

Hear & Now

July 2013
Volume #7



Give a Listen !

Tune in to ALOHA's Peer Support Group at 4001 E. Fort Lowell Road. It meets Tuesdays 1:00 to 2:00 pm. You are guaranteed to learn something new to help you.

Except for Tuesday 1:00 to 2:00 pm peer support meetings, all others will resume in September or October See Page 2.

Ads in Newsletter

Aloha accepts ads related to hearing loss issues as a means to inform, educate, and publicize products and services available to the Deaf and Hard of Hearing community. ALOHA does not endorse any product or service advertised herein. Advertisers assume full liability for the content of ads.



Hope you had, or will have a pleasant 4th! If we are lucky, we will also have rain with that! The cacti are wilting.

Special Thanks are in order for those of you who pledged to the ALOHA annual golf event. And also thanks to the resourceful golfers who played their hearts out for we people with hearing loss. We have a group picture of them on the bulletin board, and it can also be viewed on the May ALOHA E-Updater (see on ALOHA's web page under "Newsletters" if you did not receive a copy of that).

Reminder: If you have an e-mail address, and wish to receive updates, etc, make sure we have your e-mail address! Don't want you to miss a thing that could be important to you.

Tour: Fifteen ALOHA members, and visitors from the Rep. Ron Barber, Sen. John McCain and Sen. Jeff Flake offices attended a tour of the new CaptionCall center in Tucson. It was an impressive tour and meeting, explaining how captioning for captioned phones is done. Look for the story in the ALOHA August E-Updater.

CLASSES, ETC.
Beginning sign class and
Speech Reading Class:

\$50 Member
\$75 non-Member

Taking Requests
795-9887

Classes
Begin In the
FALL!

Assistive Device Demos:
by appointment
only. Listening and signaling devices demonstrated. None for sale, but a vendor list is available. Also, loop demos.

Peer Support Meetings:
Weekly, on Tuesdays, 1 to 2 PM. Loop amplification. Friendly discussions and info shared about hearing aids, assistive devices, inductive looping, etc.

Inductive Loop Class.
Learn how to install in your home. Free to members

Office Hours: 10 a.m. to 5 p.m. Tue, Wed & Thur

Changed your Email?

Please let us know.

MEETINGS

DESERT COCHLEAR CONNECTIONS GROUP

At ALOHA 4001 E. Fort Lowell

Meetings are held on one Saturday of each month September thru May.

Time: 11:00 am to 1:00 pm.

Next Meeting: September 14th

October 12: Joe Pelatt He is the Cochlear Awareness Network Manager., Cochlear Americas.

Presentation: Advocacy resources available from Cochlear's website and his Awareness Group. (See flyer inside)

Want to be automatically notified about these meetings? Call ALOHA 795-9887 or info@alohaaz.org

Cochlear Americas donated for CART transcription for the CI meetings . Thank You!

TINNITUS SUPPORT GROUP

Meetings will resume in September. Make sure you are on the list to be notified.

Cristi Moore, audiologist with tinnitus, helps to facilitate these meetings at ALOHA. Usually held third Saturday of the month at 9 am.



Traveling by air? Share your experiences at support meetings as a hard of hearing Person who can't hear well. announcements.

Hear & Now
Published four times a year in January, April, July, October.
ALOHA, Adult Loss of Hearing Association
4001 E. Fort Lowell Road
Tucson, AZ 85712-1011
Free with membership

GREEN VALLEY ALOHA SUPPORT GROUP:

Contact Ebba Andersen 203-8059 if you need help with hearing issues in the Green Valley area. **All meetings are held first Monday of the month at the La Posada Recreation Room (except summer time) 10 am to Noon.**

Green Valley Meeting Dates.

October 7th: The Green Valley ALOHA staff will be doing a presentation "**ALOHA, 29-years and still going strong**". They will talk about ALOHA's history and accomplishments, how it helps those with hearing loss and much, much more.

SIERRA VISTA ALOHA SUPPORT GROUP:

Karl Hallsten facilitates these meetings held monthly., first Monday of the month. To Contact Karl, e-mail him at SierraVistaALOHA@gmail.com, or contact ALOHA 795-9887 to get in touch with him for the date and place of the meeting.

Do you know someone who lives in the Sierra Vista area that is hard of hearing? Please tell them about these meetings.

ORO VALLEY ALOHA SUPPORT GROUP

To resume in September.



Read & Learn: There is so much free information at ALOHA. Perhaps lesser known is a stack of magazines in the demo room, on the fireplace ledge. These magazines are mostly about hearing loss, aids, etc. Please feel free to take them. Otherwise, they need to be tossed out. Read what the audiologists read and become wiser.

ALOHA 2013 Golf Event Results

Major Sponsor: CaptionCall, LLC Table Sponsor: Cochlear Americas
Secondary Sponsor: Jim Click Automotive Team.

Participants at the 49er Golf Course on May 9th (players)

Lou Touchette (Bob Wieder substituted)
Loretta Butler (Barbara Palmer substituted)
Don Poore
George Ghorpade
Karl Hallsten
Sherry Whitfield
Sam Turner (helper)
Photographers: Maureen Luikart and Allen Smith

Tom Sawyer
Pam Wood
Glenn Wood (helper)
Joy Newman
Rachael Van Oosbree
Carolyn Olson (helper)

The players and helpers had so much fun, they vowed to do it again next year! Despite that they complained of exhaustion and sore muscles, they were determined to earn money for ALOHA services. They know the value of what ALOHA provides.

Thank You !! to the Following People Who Pledged \$\$

Wanda Poindexter
Anna & George Hewitt
Norma McCullough
Krista Kiley
Marilyn Smith
Thomas Higgins
Susan Craig
Emily Pollock
Anonymous
Karen Liptak
Jo Ann Turnbull
C&C Special Pet Care
Ike Eisenbraun
Carolyn Olson
Ebba Andersen
Lee Hallsten
Joan Eddy
Jeanne Wells
Jean Coombs
Melvin Slanina
Barbara Morgan
Joy Newman
Connie & Jack Baynes
Monna Ashbridge
Dixie Nixon
Chick & Nellie Mahar
Stan Atherton
Sara Jean Byers
Dar & Betty Lundeen
Larry Oyen

Lynne Thomasson
Bobbi Morris
Sherry Whitfield
Maria Campas
Charles Spencer
Anne Merritt
Barbara Palmer
Theodore Van Oosbree
Maureen & Carl Luikart
Jeremy Kahn
Pat Clinch
Elyse Kaufmann
Sally Hart
Cynthia Amerman
Robert Cass
Byron Weihrauch
Karen Kiddy
Debi Kraemer
Maureen Hannley
Suzanne Hogan
Duane Gritzmaker
Julia Olson
Allen Smith
Robert Wieder
Jim Dykgraaf
Barb Royalty
Lou Touchette
Ronald J. Stein
Jeanne Mandell
Wilson Kaser

Betty Hickman
Robert McCullough
Sharney Gillespie
Jim Robison
George Ghorpade
Ember Jones
Dale Henson
David Velenovsky
Donald Wells
Mary Neff
Thomas & Susan Cordell
Darlene Costner
Louise Plank
Sam Turner
Margaret Dorhauer
Burl Schultz
Frances Winick
Joe & Jean Knisley
Jeanne Michaels
Elizabeth Masunas
Ms. Jerry Grady
Ilona Mercalf
John D. Smith
Bruce & Jennifer Stewart
Ron & Julie Stein
Ron & Susan Ressler
Carol Ballard
Frank Hellenbeck
Tom Muller
Artisan Prosthetics

Continued, next page....

Golf Pledges Continued...

Betsy Green
Susan Vardon
Edith Manion
Arnold Hanson
Madra Gayle Little
Carol Robbins
George Ghorpade
Jon Schwindt

William Lincoln
Karl Hallsten
Daniel Germain
Louise Loiselle
Kallista Snow
Gloria & Mike Magula
John D. Smith
Jean Coombs

Suzanne Hogan
Arnold Hanson
Margaret Dorhauer
Doris Haudenschild
Michelle Handa
Phillip Micheau
Phyllis Allen
Tom Sawyer

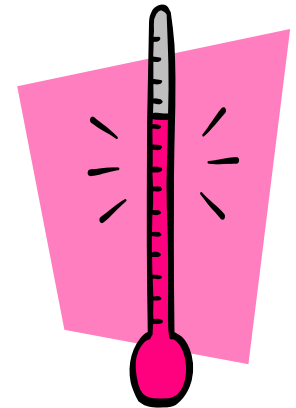
DECIBEL EXPOSURE TIME GUIDELINES

For every 3 dBAs over 85 dBA, the permissible exposure time before possible damage can occur is cut in half.

Continuous dB

Permissible Exposure Time

85 dB	8 hours— Busy city traffic
88 dB	4 hours
91 dB	2 hours
94 dB	1 hour
97 dB	30 minutes
100 dB	15 minutes
103 dB	7.5 minutes
106 dB	3.75 - 4 minutes
109 dB	2 minutes
112 dB	1 minute
115 dB	30 seconds



95 dB—gas mower/hair dryer 105 dB—Walkman/tractor 115 dB—leaf blower/rock concert/
chainsaw 125 dB—ambulance,/jack hammer 135 dB—jet plane (from 100 ft)
145 dB—fireworks/gun shot.

Smartphones now have sound meter apps that measure decibels—check them out:

FYI—I tried Sound Meter and Sound master on iPod Touch while at Good Egg at noon on Father’s Days and it registered 83 dB.....Would hate to think what it would register at Texas Roadhouse. Try it out!

“BLINDNESS SEPARATES PEOPLE FROM THINGS
DEAFNESS SEPARATES PEOPLE FROM OTHER PEOPLE”
HELEN KELLER



National Sertoma Organization Celebrates 100 Years of Service to Mankind

We at ALOHA congratulate Sertoma on their longevity and their focus on people with hearing loss! There are Sertoma chapters in Tucson, and the Midtown Club meets at ALOHA monthly. They also contribute a donation to ALOHA yearly.

Sertoma International primarily serves people with hearing loss. Two years ago they added an inductive looping initiative to their program, called “A Sound Investment”. It allows their clubs to go out into their communities to educate the public about looping.

They also provide scholarships to hard of hearing or deaf students. In Tucson, they collect used hearing aids that are refurbished and given to low-income seniors.

Two people from their Tucson club served on the ALOHA board: Chuck Ford and Joy Newman. Sertoman Tom Sawyer helped with and participated in the ALOHA annual golf event, as did Joy. A few years ago, local Sertoma presented ALOHA member Dean Nelson with a Service to Mankind Award for his valuable work for ALOHA, and also his other volunteer effort in the community.

If you would like to join a local Sertoma group, contact us at ALOHA and we will put you in touch with one of their leaders.

ALOHA Board Vacancies: We sincerely thank Rachel Van Oosbree, Jim Sipchen and Joy Newman for their time and commitment on the ALOHA board, and also for their other volunteer endeavors for ALOHA. Due to other commitments they had to resign. **We need a few “good men and women” to replace them.** You may send a brief resume to ALOHA, and president George Ghorpade will arrange to meet and talk with you. One particular slot to fill is Treasurer, with accounting experience. However, others are needed to help with and oversee ALOHA’s effort.



Welcome New Members!

Tom Savage
Keith Bennett
Fred Henninger
Sandra & Alex Kimmelman
Robert Dorson
Shirley & George Viveiros

Thomas & Diane Aaron
Doris Bear
David & Norma Fisher
Morris Kornberg
Alvin Silvian

Tony Soto
Shirley & Kurt VonMeding
Pearle Gibson
Alan Ziblat family
John Sova

Donations since April, 2013

Robert Belman
Tucson Rincon Lions Club
Maureen Luikart

Thank You!

Earl Liston
City of Tucson—ECAP
Caption Call LLC

Donald Sawyer
Raytheon Charitable Giving



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There is a solution ... for those who do not receive significant benefit from hearing aids. Cochlear,[™] the world leader in implantable hearing solutions, offers innovative technologies that can help those with severe-to-profound hearing loss, single-sided deafness and conductive hearing loss. Learn more about the Cochlear Nucleus and the Cochlear Baha[®] Systems.

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Nucleus[™]

Cochlear[™]

Baha[™]

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Hear now. And always.



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Adult Loss Of Hearing Association
(ALOHA)
4001 E. Fort Lowell Road
Tucson, AZ 85712-1011

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ALOHA Board 2013:

- S. George Ghorpade, President
- Pamela Wood, Vice-President
- Bruce Stewart, Treasurer
- Cynthia Amerman, Secretary
- Dale Henson
- Emily Pollock
- Karl Hallsten
- Jeremy Kahn
- Ebba Andersen
- Sherry Whitfield

Office Hours: 10 AM to 5 PM, Tues thru Thurs.

**Please call in advance to confirm hours.
Thanks!**

Combined Fed. Campaign #68532

You can reach us at:

Telephone: (520) 795-9887

FAX: (520) 795-9585

E-Mail: info@alohaaz.org

ALOHA's Internet Site: <http://www.alohaaz.org>

Non-profit Tax ID# 86-0554154

ALOHA's Office Location:

4001 E. Fort Lowell Road (East of Alvernon)
Tucson, AZ 85712-1011

