

HearSay

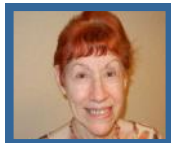
The Official Newsletter of HLAA-PA

Volume 16 Issue 4 Winter 2017



MESSAGE FROM NANCY

By Nancy Kingsley, State Director



Do you try to hide your hearing aid or cochlear implant? Or have you been attracted by the pitch for hearing aids that are so small that no one will ever know you have one? If so, I understand, because I used to wear an unflattering hairstyle for this very purpose... but not anymore.

What changed my mind? In the first place, I realized that no matter what I might do to try to hide it, my hearing loss would give off clues that something was amiss. If people didn't know the real reason for my unexpected reactions (or non-reactions), they might think I was stupid (for responding inappropriately when I misunderstood something), stuck-up (for ignoring a greeting that I didn't hear), or some other unflattering assumption about the cause of my strange behavior.

I also discovered an important fact: if we project shame about our hearing loss, others will pick that up and reflect it back to us, but if we are open about it, others will be more accepting.

Now, instead of trying to hide my hearing loss, I tell people about it when I first meet them, and I inform them that I need to see their face when they speak so I can speechread them (I also remind them gently when they forget, which they will). When I go to a restaurant for lunch with friends, I make sure they know that I need the seat with the window at my back, so their faces won't be in a shadow. If I'm at someone's house and the TV is on, I ask them to please turn it off so I can hear them more easily.

It's a win-win all around—I feel more comfortable being able to be upfront about my hearing loss, and I can participate more effectively when I tell people what I need. Most are very happy to help. (My hairstyle is nicer now, too!)

INSIDE

2. State Happenings.
3. Farm Show, ECHL, Funding.
4. Induction Loops
5. Penn Audiology
6. Walk4Hearing.
7. Joe Meyer, Finisdore Award.
8. Convention Scholarship.
9. Cochlear America.
10. Donors.
11. WCU Speech and Hearing Clinic.TDDP.
12. About HLAA-PA.

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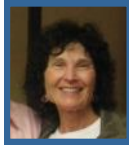


Hearing Loss Association of America
Pennsylvania State Office
126 Cedarcroft Road
Kennett Square, PA 19348
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STATE HAPPENINGS AND OUTREACH

By Carolyn Meyer, Outreach Coordinator

A personal note to all my HLAA friends who have been so supportive of my husband Joe in the past few months and his final days. It has meant so much to both of us to receive your messages, cards and calls. Joining HLAA so many years ago you were there for me when I lost my hearing so dramatically. Now you are there for me as I move on without my best friend. Thank you all for just being you— warm, kind and caring. Joe loved you all.

**ADVISORY COUNCIL**

At the fall meeting the Council welcomed Linda Eggleston of South Abington Township, PA as a new member. We met Linda for the first time at the Lunch and Learn last spring. At the time she was anxious to organize a chapter closer to where she lives. With assistance from Dale Long, Central PA Chapter Coordinator, Linda has been leading the effort to start a new chapter in the Scranton-Wilkes Barre area. If you are interested in joining the chapter please contact Dale Long long@hlaa-pa.org

FARM SHOW 2018 - JANUARY 6-13

Once again HLAA-PA will have an exhibition booth at the show in Harrisburg. Kay Tyberg will take over the organization of the event that Steve Schultz had done in the past. Volunteers who wish to help at the booth should contact Kay . tyberg@hlaa-pa.org . The event attracts about 400,00 people each year.

HLAA 2018 NATIONAL CONVENTION

It is a wonderful opportunity to educate yourself about your own hearing loss and to socialize with members and professionals from all over the country. This year it is in Minneapolis June 21-24 and all the details can be found on www.hearingloss.org. See the scholarship application elsewhere in this issue.

FINISDORE AWARD

The Marcia Finisdore Advocacy Award application deadline has been extended to December 31, 2017

N-CHATT ON THE ROAD

Kay Tyberg, who completed the N-CHATT training program with HLAA, has been reaching out to communities to share her knowledge of assistive technology

Some dates below list where she has presented in recent months.

9/12/17: HLAA - Blair County Chapter

10/17/17: Tyrone PA Senior Center

10/31/17: Brain Injury Support Group (with hearing loss individuals) CILSCPA

11/06/17: East Freedom, PA Senior Center

11/09/17: Altoona, PA Graystone Residential Community (one of 13)

12/6/17: Kiwanis Club of Altoona, PA

For those unfamiliar with what N-CHATT represents, here is a brief description of the program. You may consider enrolling yourself.

N-CHATT, the Network of Consumer Hearing Assistive Technology Trainers is a volunteer consumer train-the-trainer program. The program's goal is to build a network of consumer trainers with the knowledge and skills necessary to train others impacted by hearing loss. Trainers will assist others in the successful integration of hearing assistive technology to support individual hearing and communication needs at home, work, school, and the community. Please see the N-CHATT Training page for more details on the national HLAA website: www.hearingloss.org

HLAA-PA AT THE FARM SHOW

For the ninth consecutive year, members of various Pennsylvania HLAA chapters will staff the HLAA-PA State Office's Information Table at the PA Farm Show in Harrisburg. With the

passing of Steve Schultz, who had managed HLAA-PA's participation



for eight years,

Kay Tyberg has graciously taken on this project. The Show will be held from Saturday, January 6 - 13, 2018, and our exhibit



presents a wonderful opportunity to reach out to the more than 400,000 people who visit each year.



For details and information, visit the event website, www.farmshow.state.pa.us, and when you come, look for us on the Main Floor, Booth 5511.



Visit HLAA-PA on the web!
Visit hlaa-pa.org, or scan this QR code on your smartphone for latest news and a calendar of events.

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HLAA-PA NEEDS FUNDS!

HLAA-PA is experiencing a serious shortfall in funding, which particularly affects the future of its major expense, HearSay. This quarterly newsletter goes to over 2000 people, keeping them informed about hearing loss issues. Because printing and mailing costs are high, HLAA-PA has offered an email version of the newsletter and has been taking in ads. However, only 200 people have switched to the email newsletter, and ads only partially cover the printing and mailing costs. Although Pennsylvania's tremendously successful Walk4Hearing raised over \$135,000 this year, less than \$2500 of that went to HLAA-PA.

So we are reaching out to our friends. Please consider making a generous tax-deductible donation so we can continue our educational and advocacy mission, including publishing HearSay and covering our second biggest expense, our exhibit at the annual week-long Farm Show, which attracts half a million visitors. Checks can be made out to "Hearing Loss Association of America Pennsylvania State Office" and mailed to Mitch Bilker, HLAA-PA Treasurer, 821 Rosehill Drive, King of Prussia, PA 19406. Put "HLAA-PA Funding Drive" on the memo line. Donations can also be made online at www.hlaa-pa.org. Thank you for supporting our work to assist Pennsylvania residents with hearing loss!

HLAA-PA thanks Alice Dungan for her very generous donation. Alice writes:

Everything HLAA-PA does is done for MY benefit. The information and support I receive have enabled me to hear the everyday conversations that hearing people take for granted. And those conversations include laughter (I do love to laugh), necessary information, and vital social interactions that would never--and I do mean never--have been possible without MY effective organization. I need HLAA-PA to continue to be there to assist me in an ever-changing hearing world, so I am happy to financially support it. And in helping myself, it's nice to know I am also helping others.

HEARING AIDS AND INDUCTION LOOPS

The purpose of a telecoil, installed as a separate function in your hearing aid(s), is to enable you to hear directly through your aids from an assistive listening system, resulting in limited outside noise and improved clarity. (Cochlear implants also have telecoils.)

Below are the symbols that denote either the existence of a hearing loop or the availability of assistive listening systems in public places like ticket booths, auditoriums, theaters, museums and houses of worship.

Places in which hearing loops (also called induction loops) have been installed by the venue are open systems. Anyone can have access to the loop via a telecoil in their hearing aid, which can be activated via a button on the aid, through a phone app, or with remote control. See your audiologist

to have this function installed if available for your hearing aids.

The following website will help you understand the application of hearing aid telecoils and induction loops and how they may help you understand things better in places in which they have been installed.

nytimes.com/2011/10/24/science/24loops.html

Below is a website for the domestic organization that advocates for the installation and use of loops in public places throughout the US. They include a list of sites by state, although not comprehensive, that have already had these loops installed.

hearingloop.org/aboutus.htm

In many places, an FM or infrared assistive listening system has been installed instead of a loop, and you will need to ask for a receiver with a **neckloop**.

When worn around your neck, the neckloop can connect wirelessly to your hearing aids (instead of a similar looking device that comes with headphones, which is best used by people who need an auditory boost but who do not own hearing aids). After choosing the induction loop (telecoil) memory on your hearing aid or remote, the neckloop will allow you to access the FM or infrared assistive listening system for a clearer sound. The sound comes directly into your aids, and does not have to travel airborne to your particular seat. You can also adjust the volume either through the device you were given or the volume control of your hearing aids.

The receivers offered in many theaters might look like this:

A neckloop may be plugged into the bottom. To use this one, place the receiver around your neck like a necklace but do not put the earpieces in your ears. Once the neckloop is plugged in, the earpieces are muted and will not produce audio to disturb others around you. Once you have chosen the loop or telecoil program in your hearing aids, the sound will sent directly into them.



Theaters with older models may give you a different type of receiver which might look like this:

The lariat (B) will allow the receiver to hang around your neck about chest-high. The neck induction loop (A) should also go around your neck and should not be bunched up -- that's the "antenna"

which sends the signal to the hearing aid. Using only (A) to hang the receiver around your neck will not keep the receiver high enough and may result in static.

If you are attending a theater production in New York City, loops and assistive listening devices are, by and large, maintained by the business listed below.

soundassociates.com/services/blistings/

You might also check the New York Times theater listings and look for the (+) sign next to the name of the theater, which denotes theaters that are equipped with ALDs or hearing loops.

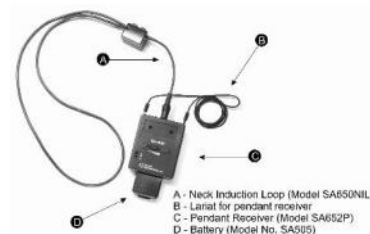
Please note:

If you are travelling abroad, you may see many more opportunities for using loops than in the US.

If you are part of a tour group, you may want to contact your tour operator in advance to see what they can do to allow you to connect to the tour guide's microphone.

See your audiologist for more information about how to use your hearing aids for best listening in public spaces.

Linda Ronis Kass AuD
University of Pennsylvania Health System
Penn Medicine @ Washington Square



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Penn Audiology – We are “hear” for you!



Penn Medicine is top 10 in the nation.

Penn Audiology within the Department of Otorhinolaryngology – Head & Neck Surgery at Penn Medicine provides comprehensive assessment, diagnosis, and treatment for people with all types of hearing loss and balance problems.

All of our audiologists hold a clinical doctorate in audiology and have extensive experience in treating hearing loss. Our surgeons are world leaders in otology and neurotology, specializing in the medical and surgical treatment of the ear.

Cochlear Implant Program

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- Innovative Implantable Hearing Device research program

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Penn Medicine Washington Square
800 Walnut Street
Philadelphia, PA 19107

Penn Medicine Radnor
250 King of Prussia Road
Radnor, PA 19087

Penn Medicine University City
3737 Market Street
Philadelphia, PA 19104

Set up your appointment today:

(215) 662-2777

<http://www.pennmedicine.org/otorhinolaryngology/patient-care/clinical-programs/audiology/>

2017 PA WALK4HEARING

More than 2,000 enthusiastic people of all ages gathered on October 22, 2017 to participate in the PA Walk4Hearing. It was a gorgeous but warm day as we walked along the Delaware River, admiring large Navy ships as well as small sailboats. The Philly Fanatic was there to greet the walkers and pose for pictures, while children enjoyed playing at the bounce house and participating in fun activities before and after returning from the walk. A vintage fire engine offered rides for children. The 20 alliance teams, together with teams from the majority of HLAA chapters throughout the state, added spots of color from their brightly colored team shirts to the long line of people walking for hearing. Special thanks to the volunteers who arrived before 7 am to set up the tents and stayed afterwards to reverse the process. As of November 1, the PA walk has raised 90 % of its goal of \$150,000, making it the largest walk in the country; HLAA thanks all the walkers who made this possible!.



KSN Photos

JOE MEYER

With the passing of Joe Meyer on October 23, 2017, HLAA lost one of its strongest supporters. Joe was active in many HLAA activities, working with our state office, his local chapter and for the PA Walk4Hearing. Joe didn't have a significant hearing loss himself, but he constantly supported Carolyn, his wife of 54 years. Ever since Carolyn lost her hearing and the two of them found and joined HLAA in 2003, Joe joined Carolyn to help other people with hearing loss learn how to improve their ability to communicate and live better lives. From rolling up his sleeves to organize and move the trash at the PA Walk4hearing, to helping set up the loop and projectors at the PA-HLAA Lunch and Learn, to organizing speakers for the Philadelphia Northeast HLAA chapter, Joe could always be counted upon to



help. In 2011, Joe received the Family Involvement Award from HLAA at the Crystal City (Washington, DC) convention for his support of Carolyn and HLAA.

But of course there was so much more to Joe than just a hard working volunteer providing support to Carolyn. Joe was an avid golfer who enjoyed sharing his expertise with those new to the game. As everyone who knew him can attest, Joe loved people and made friends with everyone he met. When he asked you, "How are you?", he really wanted to know the answer. A very generous man, he frequently sent friends presents he thought they could use and was always on the lookout for unusual but fitting birthday cards which he would carefully save to send at the appropriate time.

We will miss Joe's smile, but will never forget this kind and caring man.

- Diana Bender

2017 MARCIA FINISDORE AWARD FOR ADVOCACY**Nominations Due December 31, 2017**

The *Marcia Finisdore Award for Advocacy* was established by HLAA-PA in 2004 to honor our first state director. Marcia has been a tireless advocate for people with hearing loss throughout her life. This award is presented to an individual in recognition of excellence in improving communication access for hard of hearing people.

The criteria for selection are:

- A positive vision for the hard of hearing community and a continuing commitment to leadership.
- A demonstrated record of advocacy work for the rights and needs of hard of hearing people in the Commonwealth of Pennsylvania.

Nominations should include a written statement about the nominee and why this individual deserves the award. Please include contact information for yourself, as well as for the nominee.

Nominations should be sent to:

Diana Bender - Bender@hlaa-pa.org or 126 Cedarcroft Road, Kennett Square, PA, 19348

THE HLAA NATIONAL CONVENTION SCHOLARSHIPS

In 2018 the Hearing Loss Association of America — Pennsylvania State Office (HLAA-PA) will offer a scholarship to assist a Pennsylvania resident who is a member of the Hearing Loss Association of America to attend the HLAA convention. The Diana Bender HLAA National Convention Scholarship, will be available for a deserving person who is currently involved with hearing loss issues. The HLAA-PA Advisory Council's Scholarship Committee will select the qualifying applicant.

When and where is the 2018 HLAA convention? The convention will be June 21-24 (four days, three nights) at the Hyatt Regency Minneapolis, 1300 Nicollet Mall, Minneapolis, MN 55403

Who is eligible as a scholarship candidate? Any Pennsylvania resident with hearing loss, regardless of age, is eligible as long as he or she meets the following qualifications: The applicant must be a current HLAA member, must have demonstrated an interest in being actively involved with hearing loss issues, and must indicate that a scholarship would enable his or her attendance. Preference will be given to those who have never attended 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 mailed or e-mailed (e-mail preferred if possible). Deadline for receipt is April 10, 2018.

HLAA National Convention Scholarship Application Form for 2018 Convention

Name: _____

Address: _____ City _____ State: _____

Telephone _____ E-mail: _____

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

Have you ever attended an HLAA convention? (Check one) yes no

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 10, 2018. E-mail information to Mitchell Bilker, HLAA-PA Scholarship Committee Chair, at scholarship@hlaa-pa.org or mail this form to HLAA-PA National Scholarship, 821 Rosehill Drive, King of Prussia, PA 19406 (e-mail preferred).

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Ask the Expert

COCHLEAR IMPLANTS – LIFE BEYOND HEARING AIDS

Straining to hear each day, even when using powerful hearing aids?

Feeling frustrated and sometimes even exhausted from listening? Whether it happens suddenly or gradually over time, hearing loss can affect you physically and emotionally. Being unable to hear impacts your ability to communicate with your loved ones, hear in noisy environments, talk on the phone, and may force you to become more reliant on your family members to interpret for you.

Cochlear implants work differently than hearing aids. Rather than amplifying sound, they use sophisticated software and state-of-the-art electronic components to provide access to the sounds you've been missing.



Thomas Roland, M.D.,
Cochlear Medical Advisor

Dr. Roland, a cochlear implant surgeon and medical advisor to Cochlear, the world leader in cochlear implants, answers questions about cochlear implants and how they are different from hearing aids.

Q: How are cochlear implants different than hearing aids?

A: Hearing aids help many people by making the sounds they hear louder. Unfortunately as hearing loss progresses, sounds need to not only be made louder but clearer. Cochlear implants can help give you that clarity, especially in noisy environments. Hearing aids are typically worn before a cochlear implant solution is considered.

Q: Are cochlear implants covered by Medicare?

A: Yes, Medicare and most private insurance plans routinely cover cochlear implants.

Q: How do I know a cochlear implant will work for me?

A: The technology is very reliable. In fact, it has been around for over 30 years and has helped change the lives of over 450,000 people worldwide. For many people, cochlear implants are better than hearing aids in noisy environments.¹

Q: What does a cochlear implant system look like?

A: There are two primary components of the Cochlear[®] Nucleus[®] System, the implant that is surgically placed underneath the skin and the external sound processor. Cochlear offers two wearing options for the sound processor, one that's worn behind the ear – similar to a hearing aid – and the new Kanso[™] Sound Processor which is a discreet, off-the-ear hearing solution that's easy to use. The Cochlear Nucleus System advanced technology is designed to help you hear better and understand conversations.



Call **1 800 354 1731** to find a Hearing Implant Specialist near you.

Visit **Cochlear.com/US/HLAA** for a free guide.

1. The Nucleus Freedom Cochlear Implant System: Adult Post Market Surveillance Trial Results, 2008 June. ©2016 Cochlear Limited. All rights reserved. Trademarks and registered trademarks are the property of Cochlear Limited. CAM-MK-PR-293 ISS1 NOV16



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SPEECH AND HEARING CLINIC THERAPY SESSIONS

I participated in a six-week speech and hearing clinic therapy program during the summer that I found to be beneficial. One of the men at our monthly HLAA chapter meeting had told me about these very helpful sessions that he had been attending. I was interested, so I visited the website and enrolled.

The West Chester University (PA) speech and hearing clinic provides these group therapy sessions once a week each semester. The program has been part of WCU's speech-language pathology graduate program for many years, and recently the university made these sessions available to hard of hearing people at no cost. They are conducted by speech therapy students participating in a clinical program as part of their training.

Although the program is not well known, it is not a secret, and I want to raise awareness about this opportunity so others can get this valuable training on how to live with hearing loss.

I was very pleased with what we accomplished during the summer session and enrolled again for the fall. The student clinicians worked with us for about 50 minutes at each session, covering speech reading and repair strategies to use when conversation breaks down.

One session involved sharing information about assistive listening devices, such as a remote microphone or streaming device. Each person stated the benefit he received and the ease of use of his device. One of the clients said that he was not aware of such devices when he got his cochlear implant.

It was helpful to learn what the terms mean: lip reading refers to focusing on the mouth and lips of the person speaking as words are being formed. The lips are obviously important, but sounds are also generated at the base of the tongue, with the tongue on the back of the teeth, and in the throat.

Speech reading is the same activity along with observation of facial expression, gestures, and body

language to assist in understanding. This can make it somewhat easier, but it's still tricky. The student clinicians described the process of discerning what is being said, comparing words that look the same on the lips, and suggesting ways to differentiate between them. We practiced.

This is a clinic, not merely a support group, but there is support from others who are in this with us. In the summer session I had opportunity to be with other hard of hearing people as we began to learn how to live more effectively with hearing loss. We each got to contribute and to indicate what difficulties we had in our daily lives. We discussed our outside experiences in relation to what we were covering in that particular session. A good camaraderie developed as the clinic progressed and we brought in our own experiences and difficulties.

For information about the speech and hearing clinic therapy sessions, contact:

Jacqueline Johnson
Administrative Assistant
Speech and Hearing Clinic
Department of Communication
Sciences and Disorders
West Chester University
201 Carter Drive, Suite 400
West Chester, PA 19383
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Address _____

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Zip _____

Email: _____ Phone _____

Enclosed is my tax-deductible contribution of \$ _____ to support HearSay. Please make checks out to HLAAPPA.

I would like to remain anonymous.

I cannot donate but would like to receive HearSay.

Mail to: Mitch Bilker, Treasurer
821 Rosehill Drive
King of Prussia, PA 19406



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To reach readers of HearSay, contact Director of Marketing Lee Williams (leewilliams@hlaa-pa.org) for information.

VOLUNTEERS NEEDED!!

Assist the HLAAPPA State Director by serving on the Advisory Council or one of its committees. The Council meets periodically at locations convenient to its membership, and committees conduct most of their business by e-mail and occasionally meet in various parts of the state. If 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@hlaa-pa.org)

Editor: HearSay and HLAAPPA Website

Don Groff (groff@hlaa-pa.org)

Advocacy:

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

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Mitch Bilker (bilker@hlaa-pa.org)

Outreach Coordinator:

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

Arts & Entertainment:

Kay Tyberg, Co-Chair (tyberg@hlaa-pa.org)

Alan Kutner, Co-Chair (kutner@hlaa-pa.org)

ALD Demo Kit:

Bill Best, Chair (best@hlaa-pa.org)

Director of Marketing:

Lee Williams (leewilliams@hlaa-pa.org)

Chapter Coordinators:

Open, Eastern PA

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

Teresa Nellans, Western PA

(nellans@hlaa-pa.org)

About HLAAPPA and its State Office, HLAAPPA

The Hearing Loss Association of America (HLAA), founded in 1979, is the nation's foremost membership and advocacy organization for people with hearing loss. HLAA opens the world of communication to people with hearing loss by providing information, education, support and advocacy. The national support network includes the Washington, DC area office, 14 state organizations, and 200 local chapters. HLAA is a 501(c)3 non-profit organization.

Hearing Loss Association of America

7910 Woodmont Avenue, Suite 1200

Bethesda, MD 20814

www.hearingloss.org

HLAAPPA is the all-volunteer state office of Hearing Loss Association of America. We were established in 2001 to carry out the mission of HLAA for Pennsylvanians with hearing loss, their families and friends.