



**November Meeting: Monday November 9th**

**6:30 PM via Zoom Videoconferencing  
(Meeting room opens at 6:15...come early)**

**Program: Canine Companions for Independence  
Presenters: Nancy Gilbertson & Dalton III**



Many of us have seen Nancy and her hearing service dog Dalton III. They were matched at one of the six Canine's for Independence facilities in 2018. Canine Companions provides trained service dogs and on-going follow up services for free, to children, adults, including many veterans, to be of assistance to over 65 disabilities.

We look forward to learning more as Nancy shares Dalton's journey to becoming a service dog, to their life together, and other interesting information about the program. **Please join us for this delightful story.**

Note: This program was originally scheduled for our September meeting. Technical difficulties prevented us from the screen sharing feature that Nancy had prepared for the presentation. The program originally scheduled for this month; "Stigmas, Stress, Denial, Fatigue & Other HL Crazy's" will be moved to the 2021 schedule.

**November 9th Chapter Meeting on ZOOM**

Our captioned meeting starts at 6:30 PM Central Time

Room Open at 6:15 PM.

Topic: **Canine Companions for Independence (see above.)**

Link to Zoom Meeting:

<https://us02web.zoom.us/j/5450687878>

Meeting ID: 545 068 7878 (you probably won't need this.)

- ◆ If you receive the printed version of this newsletter, Email us at [hlaafoxvalley@gmail.com](mailto:hlaafoxvalley@gmail.com) we will send you the live link on the day of the meeting.
- ◆ If you have questions, please let us know in advance of the meeting. E-mail Julie at [julieo@athenet.net](mailto:julieo@athenet.net) We'll help U!

**Grateful and Thankful...**



We are grateful and thankful that HLAA was founded in November 1979, and that Fox Valley Chapter began in 1983. The philosophy envisioned then is still alive today – gather all the information you can to make your own decisions about your hearing health, then turn around and help others. Learn, Educate, Share, Advocate.

Currently, we cannot hold in-person meetings let alone social events, but we value the need to get together. Thanks to HLAA advocacy and education, technology continues to come to our rescue. HLAA has advocated for much of this technology by educating manufacturers about our unique needs. We are thankful!

HLAA, at all levels goes the 'extra mile' to keep people in touch by providing online opportunities to learn. Fox Valley Chapter has been using video conferencing since June. We took the risk to learn as we go. We are happy to see more people at each meeting, but sad that some of you have been missing. We encourage you to try it! Let us hear from you regardless. E-mail us. CONNECT! Let us know you are OK. We care.

There are opportunities to review educational webinars on the national HLAA website. They are free, and are open to anyone. HLAA knows that COVID 19 is affecting the hard of hearing population. Learn more at: [www.hearingloss.org](http://www.hearingloss.org)

When you go to the website, take time to read the history of our wonderful organization. We've come a long ways and have achieved so much. Thank you to Rocky Stone and all the HLAA staff and volunteers who have made hearing loss an issue of concern. It's up to all of us to keep the HLAA mission fully alive.

We hope you are healthy and are finding ways to stay connected with those you love.

**Happy Thanksgiving from HLAA Fox Valley Chapter!**

**October Meeting Summary...**



October meeting attendees had their eyes (and ears) opened to the fascinating topic of "Balance, Vertigo & Vestibular Disorders". Dr. Thomas Parry AuD, explained the nuances of vestibular disorders. Many of the attendees posed follow-up questions to our speaker. Dr. Parry encouraged those with additional questions to contact him directly.

Chapter members enjoyed Dr. Parry's excellent and relatable presentation on ALD's last year, and encouraged us to invite him back. Crafting a good sequel can be a daunting task but our October speaker definitely rose to the occasion. Thank you Dr. Parry, for sharing your expertise with us!



## This month's featured celebrity is "Cookie Bite"

...by Madam Prez (MP)



MP: Tell me about yourself.



:I'm a mid frequency hearing loss that resembles a cookie with a bite taken out of it when charted on an audiogram, which is sometimes referred to as a U-shaped audiogram.

MP: Very interesting. I see you are attired in your chocolate chip ensemble today. Is that your uniform?



: Not really. Any variety of round cookie is ok. I often relax at home with my molasses persona. To dress up, I might don my white chocolate macadamia nut outfit. My Cookie Bite wardrobe is quite extensive.

MP: Sweet!



: No way! There is nothing "sweet" about hearing loss. A lot of human speech and music fall into mid-range frequencies. This puts a strain on social interactions. Cookie Bite hearing loss is permanent and makes it hard to follow a conversation, listen to the TV, and enjoy music performances. There are no medications or surgeries to "cure" Cookie Bite hearing loss.

MP: Bummer. How do you cope?



: I improve my hearing situation. For instance, I can change my communication habits. HLAA has helped me discover the best place for me to sit in a classroom and how to reduce background noise. Now I always face the speaker so that lip reading is possible.

MP: That's excellent advice. You are One Smart Cookie.



: I also use hearing assistive technology. My hearing aids are programmed and personalized to my unique Cookie Bite prescription. **When I connect with a hearing loop through my aids, background noise is eliminated!** These adaptations let me live well with hearing loss.

MP: Have you attended any celebrity galas recently?



: I joined my friend Cookie Monster for his weekly Snack Chat session on Sesame Street. We shared a virtual cookie together with all the children who tuned in that day. It's important to support each other during the COVID-19 pandemic.

MP: Cookie Bite, weren't you nervous about being with the "Me want cookie" muppet?



: Nah, underneath all that fuzzy blue fur, Cookie Monster is as soft as a marshmallow. We're kindred cookies.

Hi everyone,

Listen out for good advice



Many of you know I work as an installer for a captioned telephone distributor. My employer gives you a **free** phone, **free** delivery, **free** installation, **free** service, **free** training and **free** transcription. Sometimes I give people much more than a **free** phone.

### I offer free advice too!

Some of my clients are getting hearing aids for the first time. When I show them my hearing aids, their faces light up. Many ask me questions about my hearing loss and/or hearing aids. And I'm always happy to answer their questions. So here's.....

### Colleen Van Rooy's Free Advice to People Getting Hearing Devices for the first time!

- ◆ Use your 30 day trial period. If you are not happy with them, return them for a full refund no matter the reason!
- ◆ New hearing aids take time to get used to. If you have not heard normal sounds for a while, your brain becomes accustomed to not hearing. Try wearing your hearing aids for just a few hours at a time for the first few days. Build up gradually. Pace yourself.
- ◆ You might hear sounds you have not heard for a long time. It can be overwhelming at first, but you will get used to hearing things you haven't heard for a while. Things like water running, the microwave beeping, or your pants or shoes making a swishing, rubbery squelching noise. Now when that happens, it sounds like a fart. If you owe a pair of shoes like that, my **free** advice is they must go right in the trash can!
- ◆ You should get some free visits with your hearing care professional after you purchase your hearing devices. Be sure to ask what services you will be getting.
- ◆ Your hearing care professional should be there to support you. Don't be afraid to ask for help! HLAA is a good place to get answers. Many Fox Valley Chapter members are very savvy when it comes to hearing loss and hearing devices. Participate in the meetings, or e-mail them. You'll see what I mean.



**They are there for you too!**

### Nancy Gilbertson's Cookie Salad Recipe

- 2 packages (3 oz) Instant Coconut Cream Pudding
- 2 (11 oz) cans mandarin oranges, drained
- 1 (20 oz) can crushed pineapple, drained
- 1 (11 oz) package Fudge Striped Cookies
- 2 cups buttermilk
- 2 cups whipped cream or 16 oz. Cool Whip



Crush cookies, reserve some for top. Whisk together buttermilk and pudding mix. Fold in whipped cream Or Cool Whip, fruits and crushed cookies. Top with reserved crushed cookies. Refrigerate. \*Note: I find it flavors through if made 24 hours or so ahead of time.



## Report on Mask Project...

by Michelle Frisbie

As mentioned in the last few newsletters, your HLA A-Fox Valley Chapter Board had hoped to initiate a 'Clear Mask Project', with a goal to let the public know there are options that can help people with hearing loss.

We purchased several sample clear face masks to try out. We also asked our members and readers to share their thoughts about clear facemasks. We wanted to know if they would like some to use or distribute. We asked if you saw any people using them, e.g. audiologists, store/pharmacy personnel, doctors, friends/family, etc, or if you've tried any yourselves.

We are sorry to report that we did not hear from a single member, a reality that sort of left us flat.

We tried the sample masks we had access to. We must report that after using them, we were not satisfied with their performance. Most of them fogged up. That, of course, made it difficult for others to lipread. The masks were not comfortable to wear for long because of the fog, and the fact they were warm. They also made it more difficult to hear speech because the vinyl insert creates a barrier to sound.

So, we've made the difficult decision to not proceed with this project, at least for the time being. It was also unknown at this point, whether the clear facemasks actually protect against the spread of Covid19. There have not been enough scientific studies yet.

If at some point we become aware of a better product, that is available to us, we may jump back on that bandwagon! But if we do, the board will need more help from YOU. We simply cannot do everything by ourselves.

Until then, please continue wearing whatever masks you find comfortable and effective.

I urge you to consider joining National HLA A if you're not already a member. HLA A is working hard to get information to the public. Anyone can check the HLA A website: [www.hearingloss.org](http://www.hearingloss.org) for a lot of information dealing with hearing loss during Covid19. There is a lot of concern about masks.

**Please, Everyone, Stay safe and stay healthy!**

That awkward moment  
When you've already  
said "what?" three times  
and still have no idea  
what the person said  
so you just agree.



FaceBookWisdom 2020

**The Sponsor Program is Fox Valley Chapter's Main Fundraiser.** If you would like to support the chapter this way, send your check to: HLA A-Fox Valley Treasurer, P.O. Box 25, Menasha WI 54952. [hlaafoxvalley@gmail.com](mailto:hlaafoxvalley@gmail.com)

## 2020 Chapter Sponsors

### Platinum Level (\$200 or More)

**Ear, Nose & Throat Surgical Associates (Audiology)** - Kristin Borgen, AuD; Beth Gabavics, AuD; Nicole Maxam, AuD  
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**Haviland Hearing Aids** - Peter J. Zellmer, AuD; Kyle Martell, AuD  
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### Bronze Level (\$25 - \$49)

Anonymous, Richard Erickson, Kevin Gossens, Dirk & Maureen Fisher, Lorna Hamilton, Tom & Patty Reimer, Katie Weber

**We are grateful to everyone who has made smaller donations to our treasury, & to those who contribute personal resources of time, energy, mileage & more. We depend on them to make our chapter successful.**

***Our Mission: To share information, educate, advocate and provide support to people with hearing loss who choose to remain in the hearing mainstream with technology.***

**Meetings are open to the public, and are organized and run by volunteers.**

Fox Valley Chapter is grateful for memorial contributions received by the chapter in memory of Dr. Douglas Grant.



A separate gift was received from the Helen Hardt Family Fund within the Community Foundation of the Fox River Valley. We are thankful and grateful!

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**  
P.O. Box 25  
Menasha WI 54952-0025

## 2020 Chapter Calendar

**November 9:** Canine Companions (rescheduled)

**November 19:** HOPE Subgroup Meets

**December 14:** Virtual Holiday Social!! Yes, we can!!

**Until further notice, all of our meetings & events will be held on Zoom Videoconferencing.**

We have not held meetings in Jan. or Feb. for several years, due to weather concerns. Stay tuned for 2021 plans. Zoom foils Mother Nature's wrath. Let us know if you'd like to meet on Zoom those 2 months. It's an opportunity to visit and learn from one another. Info in Dec. NL.

## 2019 Chapter Leadership Board

**President:** \*Christine Klessig [bommaklessig@gmail.com](mailto:bommaklessig@gmail.com)

**Vice President:** \*Dale Voskuil [voskuild@gmail.com](mailto:voskuild@gmail.com)

**Secretary:** VACANT (Seeking Support & Phone Contact)

**Treasurer:** \*Michelle Frisbie [michellefrisbie@gmail.com](mailto:michellefrisbie@gmail.com)

**Program Chair & CI Group Chair:** \*Rhonda Clancey  
[rclancey@hotmail.com](mailto:rclancey@hotmail.com)

**Member at Large & Newsletter Editor:** \*Julie Olson  
[julieo@athenet.net](mailto:julieo@athenet.net)

**Member at Large:** \*Jane Young [YBLUEJAY@aol.com](mailto:YBLUEJAY@aol.com)

**Phone Contact/Social:** Vacant...**Need Help Here!!**

**H.O.P.E. Chair:** Nancy Gilbertson [nancy.gilbertson2@gmail.com](mailto:nancy.gilbertson2@gmail.com)

**Chapter e-mail:** [hlaafoxvalley@gmail.com](mailto:hlaafoxvalley@gmail.com)

**Support Crew:** Dave Gilbertson, Bob Opsteen, Jerry Van Handel, Paul & Harriet Zucker, Colleen Van Rooy

Feel free to contact any of us personally, or use the chapter's e-mail address. We will respond as soon as possible.

Chapter bylaws require election of officers in November. A slate of officers for 2021 will be presented at our Zoom meeting on November 9th. We need fresh faces on the chapter board. And, if someone with 'good ears' would offer to serve as secretary and/or telephone contact, it would be a great help to our

chapter. Please consider.

Let us know at

[hlaafoxvalley@gmail.com](mailto:hlaafoxvalley@gmail.com)

**HELP  
WANTED**

## CI Group Uses Zoom in October

On Tuesday, October 27th, the CI group met for the first time via videoconferencing. This newsletter had already gone to press before the meeting, so we can't report on how the meeting went. This group is your place to learn about Cochlear Implants; to share your experience with them; or to learn more about them and if they might be right for you.

This group provides the opportunity to share personal experiences, coping strategies, and to learn about technology that works with our CIs. We are NOT brand specific.

To participate, please e-mail me so I can send you the link to future meetings. We can learn so much from each other!

*Rhonda, CI Group Moderator*  
[rclancey@hotmail.com](mailto:rclancey@hotmail.com)



## H.O.P.E. Online Meetings

During this time of socializing isolation, virtual meetings help us stay in touch. It can be a comfort to know you are not alone with your hearing loss. All it takes is a click on a link to be among others who understand, who listen, who have the same experiences and feelings, and we learn from each other.

Many of you know I have a Service Dog. I greatly appreciate every opportunity to spread the word throughout the community about Canine Companions for Independence®. Canine Companions trains five types of Service Dogs. They are dedicated to providing professionally-trained, highly-skilled assistance dogs at no charge to people with disabilities.

Please join in for the Chapter's Nov. 9th meeting for my presentation about these Service Dogs. Even if a Service Dog is not for you, perhaps someone you know living with disabilities, other than blindness, and share the information with them.

The November H.O.P.E. meeting will be the week before Thanksgiving Day on Thursday Nov. 19th at 1 pm. Here is the link for the meeting:

<https://meet.google.com/ung-axxn-gtd>

Please let me know if you have any questions.

*Nancy Gilbertson*

[nancy.gilbertson2@gmail.com](mailto:nancy.gilbertson2@gmail.com)



Happy  
Thanksgiving