Listen Up!

FEBRUARY 2013

Hearing Loss Association of America Sarasota Chapter

HLAS 2013: New Year, New Vision

The HLAS Board of Trustee are leading off the new year with a new vision for greater emphasis on Education, Brain Deafness awareness, Hearing Access and Community Interaction.

Education – New technology and software can improve one's hearing by 20% and we want to spread the word. Our speakers, health expos and convention scholarship are part of achieving this goal.

Brain Deafness – Untreated hearing loss can increase the risk of dementia, tinnitus, serious falls and isolation. We have set a goal to increase our education effort to assist the 90,000 local people that can be helped by treating their hearing loss.

Hearing Access – HLAS is a national leader in advocating Hearing Loop Systems. We are bringing HLAA's hearing loop advocate to the community to help us all understand the need to build and maintain looping in SRQ. We have caused 60 local facilities to be looped and we will continue to advocate for more churches and community centers to install this system.

Community Interaction – We have tripled membership in the past 18 months by presenting programs to help with hearing loss. Programs to encourage looped theatre attendance and captioned movie visits are the anchors for new social initiatives to encourage the 100,000 local people with hearing loss to return to active community lives.

Top: Movie club

Above Left: HLAS meeting speaker

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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.

2012 Best of Sro Local Winner "Best Cause"

"Discover how much more you can hear & understand"

Scene & Heard

HLAS COMMUNITY NEWS BITES

2013 Chapter Meeting Dates Reminder

This year's Chapter meetings will be held on the SECOND Wednesday of the month.

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.

Exception: Saturday, April 13 is the HLAS Hearing Care Expo at Lakewood Ranch Town Hall and this event will in lieu of a regular chapter meeting.

Membership Ideas: Next month, "Listen Up" will feature the "Top Ten' reasons to join HLAS.

This month, we wish to provide information about the financials of HLAS. There is no paid staff! The Officers, Trustees, Volunteers and Speakers all donate their time, incidental expenses and transportation costs. The membership is nominal at $25 and the benefits for education, advocacy and support of those with hearing loss desiring to fully function in our gulf coast paradise are huge. The expenses are for CART services, ALD equipment, advocacy through publications, refreshments, supplies and reception costs.

We can continue our advocacy to "Loop SRQ", educate both members and the community, peer mentor and so much more with membership dues and donations. If you know of neighbors, friends, relatives or anyone with hearing loss, forward a copy of "Listen Up' and encourage them to attend a meeting or to become a supporting member.

By the way, check the looped Van Wezel $5 Rat Pack show for members near the end of this month's "Listen Up" – another free or discounted perk for belonging to HLAS. Contact JoAnne DeVries at jdv.devries8@gmail.com for membership forms.

NEED A RIDE TO A MEETING?

Let any Trustee know if you need a ride to the meeting and we will try to make a connection.

Here is one for February: Fruitville Resident Needs Ride to/from the next HLAS Meeting

She lives on Oak Hill Drive near the crossroads of Fruitville and Simmons. If you can help, call Dr. Lyndsey Nalu at (941) 312-4781.

New Members!

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

Thomas and Elaine Cleveland
Sarasota, Fl

Brian and Paula Holleran
Sarasota, Fl

John and Adrienne Wagner
Sarasota, Fl

Robert Webb
Lake City, Fl

Robert Dailey
Osprey, Fl

Rose Kelley
Sarasota, Fl

Jill Simons
Sarasota, Fl

Anne Taylor
Venice, Fl

Beth Van Norman,
Nokomis, Fl

Save the Date

Saturday, April 13
HLAS Hearing Care Expo
10-4pm
Lakewood Ranch Town Hall

Wednesday, May 1
Hearing Loss Effects Everyone
Reception
6pm
1350 Main Street, Sarasota

Scene & Heard

Volunteer Opportunities

By volunteering you can not only help others, but you learn a great deal about your own hearing loss as you are matched with one of our experienced mentors. It is also a great way to get to know other members. We have a lot of events coming up and we need many hands on deck:

Feb 23- Farmers Market: Every 4th Saturday from 7am to 1pm.

March 13 Health Fair: At First Congregational Church from 9am to 1pm.

April 13 HLAS Hearing Health Expo: This is our major community outreach event for the year (see page 10 for details) and you will not want to miss all the exhibitors and seminars. We need volunteers in 2 hour shifts from 9am to 4pm.

Treasurer: Our chapter needs someone to manage our very basic financial books. **Contact Ed Ogiba for all the above at ed@groupefo.com.**

Above: Dr. Lyndsey Nalu and Joan Haber at the Women's Expo

Photographers: We need photographers to cover our monthly meetings. This is a great opportunity to get your photos published in **Listen Up!**. We also need photographers to cover selected special events like the April 13 Expo. **Contact Richard Williams at rnw1976@aol.com.**

From the "Say What Club" blog:

- "I can use my 'selective hearing' to tune awful noises out...."
- "Tuning out whining kids, bratty people or obnoxious co-workers."
- "I can't hear crying babies in the seat in front of me on a plane."
- "I love not hearing my spouse snore in the middle of the night."
- "I've learned that I can poke the HA's to "T": when there's a screaming baby in church; to get a neat, ambient humming soundtrack, and give my ears a rest."
- "I tune out my spouse when he's annoying (said with smile)."
- "Noisy neighbors don't bother me as much."
- "Barking dogs don't bother me at night when HA is out."
- "I don't have to listen to political ads!!!"

EVENT CALENDAR

FEBRUARY EVENTS

Feb. 5th
HLAS Board of Trustees
3:00pm
North Sarasota Library
2801 Newtown Blvd., Sarasota

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

Feb. 19th
YHG Chapter Meeting
6:00pm
Advocates For Better Hearing
4221 S. Tamiami Trail, Sarasota

Feb. 23rd
Sarasota Farmers Market
7am – 1pm
Lemon Avenue, north of Main, Sarasota

MARCH EVENTS

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

March 22nd
Sarasota Farmers Market
7am – 1pm

Meeting Update

UPCOMING MEETING PREVIEW, PRIOR MEETING RECAP

PRIOR MEETING RECAP

HLAS January Meeting

Dr. Lisa Tanner's presentation to HLAS on Jan 9, was an education for new users and old.

Here are some highlights from "Demystifying the Hearing Aid Purchase"

1. Discussion of differences between the educational requirements of Audiologist vs. a Hearing Aid Dispenser.

Audiologist	Hearing Aid Dispenser
Doctorate Degree	High School Diploma/GED
Clinical Practicum	6 mo online course
Diagnose, treat, & habilitate	Dispense

2. Typical ways to purchase hearing aids

   A. Private audiologist
   B. Audiologist in an ENT clinic
   C. Hearing Aid Specialist's office
   D. Big Box Stores (Sam's, Costco)
   E. Retail Stores (Sears, etc)
   F. Internet

3. Ask yourself "Who owns the business?" Who is profiting the most from having you as a customer?

4. A hearing aid is a medical device and its production is governed by the FDA

5. A Personal Sound Amplification Product (PSAP) is not a hearing aid and can actually diminish your hearing further by using it. It is an analog amplification device which amplifies all frequencies across the board.

6. Digital technology is required to fit your particular hearing loss.

7. Check on return policies and ask about restocking fees.

8. What features to you need? First ask yourself, "What is my life like? What are the demands of what I need to hear on a daily basis" Are you a homebody who goes out once a week to church or are you an active person who goes to meetings, plays a sport, goes to concerts, etc.

9. There are 4 technology levels (and corresponding pricing structures) Level 1 (Economy), Level 2 (Basic), Level 3 (Advanced), and Level 4 (Premium). The ranges for these levels can be from $500 to $3,000 each.

10. Difference between analog and digital. Analog is just an amplifier whereas digital converts sound to digital signals and is programmable.

11. Hearing Aid Features you really need:

- Directional microphones
- Telecoil
- Noise Reduction
- Feedback suppressant
- Low battery indicator
- Multi-programs
- Volume control
- Waterproof
- Connectivity (wireless)
- Ear to Ear = Binaural coordination and synchronization

12. Top 6 Hearing Aid Manufacturers: Resound, Phonak, Widex, Oticon, Siemens, and Starkey. There are new and exciting features in each brand. She went over the best features of each.

13. Why do hearing aids cost so much? One of the reasons is Bundling vs. Unbundling – she went over explanation of each. Technology is intricate and research costs are factored into the cost of a hearing aid.

Meeting Update

UPCOMING MEETING PREVIEW, PRIOR MEETING RECAP

UPCOMING MEETING PREVIEW

HLAS February 13th Meeting

Understanding Your Balance System and ways to improve it.

Dr. Laura Wazen, Doctor of Therapy, Equinox Physical Therapy

Dr. Wazen will highlight the causes of poor balance, plus resulting prevention and rehabilitation options one can consider. Dr. Wazen is currently the Director of Physical Therapy at Equinox Physical Therapy in Sarasota. Among her specialties is treating those who wish to maintain an active lifestyle with activities such as golf and tennis. She will explain how balance works, how balance is tested and how to decrease risk of falls and injury.

Every year, more than two million people in the U.S. fall and sustain a serious injury, costing more than $3 billion. Countless millions more suffer from, or are prone to the disorder, which has a long list of probable causes such as a previous leg or back injury, osteoporosis, arthritis or hearing loss. Balance can also be significantly affected by many sensory diseases and accelerated by hypertension, smoking or diabetes.

She is a member of the American Physical Therapy Association and Sarasota County Medical Alliance. She previously practiced at the Lenox Hill Hospital and The Balance Management Center, both in New York City. She has a Doctorate of Physical Therapy from the University of Medicine and Dentistry of New Jersey.

ALSO AT THE HLAS MEETING FEB. 13TH

HLAS Welcomes HLAA President

Dr. Diana Bender, the President of the HLAA Board of Trustees will be with us on February 13 to provide updates on HLAA's plans and priorities.

The meeting will be held at the North Sarasota Library Meeting Room, 2801 Newtown Blvd. Sarasota (941) 861-1360.
Refreshments will be served following the program.

NEXT YHG MEETING

YHG February 19th Meeting, 6pm

Preparing For Your Hearing Evaluation: How to Get the Most Out of Your Appointment

This presentation will cover the process of a hearing evaluation and what to expect. It will address:

- What steps are involved in the evaluation process & why?
- Which hearing aid is most appropriate for you?
- What are Hearing Loop Systems and T-coils?
- How to use T-coils to access theatres, meetings & more

Dr. Lyndsey Nalu, Au.D., CCC-A, specializes in diagnostic hearing evaluations; detection of outer, middle, and inner ear pathologies; and advanced digital hearing aid fittings. She has conducted extensive research in the areas of audiologic counseling, aural rehabilitation, and assessment of bone anchored hearing devices.

A Michigan native, Dr. Nalu received her Bachelor of Science Degree from Western Michigan University and her Doctor of Audiology degree from ACAE accredited Central Michigan University. She completed her clinical residency at Michigan Ear Institute, where she trained alongside leading neurotologists and audiologists. Licensed by the Florida and Michigan Boards of Audiology, Dr. Nalu is a Fellow of the American Speech-Language and Hearing Association and the American Academy of Audiology.

Join us for a relaxed meetup with wine, cheese, and chat. No pressure, just the opportunity to enjoy meeting fellow members, swapping stories, and sharing 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.

HLAA NEWS

Convention 2013

"The Greatest Educational Experience"

The annual HLAA Convention features 50 seminars, 70 exhibitors and a research symposium (see-below) plus a chance to meet over 1,000 like-minded members from chapters around the country. All 7 HLAS members who attended last year's event said it transformed their outlook on how to improve their hearing. This 3 -4 day event is unquestionably the best educational forum to discover new, advanced ways to improve your communication and listening skills.

This year's convention will be June 27 to June 30 in Portland, Oregon, rated as one of America's most livable cities with access to breath-taking outdoor vistas like Mount Rainier.

HLA-FL and HLAS Scholarships Available

Both our chapter and the Hearing Loss Association of Florida are offering $1000 scholarships to attend the Convention. Any member who has not attended the convention before is elligible. It is easy to apply to both events with a similar application that is available on our website (www.HLAS.org) or by contacting **Joan Haber at joanhaber2012@gmail.com**. But don't wait as applications close March 14.

The Research Symposium at the Covention this year will be the "Latest developments in Hearing rehabilitation research." The Friday session will be presented by research audiologists from the National Center for Rehabilitative Auditory Research (NCRAR) located at the Portland VA Medical Center. The subjects are timely and important to all of us.

Research Symposium: Latest Developments in Hearing Rehabilitation Research

Diabetes & Hearing Loss: Current Findings and Thoughts

Summary: As we age, hearing function declines for a variety of reasons, making it more difficult to understand speech. Recent evidence shows that diabetes, a common disorder among older adults, causes further deterioration in auditory function. These tend to be most noticeable when a talker speaks quickly and when a listener must pick out a single talker in a background of noise. Age and diabetes also cause changes to vision and manual dexterity. Together these changes affect the ability to communicate and can affect an individual's ability to use hearing aids. In this presentation we will describe the effects that diabetes can have on hearing and understanding speech and will discuss how these can impact rehabilitation. Original research and case studies will be reviewed which illustrate the importance of knowing your numbers (blood sugar levels) and having your hearing screened regularly if you think you may have diabetes.

CONVENTION 2013
Hearing Loss Association of America

Approaches to Auditory Rehabilitation

(a) Computerized Auditory Training

Summary: Auditory training can be used as a supplement for patients who would like more benefit from their hearing aids. Currently there are a number of auditory training program available commercially, however few independent studies that have examined their effectiveness. This presentation will provide listeners with a basic understanding of auditory training and how it is used, some recent findings from a clinical trial examining the effectiveness of one program, and strategies to help decide whether auditory training might be helpful for you.

(b) Group Aural Rehabilitation

Summary: Two VA research studies: The first study focused on older hard of hearing veterans who had received new advanced hearing aids from the VA, half of whom participated in the single two hour interactive multi-media workshop. The second study was a pilot project with older veterans who had recently received rehabilitation services from VA vision clinics and hearing clinics, who participated in six two hour workshops. We will talk about the content of these workshops and what our data show. Some of our results may surprise you.

Loud & Clear

NEWS & EVENTS IN THE HLAA, NVRC, AND HLAS COMMITTEES

PRESIDENT'S MESSAGE

Celebrate Valentine's Day with a Donation to HLAS

Dear Members and Friends,

Valentines Day is a celebration of the heart and an opportunity to share our love for others. In that spirit, I hope some of you, who are in a position to do so, will consider a donation to HLAS.

Unlike most 501(c)(3) non-profit organizations, we address our mission with an all-volunteer team that donates hundreds of hours of their talent each month. This is a team that fully donates their time plus many out-of pocket expenses to ensure 100% of all your donations go directly support our mission. But our membership fees only barely cover our cost of CART, and we are totally dependent on donations and sponsors for the funding needed for other membership needs and community outreach.

As you have hopefully witnessed this past year, our goal is to do much more for our members in delivering the best education, advocacy and support services. We started a scholarship to the HLAA Convention to help someone who might not be able to afford the greatest educational experience there is for those with hearing loss. We have invested in a HLAS lending library to further help supplement every member's personal growth. And we went to over 30 community events last year, including creating our own first Hearing Health Expo, to reach out to the other 110,000 with hearing loss in our community to let them know they don't need to face hearing loss alone.

The fact remains we could do so much more with a healthier financial base and for this reason we are reaching out for your support. This edition of Listen Up! outlines our Board of Trustees new vision for HLAS and what the extra funding can help us accomplish.

To make a tax-deductible contribution, please make your check out to HLAS and send to HLAS, P.O. Box 48643, Sarasota FL 34230. If you have any questions, please free to call me at (941) 706-4312 or e-mail me at: ed@groupefo.com.

We are most grateful for your support and please accept our best wishes for a happy Valentine's Day.

Ed Ogiba
President, HLAS

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.**

Loop for Northport?

North Port Commissioner Stan Frank and HLAS President Ed Ogiba presented the need for a loop system at the Commissioner's meeting at City Hall on January 28. If you would like your house of worship or another community venue to consider a loop, contact Ed for support at **941-706-4312.**

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

Posit Science is a brain fitness program designed to sharpen your brain's auditory system. The company says that you will "Think Faster, Focus Better and Remember More".

The Brain Fitness Program speeds up and sharpens auditory processing – the listening system of the brain. By improving the quantity and quality of what your brain takes in through sound, it drives an overall improvement in thinking, focus, and memory. Use the Brain Fitness Program to:

- Improve memory by 10 years
- Speed up auditory processing by 131%
- Find words on the tip of your tongue
- Participate in and remember conversations more fully

Brain Training that Works for You

Spend anywhere from 15 minutes to an hour in each brain fitness workout on exercises that adapt to your unique level. You're always getting the best mental workout for you. The program also gives you regular feedback on your progress so you know where you are and how much you have improved. It's easy to use, even for computer novices! The Brain Fitness Program comes with two user licenses, so two individuals can use the program on the same computer. If you are interested in purchasing the Brain Fitness Program, it can be purchased on Amazon.com at **www.amazon.com/Posit-Science-Fitness-Program-People/dp/B001H0ZEJO/** or through **PositScience.com**. The cost is $199.

Plugged-In

HEARING LOOP LOCATIONS, ACCESS, CLUBS, & LINKS

"Private Eyes" Movie Club

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 Club generally meets the third or fourth Tuesday per month. Please email Joan Haber at: joanhaber2012@ gmail.com

Featured Links/Blog

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

This month's feature is: www.betterhearing.org

The Better Hearing Institute (BHI) is a not-for-profit corporation that educates the public about the neglected problem of hearing loss and what can be done about it. [Disclaimer—BHI is funded by hearing aid manufacturers]. Founded in 1973, they work to:

- Erase the stigma and end the embarrassment that prevents millions of people from seeking help for hearing loss.
- Show the negative consequences of untreated hearing loss for millions of Americans.
- Promote treatment and demonstrate that this is a national problem that can be solved.

The website has current news including health and technology updates. They have features and links to hearing loss prevention, hearing loss treatment, aural rehabilitation and much more. There is also a discussion group online and a list of helpful publications

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/**

Looped Places of Worship

HLAS will be pleased to meet with your pastor or committee to explain looping and investigate costs and possible matching funding. Contact Ed Ogiba who leads our advocacy for looping at ed@groupefo.com

Anna Maria Island:

Episcopal Church of the Annunciation

Bradenton:

Bradenton Christian Reformed Church

St. Andrew United Church of Christ

Trinity Lutheran Church

Oneco United Methodist Church

Longboat Key:

Christ Church of Longboat Key

Temple Beth Israel

Sarasota:

Church of the Redeemer

Covenant Life Presbyterian

Faith Baptist Church

First Church of the Nazarene

First Congregational United Church of Christ

First United Methodist

Pine Shore Presbyterian Church

Northminster Presbyterian Church

St. Boniface Episcopal

St. Thomas More

Temple Emmanu-el

Unity Church of Sarasota

Venice:

Episcopal Church of the Good Shepherd

Venice Presbyterian Church

Plugged-In

HEARING LOOP LOCATIONS, ACCESS, CLUBS, & LINKS

HLAS Theatre Perks: Rat Pack Night at Van Wezel

SANDY HACKETT'S RAT PACK SHOW
Friday, Feb 22 at 8pm

Celebrating 50 years of the Rat Pack, this show takes audiences on a journey to the days of hi-balls, hi-jinks and happy hours with Frank Sinatra, Sammy Davis, Jr., Joey Bishop and Dean Martin. Produced by Buddy Hackett's son Sandy, the show features many Rat Pack's classic songs such as "Get Me To The Church On Time," "My Kind of Town," "New York, New York," "My Way," "Mack the Knife," "Luck Be A Lady" and "My Way," backed by a smoking 12 piece band. The group performs the songs with the flair of the real legendary entertainers, while recreating the witty stage banter and loose, party-like atmosphere of a real Rat Pack performance. These highly discounted tickets for HLAS members are only $5 each, with a limit of 4 per person, available on a first-come, first-serve basis. **Join us by sending a check made out to HLAS with your name, mailing address and e-mail address noting for Rat Pack Show to HLAS, PO Box 48643, Sarasota FL 34230 before February 7.**

Left: Typical stateroom with TV on a cruise ship

Closed Captions on the High Seas

A member recently returning from a cruise found that there were no captions on the stateroom TV. He had asked the steward about this and was told that captioning is not available on the ship. A call to guest services resulted in a similar answer. The next day, the member alleged that the remote was not working and a technician was sent. The tech advised that captions could be enabled with the TV manufacturer remote. He got one. It seems ships and some hotels have a system much like your separate cable remote and captions can only be enabled by the TV remote. By requesting the TV remote, you can enable captions.

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

Vote for HLAS as "Best Cause"

2012 Best of SRQ Local WINNER

Thanks to your votes, SRQ Magazine named HLAS "Best Cause" last year. Since that time we have nearly doubled the number of loop locations to 61 including 21 Houses of Worship and 18 theaters. 28 of the locations were funded with a grant we helped secure. The publicity from this award helped the cause immensely and with so many more locations yet to be looped to reach our goal of a truly "Hearing-Friendly" City, more awareness would make a difference.

Vote by going to: www.srq-mag.com/bestofsrq and go to question #35 which asks for your vote for Best Cause.

Hearing Loss Association of America
Sarasota Chapter

hearing health EXPO
Learn To Hear All You Can

Discover the Latest Ways to Improve Your Hearing

Saturday, April 13, 2013

10 AM- 4 PM,
Lakewood Ranch Town Hall

Free Expo Open to the Community!

Try the latest advancements in:

Hearing Aid Technologies
Cochlear Implant Developments
Captioned and Smart Phones
Assisted Listening Devices
Hearing Loop Systems at
Local Theatres & Movie Houses

Meet Leading Hearing Care Providers
Get Free Counseling from HLAS Mentors
Learn about Support Groups & Free Resources
Attend one of 10 Educational Seminars
Bring Questions & Get Answers
Enter to Win Valuable Prizes

Lakewood Ranch Town Hall
8175 Lakewood Ranch Blvd., Lakewood Ranch, FL

From I-75, take Exit 213 "University Parkway".
Go 3 lights East to LWR Blvd and turn left. 1 mile on right.

For more information on exhibitors, seminars or sponsorship packages, contact: ed@groupefo.com or (941) 706-4312

2012 Best of Sro Local WINNER
"Best Cause"

"Discover how much more you can hear & understand"