

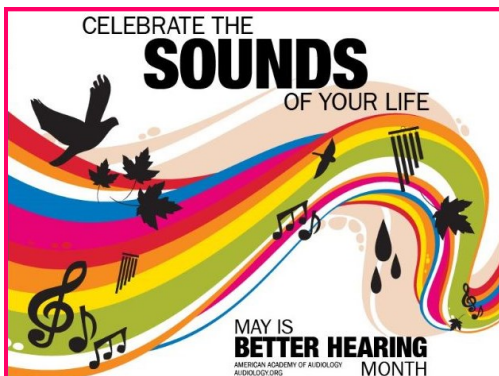


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**Visit Our New Website**

[www.hlaawi.weebly.com](http://www.hlaawi.weebly.com)



**HLAA Walk Teams Registered as of 4/10/16 Please join us or donate to us!!!**

"Fox Trotters" - HLAA Fox Valley Chapter  
Captain: Colleen Van Rooy  
"Metro Milers" - HLAA Milwaukee Metro  
Captain: Eloise Schwarz  
"Madison Walkers" HLAA Madison  
Captain: Jerry Lapidakis  
"FV CI Group" HLAA Fox Valley CI group  
Captain: Rhonda Clancey



**Walk4Hearing-Saturday, May 21st**

**9:00 AM - Registration**

**10:00 AM - Walk Begins**

**Greenfield Park Area 3A  
2028 S. 124th St. West Allis  
(New Location)**

**Get your teams together now!**

Wisconsin's Walk4Hearing event; also known as 'The Milwaukee Walk4Hearing' is your opportunity to show your colors and support HLAA at all levels.

Organizations with missions relate to hearing loss are eligible to form 'Alliance Teams' and raise funds for HLAA and for their organizations too. That, of course, includes individual HLAA Chapters!

Information about forming teams is posted on the national HLAA website. The sooner teams are active, the sooner we can watch the 'donation thermometer' start rising! Last year's event raised just over \$50,000! 90% of that amount goes to support HLAA and the participating organizations. 10% is used to cover expenses to hold the Walk.

Money raised supports programs, captioning, scholarships, assistive technology, peer support, chapter development and more.

Keep your eye on the Walk4Hearing website for updates.

[www.walk4hearing.org](http://www.walk4hearing.org)

**Click on the Milwaukee Walk.**



## President's Message from Jerry Lapidakis



**Advocacy:** That is a word in HLAA that is getting a lot of attention these days. There are a number of initiatives on the national, state and local chapter level that will be a positive experience for the hearing loss community. On the national level the initiatives on hearing loops, health insurance, captioning in public venues, cell phones and others are gaining momentum. On the state level we have a major project promoting hearing loops and awareness. And in the chapters there are projects for increased public awareness and actions to help those with hearing loss.

Recently I have been thinking about another kind of advocacy, and that is advocating for me and my own hearing needs. Recent travel reinforced the realization of how much I accept the way things are at airports, hotels, and train stations. There is no way to understand the announcements in airports and stations, and by airline and train attendants. Hopefully, if something critical happens, a kind soul nearby will let me know before the plane barrels into the ground, or less critical, that the bathrooms are out of order. I am basically a shy person, so I tend not to "bother" people or make an issue of my hearing loss. I know, we should speak up, but for some of us that takes a constant effort. I think many people with hearing loss do the same because they don't want to be different or bring attention to themselves.

I have made a pledge to myself: I promised myself that I will advocate for what I need, to hear in all situations. I will let attendants, clerks, stewards, nurses, doctors, store clerks, and all the above, know my situation and give me some consideration. I urge you to do the same!

\*\*\*\*\*

Spring is a good time to do some planning in all of our activities. That includes our involvement in HLAA. Chapters are doing innovative and interesting projects such as the Greater Milwaukee's Looping Expo next October or Fox Valley's advertising and awareness efforts and their innovative HOPE Project. The Walk4Hearing and the Madison chapter's Hearing Loop emphasis. Wisconsin chapters are active. On the state level we are gearing up to better serve chapters with funding opportunities, support services and project support. We ask you, the HLAA members...What should we be doing that is most important? How can we better connect with and support the chapters? Please take time to give us your thoughts and ideas.

\*\*\*\*\*

### Here are some opportunities and projects from HLAA-WI...

**New Website:** Our new, revamped and redesigned website is up and running. The design of the new site is intended to increase appeal for HLAA and what we do. It is already attracting more traffic and we aim to make it our main communication tool. The new website address is: [www.hlaawi.weebly.com](http://www.hlaawi.weebly.com) Co-Webmasters Liza Segleau and Colleen Van Rooy are involved in making this exciting change. NOTE: The old site at [www.hlaawi.org](http://www.hlaawi.org) is no longer functional.

**Chapter development funds:** The Board has authorized \$4000 to be allocated to chapter development projects. There is still \$2000 remaining that chapters can apply for. This is an excellent opportunity to help fund that advocacy or public information project you have been thinking about. Contact Liza Segleau for the application form. \$500 was awarded to the Fox Valley Chapter to support advertising in Nature's Pathway magazine and the Milwaukee chapter received \$1500 to help support the Looping Expo on October 5. We thank the Walk4Hearing and a few generous donors for making this possible.

**Board Vacancies:** Pamela Martin (Milwaukee) and Juliette Sterkens (Oshkosh) were appointed to fill vacancies on the state board of directors. They bring a lot of experience and interest in HLAA that will be a benefit. That brings our Board membership to eight. At the annual meeting in October we will vote to fill vacancies. Please contact any board member if you interested in widening your HLAA experience in the state. The time commitment is not great, the issues are important to all of us with hearing loss and the reward of knowing you are helping.

**State Chapter Coordinator:** This is an important position that directly serves the chapters. This person works closely with the local chapters to assist them in serving and growing and is bridge between the chapter state and national. If you are someone who enjoys working with people and learning more about HLAA in Wisconsin this position could be for you.

**Nominating Committee:** We are actively recruiting for three to five HLAA members to serve as the nominating committee for Board elections at the Annual Meeting in October. This is an excellent way to be involved in the future direction of HLAA in Wisconsin and an opportunity to learn more about the state organization without a huge commitment.

### Walk4Hearing

The Walk 4 Hearing is set to step off on May 21 at Greenfield Park in Franklin. There is still time to register a team and take part. Caroline Ludka is chair of this great project. Go to the Walk website at: [http://hlaa.convio.net/site/TR/Teamraiser/MilwaukeeWalk?pg=entry&fr\\_id=2342](http://hlaa.convio.net/site/TR/Teamraiser/MilwaukeeWalk?pg=entry&fr_id=2342) for complete registration information. Or, just Google Wisconsin Walk4Hearing.

### Hearing Tracker and HLAA: Partnering for Best Practices in Hearing Care

A 'Must Read' for anyone with hearing loss.

By Cynthia Compton-Conley for *Hearing Loss Magazine*

Best practices and patient-centered care are the latest buzzwords in the hearing health care industry—and for good reason.

[Read the whole article](#) here.



## Something Special is Going to Happen Next November!

Have you heard? There will be a state conference in the **Milwaukee area** this year, for people who are hard of hearing? It's true...and it promises to be an exciting event. We haven't had a conference like this since 2011. As the title says, the focus is on Looping – the sort of 'wheel barrel' solution for making hearing instruments better! We have hearing aids that amplify sounds and cochlear implants that localizes sounds, but they sometimes need help to clearly bring the tones directly to our brains. <http://www.ampetronic.co/How-do-loops-work>  
<http://www.hear-it.org/loop-systems-and-telecoils>

The Induction Loop provides the best system for us. This Expo is the first step in getting the word out to our communities in the area. We are also inviting friends from neighboring states to join us for a number of reasons. Looping conferences have not been widely offered in the Midwest, so we are providing this opportunity for them to join us. Additionally, with some of the looping projects taking place right now, businesses in states across our borders should be deeply interested. One example is the Milwaukee Intermodal Train Station downtown. [https://en.wikipedia.org/wiki/Milwaukee\\_Intermodal\\_Station](https://en.wikipedia.org/wiki/Milwaukee_Intermodal_Station) It has a new Induction Loop system that was recently tested. If it works well, other stations, such as the airport, bus lines and neighboring train stations such as Chicago's Union Station will also consider looping their facilities in the future. <http://www.chicagounionstation.com/>

Our daily lives require us to hear well, whether it's in our homes or out in the community. Making sure that the people we interact with on a daily basis understand what we need is paramount to what will be taking place. Speaking up about what you need – if you can't hear or understand – say it, ask for it or correct what misinformation is given you is important. Not everyone knows that you and I are hard of hearing. We have an invisible disability. They forget because they can't see it. We must be our own advocates. And we must work to educate others.

This Expo/conference begins right now as we search out opportunities to teach, support, advocate, and encourage change that will help us to hear well. Technologies of many kinds can benefit us more today than ever. Induction Loops or Hearing Loops are what we are advocating for and educating about at this Expo.

HLAA Chapter meetings, HLAA websites, *Hearing Loss Magazine* and the upcoming Walk4Hearing event all help contribute answers and support for people with hearing loss. Learn more about HLAA at: <http://hearingloss.org/> Please join us and be a part of this campaign for Hearing Loops. **What you experience will change how you hear!**

See and hear what a difference a hearing loop makes by watching this youtube link.

<https://www.youtube.com/watch?v=Ahbz0Vv1ZF0>

I look forward to seeing you at the Expo!

*Eloise Schwarz*, Co-Leader HLAA Milwaukee Metro Chapter



**PS: Save the date! Saturday, November 5th at Milwaukee Area Technical College.**

### ADRA Installs Hearing Loops at Some Offices...

Aging & Disability Resource Centers (ADRA) are providing moving portable hearing loops to people who come into offices for services. The offices in Buffalo, Clark, Pepin, Portage, Eau Claire, Shawano, Ozaukee, Oconto, Menominee and Washington counties will have these hearing loops, along with the offices in Balsam Lake and Siren. The portable loops will be at the offices by mid-March.

Office personnel will be trained in using the simple but highly effective hearing loop units, which will have separate receivers and headsets for those who need assistance but don't have telecoil equipped hearing aids.

The initiative to bring hearing loop technology to the ADRC offices is being led by Mason Aumanstal, the new Assistive Technology Coordinator at the Office for the Deaf and Hard of Hearing (ODHH) in Madison. Yes, you heard right. ODHH now has a dedicated technology specialist who is already doing great things.

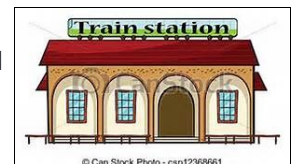
If you go into any of the ADRC offices mentioned above, please request the portable hearing loop and give the people at the office feedback about your experience.



...Submitted by Lisa Zovar

### WisDOT Installs Hearing Loop at Milwaukee Train Station 03-01-2016

Volunteers from the hard-of-hearing community visited the nearly finished reconstructed Milwaukee Intermodal Station train passenger concourse late last week to test its new hearing loop technology, according to the Wisconsin Department of Transportation.



The technology better enables those using hearing aids or cochlear implants to pick up on sound systems in a building. During reconstruction, workers embedded copper coils in the concrete to enable the technology, which consists of a wire that circles an area and is connected to the sound system. The electromagnetic signal transmitted by the loop is then picked up by the hearing devices, according to the Hearing Loss Association of America.

More than 1.3 million passengers per year use the facility at 422 W. St. Paul Ave. in Milwaukee to make connections to Amtrak Hiawatha Service and Empire Builder trains, as well as to Greyhound and other local and regional bus services, county transit, taxis and personal vehicles, according to WisDOT



## Antioxidants May Help Slow Impact of Some Types of Genetic Hearing Loss

04/14/2016

Researchers at University of Michigan have discovered that a diet enhanced with vitamins and antioxidants helped reduce hearing loss in mice with the genetic mutation most commonly responsible for childhood deafness. However the enhanced diet had the opposite effect on another less common genetic mutation, according to the [study findings](#), which appear in the March 11, 2016 edition of *Scientific Reports* from the publishers of *Nature*.

"Many babies born with a genetic mutation that causes deafness pass their newborn screening test but then lose their hearing later in life," said author [Glenn Green, MD](#), associate professor of pediatric otolaryngology at CS Mott Children's Hospital. "These patterns suggest that for some children, there may be an opportunity to potentially save cells present at birth. For these childhood cases, it's crucial that we identify therapies that prevent progression and reverse loss of hearing."

"These findings are encouraging for those of us who treat children with progressive hearing loss, and possibly for mutations not yet tested," said Green in the U-M announcement. "Further studies are needed to confirm these findings in children and to explore whether oral administration of antioxidants could someday be considered as an effective treatment."

**Source:** *University of Michigan*



### [How Your Child's Love for Music May be Destroying Their Hearing](#)

(Click for full article.)

Noise-induced hearing loss (NIHL) is preventable. Learn about the causes and prevention of NIHL so that your children and you can have healthy hearing for life. (Links below take you to NIH program information.)

[How do we hear?](#) Hearing consists of a complex series of steps involving our ears and our brain.

[What is NIHL?](#) Loud noises can damage small sensory cells in our inner ear, causing hearing loss.

[How loud is too loud? How long is too long?](#) Some noises cause damage over time. Learn when hearing is at risk.

[Why should we teach children about NIHL prevention?](#) Even a small loss of hearing can have a lifetime of consequences for your child.

[Where's the noise?](#) It's everywhere—and it's getting louder.

[Who needs to know about NIHL prevention and kids?](#) An entire community can help protect kids' hearing.

## NIH Grants \$9M for Studies in Age-Related Hearing Loss 03/18/2016

Researchers in the [University of South Florida's Global Center for Hearing and Speech Research \(GCHSR\)](#), a research center for age-related hearing loss, have received a 5-year, \$9 million grant from the [National Institutes of Health \(NIH\)](#) to study two unique ways to treat age-related hearing loss (ARHL).

According to [Robert Frisina, Jr, PhD](#), USF professor and director of the GCHSR, ARHL is the number one communication disorder and most common neurodegenerative condition affecting older Americans. This means that it impacts more people than other neurodegenerative diseases, such as Alzheimer's disease or Parkinson's disease.

Says Frisina, "Permanent hearing loss, including ARHL, is estimated to affect 10% of the US population. Currently, there are no FDA-approved treatments for permanent hearing loss, including ARHL, despite its prevalence. While ARHL directly and negatively affects quality of life for older people, severe ARHL has also recently been linked to the earlier onset of dementia."

Frisina reports that GCHSR researchers are focusing on the key hormone "aldosterone" because it regulates a number of functions in the body. Because reduced aldosterone levels have been linked to hearing loss, researchers hope by boosting the aldosterone levels in aging mice, it will improve their hearing. They will also reportedly develop a variety of unique and pleasant sounds to directly target known deficits of ARHL with a goal of shaping how the human ear and brain process sound to overcome these shortfalls.

Frisina explains, "Most hormone levels decline with age, so it is likely that with correct timing and dosage, hormonal intervention could slow or prevent the progression of ARHL. Our first goal is to use animal models to determine if boosting aldosterone has a positive effect on hearing loss."

Further, the researchers say that the first step in their human studies will include monitoring aldosterone levels in humans with ARHL five times over a four-year period. The research team will begin recruiting approximately 150 older study candidates later this spring to participate in the various studies. People interested in participating can contact the [USF Auditory & Speech Sciences Laboratory](#).

**Source:** *The University of South Florida*

*Editors Note: The National Institute on Deafness and other Communication Disorders (NIDCD) was not established within NIH until 1988. HLAA, which was founded only 9 years earlier, was instrumental in advocating for the establishment of NIDCD. Prior to 1988, there was little research on deafness. In fact, most research literature on deafness prior to that time embraced the perspective that curing deafness would never be a possibility. Research also focused on total deafness. **Thank you HLAA for being proactive and not giving up.***

**Wisconsin needs more HLAA Chapters!** The national membership list for Wisconsin shows a concentration of members in the Eau Claire area, and also in the Green Bay area. (Many Green Bay folks do attend meetings of HLAA Fox Valley Chapter in Appleton.)

A priority of HLAA-WI is to assist emerging chapters. If starting a chapter in your area interests you, please connect with one of the HLAA-WI officers. Hearing loss matters, but those who are affected by it are the most logical persons to make things happen. Please think about it.

**Fox Valley Regional Chapter**, meets at 6:30 PM on the 2nd Monday evening of each month from March through December (except in August.), in Appleton. The meeting room has a hearing loop and receivers for those without telecoils. CART is provided for all meetings. Contact **Colleen**: [cvanrooy@yahoo.com](mailto:cvanrooy@yahoo.com) or **Rhonda**: [rlancey@hotmail.com](mailto:rlancey@hotmail.com) Phone contacts: "T" 920-420-8462 or Lorna: 920-725-2579. Chapter members hail from all over the northeastern and central part of the state. The chapter has a monthly newsletter and a FaceBook page.



Each regular FVC chapter meeting is preceded by a discussion group. H.O.P.E. is all about Hearing Other People's Experiences. HOPE discussions begin at 5:30.

Our cochlear implant support group meets quarterly. Anyone who has a CI or who is interested in learning about them is welcome. Contact Rhonda: [rlancey@hotmail.com](mailto:rlancey@hotmail.com)

The chapter's monthly newsletter, which is available on request via the link below, includes information about all meetings and events. It may be received online or by regular mail. We just need to know how to reach you. Let us know [HERE](#). Feel free to connect with us.

**Lake Country Chapter (Wales)** meets the 2nd Thursday of each month at The Wales Community Center, 216 W. South St. in Wales. Contact: James Goddeyne [jgoddeyne@gmail.com](mailto:jgoddeyne@gmail.com) (We would like to hear more from them)

**Madison Chapter**—Meets every other month (January, March, May, July, September, and November) in the Cap-Tel offices located in the UltraTec Building, 450 Science Drive, Madison. On alternating months chapter hosts an informal social event such as a movie or a live play at a looped or captioned theater, or just an informal discussion at a coffee shop. Contact Lisa: [lzovar@charter.net](mailto:lzovar@charter.net) or John: [j.kinstler@me.com](mailto:j.kinstler@me.com). The chapter has a Face-book page and website([www.hlaamadison.com](http://www.hlaamadison.com)) or find them on Facebook. Meeting notice is posted on the chapter's website.



**Milwaukee Metro Chapter** - This chapter meets at **HEAR Wisconsin**, formerly the Center for Communication, Hearing & Deafness (CCHD), 10243 W. National Ave., West Allis, on the 3rd Monday of the month at 6:30 PM. Contact persons are: Eloise: [eloise6376@gmail.com](mailto:eloise6376@gmail.com), Liza: [eseqleau@gmail.com](mailto:eseqleau@gmail.com), & Jean: [szaboshhh@yahoo.com](mailto:szaboshhh@yahoo.com) Please check with one of the contacts to verify dates and programs.

## Chapter Start-up Program

A new, accelerated way to start a new HLAA chapter was announced at the 2015 national HLAA convention. This program provides a lot more HLAA support, including a series of training sessions for the new chapter leaders to help them better understand how to deliver the HLAA education, support & advocacy mission and meet the needs of members. Several applications are pending at the national office at this time. If a chapter in your part of the state interests you, this is an excellent time to get the ball rolling. [www.hearingloss.org](http://www.hearingloss.org)

**To: Wisconsin HLAA Chapter Leaders,**

Please keep your chapter contacts and meeting information up to date.

This is your newsletter! Please share photos, articles, chapter information & suggestions to the [HLAA-WI Newsletter Editor](#). Let us know what your chapter is doing. Help us reach hard of hearing people of all ages in Wisconsin. **Share our newsletter with others. Copy it, forward it, whatever works! It is also posted at:** [www.hlaawi.weebly.com](http://www.hlaawi.weebly.com)

## A Message from the Loop Expo Chair...

Hello,

My name is Eloise Schwarz. I am the Co-Chair of the new Metro Milwaukee HLAA Chapter for the last few years. You may have or may have not seen me around holding meetings at the Center for Communications in West Allis – this place is now called **Hear WI**. OR you may have seen me at the annual Walk4hearing downtown, where we raise funds for our chapter and the State HLAA organization for sending hard of hearing kids to summer camp, and other projects. Since hearing issues have become a growing problem these days and more advertisement is seen on TV and in the paper, our Chapter decided to do something about this beyond the meetings.

Every other year, one of the Wisconsin HLAA Chapters hosts a Conference for our members /communities to learn about something that impacts hard of hearing people. Our state has been working to educate everyone about the Hearing Induction Loops – a sort of wheel-barrow device that helps hearing aids and cochlear implants hear better in many settings. The Hearing Loop has been used in Europe for decades, and has taken off in Michigan and in parts of Wisconsin. The first Conference for introducing Hearing Loops was held in 2011, in Appleton, and was organized by HLAA Fox Valley Chapter. Dr David Myers of Michigan, keynote speaker at that conference inspired others. Since then Dr Juliette Sterkens, and other WI state advocates have worked hard to spread the word, and to loop communities in the state.

We now want to do the same for the Southeastern region of WI and have invited other Midwestern States to join us in this Looping Campaign. The date has been set for **November 5<sup>th</sup> – 2016**. The location: Milwaukee Area Technical College; Oak Creek campus. It will run from 9:00 to 3:30 PM. Registration fee of \$25.00 includes box lunch w/ choice of beverage.

The day's activities will include an Exhibit Hall; Presentations on What a Looping is; How it works; How to advocate for it, Seeing & hearing what a Loop looks like; Q&A Session; Panel of Loop Users; and other Hearing Loss /Technology Presentations.

Presenters include: *Mr. Richard Einhorn*, Musician and Composer; *Juliette Sterkens*, AuD; National HLAA Hearing Loop Advocate; *Mr. Richard McKinley*, Contacta, Inc. (installs Hearing Loops); and *Rev. John Reinke*, Pastor – Deaf/Hard of hearing ministry; *Jason Anderson*, Counselor for Deaf/HOH/Physical Disabilities UWM; *Chris Prust/Christine Klessig*, Hearing Loop Advocates and others.

CART, Looping and Interpreters will be provided for all of our presentations.

A hotel close by the campus is available for those who would like to stay over for the night. Special rates have been set up for this Expo/Convention.

At present we are inviting Exhibitors and Businesses to participate in this exciting Campaign. If you know of anyone or any business that would be interested, please direct them to Laurie Flores at [lflores@hearwi.org](mailto:lflores@hearwi.org) for more information.

Stay tuned to our website: <http://metromilwaukeehlaa.weebly.com/> and to <http://hlaawi.weebly.com> for more information on where you can register for this Expo, the Hotel and find other important information.

Thank you. We look forward to seeing you in November!

*Eloise Schwarz*, Chairperson, Loop Expo 2016



## Barbara Kelly Named Executive Director of HLAA

**Bethesda, MD:** The [Hearing Loss Association of America](http://www.hearingloss.org) (HLAA) Board of Trustees is pleased to announce the appointment of [Barbara Kelley](#) as the new executive director of HLAA. Her appointment is effective immediately.

Hired by Founder Rocky Stone in 1988, Barbara has been a part of the organization's growth, beginning with editing the first issues of the *SHHH Journal* until most recently the award-winning *Hearing Loss Magazine*. She has also helped manage the office team and worked on many of the HLAA programs.

Barbara said, "It has been my life's work to contribute to the mission of the organization through a range of activities. I look forward to using my history and knowledge of the organization to ensure that HLAA remains the valued consumer voice for people with hearing loss in both shaping public policy and helping people live well with hearing loss. I'm energized by our members and supporters whose dedication to HLAA is unwavering. I look forward to working with our members, board, supporters and staff in my role as executive director."





The Nation's Voice for People with Hearing Loss



*Hearing Loss Magazine* is published bimonthly and is delivered as part of membership in Hearing Loss Association of America.

Readers look to *Hearing Loss Magazine* to provide them with the latest information on products, services, research, and technology in the hearing health care field. They also look for personal stories of hard of hearing people to find encouragement, and give them the feeling that they're not alone in living with a hearing loss. Many *Hearing Loss Magazine* readers say they view the magazine as a "lifeline" to help them help themselves live well with hearing loss.

*Hearing Loss Magazine* is available online. Current issues are available to HLAA Members by logging into the [HLAA Online Portal](#). To receive the magazine, [join Hearing Loss Association of America](#).



## HLAA in ACTION

Making Our Consumer Voice Heard

[HLAA Continues Training Program on Hearing Assistive Technology \(HAT\)](#) 04/06/2016

[HLAA Fights for Inclusion of Hearing Assistive Technology Under the Affordable Care Act](#)  
04/06/2016

[How Your Child's Love of Music May Be Destroying Their Hearing](#) 04/04/2016

[Disability Advocate Honored for Hospital Protocol to Help Deaf and Those with Hearing Loss](#)  
03/22/2016

[A Push for Less-Expensive Hearing Aids](#)  
03/14/2016

[Provide Your Feedback on a Telecommunications Video Series for Individuals with Hearing Loss](#)  
03/08/2016

## HLAA's National Public Policy and Advocacy Agenda

The Hearing Loss Association of America advocates for equal access for approximately 48 million Americans with hearing loss. We work with industry and government to expand access to mainstream and assistive technologies, enforce existing disability laws, regulations & standards that impact the lives of people with hearing loss. HLAA promotes self-advocacy & empowerment of people with hearing loss to ensure equal opportunity in the areas of telecommunications, employment, health care, education & community life. Full statement [HERE](#).



It's not too late to register! Check the national HLAA website for updates and information.  
[www.hearingloss.org](http://www.hearingloss.org)

CONVENTION  
Hearing Loss Association of America 2016

Hearing Loss Association of America Hosts the HLAA Convention 2016 and the International Federation of Hard of Hearing People (IFHOH) Congress



# Can a Glass of Wine a Day Protect Your Hearing?

Posted March 30th, 2016 by [David Copithorne](#) - [Hearing Health](#).

*"What drinking problem? I drink, I get drunk, I fall down. No problem!" – Anonymous*

Millions of words have been written about the positive and negative social aspects of drinking, but only in recent years has serious research been done on the medical affects of moderate and heavy alcohol consumption. For anyone worried about hearing loss, the research is yielding important and sometimes surprising results.



## **Finding #1: A glass of red wine a day might help prevent hearing loss...**

After a 1991 *60 Minutes* report on lower rates of heart disease among populations that consume lots of red wine – the so-called “French Paradox” – it’s been a common belief that one or two glasses a day can help avoid dreaded “hardening of the arteries” that leads to strokes and other coronary problems. To understand why, researchers discovered that resveratrol, an antioxidant found in the skin of red grapes, can reduce inflammation and help lower cholesterol.

Hearing loss researchers then went on to see if resveratrol might have a similar beneficial affect on hearing health. Apparently it does, especially for one of the most common hearing problems, noise-induced hearing loss. A [2013 study](#) at the Henry Ford Health System funded by the National Institute of Deafness and Communicative Disorders found that when healthy rats were given resveratrol before being exposed to loud noise for a long period of time, they were “less likely to suffer the long-term effects of noise-induced hearing loss.”

The authors also hypothesized that resveratrol’s anti-inflammation, “anti-aging” attributes might also slow the degradation of the hearing hair cells associated with age-related hearing loss, as well as cognitive decline that can impair auditory comprehension in aging adults.

Evidence for the protective effects of alcohol on hearing has also been found for humans. In [2014](#), a group of researchers in the UK found a decreased risk of hearing loss for those who reported drinking occasionally, and even for those who had a drink daily. The findings were impressive, especially considering the sample size of over 150,000 people!

## **Finding #2: But too much alcohol can cause serious damage to hearing nerves...**

Unfortunately, the difference between a couple of glasses of red wine versus a couple of bottles a day can be profound. Very heavy alcohol consumption can [increase the risk of cardiovascular disease](#), which is a known [risk factor for hearing loss](#). Hypertension isn’t good for your body, and it turns out it isn’t good for your hearing either! A [2007 study](#) on young adults in London found that heavy alcohol consumption increased the hearing threshold – the ability to hear sounds at a certain level of amplification – at most frequencies. In other words, the more you drink, the harder it may be to hear. Most important, the study concluded that “alcohol specifically blunts lower frequencies in the 1000 Hz range, which is the most crucial frequency for speech discrimination.” These changes were often temporary, reversing themselves when the subjects stopped drinking, but the researchers cautioned that too many episodes of temporary hearing loss can often progress to permanent loss.

The study also noted that presbycusis – long-term degradation of the hearing hair cells – may be exacerbated by heavy alcohol use, which means drinking might accelerate the process of normal age-related hearing loss.

## **Finding #3: And “cocktail party deafness” may be even worse than you think.**

As people grow older, difficulty understanding speech in noisy environments, especially loud restaurants or cocktail parties, is a common problem. Even small degrees of age-related hearing loss can start to diminish the “cocktail party effect” that enables a listener to screen out extraneous noise and focus on a single conversation. Once researchers discovered that heavy consumption of alcohol can diminish hearing, it became clear that when loud partiers raise their voices, they are not only trying to compete with other loud talkers but also may be compensating for diminished hearing overall after everyone’s had a few too many. When that many people start talking that much louder – and when noise levels rise to more than 85 decibels over an extended period – then everyone’s hearing is at risk.

That means “cocktail party deafness” can come in two varieties – damage to your hearing system from too much noise for too long a period, and damage to your cardiovascular health from exposure to the alcohol in too many cocktails.

## **Recommendation: Moderation**

The general dangers of alcohol abuse have been well chronicled, and for people who drink far too much, potential hearing loss may be the least of their problems. But for social drinkers who rarely if ever overindulge, moderate amounts of alcohol in the diet may well have potential positive affects. Those social drinkers might listen to Ralph Waldo Emerson, who counseled “moderation in all things,” but famously added, “especially moderation.” In our noisy world, hearing loss from environmental sound over which we have no control is a problem we all have to be aware of. So if that glass of wine or two a day (and no more) provides a little extra protection against noise-induced hearing loss – along with some additional protection against age-related hearing loss – it may be enough to make that guilty pleasure a little less guilty.



**Our award winning newsletter is now published twice a year rather than quarterly. Sign up to receive it by e-mail or access it on the HLAA-WI website. Instructions for sign up are below in the gray area. :)**

**Sign up to receive this newsletter online at: [HLAAMadison@yahoo.com](mailto:HLAAMadison@yahoo.com)**

**Make sure your spam filters don't block e-mail from the Madison address. The Madison HLAA chapter distributes our newsletter via Mail Chimp. We are grateful to HLAA Madison for providing this service.**

HLAA-WI is the Wisconsin state affiliate of the national organization; The Hearing Loss Association of America, Inc. HLAA-WI has no paid staff, and is run by volunteers. The organization is dependent on donations & projects like the Walk4Hearing for funds to pursue its mission. We have no physical office in Wisconsin.

HLAA, at all levels, is a non profit organization. The national office is located at 7910 Woodmont Ave., Suite 1200, Bethesda MD 20814. Phone 301-657-2248. Email: [info@hearingloss.org](mailto:info@hearingloss.org) Membership information can be found at [www.hearingloss.org](http://www.hearingloss.org)

When you join HLAA, you become part of a movement to make hearing loss an issue of concern. If you think it's time this invisible disability stopped being put aside as insignificant, please add your voice to the HLAA constituency. It is a major health issue for 48 million Americans and their families. [JOIN NOW](#) Help HLAA work for you!

### **FEEL FREE TO PRINT, FORWARD & SHARE THIS NEWSLETTER.**

Our goal is to reach hard of hearing people of all ages to let them know there is a consumer based organization that is working for them as an advocate and as an educator. Your support is appreciated.



## **A Thank You Story to Warm Your Heart...**

Last year, my husband and I attended one of the meetings for HLAA Fox Valley Chapter. We attended the one that was focused on BAHAs\* for our son. We learned a ton that night and I wanted to share our story with you. I wish we could come to meetings regularly. However, we live 50 miles away and would not be home at a good time or bedtime for our son, who is 7 years old.



Our son was diagnosed as being deaf in his left ear at age 3. He had been cruising along and doing fine in 4k, and even in kindergarten. However, at strong urging of our audiologist we were encouraged to look into helping him hear in the classroom more. As the material would get harder, it would be harder for him to compensate. We were told by 3rd grade, we would start to see a difference.

We tried an FM system (with his teacher's voice, put into his ear). He loved it. We were certain that we would choose this, and not have to put our son through surgery.

Then he tried the BAHAs, with a headband. He came home, the first day and said "Mom, I can hear my friends". I was done for.

He continued to wear the band, as we prepared for surgery. I was able to see a noticeable difference in the classroom, the baseball field, soccer field, and football field. He never took it off, except to sleep. It never slowed him down. (and he is obviously a very active little man!)

In August, Alec had surgery, to have the plate set for the magnetic BAHAs system. He soared through surgery, with no tears. He recovered so well, and actually asked to go to the trampoline park the next day! (Don't worry--we didn't!) He continued to wear his band for 6 weeks, until he was able to get his magnetic system.

In late September, he received his new BAHAs. He was so proud. He has made amazing gains, and still very seldom takes it off. He benefits from connecting to his teacher, and always hearing her voice.

He is even pretty proud of his party trick too-- sticking magnets to his head :-)

Thank you for having the speaker available. My husband and I learned so much about what is available and how it could help our son.

PS: I am willing to talk to other parents if contacted.

**Jen Johnson** [johnsonj@fonddulac.k12.wi.us](mailto:johnsonj@fonddulac.k12.wi.us)

***Information Sharing is an important part of HLAA  
The more we learn the more we can share!***

\*A BAHAs is a bone anchored hearing aid that is prescribed for single sided deafness. A unique feature is that it can be tried with a head band prior to surgery so it's potential is known in advance.

## **HLAA Fox Valley Having Success with Discussion Groups**



Chapter attendance has increased since the chapter formed 2 discussion sub groups. Our Cochlear Implant group meets quarterly. Anyone with a CI or interested in learning about them is invited to attend meetings.

The H.O.P.E. discussion group meets an hour prior to our regular chapter meetings each month. **HOPE stands for: Hearing Each Others Experiences**, and that is exactly what we do. It was brought to the attention of chapter leaders that new people wanted more time to discuss their concerns with others who understand their frustrations. Many new folks are not yet ready for the more sophisticated topics the old timers favor for programs. The bonus has been a substantial increase in chapter attendance because most of them remain for the regular meeting and programs. We use a hearing loop in all groups.

## Did You Know....

HLAA Walk4Hearing began in 2006 with just 6 walks and a dream of raising awareness about hearing loss. Since 2006, we have expanded to 22 walks and brought more than 70,000 people together for Walk4Hearing events all over the country, united in our goal to make hearing loss an urgent, visible public health issue. Through the Walks, HLAA has contributed to many local organizations across the country that serve the people with hearing loss. Wisconsin's first Walk4Hearing was held in 2010. Since then, walkers in our state have raised over \$200,000! Last year Wisconsin walkers raised just over \$50,000.



*Please join us in 2016 to help make it another year to remember!*

### **Step up for Hearing Loss!    Raise Awareness!    Make a Difference!**

- Approximately 48 million Americans have a significant hearing loss.
- 80% of people with hearing loss who could benefit from a hearing aid do not wear one.
- Even a mild hearing loss can cause a child to miss as much as 50% of classroom discussion.
- About 2 to 3 out of every 1,000 children in the United States are born with a detectable hearing loss in one or both ears.



Any registered **walker** who raises \$500 or more at the time of their walk will receive the Walk4Hearing umbrella on the day of the Walk. You must attend the Walk to pick up your umbrella. Umbrellas will NOT be mailed. Team totals and donors do not qualify.

This is a 41" folding umbrella which features a manual opening and has a three section folding metal shaft. The ergonomic matte black handle makes it easy to hold even during the windiest storms. There's a plastic wrist strap attached to the handle, the canopy is made from polyester and has a matching color case. The umbrella folds to 9" when closed.

**Attention Walkers!** Remember to bring your SmartPhones with you to the Walk because we will be streaming live CART to web-enabled smart phones. All pre-Walk speeches will be captioned on your iPhone, BlackBerry\*, Droid, or iPad.

On Walk day all walkers who have their smart phone can go to [www.quickcaption.com](http://www.quickcaption.com). There on the web-site homepage will be a large purple Walk4Hearing icon. Simply click the icon, click the "CC" icon next to your Walk location, real-time captioning will be enabled and displayed on your smart phone. There will be information cards with instructions available at the registration/check-in table on Walk day. This great service is provided by QuickCaption.



## **Other Ways to Participate...**

Besides Walkers, each Walk4Hearing depends on corporate sponsors and volunteers on the day of the event. If you would like to help that way, please get in touch with: Caroline Ludka, Chair of the Milwaukee Walk or Ronnie Adler, HLAA Staff in charge of the Walk4Hearing events.

Caroline: [CarolineLudka@gmail.com](mailto:CarolineLudka@gmail.com)  
Ronnie: [Radler@hearingloss.org](mailto:Radler@hearingloss.org)

**Disclaimer:** The mission of HLAA includes information sharing. Mention of goods or services in this newsletter does not mean HLAA-WI or HLAA at any level endorses same, nor should exclusion suggest disapproval.



# Hearing Loss Association of America

Wisconsin State Association

Interested in getting involved in HLAA-WI? There will be 2-3 board & committee positions open next fall. The HLAA-WI website has a link to the board application.

[www.hlaawi.weebly.com](http://www.hlaawi.weebly.com)

Wisconsin has an opening for a State HLAA Chapter Coordinator. This is a volunteer position supported by a travel stipend from national HLAA. Responsibilities include visiting existing chapters, helping develop new chapters, and attending HLAA events such as the national convention, and state board meetings.

State Chapter Coordinators must be national members of HLAA who are hard of hearing.

If this role interests you please contact immediate past state president, [Stephanie Long](#).

**Check the HLAA-WI Website Often.**  
[www.hlaawi.weebly.com](http://www.hlaawi.weebly.com)

**HLAA-WI is a 501c3 non profit organization. Your gifts are tax deductible.**

Please consider HLAA-WI in your annual giving. Send to: HLAA-WI % Tom O'Connor, Treasurer, 1149 Wedgewood Lane, Fond du Lac WI 54935. Thank you.

NOTE: HLAA-WI uses your donations to help defray the costs associated with our website, newsletter, captioning for meetings, and projects. When possible, HLAA-WI provides stipends or scholarships to active members who wish to attend educational events related to hearing loss.

Board members of HLAA-WI are all volunteers who serve at their own expense because they know the HLAA mission makes a positive difference for people with hearing loss.

**Your gift to HLAA-WI matters!**

**Save the Dates...**



**Hearing Loop EXPO**  
**Saturday, Nov. 5th**

\*\*\*  
**Friday Evening Nov. 4th**  
**Annual Meeting**

**Current information regarding hotel, timeframe, agenda, keynote speakers, registration, etc. will be posted at:**  
[www.hlaawi.weebly.com](http://www.hlaawi.weebly.com) **as it becomes available. Check often.**

## **HLAA and Consumer Groups Take Issue with FCC Comments Filed by Apple, Inc. 02/15/16**

In a nutshell, Apple, Inc. has requested that the FCC rule that Apple's own proprietary technology is an acceptable alternative to the FCC's existing hearing aid compatible (HAC) requirements. In plain English, this means that Apple wants to be exempt from including telecoil compatible components in its smart phones. HLAA is responding to this, and encourages you to respond also.

From a consumer perspective, the issue of proprietary solutions poses very real and basic accessibility and usability concerns for people who depend on telecoils to use cell phones.

Telecoils have become an open solution for connecting to any phone while at the same time providing vastly more functionality to hearing aids. A proprietary system that excludes telecoils is accessible and usable only if the consumer uses that one specific brand of phone and/or hearing aid that they will be locked into. Consumers who wish to change to a different phone or hearing aid will not have the connectivity they need.

**HLAA's response to the FCC in this regard is on the national website on the home page.**  
[www.hearingloss.org](http://www.hearingloss.org) **Please open the entire article and take time to sign the petition.**

HLAA Fox Valley Chapter is grateful to HLAA-WI for financial support that made it possible to place an advertisement for the chapter in Natures Pathway Magazine. The agreement with NPM allows the chapter to place an ad, and submit an article in 3 issues during 2016. Here is the link to the first article published. Already we have had inquiries and activity on or FB page!  
[Hearing aids: The original wearable tech - Nature's Pathways Magazine](#) Watch for articles in May & September issues.



## **HLAA-WI BOARD of TRUSTEES**

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## **Would your organization or business find a program or in-service training on hearing loss worthwhile?**

### **HLAA presentations can be designed for:**

- \* Inservice Trainings
- \* Hospital Staff
- \* Service Organizations
- \* Churches & Schools
- \* Human Service Agencies
- \* Employers
- \* Conventions, Conferences, Etc.

### **Presentations focus on:**

- \* Living WELL with hearing loss
- \* Integrating an employee with hearing loss
- \* Understanding the unique needs of hard of hearing people
- \* Hearing Assistive Technologies
- \* Why install a Hearing Loop?

**Consider having HLAA Exhibit at your next conference or convention.**

**Request further information [HERE](#)**

**(HLAA presents from a consumer perspective  
and is not in business to sell services or products.)**

HLAA is a volunteer organization. Our facilitators receive no compensation from HLAA. Financial support towards travel costs from groups who request programs or trainings is greatly appreciated, but not necessary. We will do our best to accommodate your needs.

## **LIKE our Facebook Pages. Please!**

If you are a member of Facebook, check out the HLAA pages.



Lots of good information is posted regularly. Join in a conversation! Share information with others. It's a great way to connect.

Fox Valley, Madison & Milwaukee-Metro Chapters, along with HLAA-WI, & National HLAA, all have FB pages. When you "LIKE" us, it increases visibility for HLAA. Please do!

**Worth Knowing:** Sudden hearing loss can be caused by congestion, a minor problem that will eventually go away. Or it can be a medical emergency caused by a virus that demands seeking immediate attention to avoid permanent hearing loss. Don't wait for the weekend to be over. Go now!

The 'hum test' designed by an otologist can help you determine the cause of the problem IF only one ear is blocked. It won't work if both ears are blocked. Here's what to do: Hum out loud. If you hear your voice louder in the blocked ear, the problem is probably congestion due to fluid in your middle ear. However, if you hear your voice louder in your good ear, it likely indicates a serious condition that will lead to permanent hearing loss if left untreated. Seek help from an otologist immediately. This is an emergency with a very short window for correction.

<http://hearinglosshelp.com/?p=1461>



Editor's Note: There are links in this newsletter that will take you to more detailed information. If they do not work, it means that the original source has removed the information from the internet.

We apologize for any inconvenience.