

June Chapter Meeting on Zoom

June 13, 2022 at 6:30 PM

“Hearing Loss & Aging...with Technology”

We are pleased to welcome Beverly Biderman, presenter for our June meeting. She has personally run the full gamut of hearing loss since being diagnosed with progressive genetic loss as a child, becoming profoundly deaf as a teenager, and journeying back into the hearing world in her mid-forties when she made the decision to receive a cochlear implant (CI). In the early 90s CIs were still considered experimental. That CI brought back sound, but to understand speech, she continued to depend on visual clues like lip reading.



Many years later, she went bilateral, & had CI surgery on the other ear. Technology had improved considerably, & she benefited greatly from that progress. Today, in her early 70s, she does remarkably well with her personal technology, & continues to experience better & better hearing as she ages. She is concerned about how hearing loss is affecting her “hearing” friends, as they experience age related hearing loss. Older adults tend to put off dealing with hearing loss, are affected by stigmas related to it, & often don’t realize how much they are missing. She knows they are often dealing with the same feelings & frustrations she had as a child and younger adult & wants to help them.

Beverly Biderman is the author of the award-winning book “Wired For Sound; A Journey Into Hearing” that shares her personal experiences, along with a great deal of information about public perceptions of hearing loss, progress in treatment and more. She enjoys public speaking, writes a blog, and feels that reaching out to help others learn more about available hearing help is her calling. Beverly, a past president of the Canadian Hearing Society, worked as a computer analyst before retiring.

Join us on June 13th to hear more about Beverly’s story. Captions will be provided on Zoom.

The link to register in advance is below. Once registered you’ll receive the link to enter the meeting. Save it! **Request this link at hlaafoxvalley@gmail.com if you get the newsletter in print.** Sign in between 6:15 & 6:30PM on June 13th. See you there!

Someone will win an autographed copy of her book!

<https://us02web.zoom.us/meeting/register/tZEuduuopzwoH9fkzGm3sYN7YsvL4YQb33bg>



...And A Good Time Was Had By All...

Our May meeting was both a social and an educational event. Thank you to everyone who came to socialize, eat, learn and share their favorite hearing assistive technologies. It’s really quite amazing to find out how much is available and how few people know about it. It seems that unless they get information from other people who use it, they don’t know it exists, and even worse; venues that provide it get the message that it isn’t needed or wanted. We know that’s not right, but we also know that too few hearing healthcare providers share this information with their patients. That’s a shame!

There was special interest in the cup holder caption device that Mary Fritsch shared. Theaters have it, but you have to ask for it. It fits in your cup holder, and adjusts to your eye level. Movies are captioned for us to enjoy. Other devices

....continued on next page **(Good Times)**

Cycling Without Age Offers a Unique Volunteer Opportunity

The Retired & Senior Volunteer 55+ Program (RSVP) is seeking bicyclists to pedal trishaws, providing free bicycle rides to older adults and those with differing abilities so they can enjoy the outdoors and interact with their community.



Cycling Without Age is a program of Lutheran Social Services' Make the Ride Happen in collaboration with Fox Cities

Greenways, Wisconsin Bike Federation, Volunteer Fox Cities and East Central Wisconsin Regional Planning Commission.

A trishaw is a three-wheel pedal-assist cargo bike that can fit one or two passengers in front. Each trishaw is equipped with a seatbelt and is driven by a trained, certified volunteer pilot. Pilots pedal slowly and obeys the rules of the road.

Friends and families are encouraged to ride with passengers so they can share the adventure and create new stories. Typical trishaw rides are 30, 45 or 60 minutes in length, depending on the location, passengers' comfort and destination. Many passengers enjoy rides to parks and bike trails. Trishaw rides also are available to take passengers to specific destinations. To schedule a trishaw ride, contact Make the Ride Happen at MRH@lsswis.org or call 920-225-1719. Program staff are available from 8:30 a.m.- 4:30 p.m., Monday through Friday, to take your call.



To become a volunteer pilot, complete an application form at this link: <https://www.volunteerfoxcities.org/cwavolunteer/> or contact Jan at 920-832-9360 or rsvp@volunteerfoxcities.org

HAAAFVC, which is a volunteer run organization, is collaborating with RSVP to share information.

Good Times (continued from page 1)

Included a neckloop, a couple of cell phone apps that provide speech to text, a Pocket Talker, and...get this... A program on a laptop that converted our speech to text on a TV screen on the wall in the room! Michelle figured that out. We can see many applications for it! We also celebrated our chapter founder/president's birthday with a huge cake. What a surprise that was! It was a biggie that symbolized 80 times around the sun! Living well with hearing loss means learning all we can about how to add **'well'** to that statement. Thanks to everyone who came, shared, learned, enjoyed and ate well too! We will see you all again on Zoom in June, and at our summer social in July. More on that next month!



Some Interesting Research...

Have you ever heard of 'The Lombard Effect'? Probably not, but we have all experienced it. Those of us with hearing loss are terribly bothered by it, but so are others. Here is an article from The Hearing Healthcare Foundation about it.

Dining establishments are an essential part of the social experience. However, they are often characterized by high levels of background noise, which represents a barrier to effective communication. This particularly affects people suffering from hearing problems. Moreover, noise level exceeding normal conversational levels causes a phenomenon called **The Lombard Effect, an involuntary tendency to increase the amount of vocal effort when talking in the presence of noise.**

Adults over 60 years represent the second largest population in the US and the majority of them have some degree of hearing loss. The primary aim of the current study was to understand the effect of noise on vocal effort and speech intelligibility in a restaurant setting for adults over age 60 with and without hearing loss.

The secondary aim was to evaluate their perception of disturbance in communication and whether their willingness to spend time and money in a restaurant was affected by the varying levels of background noise.

The results of this study showed background noise levels lower than 50 dB(A) will allow senior customers to minimize their vocal effort and to maximize their understanding of conversations, even for those with moderate to severe hearing loss. By setting a limit, it would keep perceived disturbance low and willingness to spend time and money high among dining patrons.

Have you ever emerged from a noisy setting, not only with auditory fatigue from trying so hard to hear, but also with a raspy throat? That most likely comes from The Lombard Effect. Who knew?



We are saddened to report the passing of Betsy Foley, a past president of HLA Fox Valley Chapter.

Betsy, a Green Bay resident, was actively involved in her community. She was an author, an historian, a lover of books, music and people. She came to HLA for information about her progressive hearing loss and remained involved because she wanted to help others who were struggling with hearing loss.

She will be remembered by all who knew her as a person who not only cared deeply for other people, but gave the time to make them feel cared about. May she rest in peace. 06-22-36—05-18-22

Musicians Support Efforts to Educate About Prevention of Noise Induced Hearing Loss

In March, Hearing Health Foundation enlisted the support of world-class artists in support of World Hearing Day to support a message on hearing health and hearing protection. Our 60-second [graphics-motion video titled "Listen Up People"](#) anchored the outreach, helping HHF gain notable celebrity and musician attention.

HHF was thrilled to see social media shoutouts from Yoko Ono, Tom Morello (Rage Against the Machine), Jeff Ament (Pearl Jam), Kathy Valentine and Gina Schock (The Go-Go's), Darryl McDaniels (Run-DMC), KT Tunstall, Lyle Preslar (Minor Threat), Melissa Etheridge, John McLaughlin, and Nandi Bushell. Collectively and even individually these artists have millions of followers on social media. They all are aware of hearing loss prevention due to extreme noise.

This month HHF continued the conversation by rolling out [a series of 60-second videos](#). The first "Real Talk" features hip-hop legend Darryl McDaniels, the "D" in Run-DMC.

It is hoped that these artist/industry-driven interviews provide perspectives on the importance of hearing health and hearing loss prevention—for life.



HLAA, at all levels, is a 501c3 non profit organization. We do not recommend or endorse products or providers. We willingly share our experiences with them. Our chapter does not have dues.

We encourage people to support the HLAA movement to make hearing loss an issue of concern by joining the national organization at www.hearingloss.org Numbers matter!

The 2022 Chapter Sponsor Program



Thank you to everyone who has become a 2022 'Sponsor'! Names will be added as donations are received. This is our only fund raiser. Sponsorships help us cover the costs incurred in our efforts to full fill the mission of HLAA.

HLAA is a 501c3 tax exempt organization. Your donations are tax deductible.

If you wish to support the chapter this way, send your check to: HLAA-Fox Valley Treasurer, P.O. Box 25, Menasha WI 54952. Include instructions on how you wish to be listed.

2022 Chapter Sponsors

Platinum Level (\$200 or More)

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Bronze Level (\$25 - \$49)

Lorna Hamilton, Katie Weber

We are grateful to everyone above and to all who have made smaller donations to our chapter treasury. We are grateful to those who contribute personal resources of time, energy, mileage & more. Your support is what makes our chapter successful.

Our Mission: To share information, educate, advocate and provide peer 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 published 10 months of the year. Please share it with others. Help HLAA 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 preferane. 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

2022 Chapter Calendar

June 13: Cochlear Implants & Aging by Author/Presenter

June 21: H.O.P.E Support/Discussion Group on Zoom

July 11: Summer Social at Appleton Yacht Club

July 19: Cochlear Implant Support/Discussion Group (Zoom)

August: No Chapter Meeting in August.

August 16: H.O.P.E. Support/Discussion on Zoom

UPDATE! UPDATE! Special Announcement!!

Plans for Sept, Oct & November: We plan to hold in person chapter meetings at The Bordini Center in Appleton. HOPE will meet prior to the chapter meetings, with a break in between for socializing and refreshments. The CI group will continue to meet on Zoom every other month on the 3rd Tuesday. **Watch for more information in July Newsletter!**

2022 Chapter Leadership Board

Officers:

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

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

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Program Chair & CI Group Chair: Rhonda Clancey*

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Member at Large: & Newsletter Preparation: Jane Young*

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Social Committee: Christine Klessig*, Grace Zurivitch,

Chapter e-mail: hlaafoxvalley@gmail.com

Phone Contact: Karen at 920-733-4853

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

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

- Designates Members of the Chapter's Board of Trustees.

Cochlear Implant Support Group



Hi Everyone! So happy that summer has finally arrived. I biked in 94 degree weather than sat on the beach the next day in 59 degree weather. I guess WI folks are prepared for anything!



Our next CI support group session will be Tuesday, July 19 at 6:00 pm. We will continue our meetings via Zoom. Zoom has allowed us to include many participants from outside the Fox Valley Region. We've all gained a great deal of information. Please spread the word to anyone wanting to learn about the pros & cons of bring implanted with cochlear implants. We learn together!

Enjoy the summer!

Rhonda rclancey@hotmail.com

PS: You'll want to be sure to attend the June chapter meeting too!

H.O.P.E. Notes: from Dale Voskuil, Moderator

H.O.P.E. will meet via Zoom on Tuesday June 21st, at 1 PM.



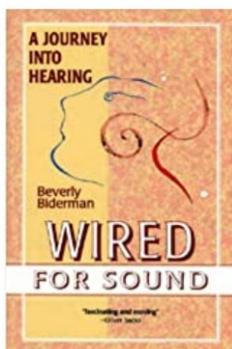
My experience with HLAA began by attending a H.O.P.E. meeting months before my cochlear implant surgery. What I learned there and at the chapter meetings that followed was very important in calming my apprehension about the CI surgery. That interaction with others also helped me approach life with hearing loss with hope and optimism.

Good news! We plan to return to in person meetings in September. H.O.P.E. will meet prior to the regular chapter meetings with a break in between for refreshments and socializing. I'm a stickler for ending meetings on time to allow time for individual discussions. It is in those discussions where many of your concerns and questions will be answered.

The link to the June zoom meeting will be e-mailed to people on the H.O.P.E. list a few days before the meeting. E-mail me with your contact info if you're not getting my e-mails so I can include you on this list. voskuild@gmail.com



H.O.P.E. is the perfect place to ask basic questions, whether you are just beginning your hearing loss journey, or are well experienced at it. We are all about Hearing Other People's Experiences. Share your successes and your frustrations. It really does help to talk to people who understand.



Everyone who registers in advance and attends our June Zoom meeting will have their name entered in a drawing for an autographed copy of our guest presenter, Beverly Biderman's book. Register in advance to get your name in the drawing.

<https://us02web.zoom.us/meeting/register/tZEduuopzwoH9fKzGm3sYN7YsvL4YQb33bg>