



A PUBLICATION OF THE ADULT LOSS OF HEARING ASSOCIATION

Hear & Now

**January 2016
Volume #17**

We thank Juliette Sterkens for visiting Tucson to give us a workshop January 26th! She is also giving workshops in New Mexico and Phoenix.

NOTE: If you want to advocate and volunteer with the Let's Loop Tucson!" project, plan to come on the 26th (need RSVP for the workshop)
795-9887 or e-mail:
info@alohaaz.org

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.



Workshop: "How to effectively advocate for hearing loop installations" For ALOHA Board Members and Interested Guests.

Date: Tuesday,
January 26th
Time: 4:00 to 5:30
Where: ALOHA
4001 E. Ft. Lowell

Juliette Sterkens, Wisconsin audiologist, is renowned for encouraging installation of loop technology.
Conference room is looped.
Refreshments/pizza

RSVP essential (see sidebar)

Juliette will also speak with us at the Tuesday (26th) 1:00 to 2:00 & 7:00 to 8:00 support groups. "Hearing aids/loops"

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

Speech Reading Class:
Spring 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, January 9, 11:00—1:00
Discussion of topics pertinent to you/group.
Plus: Cell phones and how we survived the
holidays.
CART transcription & loop amplification are
provided at the meetings.

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

Support Tuesdays— ALOHA Building:
1:00 to 2:00 and 7:00 to 8:00 pm

Third Tuesdays: Presenter
February 16, 1:00-2:00: Tentative: “How to buy
a Hearing Aid, Karl Hallsten.
March 15: To be announced.
April 19: Hard of Hearing Audiologist’ Journey.
May 17: Cynthia Bergen “How do you know
you have a good audiologist?”

**NOTE: Evening meetings at the ALOHA
building are 7:00 to 8:00 pm on Tuesdays.**
January 26th—Juliette Sterkens, about hearing
aids/loops Stan Kruggel facilitates.

HLAA CHAPTER MEETINGS 11:00 AM

January 11th Sarah Weimer, attorney,
Disability Law
February 8th Anna Gilmore Hall,
HLAA Exec. Director
March 14th Judy Esbit, CaptionCall

Catalina Room, Voyager RV Resort, 8701 S.
Kolb Rd. Contact: tucsonchapter@gmail.com
Victoria Garth facilitates.

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.**

January 4th
February 1st

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

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.

January 14th
February 11th

EAST SIDE PEER SUPPORT GROUP:

These meetings and will be facilitated by
Jim Lootens Contact: 731-1993
Third Fridays: January 15 and February 19
1:30 to 2:30 pm.
Far Horizons East—Main club house
7570 East Speedway Blvd.

[Learn about
Cochlear Implant](#)

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.***

“Hearing Loss”, What Does It Mean?

H—Hearing is not the same as understanding

E—Each person’s ability to hear/understand is different

A—Avoid asking yes/no questions when possible

R—Rephrase what you say; do not repeat word for word

I—“Invisible Handicap”—you can’t see hearing loss

N—Normal rate & rhythm of speech is best

G—Group words together in “chunks”

L—Look at the person when speaking

O—Often check for comprehension

S—Speak at a normal level of loudness

S—Stressful situations are often more difficult

Pamela Wood, audiologist, and vice-president of ALOHA, used this outline when she was invited to talk to Tucson court employees in September. They wanted training on how to communicate with hard of hearing people. Pam also teaches speech-reading class at ALOHA.

President's Council of Advisors on Science and Technology (PCAST)

History: Since 1933 (FDR) every president has established an advisory committee of scientists, engineers, and health professionals...to provide scientific and technical advice to the President of the United States. You can Google PCAST to view all topics covered currently.

Our attention centers on the availability of technology for hearing loss lately in the news, and it concerns mainly people who have mild to moderate hearing loss. For instance, it is currently thought, with research ongoing, that untreated hearing loss can cause dementia. Beyond that, it is accepted that hearing loss can cause emotional and psychological problems, mainly because of isolation when communication suffers. Perhaps only 15 to 30 percent of people with hearing loss seek treatment.

One reason people give for not getting treatment is the cost involved, too much for their budget to handle, and the lack of insurance coverage for hearing aids. We hope that some day hearing aids will be deemed "medical devices" to allow Medicare and insurance coverage. Some insurance companies will pay partial cost., but for many people the final cost is still too much.

Enter the age of technology, now in full swing. In the case of hearing products, they can be purchased over-the-counter much cheaper than true hearing aids. These are for people with mild to moderate hearing loss. These devices cannot be called hearing aids, but are called Personal Sound Amplification Products (PSAPS). But it is hoped that through recommendations by PCAST, that actual hearing aids can be sold OTC for people with mild to moderate hearing loss, much as reading glasses currently are available.

A caveat comes into play: If people are self-treating their hearing loss with amplification products, Will they be in danger of missing an ear disease? It could be ear wax build-up, or more serious like a tumor or other disease. Then there is the possibility that the amplification could cause more hearing loss (noise-induced hearing loss if the products are too loud).

Hearing Loss Association of America endorses the findings of the PCAST report, to "raise public awareness around the issues of hearing loss, expanding consumer choice and driving change in the marketplace" (Anna Gilmore-Hall, Exec. Director). See www.hearingloss.org for a full account of their recommendations.

It is highly recommended that a person with hearing loss find out what is causing the loss by seeking professional diagnosis. Even certain medications can cause hearing loss. ALOHA has a manual called "Ototoxic Drugs Exposed" by Neil Bauman. Feel free to thumb through it to find out if your medication is ototoxic and if so ask your doctor if there is an alternative medicine that is not ototoxic. But the bottom line is to rule-out ear disease that may be corrected. A full audiogram should be included in the examination.

Audiological associations have also chimed in with their recommendations and issues with PCAST. Likewise, you can see those opinions by looking up PCAST on the Internet.

We at ALOHA do hope there will be a solution to the high cost of hearing aids. We receive many calls from people who cannot afford the current cost of hearing care.

Donations since October of 2015 *Thank You!*

Phyllis & Sam Turner	Nancy Hook	City of Tucson ECAP
Raytheon Charitable Giving	David & Norma Fisher	Gary Sawyer
Jeremy Kahn, in Memory of Deborah Gabry		Anonymous donation
Irving Silverman	Ronald Kelly	Dixie Nixon
Julia Kent	David & Lydia Streeter	Holt & Ilse Bodinson
Robert Maddox	Robert Belman	Kathleen Burnett
Janet Spadora	Leonar Blum	Lenore Pille
Rodric Himebaugh	Robert Reuss	Sue Vardon
Sandra Nielsen	Pat Clinch	Joyce Havens
Marty Tagg		

Big Thank You to all who purchased Mustang Raffle Tickets ! The winner of the Mustang was Colleen Mahoney, and the ticket was sold by Khalsa Montessori School. (sorry an ALOHA member did not win.) Every dollar of tickets sold helps to keep your hearing-help-home doors at ALOHA open and ready to aid you with your hearing loss issues..

ALOHA's Annual Meeting and Election of Board Members: November 18, 2015 All attendees enjoyed a light supper, and then the elections were held. Newly elected to the board were Nicole Denny and Bob Dorson voted by majority. Incumbents Cynthia Amerman, Ebba Anderson, Sherry Whitfield and Bruce Stewart were reelected. Stan Kruggel, treasurer, demonstrated the new Smart TV set-up. People were impressed! Karl Hallsten, president, talked about ALOHA's successes in being of help to hard-of-hearing people. Pam Wood, VP thanked the board for serving, and thanked the guests for attending the meeting. Thanks to all board members for providing the food.



Your Annual Dues are Important:

In December, members received an e-mail or letter announcing need for renewal of dues. Goes without saying that the support of members keeps ALOHA services flowing. So, please don't toss the dues renewal in your junk file. And, If you are not a member, but receive this publication, please join up! **Thank you!**

SOUTHWEST HEARING CARE, INC.

Audiology, Hearing Aids, Ear Protection & Assistive Devices

Pamela R. Wood, M.S., CCG-A
Certified Clinical Audiologist



1661 N. Swan Road, Suite 220
 Tucson, Arizona 85712

Office (520) 325-8899
 Fax (520) 325-0699

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.



FAST TALKING

We with hearing loss know we miss a lot of words or meaning when someone is talking with us rapidly, either in person or on the telephone. Or, the same when listening to a frantic newscaster on TV or radio. However, it is not our imagination that people are talking faster nowadays..

An article by Colleen Ross of CBC News Canada researched this. She blames It on technology, that “texts, tweets, and technological gizmos are making communication ever faster and it is causing many of us to speak more quickly in our everyday lives to keep up with it all.”

Ray Hull, professor of communication sciences and disorders at Wichita State University, Kansas has done considerable research in the area of human neuroscience and speech. “A decade ago, I measured the speed of speech of teachers, family members and those out in society at a rate of about 145 words per minute, the average rate of human speech. That is certainly not what we’re finding today. People are speaking at a rate of typically 160 to 180 wpm, as I have measured it.”

Hull further says: “The human brain is best able to comprehend speech at around 124 to 130 wpm; when we speak slowly, our brains have the time to fill in the gaps of speech with elongated vowels and consonants”.

If you would like the full article of this research, ALOHA has a copy.

Fact is, we can ask people to slow down a bit. Admit to them you have hearing loss.

Observed: when using a captioning phone and the captioning stops, most times the person is talking too fast and the communications assistant isn’t getting the words/meaning either.

Really, it is up to us to teach folks how to communicate with us.

Little Bits to Know: Thanks to members who have renewed membership! If you have not sent your renewal yet, please try to do that soon. Pay by check, credit card using PayPal, or cash if you visit ALOHA. (You can use PayPal by visiting the website www.alohaaz.org.)

Our computer volunteer, Allen, noticed that only 30% of members with e-mail open and read the Hear & Now newsletter. Big news to this editor! (gasp).

The newsletter is published 4 x a year. The E-Updater is published 8 x a year. If you don’t receive the Updater in your e-mail, you can subscribe to it by asking us to add you to that list. If you receive the Updater, but don’t want it, then you can unsubscribe at the bottom of any edition of that. Just please do not call it “Spam” when unsubbing. Thank you.

Are you volunteer-ready? ALOHA is operated 99% by volunteers, in a variety of tasks. Have some fun by getting on the volunteer wagon. Come in and talk to Loretta on a Wednesday or Thursday, and fill out a volunteer form. It’s that easy.

Wishing you, our Members and Readers, a very happy and healthy good year!





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
- Gigi Dinniman
- 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

