



Have you Heard?

HLAA-SBC.org

HLASB Chapter Meeting Saturday, December 14

Family Therapy Institute of Santa Barbara

10AM - 12PM at Wood Glen Hall Library

3010 Foothill Road, Santa Barbara

Please join us for our December meeting with Debra Manchester, Executive Director of the Family Therapy Institute of Santa Barbara (FTISB).

Debra will talk to us about how hearing loss impacts family. She will also share what services her non-profit organization has to offer

to families in need of assistance in coping with their hearing loss or any other life challenges.

Debra is the original co-founder of FTISB. She is a Licensed Clinical Social Worker (LCSW). She earned her a BA in Psychology and her masters in Social Welfare with a specialty in Family Therapy

and Community Mental Health from Stanford University.

You can visit FTISB's website at <http://ftisb.org/>.

We encourage you to bring family members, significant others, and friends to this meeting. Our hearing loss doesn't just effect us, it effects those in our lives too.

November Meeting Recap

Our November meeting with Jo Black from the Independent Living Resource Center (ILRC) was well received and very educational.

Jo shared with us the numerous services that ILRC offers disabled members of our community, as well as how they advocate for and empower the disabled to advocate for themselves.

I personally was helped by the ILRC back in 1992. I was five years into my hearing loss journey, newly single and scared about my future. I didn't know how I was going to be able to provide for myself. My mom had recommended I talk to someone at the ILRC to see what my options were. Best advice ever.

First person I met was Jo Black. We

talked about my personal situation, my needs and my desire to be self sufficient. We felt going back to school would help me a lot. She directing me to Department of Rehabilitation (DOR). I went through a full day of assessments and in the end, the DOR agreed to financially support me in my educational goals. I attended SBCC and UCSB, graduating in 1997 with a BA in Economics.

I would never had know what options were available to me, had I not spoken to Jo Black. If you find you are struggling with your disability or with physical limitations that reduce your ability to be self sufficient, contact the ILRC and see if they can help. They have a wealth of information and services available.

We will have our annual Holiday celebration with an Ice Cream social after our meeting. So please stay and join us for ice cream sundaes with all the fixings.



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National & State News

HLAA Convention 2014: Are you an HLAA member who has never attended a Convention before? Do you need a little financial assistance to help make your dream of attending the Convention a reality? If you answered yes to these two questions, then you should consider applying for the Rocky & Ahme Stone Endowment Scholarship or you can nominate someone else.

Application Deadline: February 21, 2014

Notification Date: No later than March 30, 2014

Application Guidelines: hearingloss.org/sites/default/files/docs/2014RSEFGrantCriteria.doc

Application: hearingloss.org/sites/default/files/docs/2014RSEFGrantApplication.doc

Please visit the HLAA website for more information:

<http://hearingloss.org/content/convention-scholarships>

For Convention updates, visit <http://hearingloss.org/content/convention>



Webinars: The HLAA Webinars are back in full swing. Don't forget, you can view past webinars.

December's Webinar

Topic: The Gift of Hearing: Technology and Tips to Reduce Holiday Hearing Headaches

Speaker: Brad Ingrao, Au.D

Date: December 18

Time: 5 pm - 6 pm PST

Past webinars:

October:

Topic: HLAA: At the Tipping Point

Speaker: Anna Gilmore Hall, HLAA Executive Director

November:

Topic: Communication/Coping Strategies for Accommodating Hearing Loss

Speaker: Sam Trychin, M.D.

To view the webinars, you need to join the HLAA Online Portal, if you haven't done so already.

<https://17291.thankyou4caring.org/page.aspx?pid=291>

Chapter Meetings –A Look Ahead

January 11– Sam Simon Foundation. Janelle Hackman will tell us about Sam Simon's Hearing Dogs and we'll get to meet and see one of their hearing dogs in action.

February 8– Hearing Aids 101 Donna Gilmartin, AuD/Chapter Advisor and Cherie Alvarez, Chapter President will give an in-depth presentation on Hearing Aids. We will talk about the various features and styles of hearing aids; we will discuss direct-to-consumer hearing aids that are available in the market, what to look out for; and we talk about the

Obamacare, the future of hearing aids covered under insurance plans.

March 8– Let's Loop Santa Barbara (LLSB). LLSB will recap their first year of looping efforts in Santa Barbara and the path forward.

April 12– Emergency Preparedness for the Hard of Hearing.

May 10: Lip Reading Training (tentative)- May is Better Hearing Month

June 14:: CapTel (tentative)

Directions to Wood Glen Hall

3010 Foothill Road, Santa Barbara

- From the 101, take the Mission Street exit and drive east toward the mountains.
- Travel four blocks, and turn left onto State Street.
- Drive about ¾ of a mile to the first light at Alamar Avenue.
- Turn right and drive about ½ mile to Foothill Road. Go through the traffic light, Wood Glen is the first building on the right.

HLAA-SBC is affiliated with the Hearing Loss Association of America, an international organization dedicated to opening the world of communication to people with hearing loss by providing information, education, support and advocacy. We are a non-profit and non-sectarian.

Upcoming Events—Mark Your Calendars!!



Santa Barbara Village presents

Adjusting to Age-Related Hearing Loss

Date: Friday, December 6

Time: 10:00am-11:30am

Location: 524 Chapala St. (Jewish Federation of SB) Santa Barbara

Cost: FREE - Public Welcome

SB Village is pleased to introduce a new "Adjusting to Aging" series with their first workshop on adjusting to age-related hearing loss -- whether it's your own or someone else's.

Chapter members Claudia Herczog and Nancy Van Antwerp will be speakers, along with Tom Otojoy, Kase from Let's Loop Santa Barbara, and audiologist Chuck Sasala. The workshop will discuss the mechanics and effects/ experience of age-related hearing loss, as well as resources available to im-

prove the lives of those experiencing their own hearing loss, or that of someone with whom they spend time.

For more information, visit www.sbvillage.org/events_page.

Please RSVP to info@sbvillage.org or call (805) 729-5038.



AARP of Santa Barbara

Our chapter will be the speaker at AARP Santa Barbara's January 2014 Meeting. This is the start of an AARP / HLAAs-SBC partnership to help promote both our non-profits.

Date: Monday, January 6, 2014

Time: 12:30-2:30 (meeting)
1:30-2:00 (speaker)

Location: 1232 De La Vina St.
(The Louise Lowry Davis Center)

Cost: Free

Come support our chapter and learn a little about AARP Santa Barbara at the same time. You can visit AARP of Santa Barbara's website here:

<http://www.aarpsb.org/>

Also note that: HLAAs Members can receive or gift a one year membership to AARP (National)

- Login or join the HLAAs Online Portal, <https://17291.thankyou4caring.org/page.aspx?pid=291>.
- Click on AARP Gift in left margin.
- Complete the form for yourself or someone else
- Offer expires December 31, 2013. So don't miss out.

Our Website

The Helpful Websites section of our website, under Resources, was recently updated and now includes links to many useful Hearing Loss related websites. For people who are new to hearing loss and even those who may be experiencing changes in their hearing loss, this is a great addition to our site.

Our website is wonderful tool to help people learn more about their hearing loss and helping them find the information they need to live their life as best as they can. Our

website helps us fulfill our chapter mission "To open up the world of communication to people with hearing loss by providing information, education, support and advocacy."

Our Helpful Website listing now includes a list of the major hearing aid and cochlear implant manufacturers, information on Assistance Dogs, Captioned Phones and Relay Services. We share information on tinnitus & balance related issues, hearing loss help, and links to local

& government websites, like IRLC, DOR, & GLAD.

We are currently putting together a list of local non-profits and businesses our chapter partners with, like AARP. By networking with others, we help support the community we live in and strengthen our chapters presence.

If you have any suggestions for links we should include on our website, please send your ideas to info@hlaa-sbc.org.

Lip Reading

Lip reading is a vital communication skill if you are deaf or have hearing loss. Most hearing loss experts recommend that people of all ages, with any degree of hearing loss, learn to lip read.

While there are challenges to lip reading, learning how to lip read effectively can help you improve. There are several websites available that can help give you the tools and awareness you need to

develop this skill.

Lipreading.org provides online lip reading tips, training courses and games. Online courses require a paid membership, but it's worth looking at the site to see if this is something for you.

[Action on Hearing Loss](#) provides a leaflet on "Learning to Lipread" which provides good information on how to lip read:

Hearinglink.org has a lot of lip reading information and pointers on effective lip reading skills.

Lipreadingpractice.co.uk offers free lip reading material and practice videos to help you develop your lip reading skill.

Our lending library also has a video called "[I see what you say](#)". It's a self-help program that includes a video and a manual.

When one door closes, another door opens; but we so often look so long and regretfully upon the closed door, that we do not see the ones which open for us.

Alexander Graham Bell

Miscellaneous Information

CTAP

California Telephone Access Program (CTAP) Field Office is at the Independent Living Resource Center at 423 West Victoria on the 2nd & 4th Wednesday of every month between 9-12 and 1-3. (805) 963-0595. No appointment needed. Visit CTAP website for an application [http://ddtp.cpuc.ca.gov/uploadedFiles/New_Navigation_Structure/Applications/EnglishCertForm\(1\).pdf](http://ddtp.cpuc.ca.gov/uploadedFiles/New_Navigation_Structure/Applications/EnglishCertForm(1).pdf) or pick one up at our monthly chapter meeting.

Join HLA A

Membership of our national organization is \$35 annually for an individual (\$95 for three years and \$140 for five years). You will receive 6 issues of Hearing Loss Magazine, Information, support, & access to a network of many other hard of hearing (HOH) individuals. Please re-

member you are not alone.

<http://www.hearingloss.org/content/join>.

HLA/SB Fundraising Programs

[iGive.com](#): Join iGive and turn your shopping & searching into donations for Hearing Loss Association of Santa Barbara. It's free to join.

Ink Cartridge Recycle Program:

Bring your used ink cartridges to our monthly meetings and Bonnie Adams will recycle them at Staples for \$2 store credit to help buy needed chapter supplies.

Tax Deductible Donation

We are a non profit 501(3)(C) organization and all donations to our chapter are tax deductible. We rely on the generosity of our Chapter members to provide the kind of support that you all deserve. You can

mail donations to our treasurer:

HLAA, Santa Barbara Chapter
c/o Mary Kohler
PO Box 91
Carpinteria, CA 93014

Or you can make PayPal donation via our website. HLAA-SBC.org.

Monthly Newsletter

To receive this newsletter by email, provide suggestions or comments, or to submit an article for inclusion, please contact: Cherie Alvarez at CherieA@hlaa-sbc.org.

Facebook

You can find us as **Hearing Loss Association of America, Santa Barbara Chapter** or click here.

