

 Hearing Loss Association of America of America San Diego Chapter	HEAR THIS ! (It's Personal) by Char Sivertson	PROGRAMS
 <p>President's Corner – Marilyn Weinhouse</p> <p>Welcome everyone! I'm so glad to see new people coming to our meetings! Some of you may not know that HLAA used to be called "SHHH – Self Help for the Hard of Hearing." That is a good description of what we are trying to do here - create a supportive environment for each other as we all deal with the challenges of living with hearing loss.</p>  <p>To help us reach that goal, we are fortunate to have Dr. Sven Schild here today. Dr. Schild will help us learn to better manage stress and share some of his research related to trauma and hearing loss.</p> <p>Next month audiology students from SDSU will tell us about their training process and we can give them some feedback on our good and bad experiences with audiologists.</p> <p>*****</p> <p>HLAA-SD Steering Committee Officers: President: Marilyn Weinhouse Vice President: Char Sivertson Treasurer: Dianne Laviolette Secretary: Larry Sivertson Steering Committee: Dollie Cutler, Dale Laney, Joan Padilla, Iris Platnik</p> <p>*****</p> <p>There are benefits to joining HLAA National. If you want to join, you can sign up or renew at any time. Membership is good for one year from date you join.</p> <p>How much does membership cost? Yearly dues are \$35 individual or \$45 couple. You can download a membership form at http://www.hearingloss.org/</p> <p>Send your completed forms to us and we will forward to National:</p> <p>HLAA-SD 5663 Balboa Ave #357 San Diego, CA 92111</p>	 <p>Julia Marsh</p> <p>As many of you already know, Julia Marsh died Wednesday February 8.</p> <p>Julia attended several of our meetings and joined us on a hike at Mission Bay.</p> <p>In her thirty-four years, she had already survived a host of medical problems, including hearing loss. But in spite of her indomitable spirit, this final cancer was merciless, inescapable.</p> <p>At her service, people used the same words to describe her: happy, always positive, always caring. Even when she was so ill. She was a dentist and loved helping people.</p>  <p>She loved her family and friends and had a special place in her heart for dogs, volunteering to find them foster homes.</p> <p>The hearing loss was difficult for her, which is no surprise to us. It affected her relationships, her work, her hopes for finding her soul mate.</p> <p>She had a cochlear implant but her anatomy caused problems and she was re-implanted in a long, treacherous operation as the surgeon struggled to drill deep enough to find her cochlea. It was during this time she found the lump behind her other ear.</p> <p>It is humbling to think of what she endured. She was a role model for making the most of life, loving life, dealing with each adversity with grace and courage.</p> <p>Julia, you died too young, I am one of many who will never forget you.</p> <p>For Whom The Bell Tolls by John Donne</p> <p>No man is an island, Entire of itself. Each is a piece of the continent, A part of the main. If a clod be washed away by the sea, Europe is the less. As well as if a promontory were. As well as if a manor of thine own Or of thine friend's were. Each man's death diminishes me, For I am involved in mankind. Therefore, send not to know For whom the bell tolls, It tolls for thee.</p>	<p>HLAA San Diego 2012 Meetings (subject to change):</p> <p>Check for updates at www.hearinglosssandiego.org</p> <p>January 21 – Stacy Rogers, Camille Jenkins, and "Rico" from Med-EI – Hearing Implant Devices</p> <p>February 18 - Dr. Sven Schild – Clinical Psychologist – is speaking about a topic that is relevant to all of us: stress! Fluent in ASL, he has done research on trauma exposure and symptoms in deaf adults.</p> <p>March 17 – SDSU Audiology Students – Audiology Training Program. Learn about the type of hands-on experiences they have before graduating, specialties within audiology, and the differences between audiologists and hearing aid dispensers.</p> <p>April 21 - Jamie Machotka, WCI Outreach Supervisor – CapTel and Assisted Listening Devices</p> <p>May 19 – Alec Graham, West Coast Audiology - Latest developments in hearing aids.</p> <p>June 16 – Pam Chapman – Executive Director, Tierra Santa Village - Senior Village Concept</p> <p>July 21 – Dr. Art Pammenter – Clinical Psychologist – Living with Tinnitus</p> <p>August 18 - Karen Wilson – National Center for Deaf Advocacy; Cindi Cassady - Deaf Community Services – Local resources for deaf and hard of hearing.</p> <p>September 15 – Jennifer Raulie – Advanced Bionics – Cochlear Implants</p> <p>October 20 – HLAA 2012 Convention Highlights</p> <p>November 17 – Thanksgiving Potluck</p> <p>December 15 – White Elephant Gift Exchange and Holiday Songs</p> <p>Think about attending the 2012 HLAA Convention June 21-24 in Providence, Rhode Island. For more info: http://www.hearingloss.org/content/convention</p> 

News from Marilyn's Blog:

[HLAA Message Boards/Chat Rooms](http://www.myhearingloss.org/) - <http://www.myhearingloss.org/>

HLAA has a HUGE forum for discussion on their website in the [Message Boards and Chat Rooms](#) section where you can connect with other people with hearing loss. This online community is designed to *"... give you support, ideas, new friendships, advocate when needed and so much more. You don't have to walk through life with hearing loss alone, join us!"*

There are literally hundreds of topics related to hearing loss and even some "off topic" chats.

I like the "Laughter is the Best Medicine" section. Here's a good one from there:

A woman thought her husband was losing his hearing but was too proud to admit it. One day, as he was on his recliner watching the ballgame, she walked away to the farthest room of the house and said, "Ed, can you hear me?"

Getting no reply, she moved a room closer to him and again asked, "Ed, can you hear me?" and was stunned when he didn't answer at all.

Deciding to "go big or go home", she walked right up to the back of his recliner and said, "Ed, can you hear me?"

Ed answered, "For the THIRD time, YES!!!!" 😊

UPcoming Events and News (share with friends and families!)

National Convention ! See first page for information. Visit [HLAA San Diego](#) for ongoing events.

Final Notes – Report on Cochlear Hearing Health Fair:

Last month, Joan Padilla, Corrine Brown and Susan Almond attended an HLAA booth at this health fair. Below is a report.

Joan Padilla: "The Cochlear Hearing Health Seminar went very well. We spoke to several people who are isolated due to their hearing loss. I stressed the importance of our HLAA group and invited many to attend our meetings. We had some returning back to our booth saying they will come. Also, spoke to Dr. Holtel and his audiologists from Sharp Rees-Stealy Medical Center. They requested our information to give to patients and acknowledged the importance of our group. The set up was over the top and spoke with several other participants. Provided were Starbucks coffee, bagels, juices, fruits, etc.... :) The Cochlear staff was wonderful and very easy to speak to. I was totally amazed and recommend we participate again if we are asked."

Corrine Brown: "I agree with what Joan said - it was a great way to spread the word about our organization. Because there were three of us, we could wander to other booths and mention our organization in conversation too. I had a chance to tell people about my experience of learning about neckloops from HLAA meetings and even show several people how they can be used with phones at the CTAP booth and show them my Pocket Talker (handing them Hear Gear flyers of course as a resource to purchase Pocket Talkers and other assistive listening equipment).

As Joan told you, the audiologists in Sharp hospital came to our booth to find out what resources we have - many of the booths shared experience - there was a sense of camaraderie. We were next to the CTAP, Hamilton relay and a hearing dog booth so I was able to share how all of those resources have helped me. I know Susan did the same while Joan was gracious enough to stay at our booth while Susan and I attended the seminar on CI's. I learned so much!!

Thank you for giving me the opportunity to represent our organization and special thanks to Joan for letting Susan and I attend the seminars!

*If you are looking for past news, these newsletters and events are always found on our HLAA SD website.

HLAA San Diego:

<http://hearinglosssandiego.org>

HLAA National:

<http://www.hearingloss.org>

Facebook:

<http://tinyurl.com/34x87dg>