

Hear & Now

October 2013
Volume #8



Give a Listen !

ALOHA to start a new Networking group for hard of hearing employees or those seeking employment. Also an East Side Group: See page 2.

ALOHA has a Blog site that will be mentioned in the AZ Daily Star newspaper on Mondays and Thursdays .

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.

Newsletter Publication

4 times a year.



ALOHA Annual Meeting And Board Elections

Date: November 20, 2013

Time: 5:30 p.m.

**Where: ALOHA conference room.
4001 E. Fort Lowell Rd, Tucson**
(see page 3 for new candidates)



Memberships – 2014

We are approaching the close of 2013 and want to once again welcome our new members. ALOHA is almost entirely dependent upon our volunteers and we would like to thank you all for your dedication. As we celebrate the many new developments and programs of 2013, we would like to remind all of our members that our services and programs here at ALOHA are supported by your membership dues. For your convenience, you are now able to process new and renewal memberships via our website. We encourage everyone to renew their memberships as early as possible to save on the administrative costs of invoicing. Thank you again for your support. Enjoy the upcoming holidays!

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
4 p.m. Tue ,Wed & Thur**

**Changed your
Email?**

Please let us know.

MEETINGS

DESERT COCHLEAR CONNECTIONS GROUP

At ALOHA 4001 E. Fort Lowell, Tucson
Meetings second Saturday of each month
September thru May.
Time: 11:00 am to 1:00 pm.

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)

Be automatically notified of meetings, Call ALOHA 795-9887 or info@alohaaz.org

TINNITUS SUPPORT GROUP

(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. Contact: Cristi 881-8740.
Sonorahearingcare@gmail.com

October 19—Saturday—10 to 12

Pam Wood, Audiologist of Southwest Hearing Care “An overview of the auditory system and how tinnitus relates to it”.

GROUP MEETINGS AT ALOHA:

Each Tuesday at 1:00 to 2:00 pm, open discussion is held to answer your questions.

On **Third Tuesdays** of the month (except summer) free seminars are held, same time, with usually a presentation by a local professional.

**All meetings on this page are free and open to the public.
Yearly Membership fee is encouraged !**

GREEN VALLEY ALOHA SUPPORT GROUP:

Contact Ebba Andersen 203-8059
Meetings — first Monday of the month at La Posada Recreation Room (except summer time) 10 am to Noon.

Green Valley Meeting Dates.

October 7th: Pam Wood, Audiologist, VP of ALOHA board “**ALOHA, 29-years and still going strong**”.

November 4th: Bobbie Horne, owner of Hearing Tech, “Hearing Aid Care” and choices of programs in aids.

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

ORO VALLEY ALOHA SUPPORT GROUP

BEGINNING AGAIN IN NOVEMBER. DATE AND TIME TO BE ADVISED

NEW !! –NETWORKING GROUP

October 18, 7:00 pm, at ALOHA.

Is your career suffering because of hearing loss? Join us for these helpful meetings at ALOHA. Call 795-9887 or e-mail info@alohaaz.org. The meetings are held in the evening. The facilitator is Sherry Whitfield.



NEW !!– : FAR HORIZONS EAST GROUP to meet at 7570 E. Speedway.

October 18, 2:00 to 3:00 pm in the Card Room, Main Clubhouse.

Contact: Patty Rivard 471-8049

ALOHA Annual Meeting & Elections

When: November 20, 2013 Time: 5:30 p.m. Where: ALOHA conference room

The ALOHA Board of Directors cordially invites members to attend this special meeting. You can vote for the candidates below, and learn ALOHA's progress and plans for the coming year. Your questions and suggestions would be welcome! Light refreshment provided.
4001 E. Fort Lowell Road, Tucson, Arizona

Slate of Candidates for a 3-year term:

Stan Kruggel: I came to Tucson in 1970 from Mason City, Iowa on a full scholarship to the University of Arizona, Music Education. After graduating I went into the finance business, working for SIC Credit Co., Beneficial Finance, and Aetna Finance. My last position was Branch Manager for Aetna Office in Yuma, AZ. While with Beneficial I was District Tax Director for 2 years. I supervised 22 tax preparation offices in So. AZ and So. New Mexico. I then worked for Allstate Insurance for 21 years as an agent. I received my Master Degree and served on the executive board for the University of Arizona Alumni Band and also served as treasurer for 8 years. I completed some courses at Pima Community College. I sold my insurance business and went into auto sales for Jim Click Automotive, and the last year as service advisor in the Automall. My most recent position was Internet sales Manager at Desert Toyota of Tucson. I am married to my wife, Judith, who is a bookkeeper/accountant for a law firm. She recently completed the speech reading class with me at ALOHA. In August, I received a cochlear implant.

Cristi Moore, Au.D.: Cristi owns Sonora Hearing Care, LLC. She received her Master's Degree in Audiology from University of Utah in 2000, and her Doctor of Audiology degree from A.T. Still University in 2007. She holds certification from American Academy of Audiology and is licensed with Arizona as a dispensing audiologist. She has worked in a variety of hearing care settings. Originally from Idaho, Cristi and her husband and son enjoy living in Arizona. She facilitates the ALOHA Tinnitus Support Group.

Carolyn Olson: Past business experience was 26 years with Continental Airlines as a reservations agent, tour and executive accounts agent, promoted to supervisor in Chicago. She transferred to Tucson International Airport. More recent employment was as realtor, Pima County Justice Court, and then legal transcriber in the Adult Probation Office and Pima County Sheriff's Department. In retirement, Carolyn volunteered as board member with Greyhound Adoption League, was assistant trainer with Handi-Dogs and CanDo Canines, and was a docent at Reid Park Zoo. She is a member of ALOHA for 5 years and volunteers in the office, doing health fairs, prepares Hear & Now newsletter, and handles membership. She also meets, greets and helps people who come to support group and demonstrates assistive devices. Carolyn has hearing loss.

Patricia Rivard: Early employment included Special Education Aide in the public school system in Minnesota, helping disabled students perform in their therapy sessions. Later she worked for Beltone fitting and adjusting hearing aids. She has dealt with her own hearing loss most of her life and believes she is well-suited to represent others in the hard-of-hearing population. She is an ALOHA member and will facilitate an ALOHA support group on the East Side of Tucson. She looks forward to serving on the ALOHA board.

Continued...next page

Board Candidates, continued...

Susan Vardon: She has over thirty years experience in a variety of educational settings, including special education, general education and administrative positions. She received her higher education from universities in California, and worked in Tucson as a teacher. A member of ALOHA since year 2000, she volunteered with the Desert Cochlear Connections Group as a facilitator, and helped with assistive device demonstrations. Susan also served on the Arizona Commission for the Deaf and the Hard of Hearing as a hard-of-hearing representative for 6 years, and was class assistant at Handi-Dogs. Susan uses bilateral cochlear implants.



We are near done with summer, pushing into fall. **Happy Pumpkin Time!** As you notice on page 2, all of ALOHA's support activities have resumed, with two new ones added—Far Horizons East, and the new Network for Employees (or those seeking employment). You may also view the lineup on ALOHA's website www.alohaaz.org, or you might receive the E-

Updater by e-mail which also will list meeting times and dates. Most people attending meetings or those who have device demonstrations leave with a smile, like the happy pumpkins above. However, if you have a sad face like the pumpkin on the left, pay us a visit at any of the meetings, or call for an assistive device demo, so we can help you **SMILE!**

Hearing Aid Batteries: A frequent question is *"how long are hearing aid batteries supposed to last?"* Well, it depends on the size of the battery, and what hearing device you use—hearing aid, cochlear implant, Baha bone conduction device, Bluetooth or other assistive device. So, obviously the answer is difficult to pinpoint. It is known that cochlear implant processors really soak up the energy, and batteries for those might last 3 days or a lot less. However, one can get rechargeable batteries for cochlear implant, and have a spare set on charger.

What can affect battery life? Low humidity, high humidity, cold temperature, altitude.

Hearing aid batteries can last for

#10, 3 to 10 days **#312**, 3 to 12 days **#13**, 6 to 14 days **#675**, 9 to 20 days

(This is according to a report in Hearing Review magazine, but this editor gets about 25 days on #675 batteries, with regular use and no accessories like Bluetooth.)

Lift off the protective tab on a zinc-air hearing aid battery, and it begins to decrease power, with no stopping it. So, turning your hearing aid off might not save battery power by much.

Wireless connectivity to devices can draw a lot of battery power (TV's, stereo, cell phones, MP3 players)

If you are pretty consistent with your hearing aid use, and with accessories, keep track for a month and see how long the batteries last. When you change the batteries, you can put the lift-off tab on your calendar page date. That way, you can pretty much guess when you need to change the batteries next, and avoid shutting down your aids at an importune time. In today's digital aids, you get very little warning (that is if you can HEAR the warning the aid gives off).

Reminder: ALOHA has a recycle container for used hearing aids batteries

Welcome New Members!

Kathleen Burnett
William K. Ingraham

Robert & Shirley Segebrecht
Lena Steinbrenner

Janet Spadora

Donations since July, 2013

Thank You !

Ruth Stroud
Irene Tieva
George Ghorpade
William Foster
Raytheon Charitable Giving

Jerome Holder
George & Shirley Vivieros
Marjory Margulies
Linda Wanta

Kathleen Burnett
Stephen Harvey
Ruth Elaine Berry
City of Tucson (ECAP)

Tucson Singletarians: Social Group for age 50+/currently single

This group placed an announcement about ALOHA in their publication, so we would like to return the favor. You may view their website at <http://tucsonsingletarians.tripod.com> . Contact person is June 326-9174. She is also an ALOHA member. Whether Swinger or Wallflower....you rate a friendly welcome at their events.



Healthcare Providers Curriculum—Partners in Communication (medical providers and hard of hearing patients)



Do you and your physician or healthcare provider have a battle of wits as you struggle to understand his or her spoken words? ALOHA has some new brochures from Arizona Commission for the Deaf and the Hard of Hearing (ACDHH). You can read it, and take one on your next visit to a healthcare facility. And we hope you will ! Additionally, Michele Michaels from ACDHH told us she and her staff provide free in service presentations to health facilities that request them, to teach staff how to communicate with hard of hearing patients.

Living Well With Hearing Loss Group: There is one 3-part session left for the fall semester at the University of Arizona Hearing Clinic...November 8, 15, 22. ALOHA has the flyers, but you can get information at 621-7070. If it is filled, you can request to take a spring class.

Note: Dr. Frances Harris, Clinical Assistant Professor of the Dept. of Speech, Language & Hearing Sciences at UA will be retiring in December. For many years she coordinated with ALOHA in a cooperative effort between our two organizations. She is currently working with three people to take over her duties. Two visited ALOHA in July, Dr. Nicole Marrone and Dr. Stephanie Adamovich.

Fran: We sincerely wish you the best retirement ever !



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Nucleus[™]

Cochlear[™]

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www.CochlearAmericas.com

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Hear now. And always.



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Adult Loss Of Hearing Association
(ALOHA)
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Tucson, AZ 85712-1011

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- Cynthia Amerman, Secretary
- Dale Henson
- Emily Pollock
- Karl Hallsten
- Jeremy Kahn
- Ebba Andersen
- Sherry Whitfield
- Stan Kruggel
- Cristi Moore
- Carolyn Olson
- Patricia Rivard
- Susan Vardon

Office Hours: 10 AM to 4 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

