



A PUBLICATION OF THE ADULT LOSS OF HEARING ASSOCIATION

Hear & Now

April 2016
Volume #18

NOTE: If you want to advocate and volunteer with the Let's Loop Tucson!" project, contact us: 795-9887 or e-mail: info@alohaaz.org

There are good ways, and bad ways to advocate for yourself. Learn the difference, make a difference!

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—32 YEARS AND STILL STRONG

March 17th was ALOHA's birthday, and thanks to members and donations we continue to provide services to 70,000 hard-of-hearing people of Pima County.



Happy Faces are normal to see when people come in for help, come to a meeting, take a class, try devices, or receive information...all to help them better cope with their hearing difficulty.

That's what we are here for, and why ALOHA exists. Caring volunteers, the volunteer board of directors, and one part-time employee get the work done.



ADVOCACY

(Our advocacy group in action)

We are in need of documentation of your experience with the 2016 Festival of Books. Send an e-mail to Karen Liptak, kmliptak@comcast.net, She is one of our members, and will compile this into a single document. We are interested in what worked as well as what didn't work. If you did not attend the Book Festival because of accessibility issues we want to know this too.

Thank You !

CLASSES, ETC.
Beginning Sign Class : taking names now.

Speech Reading Class: Fall session.

\$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.

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.
Sue Vardon, cochlear implant user, facilitates
these meetings.

Saturday, **April 9**, 11:00—1:00
Saturday, **May 14**, 11:00—1:00
Then summer break until October.

CART transcription & loop amplification are
provided at the meetings

Support Tuesdays— ALOHA Building:
1:00 to 2:00 and 7:00 to 8:00 pm
Every Week.
Third Tuesdays: 1:00 Has Presenter

April 19: Hard of Hearing Audiologist, her
Journey with hearing loss.
May 17: Cynthia Bergen “How do you know
you have a good audiologist?”
June 21: Rainbow Service Dogs, Play Your
Way to an Obedient Dog.

**NOTE: Evening meetings at the ALOHA
building are 7:00 to 8:00 pm on Tuesdays.**
Stan Kruggel facilitates. On 2nd Tuesdays of
the month, there is often a presenter of a topic.

**Advocacy Meetings: 3rd Tuesdays of
month at 2:30 to 3:30.** You learn how to
advocate for yourself in the public sector so
you can get hearing accommodation you need.

HLAA CHAPTER MEETINGS 2ND MONDAY OF MONTH: 11:00 AM

Catalina Room, Voyager RV Resort, 8701 S.
Kolb Rd. E-mail: tucsonchapter@gmail.com
Victoria Garth facilitates. You may contact her
for information.

GREEN VALLEY ALOHA SUPPORT GROUP:

Contact Martha Van Vactor 991-5791
**Meetings — first Monday of the month at
La Posada Recreation Room 10 to Noon,
October through May.**

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 OCTOBER THRU MAY

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.
Summer break June through September.

EAST SIDE PEER SUPPORT GROUP:

These meetings and will be facilitated by
Jim Lootens Contact: 731-1993
Third Fridays: Next: April 15th
1:00 to 2:00 pm.
Far Horizons East—Main club house
7570 East Speedway Blvd.

*Learn about
Cochlear Implant (all year)*

Three cochlear implant companies,
Advanced Bionics, Cochlear Americas, and
Med-El will hold meetings in the ALOHA-
conference room. For a full listing of dates
and times, please see on the website
www.alohaaz.org, or ask for a copy.
Posted on our bulletin board at ALOHA.

***All meetings on this page are free and
open to the public.***



Jim Click again has offered a car in a raffle to benefit local non-profits...a **2016 Shelby Mustang!**

Get your tickets from ALOHA! \$25 for one, or five for \$100. And if you win, we get a ride in it!

Seriously, this raffle brings in good funds to keep ALOHA moving along. Thank you to Jim Click! The drawing is December 15, and entries must be received by December 9th. But don't wait!

Free Box: Kind people donate new and used assistive products to ALOHA with the thought that someone would have use of them. We put a basket in the center room and anyone is invited to take what they need, or to donate a product.

Donate Hearing Aids: Used hearing aids are given to the Sertoma Arizona Hearing Aid Bank. They are then refurbished and given to low-income seniors. Drop-off time is Tuesday through Thursday 10 to 4:00 at the ALOHA office on Ft. Lowell.

Please Face Me Buttons: For a few years, ALOHA has been giving away these buttons, that alert people to "face me" when speaking. Reports from wearers say they help a lot. The buttons are given to anyone who says they will actually use them (they cost ALOHA \$3.25 each, so we want to be sure the person will really use them). These are magnetic-backed buttons so they attach to a shirt, but don't mar clothing. For people with pacemakers we have some with pins instead of magnets. It is thought magnets might interfere with a pacemaker. People with pacemakers might also be cautioned that neckloops used with hearing devices might also present a problem.

The Hearing Test: It is a test, and we want to do well on tests, harking back to our school years, as in do we get an A, B, C, D, or F on tests? Hearing tests are different, but still, we strain in the soundproof booth to hear every word or tone correctly. We don't want to appear stupid if we don't get them all right?

If we've had the same test a number of times, we find that we've memorized the words. But, some tests now include sentences. We might ask for the answers to words or meanings we missed....so that next time we will know all the answers? No, the tester won't tell us the ones we missed! Frustrating to us since we strive to do well on tests.

The hearing test is not a measurement of intelligence. It is gauged to determine a best fit for hearing aids, so the aids will help us comprehend words or meanings we miss in everyday conversation.

NOTE: ALOHA publications will take a summer break from May until August. There will be no *Hear&Now* and no *E-Updater* for that time. However, members on our Email-Tree, will receive announcements of importance during that off-time. Members without e-mail can call the office for information. 795-9887.

Things to Do on the Road to Better Hearing
By Karl Hallsten, President of the ALOHA Board of Directors

Hearing loss has been a bumpy road for me. It certainly has been a progressive life-changing experience. It started out for me in grade school. It really began affecting my work and relationships in my late forties and it kept getting rougher. By my late fifties the hearing aids weren't providing much help, so I was dependent on a lot of lip reading. I often referred to it as a perpetual game of Jeopardy. Sometimes it worked and sometimes the results were pretty funny. More often than not I was left out of the loop. For nearly a year now I have been a bilateral cochlear implant recipient and there are new places to go and experience.

It was not until I moved to Arizona ten years ago that I sensed serious and overt discrimination because of my hearing. I had a really bad experience with the Arizona Department of Motor Vehicles personnel that no one should have to experience. Another with a judge in Cochise County Court when my name came up for jury duty. In spite of being an advocate for others, especially those with serious mental illness, I did not know what to do. I got through those experiences all right, but not knowing my legal protections and how to file a complaint, I lost out on getting them to realize their abusive culture and to change the system so others would not have to experience it.

I knew about the Americans With Disability Act—ADA—but I thought ADA had to do with wheelchair ramps, curb cuts and special parking spots. I benefitted from the ramps when my knees, hips and back complained about stairs, curbs and uneven ground. I did not know that ADA protected my right as a person with hearing loss to accommodation for full and equal participation—that I was entitled to be able to hear—or otherwise understand what was going on at a public event. If there was no reasonable way that amplification and more significantly transmission was possible with special devices such as induction loops, FM or infrared technology, I was entitled to real-time captioning (CART), or in cases such as on a tour where a canned speech is given, to a script. Beyond that, if my hearing impairment affected my safety and access to living independently, I was entitled to bring a trained service dog with me.

It was around the table at ALOHA that I learned about these things, and why they were so important not only for me but for a large segment of the population. I witnessed the results of the court settlement with Harkins and Cinemark Theaters which brought closed captioning and then hearing aid compatible assistive listening devices, not only to Tucson, or Arizona, but to all those company-owned theaters, and makes it easier to get them at other theaters. This was replicating what had first been achieved in New Jersey. It was clear: without complaint and advocacy, it wouldn't happen.

It was at the ALOHA table that I learned about and participated in responding to the FCC's overzealousness and confounding lies about abuse of captioning on phones. Thanks to CaptionCall who took on the FCC on our behalf, even when the other captioning companies refused to join in the case. They stood to receive the same business benefit. We all gained from CaptionCall's advocacy.

When I acquired Sam, my hearing service dog, things began to change. On occasion I have to defend my right to have Sam with me. Rights I have as a result of the Americans With Disability Act. I learned my rights quickly and did not hesitate to stand up for them and learned that if they were challenged, I could file a complaint and the situation could be redressed. *Continued, pg 6*

Donations since January of 2016 *Thank You!*

Bruce & Ruthanne Osenberg
City of Tucson ECAP
Michael Byers Family
Richard Coker
Harry & Marjorie Stewart Foundation
Midtown Sertoma Club

Angel & Laura Sepulveda
Emily Pollock
In memory of Verna Rahn
Alice Hoyler
Sam & PJ Turner
In Memory of Deborah Gabry

Mary Neff
John & Laura Hoelzel
Shirley & George Viveiros
Mary Ann Steele
Ann Madej



Condolences: Member George Reynolds passed away in February.
Condolences to his wife, Cheri, and Family.

Congratulations: Members Carolyn Olson and Robert Shelton were married on
March 19th. They met at ALOHA!

Captioned Phones without Landline Connection: Many people give up their landline connection in their homes because they use cell phones. As long as you have an Internet connection, you can use optional services to connect a captioned phone. ALOHA has captioned phones in its demonstration room for you to try, and can give you information about optional connectivity.

ALOHA also has amplified phones you can try. Demonstrations of phones and other equipment are best by appointment on Wednesdays or Thursdays. Call 795-9887 or e-mail info@alohaaz.org. For information about better cell phone listening with hearing loss, you can attend the Tuesday support groups and ask others what they use.

How Do Support Groups Help You?

Support groups empower people to work to solve their own problems.

Members act as role models for each other.

Members are equals.

Reduce anxiety, improves self-esteem and helps members sense of well-being overall.

(see page 2 for a list of support groups in the Tucson area, and check ALOHA's website for future meeting dates and times)

Your business card can appear here.
See rates to the right for advertising
in ALOHA's publications.

See also for different size ads.

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 4 e-Updateers free.



On your first visit to AmazonSmile (smile.amazon.com), you need to select the **Adult Loss Of Hearing Association** to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation. You want to make sure that it shows that you are supporting the "Adult Loss Of Hearing Association" at the top of the Amazon page when you place an order.



Continued...from page 4: Things to Do on the Road to Better Hearing

It was at ALOHA I learned about my rights for accommodation to fully participate in places like public meetings, theater, movies, transportation and how to take a stand and negotiate and if not successful to file a complaint and process that for the betterment of our community.

I live in Sierra Vista and at the beginning of the year there were no government facilities that were ADA compliant for people with hearing loss. The City Council Chambers had an infra-red system with headphones but no neck loops. Hearing-aid and cochlear implant compatibility is a requirement. As a result of my requesting accommodation they have now added two neck loops, and they discovered in testing them that none of the receivers were working because the batteries were dead...they had failed to maintain them in working order.

Since Dr. Juliette Sterkens' workshop at ALOHA, I perceive an increased level of advocacy on the part of many at the table. As president, I organized an Advocacy Committee, which is open to any member who wants to participate. We meet on the third Wednesdays of every month (2:30). Members are working on many projects. Among them is better access to the Festival of Books and other events at the University of Arizona, hearing assistance such as loops at pharmacy counters, and educational rooms at museums and botanical gardens. Houses of worship are not covered by ADA but many have found that accommodating the hearing impaired is part of living out the gospel.

Member Nancy Hook affirmed my experience that while advocating may begin with a self-centered—I want to go to that workshop—it almost immediately changes into making things better for those who come behind us. Let us remember that others paid it forward for us and keep on advocating for better hearing for all.

Member, Gigi, asks: Did you Know ALOHA Has:

- A **Book Exchange**—Bring a Book, Take a Book (library in back room).
- A **Hearing Loss Lending Library** where people can sign out items and return them within 2 weeks.
- A **Freebie Basket** of donated hearing loss items from members and businesses.





Adult Loss of Hearing Association Inc.

A Support and Advocacy Organization

Adult Loss Of Hearing Association (ALPHA) 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 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:	
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 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

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

Return Service Requested



ALOHA Board 2016

- Karl Hallsten, President
- Pamela Wood, Vice-President
- Stan Kruggel, Treasurer
- Cynthia Amerman, Secretary
- Ebba Andersen
- Dale Henson
- Cristi Moore
- Carolyn Olson
- Bruce Stewart
- Susan Vardon
- Sherry Whitfield
- Mary Neff
- Kimberly August
- Bob Dorson
- Nicole Denny

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
E-Mail: info@alohaaz.org
Website: 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

