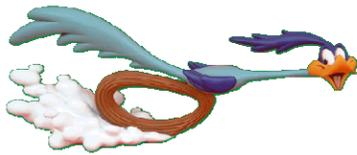




A PUBLICATION OF THE ADULT LOSS OF HEARING ASSOCIATION

Hear & Now

April 2015
Volume #14



**Give a Listen !
Win a Mustang!!! —not a
horse though.**

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.



The Road Ahead.....

So far, this appears to be a good year for ALOHA. The monthly calendar fills up with activities and meetings to be of benefit to you our members, and the public who seek help with their hearing loss.

But, we are aware that at times the conference room is too small, and the parking is iffy. We wish for a newer building with larger conference room, an extra classroom, and plenty of parking. So, let's hold that thought and wish for **the road ahead** .

In the meantime, we thank members for their membership renewals and their generosity in supporting the ALOHA effort. Together we have done a LOT.

Fundraiser: Jim Click has done it again with a very special car, a 50th Anniversary Mustang. Only 1,964 (as in 1964) of these cars will be produced, and you have the opportunity to try to win one, and at same time support the ALOHA effort. See details on page 6.

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

**Call in your request
To be notified of the
next class 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: Loop amplification. Friendly discussions and info shared about hearing aids, assistive devices, inductive looping, and coping.

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**

**Changing 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, October thru May.

Saturday, April 11, 11:00 am
Hatten Howard, AuD who works with
Dr. Jacobs will speak on realistic expectations
for CI users, and ins and outs of mapping.

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 we have a
special program with a presenter.

April 21, 1:00 pm to 2:30 pm
Pamela Wood, Cristi Moore, audiologists
present "Tinnitus, It's A Brain Thing"

EVENING SUPPORT GROUP

7:00 to 8 pm every Tuesday
People have told us they could not attend a
day time group because they work. We hope
there is more interest shown so we can
continue this evening support group. Spread
the word! *New:* 2nd Tuesdays of month
will have a presenter.

**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 to Noon,
October through May.

April 6th: Stan Kruggel and Lou
Touchette will talk about cochlear im-
plant, the surgery and qualifications.

ADVANCED BIONICS COFFEE CHATS

If you have a cochlear implant, or
considering one, these meetings are held
at ALOHA conference room every Third
Thursday of the month at 2:00 pm.

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

Changed to 2nd Thursdays of the
month. 2 to 3 PM Santa Catalina Catholic
Church, Cholla & Ocotillo room, 14380 N.
Oracle Rd. Call Facilitator Joan Eddy 825-
8630 to confirm date and time.

FAR EAST GROUP

Meets at 7570 E. Speedway.
(Far Horizons) 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

NEW: HEARING LOSS ASSOCIATION OF AMERICA (HLAA)

They meet at the Voyager RV Resort,
Catalina Room 8701 S. Kolb Rd. 2nd
Monday of the month, 11:00 to 12:30.
Contact: Victoria Garth 574-5278. April's
meeting will have Liz Booth speaking about
Communication Strategy. CART and loop
provided. After April, the group hopes to
continue in the fall.

News of Interest:

Free Home Loop Class: Want to learn how to install your own home loop, or perhaps go into the business of doing this service for others? **Loopin' Lou** will teach a free class. Call or e-mail ALOHA to be on the list.

The ADA and You: Besides using the **ada.gov** website, you can post questions to Arizona Commission for the Deaf and the Hard of Hearing at **acdhh.org**, and Arizona Center for Disability Law **www.acdl.com**

Cochlear Implant Coffee Chats: Advanced Bionics holds these meetings at the ALOHA building the third Thursday of the month at 2:00 pm. Cochlear Company plans also to hold coffee chats at ALOHA...day and time to be announced soon. These meetings are for people who have the implants, or are contemplating getting an implant.

Deaf Cactus Group: You can sign up for their free e-newsletter. Go to their website to sign up: **www.deafcactusaz.com** They list events for Deaf and for Hard of Hearing People in Arizona. You can also post an event on their site.

How To Be a Resilient Caregiver: ALOHA has a copy of this 240 page reference guide that you may borrow. If you are a caregiver, this guide may be helpful to you. If you want to purchase your own you can e-mail caregiversarizona@gmail.com. You can also view it at www.caregiverconsortium.org



Personal Sound Amplification Products (PSAP's)

Perhaps you have seen these ear-level devices in ads, and often says "not a hearing aid". Or, they may be sold in big box stores and pharmacies. Some are amplifiers, some have digital programming.

Are PSAPs a viable or helpful product for consumers? At ALOHA we get asked about the over-the-counter devices such as these. They don't require a hearing test or prescription. Some cost less than hearing aids, and some cost about as much as a low-level hearing aid that is fitted by a hearing care professional.

So, what are hard of hearing people to think about PSAP's? Will they help to hear better? Answer: That depends on the type and severity of the hearing loss. If it is a mild hearing loss, there might be some benefit in hearing ability.

Bottom line though is that it would be in the best interest of consumers to get their ears checked by a physician, with workup to determine why there is loss of hearing, and if further loss can be prevented. And, if there is a problem in communication or otherwise difficulty in the enjoyment of life's sounds (TV, movies, music, etc.) then a complete hearing test and fitting of hearing aids by a professional would be the best strategy.

NOTE: Two articles about PSAP's are available at ALOHA: "Wired for Sound" by Steve Frazier, editor, HLAA Albuquerque. The Hearing Review, March 2015, article by Holly Hosford-Dunn, Tucson audiologist.

Those Things You Put in Your Ears—Hearing Aids

Not surprising because of the kind of organization we have, there are always questions about hearing aids. We tackle many questions at our support groups (see page 2). And, really, among our members, we have people who are quite savvy about this topic!



It recently came to our attention that the manuals that come with hearing aids usually do not have information about telecoils, or really much about accessories in general that can be used with ones' hearing aids. But we did discover that a user can ask their hearing care professional for a print-out of the programs available with each brand of hearing aid. It is up to the hearing aid fitter to activate each program, determined by your lifestyle and hearing situations. It helps if the buyer can relate which hearing situations are the most difficult, and get the aids programmed to their liking at the first visit. Don't hesitate though to go back for adjustments.

The beeps: When your hearing aid professional programs your aids at the time of fitting, they will tell you how to get to them. Usually you will get an explanation of how to access the programs, which we promptly forget once we get home, hence it is nice to have written instructions to practice with. For instance, one beep might be for telecoil, two beeps might be for hearing in noise, three beeps might be for music listening. This is just an example, and you need to learn what the succession of beeps mean.

For telecoil programming, it can be useful to have beep number one for microphone and telecoil (MT), so that you can hear a person beside you as well as listening in a looped room setting. If you don't want to hear any side sounds and just want whatever is going into a microphone in a looped setting (home TV, lecture, sermon, etc.), have a separate setting (beep/beep) for that .. (T-only). If you have a spouse or partner, having the setting on T only can cause problems. You need to explain if you are on T only, and that they need to get your attention to turn to MT or microphone only. For some of us, we cannot listen to, say, the TV and another person at the same time. You might tell by the expression on their face whether this is something really important (the house is burning down!), or just that dinner is ready. It's helpful to let them know how to get your attention, such as a light touch on the arm (no poking!), or a small wave. A little sign language helps, and we teach that at ALOHA, by the way.

Another useful control is a manual volume control, useful for really loud situations so you can turn your aid volume down, but still be able to hear somewhat. Turning your aids completely off can produce a feeling like you are in a vacuum completely cut off from the world around you.

So, do learn your *beeps* and what they mean, and practice so you know where they are and avoid unnecessary fidgeting with the aids, accompanied with a wild look in your eyes as you search.

The topic of accessories to use with your hearing aids is more involved. Come to support group and learn from others what they use. You may also make an appointment for a Wednesday or Thursday at the Ft. Lowell ALOHA to try a few. You can also swipe a catalog of devices and see what is available and experiment on your own. There is also a program where you can borrow devices for a short while, the **Arizona Technology Access Program**: www.nau.edu/aztap or call toll free 800-477-9921.

Donations since January, 2015 *Thank You!*

Robert Maddox
 City of Tucson ECap
 Kathleen Burnett
 Pat Clinch
 Mary Neff
 Macy's/Bloomington's
 Alex Mich

William & Laverne Foster
 Emily Pollock
 Karen Liptak
 Erika Gorgas
 Angel & Laura Sepulveda
 Ruth Stroud
 Midtown Sertoma Club

John & Laura Hoelzel
 Ron & Judy Kelly
 Richard Coker
 Dixie Nixon
 Raytheon Charity Giving
 Robert Belman

ALOHA received a bequest from the estate of member Jay Tate who passed away in October.

A HoH's Credo (An excerpt from article by Gael Hannan hearinghealthmatters.org 3/10/15)

I BELIEVE THAT:

- ◆ Having hearing loss is just one aspect of who I am. It does not define me as a person or confine me to a group.
- ◆ Living with hearing loss, while challenging, is not the greatest challenge I will face as a human being.
- ◆ My most important goal is not to hear better, but to communicate better. I must learn to listen with all of my gifts—my ears, my eyes, my heart and my mind.
- ◆ By accepting my hearing loss, I am breaking down personal barriers.
- ◆ By advocating for others with hearing loss, I am helping to break down public and societal barriers.
- ◆ By being honest about my hearing loss and articulating my communication needs, I become a better communicator.
- ◆ I need professional help from a hearing health care provider who makes me feel comfortable and who works hard to find solutions that meet my needs.
- ◆ By connecting with others who have hearing loss, I am stepping into a circle of invisible and unbreakable supports.
- ◆ The person whose insults and impatience have the most power to hurt me, is *me*. I am just one in a world of many. We all have burdens that may not be understood but should be respected.
- ◆ It's not always easy to see the humor in awkward hearing moments—but it helps.
- ◆ I must respect the hearing that I have and protect it from further damage due to noise.
- ◆ Hearing loss affects us all—me, my family, my friends. I recognize that my hearing loss presents challenges for them, and I must honour and celebrate their efforts to make our communication successful.

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Quarter page (3.5 x 4.5").....	\$75.00
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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.

RAFFLE BENEFITING TUCSON CHARITIES
100% FOR LOCAL CHARITIES

TICKET PRICE
\$25
OR 5 FOR \$100

Exclusive: Only 1,964 of these cars were made!

50th Anniversary

2015 FORD MUSTANG 50th Anniversary Edition

Feeling Lucky? Win a 50th Anniversary Edition of the Ford Mustang. ALOHA has The raffle tickets.

ALOHA Board Members are in competition to see who Can sell the most tickets! See their names on the back page of this newsletter, and select one to designate to buy your ticket from. Cost is \$25 per ticket, or choose 5 for \$100. Send check payable to ALOHA, and we will enter you in the drawing, and send you the stubs.

Avoid the rush.....tickets will go fast on this special car as it is considered a collectible and only 1,964 will be sold . with only 3 sold in Tucson. Sales from tickets help in providing ALOHA services. Thanks to Jim Click for donating the car and thus providing a fund-raising opportunity for nonprofits.



Condolences to the Family of Mary Ayer.

Long-time member and volunteer of ALOHA, Mary Ayer, passed away March 15. We remember her as a kind and lovely lady with funny stories to amuse us. Her family donated Mary's hearing aids for the Sertoma Arizona Hearing Aid Bank.

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Adult Loss Of Hearing Association (ALPHA) 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 ALPHA (See address below)

Note: ALPHA is a non-profit organization in accordance with Section 501(c)(3) of the IRS Code.
Your donation may be tax deductible.

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 ALPHA e-Updater (our email newsletter) 8 times a year? Yes No

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

4001 East Fort Lowell Road • Tucson, Arizona 85712
 Phone: (520) 795-9887 E-mail: info@alohaaz.org Website: www.alohaaz.org

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

Return Service Requested



ALOHA Board 2015

- Karl Hallsten, President
- Pamela Wood, Vice-President
- Stan Kruggel, Treasurer
- Cynthia Amerman, Secretary
- Ebba Andersen
- Gigi Dinniman
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- Mary Neff
- Kimberly August

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:

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



Let's Loop Tucson!