



## Program Meetings:

Saturday, Feb 9, 2013 10AM - 12PM  
Saturday, Mar 9, 2013 10AM - 12PM

## Committee Meetings:

Saturday, February 12, 12PM  
Saturday, March 9, 12PM

All are welcome to attend the Committee meetings. Please contact Claudia or Bonnie for more information.

## Steering Committee:

**Co-Leaders:** Bonnie Adams, Claudia Herczog  
**Treasurer:** Carol M. Smith  
**Recording Secretary:** Claire Sanford  
**Corresponding Secretaries:** Zelda Fields-Ryan & 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 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.
- 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, February 9

### Hearing Loops: From Loss to Listening

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

**3010 Foothill Road, Santa Barbara**

Please join us for a very special February meeting with Juliëtte Sterkens, AuD who will be discussing Hearing Loops: From Loss to Listening.

Juliëtte has been an audiologist for 30 years. She co-owns Fox Valley Hearing Center, Inc in Wisconsin. She is a long time advocate of hearing loops, starting the Fox Valley Hearing Loop initiative (<http://www.loopwisconsin.com/Home.aspx>) in 2008. On June 1 she began a one year leave from her private practice to become the HLAA's New Hearing Loop Advocate. In her new role HLAA, Juliëtte will travel around the country to increase awareness about hearing loss, and the need for an increase in the use of hearing loops to improve hearing accessibility.

Our meeting will explain how the Hearing Loop works and the benefits, including how it turns your hearing instrument into a wireless loudspeaker. If you attended our December or January meetings, you know first hand how great a Hearing Loop is.

This meeting will take it one step further as we introduce Hearing Loops to the Santa Barbara community. This meeting will be very educational for many in our community, from those living with a hearing loss to those who work with and provide services to the hearing impaired. Hearing Loops are just beginning to be introduced to the Santa Barbara area and this meeting will help get the word out.

We are very excited that Juliëtte will be joining us and hope you will join us too, especially if you have not experienced a Hearing Loop.

Our meeting will be captioned.

Due to the large attendance we are expecting, we will be serving coffee and cookies only. Please feel free to bring your favorite cookies, if you'd like. Do plan to come a little early for good parking and some socializing prior to the meeting.



*See you on February 12*

*The future belongs to those who believe in the beauty of their dreams.*

~ Eleanor Roosevelt ~

## Parking at Wood Glen Hall

Please note the parking policy for Wood Glen Hall for our members during HLASB Meetings.

Anyone who is truly handicapped can park in the lot in the handicapped space or a space marked "visitor". Everyone else will need to park on Alamar, as the lot needs to be available for residents who drive and residents' visitors"

Dropping off and picking up in the lot is ok. We appreciate everyone's help in using the street parking instead of the parking lot as we have previously communicated.

Our apologies for any confusion this misunderstanding has created. Please be sure to come early on February 12 to insure you get prime street parking.

## 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.

## HLASB Member Profile

- Name:** Helene Strobel
- How severe is your hearing loss?** Moderate
- What device(s) do you use for hearing?** Behind the ear Hearing Aids
- How long have you had a hearing loss?** 10 years
- What type of hearing loss do you have?** Progressive
- Hearing Loss Cause?** Hereditary/ Congenital Hearing Loss
- How long have you been a member of the HLAA/HLASB?** 2 & 1/2 years
- How did you first get involved with HLASB?** I saw a notice in the paper.
- What is an advantage of your hearing loss?** None
- What is the most challenging aspect of your hearing loss?** Hearing in noisy situations with several conversations going on at the same time.
- Can you hear on the phones? If not, how do you compensate?** I can hear sometimes, but I am also learning to use to use my CaptionCall phone
- What is your favorite hearing assist-**
- tant device or gadget?** Phonak's remote control.
- What kind of work do you do or did you do (if retired)?** I am retired. I had a career in Commercial Art/ Graphic Design.
- Where did you grow up?** Chicago
- Where is your favorite place to be?** With Todd and our dog Lila
- In my spare time?** I enjoy good friends and good conversation.
- My hobbies are?** Touring adults as a Docent @ SBMA
- One of my short term goals is?** To learn more about public art and sculpture.
- One of my long term goals is?** To learn more and share more about Art and Art History.
- Favorite quote, saying, or motto?** "Imagination is more important than knowledge" -Einstein



## Misc Information



ABC Family's TV Show, **Switched at Birth** announced that they will be doing an episode told entirely through sign language this season. Fans of the ABC Family drama are no strangers to the show's many ASL-scenes, which include subtitles for those who not fluent in signing. However, this will be the first episode of the show - not to mention the first in TV history - to feature ASL only. Switched at Birth airs on Mondays at 8PM.

Dawna Mills, Audiologist at the House Clinic, will be shown on **The Doctors** on Wednesday, February 6 at 2:00pm on CBS Channel 2. It will show the activation of a cochlear implant patient. It should be very moving.

Study shows that Hearing Loss accelerates brain decline: There's another reason to be concerned about hearing loss — one of the most common health conditions in older adults and one of the most widely undertreated. A new study by researchers at Johns Hopkins Medicine suggests that elderly people with compromised hearing are at risk of developing

cognitive deficits — problems with memory and thinking — sooner than those whose hearing is intact.

<http://newoldage.blogs.nytimes.com/2013/01/23/study-links-cognitive-deficits-hearing-loss/>

If you're looking for more information on hearing loss, WebMD has a pretty extensive Information and Resources Hearing Loss Directory. <http://www.webmd.com/a-to-z-guides/hearing-loss-directory>

### On the lighter side

There's a good reason why I've never made much of my life:  
Every time opportunity knocked,  
I was in the shower with my hearing aid on the sink.

## 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).

### Tax Deductible Donation

We are a non profit 501(3)(c) 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

### 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/>

### HLAA Convention 2013

June 27-30 2012

Portland, Oregon  
Oregon Convention Center  
Keynote Speaker: Howard Weinstein,  
Inventor of Solar Ear



*Life is either a  
daring adventure  
or nothing.*

- Helen Keller.-

## My Journey to a Cochlear Implant

By Cherie Alvarez

My second CI surgery is now behind me. My recovery was a little slower this time around and the medication didn't sit so well with me either, particularly by day 4 and 5. I actually felt better the first two days after surgery than I felt the week that followed. I may have pushed it a little showing up to the HLASB Meeting on January 12. I think my biggest challenge was that this surgery was on my sleeping side, so finding a comfortable position each night was a struggle. Thankfully my parents gave me a feather pillow for Christmas, so I was able to start sleeping on the newly implanted side about 10 days after surgery.

Activation will be on February 7. I am so

ready to hear with two ears. I never put my right hearing aid back on after my first activation. I tried, several times, but the quality of sound just couldn't be matched to my new CI. It felt like it was taking some of that away. And to think my hearing aid side was my good hearing side eight months ago. Whew...really shows me how far my hearing loss had gone.

I've found it harder to keep my expectations low with this second activation. With the success of my first, I have been looking forward to a match stereo system. I was reminded by all at HEC that every person and every ear is different. Take it one day at a time. I still have one more weeks to settle down.

### Why People with Hearing Loss Should Meet Other People with Hearing Loss

If you have hearing loss, do you know any other people with the same issues? Beyond your grandma, have you ever met another hard of hearing or late-deafened or deaf person – swapped notes, shot the breeze, commiserated, shared battle stories and laughed at all the crap that goes along with hearing loss?

Many people feel they get sufficient support from their hearing health-care provider who has fitted them with hearing aids, with some other assistive technology thrown in. Or they surf the Internet, which is stuffed to overflowing with advice blogs, professional sales pitches, and inexpensive gizmos that claim to let you hear your neighbor talking in his sleep. Well, here's another sales pitch: for a happier, more accessible life, check out a meeting of people with hearing loss.

Just one meeting – that's all I'm asking. Try an information seminar, or go to a monthly meeting of a local hearing loss group. Better yet, go to a conference where you may possibly have the time of your life. Just once, try it. And why should you do this? Well, on the practical side, you will leave the seminar or conference with a better understanding of how mod-

ern hearing technology can connect you to *anything* – your TV, your car, your phone, or your beloved. You'll learn *neat* communication strategies to use at work or in social situations. And you will discover that people with hearing loss are not a homogeneous group of needy people; we're really just members of the general population with technical issues and a habit of saying 'what' a lot.

But those are peanut-sized benefits compared to the big one: you will come away with a new sense of your hearing loss, an attitude shift that may be subtle or dramatic. You'll experience either a warm positive glow, or the feeling you've been slugged with a golden sledgehammer. And both of these are *good signs*.

You left the house frustrated with your hearing challenges, and have come home with a new sense of, "*I have hearing loss – and hooray, that's OK!*" It's very liberating. I know, because it happened to me.

To read Gael Hannan's entire blog go to <http://hearinghealthmatters.org/betterhearingconsumer/2013/why-people-with-hearing-loss-should-meet-other-people-with-hearing-loss/>