

Focusing on issues related to hearing loss

# The MI-SHHH-IGANIAN

Hearing Loss Association of Michigan

Volume 11 Number 1

SPRING 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**

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## **SHHH Changes its Name to the** **HEARING LOSS ASSOCIATION of AMERICA**

The Board of Trustees of Self Help for Hard of Hearing People (SHHH) voted to change the name of the organization to the Hearing Loss Association of America on November 6, 2005 during their fall meeting in Bethesda, Maryland.

Terry Portis, Ed. D., Executive Director of SHHH states, "SHHH needs to position itself to meet the needs of a new generation of people with hearing loss while continuing to serve the constituents who rely on us today. I believe that by updating our name and image we will better be able to communicate our message and fulfill our mission. SHHH expects to complete the transition to the Hearing Loss Association of America by March 2007.

According to recent research conducted by Sergei Kochkin, Ph.D., the population of people in the United States with hearing loss has grown from an estimated 28 million in 1989 to over 31 million in 2004, and is anticipated to grow by a third in less than a generation, to 40 million people.

SHHH's mission is to open the world of communication to people with hearing loss through information, education, advocacy and support. The organization continues to fulfill its mission in innovative ways, such as launching its groundbreaking online education program, the American Academy of Hearing Loss Support Specialists<sup>(TM)</sup> in the fall of 2005, and a new design for its web site in 2006.

Richard Meyer, president of the SHHH Board of Trustees states, "This strategic decision is a significant milestone in SHHH's 25 year history. While remaining committed to the vision of founder Rocky Stone, SHHH is evolving to best meet the needs of people with hearing loss today and in the future, continuing to be a pioneer in advocacy and support for consumers with hearing loss."

The Hearing Loss Association of America, formerly Self Help for Hard of Hearing People (SHHH), is the nation's largest membership and advocacy organization for people with hearing loss. Founded in 1979 by Howard E. "Rocky" Stone, the Hearing Loss Association of America opens the world of communication to people with hearing loss through information, education, advocacy and support. The Hearing Loss Association of America's straightforward message has changed the lives of thousands of people: *Hearing loss is a daily challenge you can overcome. You do not have to hide your hearing loss. You do not have to face hearing loss alone.*

The **MI-SHHH-IGANIAN** is the official newsletter for Hearing Loss Association Of Michigan

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**www.mi-shhh.org**

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**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.*

# **Michigan SHHH is now the Hearing Loss Association of Michigan**

*January 15, 2006  
Lansing, Michigan*

The Board of Trustees of Michigan Self Help for Hard of Hearing People (Michigan SHHH) during their winter meeting, voted to change the name of the organization to the **Hearing Loss Association of Michigan**. This vote reflects the change of the National SHHH organization's name to Hearing Loss Association of America, which took place in November of 2005.

We anticipate that the name change process will be completed by March, 2007. In the meantime, people in Michigan will be seeing the two names side by side... with the following wording used often: Hearing Loss Association of Michigan (formerly Michigan SHHH). For the time being, the Michigan organization's website will remain the same as will the name of the newsletter.

It is hoped that the March board of trustees meeting of the national organization in Bethesda, MD will produce a new logo as well as direction to state and local entities on how to proceed with the name change. State Organizations, as well as Local Chapters, are awaiting news from the National Office regarding suggested procedures that will demonstrate our unity as an organization on all levels: National, State and Local.

The name change is not a scary thing. In fact it is good for the name of an organization, that has improved the lives of thousands of people over the years, to be more closely identified with its mission and membership.

We look forward to the future as the Hearing Loss Association of Michigan. Great things are on the horizon, beginning with our upcoming EXPO (see page 6 for more information).

### **MICHIGAN TAX TIP!!!**

*Michigan offers a tax exemption of \$2000 for tax payers and dependents who are senior citizens, totally and permanently disabled, **deaf**, blind, paraplegic, quadriplegic or hemiplegic. "Deaf" - in this situation - is defined by the Deaf Person's Interpreter Act PA 204 of 1982.*

*"Deaf person means a person whose hearing is totally impaired or whose hearing, with or without amplification, is so seriously impaired that the primary means of receiving spoken language is through other sensory input, including, but not limited to lip reading, sign language, finger spelling, or reading."*

- ▶ *People who have even a mild unilateral hearing loss are often dependent on speechreading (lipreading) to understand the spoken word.*
- ▶ *Some Michigan communities offer the same exemptions for city income taxes.*

**Readers of this newsletter can sign up for the e-mail newsletter notification service.** Just send an e-mail message to: [newsletter@mi-shhh.org](mailto:newsletter@mi-shhh.org) and be sure to put "Newsletter Notification" in the SUBJECT line of your message. The newsletter can then be downloaded and printed at your convenience. This means that the newsletter costs will be reduced because the newsletter will no longer be delivered to your house via US Mail.

*How it works: as soon as the latest issue of the MI-SHHH-IGANIAN is available online, readers on the notification list will receive an e-mail with a link that will take them directly to the page where the newsletter is posted.*

*In order to keep the database accurate, when signing up, please include your complete mailing address. This is to avoid confusion, as there are several people with the same first and last names but live at different addresses. **Thank you for your help in reducing our production costs!***

# Day at the State Capitol



Join the Hearing Loss Association of Michigan and the Michigan Deaf Association (MDA) at the State Capitol in Lansing on Wednesday May 17, 2006, for a landmark event to create awareness of the communication needs of Michigan citizens with hearing loss. This event will provide you the opportunity to attend Senate and House sessions, talk with your legislators about issues related to hearing loss, attend committee meetings and, in general, to advocate for improved communication access in our state. This event is sponsored by Representative Jerry Kooiman, Speaker Pro Tempore, District 75, Grand Rapids.

## Hearing Loss Awareness Month

A highlight of the day will be concurrent resolutions read in both the House and Senate proclaiming May 2006 as Hearing Loss Awareness Month in Michigan.

## Issues to Address with Legislators

Potential issues to be addressed with legislators include:

- ▶ Insurance coverage for hearing aids and assistive technologies;
- ▶ Hearing aid tax credits for seniors and children;
- ▶ Medicaid funding;
- ▶ Mandatory hearing screening for seniors entering nursing homes;
- ▶ Statewide emergency notification procedures for people with hearing loss;
- ▶ Better enforcement of your civil rights, including public accommodations (interpreters and assistive listening systems).

## Cost of Event

Registration is free. Your only cost is transportation and parking. Representative Kooiman is seeking sponsors for the continental breakfast and luncheon. Since it is difficult to estimate attendance a free continental breakfast and lunch may be available only to the first 100 people who register, so register early.

## Event Partners

Partnering in this event with Hearing Loss Association of Michigan and MDA are the Division on Deaf and Hard of Hearing (DODHH), the Michigan Association of Deaf and Hard of Hearing (MADHH), the Michigan Academy of Audiology (M.A.A.), and Voice, Inc.. Access for the event will be provided by DODHH, MADHH and Voice, Inc.. Hearing Loss Association of Michigan is working with Representative Kooiman's office for the installation of an induction loop in both the Senate and Speaker's Library where other events of the day will be held. M.A.A. will conduct hearing screening for legislators and their staff.

## REGISTER FOR THIS EVENT NOW!

Complete the form below and return by U.S. Mail or call: 586-247-4053 V; FAX: 586-247-2686; Email: [ngibben1@hfhs.org](mailto:ngibben1@hfhs.org). Upon receipt of your registration, you will receive an information packet that will include directions, where to park and "Talking Points" regarding issues.

**REGISTRATION DEADLINE IS WEDNESDAY MAY 10. Register early for a free continental breakfast and lunch.**

**\*Please register me for the Day at the State Capitol on Wednesday May 17, 2006:.....\***

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone/TTY: \_\_\_\_\_ Email: \_\_\_\_\_

Fax: \_\_\_\_\_

Senator/Representative (if known): \_\_\_\_\_

\_\_\_\_\_

To learn who your Senator/Representative is, visit: [www.vote-smart.org](http://www.vote-smart.org).

Interpreters and an induction loop will be provided. If you need other accommodation, please indicate here: \_\_\_\_\_

## Tentative Agenda

8:30 am – 9:00 a.m.  
Welcome and  
Continental Breakfast

9:00 – 10:00 a.m.  
Appointments &  
Committee Meetings

10:00 – 11:00 a.m.  
Michigan Senate  
session

11:30 – 1:00 p.m.  
Luncheon

1:00 – 2:00 p.m.  
Michigan House  
session

2:00 – 3:00 p.m.  
Appointments &  
Committee Meetings

## Complete and mail to:

c/o The Division of  
Audiology  
Henry Ford Medical  
Center at Lakeside  
14500 Hall Road  
Sterling Heights, MI  
48313

# Hearing Loss Association of Michigan Chapter Activities

By: Marla Schindler

There is a sense of "safety" and "comfort" in routine. It can be difficult to try new things, especially for those who are hard of hearing. You can learn so much by attending a meeting of a local Hearing Loss Association of Michigan Chapter. Meetings provide a stress free environment geared specifically toward the needs of people living with hearing loss and the challenges they face on a daily basis. If you don't take that first step, you'll never know what you are missing out on. There is so much information, support and friendship to be gained. Life is short. Don't delay the opportunity to improve your quality of life. Attend a chapter meeting in your area. As always, family and friends are welcome.

*Some chapters have changed their meeting dates, times or locations. PLEASE check the updated information provided on these pages.*

## **BIRMINGHAM AREA CHAPTER**

**March 9** - Cochlear Implants

**April 13** - No meeting, Happy Spring!

**May 11** - Advocacy on behalf of persons with hearing loss. Day at the Capitol discussion.

**Speech reading** is part of every gathering, beginning at 1:45PM. Join us!

## **CAPITAL AREA CHAPTER**

**April 11** - Day at the State Capitol, presented by former Michigan State Representative, Vic Krause

**May 8** - Using Humor to Decrease the Stress of Hearing Loss presented by Rich Baldwin

**June 13** - Temporal Bone Donation for Research

## **DEARBORN AREA CHAPTER**

**March 15** - Captioned Video of comic, Kathy Buckley, *Hear This!*

**April 19** - No meeting, Happy Spring!

**May 17** - Day at the Capitol in Lansing. People not attending the Day at the Capitol are invited to meet for a rap session.

## **DOWNRIVER AREA CHAPTER**

**Note: Meeting date change!**

The Chapter will now meet on the first Friday of each month from 2:30 to 3:45 PM. A regularly scheduled speech reading lesson will take place before the meeting at 1:30 PM. There will be social time from 2:15 to 2:30 PM. Upcoming meeting topics are undetermined.

## **GRAND RAPIDS AREA CHAPTER**

New leadership as of January, 2006. Welcome Sanford Freed as President of the Chapter.

**March 8** - An overview of the Oral Deaf Education Program at Shawnee Park Elementary School.

**April 12** - A briefing on Hearing Loss Awareness Month (May) and a Day at the State Capitol (May 17) by former Michigan State Representative, Vic Krause.

## **Chapter Meetings**

If you do not already belong to an HLAA 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](http://www.mi-shhh.org) for further meeting information.

The street addresses below provide meeting locations.

### **BIRMINGHAM AREA SHHH 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](mailto:birmingham@mi-shhh.org)

### **CAPITAL AREA SHHH 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](mailto:lansing@mi-shhh.org)

### **DEARBORN AREA SHHH 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

Contact: [dearborn@mi-shhh.org](mailto:dearborn@mi-shhh.org)

### **DOWNRIVER AREA SHHH 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](mailto:taylor@mi-shhh.org)

### **GRAND RAPIDS AREA SHHH 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](mailto:grand-rapids@mi-shhh.org)

### **HEAR ME NOW SHHH CHAPTER**

Meets 2nd Wednesday of the month

9:30 - 11:30 AM

Waterford Senior Center  
6455 Harper, Waterford 48329-1338

Contact: [waterford@mi-shhh.org](mailto:waterford@mi-shhh.org)

### **Hi/Low TONES - ROYAL OAK SHHH CHAPTER**

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](mailto:royal-oak@mi-shhh.org)

*Continued on Page 5*

**JACKSON AREA SHHH 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

**KALAMAZOO AREA SHHH 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

**MACOMB COUNTY SHHH 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

**MI CI SHHH CHAPTER**

This is a "mobile" chapter, meeting in 3 different locations throughout Michigan.  
Contact: See MI-CI SHHH, on this page, for information.

**MID-MICHIGAN SHHH CHAPTER**

Meets 4th Monday of the month  
7:00 - 8:30 PM  
Voice for the Hearing Impaired  
4274 State Street, Saginaw 48603  
Contact: saginaw@mi-shhh.org

**NORTHERN LightSHHH 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 SHHH 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

**WESTSHORE SHHH 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

**May 10** - Ask the Audiologist. A panel of four audiologists will answer questions from the audience.

**June 14** - How to Buy a Hearing Aid - peer discussion

**KALAMAZOO AREA SHHH CHAPTER**

**March 8** - Hearing Services and Community Resources for Children and Adults'. Nancy Gallihugh and Cindy Beachler

**April 12** - Genealogy and the Genetics of Hearing Loss with Karen Kott.

**May 10** - Contact the Chapter for details.

**June 14** - Computerized Aural Rehab. Therapy (including the LACE program)

**MACOMB COUNTY CHAPTER**

**March 23** - Audiologist Noreen Gibbens will lead us in speech reading. The chapter will also be filling "goodie" bags as our contribution to the 2006 EXPO.

**April 27** - No meeting. See you at the EXPO in Grand Rapids!

**May 25** - Noreen Gibbens will speak on FM systems. Joyce Sheehy will speak on captioning.

**MI CI CHAPTER**

**March 18** - in Mt. Pleasant, 11:00 AM. Dr. Gail Weddington, CMU CI Program will discuss, "Reasonable Expectations With Your CI".

**April 23** - in Ann Arbor, 1:00 PM. Finger food pot luck.

**May 21** - in Grand Rapids, 11:00 AM. Finger food pot luck.

This chapter plans to have CI professionals including audiologists, doctors, rehab therapists and manufacturer representatives as speakers for their 2006 meetings.

**NORTHERN LIGHTS CHAPTER**

Last fall, the chapter discussed ways to support hard of hearing people affected by Hurricane Katrina. Monetary donations as well as hearing aids and hearing aid batteries were sent to locations that publicized a need.

In November, we honored our Vets, who shared stories of their efforts to get assistance for noise induced hearing loss during military service. The stories were moving and at times heart wrenching.

**May 14** - No meeting, Happy Mother's Day!

**WASHHH CHAPTER**

Newly elected officers include President, Tom Schmidt. The chapter has received grant money to "loop" local facilities. The latest loop was installed at St. Barnabas Church in Chelsea. Check the website for more information at: www.washhh.org

**WESTSHORE CHAPTER**

**March 27** - Gael Hannan's captioned video, *Unheard Voices*.

**April 24** - Visiting Physician's Program

**May 22** - Emergency Preparedness with Dan Stout, Director of Emergency Services for Muskegon County.

**June 26** - Audiologist, Roger Smith, speaking on the Newest Hearing Aid Technology.

# For Your Information!

## HEAR HERE! 2006

*Crowne Plaza Hotel, Grand Rapids*

**Thursday Evening, April 27, 2006**

Welcome gathering - games and social time

**Friday, April 28, 2006**

**Tina Childress, Consumer Services Specialist/ Bionic Ear Association**, *"Aural Rehabilitation to Maximize Your Hearing Potential"*

**Lt. Brian Whitsett**, *"Emergency Preparedness"*

**Dr. David Myers**, *"The Coming World of Hearing Aid Compatible Assistive Listening"*

**Carol Mikols, Pam McQuinty, Margo Klug, Ruth Fox** - *"Cochlear Implant Experiences" Panel*

### **Friday Evening Banquet**

Social Hour with music by **Julie Mowery, Harpist**, Sponsored by **Vic Krause, Hearing Loss Association of Michigan Board Member**

Dinner & Awards. We're still working on entertainment so watch the web site for that!

**Saturday, April 29, 2006**

**Kelli J. Talicska, MA, CF, Miss Michigan 2004-2005**  
*"Speech, Language and Hearing Disorders: Communication For Life"*

**Vic Krause, Hearing Loss Association of Michigan Board Member and former State Representative**  
*"A Day at the State Capitol for Hard of Hearing People"*

Raffle Draw at 11 AM!

**Dr. Terry Portis, Executive Director of HLAA & wife Denise**, *"Well What Do You Expect!? Explosive Emotions and the Extraordinary Expectations That Accompany Hearing Loss"*

**Joseph E. Sibley, West Michigan MoPix**  
*"How to Get Motion Picture Access in YOUR Community"*

**Ed Szumowski, Au.D., Western Hearing Services**,  
*"Latest and Greatest of the New Hearing Aid Technologies"*

An Expo registration form can be obtained by email, mail or by printing from our web site [www.mi-shhh.org](http://www.mi-shhh.org)  
Registration fee includes: all presentations and hand out materials and admission to the to the Exhibit Hall. Also included are the following meals for both days: Continental Breakfast, Lunch, Break Time Refreshments. Advance tickets costing \$30 are required to attend the Friday night banquet.

Special Thanks to our 2006 Sponsors!

## GOLD Sponsors

**Metro Health Hospital in Grand Rapids**  
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Hearing Loss Association of Michigan

## Silver Sponsors

**Division on Deaf and Hard of Hearing (DODHH)**

**Hearing Loss Association of Michigan Executive Committee**

## Friends of Expo Sponsors

**Vic Krause, Hearing Loss Association of Michigan Board Member**

## Region V Candidate for the HLAA National Board of Trustees

Four years ago the HLAA National Board of Trustees, began a process whereby the 10 - then SHHH - regions in the U.S. were given the opportunity to elect a representative to the national board. This process was phased in over time with three regions selected to elect representatives the first and second years of this new process. Region V (Illinois, Indiana, Michigan, Ohio and Wisconsin) is one of the regions that will be electing a representative in the 2006 election.

Please see a brief bio for Don Morgan, Region V candidate, below. Ballots will appear in the March/April issue of the Hearing Loss Journal.

### Don Morgan

The Purdue University graduate is Community Employment Services Manager of Goodwill Industries of Northwest Ohio, Inc. Before entering the non-profit sector he was a sales and marketing executive for Owens Corning and Dana Corporation.

Don Morgan has demonstrated leadership in volunteer organizations as:

- ▶ Board president of Big Brothers Big Sisters of Northwestern Ohio
- ▶ National president of Alpha Sigma Phi, a collegiate fraternity
- ▶ Trustee of the Toledo Hearing and Speech Center
- ▶ Founder of the Toledo Chapter of SHHH
- ▶ Trustee of the Deaf Resource Center in Toledo

Don has worked on staff as a manager in non-profit

### How to receive this Newsletter

There is no subscription or membership fee required to receive The MI-SHHH-IGANIAN. 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. 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 MI-SHHH-IGANIAN production and mailing costs. Please notify me at the above e-mail address when the MI-SHHH-IGANIAN 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: Michigan SHHH, PO Box 4808, Troy, MI 48099-4808**

#### Continued from Page 6

organizations including:

- ▶ National Exchange Club
- ▶ Big Brothers Big Sisters
- ▶ United Way

In his current position at Goodwill, Don helps people with barriers to employment become productive and independent, including people with hearing loss.

The sports car and golf enthusiast is a grandfather of five and is currently enrolled in the "Launch Class" for the American Academy of Hearing Loss Specialists, being offered by Hearing Loss Association of America. He has also attended the Leadership Training School in Bethesda, MD.

### SEE YOU IN ORLANDO!

The annual HLAA national convention will be held in Orlando, Florida from June 29 to July 2, 2006. The convention hotel, Disney Coronado Springs Resort, is located right in Disney World! Special room rates are available to convention attendees. What a terrific opportunity to combine the excellent conventions with a family vacation.

Everyone can register and get all the latest information by going to: [www.hearingloss.org/html/2006conv.html](http://www.hearingloss.org/html/2006conv.html)

# 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:*

- ▶ Bijoy Bhuyan
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- ▶ In Memory of James Melody: Downriver Area Chapter; Audrey Pleasant; Dottie Wendell

**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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## ***On the Edge of Anger***

***By: Betty Saputo R.N., M.S.N. and Caroline Caughell***

The Executive Director of the Hearing Loss Association of America, Terry Portis, Ed. D., recently wrote about a topic that is often avoided - anger. In the 2005 September/October issue of Hearing Loss Journal, Dr. Portis observed that "there appears to be a lot of anger among people who have hearing loss. So this is something we need to be talking about."

Dr. Portis points out that "in order to understand anger we must first understand that it is a secondary emotion. This means that some other feeling or unmet need happened first, then the anger followed. Frustration, loss, feelings of helplessness or dependence, etc., are all triggers for the emotion that is felt as anger. For those who live with hearing loss, you can see how these triggers can be present in daily life."

This article led to a discussion with our hard of hearing friends about "anger provoking" experiences. We all had plenty of examples to talk about and a common theme emerged - we shared very similar experiences and just recalling those experiences raised our level of anger as well as our blood pressure.

What follows is a partial list of what emerged from our candid discussion, as well as some insights for recognizing and identifying anger in an effort improve the quality of life for persons living with hearing loss.

▶ Asking someone to repeat what was just said is met

with (multiple choice): an exasperated "sigh"; an impatient upward roll of the eyes; a condescending, "Never mind"; or a dictatorial, "It's not important".

- ▶ In a group discussion, doctors office, or during a social encounter... all conversation is directed to the hearing companion of the hard of hearing person, ignoring the communication needs of those with hearing loss and inducing the "invisible" syndrome.
- ▶ Self - identifying about hearing loss is an empowering action which we are encouraged to take as an important part of advocacy. Unfortunately, this may result in inappropriate responses such as people speaking too loudly/shouting, gesturing wildly or over-emphasizing their speech.

The following list may be helpful in managing hearing loss related anger:

- ▶ Is anger a problem for me? If so, how can it be worked through to avoid inappropriate "spill-overs"?
- ▶ What is the underlying cause of my anger? Talking with someone (an understanding friend/professional) can help locate the source of anger.
- ▶ It is possible to get rid of pent-up emotions. Taking time for "oneself" can be relaxing and therapeutic.
- ▶ Learn more about anger management.
- ▶ Positive changes can be accomplished through even "small steps/actions" in advocating for oneself. Take charge today, to improve your quality of life!