



November Chapter Meeting

Monday November 8, 2021

6:30 PM via Zoom Video Conferencing

**TOPIC: "Can't Hear? You Need to be Heard!!
Advocating for Hearing Loops Made Easy!"**



PRESENTER: Juliëtte Sterkens AuD

This program will focus on hearing loops – what they are, why people with hearing aids and implants love them, and how consumers have been able to foster loops in a variety of places. Learn more about the ADA law and how it applies to hearing access.

Interested in promoting a loop in your House of Worship, local library, or your favorite coffee-shop? There are tools in HLAA's Get In The Hearing Loop (GITHL) Tool Kit.

Hearing Loops don't just "happen," and they take effort, but together we can create change. Join us for a session on lessons learned during a decade of hearing loop advocacy; filled with practical information and handouts you can use the next time you are somewhere and can't participate.

Dr. Juliëtte Sterkens has 40+ years of experience in the field of audiology and hearing rehabilitation. She is on her encore career as HLAA's National Advisor for Hearing Loop Technology. Her efforts have resulted in hundreds of hearing loops in WI. She is a member of *Get in the Hearing Loop (GITHL) National Taskforce*, and is a member at large on the board of HLAA Wisconsin.

Register in advance for this meeting at:

<https://us02web.zoom.us/meeting/register/tZwrD4jGdU7iSI7O09RvoAqh4b3sv9g>

If you get this newsletter in print, e-mail us at:
hlaafoxvalley@gmail.com We will send you the live registration link by e-mail.

- Registrants will receive a notice of registration, AND a reminder the day of the meeting.
- Sign in at 6:15-6:20 so we can start at 6:30. (If you've not used Zoom before, you may have to sign up. Follow prompts. This is a one time thing.)
- **Join with audio and also with video.**
- The host will let you into the meeting room.
- ENJOY THE PRESENTATION!



HLAA plans to hold an in-person Convention this year. All events will be held under one roof at the brand new JW Marriott Tampa Water Street. June 23-June 25 in Tampa Florida.

- ◆ There are national scholarships available for first timers.
- ◆ Each HLAA chapter is encouraged to send an official delegate to the convention to attend chapter leader's sessions and bring information back to their chapter.
- ◆ The chapter will provide some financial support for chapter members who attend. If being our official delegate interests you, please contact the chapter officers at: hlaafoxvalley@gmail.com
- ◆ Early Bird Registration opens on Nov. 29th. (Ends March 4th.) Definitely register during this timeline.
- ◆ Hotel information is available now on the website.
- ◆ Call for papers for anyone who would like to present ends on Dec. 10th. Information on HLAA website.

Basic information can be found on the HLAA website now. More is coming. Watch for it. www.hearingloss.org

HLAA Fox Valley Chapter's Annual Report

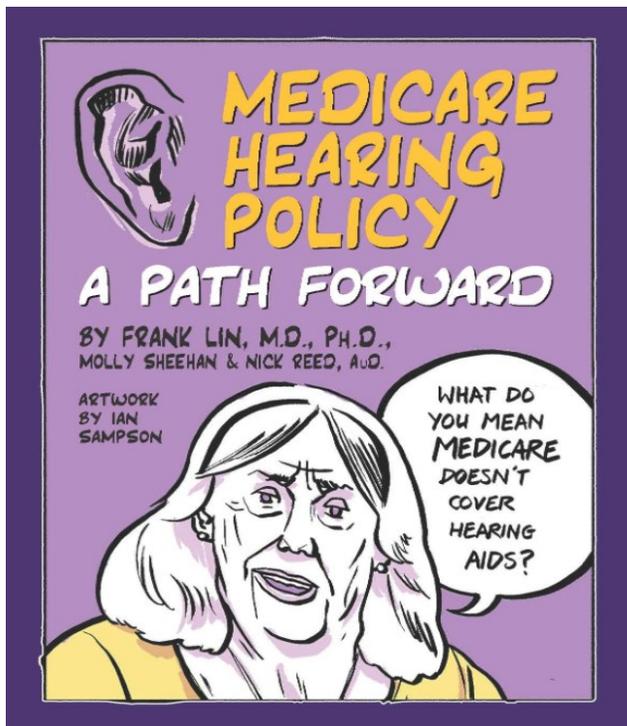
Chapter bylaws call for our members to elect trustees at the November meeting. Bylaws allow up to 9 trustees. You can see the Hard Working 'SIX' in the photo below. We are sorry to

Thank you!



report there are no new candidates to elect. Julie has offered to stay as President for one more year. Dale as VP, Christine as Secretary, Michelle as Treasurer. We all hope a few others will step up soon. We need help and we want to stop begging!

Congratulations to Michelle Frisbie for her election to the HLAAWI Board. She was also elected treasurer by the board.



<https://www.jhucochlearcenter.org/classic-comic-what-do-you-mean-medicare-doesnt-cover-hearing-aids.html>

The rest of this intriguing cartoon is available at the link, and on the HLAA National website. www.hearingloss.org Isn't it appalling to think that Medicare doesn't cover hearing aids when we know that hearing loss affects nearly 50% of our nation's population over age 65? It's even worse when we know that medical research indicates that untreated hearing loss can lead to many other serious health issues. Further, to be fair to the large hard of hearing population under age 65, it is rarely covered by regular insurance either. That is just plain wrong.

If YOU would lend your voice to HLAA, the largest consumer organization that is trying to effect positive change in this situation, it would help. Let your legislators know this matters!

It may astound you to learn how much this untreated invisible sensory disability costs society.

We know we are 'speaking to the choir' here, but to be effective, the choir must make its voices heard by the masses! Please tell others about HLAA!

HLAA has been meeting with members of Congress, encouraging them to vote YES! to expand Medicare to include hearing aids and services. New legislation is coming up soon that we hope will include a provision for hearing health care under Medicare.

Tell your senators and representatives that hearing healthcare is important to you!

[U.S. Senate: Contacting U.S. Senators](#)

[Find Your Representative | house.gov](#)

You Should Know...

10/19/2021 The U.S. Food and Drug Administration proposed a [rule](#) to establish a new category of over-the-counter (OTC) hearing aids.

Approximately 15% of American adults (37.5 million) report some trouble hearing. Despite the high prevalence and public health impact of hearing loss, only about one-fifth of people who could benefit from a hearing aid use one. The proposed rule aims to address barriers to use, including cost, access, social stigma related to hearing loss, perceived value of the devices or certain state and federal regulations.

NOTE: This category of hearing aids is intended only for people with mild to moderate hearing loss. **Prescribed hearing aids that are professionally fit remain the gold standard for children and those with more severe hearing loss.** Stay tuned.



Hearing Loss: Up Front & Personal by Dale Voskuil

I lost my ability to hear due to Meniere's, an inner ear disease that presents itself in many awful ways. One of those symptoms is hyperacusis, which makes sounds that an ordinary person easily tolerates seem irritating and even painful to hyperacusis sufferers. Yes, that is the case for me even though I'm deaf, and to make things worse, add in something called the Tullio Effect, which in my case causes loud sounds to affect the quality of the sound I hear from my cochlear implant and, for others, can induce vertigo. Even something as innocuous as operating an electric drill or riding in the car causes problems for me.



I have become something of a self-taught expert in how to protect my ears. My first line of defense is to use the inexpensive fluted ear plugs that can be purchased at the hardware store or pharmacy. To ensure a tight seal I apply a thin coating of petroleum jelly on the ear plug before it is inserted. More often, I need a second line of defense. I add that when mowing the lawn or driving the tractor; that is, electronic noise canceling ear muffs. My preferred type is a Noise-Buster Pa 4000. Electronic noise canceling blocks the low frequency sounds like those from a chain saw or lawn mower, sounds that are not effectively blocked by passive ear muffs. I use mine daily, especially when I'm in the shop or working outdoors. If I don't, my quality of hearing suffers for hours or days afterward.

For those who ride motorcycles a high quality helmet and ear plugs are a must. I recently purchased a Shoei helmet that, at \$500, is absolutely the best at noise reduction. I count it as a cheap investment, as I wouldn't be able to ride without it.

Alas, the above advice might be too late for some of you, but perhaps not too late to aid a friend or family member. I cringe when I see people exposing themselves to loud noises without adequate protection for their ears. We all know how valuable our ability to hear is in our lives. A bit of precaution can do a lot to preserve that ability



On submitting this article, Dale said "My very first vertigo attack came the first night in Europe after a long flight and lengthy exposure to the jet engine noise, although it took a couple years before it was realized that I had Meniere's. Encountering excessive noise is a constant occurrence in my life. For that reason I always have Meniere's kit with me: ear plugs, a very small container of petroleum jelly, and Dramamine.

(Dale is vice president of HLAA Fox Valley Chapter.)

The Next Chapter....by LeAnne Loveless



In our September newsletter Judy Benish shared a wonderful story about how she became connected to the HLAA Parent's group back in the 80s. Her story reflected on how helpful it was to meet other parents who had children with hearing loss. Many are probably wondering what her son, Matthew, is up to nowadays.

Matthew Benish graduated with honors from the University of Utah and is a Physician's Assistant (PA-C). He works in family medicine in Mineral Point, Wisconsin at Upland Hills Health. He and his wife have two sons.



Here is a youtube video of Matt discussing his practice and his life. <https://www.youtube.com/watch?v=waSRQdfJCGk>

As you can see, children who grow up with hearing loss can and do become successful adults.

We hope to feature more of these stories in upcoming newsletters and to catch up with more friends from the past who helped make HLAA Fox Valley Chapter what it is today.

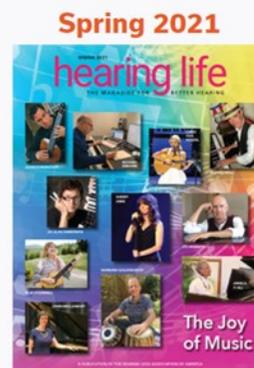
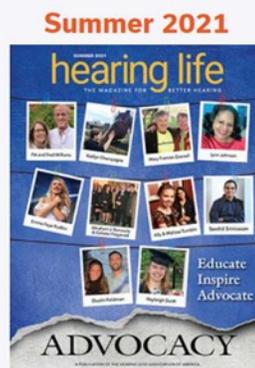
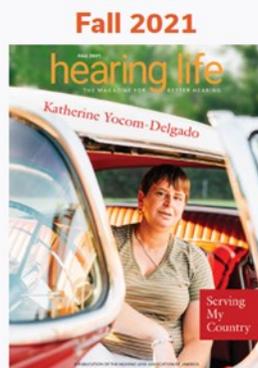
Hearing Life, the quarterly magazine that comes with membership in HLAA, offers practical and useful information on a variety of topics to help support consumers with hearing loss along with their loved ones, family and friends.

Personal stories are a powerful tool for people with hearing loss to **find encouragement and give them the feeling that they are not alone** in living with hearing loss. You'll find articles written by people just like you who know what you're going through and whose stories will inspire and empower you.

Hearing Life has broad appeal to many audiences, offering information and support for people with **age-related hearing loss, veterans and young adults with hearing loss, parents, educators and those in the workplace**. There are educational articles to let you know what resources are available for people with hearing loss, help you understand your rights and offer tips and strategies to live more successfully with hearing loss.

HLAA membership information can be found at: www.hearingloss.org/make-an-impact

Who better to provide information, education, and support to people with hearing loss than those who are closest to it? Many of the articles in *Hearing Life* are written by people with hearing loss themselves. If you would like to submit an article, you will find instructions at www.hearingloss.org



The Sponsor Program is Fox Valley Chapter's Main Fundraiser. Names will be added as donations are received. If your name or business is not listed correctly, please let us know immediately. **If you would like to support the chapter this way, send your check to: HLAA-Fox Valley Treasurer, P.O. Box 25, Menasha WI 54952.**

hlaafoxvalley@gmail.com



2021 Chapter Sponsors

Platinum Level (\$200 or More)

Ascension Audiology - Debra Engebos AuD, Lisa Esser Aud, Susan Iwanski, AuD

Audiology & Hearing Center at ENT Surgical Associates - Kristin Borgen AuD, Beth Gabavics AuD, Nicole Maxam AuD

Fox Valley Hearing Center - Melissa Dintelman AuD; Jody Jedlicka, AuD; Stephanie Long, AuD; Brittany Uitenbroek, AuD; Candy McGinnis, AuD

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Barbara Abhold, Lorna Hamilton, Don Harteau, Fred Lilly, Robert Opsteen, Kenneth & Mary Ann Walter, Katie Weber, Kathleen Wiers

We are grateful to everyone who has made smaller donations to our treasury, & to those who contribute personal resources of time, energy, mileage & more. You all help 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. Like most small organizations, we need more volunteers!

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
P.O. Box 25
Menasha WI 54952-0025

2021 Chapter Calendar

November 8: Get in the Loop with Juliette Sterkens

December 9th: Christmas Stars in the Loop**

December 13: Holiday Social at Appl Yacht Club



**** We have a few tickets for the Christmas Stars variety show at Appleton Xavier H.S. join us to show our appreciation for their installation of a hearing loop! If you'd like a ticket, contact us ASAP at: hlaafoxvalley@gmail.com First come, first get! Let's make a date! (Put 'ticket' in the subject header.)**

Important!!

We continue to wait for UUF to open their facility to outside groups again. We've met there since they opened their new facility in 1999.

The location, on the 441 corridor, is convenient to people who come from outside the Fox Cities.

We may need to find a new meeting place.

Do YOU have any ideas for us? Convenience is a priority. We would like to be close to highways 441 or 41, and in a place with ample parking and good lighting since we meet at night. A hearing loop would be a plus, but we will raise funds to install one if need be.

Email us: hlaafoxvalley@gmail.com

2021 Chapter Leadership Board

Officers:

President & Newsletter Editor: Julie Olson* julieo@athenet.net

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

Treasurer: Michelle Frisbie* michellefrisbie@gmail.com

Secretary: Christine Klessig* bommaklessig@gmail.com

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

Member at Large: Jane Young* YBLUEJAY@aol.com

Social Committee: Christine Klessig*, Grace Zurovitch,
Chris Moylan

Chapter e-mail: hlaafoxvalley@gmail.com

Support Crew: Bob Opsteen, Jerry Van Handel, Colleen Van Rooy, & Paul & Harriet Zuicker

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



Cochlear Implant Group Update

The CI group will meet on Tuesday, November 16th at 6:00 PM on Zoom. Mark your calendars! We had some great conversations with a lot of learning at our September meeting. We hope you'll join us this month!



Feel free to e-mail me with any questions and/or to get on our special CI e-mail list. rclancey@hotmail.com We will send the registration link for the meeting to everyone on that list.



We are still up in the air about holding meetings, but we have agreed to hold our H.O.P.E. meetings prior to regular chapter meetings when we are able to meet again in person. We hope that will happen in early 2022.

Meanwhile, I encourage you all to participate in the regular chapter meetings that are held each month on Zoom. HOPE could also meet on Zoom if you are interested in doing that. Perhaps we could establish a discussion topic for a meeting and take it from there. Let me know what you think.



Dale Voskuil, H.O.P.E. Moderator
voskuild@gmail.com

October Meeting Synopsis...

Dr. Margaret 'Meg' Wallhagen PhD, was the featured speaker at the Fox Valley Chapter's October meeting. Her presentation "Hearing Loss – It's Effect on the Brain, Cognitive Function and Social Relationships" brought a good sized group to our meeting. We learned about myriad ways that hearing loss affects us.



If you were one of the 29 participants who logged into this presentation by Dr. Wallhagen, you most certainly identified with many of the scenarios she highlighted, and also learned a lot of new things too.

Thank you Dr. Meg, for your most excellent insight into the wide ranging effects that hearing loss has on us. In spite of additional challenges posed by the current pandemic, we learned that it is crucial for us to continue to engage with people and do everything possible to live WELL with our hearing loss. That's what HLAA is all about. Thank you to everyone who joined us.

Dr. Wallhagen is a professor and researcher at the University of California San Francisco. She is also a past president of the HLAA National Board of Trustees.