



Hearing Loss
Association
of America
Greater Richmond Chapter



Summer 2015

GRHearingLoss@verizon.net

804-239-9546

HLAAGreaterRichmond.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, September 12**, 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 is free and open to the public. We encourage you to bring a friend or family member with you to all meetings. A variety of assistive listening devices will be available for your use during the meeting.

Our special guest speaker for this meeting will be **Arva Priola, disAbility Resource Center, Fredericksburg**. Arva, a long-time supporter of HLAA-GR, will give a presentation on your rights and responsibilities for hospital stays. She will also advise our chapter as to how to best proceed with our Hospital Kit Project. Arva was instrumental in getting Fredericksburg area hospitals to be hearing friendly...we can certainly learn from her experience! Mark your calendars so we can give Arva a huge welcome on her return to present at our Greater Richmond HLAA chapter.

Have a wonderful, fun, and safe summer and we look forward to seeing you in September.

Please plan to join us on September 12 for what promises to be a wonderful meeting!

For more information, contact:

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

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

June—August: No regularly scheduled meetings

September 12: Regular Meeting
Special guest speaker: Arva Priola, disAbility Resource Center, Fredericksburg, will give a presentation on hospital visit rights and responsibilities and advise the chapter regarding our Hospital Kit Project.

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

Time: 10:30 am until 12:30 pm

October 6: Chapter presentation at Winfree Memorial Baptist Church, Midlothian, 11:30 am until 1:00 pm.

October 10: Regular Meeting
Special guest speaker: Dr. Shantell Lewis, Virginia Professional Hearing Healthcare Center, Richmond, will give a presentation on the latest developments in tinnitus therapies, as well as address any questions you may have regarding your hearing loss.

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

Time: 10:30 am until 12:30 pm

November 14: Apple Festival at Beulah. Our chapter will have an information booth at this event. We will need volunteers! If history repeats itself, you will need to dress warmly!

December: No regularly scheduled meeting due to the Holidays.

January 9, 2016: Regular meeting at Beulah.

HLAA-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 HLAA-GR
“Quality In-Home Hearing Health Care”

HLAA-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 HLAA-GR
“Audiology & Hearing Aid Services”

Keep your HLAA-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
*Also check notices on our website, **HLAAGreaterRichmond.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 patches, signs, iron-on transfers, and tote bags.

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.

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 e-News. 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 DC 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.

WELCOME TO HLAA-GR, LARRY!

Please welcome **Larry Herbert** as the newest member of our HLAA-GR family! Larry arrived at our May 9 meeting with his sleeves rolled up, ready to work...and became a member of our chapter on the spot! Larry comes to our chapter with a wealth of experience in working with local HLAA chapters. He volunteered to take on the daunting task of documenting HOH accessible venues in the Greater Richmond area. The results of his research will be published on our website and Facebook. A hard copy will be available at our meetings. This project will be on-going and continually updated with the latest information.

**Thank you, Larry, for your
support and guidance!
Welcome to HLAA-GR!**

Dealing with the High Costs of Hearing Aids

AARP offers some helpful suggestions for paying for your hearing aids...when the Affordable Care Act (ACA), Medicare, or other insurances will not. In addition, some states include hearing aids in Medicaid benefits. Veterans and federal employees are usually entitled to hearing aid coverage. Some Medicare advantage plans include hearing aids. Visit aarp.org for more information.

The ACA is still in its early days, and individual states may change their policies in response to advocacy from hearing loss consumer groups, such as the Hearing Loss Association of America (HLAA). As HLAA notes: "It will take forethought, good planning and some roll-up-your-sleeves advocacy for those willing to increase hearing aid coverage under the ACA."

*~ Don Doherty, HLAA-Virginia Beach Chapter
President and HLAA Virginia State
Chapter Coordinator*

WHAT DO I SAY?

When asked about our local HLAA Greater Richmond Chapter and what it does, what do you say? We have a 15 second "elevator speech" all ready for you! Ask about it at our September 12 meeting!

HLAA WALK4HEARING IS 10 YEARS OLD

The Hearing Loss Association of America (HLAA) is celebrating ten years of Walk4Hearing, having grown substantially with 21 walks across the country currently scheduled. But now they would like to reach out to the larger HLAA community to ensure that this event continues to be a success for years to come.

There are many ways to participate in Walk4Hearing, from walking on the day of the event, donating to a walker anywhere in the country, or simply helping to spread the word.

Our HLAA-GR chapter would like to be able to participate in the event which will be held in Washington, DC, on Saturday, October 24, 2015. From our past participation, we learned that it is very expensive to be a part of this nation-wide fundraiser for HLAA. We will be discussing the possibility of our participation at our September 12 meeting...we may need to defer participation for another year in order to accumulate the funds necessary.

For more information about Walk4Hearing, please go to walk4hearing.org.

HLAA-GR HOSPITAL KIT PROJECT

Many HLAA chapters over the years have led the charge in their communities by creating hospital kits for improved communication access in a hospital stay/visit situation. HLAA-GR is meeting this challenge by starting its own Hospital Kit Project for the Greater Richmond area.

**Join us on September 12 as we continue
work on this much needed project.**

HLAA EMPLOYMENT TOOLKIT

Looking for work, landing a job, and keeping your job can be difficult under the best of circumstances, but it can seem to be minefield if you have a hearing loss. There are ways to be successful at the workplace with a hearing loss. But you need the right tools, do your homework, find out what's right for you and for your employer, and find ways to successfully advocate for yourself.

You May Need an Employment Toolkit

Anyone who has any degree of hearing loss deals with a number of unknown issues and faces many anxieties when it comes to finding a job or being successful on the job. HLAA has developed an "Employment Toolkit" to provide information about the workplace for people with hearing loss.

To download the entire "Employment Toolkit," go to HearingLoss.org>Hearing Help tab>Workplace tab and click to download.

"Hearing loss may change your life, but your life need not be any less rewarding and fulfilling because you have a hearing loss."

~ Neil Bauman, Ph.D.

HEARING LOSS 101: HOMEWORK ASSIGNMENT

List the variety of things we can do to compensate for hearing loss and capitalize on our residual hearing under the following 3 categories:

- Technology/Assistive Listening Devices
- Communication Behavior/Strategies
- Emotion Reaction

Write down your answers (or questions) and bring them with you to our HLAA-GR chapter meeting on **January 9, 2016**. You have plenty of time to consider and complete this assignment. You will be reminded of this assignment in future newsletters and/or meeting announcements! We want to hear from you!

DRIVER TO HLAA-GR MEETINGS NEEDED

A woman with hearing loss, new to the Greater Richmond area, is in need of a driver to and from our meetings. She lives in Glen Allen and is willing to pay for transportation. Anyone in the Glen Allen area who could help her attend our meetings/activities is asked to please contact Linda Wallace for details at 804-239-9546 or GRHearingLoss@verizon.net for details.

VRAC MEETING IN OCTOBER

The next **Virginia Relay Advisory Council** meeting is scheduled for Thursday, **October 8, 2015**. The Council's agenda will focus on the new relay contract with Hamilton Communications and all the new features and technology it will provide Virginia Relay users. The meeting will also include the latest information on Virginia's implementation of Text to 911 emergency services. Anyone, **Deaf or hard of hearing who uses Virginia Relay services**, with questions/comments regarding these issues is asked to contact Linda Wallace **prior to October 8**. As a member of the Council, she will voice your questions/concerns/comments regarding Virginia Relay services.

Contact Linda Wallace at
804-239-9546

or

GRHearingLoss@verizon.net
prior to October 8.

OSTEOPOROSIS LINKED TO DEAFNESS

People with osteoporosis may be almost twice as likely to develop sudden hearing loss, compared to people without the bone disease, according to researchers in Taiwan. The cause of this sudden deafness is unknown. The rapid loss of hearing typically affects one ear. Typical risk factors include cardiovascular disease, high blood pressure, kidney disease, and diabetes.

The current study is the first to look at osteoporosis as a risk factor in hearing loss.

For more information, visit Newsmax.com.

*~ Northern Virginia Resource Center for the Deaf
and Hard of Hearing; May 12, 2015*

SPEECHREADING VIDEOS AND WORKBOOKS AVAILABLE AT HLAA-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
Mleggleston1@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-GR WISHLIST

Beulah United Methodist Church has given permission for our chapter to have a storage cabinet on their premises for chapter materials and supplies. We are still searching for a tall metal cabinet with shelves, that can be fitted with a lock, for this purpose. We are checking with thrift stores, consignment shops, and business surplus businesses trying to locate such a cabinet at a reasonable cost. Anyone locating a cabinet is asked to contact HLAA-GR as soon as possible. (See contact information on Pages 1 and 7 of this publication.)

FIVE FACTS ABOUT HEARING LOSS & HEARING AIDS THAT MAKE USING LOOP SYSTEMS IMPORTANT!

1. Hearing aids do not correct hearing loss to normal.
2. Hearing aids are only effective for distances up to six feet.
3. The intelligibility of speech decreases as the distance increases.
4. Loss of sound volume is not the only problem.
5. Background noise is a killer.

For more information, go to **hearinglosshelp.com** and read the entire article.

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, improving communication 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 each 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.

Assistant Professor
Cochlear Implant Surgeon
Division of Otolaryngology & Neurotology
Dept. of Otolaryngology, Head & Neck Surgery

VCU Medical Center
Nelson Clinic
403 N. 11th Street, 7th Floor
Richmond, VA 23298
Phone: 804-628-4368
FAX: 804-828-8299

and
8700 Stony Point Parkway
Suite 220
Richmond, VA 23235
Phone: 804-323-0830
FAX: 804-323-0829

LORI KLEIN GARDNER, Au.D.
Doctor of Audiology

Hear Virginia, LLC
4922 A West Broad Street
Richmond, VA 23230
804-282-5590
www.hear-virginia.com

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**

