



## *President's Message*

January 2012



### **New Year Resolutions For Better Hearing**

The New Year offers each of us an opportunity to significantly improve our hearing if we have the resolve to explore new approaches. Here are 10 suggestions.

**1. Learn to communicate with family, friends & the community.** *People are our lifeblood. Practice effective communication strategies by focusing on the positive things and situations you can do and handle. Our Jan. 18 meeting will teach you how.*

**2. Advocate for your hearing needs.** *Make others aware that you are D/HH. Ask them to face you when speaking. Learn much more at our Jan. 18 meeting.*

**3. Get the support you need.** *Join HLAS for our monthly meetings. Take advantage of the free peer mentor services of Joan Haber (921-9197). Ask about other local resources. Tell me how HLAS can better serve and meet your needs. (706-4312).*

**4. Get in the Loop.** *Make sure your aids have T-coils and learn to use them for the phone, theater and HLAS meetings. Get your TV, dining or living room looped.*

**5. Learn which venues in the two counties offer hearing access.** *For a complete list of local looped locations ask for a list by e-mailing me at [ed@groupefo.com](mailto:ed@groupefo.com). Go to captioned Broadway plays at Player's Theater. (See <http://theplayers.org/>) To find captioned movies at local theaters, use <http://www.CaptionFish.com>.*

**6. Support Venues with Hearing Access.** *Attend captioned and looped plays. Send accessed theaters a thank you letter. Encourage your favorite churches, pharmacies, banks and stores to add a loop and to join us for the "Hearing Loss Affects Everyone...Including Businesses" Reception on March 24.*

**7. Improve your hearing skills.** *Use Assisted Listening Devices (ALDs). Get a portable loop for use in the community.. Take a lip reading class. Use the rap sessions, speaker Q&A period and coffee time at HLAS meetings to address your personal needs.*

**8. Learn more about Assistive Listening Devices (ALDs).** *Visit the ALD superstore, Advocates for Better Hearing, at 4221 So. Tamiami Trail in Sarasota. 922-1242.*

**9. Join HLAA.** *Learn all that HLAA does for you at <http://www.hearingloss.org/> and don't miss our special statewide meeting on March 24 when HLAA head Brenda Battat will speak on "How HLAA is addressing your hearing needs, access and rights."*

**10. Attend the HLAA National Conference.** *It's June 21 to 24 in Providence, RI. For details, visit <http://www.hearingloss.org/content/convention>*

*Warmest wishes for a Happy Hearing New Year, Ed Ogiba.*