

Hear & Now

July 2014
Volume #11



Give a Listen !

July is 24th Anniversary of the ADA Law.

See page 3.



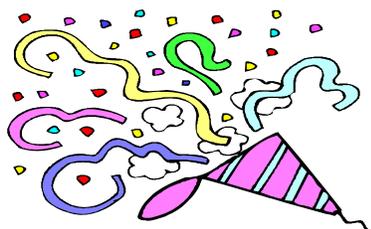
New Evening Support Group every Tuesday
See Page 2

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.

Newsletter Publication

4 times a year.



PARTY PREVIEW

The ALOHA board of directors plans to have a 30th Year Celebration on the last Saturday of October. Hush, hush, until the details are worked out. "Stay tuned!"

New Models of amplified phones you can try:

The state provides free loan of amplified telephones, and one captioned phone. You can try them at ALOHA. Call or e-mail for an appointment. Best days for demo are Wednesday and Thursday 10 to 4.

Jeep Cherokee Raffle
Board members still have tickets left to sell. Call or e-mail ALOHA and we will connect you with a board member.

Newer Ways to Communicate
There are so many choices now. Learn about texting, captioning on cell phone, captioned phone call on computer, Iphone, Smart Phone. Captioned land line phone. Just to name a few options.

Learn more at our various support group meetings from people who use this kind of technology.

CLASSES, ETC.
Beginning Sign Class and Speech Reading Class: Fall, 2014
\$50 Member
\$75 non-Member

NEW: Evening ASL Sign language class

Call in your request 795-9887

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 ,
11:00 am to 1:00 pm, September thru May
(taking a summer break)
Time: **11:00 am to 1:00 pm.**

CART transcription & loop amplification are
provided at the meetings.

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

GROUP MEETINGS AT ALOHA:

Every Tuesday at 1:00 to 2:00 pm, open
discussion is held to answer your questions
about hearing aids, assistive devices, and
anything else related to hearing loss.

On **Third Tuesdays** of the month will have a
special speaker (except July and August)

***NEW!* EVENING SUPPORT GROUP**

7:00 to 8 pm every Tuesday
These meetings started in June, and so far,
not many people are taking advantage of it.
People have told us they could not attend a
day group because they work. We hope there
is more interest shown so we can continue this
evening support group.

Tinnitus: We had a tinnitus group in the
recent past, but again, attendance dwindled to
zero. If you would like a tinnitus group to
re-start, let us know.

**All meetings on this page are free and
open to the public. The meetings are
offered to keep you up to date on new
technology and coping. strategies.
There is no better support than PEER
support.**

GREEN VALLEY ALOHA SUPPORT GROUP:

Contact Ebba Andersen 203-8059
Meetings — first Monday of the month at
La Posada Recreation Room 10 am to
Noon. (June through September is
summer break)

Green Valley Meeting Dates.

The El Posada group is taking a summer
break...resumes in October.

**BUT, a GV ALOHA Support/Discussion
Group.** will be held at the Community
Connect building, usually 4th Thursdays of
the month at 1:00 pm (except July)
Call Ebba. 203-8059.

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

Is on summer break until October.
1st Thursdays of the month. Santa
Catalina Catholic Church, Cholla & Ocotillo
room, 14380 N. Oracle Rd.
Facilitator Joan Eddy 825-8630

. FAR EAST GROUP

to meet at 7570 E. Speedway.
**3rd Fridays of the month, 2:00 to 3:00
pm** in the Card Room, Main Clubhouse.
Bring your questions, get answers! Make
friends!
Contact: Patty Harvey, facilitator, 471-8049

Correction from April:

RE: The TMC Senior Programs meeting
room on the El Dorado Campus, 1400 N.
Wilmot Road has inductive loop installed.
**The cost of the loop was donated by
Tucson Ear, Nose & Throat.** Sorry for the
omission of the donation.

Americans with Disabilities Act, 24th Anniversary



ADA (Americans with Disabilities Act) was sponsored by Senator Tom Harkin, enacted by Congress in July of 1990, and signed by President H.W. Bush.. Disability is defined as a physical or mental impairment that substantially limits a major life activity. Hearing loss fits under this law as a “disability”.

We who have hearing loss have enjoyed advantages since inception of this law, which is compared to the Civil Rights Act of 1964 that made discrimination illegal. It has taken a long time though to bring the advantages into being, via many lawsuits, etc. Some advantages that come to mind are captioning of TV programming, though some can claim exemption. Now, there is a push to have captioning of Internet videos, movies and the like. Most movie theaters have to provide hearing accommodation or captioning. Employees, or people seeking employment, cannot be discriminated against because of their hearing loss and must be offered reasonable accommodation, though that applies most to workplaces with 50 or more employees.

Is it a perfect law? No. There is room for vast improvement. Most times it takes litigation, or legal interpretation of the law to resolve issues. Locally, we have Arizona Center for Disability Law to help resolve compliance matters. And organizations, such as Arizona Commission for the Deaf and for the Hard of Hearing, Community Outreach Program for the Deaf, and of course, ALOHA, advocate for people with hearing loss.

You can read the law at www.ada.gov

ALOHA’s “**Let’s Loop Tucson**” project could in some cases require looping per ADA law, or option of FM or Infra-red technology for the hard of hearing public. But, we would rather **encourage** public venues to provide accommodation. We, the public, can make a big difference by politely asking venues to provide adequate hearing devices or real-time captioning. There are over 100 places in the Tucson and Green Valley area that now have loop technology installed. See the list on our website under Looping.

Telecoils....Little Birdie Says, Don’t Leave Your
Audiologist’s Office Without Them



Frankly, we are puzzled by how many people come to ALOHA for advice, and do not know what a telecoil is, or if they have them in their hearing aids. Apparently, there is a disconnect. It is the law in Arizona that people buying hearing aids have to be told about telecoils. We assume the professionals are doing this....but, perhaps the consumer did not hear when told? After all, the person is ordering hearing aids, but does not have them yet, and probably misses a lot of what the hearing professional says.

Although telecoils and inductive looping are considered “old technology”, they do work! And the cost of telecoils is negligible or no-cost added to the hearing aids at the factory.

OK. For the uninitiated among us: Telecoils can help us hear better in difficult listening situations. At ALOHA, two of our rooms are looped for your hearing pleasure.

PS: Helpful Hint: The best programming of telecoils is MT, and T. Automatic telecoils usually connect only with a phone, not a room loop. Telecoils are programmed same as for a hearing aid, specifically for you and your hearing.



BRING A BOOK, TAKE A BOOK

Do you like to read.....I mean, do you REALLY like to read? Come take a look at the selection in ALOHA's Bring A Book, Take A Book room. It is the back room, down the hall to the right. You do not have to sign the books out....just bring a book or books to exchange. The books are fiction and non-fiction. Thanks to people who donated more books than they exchanged, we now have 3 bookcases full of books to choose from.

NOTE: There is another bookcase in that room specifically for items you may borrow. The items/books, tapes are hearing loss-related You **do have to sign those items out** and return them later. The items include sign language learning materials.



Squabbles and Other Consternations

We did not choose hearing loss, it chose us. Sometimes we want some understanding and a little empathy...from our family, from our friends, and from the general public. Mainly we want to have good communication. Hearing aids are great, but they do not give us 20/20 hearing like we perhaps used to have. Therein lies consternations, and sometimes squabbles.

At ALOHA we have a hand-out sheet of "*Tips for Talking to the Hearing Impaired*", originally printed by Tucson Ear, Nose & Throat, Jon Richins, audiologist, and others on the staff at the time. It is attractive because each hint has a cartoon drawing, an attention-grabber, and thus a lighter way of looking at the dilemma.

One says: "Face the person directly and on the same level whenever possible". We know how that gets abused. The person talking to us is in another room, or has his/her back to us, or head in the refrigerator. When we ask, "what did you say?", the answer often is "never mind, it was not important". Slow burn #1.

Or we are in a store or at an appointment, and the person is looking everywhere but at us. Nope, we can't do peripheral hearing anymore. FACE ME, PLEASE. Slow burn #2.

For times of intimacy: Sweet nothings into the ear result in just a scratchy sound and hot air. With hearing aids in, there is a squeal, and that is not a squeal of delight, but is the hearing aid feeding back. A little humor goes a long way.

"If a person has difficulty understanding something, find a different way of saying the same thing" NEVER say, "never mind". Write it down if necessary. Use sign language if you know any (if the other person knows sign language) or make up your own signs—pantomime could help. Make a game of it.

"Reduce background noises" Turn down the #%&* TV when you are talking to me. OK, make that "pretty please with sugar on it"

You/We can learn more about coping strategies by attending ALOHA group meetings. Bottom line...it is mainly up to we who have hearing loss to solve the communication problems.

Welcome New Members!

Robert J Reuss
David & Edna Ethen
Sally Christensen
Anne B. Stericker
Clifford Scott

Hildreth R Garb
Katharine Spratley
Earl & Paula Lovell
Thad L Regulinski

Barbara Dexter
Rhonda Somers
Irma Bernhold
Gary Sawyer

Donations since January, 2014 *Thank You!*

Anne Stericker
Ruth Elaine Berry
Raytheon Charitable Giving
Tucson Rincon Lions Club

Lois Miller
Oro Valley United Church of Christ
City of Tucson (ECAP)
Harry & Marjorie Stewart Foundation

W. F. Dean

Coping With Hearing Loss and the Consequences of Ignoring

According to the National Council on Aging , over 30 million people in the United States have hearing loss, but the number is rapidly reaching epidemic proportions.

The Council also discovered those with untreated hearing loss are more likely to report Depression, Worry and Anxiety, Paranoia, Emotional Turmoil, Social Isolation and Insecurity.

Those with hearing loss are also less likely to participate and organize social activities, compared with those who wear hearing aids. It proves that hearing loss is definitely not a harmless condition.

Seniors whose hearing loss is treated often report benefits that include: Better relationships with their families, Higher self esteem, Greatly improved Mental Health and Greater Independence and Security.

Clear Sounds
By: Michele Ahlman

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Certified Clinical Audiologist



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Helping You Hear Life's Most Important Moments

Newsletter Advertising Costs (One Issue):

Full page (7.5 x 9.5").....	\$200.00
Half page (7.5 x 4.5").....	\$125.00
Quarter page (3.5 x 4.5").....	\$75.00
Business Card (3.5 x 2.0").....	\$50.00

Buy ads for a year (4 issues) for the Hear & Now newsletter and as a bonus you get your ad in 8 e-Updateers free.

ALOHA Member Giving Presentation on Africa

Mary Neff will present a show of narration, music, and photos from her recent trip to Africa.

When: July 23, (Wednesday) Evening

Where: Beautiful Savior Lutheran Church, 7570 N. Thornydale Rd, Tucson

Accommodation: Hearing accessibility using FM system in the fellowship hall (Werner Hall)

This presentation is part of the church's evening activity series.

How to RSVP: To Mary at neffms@gmail.com Or call ALOHA 795-9887, and we will forward your message to Mary if you do not have e-mail.

Note: There will be a 5:00 informal supper in the fellowship hall, with grill available for anyone to use. Bring your own meat or sack supper, or (optional) a dish to share. Or, you can skip the supper and just attend the show. Mary will later be able to tell you when the show starts at time of your RSVP.

Sudden Sensorineural Hearing Loss

If you encounter someone who has a sudden hearing loss, impress upon them that it is an emergency. The sooner evaluation and treatment can start, the more of a chance the treatment could work to restore at least some of the hearing. There are many possible causes of sudden deafness, and several treatments which though they might not work for everyone, they are well worth a try.

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Internet Protocol Captioned Telephone Service (IP CTS) is regulated and funded by the Federal Communications Commission (FCC) and is designed exclusively for individuals with hearing loss. To learn more, visit www.fcc.gov.

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Adult Loss Of Hearing Association (ALOHA) Application Form

*CATEGORIES	COST	LENGTH OF TIME
Individual Member	\$25.00	1 Year Membership (See below)
Family Membership	\$30.00	1 Year Membership (See below)
Business / Organization Member	\$75.00	1 Year Membership (See below)
Bronze Donor (Less than \$250.00)	\$	100% Tax Deductible
Silver Donor (\$251.00 - \$500.00)	\$	100% Tax Deductible
Gold Donor (\$501.00 - \$1,000.00)	\$	100% Tax Deductible
Platinum Donor (More than \$1,000.00)	\$	100% Tax Deductible
Total Enclosed:	\$	Make Check Payable to ALOHA (See address below)

*Members are encouraged to select a Donor Category to help YOUR Association sustain its service and be pro-active in meeting YOUR needs and desires.

Note: ALOHA is a non-profit organization in accordance with Section 501(c)(3) of the IRS Code. Please consult your tax advisor or the Internal Revenue Service regarding deductibility.

NAME (First, MI, Last):	
Significant Other:	
Street Address:	
City, State, ZIP Code:	
Home Phone:	
Work Phone:	
FAX Number:	
Email Address:	

Emergency Contact Information (Optional, But Recommended):	
Name:	
Phone:	
Relationship:	

All members receive the "Hear & Now Newsletter" 4 times a year and receive discounts on classes we offer.

How do you want to receive your newsletter? On-line regular mail

Do you also want to receive the ALOHA e-Updater (our email newsletter) 8 times a year? Yes No

If a new member, how did you hear about ALOHA?:

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

Return Service Requested



ALOHA Board 2013/2014

- Karl Hallsten, President
- Pamela Wood, Vice-President
- Stan Kruggel, Treasurer
- Cynthia Amerman, Secretary
- Ebba Andersen
- Gigi Dinniman
- Patricia Harvey
- Dale Henson
- Cristi Moore
- Carolyn Olson
- Bruce Stewart
- Susan Vardon
- Sherry Whitfield

Office Hours: 10 AM to 4 PM, Tues thru Thurs.

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

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:
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Tucson, AZ 85712-1011

