



Chapter Events - Monday June 12, 2023

at Bordini Center, 5 N Systems Drive in Appleton

H.O.P.E. Support Group 5-6 PM

Social Break 6-6:30 PM

Chapter Meeting begins at 6:30 PM

Presentation: Become Hearing Empowered!

Applying the principles of growth mindset, cognitive behavioral theory, and mindfulness, this presentation is designed to encourage you to fight your internalized stigmas on hearing loss, consider the emotional impact of your hearing loss, disclose your hearing loss confidently, clearly, and effectively in any situation, set healthy boundaries that protect your energy, and become an empowered advocate who knows what you need and no longer apologizes for not hearing what someone said.

Presenter: Katherine Rybak MS

Katherine Rybak has had hearing loss since birth. She is the founder of *Hearing Out Loud®*, an organization with a mission to move people with hearing loss forward in their lives as strong self-advocates who celebrate their identity, embrace technology, and confidently implement strategies to make meaningful connections within their communities.



Katherine holds a master's degree, and is a board certified teacher of the d/Deaf and hard of hearing in Wisconsin. Her lived experience with hearing loss presented challenges to her in education as well as in her personal and professional life. Those experiences form her work today as an educator, author, designer and advocate who empowers children and adults with hearing loss to develop the confidence and strong skill set necessary to become their own best self-advocates. She is a member of the HLAAWI board of trustees.

The presentation will be done in person at the Bordini Center. Those who wish to join us on Zoom are asked to sign in at 6:20 PM (and be patient as the technology is adjusted to include videoconferencing.)

The link to register is here. <https://us02web.zoom.us/join/register/tZl1pfuqhrj8qE9Af6Yal0Mh0lczzaUx6v1Hu>

You may request this link at hlaafoxvalley@gmail.com

Those who register in advance will receive a reminder on the day of the meeting. Registration helps the chapter leaders plan. Thanks.

HLAA Fox Valley Chapter Presents Scholarship

Fox Valley Chapter awarded Matthew Hooyman the chapter's first annual scholarship at the May meeting.



Julie Olson, chapter founder with Matthew Hooyman

Matthew, a 2023 graduate of Neenah High School, was born with hearing loss. He uses technology to remain in the hearing mainstream, and he is an excellent student. Matthew will attend UW-Oshkosh this fall to pursue a degree in journalism with a sports writing emphasis.

Matthew has attended several of our spring meetings, providing support while learning about the technology system at our meeting place. We appreciate his help, and have encouraged him to work with us to bring other young people with hearing loss to our meetings and special events. We, who have been involved in HLAA, know how helpful it is to meet others, like us, with hearing loss to learn and also to help.

This award celebrates our chapter's 40th Anniversary! FVC started in the summer of 1983, and was chartered in January 2024. We have 2 years to celebrate!

Thanks to our chapter sponsors, our participants, and to the generosity of several former members who included Fox Valley chapter in bequests & memorials received over the years. We are grateful to the Fox Cities Community Foundation for investing & managing those bequests for us.

Congratulations and good luck to Matthew!



Fox Valley Chapter of the Hearing Loss Association of America is a vibrant, diverse group of people with hearing loss dedicated to helping others with hearing loss lead more satisfying & productive lives. At our meetings, speakers address topics such as hearing aids, cochlear implants, assistive technology, the emotional side of hearing loss, coping strategies, advocacy initiatives & more. Information about our chapter can be found on the HLAA Wisconsin website.

www.hlaawi.org/chapters Subscribe to this newsletter at hlaafoxvalley@gmail.com



July Social Event! Sign Up!

We're taking a bus trip to Options Showcase Model Home in Green Bay! Options home is fully accessible for people of all disabilities, including those of us with hearing loss. It's a fascinating place to tour. **Here's the scoop:** The bus will leave the Bordini parking lot at 1:00 PM on Monday, July 10th. After the tour of Options, we will head to Kroll's famous restaurant in the Lambeau Field District. **We do need advance reservations.** Let us know you'll join us. Sign up at our June meeting or contact us at our e-mail address or by calling Karen at 920-733-4853. We need reservations by June 25th. Bus space is limited. We hope our members who live in Green Bay will join us there.

No charge for the bus, but everyone will be on their own for food at Kroll's. Kroll's has very reasonable prices, including a senior menu. We hope you'll join the fun!

More about Options at: <https://optionsil.org/>

May Chapter Program Review...



Thank you to Kristen Felten from the Wisconsin Dept. of Health Services for presenting at our May meeting. Together, we explored the correlation between hearing loss and the potential for cognitive decline.

MS Felton shared information about various types of dementia, including symptoms and behavior patterns. Hearing loss often causes people to respond out of context, and sometimes to withdraw socially. While those behaviors are often associated with dementia, they are not necessarily a signal that a person with hearing loss is in decline. Perhaps the true correlation comes from the reality that hearing loss that leads to isolation can lead to loneliness & ultimately to depression. Cognitive decline can occur in some instances, but data shows that occurs in less than 8% of the population with hearing loss, which isn't much different than in the general population.

Much of the research on this issue has focused more on hearing loss that goes untreated than on the entire population with this invisible disability. It's wise to get hearing help if you need it.

We had good attendance at this meeting, and everyone had interesting questions and positive comments afterwards. Again, thank you to MS Felten.

The original constitution of our organization says: "We are people who do not hear well, too often we are left out and misunderstood. It is time we learn more about what helps us & take steps to accept help and also to help ourselves."

Chapter Sponsor Program

Thank you to everyone who has joined our Sponsor List. This project is our chapter's primary fundraiser. Sponsors make it possible for us to cover the costs incurred in our efforts to fulfill the mission of HLAA. That includes circulating our newsletter, renting meeting space, establishing a scholarship for a student with hearing loss, providing stipends for educational events, & much more. Deadline for the July issue is June 15th.

HLAAFVC is a 501c3 tax exempt organization. Donations are tax deductible, according to Wisconsin law.

To be a chapter sponsor, send your check to: HLAA-Fox Valley Treasurer, P.O. Box 25, Menasha WI 54952. Include instructions on how you wish to be listed.

2023 Chapter Sponsors

Platinum Level (\$200 or More)

Audiology & Hearing Center @ ENT Associates Beth Gabavics AuD & Danica Noskey AuD

ENT Specialists of WI/Audiology Nicole Auxier AuD Tricia Roh AuD, Kristin Borgen AuD, Mark Conradt AuD, Cathy Dreifuerst AuD, Andrea Federman AuD, Jessie Grzeca AuD, Erin Krueger, AuD, Tamara Mischka AuD, Holly Rusch AuD

Fox Valley Hearing Center Melissa Dintelman AuD, Lisa Esser AuD, Susan Iwanske AuD, Debra Engebos AuD, Stephanie Long AuD, Candy McGinnis AuD

Haviland Hearing Aids Peter Zellmer AuD, Kyle Martell AuD

Carol Konetzke Memorial Donation from her family Noreen French, Jim Machalk, Tom & Linda O'Connor, Howard Porter, Dale & Renee Voskuil

Rural Audiology Services Becky L Franz AuD, Cari J Kramer AuD

Gold Level (\$100 - \$199)

Kevin Gossens, Steve Hangartner, Charles & Judy Hastert, Joyce O. Hannamen, Jim Hemmen, Christine Klessig, Mike & Susan Landreman, Barb Merry, Julie & John Olson, Julie Reisinger, Lynn Schneider, Karen & Tom Schuppe, Barb Soderberg, Juliette Sterkens & "Max" Maxfield, Jan & Diane Veenendaal, Bill & Grace Zurovitch

Silver Level (\$50 - \$99)

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Bronze Level (\$25 - \$49)

Lorna Hamilton, Bob Opsteen, Ken & Mary Ann Walter, Katie Weber

Thank you to all who support HLAAFVC this way. We also thank everyone who gives in other ways via time, energy, mileage, program presentations, and more. That is what makes our chapter successful.

Meetings are organized & run by volunteers. Everyone is welcome. Join us to learn how to beat 'the invisible hearing loss monster!'

Want to Volunteer? Contact us: hlaafoxvalley@gmail.com

HLAA does not endorse products or providers. We do share information about them, including our personal experiences.

The HLAA mission is to educate, share information, provide peer support and to advocate for communication access.

Goal: Make the world a better place for people with hearing loss.

Good News...

Hearing health care is going through unprecedented change. Hearing loss is finally getting much-deserved attention in local communities, nationally, in the press, and in the halls of government. The changes we are seeing haven't happened on their own.

Since day one HLAA has been at the forefront of change. Back in the early days when HLAA was known as Self Help for Hard of Hearing People (SHHH), efforts were focused on identifying the HH population as being separate from the culturally Deaf population. We wanted to hear, and we pushed for research & development in technology & medicine. That led to 'communication access, better hearing aids, assistive technology, cochlear implants, captioning, etc.

Through HLAA's advocacy efforts, events such as the Walk4Hearing, the HLAA Conventions, various communication vehicles, including *Hearing Life* magazine and *Hearing Life e-News*, and most importantly, chapters with people who are members of HLAA, the HLAA name has become synonymous with effecting positive change that benefits the large population of people who have hearing loss.

With hearing loss awareness on the rise, HLAA keeps you up to date on the latest news and happenings in hearing health care.

You will find news about what's going on in hearing health care and get the latest updates on HLAA advocacy & events along with the news about everything HLAA is doing at the HLAA website.

Membership in HLAA, although not required to participate in chapters, gives our national organization a voice. That voice has done remarkable work for us. Explore the HLAA website, and consider adding your name to the membership roles. www.hearingloss.org

Make giving back your second act!

The Retired & Senior Volunteer 55+ Program (RSVP) invites adults ages 55 and older in Outagamie, Calumet and Waupaca counties to learn how to get connected with their community by volunteering.



Discover volunteer opportunities and service needs of nonprofit organizations in your community. From tutoring adults and students, mentoring youth, building houses, sorting food, providing transportation to the elderly, caring for animals, visiting hospice patients, placing telephone calls to older adults, serving meals to people who are homeless, helping at nature centers and providing office support, RSVP has flexible short and long-term opportunities.

RSVP is a free AmeriCorps Seniors program that provides benefits to volunteers, including mileage reimbursement and supplemental insurance. Volunteer Fox Cities is the local sponsor.

For more information on RSVP, contact Jan Sommerfeld, RSVP director, at 920-832-9360 or rsvp@volunteerfoxcities.org. For information on RSVP, visit volunteerfoxcities.org/rsvp-program.

Editor's Note: HLAAFVC collaborates with RSVP to get the word out that volunteers matter! Several HLAA members do volunteer work for other organizations through RSVP.

FVC has a serious need for a knowledgeable tech person to help us to seamlessly use hybrid tech at our chapter meetings.





Let's All Step Up for
Hearing Health!
Sunday June 11th

www.walk4hearing.org
Milwaukee Walk
State Steppers Team

Veterans Park
1010 N. Lincoln Memorial Dr.
Milwaukee, WI

Fox Valley Chapter is the host chapter for the 2024 HLAAWI State Conference that will be held in April next year. We can help a great deal with costs associated with that conference by participating in the Walk.

It's a fun event to attend for people of all ages. But if you cannot be there, you can still participate. HOW? You can become a 'phantom walker'; a team member who simply helps raise funds but cannot, for whatever reason, be at the event. Or, you can make a donation to a registered walker. If you prefer, you can support organizations other than HLAAWI. For example, CaptionCall and CapTel sponsor teams, as do other organizations whose missions relate to hearing loss. Info at: www.walk4hearing.org

Most important: this event is intended to create awareness of the importance of hearing health and the understanding of all things related to living with hearing loss for people of all ages.

Thanks in advance for your support!

The Board Members of HLAAFVC & HLAAWI



Artwork by Colleen Cline

The book is available on Amazon for \$15.99. It can also be purchased directly from them. **Contact Julie & Colleen at:** catsmeow2167@gmail.com for purchase information.

Note: A copy will be given as a door prize at each of our 2023 chapter meetings.)

"When a family member has a hearing problem, everyone in the family has a hearing problem. " Mark Ross PhD 1926-2011

Denial makes that 'problem' more difficult.

"It's a Good Read!"

"Be sure to get a hard of hearing person's attention before you start talking to them!" Good advice from "Can She HEAR This Cat's Meow?", the book created by Julie Olson & her granddaughter Colleen Cline.

Our newsletter is published 10 months of the year. Please share it with others. Help HLA A let hard of hearing people know they 'have a voice' & are not alone. You may receive it by e-mail or in print by regular mail. Let us know your preference. The e-mail version is in color and has live links. Send suggestions, comments and changes of address to hlaafoxvalley@gmail.com

HLAA-Fox Valley Chapter

P.O. Box 25

Menasha WI 54952-0025

2023 Chapter Calendar

June 12 – Becoming Hearing Empowered – Katherine Rybak, HH/D educator. Member HLA AWI Board

July 10 – Annual Summer Social is a Road trip to Options Accessible House in Green Bay

August – Vacation Month—NO MEETING

September 11 – Tips for Traveling with Hearing Loss

October 9 – Buying Hearing Aids – What's the Scoop on Non Prescriptive Devices?

November 13 – The Emotional Side of Hearing Loss
Julie Olson MS, Hearing loss Support Specialist

December 11 – Annual Holiday Social at the Yacht Club

IMPORTANT ANNOUNCEMENT! We are going to try a new time-line in September & November. Same meeting place, but meetings will be held from 1—4 PM in the afternoon. More info coming. We sincerely hope this will bring some who don't drive at night to our meetings. This will help determine plans for 2024.

Chapter Leadership Board

Officers:

President & HOPE Chair: Dale Voskuil* voskuild@gmail.com

Immediate Past President/Newsletter Editor: Julie Olson*
julieo@athenet.net

Treasurer: Michelle Frisbie* michellefrisbie@gmail.com

Secretary: Christine Klessig* bommaklessig@gmail.com

Program Chair & CI Group Chair: Rhonda Clancey*
rclancey@hotmail.com

Newsletter Preparation: Jane Young* YBLUEJAY@aol.com

Social Committee: Christine Klessig*

Chapter e-mail: hlaafoxvalley@gmail.com

Phone Contact: Karen at 920-733-4853

Support Crew: Jerry Van Handel, Mary Hatfield,
Colleen Van Rooy, Karen & Gary Kasten

* Designates chapter board members.

Cochlear Implant Support Group News

Our CI support group is open to everyone. We meet on Zoom to be able to reach many folks from outside the Fox Valley area.



Our open format gives everyone the chance to ask questions and share information. Please come share your thoughts and experiences. It's a great way to learn and to meet other CI folks!

Join us on Tuesday, July 18th at 6:00. An e-mail invitation with a link to the zoom meeting will be sent out to everyone on the CI list a week in advance. If you are not on that list, please e-mail me so I can add you to it. These meetings are open to all CI users, and also to those who may be considering the CI option.

See you on July 18th!

Rhonda Clancey, CI Group Moderator
rclancey@hotmail.com or hlaafoxvalley@gmail.com

H.O.P.E. Support Group News +



The diagnosis of progressive hearing loss can be a frightening experience. Finding solutions to remain in the hearing mainstream can be a daunting task, and they don't always come from the hearing healthcare pros.

There is good news though, as the HLA A H.O.P.E. group can lighten your load while offering assurance that solutions exist. Sharing our personal experiences helps more than one might imagine.

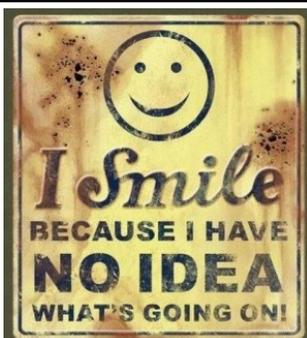
Since returning to in person meetings post COVID, this discussion group has had the opportunity to guide at least one person, each month, through the maze of terminology and technology. Practical advice is shared. If a question cannot be answered, participants will point you toward professionals who can help you.

Hearing Other People's Experiences (H.O.P.E.) meets from 5 – 6 PM prior to the June chapter meeting which begins at 6:30. Some social time to visit is in between. **Join us to learn and to share.**

You will always find there is something to be gained; and at times that 'something' may even be found in your personal ability to help someone else. Email me if you have questions.



Dale Voskuil voskuild@gmail.com
Chapter President & H.O.P.E. Facilitator



Does anyone
have any good
Bluffing
Stories?

Help Needed!

Do you enjoy writing? How about writing an article for our newsletter? We reserve the right to edit & want positive stories.