



**Hearing Loss Association of America**  
San Diego Chapter

**HEAR THIS !**  
*(It's Personal)*  
by Marilyn Weinhouse

**PROGRAMS**

**President's Corner**



Happy New Year everyone!

This month we are lucky to have long-time member Larry Sivertson

give us an introduction to speech reading based on his yearly six-week class. See back page for some speech reading facts.

Don't forget; see Bill Zitrin for the HLAA brochures you can hand out!

**HLAA-SD Steering Committee Officers:**

- President: Bonnie Eggert-Zitrin
- Vice President: Char Sivertson
- Treasurer: Bill Zitrin
- Secretary: Larry Sivertson

**Board Members:**

- Dolli Cutler
- Joan Padilla
- Christy Stolzer
- Marilyn Weinhouse

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If you are not an HLAA member, you can sign up any time. Membership is good for one year from date you join.

**How much does membership cost?**

Yearly dues are \$35 individual or \$45 couple. Make checks out to "Hearing Loss Association of America" and notate on the check \*for San Diego Chapter.\* Checks will be collected and we will send them to National, which will then send us \$10 back for each membership. Or mail to HLAASD, P.O. Box 2810, Alpine, CA 91903.

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**HLAA Web Sites:**

- <http://hearinglosssandiego.org/home>
- <http://www.hearingloss.org/>
- Facebook: <http://tinyurl.com/34x87dg>

**NEW:** Marilyn W. has started a Yahoo Group forum for discussion and support for people with hearing loss. The more people that join, the better it will be! You can post a question and it will go out to all the members and hopefully you will get some helpful replies. With our collective knowledge and experience, we should be able to become a valuable resource for our community.

If you would like to join this group, please send Marilyn an e-mail (<mailto:mxweinhouse@aol.com>) and I will send you an "invitation". Or you can go to: [http://health.groups.yahoo.com/group/hard\\_of\\_hearing/](http://health.groups.yahoo.com/group/hard_of_hearing/) and join.



**Member Spotlight**

Since one of the great things about this group is knowing each other, we showcase members in our newsletter. This month it is:

**Anne Herman**

Anne Herman is an extraordinary example of overcoming obstacles! At the age of 18, Anne was in a car accident and suffered a spinal cord injury that left her paralyzed and wheelchair bound. Nevertheless, Anne pursued her dreams and enjoys a long list of accomplishments.



Anne is a social worker with a MS degree in counseling, a disability advocate, wife, mother and former Paralympic athlete. Her past positions include: deputy director of an independent living center, state department of rehabilitation counselor, college counselor for disabled students services, and many volunteer activities. Anne also facilitated the Challenged Women's Support Group at Sharp Rehabilitation Center and has been a public speaker and published articles in her field. Anne was a three-time USA Paralympic Swim Team Member and a Pan American Wheelchair Team member.

Anne is originally from Michigan where she met her husband, Paul, who also has a spinal cord injury. They moved to San Diego in 1974 and have one son, Donald. Ann began to lose her hearing about 15 years ago. She has been attending the HLAA-SD meetings for about 10 years and finds the group very helpful. Knowing other people with a hearing loss, making supportive, understanding friends and the informative programs have helped Anne cope with her hearing loss.

Anne's biggest support is her husband, Paul. They have both recently retired, but she keeps active with her volunteer work, adaptive snow-skiing, wheelchair ballroom dancing and swimming laps 4 time/week!

Thanks for sharing your inspirational life with us, Anne!



**Please send your newsletter news to:**

Marilyn Weinhouse [xweinhouse@aol.com](mailto:xweinhouse@aol.com)

**HLAA San Diego 2011 Meetings (subject to change):**

**January 15.** Our own Larry Sivertson talks about speech reading, formerly known as lipreading. Fun and games!

**February 19.** Roberta Smith from Deaf & Disabled Telecommunications Program (DDTP) will be talking about all the great phones available through the California Telecommunications Access Program (CTAP), which provides phones at **no cost** to Californians with hearing loss.

**March 19.** Audiologist Linda Oliver will be discussing the latest in hearing aid technologies, what we can expect in the near future, and how to get the most out of your hearing aids.

**April 16.** Dawna Mills from the House Ear Institute will discuss the latest in Cochlear Implant technology, who is a CI candidate, and what to expect as you go through the process.

**May 21.** Our own Marilyn Weinhouse presents on assistive technology, a field changing so fast it's hard to keep up!

**June 18.** To be decided.

**July 16.** We'll have an ice cream social at our July meeting. This is a great opportunity to chat with folks and get to know each other a little better.

**August 20.** No meeting in August

**September 17.** Annual picnic with indoor and outdoor activities.

**October 15.** Jennifer Raulie, a Bionic Ear Association Manager, will tell us about the Advanced Bionic device as well as the new 'Clear Voice' technology.

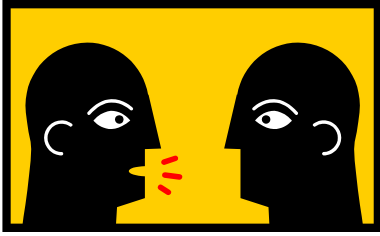
**November 19.** We'll have a discussion of how people with hearing loss and their families can cope with the holidays.

**December 17.** Holiday Brunch and White Elephant Gift Exchange! Our holiday brunch is always amazing.

## Speech Reading

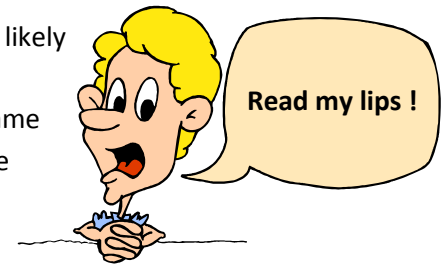
### What is Speech Reading?

*From Wikipedia, the free encyclopedia*



People with normal vision, hearing and social skills unconsciously use information from the lips and face to aid aural comprehension in everyday conversation, and most fluent speakers of a language are able to speechread to some extent. Each speech sound (phoneme) has a particular facial and mouth position (viseme), although many phonemes share the same viseme and thus are impossible to distinguish from visual information alone. Sounds whose place of articulation is inside the mouth or throat are not detectable, such as glottal consonants. Voiced and unvoiced pairs look identical, such as [p] and [b], [k] and [g], [t] and [d], [f] and [v], and [s] and [z] (American English); likewise for nasalisation. It has been estimated that only 30% to 40% of sounds in the English language are distinguishable from sight alone; the phrase "where there's life, there's hope" looks identical to "where's the lavender soap" in most English dialects. Author Henry Kisor titled his book *What's That Pig Outdoors? A Memoir of Deafness* in reference to mishearing the question, "What's that big loud noise?" He used this example in the book to discuss the shortcomings of speechreading.

Thus a speechreader must use cues from the environment and a knowledge of what is likely to be said. It is much easier to speechread customary phrases such as greetings than utterances that appear in isolation and without supporting information, such as the name of a person never met before. Speechreaders who have grown up deaf may never have heard the spoken language and are unlikely to be fluent users of it, which makes speechreading much more difficult. They must also learn the individual visemes by conscious training in an educational setting. In addition, speechreading takes a lot of focus, and can be extremely tiring. For these and other reasons, many deaf people prefer to use other means of communication with non-signers, such as mime and gesture, writing, and sign language interpreters. When conversing with a speechreader, exaggerated mouthing of words is not considered to be helpful and may in fact obscure useful clues. However, it is possible to learn to emphasize useful clues — this is known as lip speaking.



Other difficult scenarios in which to speechread include:

- lack of a clear view of the speaker's lips. This includes obstructions such as moustaches or hands in front of the mouth; the speaker's head turned aside or away; bright light source such as a window behind the speaker.
- group discussions, especially when multiple people are talking in quick succession.

Speechreading may be combined with Cued Speech; one of the arguments in favor of the use of cued speech is that it helps develop lip reading skills that may be useful even when cues are absent, i.e., when communicating with non-deaf, non-hard of hearing people.

Quote from the *Listening Eye*, Dorothy Clegg, 1953, "When you are deaf you live inside a well-corked glass bottle. You see the entrancing outside world, but it does not reach you. After learning to lip read, you are still inside the bottle, but the cork has come out and the outside world slowly but surely comes in to you."

