



Annual December Social

TUESDAY December 12th 5:00 PM

Appleton Yacht Club 1200 S Lutz Dr.

Moved to Tuesday due to Monday Packer game!

It's time to get out those

'CRAZY HOLIDAY SWEATERS once again!

Ho! Ho! Ho!

We're going to play a few rounds of HLAA BINGO!

Please bring a prize! A nice prize! Value under \$10.

Something you would like to win! Bring a Friend too!

This is a potluck event. So bring a dish to share.

Salad, snack, appetizer, etc.

Fox Valley Chapter will provide sloppy joes & dessert.

All beverages must be purchased at the bar.



We all live with, and understand
hearing loss. This is a party
we can all enjoy.
We hope you'll join us.

We hope you'll print & share the single page insert in this newsletter. It's time to get the word out about the 2024 state conference! Thank you!!

NOTICE!!

No chapter meeting in January.

Watch for the February newsletter. It will share news about plans for 2024.

2024 Scholarship Announcements

The Annual **Margaret Ferris Scholarship** for a high school student with hearing loss is available through the Community Foundation of the Fox Valley Region. It is awarded to a student planning to pursue post secondary education. This is a \$1500 award. For information go to "Unique Life Experience Scholarships" (link: <https://www.cffoxvalley.org/scholarship-type/life-experience/>).



HLAA Fox Valley Chapter offers a \$1500 scholarship to a high school senior or college student with hearing loss who is in the first two years of college. Applicants must use technology to participate in the hearing mainstream. We ask that the recipient will participate in some way, in our chapter's mission. This award will be presented at the 2024 HLAAWI conference on April 26th.

Further information, along with the application, will be available by request at hlaafoxvalley@gmail.com and at: hlaawi.org/chapters in January. Submission deadline: March 30th. Applicants must be from the geographical region HLAA Fox Valley Serves, including Green Bay, Fond du lac and central Wisconsin.



Are you looking for a supportive community of people who understand the challenges of living with hearing loss? Do you want to learn more about the latest technologies, resources, and strategies to cope with your hearing situation? If so, HLAA could be a game changer for you.

Whether you have questions about hearing aids, cochlear implants, captioning, tinnitus, or want to share an experience; good or not so good, we are here to listen and help. We welcome hearing loss partners because we understand their concerns and needs as well.

Will you get all your answers at one meeting or event? No, but you will learn a great deal over time through peer support and participation. We are all volunteers who believe mutual help is priceless.

Synopsis of Our November Program by Christine Klessig

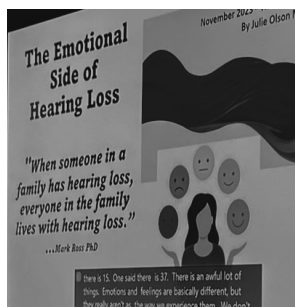


"The Emotional Side of Hearing Loss" was the topic of the chapter's November 13 meeting at Bordini Center. Long time chapter member, Julie Olson, presented the program and facilitated the lively discussion afterwards.

Julie's powerpoint set forth a list of positive and negative variables about hearing loss. She invited the audience to examine their own list in an effort to counteract negative variables. We talked about the dreaded F words of hearing loss: Fear, Frustration and Fatigue. Julie encouraged us to do self help (box breathing, for example), manage our stress levels, and embrace technology. All of these positive efforts allow us to live well with hearing loss. HLAA lets us know that we are not alone.

One of Julie's demonstrations was especially insightful to me. She invited us to play a type of Wheel of Fortune game with and without a hearing loss handicap. Most HOH folks hear vowels quite well in everyday speech. It's the consonants that challenge us. Oh my - it's remarkably harder for a HOH person to fill in the blanks to make sense of words/phrases. Plus it's exhausting. Research has confirmed a HOH person burns up the same amount of energy in 20 minutes that a regular hearing person expends in 60 minutes. No wonder we get burned out in social situations. Auditory Fatigue is a real thing, folks!

Thank you Julie for an interesting and informative presentation & discussion on the Emotional Side of Hearing Loss. We continue to learn from and support each other. Julie is available for presentations to outside groups. Contact: hlaafoxvalley@gmail.com



Can She HEAR this Cat's Meow, the book published by Julie Olson and her granddaughter was offered for sale at the November meeting. \$5 from each sale was donated to the chapter. The book will be available for purchase at the December social with the same arrangement. This book shares the story of how an adult's hearing loss led to a child's creativity in communication. The lessons are ageless. It is for both children and adults, and would make a nice gift for anyone who wants to better understand how hearing loss affects people. It can be purchased direct from Julie.



catsmeow2167@gmail.com \$15. Add \$1.50

for postage if mailed. It is also available on Amazon.

HLAA does not endorse products or providers. We share information about them, including our personal experiences. The HLAA mission is to educate, share unbiased information, provide peer support & to advocate for communication access & the development of better products. Goal: To create an environment where people with hearing loss are included.

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.

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. NOTE: Sponsors who donate to the chapter at this time of year will be included in the 2024 Chapter Sponsor List.

thank you!

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, Judy & Larry Benish, John Schindhelm

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, Marilyn Rock, Norma Will

Silver Level (\$50 - \$99)

Rhonda Bartelt, Clarice Belling, Pat Boldt, Susan Brown, Barb Crusan, Margaret Cariveau, Jo Kintopf Crabb, Richard Erickson, Michelle Frisbie, Mary Fritch Hatfield, Karen & Gary Kasten, Mark Oldenburg, Patty & Tom Reimer, Sharon Salm, Phyllis & Lyle Sconzert, Carol Smokovich, Jerry & Phyllis VanHandel, Elaine Stark

Bronze Level (\$25 - \$49)

Lorna Hamilton, Fred Lilly, Bob Opsteen, Ken & Mary Ann Walter, Katie Weber, Sue Stone & Claudia Zins

Thank you to all who support HLAAFVC this way. We also thank everyone who gives in other ways via time, energy, mileage, program presentations, & more. You are the reason our chapter is successful.

**Meetings are organized and run by volunteers.
Everyone is welcome.**

We are seeking additional grant funding to help cover the costs of hosting the 2024 state conference because we want to keep the registration fee low. Registration details will be announced in January.

Tech Tidbits from Michelle Frisbie

Here's a tech tidbit that I've used on occasion:

If you come across a website with a video or webinar that you want to watch, but it isn't captioned, most computers have Accessibility Features that include captioning (it might be called subtitles). For computers running Microsoft, all you need to do is click on the following keyboard keys simultaneously (yes, it requires two hands 😊): Windows Logo key + Control Key + the letter "L" key. You can do this at any time before or while the video or webinar is playing. You might need to then click OK. This will caption any sound coming internally from the computer.

You can then drag the captioning window wherever you like on the screen. And you can drag the sides to make it bigger or smaller. If you click the Settings (gear icon), then Preferences, then Include Microphone Audio, it will also show captions for sounds external to the computer (ie voices in the room).

If you'd like to share your favorite Tech Tidbits, please send them in an email to: hlaafoxvalley@gmail.com and we'll include them in future articles (perhaps this will become a regular column!)

Hearing Aids in Today's Market

[Hearing Aids Are More Affordable, and Perhaps More Needed, Than Ever - The New York Times \(nytimes.com\)](#) If you're in the market for hearing aids, prescriptive or 'over the counter (OTC)' type, take time to read this article in the New York Times. Lots of changes; lots to think about. The article mentions a new group called HearAdvisor staffed by two audiologists and a hearing scientist that has established a test lab in Rockford IL to evaluate and rank both prescription and OTC hearing aids.

After testing about 50 devices to date, HearAdvisor [gave its "Expert Choice" award to 13](#). In general, O.T.C. devices that cost \$1,000 or more perform well, while those sold online today for under \$500 "are most often junk." A few may actually reduce intelligibility.

The article, which also addresses healthcare aspects of diminishing hearing, is on the HLAA website. www.hearingloss.org

NOTICE:

As HLAA's first-ever event at a resort rather than an urban hotel, next year's national HLAA convention in Phoenix, Arizona, promises to be a brand-new experience! It will be held at the [Sheraton Grand Resort at Wild Horse Pass](#) on June 26–29, 2024.

Fox Valley Chapter offers a stipend to help defray costs of attending the national convention for a chapter delegate. Let us know if this is of interest to you. Early bird registration begins in January.

Further information can be found at: [HLAA 2024 Convention - Hearing Loss Association of America](#) Delegates bring back valuable information to the chapter.

Juliette Sterkens AuD Presents Tedx Talk

Submitted by Christine Klessig

"It was a tremendous amount of work (I had no idea the TEDx process would be so intense) and I'm glad it went well."

Juliette Sterkens AuD so described her experience as one of 15 presenters at TEDx Oshkosh on November 4 at The Grand Theater in downtown Oshkosh. Along with Fox Valley HLAA chapter member Michelle Frisbie, I had the privilege of attending this 'standing room only' high energy event. It was very well planned, smoothly executed, and full of "aha" moments.

Of course, the "aha" moment showcased by Sterkens concerned the dramatic clarity of sound produced by hearing induction loops. The audience was duly impressed by the sound clip played during Sterkens' presentation. Michelle and I, having activated our telecoils at the start of the event, enjoyed the well functioning hearing loop at The Grand all day long.

"Hearing Loss: Beyond Hearing Aids" was an excellent outreach opportunity for HLAA. Wisconsin now boasts 900+ hearing loop installations. Sterkens commented "I hope it will help the Hearing Access cause and that it will help hearing aid users around the world." Kudos to Juliette for her continuing advocacy to live well with hearing loss.

Michelle added: *When I arrived at the theater for the TEDx event, and turned on my telecoils, the sound was not like I have experienced before with hearing loops. I am a cochlear implant user. I switched programs, and found a different program worked and gave me perfect sound! ! My message is: If at first you don't succeed, try and try again! Sometimes our personal technology needs adjusting.*



A Veteran Shares his Experience with HLAA...

An active member of HLAA's Veterans Across America Virtual Chapter (VAAVC) since 2021, Vietnam vet Steven Sterry and his hearing service dog, Zochi, were profiled in Hearing Life magazine's Fall 2022 issue.



In honor of Veterans Day, we asked him for an update on his many activities supporting veterans, both with and without hearing loss. Information about the Virtual Veteran's HLAA Chapter can be found at: [A Veteran Shares his Experience with HLAA - Hearing Loss Association of America](#)

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 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

December 12 – Annual Holiday Social at the Appleton Yacht Club 5:30 PM (Note date change)

The Dec. social date has been changed to TUESDAY, December 12th due to the Monday night Packer game.

The 2024 calendar will be published in the February 2024 issue of this newsletter.

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.

LATE NOTICE! We are pursuing the purchase of a block of tickets for a Broadway show at the Fox Cities PAC. Let us know if you're interested. hlaafoxvalley@gmail.com

To unsubscribe, please e-mail us @ hlaafoxvalley@gmail.com. We will need your name and whether you receive it in print or by e-mail to remove you. If you receive it both ways and want only one or the other, let us know your preference.

Your chapter board is still trying to decide whether to hold 2024 meetings in the afternoon, or to continue to meet primarily in the evening as we have for the past 40 years! Your input matters.

November's afternoon meeting was well attended. Was it because of the time, the program or what? Please tell us. hlaafoxvalley@gmail.com

Cochlear Implant Support Group

Join us on Tuesday, January 16th at 6:00 on Zoom. The link to the meeting will be sent out to everyone on the CI list a week in advance. If you are not on that list, e-mail us so we can include you.



These meetings are open to CI users, & also to those who may be exploring the CI option. All CI brands are discussed

Our open format encourages everyone to ask questions & share experiences. It's a great way to learn and to meet other CI folks! Our November meeting was well attended & interesting.

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

H.O.P.E. Support Group



"We had an ideal number of participants at our H.O.P.E. meeting that followed the presentation on The Emotional Side of Hearing Loss. Every one there was able to ask a question or make a few helpful comments.

H.O.P.E. provides a unique forum where individuals, both new and experienced participants, can pose questions and receive answers about their concerns about their hearing problems.

We welcomed a good number of new faces and had a wonderfully engaging exchange between the participants."

Watch for more about our H.O.P.E. group in the next newsletter. Timing will depend on whether we decide to meet in the afternoon or evening.

I HOPE to see you at the December social!

Dale Voskuil voskuild@gmail.com



Chapter President & H.O.P.E. Facilitator

Hearing Other People's Experiences is what H.O.P.E is about!

