



Photo: Marble Street Studio

# WIRED FOR SOUND

The newsletter of the award winning Hearing Loss Association of Albuquerque

Vol. 22, No. 5

January, 2011

## Helping your significant other (and yourself) with hearing loss

"It is very important for people in relationships to connect with each other, verbally and emotionally. Those who don't feel heard, figuratively or literally, can feel isolated or depressed," says Dr. John Gray, best-selling relationship author of *Men are From Mars, Women are From Venus.*"

A survey has found that over half of adults who communicate with a hard of hearing person say they find the other's hearing loss frustrating – with 32% confessing annoyance. Others feel ignored (18%) or experience feelings of sadness (23%).

Long time HLAA member Carol Sliney was trained by Dr. Sam Trychin, the noted psychologist who specializes in working with the hard of hearing, to address this critical topic and will be the featured speaker at the January chapter meeting.

**WHEN: Saturday, January 15 - 10 a.m.**

**WHERE: Los Altos Christian Church - 11900 Haines Ave. NE**  
See map on the back page of this newsletter to find meeting hall

## West Side meetings suspended

*Westsiders are urged to attend the East Side meetings*

Due to low attendance and other complications, the HLAAbq board of directors has decided to suspend West Side meetings at Taylor Ranch Community Center through May while the board reviews the feasibility of continuing to have meetings on both the East and the West side.

Complicating a decision is the theft of portions of the loop/public address system at the center which has made the entire system inoperable. Replacement of the stolen items by the city is currently being reviewed.

Westsiders are urged to attend the East Side meetings that are held on the third Saturday of each month at Los Altos Christian Church.

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## FUTURE MEETINGS

Advocacy 101  
Where do I begin  
(Joan Haber - National Rocky  
Stone Award recipient)  
Saturday, Feb 19

50 Plus and Counting  
Why your listening needs  
are unique  
(Patricia Kricos, Ph.D. - Preside nt  
American Academy of Audiology  
Saturday, March 19



HEARING LOSS ASSOCIATION OF ALBUQUERQUE

Providing support and advocacy for people with hearing loss

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\*CapTel number - dial toll free: 1-877-243-2823 then, at the prompt, dial this number including the #

NEWSLETTER & WEB SITE

Steve Frazier- Editor, Webmaster Karl & Della Lee, Newsletter Delivery Expeditors

The Hearing Loss Association of Albuquerque is affiliated with the



Funds for CART services at HLAAbq meetings are provided by

The State of New Mexico Commission for Deaf and Hard of Hearing Persons

whose mission is to provide effective leadership, education, advocacy and programs to reduce barriers to the social, economic, educational, cultural and intellectual well-being of Deaf and Hard of Hearing New Mexicans and their families, friends and colleagues.

B.J. Wood, Executive Director (505) 881-8824



Don't miss Convention 2011

June 16-19 Hyatt Regency Crystal City

Early Bird Registration Now open!



This convention will be 4 days of fascinating workshops plus the opportunity to greet old friends and to make new ones. It includes an out-of-this-world assortment of products and services for the hard of hearing in the giant exhibit hall, banquets and the opportunity for side trips to the nation's capital.

Four nationally recognized experts will discuss The Impact of Noise on Hearing in the research symposium and Christopher J. Artinian, Chief Executive Officer and President of Morton's Restaurant Group, Inc., will be the keynote speaker. The Artinian family is the subject of the Oscar-nominated film Sound and Fury, which tells the story of brothers - one hearing, one deaf.



A Wicked Evening

Experience a captioned performance of the Grammy and Tony award-winning musical, Wicked, at the John F. Kennedy Center for the Performing Arts on Friday, June 17 (7:30 p.m.). Entertainment Weekly calls Wicked "the best musical of the decade." The tickets are for seats in the Orchestra Section of the Opera House, the second largest theater in the Kennedy Center. Tickets are limited so make sure you purchase them when you register ! !

Special notice for techies.....

Overlapping the HLAA convention will be the

2nd International Looping Conference June 18-20

Attendees will learn basic, complex and creative installation techniques, hearing loop technology from a user's perspective, integration of loop technology with FM and infrared systems, and the status of hearing loop installations in the United States and in other countries.

To register for the convention, the looping conference (or both) or, for more details, go to:

http://www.hearingloss.org/convention/

or call (301) 657-2248

**Special note to readers of WIRED FOR SOUND**

If the word **COMP** appears after your name on this newsletter's mailing label, it is a complimentary copy that has been sent to familiarize you with our Chapter as part of our outreach to the hearing loss community in the hope that you will consider joining our group. The printing and mailing costs have been covered by our members or by the generous donors listed on page 7 of the newsletter.

***The Hearing Loss Association of Albuquerque does not endorse products or services. Mention of such in articles, plus ads or inserts, is intended only to provide readers with up-to-date information on such products or services that might be of interest and is not a recommendation or endorsement.***

## NATIONAL HLAA NEWS:

from Brenda Battat, Executive Director

### NEW VIDEO FROM HLAA

• **HLAA: Teamwork for Hearing Loss Awareness**, the video for chapters is almost ready. It took longer than we anticipated but we wanted to take into consideration feedback from the national/chapter partnership committee to make sure we were on the right track. The video will be distributed to all chapters free of charge along with brochures and a cover letter with suggestions how to make the best use of it.

The purpose of the video is to show viewers what HLAA does and how the national office and the chapters and state organizations work together to improve the lives of people with hearing loss. It was made possible through a donation from the Manhattan Chapter of HLAA with proceeds from their Walk4Hearing. We are indebted to these members for their generosity and foresight.

### NATIONAL LOOPING CAMPAIGN

• We hope to have a complete package of materials for the project ready by the end of January and made available to chapters and state organizations to use in their communities.

Also in production is a brochure on Assistive Listening Devices (ALDs), an information sheet on how to advocate for the installation of loops in public places, and a scripted power point presentation to use for presentations (available in PDF and PP format).

This National "Get in the Hearing Loop" logo is provided to HLAA chapters and state organizations for

use in promoting the initiative. Chapters and state organizations are encouraged to place this logo on their web site and in their newsletters in conjunction with local "Get in the Hearing Loop" awareness activities and to show support.

## CHAPTER NEWS:

In 2011 the chapter will go into its 24th year of providing support and advocacy for the hard of hearing not only in Albuquerque but throughout New Mexico. Then named the Albuquerque Chapter of Self Help for Hard of Hearing People, the chapter became the Hearing Loss Association of Albuquerque a few years ago when the national organization changed its name.

Over the years, the chapter has helped so many hard of hearing people learn to cope with hearing loss. Presentations at chapter meetings have taught them about technology and techniques both new and old.

## DUES ARE DUE

The annual chapter fee becomes due each year on January 1st.

Our chapter meetings, the newsletter, the Loop New Mexico initiative and other outreach activities to benefit all hard of hearing New Mexicans are possible only with the financial help of our members and the generous donors listed on page 7 of this newsletter.

A few members have already renewed for 2011. Please join them by using the form in this newsletter to renew.

**The last two digits in the code after your name on the mailing label on this newsletter will be an 11 if you have already paid.**

The September 1987 chapter newsletter reported on a program on cochlear implants that taught members about the then exciting new technology that many have since embraced.

The February 1990 issue reported on chapter support before the state legislature for funding to establish Relay services in New Mexico that resulted in what is now Relay New Mexico and 1997 found the chapter supporting revision of the Albuquerque noise code to help prevent noise induced hearing loss.

The work continues and your support of HLAAbq benefits not just you but all hard of hearing New Mexicans.

*Steve Frazier* - NM HLAA Chapter Coordinator



## Modern speech audiometry with integrated recorded speech material

At the November chapter meeting some in the audience were surprised when hearing aid specialist Mike Grato mentioned the use of recorded speech for the speech recognition portion of a hearing test. They were used to hearing their provider say, "say cat, ..... say house, .... say test."

Some practices are reportedly resistant to this generally now accepted procedure but it's claimed that recorded speech gives greater test control and, subsequently, more accurate results.

Hearing tests have entered the digital age with PC-based audiometers that have revolutionized recorded speech testing. These modern audiometers have a whole suite of integrated speech materials and flexible testing options.

According to a recent article in *Hearing Review* by audiologists Tricia Mikolai and Amanda Cerka Mroz, the biggest challenge in using live voice for speech testing is the lack of uniformity in test presentation. In contrast, recorded speech materials reduce variability between presenters and standardize testing with the same patient.

The article went on to say that such standardization is not just good practice, it's a more reliable test than live voice for Cochlear Implant recipients because the exact same test can be given later - it's repeatable and it can be repeated anywhere in the nation. For hearing aid users, recorded speech eliminates variations from one test to the next that can be caused by fatigue or other factors by the same testerr.

The authors went on to point out that, "Embedded recorded speech materials are pre-calibrated to peak the VU meter appropriately each time, no matter how many patients are seen in one day. Since there is no need to calibrate the VU meter with embedded speech materials, testing starts much faster.

Among the many other benefits of recorded speech testing, these PC-based audiometers also have the ability to store several word recognition scores for each ear for each client, providing a record of long term changes in the client's word recognition ability.

SOURCE: [http://www.hearingreview.com/issues/articles/2010-11\\_02.as](http://www.hearingreview.com/issues/articles/2010-11_02.as)

## They're not Grandma's hearing aid glasses

Way back in the 60's my grandmother had a pair of eye glasses with hearing aids built into the bows. I don't know what ever happened that you don't see that practical solution to two problems for many of us now but, as the old saying goes "what's old is new again" (or almost so).

Originally developed at TU Delft University, the Varibel hearing-glasses were created through a partnership between Philips, Frame Holland, the design agencies MMID and Verhoeven, and others.



The Varibel cannot be compared to traditional hearing aids. In each bow of the frames a row of four tiny, interconnected microphones, which selectively intensify the sounds that come from the front, while dampening the surrounding noise. The result is a directional sensitivity of +8.2 dB compared to +4 dB in regular hearing aids.

The claim is that these hearing-glasses separate the desired sounds from undesired sounds more effectively for better hearing. Dr. Cor Stengs, ENT specialist involved in the clinical tests, said of the Varibel, "Practical experience with the hearing-glasses supports the theoretical claims that the ability to understand speech is much better. There is a significant improvement in the sound quality."

With Varibel's open fit, natural sounds can still be heard. This solution allows people to hear naturally and clearly in the direction in which they are looking. This has great advantages for daily life. Martin de Jong, audio-technician from Huizen, says: "With the Varibel, the natural sounds that people enjoy are retained. This works surprisingly well. People can hear well and at the same time clearly - and especially in rooms such as in a cafe or at a birthday party."

Other great features: Varibel hearing glasses have telecoils for induction loop use and are rechargeable. Fully charged overnight, the batteries will last an average of 19 hours. Currently Virabel hearing glasses are available only in Holland.

SOURCE: <http://www.gizmag.com/go/5494>

## 911 changes will make it more accessible to the HoH

*..... the overhaul certainly seems worth the investment – even if it's somewhat overdue.*

For the first time in nearly a decade, the 911 emergency service is getting an overhaul, as the FCC looks to expand and update its crime reporting capabilities. Users in need of urgent assistance may soon be able to immediately contact 911 via text message or video streamed directly from their mobiles.

The proposed system upgrade would be the first since 2001, when the FCC required all service providers to automatically provide the location of users calling 911. Yet, even with 70-percent of 911 users dialing from their cell phones, the service has yet to incorporate text messages or streaming video into its system – features that, according to the federal organization, could have a very real and immediate impact.



"The technological limitations of 9-1-1 can have tragic, real-world consequences," reads a press release from the Commission. "During the 2007 Virginia Tech campus shooting, students and witnesses desperately tried to send texts to 9-1-1 that local dispatchers never received. If these messages had gone through, first responders may have arrived on the scene faster with firsthand intelligence about the life-threatening situation that was unfolding."

The FCC is also looking to implement an automated pinging system, which could notify 911 respondents via chemical detection sensors, alarm systems, medical devices or in-car services like OnStar. It's still not clear how the FCC will finance the upgrade, and whether 911's new capabilities will be federally mandated or just merely suggested. But considering how many people could benefit from having SMS access during times of peril, the overhaul certainly seems worth the investment – even if it's somewhat overdue.

SOURCE: <http://www.switched.com/2010/11/23/fcc-911-services-texting-video/>

## Finally - researchers have found the origins of tinnitus

*...a high-pitched ringing or hissing noise is generated by neurons firing in the brain....*

A research team from McMaster University and other universities in Canada and the United States has pinpointed the source of tinnitus - a phantom and constant ringing in the ears that affects millions of people worldwide and has a dramatic impact on the quality of their lives.

In an article published in the latest edition of *The Journal of Neuroscience*, Larry Roberts, a professor in the Department of Psychology, Neuroscience & Behaviour at McMaster University, and his co-authors report evidence that the tinnitus sound [described by most tinnitus sufferers as a constant high-pitched ringing or hissing noise] is generated by neurons firing in the brain, not the ear.

"Hearing loss associated with noise exposure or the aging process sets the occasion for the large majority of cases of tinnitus," he says. "Tinnitus itself is brought on by changes in the brain that take place when hearing loss occurs".

While tinnitus is most common after the age of 60, where 8 to 20 per cent of adults are affected, chronic tinnitus can occur at any age and is a major cause of service related disability in soldiers returning from Afghanistan or Iraq.

"Studies show hearing loss among young people is increasing and we may see an increase in cases of tinnitus as a consequence of mild hearing losses induced by recreational sound," says Roberts. "The implications underscore the need for more public policy on prevention. Much like the movement that swayed public opinion on the dangers of cigarette smoking and the need for cessation, we need new initiatives on hearing loss."

Roberts was part of a symposium presenting ground breaking research on tinnitus at the Society for Neuroscience meetings in San Diego on November 14th. Their studies describe how hearing loss modifies the activity of neurons in auditory pathways and how other brain processes are affected, including those involving the muscle and skin senses, emotion, and inhibitory functions that change with aging and likely contribute to tinnitus.

SOURCE: HOH-LD-News, Vol. 45, Issue 8



## The story of the Holiday Pot Luck and Social in pictures.....

Forty people participated in the fun, food and fellowship that were in good supply for the chapter's annual Holiday Pot Luck and Social.

In addition to an outstanding selection of home made foods, the event featured a singalong of holiday music and the always popular white elephant gift exchange. Too many people arrived early to help set up for the affair to try to remember and list them all but two need special mention - **JoAnn Herreid** and **Rosemarie Rodriguez** - our two erstwhile hospitality chairs did a great job of putting the whole thing together - thank you ladies! Thanks also to **Angel (Rod) Rodriguez** for providing the musical accompaniment and leading the group in song and to **Karen Twohig** for presiding over this very happy event.



*We thank these donors\* for their very generous support*

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**MEMORIALS**

JoAnn Herreid

in memory of Pat Lester

A special thank you to the UNM Department of Linguistics and the student volunteers for providing American Sign Language interpreting at our meetings, and to the many chapter members who volunteer to assist in setting up and conducting our meetings.

**DONATION CATEGORIES**

Platinum .....\$400 or more

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Silver..... \$100 to \$199

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\* Donors listed here have made a donation to the chapter within the last twelve months

All donations to the Hearing Loss Association of Albuquerque or to the Hearing Loss Association of America are tax deductible

The HEARING LOSS ASSOCIATION OF AMERICA is a volunteer association of Hard of Hearing people, their relatives and friends. It is a nonprofit, non-sectarian educational organization devoted to the welfare and interest of those who cannot hear well. Membership is by annual dues which are separate from the annual Chapter Fee paid to this local chapter. National membership includes a subscription to the bimonthly publication **Hearing Loss Magazine**.

National dues are: Individual: \$35; Student: \$20; Library/Nonprofit: \$50; Professional: \$60; Corporate: \$150  
To join, please send your name, full mailing address, email address and a check or money order in the appropriate amount (above)to:

Hearing Loss Association of America  
7910 Woodmont Avenue, Suite 1200  
Bethesda, Maryland 20814

For more info: [www.hearingloss.org](http://www.hearingloss.org)  
(301) 657-2248 V  
(301) 657-2249 TTY

If you wish to make a donation toward the educational and advocacy efforts of the national organization, you can do so using the form below



**Hearing Loss Association of Albuquerque - Annual dues, Subscription, Donor form - 2011 CALENDAR YEAR**

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PLEASE CHECK APPROPRIATE BOX: Annual Chapter Fee: \$15   - or Newsletter Subscription Only: \$7.50    
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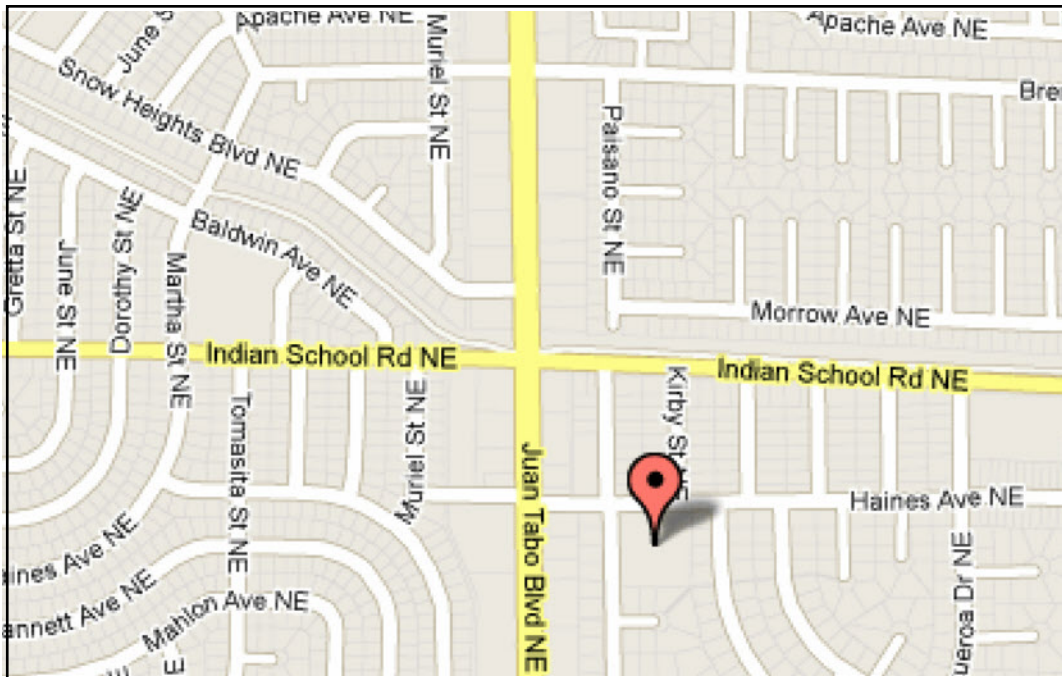
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**HLAAbq Meeting Location**

**Los Altos Christian Church - 1900 Haines Avenue NE**