



A PUBLICATION OF THE ADULT LOSS OF HEARING ASSOCIATION

Hear & Now

July 2015
Volume #15



Have
A
Cool
Summer

Support Groups: See
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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.

Can Medicare Cover the
Cost of Hearing Aids?

Answer: It could. But only if they know the great need. How do they know the need? **From we who need the help!**

We know the current bill has a snowball's chance in Arizona in July to pass, but hey, if we keep letting them know our needs, it could come true. (see item on page 3)

Do You Have A Story?

We'd love to hear your story or anecdote about your hearing loss, for publication in ALOHA's Hear&Now, or the ALOHA Updater. Can be a paragraph, or a full page. Just e-mail or mail your item to the ALOHA office. Such writing can be therapeutic for yourself, and also help readers of our newsletters!

Can You Spare Some Time?

Currently, we have two volunteer needs:

Health Fair Table Tender. Training would be provided.

Let's Loop Tucson Helper

Learn the ropes from Loopin' Lou Touchette. He needs help in connecting with folks who inquire about home or larger venue looping. Also, Lou will be teaching a class on home loops mid October.

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

Call in your request To be notified of the next class 795-9887

Assistive Device Demos: by appointment only.

Test drive some products in ALOHA's demo room. Amplified phones, caption phones, listening devices. None for sale, but will give you a list of catalog companies that sell them.

Peer Support Meetings: Loop amplification. Friendly discussions and info shared about hearing aids, assistive devices, inductive looping, and coping. Page 2.

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.

Taking a summer break: Resumes in October.

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

ADVANCED BIONICS COFFEE CHATS:

Third Thursday of each month at 2:00 pm at the ALOHA office. Whether you have an implant, or contemplating one, this group is for you.

GROUP MEETINGS AT ALOHA: (ALL YEAR!)

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 (except for July and August, which will be the usual regular meeting format.

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.

Summer Break, Resumes in October.

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

Meet 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. ***On summer break until October.***

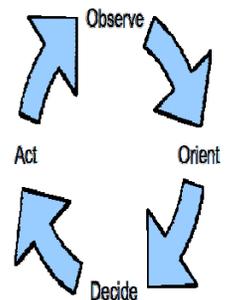
. FAR EAST GROUP

Met at 7570 E. Speedway. (Far Horizons)
This group may not start up again in the fall. Past attendees are encouraged to come to the Ft. Lowell office peer support meetings Tuesdays, 1 to 2:00 pm

HEARING LOSS ASSOCIATION OF AMERICA (HLAA)

On summer break, and hope to resume in the fall at the Voyager RV Resort. Contact: Victoria Garth 574-5278

Loop: You can learn to Install a loop in your own home, to hear better for TV, music, conversation.



Free class—taught by Loopin' Lou Touchette in the ALOHA conference room.

Call or e-mail to reserve your place in class.

News of Interest:



Meetup: Tucson Deaf and Hard of Hearing Non-Signers:

This is a group for people with serious post-lingual hearing loss who for whatever reason have decided ASL/signing is not for them (spent formative years as a hearing person). If you find it difficult to impossible to socialize in groups because of hearing loss, join us. We will utilize whatever works to communicate: scribbling on paper, assistive devices, laptops, iPads, etc. The main objective is to find a way to have a little fun in a group of people who really “get it”. Significant others without hearing loss are encouraged to join as well.

For meeting times and places, please visit:

<http://www.meetup.com/Tucson-Deaf-and-Hard-of-Hearing-Non-Signers/>

E-mail: gradiance3-hearing@yahoo.com

ED: This group is not affiliated with ALOHA, but we are glad to pass the word.

Pharmacies Looped? What a great idea!

Some chain stores in upstate New York, and southeast states are testing looping at the pharmacy counters. These stores include Wegman’s Supermarkets, Publix Supermarkets, and Walgreen’s in two New York City Stores.

ED: what a relief it would be to not have the whole store know your medical business because the pharmacists have to shout to be understood at times.

Medicare & Hearing Aids: Yet another congressperson, Debbie Dingell of Michigan, has introduced the Medicare Hearing Aid Coverage Act of 2015. An ENT doctor told her that more than half of the patients she saw who needed a hearing aid could not afford or obtain one. The bill number is HR 1653. Contact your congressperson to tell them you support this bill, and want their help. Hearing Loss Association of America supports this bill.



Looking Ahead—to Next Year:

The ALOHA board is planning to present a Loop Seminar in January of 2016. A venue will be sought that has inductive looping installed, and large enough to accommodate 100 guests.

The guest speaker will be Dr. Juliette Sterkens, audiologist and hearing loop advocate from Fox Valley, Wisconsin. She and her husband Max were inspired by the effort of Prof. David Meyers of Holland, Michigan, who managed to convince most public venues in his town to install inductive looping. Professor Meyers had also held a seminar for ALOHA in Tucson in 2006 at St. Philip’s church (first church to be looped in Tucson at that time).

Juliette looks forward to speaking to our ALOHA group, as well as other professionals serving people with hearing loss. The seminar will be open to the public as well.

A date in January has not been firmed up yet, but perhaps by next issue of Hear&Now in October, we can announce the location, date and time.

We have over 120 public venues on our List of Places Looped in the Tucson area...more are needed to have this accommodation or other type, so that we might hear better at events.



Planning a Summer Trip? Ask, and You Just Might Receive.

When you travel, do ask about accommodations for hearing. Best to do this at the time of booking reservations, and ask again when you arrive.

If they have an assistive device like FM transmitter and receiver, ask for a neck loop to use with it instead of headphones or ear buds (if you have telecoils in your hearing aids). The T-coil setting on your hearing aids will send a clearer audio to your hearing aids.

You can try the personal FM system with neck loop at ALOHA to see how it works and how to operate the device. Then you will know what to ask for. There are many other devices to help you when you travel, and major hotels and motels would have them on hand. You just need to ask for them.

Chickens (More than Eggs and Drumsticks)

The Hearing Health Foundation continues to search for a cure for hearing loss. In their spring edition of *Hearing Health*, it says this: Chickens and other birds can regenerate their hearing. The key to restoring hearing in humans is to regenerate cells deep within the inner ear. In fact, most types of hearing loss in humans result from damage to these cells, called hair cells.

While humans cannot regenerate hair cells after they have been damaged, chickens can. In fact, most animals other than mammals can regenerate these delicate cells, restoring their hearing spontaneously after damage. The Hearing Restoration Project's goal is to translate this to humans.

Ed: This news is excerpted from an article by Peter Barr-Gillespie, Ph.D. You may sign up for this free magazine by going to www.hhf.org

Summer Heat, Humidity & Hearing Aids:

Do your hearing aids malfunction during hot and humid times? They might need to be dried out. There are drying boxes and canisters that can help with this. Any company that sells hearing products has a variety of these drying products. You can search on the Internet, or ask your hearing professional. Caution: Never place your hearing instruments in an oven or microwave, or use a blow dryer on them! There are also hearing aid covers to protect against sweat.

See that Smile? If you order items using Amazon, ALOHA would like your help. If you sign in with Amazon Smile, each purchase will net ALOHA a donation, at no cost to you. To sign in, go to smile.amazon.com. From the list of charities, click on **Adult Loss of Hearing Association**

Thereafter, any time you order on Amazon the donation will be automatic. *Thank You !!!*



Donations since April, 2015 *Thank You!*

Robert Brullo
Vincetta
Amazon Smile

Joy Newman
Mike Byers & Family
Tucson Rincon Lions Club

City of Tucson ECAP
Raytheon Charitable Giving

And **Many Thanks to members & others** who purchased Mustang Raffle Tickets from ALOHA!

ALOHA received a bequest from the estate of member Mary Mackowiak who passed away in February. She often attended meetings and we appreciate her generosity.



Our Sincere Condolences to Jack Lohr and family on the passing of ALOHA Member, Dee Lohr. She and Jack often attended meetings and we enjoyed their Friendship. Dee had been a nurse before retirement.

CONVENTION NEWS:

The Association of Late Deafened Adults, **ALDA**, is pleased to invite you to the **ALDAcon 2015**, which will take place in Scottsdale, Arizona **September 16-20th** at the Hilton Scottsdale Resort and Villas. The event promises great “Desert Vibes” of friendship and fun!

ALDA provides communication access to events, a social network to help anyone with hearing loss and advocates for us both nationally and internationally. All are welcome...deaf, late-deafened, hard of hearing, those who work in the field of hearing loss, friends and family. We communicate with “whatever works.” **ALDAns** include lip readers and signers, as well as hearing aid or implant users.

We sing and dance at our annual Karaoke party, enjoy presentations by our speakers, dine together, attend captioned films, take sightseeing trips and share ideas and experiences. You’ll find it all at the **ALDAcon 2015 in Scottsdale**.

You can learn more about **ALDA** at www.alda.org. For more information, please contact Planning Co-Chairs Cynthia Amerman (cynthiaamerman@gmail.com) or Dave Litman (aldaprez2014@gmail.com)

SOUTHWEST HEARING CARE, INC.

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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.



Feeling Lucky? Win a 50th Anniversary Edition of the Ford Mustang.

The tickets are selling fast, and ALOHA was allotted 100 more tickets. Get yours at ALOHA !

- ◆ 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.
- ◆ This special car is considered a collectible and only 1,964 were manufactured and 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 fundraising opportunity for nonprofits.

The drawing is November 13.

Laugh at Yourself—It sure Beats the Alternative By Neil Bauman, Ph.D. Center for Hearing Loss Help

Tammy, a hard of hearing lady, explained, “In spite of the many hardships I’ve experienced from my progressive hearing loss, I am by nature an optimist and always try to see the silver-lining and humour in situations. I have had countless opportunities to laugh at myself over misunderstood conversations, mis-heard words, etc. Over the years with hearing loss and tinnitus I have developed a light-hearted list. I think you may appreciate it.”

10 REASONS TO LOVE YOUR HEARING LOSS

1. You don’t hear mosquitoes buzzing.
2. You have a legitimate excuse not to listen to annoying people.
3. You don’t have to sit for jury duty (been there, done that).
4. You don’t have to participate in phone surveys.
5. You truly believe you are a genius who has all the answers (not realizing that someone else has just said the same thing).
6. Life is full of surprises—when you finally clue in to something everyone else has known for a while (i.e., your colleague is pregnant).
7. You don’t hear your partner snore.
8. You laugh twice at every joke. The first time when everyone is laughing. The second time when you finally hear the joke.
9. Your hearing aids prevent earaches when the cold wind is blowing.
10. You always have the last word in an argument (at least, that’s what you believe).

The original of this article is posted on Center for Hearing Loss Help’s website <http://hearinglosshelp.com/blog/laugh-at-yourself-it-sure-beats-the-alternative/> and is used by permission.

Editor: About the above, Neil Bauman has a free e-mail news magazine you can sign up for. He writes articles on hearing loss, tinnitus ototoxic drugs, etc.



Adult Loss Of Hearing Association (ALOHA) Membership 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)
Donation <i>(In addition to Membership)</i>	\$	
Total Enclosed:	\$	Make Check Payable to ALOHA (See address below)

Note: ALOHA 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:	
Cell Phone 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 2015

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

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Tucson, AZ 85712-1011

