

Hearing & Beyond

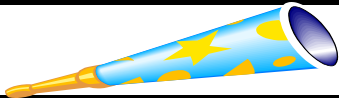
Self Help for Hard of Hearing People
Myrna Kain, Editor

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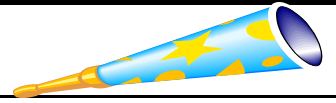
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360.659.9438

EAC-SHHH.tripod.com

Everett Area Chapter
January 2003



"Happy New Year"



Next Meeting

January 11, 2003
11:00 AM to 1:00 PM
Snohomish PUD Building
Commission Room

Meeting Topic

Beyond Hearing
By
Myrna Kain
(Speaker)

Raffle Item

Donated by
**Mary Harwood
Walker Clarity
Phone**

Real Time Captioning

by
Else Meek

Providing Realtime Services



The Prez says.....

Happy New Year Everybody..... Wow times sure does fly, I can remember when we were worried about the Y2-K.....Something you never hear about anymore....

This is also a time for me to say I look for new adventures about Hearing -Aid Technology and all the wonderful things that are being done for people that need a cochlear implant, I am also anxious to see how the Cap-Tel survey will turn out, on the trail basis on captioning phone, hopefully to be on the market in the year 2004.

Every year becomes better and better for us with ADA compliances, and hearing about different state passing Hearing Aid insurance, Penny Allen is working on that with the Washington State....

In the month of February, there will be a General meeting on the 8th, but also there is a Forum at Virginia Mason in Seattle. I would encourage you to go to it. We would love to see more and more SHHH people go, especially the ones that have never been to one...You really are missing a lot if you have not gone to it.

January 11th General Meeting will be about.....general thing we have learned with SHHH, Everett Area Chapter, getting information from members, visitors what they have learned and what is that they want to learn to be better sufficient for themselves with coping strategies and their hearing loss.

**Happy
Birthday**
to



Don Varley - 1/12
Kathy Pearson - 1/25
Chauncey Christofferson - 1/26

SHHH

Self Help for Hard of Hearing People

Become a SHHH Member and
Get the "Hearing Loss"
Journal

Hearing Loss

The Listen For Life Center
AT
VIRGINIA MASON®

INNOVATIONS FORUM

Cochlear Implants And Implantable Hearing Technology

Saturday, February 8th, 2003
11 am – 4 pm

Volney Richmond Auditorium
Virginia Mason Medical Center
Seattle, WA

Why An Innovations Forum?

As cochlear implants and implantable hearing technology rapidly improve, more people than ever are able to benefit from the various surgical interventions. Cochlear implant candidacy criteria for severe to profound hearing loss have expanded to include patients with more residual hearing. Investigational devices combining leading-edge hearing aids and cochlear implants have expanded candidacy criteria even more to potentially benefit individuals with sloping hearing loss. Middle ear implantable hearing aids for mild to moderately-severe hearing loss are undergoing FDA trials. Bone-anchored technology for conductive hearing loss and unilateral hearing loss are now FDA approved. These innovations in hearing technology offer viable alternatives for people living with the challenges of hearing loss.

Who Should Attend?

The Listen For Life Innovations Forum is designed to meet the unique interests of the following populations through specialized "Break-Out Sessions"

Hearing Healthcare Professionals
(CEUs through-WA state DOH, AAA, ASHA, OSPI)

Potential Candidates For Cochlear Implants And Implantable Hearing Technology

Current Cochlear Implant Recipients

Parents And Educators Of Children With Hearing Loss
Continue Column 2

Helen Keller : Walking with a friend in the dark is better than walking alone in the light

Innovations Forum Agenda

11:00-12:00

Registration and Exhibit Hall Open
Meet the manufacturers and learn about local educational and support services

12:00-1:00

Welcome Discussion
(All Participants)
Update on meningitis related to cochlear implants and an overview of implantable hearing technology

1:15- 2:45

Specialized Break-Out Sessions
(choose one to attend)

Hearing Healthcare Professionals

- Evolution of the FDA criteria for cochlear implants
- Advances in cochlear implant technology
- Nontraditional cochlear implant patients
- Combined electrical and acoustic stimulation: candidacy criteria and potential benefits
- Middle ear implantable hearing aids
- Bone Anchored Hearing Technology

Potential Candidates For Cochlear Implants And Implantable Technology

- The who, how, and "what about..." of cochlear implants
- Combined electrical and acoustic stimulation: candidacy criteria and potential benefits
- Middle ear implantable hearing aids
- Bone Anchored Hearing Technology
- Important insurance considerations

Continue on Column 3

Do you know you can make a relay call from your computer....???
<http://www.sprintrelayonline.com/>

It works great...Try it sometime...

Atlanta SHHH Convention

June 26th

to June

29th,

2003



Current Cochlear Implant Recipients

- Technology Update, what is new for you?
- Improvements in FM compatibility with implants
- Bilateral Implantation-Update on study results
- Hear from YOUR manufacturer

Parents And Educators Of Children With Hearing Loss

- Pediatric cochlear implant candidacy criteria
- Nontraditional pediatric patients
- Support services in the Pacific Northwest
- (Re) habilitation considerations
- Equipment for kids

3:00-4:00

Wrap-up Discussion
(All Participants)
Panel Discussion: Q & A with Listen For Life staff and patients:
Learn from those who have lived the experience

Location, Directions and Parking
Lindeman Pavilion Level 1, Volney Richmond Jr. Auditorium
1201 Terry Avenue, Seattle, Washington 98111

Directions from Interstate 5 (southbound)
Exit on James St., Left on Cherry, Left on 9th Ave.

Directions from Interstate 5 (northbound)
Madison St. Exit, Right on Madison St., Left on 9th Ave.

Parking
Parking is available at Virginia Mason for \$10.00

Please RSVP by February 3rd, 2003
Name _____

Address _____

Phone #: _____

Will you need: (circle those that apply):
Real time captioning
FM system
ASL interpreter See Sign Interpreter

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Continued from Page 2 Column 3

Which Break-out Session will you be attending? (check only one)

- () Hearing Healthcare Professionals (clinic name: _____)
- () Potential Candidates For Cochlear Implants And Implantable Technology
- () Current Cochlear Implant Recipients
- () Parents And Educators Of Children With Hearing Loss

Register by mail, telephone/TTY, fax or e-mail:

The Listen For Life Center at Virginia Mason®,
MS: G2-LLC, 1100 9th Ave., PO Box 900, Seattle, WA 98111
Phone: (206) 341-0948, Fax:(206) 341-0828, TTY:(206) 223-6384,
lsnforlife@vmmc.org

Those that have never been to Virginia Mason Forum, I would encourage you to go, excellent presentations. Myrna

New Years Resolution

- Determine to make your life a little easier by educating yourself about hearing loss.
- Try a new Assitive Listening Device - ask other members what works for them.
- Get a flashing doorbell or telephone - alerting device
- Get an amplified phone or TTY or Captel
- Are your hearing aids up to snuff? Look into some of the newer ones and get something that will benefit you. Be sure you get a Telecoil
- Try Seattle Movie Theater each month-Make it a date to see at least one.
- Try out listening devices at play or concert.
- Invite others to our meetings. (Give them a ride)
- Get out-meet people-Don't isolate yourself.

Continued from Column 1

- Get more involved with SHHH. Ask if there are "jobs" you could do to help.(Come early, set up tables and chairs, greet people, bring goodies, clean up)
- Get a captioned TV
- Get a computer or E-Mail Stations to emails to your loved one or your HoH friends

Telecoils! Telecoils! Telecoils!

New user's should make sure that their hearing aids come with a strong t-coil, is good advice from we "old users".

"Free Gifts for the Hard of Hearing" By Liz Kobylak

Some of the best things in life are free!!!!. The suggestions below can reduce stress and increase the likelihood of successful communication. Keep the following "Free gifts" in mind when talking with people who have hearing loss..

- Get the person's attention before beginning the conversation
- Face the person to whom you are speaking
- Don't hide your mouth, eat or chew gum while speaking
- Move away from background noises
- Good lighting helps speech readers
- Speak clearly and at a moderate pace
- Don't shout or overemphasize words
- Re-Phrase if you are not understood
- Use facial expressions and gestures
- Be Patient, positive and relaxed

Communication is a two-way street. Creating the best possible environment for effective communication is empowering.

People who have a hearing loss can give these "free gifts" to help communication process in the following ways...

- Identify the factors that influence understanding
- Tell others how best to talk to you
- Admit it if you do not understand and don't bluff
- Pick your best spots with regard to lighting, quiet and proximity
- Anticipate difficult situations and plan out coping strategies
- Use visual cues and ask for written cues, if necessary
- Keep a sense of humor handy

Live your best life

My respiration and inspiration...the beating of my hear.,...the passing of blood and air throught my lungs, The sniff of green leaves and dry leaves, and of hay in the barn., The delight alone or in the rush of the streets, or along the fields and hillsides, The feeling of health.the full-noon trill...the sonf of me
Rising from bed and meeting the sun.
Walt Whitman "Song of Myself"

How I Hear

By Cathy Hilden
My hearing is imperfect,
But you can talk to me.
But you must make sure that you are turned,
So your face and lips I see.
I cannot hear a murmur,
Or a whisper in my ear.
And when you completely shut me out,
I shed a little tear.
I try my best to hear you,
I do everything I can,
But my best is often not enough,
For me to understand.
So when you're talking to me,
Show a little patience, please,
Once you see How I do hear,
We'll both soon be at ease.

Check one or more boxes that apply to you.

SHHH, Everett Area Chapter meets monthly Sept. through June (with a picnic in August). The chapter sends out the "Hearing & Beyond" newsletter on the same schedule. We need your support to keep the SHHH, Everett Area Chapter functioning. You can help us continue to support and educate people who are hard of hearing. With an annual contribution from you of:

- \$13.00 for one person, (Newsletter)
or
- \$15.00 for a family (Newsletter)
- \$25.00 to become a member of SHHH. This include the "Hearing Loss" Journal plus other benefits.

Name: _____

Address: _____

City: _____ State _____ Zip Code _____

Phone Number _____ TTY / VOICE (Please circle one)

E-mail Address _____

How did you learn about SHHH (Self Help for Hard of Hearing People)?

Please make the check to **SHHH, Everett Area Chapter** and mail it along with this form to:

Annette Johnson, Treasurer
8521 238th St. S.W. #B
Edmonds, WA 98026

Thank you for your Contribution

SHHH-Everett Area Chapter

c/o Dave Pearson

8521 45th Drive NE

Marysville, WA 98270

Guests are always Welcome



Self Help for Hard of Hearing People, Inc

Meeting: January 11, 2003

Myrna Kain—Speaker

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Address Correction Requested