

Focusing on issues related to hearing loss

The MICHIGANIAN

Hearing Loss Association of Michigan

Volume 11 Number 3

FALL/WINTER 2006

Hearing Loss Association of America and YOU!

More than 30 million people in the U.S. have a hearing loss which can hinder daily communication! That translates to one in ten people. By age 65, one in three Americans has a hearing loss.

This invisible condition affects the quality of life of the individuals with hearing loss as well as family, friends, co-workers and everyone with whom they interact. Hearing Loss Association of America (HLAA) believes people with hearing loss can participate successfully in today's world. The mission of HLAA is to open the world of communication to people with hearing loss through information, education, advocacy, and support.

Hearing Loss Association of America (HLAA)

is the largest international consumer organization dedicated to the well-being of people who do not hear well.

If you are not a member of HLAA, you are encouraged to join. Membership includes the bi-monthly journal, **Hearing Loss**, an outstanding information resource.

Dues are \$25 for USA individual/ family, \$50 for Professionals. Make checks payable to "HLAA" and mail to:

Hearing Loss Association of America
7910 Woodmont Avenue, Suite 1200
Bethesda, MD 20814
V/301-657-2248
TTY/301-657-2249
www.hearingloss.org

In this issue:

New Phone Technology.....	1
Welcoming a New Chapter.....	2
Newsletter Celebrates Milestone.....	3
Local Chapter Activities.....	4/5
For Your Information.....	6
Donors and Subscriptions	7
Learn About Depression.....	8

NEW TELEPHONE TECHNOLOGY *AVAILABLE IN MICHIGAN!*

By: Barbara Quart

CapTel service finally became available in Michigan effective July 1, 2006 and I am a delighted customer. For those of us who rely on lip-reading and/or have some degree of hearing difficulty, this is a big breakthrough in telecommunications! Everything that is being said by the other person is automatically captioned and displayed on a screen located on my CapTel phone.

CapTel involves a third party captionist in each call whether the call is in-coming or out-going. The captionist repeats everything what the other person says, which is then translated, by use of voice recognition software, into text and displayed on the CapTel phone. (See picture at right.) Neither party to the call hears the captionist's voice. It is an amazing improvement over other telephone technologies for me.



The CapTel phone can be set up in either one line mode or two line mode. I chose the two line option. With the second line, CapTel is set up to receive captions automatically for out-going and in-coming calls. (See photo of two line set up at left.)



The phone does work in one line mode, as well. In that case, the captioning is automatic only when the CapTel user places a call. In one line mode, persons calling the CapTel user must first call the captionist service through an 800 number.

Although there was an additional set up cost for the second phone line (which is also a new phone number) and although I pay an extra monthly charge for the second line, the cost is worthwhile to me because I get the full benefits of everything that CapTel offers.

Admittedly, there is a slight delay between the spoken words of the caller and the appearance of the text on the screen. This is normal and a very minor part of the process which is certainly outweighed by the convenience of using the phone. I have found that, at times, if people do not speak clearly enough, the captioning can be inaccurate. Still, for me, the benefits of having the ability to place and receive phone calls with ease and independence are very convenient and wonderful!!!

More information about CapTel can be obtained on their website:

www.captionedtelephone.com

Barb Quart has a degree in Business Administration and works as a finance manager for Wayne County Management and Budget. She lives in Bloomfield Hills with her husband, Steve.

The **MICHIGANIAN** is the
official newsletter for

Hearing Loss Association of Michigan:

President: Janet Haines
jhaines@mi-shhh.org

Vice President: Caroline Caughell
ccaughell@mi-shhh.org

Secretary: Betty Yagi
byagi@mi-shhh.org

Treasurer: Juanita Wikman
jwikman@mi-shhh.org

Chapter Coordinators:
Liz Kobylak
kobylak@mi-shhh.org

Brenda Stimson
bstimson@mi-shhh.org

Newsletter Committee:
Caroline Caughell, Editor
Liz Kobylak
Ann Liming
Howard and Georgia Potrude
Barbara Quart
Betty Saputo
Marla Schindler

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Troy, MI 48099-4808**

Web-site:
www.mi-shhh.org

E-mail:
info@mi-shhh.org

For information about
Programs, call:

517-487-2583 V/TTY

*Opinions expressed in this
newsletter are those of the person
submitting the information
and not necessarily of
Hearing Loss Association of Michigan.*

*Mention of goods or services
does not mean endorsement by
Hearing Loss Association of Michigan,
nor should exclusion
suggest disapproval.*

Welcome Michigan's Newest Chapter

By: Liz Kobylak

We are delighted to welcome a new chapter to the Hearing Loss Association of Michigan family! The **Greater Flint Area Chapter** held their first meeting on Saturday, September 23rd at the ELGA Credit Union Community Conference Center in Burton, MI.

Meetings will take place on the third Saturday of each month from 1:00 to 2:30pm. The exception is the upcoming meeting in October, which will be held on October 14th. After October, the chapter will resume meeting on the third Saturday.

I was honored to be a speaker at the initial meeting. The warm and welcoming atmosphere created by the two organizers was very much appreciated by everyone in attendance. Thank you Sheila Bisaha, (chapter leader) and ELGA employee and Margie Gilleen, ELGA Chief Information Officer.

The conference center is spacious, well lit and has very good acoustics. Additionally, the meeting room is equipped with a Sound Field amplification system as well as an induction loop. Did I mention the LCD projector, laptop and wireless internet access that make this facility a gem? As a matter of fact, HLA-MI will hold it's annual Chapter Leadership Workshop in this location in early October of 2006.

We are grateful for the outreach and community support toward our organization and its mission.

Greater Flint Area Chapter

Meets 3rd Saturday of the month (except for October, 2006). The October meeting will take place on the 14th.

ELGA Credit Union Community Conference Center
2305 S. Center Rd.

Burton, MI

Contact: Sheila Bisaha

E-mail: flint@mi-shhh.org

CapTel: 810-600-2597



Margie Gilleen and Sheila Bisaha



Resource Library Display

PICTURE REQUEST!

If anyone has photos taken at the first MI-SHHH Conference in April 1991 held at Western Michigan University, please send them to the HLA-MI post office box. All photos will be returned by December 1, 2006.

The Mi-SHHH-iganian Celebrates 10 Years of Publication

By: Ann Liming



When the Michigan SHHH state organization was first started in 1995, there was a dream of having a statewide newsletter that would be free to people with hearing loss, hearing health care professionals and all other interested people. Gordon Nystedt, mentor and friend to then state co-coordinators, Howard Potrude and myself, published a successful newsletter in Washington State and encouraged us to do the same here in Michigan. We had identified a very capable and talented person in Barbara Manegold and our minds and spirits were ready but we lacked funding for such a project.



Barbara Manegold

Fortunately for MI-SHHH, Barb served as our representative on the state's Technology 2000 Advisory Council and when federal grant money became available in Michigan for non-profit technology projects, she let us know about it and we applied for a grant to support our First Technology Conference and Expo and the publishing of a statewide newsletter. Thus, in the summer of 1996 the first issue of *The Mi-SHHH-iganian* was launched. MI-SHHH was awarded grants for several years in a row and this money, along with donations, has made it possible for us to continue to publish the newsletter on a quarterly basis. To satisfy grant requirements, the newsletters always included articles about hearing assistive technology.

Writing the first issues of *The Mi-SHHH-iganian* was a labor of love. Barb and I would get together in her home where she had two computers and we would each work on a portion of the newsletter. I often walked in to find a bud vase with a yellow rose and a plate of crackers, cheese and green grapes awaiting me. We each munched, sipped on a beverage and worked away on our chosen columns. [Barb was a staunch Macintosh user and I was a computer beginner on a PC. Thus, I constantly interrupted her for pointers on how to do something.] In addition to being the editor for the newsletter, Barb did the layout and proofread all articles. She also set up a P.O. Box so we could receive mail related to the newsletter.

As time went by we did more of the writing from our homes, sharing our columns by email. We also began finding others to write columns for us. The newsletter grew to a circulation of about 3000 people. In the fall of 2000, on Barb's recommendation, we published a "Special Edition" of the newsletter. Several copies of this edition were mailed to every audiologist in Michigan with a letter encouraging them to distribute the newsletter to their clients. MI-SHHH acknowledged Barbara Manegold for her work with *The Mi-SHHH-iganian* by presenting her with an award at the 1999 Technology Conference and Expo. *The Mi-SHHH-iganian* received "honorable mention" at the SHHH National Convention in Cherry Hill, NJ, in 2001.

Life has a way of causing us to change our priorities and eventually, Barbara Manegold needed to do just that. In 2002 Jeanne Dzik became "interim editor," holding this position until the spring of 2003 when a committee, lead by Caroline Caughell, was organized to take over writing, publishing and mailing of the newsletter. In 10 years only one publication has been missed and currently the newsletter is supported by donations alone. No matter who the editor has been, the high quality and integrity given to the newsletter by its first editor has remained the same. *The Mi-SHHH-iganian*, continues to be a tool to provide support and to educate people inside and outside of Michigan about hearing loss.



Ann Liming is past president of the National HLA Board of Trustees. She is retired from her position as the Hard of Hearing Specialist for the Division on Deaf and Hard of Hearing. Ann continues to be active at the National, State and Local levels of the Hearing Loss Association.

Ed note: The entire newsletter committee is comprised of dedicated volunteers. We appreciate the time and efforts of everyone connected with the production of this publication. Not to be overlooked are all the generous readers who regularly contribute funds that enable HLA-MI to continue to provide this newsletter free of charge.

Hearing Loss Association of Michigan Chapter Activities

By: Marla Schindler

Welcome to our new "centerfold"! We are reworking the chapter information pages. Please note that a new chapter has been formed in the Flint area. If you know of anyone who may benefit from attending a local meeting please spread the word about the chapter. The meeting location is included on these pages but we hope you will also check out the article about the new chapter on page 2. Everyone is always welcome at chapter meetings regardless of hearing ability.

No local chapter in your area?

*Please contact HLA-MI at: info@mi-shhh.org
for help in establishing a local chapter.*

*Liz Kobylak and Brenda Stimson
are ready to help you reach that goal.*

Chapter Meetings

If you do not already belong to an HLA Chapter, we hope you will find one near you and plan to attend meetings. Programs benefit not only those with hearing loss but also their families and friends. Everyone is welcome at all Hearing Loss Association functions, regardless of hearing ability.

*Please contact the individual chapters listed on these pages,
or visit www.mi-shhh.org for further meeting information.
The street addresses provide meeting locations.*

BIRMINGHAM AREA CHAPTER

Meets 2nd Thursday of the month
12:30 - 2:30 PM
Birmingham Area Senior Citizen Center
2121 Midvale Avenue, Birmingham 48009-1509
Contact: birmingham@mi-shhh.org

CAPITAL AREA CHAPTER

Meets 2nd Tuesday of the month
6:30 - 8:30PM
Foster Community Center, Room 110
200 N. Foster Ave., Lansing 48912-4104
Contact: lansing@mi-shhh.org
October — updates on Hearing Aid and Cochlear Implant Technology
November — Attending a Theatre Together — at local theater
December — Holiday Party
January — Family Preparedness for Emergency Situations
February — Research on Causes of Hearing Loss
March --- CATA Transportation

DEARBORN AREA CHAPTER

Meets 3rd Wednesday of the month (*except July & August*)
12:30 - 2:00 PM
Dearborn Senior Center
Ford Community & Performing Arts Center
15801 Michigan Avenue, Dearborn 48126-2904

DOWNRIVER AREA CHAPTER

Meets 1st Friday of the month
2:30 - 3:45 PM
Ford Senior Center
6750 Troy St, Taylor 48180-1633
Contact: taylor@mi-shhh.org
Outreach efforts continue.

September — We had a baby welcoming party.

December — Holiday celebration

Monthly meetings are preceded by speech reading practice and socializing. Captioning is provided. Contact us for specific times and agenda.

GRAND RAPIDS AREA CHAPTER

Meets 2nd Wednesday of the month (*except July & August*)
7:00 - 8:30 PM
Metropolitan Hospital (West Conference Room)
1919 Boston SE, Grand Rapids 49506
Contact: grand-rapids@mi-shhh.org

October 11 — Kenya Lowe, AT&T representative, will present the CapTel phone system.

November 8 — We will examine the Kent County emergency preparedness plan for its impact on citizens with hearing loss.

December 13 — We will have a peer discussion about taking responsibility for our hearing loss and how to make the holidays more manageable.

GREATER FLINT AREA CHAPTER

Meets 3rd Saturday of the month 1:00 - 2:30PM
ELGA Credit Union Community Conference Center
2305 S. Center Rd.
Burton, MI 48519
Contact: flint@mi-shhh.org

HEAR ME NOW CHAPTER

Meets 2nd Wednesday of the month
9:30 - 11:30 AM
NOTE: Our **new** meeting site is the former Leggett School, 3621 Pontiac Lake Road, Waterford 48328
Contact: waterford@mi-shhh.org

HEARING LOSS ASSOCIATION OF AMERICA MID-MICHIGAN CHAPTER

Meets 4th Monday of the month
7:00 - 8:30 PM
Covenant HealthCare
1447 North Harrison, Saginaw 48602
Contact: saginaw@mi-shhh.org
October 23 --- Community Emergency Preparedness Information Network (CEPIN) presentation.
As a Chapter we are doing a fund-raiser — selling T-shirts with the new Hearing Loss Association logo. Flyers will soon be sent to all of the Chapters.

**HEARING LOSS ASSOCIATION OF ROYAL OAK
(formerly Hi/Low TONES)**

Meets 4th Tuesday monthly (*except July & August*)

6:30 PM social, 7:00 PM meeting

1st Presbyterian Church

529 Hendrie Blvd., Royal Oak 48068

Contact: royal-oak@mi-shhh.org

September 26 — Liz Kobylak, HLA-MI Chapter Co-Coordinator led a speech-reading demonstration

October 24 — topic to be announced

November — no meeting scheduled

December 5 — Annual Potluck Dinner

January 23 — Paws with a Cause presentation

Captioning for meetings will be provided by volunteer students from the Michigan Court Reporters Academy.

JACKSON AREA CHAPTER

Meets 3rd Tuesday of every other month

6:30 - 8:30 PM

Disability Connections

409 Linden, Jackson 49203-4065

Contact: Jackson@mi-shhh.org

Please contact the chapter through e-mail for more information.

KALAMAZOO AREA CHAPTER

Meets 2nd Wednesday of the month

7:00 - 9:00 PM

First Congregational Church

129 S. Park St., Kalamazoo

Corner of W. Michigan & Park St.

Contact: kalamazoo@mi-shhh.org

October 11 — Liz Kobylak, HLA-MI Chapter Coordinator will present Strategies in Various Listening Situations

November 8 — Officer Jeff Crouse from Kalamazoo Public Safety, will be speaking on Avoiding Various Types of Fraud

December 9 — We will meet at Perkin's Restaurant for our annual Holiday lunch at 2:00 PM. An approximate \$5.00 value gift exchange will take place. Perkin's is located at the I-94/Sprinkle Road exit.

January 10 — Laura Latiolis from Hospice will be speaking on Hospice Care: How does Hospice help?

The Kalamazoo Chapter recently purchased a projector so meetings will have real time captioning on a screen for everyone to see. Also this projector can be used for Power Point presentations.

MACOMB COUNTY CHAPTER

Meets 4th Thursday of the month (*except July & August*)

1:00 - 3:00 PM

Knox Presbyterian Church

25700 Crocker Blvd., Harrison Township

Contact: macomb-co@mi-shhh.org

September 28 — Noreen Gibbens presented a "See and Try" session for today's hard of hearing with assistive listening equipment.

(continued)

MACOMB COUNTY CHAPTER (*continued*)

October 26— A panel of four will tell us how they learned to cope with their hearing loss. An open discussion will follow in which we will share coping strategies.

December 14 — Holiday Potluck Dinner.

Speech reading and simple signs will also be taught at each meeting. Other programs are still in the planning stages.

MI COCHLEAR IMPLANT CHAPTER

This is a "mobile" chapter, meeting in 3 different locations throughout Michigan.

Contact: ann-arbor-ci@mi-shhh.org

grand-rapids-ci@mi-shhh.org

mt-pleasant-ci@mi-shhh.org

NORTHERN LIGHTS CHAPTER

Meets 2nd Sunday, monthly (*except July & August*)

1:30 PM

Traverse Area District Library

610 Woodmere Ave, Traverse City 49686

Contact: traverse-city@mi-shhh.org

WASHHH CHAPTER

Meets 1st Monday of the month

7:00 PM

Turner Senior Resource Center (Sun Room)

2401 Plymouth Rd., Ann Arbor 48105

Contact: info@washhh.org

WESTERN WAYNE COUNTY CHAPTER

Meets 2nd Wednesday of the month (*except July & August*)

6:30 - 8:30 PM

Garden City Hospital

6245 Inkster Rd., Garden City 48135-4001

Contact: wayne-co@mi-shhh.org

September --- Enjoyed visit from Paws With a Cause

October and November—Speakers to be announced.

December — We will discuss the New Year's potluck for January 10th.

**WESTSHORE HLA IN MUSKEGON CHAPTER
(formerly WESTSHORE CHAPTER)**

Meets 4th Monday of the month

6:30 PM social, 7:00 - 8:00 PM meeting

First Baptist Church

1070 S. Quarterline Rd., Muskegon 49442

Contact: muskegon@mi-shhh.org

September — T-Coil video followed by a presentation on installation of audio loops in the home, car and other places. We visited HARC in Kalamazoo for updates on the latest technology.

October — Cell Phones—Demonstration of Multiple Hearing Aid/CI Compatible Cell Phones

November — Margo Klug, trained advocate, will speak about Cochlear Implants

December — Holiday Party

January—No meeting.

For Your Information!

From the Editor:

Due to budgetary considerations and to further reduce our costs, we have combined the Fall and Winter issues of this newsletter. Starting in 2007, only three issues per year will be produced. These issues are planned for mailing on the first of the following months - March, June and October. We assure you that the quality of our newsletter will not change!

Readers are encouraged to sign up for the email newsletter notification service. Just send an email message to: newsletter@mi-shhh.org and be sure to put **Newsletter Notification in the subject line of your message.** You will be notified when the newsletter is available online. The newsletter can then be downloaded and printed at your convenience.

When you sign up for this service, please be sure to include your full name along with your complete address. This will help to keep our data-base accurate and up-to-date.

Sincerely,
Caroline Caughell, Editor

JANUARY ELECTIONS

Hearing Loss Association of Michigan (HLA-MI) will hold officer and Board of Trustees (BOT) elections at the January 21, 2007 meeting. Any Hearing Loss Association member living in Michigan (who receives the Hearing Loss Journal publication) is eligible to be nominated for election to the BOT.

HLA-MI meets quarterly in Lansing. The deadline for submitting nominations is January 12, 2007. If you would like more information, please contact:
info@mi-shhh.org

IMPORTANT LEGISLATIVE UPDATE!

In May of this year, hard of hearing and deaf advocates from across Michigan, held an event at the state capitol which provided them with the opportunity to present issues concerning hearing loss to their respective legislators. Representative Kooiman, sponsor of the event, a Day at the State Capitol, followed up on the concerns of advocates by introducing House Resolution No. 266 (H.R. 266) - a resolution to memorialize (petition) the Congress of the

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Vic Krause, Hearing Loss Association of Michigan
Board Member

United States to enact H.R. 414, the Hearing Aid Assistance Tax Credit Act. H.R. 414 provides a tax credit of up to \$500 per hearing aid, available once every five years, towards the purchase of such aid available to

- ▶ Individuals age 55 and over
- ▶ Those purchasing a hearing aid for dependents, including families with children.

The Michigan bill, H.R. 266, was brought before the House Tax Policy Committee on Wednesday, September 20, 2006. Vic Krause, former legislator and chair of the Advocacy Committee for the Hearing Loss Association of Michigan, gave testimony for the bill. The House Tax Policy Committee voted unanimously to send H.R. 266 to the full House for consideration where it will be voted on in November of this year. Once the bill passes the Michigan House, it will be sent to the President of the United States Senate, the Speaker of the United States House of Representatives and to members of the Michigan congressional delegation. For detailed information about H.R. 266 and H.R. 414 see the following websites:

www.mi-shhh.org

www.hearingloss.org

How to receive this Newsletter

There is no subscription or membership fee required to receive The MICHIGANIAN. We would like all hard of hearing people to receive it regardless of ability to pay. At the same time, we must use the dollars wisely that have been contributed. **E-mail distribution of the newsletter is encouraged!** If you wish to be added to the mailing list or continue to receive this newsletter, please fill out this coupon, or return a photocopy of this page. *If you have responded in the past twelve months you will continue to receive it and do not need to respond again.* This newsletter is separate from local and HLAA memberships. **If you have been receiving this newsletter for the past year and have never responded, this may be your last issue.** Contributions will be listed in the next edition unless you request to remain anonymous. Remember no contribution is necessary, but notification is a must.

I would like to receive (or continue to receive) this newsletter. Please read the above paragraph.

Name _____ E-mail _____

Address _____

City _____ State _____ Zip Code _____

I learned about this newsletter from: _____

- ? Enclosed is my contribution of \$ _____ to support the outreach programs of Hearing Loss Association of Michigan.
Donations are tax deductible and will be acknowledged in the next newsletter.
- ? I wish to remain anonymous.
- ? I wish to reduce MICHIGANIAN production and mailing costs. Please notify me at the above e-mail address when the MICHIGANIAN is available online. I understand that this means I will no longer receive the newsletter through the mail.

**Donations should be made payable to: Hearing Loss Association of Michigan
Please send to: Hearing Loss Association of Michigan, PO Box 4808, Troy, MI 48099-4808**

Continued from Page 8

When someone is depressed, others can sometimes, erroneously, perceive the lack of motivation or volition as a weakness.

However, we need to keep in mind the symptoms mentioned earlier.

Depression can cause a loss of energy or lack of interest in activities. Therefore, someone with depression may have a hard time taking care of seemingly normal responsibilities.

There are several avenues of treatment for those struggling with depression including:

- ▶ Psychotherapy or counseling
- ▶ Anti-depressant medications
- ▶ Non-medical interventions such as meditation or exercise

Research shows that the combination of psychotherapy ("talk therapy") and anti-depressant medications is most effective in treating clinically diagnosed depression. The anti-depressant addresses the neurochemical changes in the brain, and the therapy provides a relationship in which the depressed person can start to identify and understand the underlying issue of the depression.

Katherine Kobylak, LCSW, is employed by the Council for the Elderly in Chicago, IL. She previously worked for Women Helping Women, in Los Angeles, CA..

Thanks

It costs approximately \$1500 to print and mail out each edition of this newsletter. Please consider helping to defray our costs. We are a non-profit, all-volunteer organization. Without your generous support, we are unable to continue this newsletter.

Thank you! To the following donors:

Donna Cook	Mary Jo Melbourne
Claudia Damian	Paul Norkey
Marvin Jornhauser	Oakland Audiology
Rosie Laubenstein	Viola Pedersen
Shirley Mann	Berenice Simmers
Bill & Brenda Neubeck	

Anonymous - 2

In Memory of Jon Hall
Audrey Pleasant & Dottie Wendell

In Memory of Mary Alice Davis
Marion Bradford

Hearing Loss Association of Michigan is a 501(c)(3) charitable organization and your donation is deductible within the limits of the law.



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DEPRESSION: 101

By: Katherine Kobylak, LCSW

All people feel sad or unhappy at times during their life, but persistent sadness may be depression, a serious illness affecting about 10% of the US population. Unlike normal sadness, clinical depression does not go away by itself and it can last for months at a time.

Depression is a medical condition, a mood disorder, and a psychiatric disorder that is characterized by symptoms that are severe and last more than two weeks. In order to be diagnosed with what is termed clinical depression or a depressive illness, symptoms must persist for at least 2 weeks and represent a change in a person's previous level of functioning. The following is a list of symptoms used to diagnose depression:

- ▶ Depressed mood and/or loss of interest or pleasure in activities
- ▶ Low self-esteem and excessive guilt
- ▶ Poor concentration or indecisiveness
- ▶ Thoughts of death or suicidal ideation
- ▶ Insomnia or Hypersomnia
- ▶ Appetite changes
- ▶ Fatigue or loss of energy
- ▶ Psychomotor retardation

Depression is defined by a cluster or at least five of the above symptoms, present every day for a two week period. Having just one or a couple of these symptoms does not necessarily mean the person is clinically de-

pressed.

Depression can be caused by any number of factors alone, or in combination. Some common causes of depression are:

- ▶ Chemical imbalances in the brain
- ▶ Stressful life events
- ▶ Lack of social support
- ▶ Physical illness or disability
- ▶ Substance abuse
- ▶ Lack of exercise
- ▶ Improper nutrition

The effects of having a physical disability can put people at risk for developing depression. For instance, someone with hearing loss may be at risk for depression based on communication struggles. This may result in withdrawal and isolation, challenges to self-esteem, or an inability to enjoy activities (such as music or family gatherings) previously experienced as pleasurable or soothing.

It is important to note that depression is not a normal part of aging. Grief and mourning are normal responses to major losses and life changes, but clinical depression is not.

Depression is not a weakness.

Continued on Page 7