



**Hearing Loss
Association
of America**
Greater Richmond Chapter



Late Winter 2015

GRHearingLoss@verizon.net 804-239-9546 HLAGreaterRichmond.com

Dear HLAA-GR Friends and Supporters:

The next meeting of the Hearing Loss Association of America, Greater Richmond Chapter, will be held on **Saturday, March 14**, at Beulah United Methodist Church, 6930 Hopkins Road, North Chesterfield 23234. The meeting will be held on the 2nd Floor of the Fellowship Building, located behind the church. The meeting will begin at 10:30 am and adjourn at approximately 12:30 pm.

The meeting agenda will include planning for the 2 chapter events to occur on **April 18: The VDDHH Focus Group Technology Blitz and the Health Fair at Unity Christ Church in Bon Air.**

Following the meeting, we will adjourn to Pino's Pizza for lunch and networking.

For more information, contact:

Linda Wallace
at
GRHearingLoss@verizon.net
or
804-239-9546.

**NEW HLAA-GR WEBSITE
IS UNDER CONSTRUCTION**

Bay Billups and Casey Billups, HLAA-GR Treasurer, are in the process of designing a new chapter website that will reflect our latest name change and contain more accessibility features. The new website's address will be **www.HLAAGreaterRichmond.com.**

Our chapter's original website will still be available for viewing during this process.

We will keep you informed of their progress and will let you know when our new and improved website will be unveiled!

**HLAA-GREATER RICHMOND CHAPTER
MEETINGS & ACTIVITIES**

March 14: Regular Meeting

Location: Beulah United Methodist Church, 6930 Hopkins Road, North Chesterfield 23234

Time: 10:30 am until 12:30 pm

April 11: No regular meeting due to activities on April 18.

April 18: VDDHH Focus Group Technology Blitz and Health Fair at Unity Christ Church of Bon Air (Special mailings will be sent out closer to the events.)

April 25: Statewide Membership Seminar for HLAA Chapter leaders in Virginia

Location: Beulah United Methodist Church, 6930 Hopkins Road, North Chesterfield 23234

Time: 10 am until 4 pm

CART services will be provided courtesy of Virginia Relay

May 9: Regular Meeting at Beulah United Methodist Church

Time: 10:30 am until 12:30 pm

June—August: No regularly scheduled meetings

Sept. 12: Regular Meeting at Beulah

Oct. 10: Regular Meeting at Beulah

Nov. 14: Apple Festival at Beulah

December: No regularly scheduled meeting

HLA-GR wishes to express its heartfelt thanks to Thom for his generous support of our group and its activities!

Thom Casey
Advanced Hearing Specialists

Cell: 539-1217
Email: Thom@AHSHearing.com
Website: www.AHSHearing.com

Proud sponsor of HLA-GR
“Quality In-Home Hearing Health Care”

HLA-GR wishes to express its heartfelt thanks to Lori for her generous support of our group and its activities!

Lori Klein Gardner, Au.D.
Hear Virginia
4922 A West Broad Street, Richmond
282-5590

Proud sponsor of HLA-GR
“Audiology & Hearing Aid Services”

Keep your HLA-GR newsletters and/or meeting notices for information about upcoming meeting dates and locations. The Richmond Times-Dispatch does not guarantee that notices for regularly scheduled meetings will always appear in their “Health Notes” section on Monday’s. Also check notices at HLAGreaterRichmond.com and on Facebook (search Hearing Loss Association of Greater Richmond.)

DON’T FORGET...SAVE YOUR PENNIES AND DEPOSIT THEM IN THE PENNY BOX



DISPLAYED AT ALL MEETINGS.
Thanks to all of you who have given so generously!

**HEARING LOSS ASSOCIATION OF AMERICA
GREATER RICHMOND CHAPTER
DUES & NEWSLETTER INFORMATION**

HLAA-GR dues are **\$12 per individual or family per year, payable in September**, and include a subscription to the Chapter newsletter. **Dues will be prorated for new members joining after September.** Fill out the form below (please print) and mail it with your check made out to “**HLAA-GR**” to:

**Hearing Loss Association of America
Greater Richmond Chapter
1911 Oakway Drive
Richmond, VA 23238**

Name: _____

Address: _____

City, State: _____ Zip: _____

Email: _____

Check one of the choices below:

- Please send my newsletter by email.
- Please send my newsletter by US mail.

Please note: Any contributions to HLAA-GR are tax-deductible. Donors may deduct contributions to HLAA-GR as they would contributions to any other 501(c)(3) charitable organization.

HAVE A QUESTION ABOUT HEARING AIDS OR COCHLEAR IMPLANTS?

Check our Facebook page or website, as well as the Resources page at the end of this newsletter. Even simpler (and much more fun), join us at our meetings!

The social time at our meetings may be the most valuable resource you will have regarding your hearing loss. Visit us and talk to people who have “been there and done that!”

“You are not alone!”

HLAA-GR CHAPTER CAN USE YOUR SUPPORT!

Many of our organization's supporters use inkjet and/or laser printers. The Hearing Loss Association of America, Greater Richmond Chapter is appealing to those people and asking you to SAVE and TURN IN your spent inkjet cartridges and laser printer cartridges to HLAA-GR Chapter. Our organization receives \$2.00 toward chapter expenses for every spent inkjet/toner cartridge turned in. We may turn in up to 20 cartridges each month. This goes a long way towards helping with our newsletter printing expenses, as well as providing supplies for the general functioning of our chapter.

Visit www.hearingimpaired.net for an excellent selection of "hearing impaired" products, including: lapel pins, bracelets, door plaques, stickers and decals, embroidered

NEED BROCHURES?

HLAA-GR Chapter will provide our chapter brochures to any audiologists/hearing health care professionals who request them. Please contact Linda Wallace at **239-9546** or GRHearingLoss@verizon.net about the quantity of brochures you would like to receive. This is a **FREE** service of HLAA-GR Chapter.

HLAA-GR Chapter members may pick up brochures at our meetings for display in area schools, libraries, and churches. Brochures were designed and produced courtesy of VA Relay.

Thank you, VA Relay, for your support!

HLAA MISSION STATEMENT

HLAA opens the world of communication to people with hearing loss by providing information, support, and advocacy. Our purpose is to advocate for people of all ages who have hearing loss, their family and friends, to enable them to meet their individual potential and to reduce their social isolation.

~ www.hearingloss.org

HLAA National Information

Hearing Loss Association of America membership benefits include:

- *Hearing Loss*, a bimonthly magazine
- Discounts on publications
- Latest information on hearing aids and assistive technology
- A national support network
- HLAA advocacy

HLAA is a 501(c)3 tax exempt non-profit organization. All donations and contributions to HLAA are tax deductible.

You can also subscribe to free HLAA Enews. Just send a blank email to SHHH-News-Subscribe@yahoogroups.com or visit HearingLoss.org and follow the links to subscribe to HLAA e-News.

The Hearing Loss Association of America is the nation's foremost membership and advocacy organization for people with hearing loss. Hearing Loss Association of America opens the world of communication to people with hearing loss through information, education, support and advocacy. The national support network includes the Washington CD area office, 13 state organizations, and 200 local chapters. Our clear, straightforward message has changed the lives of thousands of people. Hearing loss is a daily challenge you can overcome. You do not have to hide your hearing loss. You do not have to face hearing loss alone.

**Contact the national organization at:
www.hearingloss.org**

or

**Contact your local Greater Richmond
chapter at:
GRHearingLoss@verizon.net
804-239-9546**

DISCLAIMER:

Mention of goods, services, or individuals does not mean HLAA-GR endorsement, nor does exclusion suggest disapproval.

HLAA-GR CHAPTER MINUTES JANUARY 10, 2015

The January 10, 2015, Annual Business Meeting of HLAA-GR Chapter was called to order at 10:40 am. Those in attendance included: Alan Brown, HLAA-GR Vice President Emeritus; Joy Carlton; Thom Casey, HLAA-GR Professional Advisor; Brenda Eggleston, HLAA-GR Secretary; Matt Eggleston; Kevin Mowen; Liz Mowen; Nancy Quilici; and Linda Wallace, HLAA-GR President.

Following discussion, the motion was made, seconded, and passed to accept the 2015 slate of officers as presented: President, Linda Wallace; Vice President, Matt Eggleston; Treasurer, Casey Billups; and Secretary, Brenda Eggleston.

The motion to accept the Treasurer's Report as read was made, seconded and passed. Discussion ensued regarding the purchase of a portable room loop system for the chapter's use until the time an FM system can be purchased. Brenda and Matt Eggleston agreed to investigate the costs of portable room loop systems.

The motion to donate \$50.00 to Beulah United Methodist Church in appreciation for the use of a meeting room during 2014 was made, seconded, and passed.

Discussion ensued regarding the possibility of a chapter Hospital Kit Project. Linda Wallace agreed to contact the San Antonio, TX HLAA chapter and purchase one of their hospital kits for review by HLAA-GR. It was also agreed that Arva Priola would be contacted about a possible speaking engagement at HLAA-GR in 2015 to discuss HOH needs and hospital visits.

The motion to table the discussion of the formation of a Community Outreach Committee was made, seconded, and passed. To date, community outreach projects include VDDHH Focus Group on April 18; Healthy Living Fair at Unity Christ Church of Bon Air on April 18; and Winfree Memorial Baptist Church chapter presentation on October 6; Brenda Eggleston agreed to attend this function with Linda Wallace.

Suggestions for future HLAA-GR speakers included: Someone from HLAA National to

address the programs available to local chapters; police and firefighters (what training they have to work with HOH); Christine Ruderson (VDDHH); local audiologists.

Discussion ensued regarding possible grant funding for HLAA-GR. Alan Brown agreed to investigate possibilities

The motion to table discussion of chapter participation in the 2015 Walk4Hearing event in Washington, DC, was made, seconded, and passed.

Discussion ensued regarding the possibility of having permanent storage space for HLAA-GR materials available at Beulah United Methodist Church. Alan Brown agreed to check with the church for permission to have a storage cabinet for our use on the premises of Beulah. Thom Casey agreed to investigate finding a cabinet for such purpose.

The motion to adjourn the meeting at 12:45 pm was made, seconded, and passed.

Respectfully submitted,
Brenda Eggleston
HLAA-GR Chapter Secretary

DAYLIGHT SAVINGS TIME BEGINS

SUNDAY, MARCH 8.

**SET YOUR CLOCKS
FORWARD 1 HOUR**

BEFORE RETIRING SATURDAY NIGHT.

HLAA-GR ANNUAL DUES REMINDER

HLAA-GR dues are payable every **September**. The cost is **\$12** per individual/couple/family. That amounts to \$1 per month! Your dues payments help defray the costs of newsletter production, as well as the monthly expenses involved in running a chapter during the course of the year. HLAA-GR is a 501(c)3 nonprofit organization. Your donations to our chapter are tax-deductible.

Please consider becoming an HLAA-GR member or just simply making a donation!

HEARING AID ADVICE

(EXCERPTS FROM DR. KEITH ROACH'S COLUMN IN THE FEBRUARY 9, 2015, EDITION OF THE RICHMOND TIMES-DISPATCH)

"First, have realistic expectations about what a hearing aid can do. It does not make your hearing what it was 50 years ago."

"Second, find someone who really knows what he or she is doing. People whose technicians spent a lot of time teaching, discussing different options and adjusting [hearing aids] after purchase were the most satisfied."

"Third, be prepared to spend some money. Good hearing aids are expensive."

"Fourth, try many models." "Because it takes a long time to get used to them, you have to wear them pretty much constantly. Both your ears and your brain need time to adjust, so be patient."

"Finally, several people and one chapter president wrote to me about the Hearing Loss Association of America (www.hearingloss.org) and the benefit they gained from visiting their local chapter and sharing their experiences."

BOOMER TV SHOWS 50 YEARS AGO...

...Jeopardy; Flipper; Bewitched; Gomer Pyle, U.S.M.C; Peyton Place; Gilligan's Island; The Man from U.N.C.L.E.; and The Addams Family.

~ AARP Bulletin, Vol. 55, No. 2

In Memoriam...

HLAA-GR Chapter members extend their deepest sympathies to:

Norman Eva on the passing of his wife, Nina

Beverly Kibiloski on the passing of her husband, Laddie

Nina and Laddie were long-time HLAA-GR members and so very supportive of Norman and Beverly and their hearing losses.

We shall miss them.

COLDS AND ANTIHISTAMINES

Short-acting antihistamines, such as Benadryl, block the production of histamines and can relieve the symptoms of a runny, itchy nose, but can cause sleepiness. Longer-acting antihistamines such as Claritin, Zyrtec, and Allegra don't usually cause sleepiness. Talk to your doctor before using such products if you have glaucoma, an enlarged prostate, breathing problems, high pressure, or heart disease, or swallowing problems. **Consult your doctor before using any of these products.** ~ AARP Bulletin, Vol. 56, No. 1

DIFFERENCES BETWEEN BLUETOOTH AND HEARING LOOP TECHNOLOGIES

There is some confusion about the benefits of Bluetooth (BT) technology versus hearing loops. While BT technology can wirelessly connect hearing aids with a smartphone, iPad or TV transmitter, BT devices are not designed for settings where there is a large audience (like a theater or meeting hall). This is because BT devices only connect one-to-one and cannot be shared. BT technology and wireless BT clip-on microphones can benefit users in an intimate setting between two people like in a noisy restaurant or in a car; however, they currently do not have applications in larger venues. [Hearing loop technology is available for many different situations, from listening to an individual person to listening in large venues...hearing loop technology can be shared.]

Read more at: <http://www.listeningandspokenlanguage.org/HearingLoops/#sthash.ere3ZGer.dpuf>

~ Thanks to Anne W. Hughes, Educational Specialist for Deaf and HOH Services, VCU

HLAA-GR SEEKING A VOLUNTEER...

HLAA-GR is looking for someone to head a project identifying hearing accessible locations in the Greater Richmond Area. We are frequently asked for a list of hearing accessible locations such as theaters, courts, churches, museums, etc. At present, we do not have such a list.

We are looking for someone willing to head such a project and ultimately compile a list that can be edited as needed. What facilities have loop systems, FM or infrared systems? This is the information people are asking for...we need to provide that information.

If you are interested in spearheading such a project, please contact Linda Wallace at:
804-239-9546
GRHearingLoss@verizon.net

HLAA-GR CHAPTER EVENTS IN APRIL

Our Chapter will be participating in 2 events in April, in lieu of our regular meeting. Our chapter will **NOT meet on April 11**. Instead, we will have 2 events to attend on **April 18**: Health Fair at Unity Christ Church of Bon Air and a Focus Group Meeting at VDDHH. We will need to divide and conquer for both of these events!

The Health Fair at Unity will run from 9 am to 4 pm. A time has not yet been established for the Focus Group Technology Blitz at VDDHH, being held the same day. Special mailings will go out closer each event, with specific details.

We will need volunteers for both events. Thom Casey will be at the Unity Church event to provide free hearing screenings; we will also have an informational booth at this event. We also need members to attend the Focus Group meeting at VDDHH to assess equipment under consideration for inclusion in their Technology Assistance Program.

It is extremely rare that we have 2 events scheduled on the same day! But, with planning, we will have both events covered. Plan to join us at our March 14 meeting at Beulah United Methodist Church to finalize plans for these 2 events. Hope to see you at Beulah on March 14. **Both events scheduled for April 18 are so very important!**

VIRGINIA RELAY ADVISORY COUNCIL

Linda Wallace, Hearing Loss Association of America—Greater Richmond Chapter (HLAA—GRC) President, will serve on the Virginia Relay Advisory Council (VRAC) as a consumer member representing Hearing Loss of America Virginia Chapters. She will replace Kathi Mestayer, HLAA-GRC member from Williamsburg, whose term expired the end of 2014.

The next VRAC meeting will be held on Thursday, **March 26**, at the Virginia Department for the Deaf and Hard of Hearing, 9 am until 3 pm. Anyone with questions/concerns/comments regarding Virginia Relay services is asked to contact Linda Wallace at 804-239-9546 or GRHearingLoss@verizon.net prior to March 26.

VETERANS PROGRAM FROM VDDHH

If your hearing loss or speech loss prevents you from using a standard telephone, honorably discharged veterans may be eligibly qualified for no-cost telecommunication equipment, such as TTYs or captioned phones.

For more information, please contact the VA Department for the Deaf and Hard of Hearing at:

804-662-9502 (Voice/TTY)

or

1-800-552-7917 (Voice/TTY)

GOT TINNITUS?

At least 2 hearing aid manufacturers (Widex and Phonak) are producing hearing aids with "Zen Technology." This technology, along with training techniques from your hearing aid provider, trains your brain to divert your attention from all the roaring, buzzing, clicking noises you hear. Ask your audiologist or hearing aid specialist about this new technology. It is not a panacea...you need to work closely with your hearing aid provider and/or audiologist!

SPEECHREADING VIDEOS AND WORKBOOKS AVAILABLE AT HLA-GR

For those wanting to pursue speechreading (lipreading) study at home, HLAA-GR Chapter has 2 copies of the "Sound Ideas" self-study program we use at our meetings. There are many speechreading tutorials on the market today... "Sound Ideas" is one of the best, to our chapter's way of thinking! If you would like to reserve a copy for your personal use, please contact Linda Wallace at **804-239-9546** or **GRHearingLoss@verizon.net** and you can pick up your copy at our next meeting.

"YOUR GUIDE TO TINNITUS"

The Better Hearing Institute now has "Your Guide to Tinnitus" by Richard Tyler, Ph.D., of the University of Iowa.

You can print out a PDF copy of "Your Guide to Tinnitus" at:

www.betterhearing.org/request_information.cfm

~ Thanks to Cheryl Heppner, Northern VA Resource Center for Deaf and Hard of Hearing Persons

2015 HLAA-GR Officers

President.....Linda Wallace
GRHearingLoss@verizon.net
Vice-President.....Matt Eggleston
Mleggleston@gmail.com
Vice President Emeritus.....Alan Brown
Secretary.....Brenda Eggleston
BBEggleston@gmail.com
Treasurer.....Casey Billups
NCBillups@gmail.com

MULTIPLE-YEAR HLAA NATIONAL MEMBERSHIPS NOW AVAILABLE

Individuals may now join or renew their memberships for one, three, or five years at a time.

The rates for individual memberships in the United States are:

- One year: \$35
- Three years: \$95
- Five years: \$140

With membership in HLAA, you receive *Hearing Loss Magazine* six times a year both in your mailboxes and online. When you join HLAA, you become part of a growing constituent of people with hearing loss. The Hearing Loss Association of America represents 36 million people with hearing loss in the United States. HLAA works on policies and legislation particular to you. Please join us.

CONSIDERING A COCHLEAR IMPLANT?

The Hearing Loss Association of America has prepared a booklet about cochlear implants and if they may be right for you. "**Exploring a Cochlear Implant**" is a comprehensive educational guide designed to help you reach the right decision for your hearing loss needs.

This booklet is available at all HLAA-GR meetings.

CHRISTINE GILMORE EUBANKS, PHD., CCC-A
Director, Virginia Commonwealth
University Hearing Center
MCV/Nelson Clinic, Audiology (Room 304)
403 North 11th Street
PO Box 980150
Richmond, VA 23298-0150

804-828-0431
FAX: 804-628-0950
TOLL FREE: 1-800-762-6161

mailto:ceubanks@mcvh-vcu.edu
http://www.audiology.vcu.edu
http://www.cicenter.vcu.edu

MAKE USE OF HLAA-GR RESOURCES

Our chapter has a wide range of resources and/or devices for our members to take advantage of! We have books, training videos, assistive technology devices, telephones...all at your disposal.

Simply contact Linda Wallace at 804-239-9546 or GRHearingLoss@verizon.net and let her know what you are interested in. We will see that the resource/device will be available for you to pick up at our next meeting.

Our chapter has a variety of books available for you to borrow. If you will let us know what you are interested in, we will do our best to accommodate your request.

**HLAA-GR is here to help you...
take advantage of our resources!**

NEED \$\$\$ FOR ASSISTIVE TECHNOLOGY?

Contact the Assistive Technology Loan Authority at **1-866-835-5976** or at **www.atlfa.org**.

The mission of ATLFA is to promote alternative funding resources for Virginians with disabilities to get assistive technology that can enhance your independence and improve your quality of life!

PURCHASING A HEARING AID

The Hearing Loss Association of America has produced a fact sheet on "**Purchasing a Hearing Aid: A Consumer Checklist.**" The fact sheet contains a comprehensive list of questions to ask during the purchase process and covers the areas of testing, dispensing, and disclosure. Copies of the fact sheet are available at all HLAA-GR chapter meetings

HLAA-GR is always looking for articles of interest to our members to publish in our newsletter. If you find an article you would like to have included, please contact Linda Wallace at GRHearingLoss@verizon.net

HLAA VIRGINIA CHAPTER LEADERS CHAPTER BUILDING SEMINAR TO MEET AT HLAA-GR CHAPTER

The Hearing Loss of America—Greater Richmond Chapter will host the HLAA Virginia Chapter Leaders Chapter Building Seminar to be held on **April 25**, 10 am until 4 pm, at Beulah United Methodist Church, 6930 Hopkins Road, North Chesterfield 23234. The seminar will be held on the 2nd Floor of the Fellowship Building located behind the Church.

Don Doherty, HLAA-Virginia Beach Chapter President and HLAA State Chapter Coordinator for Virginia, and **Ed Ogiba**, HLAA Director of Chapter Development, spoke at length about the presentation of such a seminar in our area. Ed plans to address such topics as building and maintaining chapter membership, as well as other issues particular to specific chapters.

CART services will be provided for the seminar courtesy of Virginia Relay.

For more information, contact **Linda Wallace** at **804-239-9546** or **GRHearingLoss@verizon.net**

Why Join the HLAA Greater Richmond Chapter?

By joining a group of people with the same problem, we find that **we are not alone** in what we are facing. Through sharing concerns, gaining information and making friends, we find better ways to look at and deal with hearing loss. Meeting topics include demonstrating assistive devices, teaching coping skills, and educating people of all ages in dealing with hearing loss. You will find support, friendship, and understanding at our meetings. We encourage you to come and see for yourself how important it is for hard of hearing people to meet and to provide encouragement for one another.

RESOURCES

MELISSA ALBRIGHT, Au.D.
Doctor of Audiology

Virginia ENT Associates
3450 Mayland Court
Richmond, VA 23233
804-484-3752

LEAH BALL, Au.D.
Doctor of Audiology

Richmond Hearing Doctors, PLLC
7301 Forest Avenue
Suite 202
Richmond, VA 23226
804-282-0022

JANET HILES BRETT,
Au.D, CCC-A
Doctor of Audiology
Hanover Audiology, PLLC
7484 Lee Davis Road
Mechanicsville, VA 23111
804-789-1764 FAX:804-789-1762

THOMAS A. CASEY, M.S., CCC-A/F-AAA
Audiologist

Advanced Hearing Specialists, Inc.
P. O. Box 4235
Midlothian, VA 23112

Phone: 804-539-1217
Email: Thom@AHShearing.com
Website: www.AHShearing.com

“Quality In-Home Hearing Health Care”

DANIEL H. COELHO, M.D.

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EMMETT L. JONES, Ph.D.

**Deaf & Hard of Hearing
Community Counseling Services**
1503 Santa Rosa Road, Suite 211
Richmond, VA 23229
804-282-1943 Voice 804-282-1944 TTY

SHANTELL D. LEWIS, Au.D.
Doctor of Audiology

**Virginia Professional Hearing
Healthcare Center**
620 Moorefield Park Drive, Suite 100
Richmond, VA 23236
804-330-1350

HEARING CLINICS OF VIRGINIA

2048 John Rolfe Parkway
Richmond, VA 23238
Phone: 804-353-9780
FAX: 804-358-0301

VIRGINIA DEPT. FOR THE DEAF & HARD OF HEARING

1602 Rolling Hills Drive, Suite 203
Richmond, VA 23229
804-662-9502 V/TTY
or 1-800-552-7917 V/TTY

CHRISTINE RUDERSON

Technology Programs
Email: christine.ruderson@vddhh.virginia.gov

**HEARING LOSS ASSOCIATION
OF AMERICA
MEMBERSHIP INFORMATION**

Membership benefits include a subscription to *Hearing Loss Magazine*, discounts on publications, up-to-date information on hearing aids and other assistive technology, coping strategies, and much more.

To become a member of HLAA, fill out the adjacent form and mail it, along with your check for the appropriate amount, made out to "HLAA," to:

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

Application for Membership

Name: _____

Address: _____

City, State: _____ Zip: _____

\$35 (individual) \$20 (student)

\$45 (couple/family)

(Important: Write "Membership Dues" on the bottom of your check.)

 **Hearing Loss
Association**
of America
Greater Richmond Chapter
**1911 Oakway Drive
Richmond, VA 23238**

