



Breaking News! New Board Elected

The HLAS Membership voted to approve eleven professionals with extensive experience in audiology, hearing support, education, the law, politics, marketing and branding to the HLAS Board of Trustees. The new board includes (in photos left to right): Dr. Susan Fulton, Valerie Stafford-Mallis, Dr. Brad Ingrao, Dr. Lyndsey Nalu, Joan Haber, Steve Boris, Christine Koch, JoAnne DeVries, Alexander Magnus, Ed Ogiba and Richard Williams (not in photo).



The in-coming Board announced a new vision, which will place greater emphasis on generating awareness for brain deafness, membership education, hearing access and greater community interaction, especially with new social opportunities for members. Their new plans will be featured in the February issue of **Listen Up!**



Above: Mayor Susan Atwell and JoAnne DeVries at the HLAS booth

HLAS at the Market

Our monthly information and support booth at the Sarasota Farmers Market offers an opportunity for people to learn how to address their hearing loss.

If you have a friend who needs help and cannot make it to one of our meetings, please suggest they visit us on Lemon Ave., one block North of Main.

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Listen Up! is a monthly newsletter of HLAS, offering Education, Advocacy and Support for the 110,000 people with hearing loss in Sarasota and Manatee Counties. For more information visit www.HLAS.org or call 941-706-4312. For comments or suggestions on the newsletter, contact the editor, Richard N. Williams at RNW1976@AOL.COM. ListenUp! is designed by Boost Studio.



"Best Cause"

2013 HLAS Schedule Announced

Chapter meetings will be the **SECOND** Wednesday of every month throughout next year, with the exception of April. The regular chapter meeting in April will be replaced by a special event on the second Saturday. See "Save the Date" below.

To avoid conflicts with Thanksgiving and the December holidays, we will uniformly meet at the North Sarasota Library on the second Wednesday of each month instead of the third Wednesday.

North Sarasota Library Meeting Room
2801 Newtown Blvd., Sarasota

Movie Club News



Movie Club Features New Captioning System

HLAS started the **Private Eyes Movie Club** three months ago to take advantage of the new **Sony Captioning System** that Hollywood 20 now offers. The system is the easiest and most effective personal captioning system to date and unlike previous captions which were only available for very few movies, the Sony System is offered on almost every new movie at every showing. The HLAS Movie Club offers members a free movie ticket the first time they try the Glasses, as well as a brief demonstration on how to use the Glasses before entering the movie.

To date, the Movie Club has introduced some 30 members to the system during its monthly visits to the movie house on Main Street. This combined with growing interest in the community has prompted Hollywood 20 to double its inventory to 20 glasses. The Movie Club goes to a late afternoon, weekday movie once a month, followed by drinks or dinner for those interested. It is a great way to meet other members. If you are interested in joining the free club, contact Joan Haber at joanhaber2012@gmail.com to be placed on the mailing list for upcoming movies.



An elderly gentleman had serious hearing problems for many years. He went to an audiologist who had him fitted for a set of hearing aids that allowed him to hear better. The gentleman went back for a follow-up visit and the audiologist said, "Your family must be really pleased that you can hear again." To which the gentleman said, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

New Members!

Please take a moment to welcome our new members at events and meetings:

Dr. Susan Fulton,
St Petersburg, FL

John & Pat Prill,
Sarasota, FL

Jean H Smith,
Nokomis, FL

Beth Van Norman,
Nokomis, FL

Save the Date

Saturday, April 13
HLAS Hearing Care Expo
10-4pm

Wednesday, May 1
Hearing Loss Effects Everyone
Reception
6pm



Scholarship to National Convention

HLA-SARASOTA IS a scholarship of up to \$1,000 towards expenses for a member to attend the 2013 National Convention in Portland Oregon next June. "Our number one priority as a chapter is education" said chapter president, Ed Ogiba "and there is no question that the ultimate educational vehicle that we have is the HLA convention.

Every member should have the opportunity to take part in this transformational growth experience." HLAS has been fundraising for the past year to get itself in a position to bet-

ter support its mission in the community. The scholarship will be an HLAS top budget priority to be repeated as an annual event.

The scholarship has been modeled after the HLA-FL Scholarship and will focus at supporting a member in need, who has never attended a HLA Convention before.

Interested applicants must submit an application before March 14, 2013. For an application or any questions, contact the HLAS Scholarship Chair, Joan Haber, at joanhaber2012@gmail.com.



HLAS Hearing Aid Recycling Program

RECYCLING INFO

Don't throw your batteries in the trash! Batteries for Hearing Aids, Cochlear Implants and Assistive Listening Devices contain zinc, lead, mercury and other toxic metals that can harm our environment.

Safely dispose of used batteries at:

- HLAS meetings
- Young Hearing Group (YHG) meetings
- The HLAS booth at Sarasota Farmer's Market every 4th Saturday
- Battery Plus+ stores in Sarasota (4401 Bee Ridge), Venice (511 US 41 By Pass N) or Bradenton (6240 14th Street W)

EVENT CALENDAR

Next HLAS Meeting:
Wednesday, January 9th

Next YHG Meeting:
Tuesday, February 19th

JANUARY EVENTS

Jan. 26th
Sarasota Farmers Market
7am – 1pm
Lemon Ave, north of Main St.
Sarasota

Jan. 9th
HLAS Meeting: "Demystifying the Hearing Aid Purchase"
1:30pm
North Sarasota Library
2801 Newtown Blvd., Sarasota

FEBRUARY EVENTS

Feb. 6th
HLAS Board of Trustees
1:30pm
North Sarasota Library
2801 Newtown Blvd., Sarasota

Feb. 13th
HLAS Meeting
1:30pm
North Sarasota Library
2801 Newtown Blvd., Sarasota

Feb. 23rd
Sarasota Farmers Market
7am – 1pm

PRIOR MEETING RECAP

HLAS December Meeting

Holiday Party

The HLAS Holiday Party was held at the December 19 Chapter Meeting. Dr. Brad Ingrao set the mood with great saxophone renditions of Holiday favorites. We honored past trustees Kelley Anderson, Don Foulkes, Lee Ibsen, Pat Pilot, Howard Sabin and LaVonne Stocco.

The election of our President and Vice-President Ed Ogiba and JoAnne DeVries for the next two years was held as well as the rest of our Trustees, Alexander Magnus Boakes, Steve Boris, Dr. Susan Fulton, Joan Haber, Dr. Brad Ingrao, Christine Koch, Lindsey Nalu, Valerie Stafford-Mallis and Richard Williams.

HLAF past President Judy Martin made comments and then the Sarasota Chapter of the Taoist Tai Society gave



us a history of Tai Chi and demonstrated the gentle form of exercise that provides relief from stress, arthritis, balance issues and more. The members all practiced the moves and showed great interest.

The chapter meeting wrapped up with an array of holiday treats.



Above: Members of the Taoist Tai Society gave a Tai Chi demonstration.

Left: Dr. Brad Ingrao entertained on the sax



UPCOMING MEETING PREVIEW

HLAS January 9th Meeting

Demystifying the Hearing Aid Purchase with Dr. Lisa Tanner

Meeting supported by CART (Captions on big Screen) & Hearing Loop System

Dr. Tanner is a licensed Audiologist in the state of Florida. She holds her Certificate of Clinical Competence in Audiology (CCC-A) from the American-Speech-Language-Hearing Association (ASHA). Dr. Tanner is a fellow of the American Academy of Audiology (AAA), the Florida Academy of Audiology (FL-AAA) and the Academy of Doctors of Audiology (ADA). Dr. Tanner serves on the Florida Board of the

Hearing Loss Association (HLA-FL). Dr. Tanner was the recipient of the 2010 Specialty Doctor of the year award in Brandon, Florida.

Group and private Q&A as well as refreshments will be served following presentation.

North Sarasota Library Meeting Room
2801 Newtown Blvd., Sarasota
(941) 861-1360

WHAT'S COMING UP

February 19th Meeting

Topic to be announced

The HLSpeaker and Discussion Leader – Dr. Lyndsey Nalu, Au.D., CCC-A, Adept Audiology, LLC

Join us for a relaxed meetup with wine, cheese, and chat. No pressure, just the opportunity to enjoy the company of fellow members, swap stories, and pick up some tips.

ABH Hearing Center,
4221 S. Tamiami Trail,
Sarasota, Florida 34231

Please RSVP to Alex Boakes at alexboakes@msn.com if you would like to attend to ensure we have speaker materials for you. Sessions are free and open to anyone in the community.

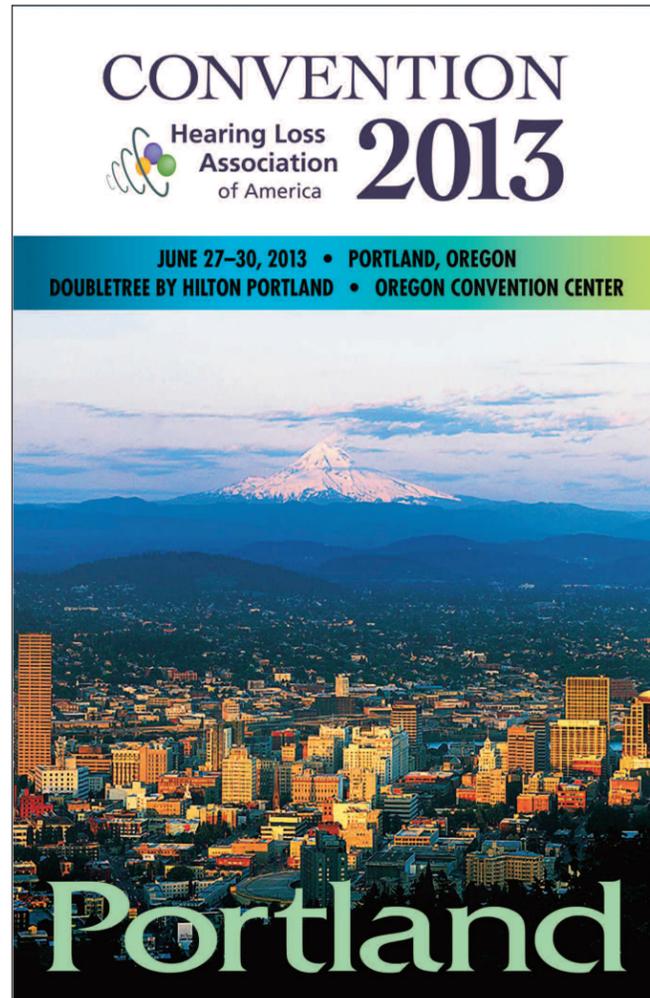


Top: HLAS members learned some Tai Chi moves

Above: Past Trustees honored for their service

Right: HLAF Past President Judy Martin receives a gift from HLAS President Ed Ogiba





HLAA ANNOUNCEMENT

Convention 2013 Registration is NOW Open!

Portland, Oregon is the host city for Convention 2013, June 27 – 30. Enjoy registration discounts by registering as an 'early-bird', now through January 31. Go to: www.hearingloss.org/content/convention

Portland, the pioneer of "green" initiatives and sustainability, has so much to offer our Convention 2013 attendees. There are loads of parks, gardens, museums, theaters, tax-free shopping, wineries ... the list is endless. So start planning now by visiting our <http://micro.travelportland.com/hlaa2013/> micro-site" created by TravelPortland – it is chock-full of information about the area as well as day-trips to Mount Hood (via the Columbia River Gorge), and the Oregon Coast (just an hour and a half away).

FROM THE HLAA

Research Symposium

Latest Developments in Hearing Rehabilitation Research

This highly anticipated Research Symposium will be one of the featured presentations at the HLAA National Convention in Portland this June. Research audiologists from the VA National Center for Rehabilitative Auditory Research (NCRAR) from the Portland VA Medical Center will present the findings of several of their critical studies to include:

- Diabetes and Hearing Loss: Current Findings and Thoughts
- Approaches to Tinnitus Management
- Transcranial Magnetic Stimulation
- Progressive Tinnitus Management
- Approaches to Auditory Rehabilitation
- Computerized Auditory Training
- Group Aural Rehabilitation

PRESIDENT'S MESSAGE

New Year's Resolutions That Help Us Hear Better

Still need a New Year's Resolution? If you are seeking to improve your hearing fitness and health, here are 10 suggestions:

1. **Keep your brain hearing-fit and healthy:** The key to preventing Brain Deafness is to get hearing aids and to consistently use them during waking hours.
2. **Restore lost brain functions:** Try the on-line exercise program: "Brain HQ"
3. **Improve hearing in noisy situations:** There are two good on-line programs: "LACE" for word comprehension or "Read My Quips" to improve lip reading. Also, "Hear Coach" is a quick tune-up exerciser and a free Smartphone app.
4. **Programming:** Take advantage of the programming options on your hearing aid to get a program to meet your special needs, like hearing in noisy situations. Remember "Bundling" as you may have already paid for all visits to your audiologists for the lifetime of your hearing aid.
5. **Loop venues:** You can get out more often at 58 locations, including 18 theatres, that now have a loop. Have your aid's T-coil activated and see our www.HLAA.org for the list of venues.
6. **Enjoy the movies:** Hollywood 20 has new Sony Caption Glasses. Join our free Movie Club and get a free movie ticket and an introduction to the system.
7. **HLAA Convention:** This is the best education experience for anyone seeking to improve their hearing loss. It takes place on June 27-30 in Portland, OR. Can't afford it? Apply for our scholarship at: www.HLAA.org
8. **HLAS Library:** We have a collection of books and DVDs at every meeting. Checkout a book and learn more. If you have a new aid or CI, take out one of our matching books and audiotapes to accelerate your acclimation.
9. **Get a mentor:** You need not face any hearing issue alone. Our mentors can help you to find affordable aids, the right audiologist, or learn better communication strategies for you and your spouse.
10. **Attend our meetings:** listen to the guest experts and ask them, our leaders, and other members, about anything on your mind. To learn more about any topic above, contact me at (941) 706-4312 or ed@groupefo.com.

Happy New Ears and Year!



Ed Ogiba

P.S. Isn't the new format for our newsletter absolutely fabulous? Please thank new Board Member, Christine Koch, who designed it from head to toe. She also came up with the new name for our monthly bulletin, "*Listen Up!*"

HLAS Library

The HLAS Library has a great couple taking over the library duties, David and Carol Munro. It is a lot of work to lug a whole library to each meeting so stop by and introduce yourself and take a look at a lot of great information.

Mentoring Hearing Center

"New Technology", presented by hearing coach Brad Ingrao

Learn about the latest technologies and options to make daily life easier and more interactive.

DVD's Available!

Hearing Center

"New Technology", presented by hearing coach Brad Ingrao

Learn about the latest technologies and options to make daily life easier and more interactive.

Medical News:

Aural Rehabilitation with Hearing Programs

At the October Chapter Meeting, the USF Department of Communication Sciences & Disorders presented and demonstrated four hearing enhancement (“Aural Rehabilitation”) programs. They range in price from “free” to \$199.

One program will be presented in the Bulletin each month for four months.

The programs are Hear Coach, November; LACE, December; ReadMyQuips, January; and Brain Fitness, February. This month, we present ReadMyQuips:

Understanding speech requires not just hearing, but seeing. When you learn to combine both

these senses, we call that visual-auditory speech comprehension. Think about it: when your dining companion says the words “fair” and “there,” it’s very hard to hear the difference with your ears. It is easy to see the difference: her mouth makes very different shapes for “f” and “th.” Likewise, it’s impossible to tell the difference between “pall,” “ball,” and “mall” with only your eyes. But the difference is quite recognizable to the ear. Speech com-

prehension uses all these clues to create meaning. It’s a skill that even people with perfect hearing need in order to understand speech in a noisy place. And it’s a skill that can be developed.

ReadMyQuips

ReadMyQuips™ is a powerful new tool to strengthen that skill. It’s just like a crossword puzzle, except instead of a letter, each box contains a word. You listen to the wise or witty saying – the “quip” – and enter what you think you heard. As your skills improve, the noise level gets louder. Soon, you’ll be amazed at how well you can understand speech, even when the speaker is almost inaudible.

ReadMyQuips exercises your brain holistically. You’re not just learning parts of speech out of context, but a real-life skill in a real-life set-up. No other home training program offers the combination of visual and auditory information.

The best thing about ReadMyQuips is that it was designed from the beginning to be both challenging and entertaining. It is not a series of boring exercises you’ll have to force yourself to do. It’s a game, a puzzle, which will keep you guessing (and laughing) for hours. And you don’t have to be a computer whiz to play. ReadMyQuips was designed to be simple and intuitive to use, and if you do get stuck, they offer free,



round-the-clock e-mail support to help you out.

ReadMyQuips offers a starter program for \$39.99 and the “Home Complete” program is \$99.99. It can be purchased through the Sensesynergy website at www.sensesynergy.com

About Sense Synergy

They are a collaboration – a synergy – among experts in the fields of psycho-acoustics, aural rehabilitation, software design and enter-

tainment. They strive to bring these disciplines together to create innovative and effective tools that will enhance communication and improve the lives of the hearing impaired. Sense Synergy was founded in 2010 as a sister company of Advanced Hearing Concepts which has been on the cutting edge of psychoacoustic research for nearly 10 years.

Above: Take a tour of the program and try it out for free at sensesynergy.com



Left: One of the newest hearing loop locations, North Port Performing Arts Center

LATEST LOOP LOCATION

North Port Performing Arts Center is Now Looped!

The North Port Performing Arts Association has received a grant from the William G. Selby and Marie Selby Foundation to fund the installation of the "T-Coil Hearing Loop in the Performing Arts Center on the High School Campus in North Port. Because of this technology, digital hearing aid wearers will automatically

receive a pure, clean sound, free of background noise by simply walking into the PAC. This is a major step to bring people with hearing loss back into full contact with their environment and the Performing Arts Association, through this grant, is thrilled to be able to offer this amazing technology to our patrons.

Featured Links/Blog

Auditory training links and a blog will be featured here every month.

This month's feature is: www.audiologyonline.com

Audiology Online is a "recognized leader in online professional development and career center resources for audiologists and hearing care professionals worldwide". Most of us have learned the buzz words and medical terms relating to hearing loss to have enough knowledge to enjoy this professional resource. Audiography Online has an online journal and a news section. There are news summaries and current articles posted daily on, e.g., tinnitus, preventing ear infection, manufacturer's new technology, medical device tax, waterproof hearing aids and on and on. This is a great resource to stay on top of current issues in hearing loss.

Don't forget to check the Hearing Loss of America website each month as well as our Hearing Loss Association of Sarasota website: www.hearingloss.org/ and hlas.org/wp/

17 Theaters Are Now Looped!

- Asolo Repertory Theatre (Cook)
- Banyan Theatre Company
- Burns Court Cinemas (screens 1 and 3)
- Florida Studio Theatre (Keating)
- Florida Studio Theatre (Gompertz)
- The Glenridge Performing Arts Center
- Holley Hall (Sarasota Orchestra)
- Manatee Player's Theatre
- Neel Performing Arts Center (main)
- Neel Performing Arts Center (Howard)
- Sarasota Opera House
- The Players Theatre
- Venice Community Center
- Venice Theatre
- Van Wezel
- Westcoast Black Theatre Troup

At the Market



Our monthly information and support booth offers an opportunity for people to learn how to address their hearing loss.

If you have a friend who needs help and cannot make it to one of our meetings, please suggest they visit us here. Our booth is normally on Lemon Avenue on the west side, one block North of Main.



Left: Alex Boakes, Chairman of YHG, mans the HLAS booth at the farmers market downtown Sarasota.

"Private Eyes" Movie Club

Become a member of the "Private Eyes Movie Club" and join us for a movie at the Regal Hollywood 20 movie theater in downtown Sarasota. The Hollywood 20 is now equipped with Sony Captioning Glasses which allows us to go to any movie, any day of the week, at any time, and view the captions through the glasses. The only exception would be if the movie was not captioned by the studio that produced it (rare). The Club meets once a month, with social time to follow. The chapter will pay for your movie ticket the first time you attend a movie club film and use the glasses. They generally meet the third of fourth Tuesday of each month.

Please email Joan Haber at: joanhaber2012@gmail.com

NEW HLAS CLUB

Join the Theater Club

Can we have a "boilerplate" blurb for this section so I can use it when we don't have enough to fill-out the page?



Right: Sarasota theaters: Van Wezel, FST, Asolo, and Cook





Free Phone Offer

CAPTIONCALL FREE TO HLAS AND YHG MEMBERS

CaptionCall Offer

HLAS and YHG members are offered this \$149 value for FREE. Free delivery, free installation, free in-home demonstration, no monthly charges (your FCC telephone taxes at work for you – no minimum or maximum income requirement).

Basic Requirements:

- high speed internet connection
- standard landline connection

HLAS members love the phone and report that the sound is so well amplified, the captions are not even necessary.

Similar to captioned television, CaptionCall uses voice recognition technology and a transcription service to quickly provide written captions of what callers say on a large, easy-to-read screen. It works like a regular telephone – simply dial and answer calls as usual – speak and listen using a phone handset like always.

Did we mention that the captioning service is free?

Captioning is provided by

CaptionCall and paid through a fund administered by the Federal Communications Commission.



How to Order:

Contact Ed Ogiba @ (941) 706-4312 and he can order the phone for you or go to www.Captioncall.com and:

- Enter Code **HS3024** to discount price from \$149 to \$0
- When asked "How did you hear about us?", select **"Other"** and write in **"Hearing Loss Association of Sarasota"**

Important!

How CaptionCall Works

CaptionCall is similar to captioned television, using cutting-edge technology to display written, nearly instant captions. Here's how it works:

