



Monday March 11th at 1:00 PM

Chapter Meeting & Program

Bordini Center 5 N, Systems Dr. Appleton

H.O.P.E discussion will be *after* the program

PRESENTER: Dr. Melissa Sigmund AuD
Representative of Advanced Bionics LLC

TOPIC: Should You Consider a Cochlear Implant?

Research & experience indicate that cochlear implants improve speech understanding, hearing in noise, music appreciation, quality of life & overall health.

When hearing aids no longer do the job, it may be time to consider the CI option. It makes sense to learn about it. Most hearing loss tends to be progressive, so even if yours is at the moderate level its likely to get worse as you age. Information sharing is what HLAA does. It's always wise to be informed.

Learn how cochlear implant technology works, about the surgery involved, what to expect, and everything you need to know in general.

Because of the high success rate related to cochlear implants, criteria for candidacy is less complex than it was only a few years ago.

While the presenter represents only one of the three CI manufacturers, Advanced Bionics, we have asked her to speak generally about how CIs work. HLAA does not endorse brands or products. We believe our population must base decisions on open learning. We are grateful to all the manufactures of products that benefit us who are willing to help educate us.

This meeting will be in person and via Zoom for those who wish to attend virtually. Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZMpf-6sqj0iH93rbpWzoZgf_imbj5f20Se6

After registering, you will receive a confirmation email containing information about joining the meeting.

Register NOW for the April Conference!

"Shine New Light on Hearing Loss"

Early Bird Registration through March 10th.
\$30/person.

March 11 until full \$50/person.

[Register https://www.hlaawi.org/registration.html](https://www.hlaawi.org/registration.html)



You can also register at a chapter meeting or mail payment to HLAA Fox Valley Chapter.

P.O. Box 25, Menasha WI 54952



There's a link to all the conference information at www.hlaawi.org Feel free to request information directly from the host Chapter.

hlaafoxvalley@gmail.com

Attention! Young Adults with Hearing Loss!!

We are reaching out to past scholarship recipients, and other younger adults with hearing loss to invite them to Meet & Greet virtual meeting gatherings.

A few participated on Zoom in January. They shared personal stories about their hearing loss journeys along with interesting tips and technologies. Everyone said they enjoyed getting to know other young people. All were interested in doing more 'zooming'.

If you would like to join in on the fun, e-mail hlaafoxvalley@gmail.com to get on the distribution list. Those who are between the ages of 18—35ish are encouraged to participate. We also hope people from this age group will attend 'Shine Light on Hearing Loss'. You may be amazed at how much you can help others live well with hearing loss.

Chapter President's Message... by Dale Voskuil

HLAA Shares Hope! And a Whole Lot More!

Our regular chapter meetings feature an educational program. The technology we use makes it possible for hard of hearing people to participate. Live captioning and a high quality assistive listening system installed in the meeting room make that possible. We do not use sign language at our HLAA meetings. If you use hearing aids or cochlear implants it's the perfect place to benefit from technology. If you don't know how that works, you owe it to yourself to learn. Don't isolate yourself socially because you don't hear well! Each regular meeting also includes an opportunity to participate in our H.O.P.E. discussion where we Hear Other People's Experiences.

HOPE found it's stride at our February gathering. The discussion was lively as people shared their experiences from the holiday season. "How do you cope when interacting with other people in social settings?" While most people are patient with us, that isn't always true. Sometimes deal with rude encounters. We need to anticipate interactions that may be difficult and be well prepared to explain what we need. A conclusion was that we must always be our own advocate. I always enjoy my interactions with the HOPE group. I continue to learn and benefit from these free floating conversations.



We HOPE you'll join us in March!

Dale voskuild@gmail.com



Video gamers may be risking hearing

loss or tinnitus Jan 16, 2024

Researchers have long warned about the consequences of extremely loud noise for hearing. Those sounds can come from playing video games, according to new research.



The research of 14 studies totaling nearly 54,000 adults and children worldwide — found that when participants played video games, average sound levels often exceeded permissible sound exposure limits, the risks of which grow the more time people spend exposed to them.

The research also revealed "those who game regularly are more likely to experience tinnitus. Tinnitus refers to an internal sensation of a ringing, buzzing or roaring sound in one or both ears.

Gaming is one of the most popular leisure activities worldwide and its fans often play for hours at loud volumes. "This study is an eye-opener, highlighting the often-ignored issue of sound-induced hearing loss among the youth.

It pays to be aware and take precautions. Limit the sound and the duration. .

Chapter Sponsor Program

The Sponsor Project is HLAA Fox Valley Chapter's main fundraiser. Sponsors make it possible for us to cover costs incurred in our efforts to fulfill the mission of HLAA. That includes publishing and circulating our newsletter, renting accessible meeting space, providing a scholarship for a student with hearing loss, providing stipends to attend educational events and much more. In 2024 HLAAFVC will organize & host a large conference.

We have added another level to our sponsor program to help raise funds for the conference.

HLAAFVC is a 501c3 tax exempt organization. Donations are tax deductible according to Wisconsin law.

To be a 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. Thank you all so much.

2024 Chapter Sponsors

Donations can also be made online at this link.

[FOX Valley Chapter - HEARING LOSS ASSOCIATION OF AMERICA WI \(hlaawi.org\)](#)

Diamond Level (\$400 or More)

Platinum Level (\$200—\$399)

Barbara Abhold Memorial Donation,
Kenneth Bro & Becky Brown, Steve & Judy Hangartner, Jim Machalk
Tom O'Connor, John Schindhelm, Grace & Bill Zurovitch

Gold Level (\$100 - \$199)

Charles Hastert, James Hemmen, Jan & Diane Veenendaal
Norma Will

Silver Level (\$50 - \$99)

Mary Anderson, Rich & Jan Erickson, Michelle Frisbie
Julie & John Olson, Bob Opsteen, Patty Reimer, Elaine Stark
Jerry & Phyllis VanHandel

Bronze Level (\$25 - \$49)

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.

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.



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

Why Should I Spend My Money on Hearing Aids?

While hearing aids don't restore perfect hearing, they do help keep a hard of hearing person more involved in life. Some current research that was recently mentioned in an AARP publication makes a very strong point about that. Here's a synopsis.

- ◆ Hearing help could actually help you live longer! Audiologists at the Keck Medicine of USC say "The risk of dying is higher among those who never used hearing aids than of those who use them. Further, that that risk is significant even after accounting for factors such as age, severity of hearing loss, socioeconomic status and other medical conditions".
- ◆ A researcher at Mayo Clinic in Phoenix AZ says "Hearing loss can cause serious social isolation that can lead to depression. That leads to risk of mortality." That study further states "People who are more socially engaged are also more likely to be engaged physically, which in turn makes them more likely to live longer."
- ◆ The CDC reports that one in four adults aged 65 and older report falling, & that falls are the leading cause of both fatal & non-fatal injuries to people in that age range. There is a clear link between hearing loss & falls. The good news: research has also found that well fit hearing aids help protect against falls.
- ◆ Hearing aids may be able to stave off dementia. A study indicates that people who have hearing loss have as much as a 13% higher risk of developing dementia. That research further suggests that wearing hearing aids can delay or even stop the onset of dementia.
- ◆ Hearing aids that help a person hear better can help ease depression, social isolation & anxiety. If you're unable to hear & participate in conversations around you, you have a tendency to withdraw from activities. Hearing aids can help diminish that isolation and loneliness.
- ◆ Assistive technology that works with & goes beyond hearing aids can increase their value & potential. When you buy hearing aids, it is your responsibility to ask the fitter about those add on technologies.
- ◆ When hearing aids no longer work, the cochlear implant option can be a possibility.
- ◆ **All the researchers involved in these studies point out how important it is for medical doctors to ask their patients about their hearing at annual physical exams.**

According to Dr. Nicholas Reed AuD, a researcher who will present at the April HLAAWI conference in Appleton, "This is pretty powerful stuff!" We agree! We look forward to meeting and learning from Dr. Nicholas Reed as he shines light on hearing loss!

2024 Scholarship Announcements



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 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, is available by request at hlaafoxvalley@gmail.com **Submission deadline: March 15th.** Applicants must be from the geographical region HLAA Fox Valley Serves; including Green Bay, Fond du lac and central Wisconsin. More

here: [hlaafc_scholarship_application_form_2024.pdf \(hlaawi.org\)](#)

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/> . **Deadline is March 1st.**

Chicago Fire Drama Incorporates Hearing Loss into the Popular Show

David Eisenberg, the actor, who plays veteran firefighter Christopher Herrmann on NBC's *Chicago Fire*, deals with hearing loss himself and wears hearing aids. At his request, the show's writers found a creative and heroic way to incorporate hearing loss into his character's journey.

In a recent episode Herrmann takes an arsonist's package, containing a bomb, and runs it away from his crew. When the device goes off, he's still close to it and it severely damages his hearing.

It's a solution Eigenberg is grateful for. He says "It's wonderful because a lot of people are using hearing aids now. It gets me down sometimes. I don't love it, but hearing aids have helped me. I'm glad we are using it as a story line".

February Chapter Program Summary...

Andrea Yenter, Director of the Wisconsin Lion's Camp shared her personal experience as a camper and how it influenced her to become involved as an adult. We learned about opportunities for children & adults to attend this beautiful camp in Rosholt WI.

MS Yenter explained the Wisconsin Lion's Clubs Hearing Aid Distribution Program, and other programs that provide support and assistance to people with disabilities. It was a very impressive presentation. We are grateful to MS Yenter for coming to Appleton to inspire us. Thank you! More information [HERE](#) .

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

2024 Chapter Calendar

Monday March 11 Chapter meeting at 1 PM
"Considering Cochlear Implants"
Tuesday March 19 Cochlear Implant Group on Zoom
Monday April 8 at 1 PM "We Can Do It!"
Friday & Saturday April 26 & 27
"Shine New Light on Hearing Loss" Conference
May 13 Gadget Sharing Night at the Ground Round
Evening Meetings Resume in May.

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*

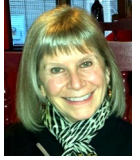
Chapter e-mail: hlaafoxvalley@gmail.com

Phone Contact: Karen at 920-733-4853

Support Crew: Jerry Van Handel, Mary Hatfield,
Colleen Van Rooy, Karen & Gary Kasten

* Designates chapter board members.

Cochlear Implant Support Group



The January 16th CI meeting had good attendance. We shared a few of our holiday experiences and plans to survive the winter cold. We had an interesting discussion on the MRI procedure, how the extreme noise of the machines can cause hearing damage, and how those of us with older implants cannot have them. A participant shared information on new technology that can be used instead. We keep learning.

A few people could not get into the meeting due to Zoom issues. If Zoom asks you to update, be sure to do that. We will meet again on March 19th. Meanwhile, I encourage you to attend the March chapter meeting on March 11th. The presentation is on Cochlear Implants. Join in person or via Zoom. NOTE: This meeting is an afternoon meeting at 1 PM. See page one for information.

Rhonda Clancey, CI Group Moderator

rclancey@hotmail.com or hlaafoxvalley@gmail.com

Ask to be added to the CI e-mail list if you're not already on it.

HLAA National Convention 2024

As HLAA's 40th annual convention and our first-ever resort-style event, this year's gathering in Phoenix promises to be a brand-new experience! We invite you join us at the luxurious [Sheraton Grand Resort at Wild Horse Pass](#), June 26-29, 2024. We know you'll love this gorgeous setting for all of our exciting events.

- Hear engaging keynote speaker **Shanna Adamic**.
- Explore **The Emotional Side of Hearing Loss** at the Research Symposium.
- Connect at the lavish Welcome Back Bash and HLAA Awards.
- Wide range of topics in our educational workshops.
- See product demonstrations of the latest technology for people with hearing loss.
- Walk through the Exhibit Hall featuring cutting-edge tech.
- **Represent HLAA FVC as its delegate. Stipend provided. Early Bird Pricing through March 31, 2024** If this interests you, contact the chapter board hlaafoxvalley@gmail.com We will share the details. More convention information [HERE](#).

**"Always walk through life as if
you have something new to learn
and you will."**

... Vernon Howard



If you're looking for people who understand the challenges of living with hearing loss and are open to learning, HLAA can be a game changer. Whether you have questions about hearing aids, cochlear implants, captioning, tinnitus, etc., or want to share an experience; good or not so good, we listen. We welcome hearing loss partners because we understand their concerns and needs as well. You won't get all your answers in a single meeting, but you'll learn a great deal over time through peer support and participation. HLAA Fox Valley Chapter folks are volunteers of all ages who have found mutual help to be priceless. Meetings use live captioning and loop technology so you'll be able to participate. Come join us and bring a friend or family member.