



HLAS SUMMER – A Time to Learn



Top: HLAS members Ravichandra and Smitha Acharya with Evening Group Leader, Alex Boakes at the May 21 session.

Left: Rap Sessions offer a great chance to ask, listen and learn.

HLAS "Rap Sessions" summer theme continues in 2013

Experience has shown that many members value this experience as our peer counselors and fellow members share the latest strategies, innovations and experiences to continue an active lifestyle. We will meet at our traditional time and same place, 1:30 PM at the North Sarasota Library Meeting Room, 2801 Newtown Blvd. Sarasota on June 12, July 10, and August 14.

Attendees have an opportunity to voice their issues, concerns and needs to get very meaningful feedback, guidance and support. The chapter peer mentors attend the Rap Sessions and are available to offer expert advice on a wide variety of topics.

The meetings are held in an informal manner with the opportunity to try the hearing loop system, learn about other community access and to find financial support if needed.

Take back your life!

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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 editor, Richard N. Williams at RNW1976@AOL.COM. ListenUp! is designed by Christine Koch, Boost Studio.



HLAA'S Hearing Assistive Training

The Hearing Loss Association of America's HAT program is coming to Sarasota on September 6th to 8th, 2013.

HAT which stands for Hearing Assistive Training is a weekend course that will teach you everything you need to know about:

- Hearing Aids
- Cochlear Implants
- Assistive Listening Devices
- Alerting Devices
- Signaling Devices
- Telephone Technologies

This year, with the program in Sarasota, it is an exceptional opportunity to attend without any cost. The training course which is given annually in

a different location by HLAA is always covered by a grant and accepted applicants just need to pay for their travel expenses. If you are interested in attending and taking your hearing health skills up to the next level, you should act without delay.

To learn more about HAT, please visit www.hearingloss.org/content/hat-training.

The course is nearly full however you should have a shot at being considered if you apply soon. All HLAS Members are eligible to apply for the course and if you are interested, we encourage you to contact HLAA program chair, Lise Hamlin ASAP at: LHamlin@hearingloss.org to request an application.

If you wish to become an HLAS member, there are application forms at: http://hlas.org/wp/?page_id=493.

Welcome New Members!

Please invite friends with hearing loss to our next meeting. Contact JoAnne DeVries: jdv.devries8@gmail.com for membership forms.

Charles Albers,
Sarasota, FL

Gabrielle Beer,
Venice, FL

Carol Bourbeau,
Sarasota, FL

Sue DeBauche,
Sarasota, FL

Chad Fonder,
Venice, FL

Ellen Haggerty,
Sarasota, FL

Judith Kesler,
Lakewood Ranch, FL

Thomas Moreau,
Bradenton, FL

Mary Ann Olsen,
Lakewood Ranch, FL

Gary Olson,
Sarasota, FL

Norm Olshansky,
Sarasota, FL

George Panors,
Sarasota, FL

Better Hearing For Health, For Life

Saturday, July 20, 2013

8:00 am - 4:00 pm

Seminars:

- **Living with Hearing Loss** - Katherine Bouton, former New York Times editor and author of "Shouting Won't Help: Why I - and 50 Million Other Americans - Can't Hear You"
- **Types of Hearing Loss** - Dr. Al Turri, Au.D., founder of the Harmony Hearing Center of Central Florida, specializing in tinnitus and balance disorders
- **Latest in Assistive Technologies** - Jim Scott - President, Complete Hearing Solutions, looping service
Tess Crowder - President, Realtime Communication Services, Inc., CART provider; Executive Director, Communication Access, Inc.

Renaissance Orlando at Sea World

Free Health Screenings - Free Amplified Phone Distribution

Vendor Expo - Door Prizes - Free Parking

For more information, please call: 800-222-3448, ext. 238

www.ftri.org/betterhearing



NEED A RIDE TO A MEETING?

Let Ed Ogiba at

hlaa.sarasota@gmail.com know if you need a ride, the nearest main cross streets of where you live and he will try to find a member close-by who can drive you to our meetings.

Volunteer Opportunities

As an all-volunteer organization, HLAS carries out its goals of advocacy, education and support more effectively this year as more members donate their time to our efforts.

Gratefully, members have stepped up in key areas however assistance is always needed for ongoing activities and Chapter meetings.

We are pleased to announce that Eileen Schuler has been named the new HLAS Treasurer. David Munro

has taken over as the HLAS Webmaster. Doug Schuler has the Finance Committee and Carole Munro has volunteered for the Fundraising Committee. The Player's Theatre Club is now headed by Doug and Eileen Schuler.

Signup to volunteer for HLAS. Your time and skills can be matched to HLAS needs. Contact JoAnne DeVries at: jdv.devries8@gmail.com.

EVENT CALENDAR

JUNE EVENTS

Wednesday, June 12, 2013

1:30pm – Chapter Meeting
3:00pm – Refreshments/Social
N. Sarasota Library Meeting Room
2801 Newtown Blvd. Sarasota

Saturday, June 22, 2013

Free Hearing Screenings
7am – 1pm, Sarasota Farmers Market
Lemon Avenue, Sarasota

JULY EVENTS

Wednesday, July 10, 2013

1:30pm – Chapter Meeting
3:00pm – Refreshments/Social
N. Sarasota Library Meeting Room
2801 Newtown Blvd. Sarasota

Saturday, July 27, 2013

Free Hearing Screenings
7am – 1pm, Sarasota Farmers Market
Lemon Avenue, Sarasota

SAVE THE DATE

July 20, 2013

8:00am
Better Hearing For Health, For Life
Co-Sponsored by the Hearing Loss Association of Florida
Orlando

Chances are you or someone you know is affected by hearing loss.
It's time to STEP UP!



WALK4 HEARING®

Jacksonville Walk4Hearing **Saturday, November 9, 2013**

LOCATION:
Metropolitan Park
1410 Gator Bowl Blvd
Jacksonville, FL

DISTANCE: 5K (3.1 miles)

REGISTRATION: 9:00 am
WALK STARTS: 10:00 am

For more information and to register today, visit www.walk4hearing.org.

Walk Chairs:
Ronnie Adler | radler@hearingloss.org
Patty Heard | patriciamheard@gmail.com

Raise Funds for Your Chapter
If you have questions
Contact Judy Martin
judygmartin@bellsouth.net
904-778-2265

Walk4Hearing is produced by



Hearing Loss Association of America

The Hearing Loss Association of America (HLAA) is the nation's largest consumer advocacy organization for people with hearing loss and is dedicated to providing information, education, support and advocacy to enable those with hearing loss to live full and productive lives.

Meeting Update

UPCOMING MEETING PREVIEW, PRIOR MEETING RECAP



UPCOMING MEETING

JUNE CHAPTER MEETING

Wednesday, June 12, 2013 at 1:30pm

The first summer "Rap Session" is anticipated to be a rewarding meeting. Questions that members want to discuss will be fully covered by our peer mentor, Joan Haber, our board member audiologists and experienced advocates.

This is YOUR meeting. We encourage those who showed an interest in HLAS by attending prior meetings or who attended the April Hearing Health Expo to put this on your calendar as hearing aids and cochlear implants, free phones, cost effective hearing solutions, latest technologies, hearing training and strategies will all be discussed.

Refreshments will be served following the program.

The location is between Tuttle and 301 and is a fine library facility worth browsing before or after the meeting.

North Sarasota Library Meeting Rm, 2801 Newtown Blvd.



Meeting supported by hearing loop and CART

ADS IN LISTEN UP! REACH EARLY ADOPTERS OF HEARING CARE PRODUCTS

Monthly editions of Listen Up! go to over 500 people in Sarasota and Manatee County with hearing loss. Our readers are described by one national company as "the most informed group of serious customers" they have ever met.

**YOUR
AD
HERE!**



Each editorial-rich issue of Listen Up! attracts readership by featuring a wealth of hearing loss news on upcoming educational meetings, community events and major national developments. You can add your product or service message in a single quarter page ad for only \$75, with progressively discounted rates for ad packages of 3 months or longer. To learn more about your advertising options, contact info@hlas.org.

Next Evening Hearing Group Meeting Tuesday August 20th at, 6pm

The Evening Hearing Group caters to those of all ages who find it more convenient to attend a session after working hours. The session will feature Dr. Noel Crosby discussing "Demystifying the Hearing Aid Purchase". The location will be announced before August 20. Please contact Alex Boakes at: alexboakes@msn.com if you would like to suggest topics for discussion. Sessions are free and open to anyone in the community.

HLAS is grateful for the Herald Tribune's generous media support of our Hearing Health Expo and all the new friends with hearing loss that your donated ads sent our way. Thank you.

Simple truths in simple pleasures.

The Herald-Tribune Media Group
is proud to sponsor
the 2013 Hearing Health Expo.

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media group
HeraldTribune.com





Meeting Update

UPCOMING MEETING PREVIEW, PRIOR MEETING RECAP

MAY MEETING RECAP

"Hearing Aids Cannot Restore Clarity, But a Loop Can."

Dr. Juliette Sterkens spoke about how the loop is changing our lives at the May Chapter Meeting. The special presentation, which was held at the looped Selby Auditorium on the USF Sarasota-Manatee campus, focused on how hearing aids are not enough for most of us as they can only partially correct for hearing loss. A key issue is that hearing aids cannot bring back clarity, which is most distorted when we try to listen to voices over a microphone or another sound system like the movies offer. She pointed out that hearing aids are limited in picking up voices sent via a sound system due to reverberation, ambient noise and by the amount of distance from a sound source. She demonstrated with audiotapes how hearing loss affects the high tones and vowels more than low tones and consonants. The level of clarity is often compromised while the loud-



Left: Dr. Juliette Sterkens

Below: May Chapter meeting at Selby Auditorium

ness is not, which is why we sometimes say, "I hear but don't understand". However, she stressed that the loop system eliminates these distractions and delivers clean, clear sound directly to the ear via a hearing aid's T-coil. While rating the loop as the most important way to increase the functionality of one's hearing aid, she also highlighted the great help afforded by other hearing aid programs, such as those for noise suppression, music, tinnitus and the use of a directional microphone.



Left: Dr. Sterkens to Audiologists: "Loops Can Build Your Practice"

HLAS AUDIOLOGIST BREAKFAST

On May 2, HLAS hosted a breakfast meeting for audiologists. Dr. Juliette Sterkens addressed a group of 10 hearing professionals on how "Hearing Loops Can Help Build Your Practice". She provided the results of several studies which demonstrate the positive impact the loop has on hearing aid

wearers' overall satisfaction with their devices. She also distributed handouts for clinics to use in implementing clinic support systems for their patients. The 45 minute video is available on request to all Ear, Nose and Throat doctors, audiologists and hearing instrument specialists with the accompanying Powerpoint. To request the video and Powerpoint, contact Ed Ogiba at 941-706-4312 or president@hla.org.



Meeting Update

UPCOMING MEETING PREVIEW, PRIOR MEETING RECAP

SPECIAL EVENT RECAP

3rd Annual TAKE BACK YOUR LIFE Reception

The May 1st "Take Back Your Life" Reception to promote hearing access in the community featured Dr. Juliette Sterkens, the HLAA National Loop Advocate, talking about how to "Spark Loop Interest and Acceptance" at one's favorite venues. She stressed not only how to advocate to an organization to consider a loop, but how already looped venues could maintain and sustain the loop's promise to build their audience, membership or congregation. Shawn McBee, the Customer Service Director at the Regal Hollywood 20 Theatre was on hand for one-on-one demonstrations of the new Sony Captioned Glasses that Regal offers nationally. This new captioning system has given birth to the HLAS Private Eyes Movie Club, which meets every fourth Wednesday of the month to share a new movie at the Hollywood 20.

The wine and cheese party attracted 77 people from the community. Ed Ogiba opened the session by expressing how grateful all HLAS members are to the 75 theaters, houses of worship, businesses and community organizations that have added a loop system. He also thanked Regal Hollywood 20 for adding Sony Caption Glasses as well as AMC 12 for adding CaptiView to assist us.

Among the other honored guests whom Ed recognized were: Jim Scott of Complete Hearing Solutions for getting the loop movement in Sarasota started with the donation of the North Library loop; Norm Olshansky, who was previously president of the Van Wezel Foundation and is now president of NFC

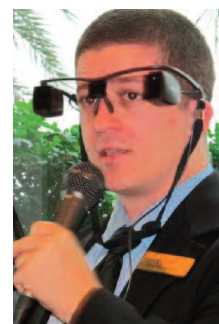


Consulting Resources, for introducing HLAS to the Selby Foundation, which lead to grants for 11 theaters and 13 stages; Flo Innes of Advocates For Better Hearing who convinced her fellow Sertoma members to fund the \$15,000 loop grant for the Van Wezel Performing Arts Hall; Don Fitts, the Marketing Director of Alderman Oaks Retirement Home, for making his residence the first in town to use both fixed and portable loops; and Father Fred Robinson, the Rector of the Church of Redeemer for making the church the first to loop both its sacristy and community events room, Gillespie Hall. Each of the honored guests was treated to a "group hug of gratitude" by the HLAS Huggers. Ed especially thanked Dr. Juliette Sterkens for all her invaluable personal mentoring

and support when he started the "Let's Loop SRQ!" movement.

Transcripts, courtesy of AmeriCaptions, and copies of the program booklet are available by request to: president@hlas.org.

Above: Dr. Sterkens addresses the standing room crowd. **Left:** Father Fred Robinson gets a dose of gratitude from the "HLAS Huggers". **Below:** Dolly Jacobs of the Sarasota Circus and Peg Nadel with Ed Ogiba. **Right:**



Shawn McBee of Regal's Hollywood 20 demonstrates Sony Caption Glasses





Meeting Update

UPCOMING MEETING PREVIEW, PRIOR MEETING RECAP

EHG RECAP

Evening Hearing Group Is Starting to Draw a Crowd

At HLAS, we offer an alternative to our regular monthly afternoon meetings called the Evening Hearing Group. It meets every three months and is designed for people who work or prefer meetings in the early evening. Interest in the Evening Group's informal sessions has been building and the May 21 meeting generated a new high in attendance of 23 people.



The Eve Group offers more rap session and networking time than regular meetings, plus a speaker. At the May get together, HLAA president Ed Ogiba presented his "Top 10 Reasons Sarasota is Becoming America's Most Hearing Friendly City." His list, which is printed on bottom of the right column, surprised many attendees who did not realize that Sarasota not only has the most looped venues of any US city, but also has the most looped theatres (18), houses of worship (25) and community centers (23) as well. An added treat was the meeting took place at the Advocates For Better Hearing store, which is #5 on Ed's list. He commented that Advocates For Better Hearing was filled with so many hearing devices that can address a wide range of everyday needs that your hearing aids cannot, such as alarm clocks, fire alarms and doorbells that alert our sense of sight and feel to compensate for our hearing loss.

Above: Ed Ogiba shares his list of the "Top 10 Reasons Sarasota is Becoming America's Most Hearing-Friendly City" which allowed many of the attendees to learn about the many new ways our community provides for all our access and support needs.



The evening session also included another surprise with a sound therapy demonstration by Norman Schindowski and Mark Selis. Sound therapy is designed to stimulate the body's biggest organ, your skin, with soft sounds and soothing vibrations that can stimulate, relax and heal. Many of the attendees were pleased with the sense of well-being the short demonstration provided and were delighted to learn that Norm and Mark will be performing a more detailed demonstration at this year's HLAS Holiday Party on December 11. The next Evening Group will be Tuesday, August 20. Save the dates.

Above: Norm Schindowski plays the didgeridoo, a wooden wind instrument created in Australia over 1500 years ago, to provide a calming sound and tingle to Karen Reynolds' toes. Mark Selis beats a symphonic gong to allow Joan Manstrandea to feel and hear its multiple modes. Everyone got a chance to experience the sensations of both instruments, plus a Native American flute.

Top 10 Reasons Sarasota is Becoming America's Most Hearing-Friendly City

10. 18 Looped Playhouses, most in US
9. 25 Houses of Worship Looped -most in US
8. 23 Community Meeting Places Looped most in US
7. Movie Caption Systems: Sony Glasses/CaptiView
6. Four sources of Financial Support
5. The Advocates For Better Hearing Center
4. Outreach at 2-4 community events a month
3. Auditory Training and support lead by USF
2. Hearing Care Professionals & Support Groups
1. HLAA-Sarasota Chapter.

CONVENTION

Hearing Loss Association of America

2013

HLAA NEWS

Convention 2013

This year's HLAA convention will be June 27 to June 30 in Portland, Oregon.

Known as the "City of Roses", Portland's International Rose Test Garden would give Mable Ringling's rose garden a run for the money.

Portland is home to the oldest official continuously operated public rose test gardens in the United States. Located just minutes from downtown Portland in Washington Park, the Rose Garden features nearly 7,000 rose bushes and spectacular views of the city. Local tip: During summer, visit in the early evening when it's cooler and less crowded.

Check out the HLAA website at www.hearingloss.org/content/convention and note the fantastic seminars available. There are ten on Thursday, ten more on Friday and fifteen on Saturday. The seminars provide an overwhelming opportunity to learn about hearing loss, assistive technology, hearing aid and cochlear implants and strategies for advocacy, relationships and communications.

From March to June, we have listed some of the 35 seminar topics. In March, we listed the topics in the Assistive Technology block. In April, we listed the topics in the Advocacy block. In May, we listed the topics for Relationships and Communications. This month, hearing aids and cochlear implants:

- Hearing Aid Delivery Model: An Update
- Hearing Aid Manufacturers Panel
- The Bilateral Cochlear Implant Experience
- The Search for Meaning: Hearing Aid Jargon, Circuits and Options
- Technology and Surgical Technique to Save Remaining
- Hearing for Better Cochlear Implant Performance
- Implantable Treatments for Different Types of Hearing Loss
- Getting the Most from Any Hearing Aid



In addition, the exhibit hall will have 60 to 70 exhibitors with all the latest technology and information and a demonstration room in the hall is reserved for specific product presentations throughout the run of the convention.

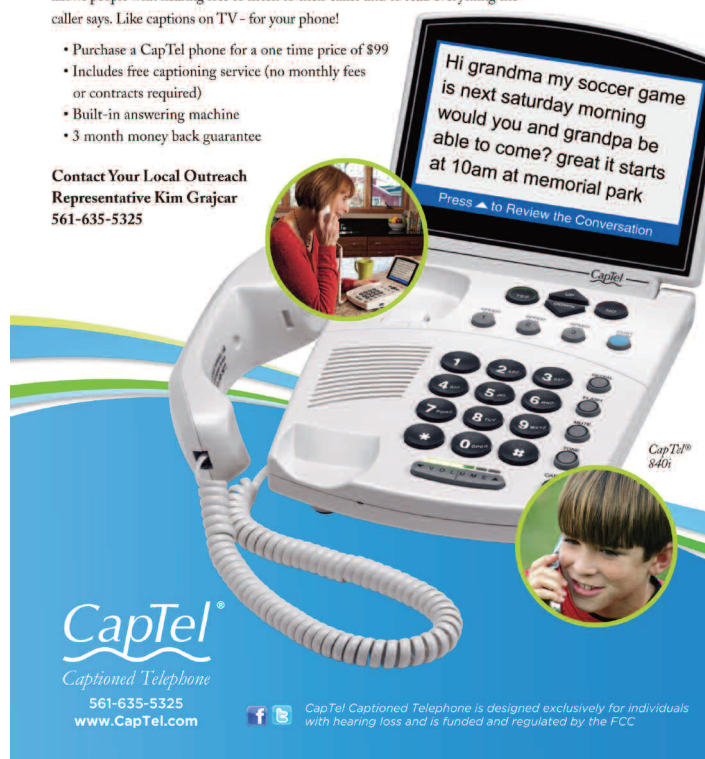
Registered HLAS attendees include Flo Innis, Joan Haber, Ed Ogiba, JoAnne DeVries, Richard Williams, Brad Ingrao and Alex Boakes

Don't miss another word!

Enjoy phone conversations confident you'll catch every word! The CapTel® Captioned Telephone allows people with hearing loss to listen to their caller and to read everything the caller says. Like captions on TV - for your phone!

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- Includes free captioning service (no monthly fees or contracts required)
- Built-in answering machine
- 3 month money back guarantee

Contact Your Local Outreach Representative Kim Grajcar
561-635-5325



Hi grandma my soccer game is next saturday morning would you and grandpa be able to come? great it starts at 10am at memorial park

Press ▲ to Review the Conversation

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CapTel Captioned Telephone is designed exclusively for individuals with hearing loss and is funded and regulated by the FCC

HLAA NEWS

Anna Gilmore Hall Named to Succeed Brenda Battat as Executive Director



The Board of Trustees of the Hearing Loss Association of America (HLAA) is pleased to welcome Anna Gilmore Hall as the next Executive Director. Anna will be officially introduced to the HLAA membership at its Board of Trustees meeting on Thursday, June 27, in conjunction with HLAA Convention 2013 in Portland, Oregon. She will officially

assume the position of Executive Director on July 8, 2013.

HLAA Board of Trustees President Diana Bender, Ph.D, said, "The HLAA Board of Trustees is excited to welcome Anna Gilmore Hall. Anna has the experience, skills, and above all, the passion needed to lead HLAA and to build on the successes of our retiring Executive Director, Brenda Battat. In Anna, we have found a strong leader who will strive to implement the goals of our Statement of Strategic Intent. I am really looking forward to working with her."

Anna Gilmore Hall, RN, MS, CAE, brings more than 20 years of experience managing non-profit organizations, helping them to achieve strategic and growth objectives. Her resume includes executive planning, administration, communications, and marketing experience in the nonprofit sector. She holds a Master's Degree in leadership and organizational management from Capella University, a Bachelor's Degree in University Studies from the University of Maine, and a diploma in nursing from Eastern Maine Medical Center. She has also earned a certification in Association Management from the American Society of Association Executives (ASAE).

Prior to coming to HLAA, Anna was the Executive Director of Practice Greenhealth, the nation's leading health care community that empowers its members to increase their efficiencies and environmental stewardship while improving patient safety and care. From 2004-2008, she was Co-Executive Director of Health Care Without Harm, the international campaign for environmentally responsible healthcare. She also held executive leadership positions within the American Nurses Association and the Maine State Nurses Association.

TheHearing Loop Movement is Accelerating

BY DAVID MYERS



Kudos to HLAS for its leadership in making Sarasota a model city in its support of people with hearing loss. With five dozen looped venues – including an amazing 18 theatres – Sarasota is an example to the nation!

Our collective effort to make assistive listening directly hearing aid compatible is gaining momentum!

- All future New York City taxis will have hearing loops, as do its 450+ subway booths.
- The Department of Transportation is considering requiring hearing assistance (via hearing loops) in future passenger rail and subway cars.
- Listen Technologies is bringing hearing loops equipment and installation training to its national network of 1200 A-V dealers. Williams Sound is promising the same with its A-V dealer network.
- Since last August, 95 more people have attended Hearing Loop Products' design and installation workshops. Some trainees have joined the growing list of hearing loop vendors and installers (hearingloop.org/vendors.htm)
- National media, including the NY Times, Washington Post, and NPR, have featured our collective hearing loop advocacy.
- The Third International Hearing Loop Conference, hosted by HLAA's sister organization, Hearing Link, will convene next October in the UK. (Y'all are welcome!)

Ergo, I've never been more optimistic about the ultimate success of our collective effort to make assistive listening directly hearing aid compatible.

With all good wishes in your continuing support of people with hearing loss,

David Myers

www.davidmyers.org

www.hearingloop.org



Loud & Clear

NEWS & EVENTS IN THE HLAA, AND HLAS COMMITTEES



PRESIDENT'S MESSAGE

Are You an Advocate for Hearing Education and Support?

Someone I happened to meet by chance at a party five years ago first told me about HLAS. Whether it was an acquaintance at a social event or a volunteer at the HLAS booth you happened to run into, I bet it was word-of mouth that first opened the door of opportunity for almost all of us to start taking advantage of all the education and support that HLAS has to offer. If you think about all the gatherings that you attend each year, you should have the chance to return the favor many times over by introducing others with hearing loss to HLAS.

We estimate that 99% of the local people with hearing loss are simply not aware of the education, support and mentoring that we offer. You can do the math. We have 196 members and at best maybe a 1000 more people a year visit us at our various outreach events. But given there are over 135,000 people with hearing loss in Sarasota and Manatee County, we do not currently even reach 1%.

What can you do to help? The simplest and most powerful thing you can do is to spread the word. I offer these four suggestions:

1. Mention what HLAS does at every appropriate opportunity. We all meet people with hearing loss who are not getting the help they need. All you need for such occasions is a very short description of what HLAS is all about to start a conversation.
2. Have your "Elevator Speech" ready. An elevator speech is a 15 second description of why someone you meet with unsolved hearing loss issues might try HLAS. You might simply ask, "Have you heard of the Hearing Loss Association of Sarasota? We offer monthly meetings to provide the education and support that can help you to significantly improve your listening and communication skills." That short comment usually helps focus a person's interest to ask you for more details.
3. Thank all "access providers" every chance you get. We have 18 local performing arts halls offering loop support and the two leading movie houses providing new caption systems. Telling others with hearing loss about these systems and thanking the theatres every chance you get will inspire others to also help spread the news.
4. Encourage your audiologist to promote our support programs. If your audiologist does not have HLAS meeting flyers in their office or a loop to support patients, ask him or her to add it.

HLAS does not have a big advertising budget to publicize our programs, but we have something much more powerful and persuasive. You! Voice your passion.

Happy Hearing,


Ed Ogiba

HLAS Library & DVDs

Want to learn more about your hearing loss?

The HLAS Library, which sets up at every meeting, has a great assortment of books and DVDs for members to checkout for free. Contact: dmunro42@gmail.com

Free Mentoring & Support

Never face a hearing loss issue alone. HLAS mentors and members can help with most issues that you and your family might have. Call (941)-706-4312.

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
- Evening Hearing Group meetings
- 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)

Medical News:

New Study Links Painkillers to Hearing Loss

The National Institute of Health has cited a Brigham and Women's Hospital Study linking over the counter painkillers to hearing loss.

You may have seen articles in Prevention and the Ladies Home Journal on this. The following article is an excerpt from the April, 2013 Prevention magazine article.

Over the counter painkillers can ease aches and pains, but taking them too often may have an unexpected side effect, hearing loss

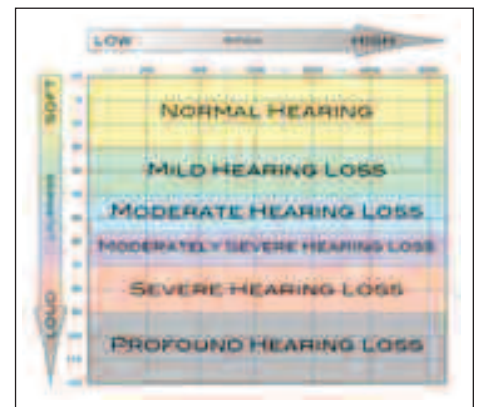
"Compared with women who took these pain relievers less than once a week, women who took ibuprofen 2 or more days per week had a 13 to 24% greater risk of hearing loss, and those who took acetaminophen that often had an 11 to 21% greater risk," says Sharon Curhan, MD, lead author of the Brigham and Women's Hospital study.

The likely explanation according to Dr. Curhan is that these drugs damage the cochlea (the spiral-shaped structure in the inner ear that is es-

sential for hearing). Ibuprofen seems to reduce blood flow to the cochlea (just as it reduces blood flow elsewhere in the body to ease pain and inflammation), while acetaminophen depletes the antioxidants that protect against oxidative damage.

She summarized by stating: "Avoid damage by using the lowest possible dose for the shortest duration...If you regularly take these medications, work with your doctor to get a firm diagnosis of what's causing your pain...Then the two of you can talk about options such as acupuncture or physical therapy that may help reduce or eliminate your need for painkillers".

For more information on drug-free pain treatments, visit the National Center for Complementary and Alternative Medicine's website: nccam.nih.gov/health/pain.





Left: Movie Club members Esther Lee and Flo Innes model the Sony Caption Glasses.



Above: The CaptiView system fits in the seat cup holder, with captions delivered on the screen at the top.

New Caption Systems Support Most Movies at Hollywood 20, AMC 12

At the start of last summer, less than one out of every ten movies at our two leading movie theatres in town had caption support. This summer virtually all movies at both the Hollywood 20 and AMC 12 will provide access with new systems.

Since the end of last summer, Hollywood 20 has offered the Sony Caption Glasses, which HLAS Movie Club members have rated as the easiest-to-use and most effective personal caption system to date. To access the captions, one simply wears the Caption Glasses, which project all the dialogue and sound effects onto one's screen view in a bold, bright green type. The glasses fit over prescription glasses and are free at the Hollywood 20 Customer Service desk before any movie.

AMC 12 is the first in the area to offer the CaptiView system. This wireless system is similar in shape to the Rear Window Caption system AMC previously had as it also provides a caption monitor at the end of a two-foot rubberneck that rests in the seat's cup holder. However, it is much easier to use as it now shows the captions on the device's screen automatically via wi-fi with no need to line up a reflector to the back wall monitor to pick up captions like the older system. CaptiView is also free and should be requested when purchasing tickets. The best place to confirm what movies come with caption support is to visit www.captionfish.com where you will find a list all of theatres, movies and show times with captioned previews.

If you have missed too much of the dialogue at movies, these devices will make a big difference. The best way to try one for the first time is to join our Private Eyes Movie Club, which sees a newly released movie every month at the Hollywood 20. The club offers HLAS members a free movie ticket for their first outing and provides a quick tutorial on how to use the glasses. Contact Joan Haber at: joan-haber2012@gmail.com for more information. The club, which normally meets on the fourth Wednesday of the month, will meet on Wednesday June 19, as many members will be in Portland, Oregon the following week for the HLAA National Convention.



Find us on
Facebook

HLAS on Facebook

Just click "like" and you will be informed of all the things going on at HLAA and HLAS.

Here is a link:

www.facebook.com/pages/Hearing-Loss-Association-of-Sarasota/204770239533667?ref=ts&fref=ts

At the Farmers Market

**Saturday
June 22
7am to 1pm**



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

HLAS now has a permanently assigned site, 1920 State Street between Lemon and Pineapple.

There will be free hearing screenings each month. If you have a friend who needs help and cannot make one of our meetings, please suggest they visit us here.

Members are always encouraged to volunteer a two hour shift. Let Alex Boakes know if you can help HLAS out, alexboakes@msn.com.

LEGISLATIVE UPDATE



A Bill (S555) was introduced in the United States Senate on March 13, 2013 by retiring Senator Tom Harkin of Iowa that would require captioning and video descriptions for movies in movie theaters with two or more screens.

The Bill would amend the Americans with Disabilities Act (ADA) to provide access to dialogue and description of movies for the deaf and hard of hearing.

HLAS members are familiar with the Sony Caption Glasses through its Movie Club, the Hearing Health Expo in April and the demonstration at the Take Back Your Life reception on May 1. There are other manufacturers making other captioning devices as well.

When one considers that movie theaters sold an estimated \$10.84 billion worth of tickets domestically in 2012, and that this accommodation can serve to bring more customers into the seats of theaters, the cost of caption glasses appears to be minimal. In addition, under the Americans with Disabilities Act individuals with hearing loss must be provided equal communication access unless the accommodation would create an undue burden. In short: if the theater can provide captioning, they must.

We have been told that onscreen captions are distracting for some people and the glasses allow the movies to be caption-less for the majority but provide a greater enjoyment (and more moviegoers to the theatre owners) to people with hearing loss. The key provisions are:

“(3) MOVIE THEATER ACCESSIBILITY-

(A) DEFINITIONS- In this paragraph:

(i) CLOSED CAPTIONING- The term ‘closed captioning’ means a method, process, or mechanism, which may include a device, that—

I) allows an individual who is deaf or hard of hearing to have access to the content of a motion picture; and’

(II) allows that access by displaying, through an individual device or individually used technology, all of the audio portion of the motion picture (including displaying the dialogue and any narration, as well as descriptions of on- and off-screen sounds such as sound effects, music, or lyrics for music, and information identifying the character who is

speaking) as text that can be effectively viewed and controlled by that individual while the individual simultaneously watches the motion picture.”

Senator Harkin, who chairs the Committee on Health Education Labor and Pensions held hearings for the full committee on May14. That video is available below. Also, the members of the committee are listed. Please write Senators Nelson at: www.billnelson.senate.gov/contact/email.cfm and Rubio at:

www.rubio.senate.gov/public/index.cfm/contact to support -and co-sponsor- this Bill. HLAA is monitoring these hearings and the Bill. A showing of support is necessary to move it out of committee.

www.help.senate.gov/hearings/hearing/?id=0a89258a-5056-a032-5276-85441c3431e8

Trouble hearing over the phone?



Florida Relay can help!

If you're one of the millions of Florida residents with hearing loss, you may benefit from Captioned Telephone, or CapTel:

- Works like any other telephone
- Displays every word the caller says
- Hear what's being said and read a captioned (text) version of your conversation
- Free to use and available anytime

Free CapTel phones are available through Florida Telecommunications Relay, Inc. (FTRI) for qualified Florida residents.

To learn more:

Visit www.ftri.org

**Call 1-800-222-3448 (voice)
or 1-888-447-5620 (TTY)**



Florida CapTel service is made possible by AT&T.

**Florida
Telecommunications
FTRI Relay, Inc.**

Featured Links/Blog

A hearing loss related link or blog addressing hearing loss issues will be featured here each month.

This month's feature is:

www.audiologyonline.com/releases/

This month's feature is a source of current medical studies and reviews on hearing research and technical advances for the hard of hearing. The professional publication, Audiology Online, provides a source to link current news and research in the audiology community. The titles of links in just one week (last week) should cause you to add this link as a "favorite". Here are the subjects:

- **Scientists Identify Molecules in the Ear That Convert Sound Into Brain Signals**
- **Researchers Develop Rx for Deafness, Impaired Balance in Mouse Model of Usher Syndrome**
- **Purdue Innovation Could Help People with Severe Hearing Loss**
- **Second Edition Launch of Clinical Research Methods in Speech-Language Pathology and Audiology**
- **Invisible Captioning is the Next Big Idea**

Hearing Loss Association of Florida has a new and updated website with plenty of information and links. It is: <http://hla-fl.org/>

The Hearing Loss of America website is always up to date with information on events, legislation, education and the convention. Check it out at: www.hearingloss.org/

Our own HLAS website has a member volunteer to be the "webmaster" and will be updated soon. Links to past issues of Listen Up! are already on the site. It is: <http://hlas.org/wp/>



HLAS Goes to the Theatre

Another great reason to join and support HLAS: Free tickets to the theatre! HLAS receives tickets from the Player's Theatre and on occasion, the Van Wezel.

Players provides an allocation of tickets to us and we need an HLAS volunteer liaison to The Players to continue this program. Please contact Eileen and Doug Schuler at emk-bentley@gmail.com.

LOOP ADVOCACY

If you know of a church or synagogue that would benefit by looping or a physician-patient facility or retail store or anywhere there is public conversation, contact Ed Ogiba who leads our advocacy for looping at: ed@groupefo.com.

The Sarasota Chapter of the Hearing Loss Association of America is proud of its looping efforts and wants to do more. Sarasota leads the nation with:

18 looped live theaters

26 House of Worship

28 Community meeting places

A total of 71 looped facilities in Sarasota-Manatee



Let's Loop SRQ!

Find Guidance & Support at our Summer Rap Sessions

June 12 • July 10 • August 14

Second Wednesday of the Month @ 1:30pm

Our monthly summer rap sessions feature informal chats about common issues with hearing loss. There is no guest speaker, just an open session to focus on your individual needs. This is a great opportunity to ask questions, discuss issues about hearing loss, and gain valuable insight from our mentors and members.

Open
to the
Community!

North Sarasota Library
2801 Newtown Blvd., Sarasota

(Off Martin Luther King, Jr. Way,
1/4 mile East of Rte 301)

For more information contact
Ed Ogiba at 941-706-4312
or visit us at www.hlas.org

Mentoring
& Support for
YOUR Hearing
Issues

Our meeting is supported by a
Hearing Loop System that sends every
spoken word directly into your hearing aid.
Learn how to use this new system to get
clear, clean, understandable sound available
at most theatres in town including
Van Wezel, Player's and 17 other playhouses.

