



## Program Meetings:

Saturday, Apr 13, 2013 10AM - 12PM  
Saturday, May 11, 2013 10AM - 12PM

## Committee Meetings:

TBD

All are welcome to attend our Committee meetings. Please contact Claudia or Bonnie for more information and specific meeting dates.

## Steering Committee:

**Co-Leaders:** Bonnie Adams, Claudia Herczog

**Treasurer:** Carol M. Smith

**Recording Secretary:** Claire Sanford

**Corresponding Secretary:** Nan Cisney

**Public Relations:** Mary Kohler

## Committees:

**Hospitality:** Pat Porter

**Newsletter:** Cherie Alvarez

**Facebook & Electronics:** Jazmin Kildare

## Directions to Wood Glen Hall 3010 Foothill Road

- From 101 take the Mission Street exit and drive east toward the mountains.
- Travel four blocks, and turn left onto State Street.
- Drive about  $\frac{3}{4}$  of a mile to the first light at Alamar Avenue.
- Turn right and drive about  $\frac{1}{2}$  mile to Foothill Road. Go through the traffic light, Wood Glen is the first building on the right.
- See below parking tips..

## Parking Tips

- Come early to give yourself time to park and get comfortable.
- Think green & carpool if you can.
- Call Easy Lift at 681-1181 in advance for transportation. Rides cost about \$7 round-trip.
- Parking in the parking lot is reserved for disabled only. Please park in disabled or visitor parking spots.
- Parking on the street has no time limits.

## HLASB Chapter Meeting Saturday, April 13

### Advocating for the Loop

**10AM - 12PM at Wood Glen Hall Library**

**3010 Foothill Road, Santa Barbara**

Our April meeting will be a member led discussion on advocating and advocating for the loop. As members of HLAA, there is one thing we have all definitely learned, we have to be advocates, at the very least, for ourselves. Asking someone to talk directly to you, is advocating for yourself. Asking a restaurant to turn down their music so you can hear better, is advocating for yourself. Buying a captioning telephone, is advocating for yourself.

Since our February hearing loop meeting, many of us have starting thinking more about where we would benefit from a hearing loop. Maybe you're considering installing a loop in your home so you can hear the TV better or asking your church to install a loop system or maybe you have your eyes set on some local businesses in Santa Barbara you would like to see looped. We as a group have the opportunity to make a difference in our lives and in the lives of others with a hearing loss, by advocating for those things that will

help make hearing a little easier. When we advocate for ourselves, we also advocate for others. Small efforts by each of us, together can make a difference for all of us.

At our April meeting, we will discuss looping in our homes, understanding the importance of t-coils, how we can approach the idea of Looping Santa Barbara, and talk about how we, as individuals, can make a difference. We will also hear about some new looping projects that are underway.

We encourage you to bring a guest with you that you would like to influence on Hearing Loops. We would also like to hear your thoughts on looping, what places you're interested in seeing looped, and what you think would help us get more places in Santa Barbara looped.

Our meeting will be captioned and light snacks and refreshments will be available.

## Helpful Websites

**Tinnitus and Medication:** The Center for Hearing Loss Help has released what is probably the most comprehensive list ever compiled of the hundreds of drugs, herbs and chemicals that have been associated with tinnitus. To download this free, 30 page report entitled "Prescription Medications, Over-the-Counter Drugs, Herbs & Chemicals Associated with Tinnitus" go to <http://www.hearinglosshelp.com/articles/pdf/TinnitusDrugList2013.pdf>.

## My Journey to a Cochlear Implant

By Cherie Alvarez

My March 21 appointment at the HEC was postponed to April 10, due to illness on my part. Those- not so fun -hearing test we're subjected to require 100% health to get through. So I opted to move my appointment.

I will share my final CI Journey report in our May 2013 newsletter. But of course, I am always available to discuss CI's with anyone interested.

Congratulations to [Margarethe Friedman](#), who had her CI Surgery on February 14 and will be activated on April 8. Hopefully we get to see her Med-EL CI soon!

## Join HLAA

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 remember you are not alone. <http://www.hearingloss.org/content/join>

## Literature Table

Please take notice of our available literature. We have a tip sheet for the HOH with a detailed list of ways to help with communication. Look for another helpful item titled Five Cool Things Your Cell Phone Can Do ask us if there is any special information you are looking for.

## 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.

## Help Wanted

If you are interested in helping our chapter with the sign-in table, social events, helping new members, suggesting and/or arranging for a speaker or interesting program or helping with various outreach events, please contact any board or committee member.

## Donate Your Old Hearing Aids

Bring your old hearing aids to our monthly meetings. We will see they get to the Lion's club for reuse. See Claudia Herczog for more information.

## 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.

## Dorothy Holland-Kaupp retires

On February 16 the HLASB Board unanimously voted Claire Sanford to their board, as Recording Secretary, replacing Dorothy Holland-Kaupp who retired after 27 years with HLASB.

Dorothy, who does not have a hearing loss, has been a long time advocate of our group since joining in 1986 with her hard-of-hearing husband Lawrence. In the early years, when HLASB was called SHHH (Self Help for Hard-of-Hearing), Dorothy and Lawrence provided 20 ALDs (Assistant Listening Devices) for the monthly meetings. Even after Lawrence passed away in March 1993, Dorothy remained active with the group.

In September of 1993, she started our newsletter, which was called *Hear Ye*. She wrote and distributed this one page newsletter every month until it was taken over by Nan Cisney in early 2000.

In 1995, Dorothy became the chapter President, a position she held until 2008. As President, she served as the main liaison with the National SHHH/HLAA,

planned the monthly meetings and arranged for outside speakers, conducted the board meeting, and was an active advocate in our community for ALDs.

In 1995, Dorothy also became the Recording Secretary, a position she held until her retirement in February. While several different people held the Corresponding Secretary position throughout the years, Dorothy attended every board meeting and prepared the minutes of these meetings.

Dorothy has been an incredible asset to the HLASB. She is an integral part of our chapter's history and a tireless advocate for the Hard-of-Hearing. For all of us that have had the pleasure to know and work with her, we will forever be amazed at all she has done for our chapter and the many, many hours she contributed to our cause throughout her 27 years of service.

Dorothy, words could never express our appreciation and admiration of you. Thank you for your dedication, your friendship, and the smile you always have for everyone. You will be truly missed.

## Looping Santa Barbara

If you attended our last two chapter meetings, you're starting to feel the enthusiasm about Looping Santa Barbara. It all started with the looping of the Wood Glen Hall Library in November 2012, then we blown away with Juliëtte Sterkens's February presentation on Hearing Loops: From Loss to Listening, and this was followed by Helen Caldwell's short, but powerful discussion at the end of our March meeting on her desire to start a committee on looping. Helen learned about the loop after attending a SB Film Festival show at the Art Museum, which was looped by Otojoy. Helen was instantly hooked on the loop and is passionate about seeing more places in the Santa Barbara area looped.

We know it's going to take time and patience to educate the public, get more HOH folks hooked on the loop, and then

work with various businesses to convince them to loop their facility, but we're up to the task!

And to show you that progress is being made, the Ojai Playhouse was looped on Tuesday, April 2. They are the first movie theater in the tri-county to be looped. If you're interested in trying a looped movie, the Ojai Playhouse is located at 145 E. Ojai Ave.

For movie times, you can visit the Ojai Playhouse at [www.OjaiPlayHouse.com](http://www.OjaiPlayHouse.com) or call them at 805-646-1011. If you are interested in attending a movie, but need assistance with transportation, please talk to one of our board or committee members at our April meeting or send us an email. We can certainly look into setting up a HLASB group trip to Ojai in support of the Ojai Playhouse.

## How to reach us

### For further information about our chapter, please contact one of our co leaders:

Claudia: 684-2788 / [czog16@gmail.com](mailto:czog16@gmail.com)  
Bonnie: [adams@silcom.com](mailto:adams@silcom.com)

### Monthly Newsletter

To receive this newsletter by email, provide suggestions or comments, or to submit an article for inclusion, please contact: Cherie Alvarez at [chalvarez@cox.net](mailto:chalvarez@cox.net).

### Follow us on Facebook

Like us on Facebook and keep up to date on what is happening in the Hearing Loss world. You can find us as **Hearing Loss Association of Santa Barbara** or click the below link.

<https://www.facebook.com/pages/Hearing-Loss-Association-of-Santa-Barbara/179522682073745?ref=ts&fref=ts>

### Join Our Yahoo Discussion Group

<http://health.groups.yahoo.com/group/HLAA-SB/>

### Tax Deductible Donation

We are a non profit 501(c)(3) organization and all donations to our chapter are tax deductible. We must 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

HLASB  
c/o Carol Smith  
9 Solana Court  
Santa Barbara, CA 93109-1046

### HLAA Convention 2013

June 27-30 2012

Portland, Oregon

Oregon Convention Center

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



## HLASB Member Profile

- Name:** Dave Beamer
- How severe is your hearing loss?** ? Profound (deaf) in the left ear, merely severe in the right ear. 8-)
- What device(s) do you use for hearing?** A hearing aid in the ear that still has some hearing.
- How long have you had a hearing loss?** Since age 11 (49 years ago).
- What type of hearing loss do you have?** Progressive
- Hearing Loss Cause?** Meniere's disease. When I was a child it was thought to occur only in adults, and mostly in older adults. For the first 3 years I was told that I had all the symptoms of Meniere's (tinnitus, hearing loss and spells of severe vertigo) but since it didn't occur in children I must have something else! When I was 14 years old I was referred to the Otologic Medical Group (now the House Ear Clinic) where I was diagnosed as having Meniere's disease. I recently went back to the House Clinic and the diagnosis is now refined to "Meniere's disease that acts like an autoimmune disease." I'm on a course of medication that is normally used for patients with arthritis or rheumatism caused by autoimmune disorders. So I'm being treated for an inner ear disorder by a specialist in arthritis. That is so ridiculous that I love it! If I couldn't find a joke somewhere in this I'd be in trouble.
- How long have you been a member of the HLAA/HLASB?** Umm... going on 3 months now?
- How did you first get involved with HLASB?** I was searching on the internet for resources for deaf/hard of hearing people in Santa Barbara or Goleta.
- What is an advantage of your hearing loss?** The same as for other deaf people: I can sleep through noise. (It's not worth it.)
- What is the most challenging aspect of your hearing loss?** Again, the same as for others: communication. Work is much more difficult than it was two years ago. And I recently spent an afternoon with my sister's family and some visiting cousins, and feeling alone in a group is a lot worse than being alone by myself. I think I need to do something like looping my living room so I can have a few people over for dinner and be able to be part of the group. (I'll need to get a hearing aid with a T-coil first.)
- Can you hear on the phones? If not, how do you compensate?** Usually not. It takes someone on the other end who is willing to speak slowly and clearly. That seems to be a difficult thing for most people to learn.
- What is your favorite hearing assistant device or gadget?** My hearing aid has a small clip-on radio transmitter for a second person to wear. I can turn on the radio, hand it to someone, push a button on the hearing aid and that person's voice is transmitted to my hearing aid by the radio. The radioed voice is amplified more than sounds carried by air, so the person's voice is arrives "on top" of other sounds. It adds more distortion to speech but still helps greatly in one-on-one situations. "Fixes" for very bad hearing seem to consist of little things that help in specific circumstances.
- What kind of work do you do or did you do (if retired)?** Engineering
- Where did you grow up?** West Covina .
- Where is your favorite place to be?** In my front yard with a few token vegetables and flowers, two orange trees, four peach trees and a completely unreasonable number of young apple trees of varieties that are NOT grown in Southern California. (So far, 13 out of the first 16 to ripen fruit were good. Several are great!).
- In my spare time?** I lecture my trees about how many things they're doing that break the accepted rules. That's the best thing about them – they're non-conformist and don't listen to the experts. And they certainly don't listen to me!
- My hobbies are?** For now: growing apple trees, woodcarving, bicycle riding.
- One of my short term goals is?** ? To save enough money to retire by "retirement age."
- One of my long term goals is?** To have a long, physically active life filled with people, books, bikes, and of course apples.
- Favorite quote, saying, or motto?** David Brower of the Sierra Club said, "If you're going to get old, get as old as you can," and he certainly did that. I modify it to say, "If you're going to get old, do it as well as you can."