



A Year of Gratitude!

We at HLAA-Sarasota have a lot to be thankful for in the past twelve months. 2013 was a wonderful year during which we hosted:

- 35+ community outreach sessions
- 20+ presentations to the community
- 12 Wednesday afternoon chapter meetings
- 12 Movie Club outings
- 7 Theatre Club outings
- 5 Community Receptions, visits from HLAA Loop Advocate Juliette Sterkens and HLAA Executive Director, Anna Gilmore Hall
- 4 After Hours meetings
- 3 Rap Sessions
- 1 Expo for 500 people with 33 exhibitors and 10 seminars

Most of all, we are grateful for our 100 new members, 100 returning members, 96 looped venues, 2 certified peer mentors and 25 expert speakers.

We owe a very special thank you to all our volunteers, Board members, Advisory Board, exhibitors and donors for providing the talent, time and financial support to make it all happen.



[Click Here to View Our Brochure](#)

Top: Members of 2014 HLAA-S Board

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Communication Strategies

Listen Up HLAS monthly newsletter offers Education, Advocacy and Support for the 135,000 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, contact editor, Richard N. Williams at RNW1976@aol.com. Opinions expressed in "Listen Up" are those of the Editor or Author. Mention of goods and services in articles or advertisements does not mean the Hearing Loss Association of America or the Hearing Loss Association of America-Sarasota Chapter endorses same nor should exclusion suggest disapproval.

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"Best Cause"

Movie Club Attracts New Members to "Caption Glasses"

The chapter's Private Eyes Movie Club met in December to see *"The Book Thief"*, a story about an orphaned girl who learns to read during the book-burning period in 1930's Germany.

Sony Caption Glasses project captions about 10 feet in front of the user, creating the illusion that the captions are on the screen much like Closed Captions on TV. Unlike Closed Captions, these captions are in a bright green type that is much easier to read and the viewer can adjust exactly where on the screen they appear. Sony Caption Glasses are available at no charge at Sarasota's Hollywood 20, Bradenton's Oakmont 8 and 6,000 other Regal Theatres nationally.

Private Eyes Movie Club meets monthly on the 4th Wednesday of the month for a first run film at the Hollywood 20 around 4 PM followed by dinner at Applebee's. Members are entitled to a free movie ticket at their first movie. To get the notice of the movie selected, which is sent the week-end before the movie date, contact Joan Haber at: mentorjoan@hlas.org.

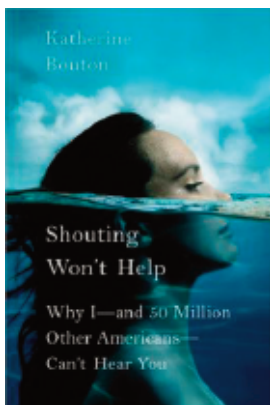
At right is a view of the way captions appear to the viewer. In a dark theatre, the bright green type is easy to read.



Above: The view of the movie screen through Sony Caption glasses

Top: Movie Club veteran Joann Desrosiers and club head, Joan Haber welcome first-time triers, Herman and Marian Wissenberg.

Above: The Movie Club shares a meal after the show in a private room at Applebees.



Book Club – Feb. 16 To Discuss Hearing Loss Bestseller

The Chapter's new Between the Covers Book Club kicks off on February 16 with a discussion of *"Shouting Won't Help – Why I – and 50 Million Other Americans Can't Hear You."* Pick up a copy of the book from Amazon at the link [HERE](#) and join us. The book, authored by Katherine Bouton who recently became a member of the HLAA Board of Trustees, received rave reviews from *The New York Times* ([CLICK HERE](#)) and *The Language Instinct*, Harvard.

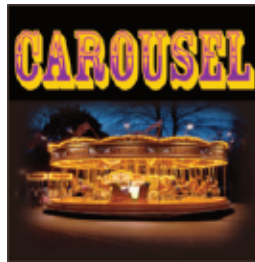
The Book Club is an open, free event and will meet Tuesday, February 16 at 5:30 pm at the Club at 1350 Main Street. Complimentary wine and cheese will be served. To RSVP, contact JoAnne DeVries at: membership@hlas.org.

Theatre Club to See “Musical of the Century” on January 7

On Tuesday January 7, the HLAS Theatre Club is off to see Carousel at The Player's Theatre. The play debuted on Broadway in 1945 and it has been crowned the “Best Musical of the 20th Century” by *Time Magazine*..

Each month during season, HLAA- Sarasota members in good standing can request two free tickets to each Broadway production at The Players Theatre from club head Eva Burnell. Twenty-five complimentary tickets are distributed on a first come-first served basis. You can also join Eva and other members for dinner beforehand. To learn more about the theatre club, contact TheatreClub@hlas.org.

To get in the mood for a great night out, listen to Sissel sing the signature song of Carousel, “You’ll Never Walk Alone” [CLICK HERE](#).



UPCOMING SHOWS
Sordid Lives, Feb.11;
Dirty Rotten
Scoundrels: Mar. 18;
Urinetown: April 15.

Volunteer Reception to Highlight Chapter’s Job Openings- Jan. 16



Our chapter is responding to increased demand for education and support for our membership and the community. In 2014, we plan to increase the number of membership meetings from 16 to 18, expand our Expo and add more membership/community events. Volunteering is not only the best way to support the HLAA cause and help others, it also a great way to learn more about how to improve your own hearing. We need more volunteers and we invite you to attend our Reception on Jan. 16 to learn more. Opportunities include:

Volunteer Coordinators	The Giving Challenge volunteers
Photographers	Grant research and proposal writing
Telephone callers	Media Managers
Raffle tickets	Library Manager
Mailing help	Exhibitor Coordinator
Outreach Event Volunteers	Foundation Coordinator
Foundation Coordinator	Web News Coordinator

Requirements – You must be an avid email user who checks email on a daily basis as all our communications are by email. We believe two of the greatest skills a volunteer can possess are a willingness to try and a passion to help. Attitude is everything! So if you want to give it try, we will train you! Each of us can make a difference.

Where/ When: The Reception will be held at 6pm at the Club at 1350 Main Street. Wine and cheese will be served. Please RSVP to JoAnne DeVries at: membership@hlas.org.

EVENT CALENDAR

JANUARY 2014 EVENTS

Tuesday, January 7

7:30 PM- HLAS Theatre Club, Carousel at Player's Theatre, Sarasota

Wednesday, January 8

1:30 PM to 3:00 PM – Chapter Meeting
Virgi Mills, M.Ed. “What’s New in Cochlear Implant Technology & How to Improve Your Listening Experiences through FUN Auditory Rehabilitation Activities”, N. Sarasota Library Meeting Rm

Thursday, January 16, 2014

5:30 PM to 7 PM – Volunteer Reception
Light bites, wine, soft drinks
1350 Main St., Sarasota

Wednesday, January 22

Time TBA – HLAS Private Eyes Movie Club, Hollywood 20 Theatre / Applebee's Restaurant, Sarasota

Saturday, January 25

7:00 AM -12:00 Noon, Sarasota Farmers Market, Free Hearing Screenings

Tuesday, January 28

6:00 PM to 7:30 PM – HLAS After Hours
Dr. Brad Ingrao, “Improving Your Relationship with Music”, Center for Arts and Cultural Alliance, 1226 N. Tamiami Trail, Sarasota

SAVE THE DATE

Saturday, March 8, 2014

9 AM - 4 PM Third Annual Hearing Tech Expo
Manatee Technical Institute
6305 State Road 70 East
Bradenton, FL (just west of I-75 exit)

MEETING RECAP

Sound Therapy Featured at Holiday Party

Our December meeting is traditionally a festive social event with entertainers replacing expert speakers. This year's party featured two guests who offered a mix of education and entertainment by introducing us to the world of exotic native instruments that are used in many forms of therapy.

Normen Schindowski of Normen High Vibe, who is a massage therapist, energy practitioner and intuitive musician, opened the session by explaining that selected native instruments like the aboriginal didgeridoo emit unusual sounds that we can not only hear, but feel because of their vibrations. These instruments are played for their relaxing plus healing properties and one of their many goals is to awaken our inner hearing which is receptive to the tactile sensations of sound.

Mark Selis, the owner of All Ears Hearing Services, is also a sound therapist and he provided a meditation exercise for the audience using a large Java-style gong. The bossed instrument had a richer tuned sound than the flat-type gongs or cymbals used in orchestras. The vibrations stood out as they could be felt by most of the audience as they travelled through the floor to our feet. Selis said that the sound of the gong can captivate the mind which turns off our thinking and allows us to totally relax, often bringing on sleep. Sure enough, a couple of members admitted they drifted off during the meditation.

Schindowski did a similar meditation exercise with his didgeridoo quietly walking through the audience so its vibrations could be directly felt by every one of the 60 people in attendance. He followed this by joining Selis who had switched to playing a native flute to play a mellow duet. Their presentation concluded with Selis playing a mean Djembe Drum with a very lively beat that had several members dancing in their seats and in the aisles.

Many members remained dubious on whether sound therapy had healing powers, but almost all agreed that the session was very educational and entertaining. Most confessed that the sound exercises very relaxing in this big group setting and would be much more effective in an individual session.



Above: Normen Schindowski's didgeridoo meditation relaxed many members.



Left: Norm brought the didgeridoo close to everyone to feel the sound with their inner ears.

Right: Mark Selis invited Jim Simpson to stand close to feel the gong's sound.



Below and Below Left: Mark played the Djembe drum while Flo Innes, Karen Reynolds and Joan Manstrande danced along.



UPCOMING MEETING

When Hearing Aids are Not Enough! – January 8



Virgi Mills, M.E.D. will address this topic by discussing what is new in cochlear implants and auditory training. She will cover:

- Exciting news on a new, all-in-one CI processor, Rondo.
- Rondo requires nothing on or behind the ear
- Auditory rehab news for CI and hearing aid users

Virgi is the Med-El Outreach Coordinator who hails from Jacksonville and who has been a frequent visitor to HLAA-Sarasota events.

The session begins at 1:30 pm at the North Sarasota Library at 2801 Newtown Blvd.

UPCOMING AFTER HOURS MEETING

Improving your Relationship with Music– January 28



HLAS AFTER HOURS
Education. Social. Support.

Dr. Brad Ingrao, who is an audiologist, musician and *Hearing Loss Magazine* columnist, will address how to recapture the enjoyment of music again by discussing:

- Why does hearing technology help us hear speech well, but music "just isn't the same?"
- Why is music such a challenge for people with hearing loss?
- Advice on how to reduce the frustration and make listening to music more enjoyable

Brad gave this presentation a year ago at one of our Wednesday afternoon sessions and it was a huge hit. If you miss music, you don't want to miss this meeting. At the Center for Arts and Humanities, 1221 N. Tamiami Trail (between 12th and 13th Street).

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PRESIDENT'S MESSAGE

It's Time for New Ear Resolutions

I hope your plans for 2014 include at least a couple of New Ears' Resolutions. Here are a few ideas to consider:

1. Overwhelmed by the process of getting help? Contact one of our Certified Peer Mentors to get the help you need. Joan Haber at: mentorjoan@hlas.org. or Anne Taylor at: mentoranne@hlas.org.

2. Need a good audiologist? Joan or Anne can guide you.

3. Best hearing aid for you? This is the wrong question to be asking. Talk to Joan or Anne and learn what to focus on.

4. Communication Strategies can improve communications between you and your spouse, friends, or co-workers. Ask Joan or Anne for a list or contact me at info@hlas.org.

5. Assistive Listening Devices can fill the gaps that your hearing aids or cochlear implants miss. Don't forget to take advantage of the 100 looped venues in town. I use nine ALDs and if you would like to learn more, contact me at info@hlas.org

6. Join one of our clubs. Mixing with people with hearing loss can offer you educational and emotional support. We offer a Movie Club, Theatre Club and Book Club, plus numerous community and member receptions.

7. Learn about Auditory Training. There are software programs that can improve your listening skills by up to 40%. There is also an AT evening program at USF.

8. Attend our monthly Wednesday meetings. We always have an expert speaker, Q&A, and an opportunity to learn from other members. Every 2nd Wednesday of the month at 1:30 pm at the North Sarasota Library.

9. Attend our After Hours group. A casual atmosphere with expert speaker, rap session and socializing over the HLAS wine bar. Every 4th Tuesday of odd-numbered months at 6 pm at the Center for Arts and Humanities.

10. Volunteer. We have so many openings and each one will afford you the opportunity to discover new ways to improve your hearing. Join us for the Volunteer Reception on January 16 (see p. 3) to learn more.

To learn more about anything above, contact info@hlas.org. Happy New Ears!



Ed Ogilvie

Biggest Hearing Expo in Florida- March 8

The Chapter's 3rd Annual Hearing Tech Expo will move to state-of-the-art Manatee Technical Institute's new Cantrell Hall on March 8. Last year's session featured 33 exhibitors and 10 mini-seminars that drew



500 people. This year we are planning for 40 to 50 exhibitors and 14 full-length seminars with longer Expo hours from 9 am to 4 pm. For more details, [click here for the Expo flyer](#).

Companies and practitioners interested in exhibiting or providing a seminar contact expo@hlas.org

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New HLAS Board of Trustees Elected

The annual election of Board Members was completed at the December meeting where the people noted with a "(E)" below were newly elected by our membership to a two year term. The HLAS Board has a rotating two-year term in which half of the terms expire every year and newly appointed members get a two-year term.

Your elected board for 2014 includes:

Ed Ogiba, President	(E)
JoAnne DeVries, Vice President	(E)
Joan Haber, Secretary	
Eileen Bentley, Treasurer	(E)
Steve Boris	
Dave Donnelly	(E)
Dr. Susan Fulton	
Dr. Brad Ingrao	
Christine Koch	
Dr. Lyndsey Nalu	
Valerie Stafford-Mallis	
Anne Taylor	(E)
Richard Williams	(E)

Below: The Board of Trustees includes: (left to right): Dr. Lyndsey Nalu, Christine Koch, Steve Boris, Eileen Bentley, Ed Ogiba, Joan Haber, Dr. Brad Ingrao, Eva Burnell (Theatre Club Mgr.) and Dave Donnelly. Not shown: Dr. Susan Fulton, Valerie Stafford-Mallis and Anne Taylor.



Chapter Starts Dual Memberships

Starting this new year of 2014, all of our membership applications will be converted to dual HLAA / Sarasota memberships. The cost is \$35 for an Individual membership, \$45 for a Couple. This is the first time in many years our membership fee has increased and it comes with a doubling of benefits as you get all the perks of HLAA Membership and Chapter membership for one membership price. HLAA-Sarasota membership dues come up for renewal on your membership anniversary throughout the year. As your membership is renewed, you will also become an HLAA national membership.

New Dual Membership - 2 Memberships For The Price of 1!!

If you have any questions on Membership please feel free to contact JoAnne DeVries at 941-320-8825 or e-mail at membership@hlas.org.



National Convention Scholarship Applications Close March 14

The HLAA-Sarasota awards a scholarship to HLAA National Convention to an individual who demonstrates in writing sincere educational interest in and commitment to sharing the mission of the HLAA with others affected by hearing loss.

SCHOLARSHIP DESCRIPTION: The scholarship will entitle the winner up to \$1000 to cover the costs of registration, travel and hotel expenses to the HLAA Convention in Austin, TX from June 26-29, 2013.

ELIGIBILITY: The applicant must be a current and active member in good standing of the HLAA-S chapter and a first-time attendee to the national HLAA convention.

The deadline for submission of the completed application is March 14, 2014. For more information and/or to receive an application, please contact Joan Haber, Scholarship Committee Chair, at mentorjoan@hlas.org.

2014 HLAA National Convention in Austin Texas



The HLAA Convention will take place on June 26-29 in Austin. Reservations are available at early bird rates for members through January 31.

The Keynote Speaker was recently announced. It is music composer

Richard Einhorn. Einhorn continues to write and conduct despite sudden hearing loss at a severe level.

ABC News did a story on Einhorn's discovery of "looping". They said: "Einhorn turned into an advocate for a not-so-new, but remarkable technology that magnetically transfers the microphone or TV sound signal to hearing aids and cochlear implants that are equipped with a special magnetic receptor called a telecoil or t-coil.

As a result of his activism and that of others in the hard of hearing community, Broadway has now invested in hearing loops. The global Nederlander organization, which operates nine theaters in New York City, has already looped the Richard Rodgers Theater ("Romeo and Juliet") and soon the Gershwin Theater will add the technology to mark the 10th anniversary of 'Wicked.'"

HLAA WEBINAR



Each month, HLAA presents an online Webinar. Take advantage of your membership and "tune in". To go online live, you must be a member and use your password to the link <http://www.hearingloss.org/content/webinars>.

This month's presentation is at 8:00 pm on Wednesday, January 15. HLAA-Sarasota's own Valarie Stafford-Mallis is the presenter. She will speak about "Communication Strategies for Surviving in the Workplace".

Valerie is the business development manager for Alternative Communication Strategies LLC. She has bi-lateral cochlear implants and faced the struggles of hearing loss in the workplace firsthand. She will talk about legal issues and tools to make your life easier by addressing communication strategies for applying for a job, interviews, and day to day interactions on the job.

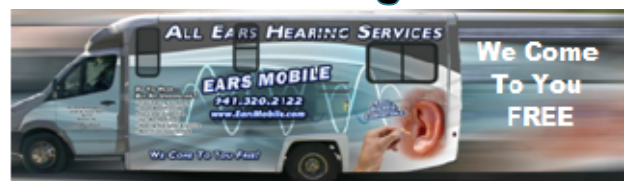
Note: After presentation, live broadcasts are added to the HLAA online archives. To access the archives [click here](#).

Doc Otoblock Kicks-Off Holiday Party!



Dr. Brad Ingrao, left, known as "Doc Otoblock", has become a tradition at our Holiday Party belting out holiday favorites on his "Seasonal Sax". The spectro-scope monitor in the lower left of the photo acts as "CART for music" providing the listener with a helpful visual cue to help pick up the rhythm and the beat. More details on the Holiday Party inside Listen Up!

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Medical News

The January Chapter meeting will address the latest information on cochlear implants. In December, *Medical News Today* reported on computer models of neuronal sound processing in the brain being used to improvements in cochlear implants. The article can be found at <http://www.medicalnewstoday.com/releases/269611.php>.

Summary: Researchers at the Technische Universitaet Muenchen (TUM) are working to overcome current limits of the technology. They are investigating the implementation of signals in the auditory nerve and the subsequent neuronal processing in the brain. Using the computer models developed by TUM, manufacturers of cochlear implants improve their devices.

A further major development leap would ensue if spatial hearing could be restored. Since our ears are located a few centimeters apart, sound waves from a given source generally reach one ear before the other. The difference is only a few millionths of a second, but that is enough for the brain to localize the sound source. Modern microprocessors can react sufficiently fast, but a nerve impulse takes around one hundred times longer. To achieve a perfect interplay, new strategies need to be developed.

The perception of sound information begins in the inner ear. There, hair cells translate the mechanical vibrations into so-called action potentials, the language of nerve cells. Neural circuitry in the brain stem, mesencephalon and diencephalon transmits the signals to the auditory cortex, where around 100 million nerve cells are responsible for creating our perception of sound. Unfortunately, this "coding" is still poorly understood by science.

Based on physiological measurements of neurons, TUM's successfully built a computer model of acoustic coding in the inner ear and the neuronal information processing by the brain stem. This model will allow the researchers to further develop coding strategies and test them in experiments on people with normal hearing, as well as people carrying implants.

Legal Update

1. HLAA informs us that our bi-partisan supporters in Congress have reintroduced the Hearing Aid Tax Credit. Senators Tom Harkin (D-IA) and Dean Heller (R-NV) reintroduced the Hearing Aid Tax Credit on November 13 and they plan to work to ensure that the legislation is considered when Congress addresses tax reform. The bi-partisan bill is nearly identical to legislation introduced in the past and it is similar to H.R.1317 that was introduced in the House of Representatives in February by Tom Latham (R-IA) and Carolyn McCarthy (D-NY). Both bills would provide a tax credit of \$500 per device to people of all ages who need a hearing aid. HLAA will continue its support of the bill. It never hurts to fire off a letter urging support to your Senator or Congressman.

2. Southwest Airlines will be among the first carriers in the United States to introduce closed captioning (CC) to its wireless video entertainment product in early 2014. Airlines that have been slow to offer CC – together with content creators and suppliers – may feel further pressure to take action because Southwest is taking the lead on the wireless front.

Airlines may be incentivized to adopt CC in the near-term because the FCC's 21st Century Communications and Video Accessibility Act (CVA) requires video programming that is closed captioned on TV to be closed captioned when distributed on the Internet. A broad interpretation of this rule could extend to the in-flight world.



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