is the host hotel).

Who is eligible as a scholarship candidate? Any Pennsylvania resident with hearing loss, regardless

of age, is eligible. The applicant must be a current HLA member and have never attended an HLA 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 HLA 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 8, 2013. For more information, contact Mitchell Bilker, HLA-PA Scholarship Chair, at scholarship@hla-pa.org or 821 Rosehill Drive, King of Prussia, PA 19406.

Diana Bender HLA National Convention Scholarship
Application Form for 2013 Convention

Name: _____

Address: _____ City: _____ State: _____

Telephone: _____ Age: _____ Email: _____

What is the expiration date of your HLAA membership? (See your *Hearing Loss Magazine* label)

Describe the reasons why you should be selected (necessary for consideration). Continue on a second page if necessary.

Date: _____

Application must be received by April 8, 2013. Email form to Mitchell Bilker, HLA-PA Scholarship Committee Chair, at scholarship@hla-pa.org or mail to him at 821 Rosehill Drive, King of Prussia, PA 19406 (email preferred).

Farm Show Scenes



It was very gratifying to talk to the visitors who stopped at our HLA booth at the Farm Show. One gentleman said how well he could hear after getting hearing aids. He said he waited too long. Of course, his wife agreed. A lady with two aids also stopped by the booth. She could not hear well but was so impressed with my cochlear implants. She returned later to show her mother and friends as I explained how they work. She is going to make an appointment to see if she would qualify. It was well worth the effort to talk to these people.

Submitted by Norm Kirsch, HLA of the Capital Region

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 _____

Address _____

City _____ State _____ Zip _____

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

VOLUNTEERS NEEDED!!

Assist the HLA-PA State Director by serving on the Advisory Council or one of its committees. The Council meets periodically at locations convenient to its membership. 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:

Nancy Kingsley (kingsley@hla-pa.org)

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Carolyn Meyer, Chair (meyer@hla-pa.org)

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

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

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



JOIN US IN PORTLAND, OREGON FOR THE HLA CONVENTION June 27-30, 2013

With an abundance of workshops, demo room presentations and a vibrant Exhibit Hall, you will want to plan your time carefully. Check out the schedule-at-a-glance, an overview of the workshop schedule and the workshop schedule with summaries.

Coming Soon – stay tuned to the Convention page as well as Facebook and Twitter (@HLAA, #HLAA2013) for the link to the Convention 2013 mobile app, sponsored again this year by CTIA - The Wireless Association®.

Donor List

- Alan & Sheila Kutner
- Bruce Moyer
- Lori Bachman
- C.R. Andrews
- Patricia Casey
- 4 Anonymous Donors

HLA-PA is the all-volunteer 501(c)3 state office of Hearing Loss Association of America providing advocacy, information, education and support to Pennsylvanians with a hearing loss.