



December 2009

## Merry Christmas!!!

I have heard that all over the world even in non-Christian countries Christmas is celebrated. Yet I bet you all over the world with these two words (Merry Christmas) you will get one of two responses:

With great *happiness* one group will say, "Oh Great! It's Christmas time again! We'll have to buy lots of gifts and visit with family!"

With great *horror and stress* the other group will say, "Oh great, it's Christmas time again. We'll have to buy lots of gifts and visit with family."

For too many people Christmas is very stressful because they feel they must buy gifts that they can't afford. They may go deeper in debt. Also some people are just not that comfortable around their own relatives.

This is too bad since Christmas is supposed to be a happy celebration of our Lord Jesus birth. The angel told the shepherds "...I bring you good news of great joy that will be for all people..."

If you are hard of hearing, then visiting with the relatives could greatly add to your horror and stress. It may not matter if you enjoy gift buying and giving, or if you enjoy your relatives or not. Not hearing or understanding them in a noisy room can become very stressful.

Now that I have some of you all bummed out; come to our December meeting and share with us your questions and solutions about how you cope with the holiday stress.

Steve Pettijohn

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Please support **Hearing Loss Association of Snohomish County** by volunteering your time and giving your annual Chapter Support Fees

The "THIRD" Saturday  
11:00 am — 1:00 pm

Light refreshments, coffee, along with hot water for tea and hot chocolate will be served.

Providence Regional Medical Center Everett  
916 Pacific Avenue, Everett, WA



in the Monte Cristo Room ABC  
Across from the Cafeteria

**Mark your calendar so you won't miss  
any meeting**

### December 19, 2009 General Meeting:

Discussion of Coping with Holiday Stress When Hearing Impaired. This will be an open format lead by Steve Pettijohn.

### January 16, 2010 General Meeting:

Video of Sue Thomas

### February 20, 2010 General Meeting:

Lisa Illich, M.C.S.D., CCC-A, Lecturer/  
Clinical Supervisor UW Speech and Hearing  
Clinic.

### For your safety:

If the weather is bad, with snow, ice, or with fog that is so thick a knife won't even cut it, please stay home. No need to risk your life to get here. Even we don't think we're that wonderful!

