



Welcome Back!

It's been quite a winter! We take a break in January & February because we learned years ago that attendance goes down with the winter weather. We've had quite a winter! Let's hope that March cuts back on the snow. **Fair**

Warning! Our meeting will go on as scheduled *unless* schools are closed due to weather on our meeting date.



Hey! We've had enough!!!

2019 March Meeting & Program

Monday March 11

6:15—Social Time 7:00 Program

Presenter—Landen Lacey
Topic: "Ways to Practice Hearing Better"



MS Lacey, a representative of Med-El Corporation, is an expert in the field of Aural Rehabilitation. AR is an integrative process that is all too often disregarded in the treatment of hearing loss. There is more to adjusting to hearing instruments than having them fitted properly. Your brain can benefit from some special training! There are exercises and practices you can do yourself or with a partner to improve your ability to understand speech. It pays to learn them!

Landen's past presentations for HLAA have been among the most requested for repeat. We are delighted to have her back!

Join us to learn how to help ourselves and help others help us. We *can* minimize a lot of our hearing loss frustrations if we're open to learning!

Come early for some social time and to pick up handouts & treats at the welcome table.



Save the Dates! *Shining New Light on Hearing Loss*

2019 Biannual HLAA State Conference in Appleton

**Friday & Saturday
November 15 & 16, 2019**

Fox Valley Chapter will host the HLAA-WI Biannual State Conference in November. Yes, we need a team effort to make this the best state HLAA conference ever! *

This conference will include exhibits, topics of interest & nationally known presenters. It will be open to all who wish to learn. Please tell others about this event. (Registration info is coming.)

The open state board meeting on Friday evening will include election of officers, presentation of awards, & introduction of goals for the coming year. It will be an opportunity to meet nationally known presenters and exhibitors, & enjoy a social event that will include an appetizer buffet.

On Saturday there will be several educational presentations, a variety of exhibits, & a buffet luncheon.

We extend a special invitation to veterans.

National HLAA recently announced the formation of a virtual chapter for veterans with hearing loss. Chapter members communicate via an online platform called Basecamp, and conduct monthly meetings, complete with captions, using Zoom. *The mission of the HLAA Veterans Across America Virtual Chapter is to provide education, be an advocate for veterans with hearing loss, and to provide a support system to help them to return and adjust to civilian life.* If you are a military veteran with hearing loss or a caregiver of a veteran, we welcome you. Join the chapter by sending an email to: nmacklin@hearingloss.org

Plans for this event are in the early planning stage. Watch for more information on presenters, registration, location & timeline in this newsletter in the coming months. Also online at: www.hlaawi.org

Meanwhile....**SAVE THE DATES!!**

****And give us a hand when we ask for help!
We're going to need it!***



World Hearing Day

March 3, 2019, has been designated as World Hearing Day by the World Health Organization (WHO). It is a day to spread the word about the importance of hearing health and management. This year's theme is **"Check your hearing!"** which emphasizes the importance of early identification and intervention for hearing loss.

HAAA spreads the word every day! As advocates for better hearing, through HAAA, we play a role in creating awareness about the importance of understanding and managing hearing loss. By reaching out to people with hearing loss, we can help put them on the path to better hearing. HAAA educates by sharing information and personal experiences, and by providing peer support. HAAA also advocates for new and better solutions.

If you know someone who is struggling with hearing loss, or who is in denial about having it, reach out to them. Pick up some of our literature at our meetings. Share our newsletter. Tell them about HAAA. Bring them to a meeting. If they won't come, bring their significant other. Current research on the effects of acquired hearing loss clearly shows that untreated hearing loss often leads to other health issues.

Did you Know: Hearing loss impacts over 466 million people worldwide with the cost of unaddressed hearing loss ranging from \$750–790 billion.¹ In 2007, the World Health Organization (WHO) identified hearing loss as a focus for education, and developed an annual initiative to highlight this important health care concern.

"Untreated hearing loss leads to higher hospitalization rates and health care costs, according to new research from Johns Hopkins University in collaboration with AARP. The study looked at health data of 150,000 people age 50 and over. It found that over a period of 10 years, individuals with untreated hearing loss had a 52 percent greater risk of dementia, a 41 percent higher risk of depression and an almost 30 percent greater risk of falls than those with no hearing loss."

AARP Bulletin, February 2019, Vol. 60 #1

Congratulations to Dr. Stephanie Long, AuD

The Wisconsin Speech and Hearing Association (ASHA) recently selected, Appleton audiologist, Dr. Stephanie Long AuD, to receive ASHA's Clinical Achievement Award for her work with "Hear in the Fox Cities". She and Colleen Van Rooy, co-founded this non-profit organization whose mission is to assist Fox Cities families of children under age 21 to pay for hearing aids when other funding sources are not available. Since being founded in 2017, Hear has helped six children obtain hearing aids! Congratulations on this wonderful and deserving honor.

More news can be found at the HAAA-Wisconsin website. www.hlaawi.org The 10 page Winter/Spring Newsletter is posted there, and it's full of good stuff! Information posted on the website is of interest to all HAAA members in Wisconsin. We can't fit it all in our 4 page newsletter.

Please check it out.



Members of Fox Valley Chapter enjoyed their annual holiday social at the Appleton Yacht Club by learning about and partaking in the customs and traditions of High Tea with lots of good food, fun, fellowship and even a few door prizes. Santa was there too, and the bar was open.

Thank you To Ila Sanders (right) and to her assistant, Toya Lund (left) for sharing their knowledge and love of tea with us. Thanks also to Christine Klessig & Chris Moylan for planning the party.



Milwaukee Walk4Hearing

Saturday, May 11, 2019

This year, we have decided to ask Fox Valley Chapter members to sign up to participate on the HAAA-WI "State Steppers" team.

When you register for the Walk, look for the 'State Steppers'. Fill out your personal page, and say you are a member of Fox Valley Chapter. That way, monies you raise will come back to the chapter. Last year, a handful of chapter members and others who designated their donations to our chapter raised \$1895.

Your chapter leaders have their hands full with the November conference, among other things. No one was able to commit to serving as team captain this year. We can still participate!

Go to www.walk4hearing. Look for Milwaukee Walk and sign up. You can even raise funds w/o walking. Just ask people for support and watch it grow!



Something You Should Know...

Because of a recent increase in cases of measles (Rubella), there has been a discussion about the value of vaccination. Consider this: **HEARING LOSS FOLLOWING RUBELLA INFECTION:** In some cases, Rubella infection in children and adults can cause permanent hearing loss. Yet, the ones who suffer the most from the rubella (measles) virus are those yet to be born. Between 1964 and 1965, there was a worldwide epidemic of rubella. Pregnant women who contracted rubella in the first trimester of their pregnancy could pass the rubella virus to their developing fetus, causing the child to be born deaf, blind, with cardiac problems, developmental delays and other medical conditions. In the United States alone, approximately 20,000 children were born during this epidemic with two or more of these symptoms. This constellation of symptoms is known as congenital rubella syndrome, or CRS. Many of us know, or are, children born with hearing loss during this timeline.

Hearing Loops are Here to Stay!

Wisconsin is a leader in the national hearing loop movement. You will find a list that contains over 700 loop installations, including 396 houses of worship at www.loopwisconsin.com Nationally, you will find information at www.hearingloop.org The loop movement was started by HLAA. We are pleased that Juliette Sterkens, a retired audiologist from Oshkosh, was named national HLAA Loop Advocate. She is available to those who seek information about how to install this remarkable technology. You can reach her at Juliette.sterkens@outlook.com HLAA Fox Valley Chapter has been using a hearing loop at their meetings since 1984!



To use a hearing loop, your hearing aid must be equipped with an activated 'telecoil'. HLAA recommends that ALL hearing aids have telecoils, and recommends that you do not purchase an aid without one. You may use a loop with a receiver and a pair of headphones provided by the venue if your device is lacking in this component.

Here are a few looped venues to try

Menasha Public Library Matinees (captioned)

www.menashalibrary.org

Appleton Xavier High School Theater

www.xaviertheater.com

Menasha St. Mary's High School Theater

Fox Cities Performing Arts Center

www.foxcitiespac.com

There are many other looped locations in the Fox Cities Area. Check them out at: www.loopwisconsin.com

The Sponsor Program is Fox Valley Chapter's main fundraiser. Appeal Letters were sent to previous & potential Sponsors last month. Names will be added as donations are received. Thank you to everyone who supports Fox Valley Chapter this way. NOTE: If your name or business is not listed correctly, please let us know immediately. **If you wish to support the chapter this way, send your check to: HLAA-Fox Valley Treasurer, P.O. Box 25, Menasha WI 54952.**

2019 Chapter Sponsors



Platinum Level (\$200 or More)

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We are grateful to these Sponsors for their generosity and support of HLAA Fox Valley Chapter. Their support allows us to print & circulate this newsletter, to pay rent to hold regular meetings in an accessible facility, to provide information & materials to those who attend our meetings, to educate ourselves & others on new technology, to provide stipends for members to attend outside educational events, & so much more.

We are grateful to everyone who has made smaller donations to our treasury, & to those who contribute personal resources of time, energy, mileage & more.

Meetings are open to the public, and are run by volunteers

HLAA shares information, educates, advocates & provides support to people with hearing loss who choose to live in the hearing mainstream.

HLAA does not endorse products, providers or services. We share information that makes it possible for people with hearing loss to make informed decisions.



Our newsletter is available by regular mail or e-mail. The e-mail version is in color with live links. Let us know your preference if you wish to change.

Disclaimer—HLAA does not endorse products or services. Mention of such is intended to provide readers & those who attend meetings with information on products or services that might be of interest, & is not a recommendation or endorsement.

HLAA-Fox Valley Chapter
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2019 Chapter Leadership Board

Steering Committee Co-Chairs

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Bob Opsteen, Jerry Van Handel

Feel free to contact any of us personally.

2019 Chapter Program Calendar

March 11: Practice Hearing Better with Aural Rehabilitation

April 8: Hearing Assistive Technology & How to Get It

May 13: Cochlear Implant Surgery Option in Green Bay

June 10: Things You Should Know About ID Theft & Scams

July 8: Summer Social at Appleton Yacht Club

August 12: Confused About How to Get Hearing Help?

September 9: Advances in Hearing Aids from an Audiologist

October 14: Mysteries of Meniere's Disease Panel

November 11: Special Meeting to prepare for "Shining New Light on Hearing Loss" conference

November 15 & 16 HLAA-WI State Conference in Appleton

This newsletter serves as our meeting notice. Each month we will share information about the program schedule and the presenter/speaker. Feel free to contact any of us if you have questions. Our meetings are open to everyone.

Let us know if you have locations where we can post information about our meetings. We have small and large posters available. They should go in libraries, doctor's offices, senior centers, churches, schools and in other places where the public can see them. Help spread the good word about HLAA.

Thank you to the estate of James Muthig, past chapter board treasurer, for a \$5000 bequest to our chapter in his memory.

Understanding Speech Better...



One particular hearing loss-related subject we have talked about a few times should be given far more attention because it can make a great difference in how well we live with hearing loss. Plus, you don't have to buy anything! **It is called 'Aural Rehabilitation. In short, it is about training our brains.**

People with hearing loss frequently mention they can 'hear' but not 'understand'. This is typical of the kind of hearing loss we acquire as adults. Without clarity and understanding of spoken words, we become hard of hearing.

Hearing aids and cochlear implants help us, but we still have problems with clarity, especially when background noise is present. Also, the consequences of aging can impact our working memory, processing speed, and speech understanding. Practicing listening skills can be a very helpful exercise.

Landen Lacy, the speaker who will give the March chapter program, shared information on this topic at the November 2018 H.O.P.E. meeting. We look forward to hearing her again as she shares a variety of exercises that can improve our listening skills.

While you can get more than 500 million results by Googling hearing loss on the internet, you can learn directly from people by coming to HLAA. At the H.O.P.E. subgroup, we have time to discuss and share our experiences. We talk one at a time, face to face with other people who live with hearing loss. We understand the frustrations of hearing loss but encourage success. When you share your experiences with others, you may find it's because of you that someone didn't give up.

Join us at H.O.P.E. as we Hear Other People's Experiences on Thursday March 24, from 1-3 pm.

Hope to see you at H.O.P.E.



Nancy Gilbertson, H.O.P.E. Chair

Cochlear Implant Discussion Group...

The January meeting of the CI group was both light hearted and helpful. We laughed as we compared some of the hearing misinterpretations we have had with spouses and friends. The meeting provided a time to lay some personal concerns on the table for discussion, and we found out that some of the little things we miss are pretty common. The exchange of information was extremely helpful. The next CI Discussion Group meeting is on Monday, April 15th at 6 PM in the Neenah Festival Foods upstairs meeting room. See you there!



Rhonda Clancey, CI Group Chairperson