



www.chha-hamilton.ca
chhahamilton2@gmail.com
Founded 1986

Canadian **HARD** of **HEARING** Association

CHHA-Hamilton **HERE, HEAR!! Newsletter**

Levi Janosi, President

December, 2016

Remember . . . You are not alone!

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You are invited to

The Hidden Cost of Untreated Hearing Loss With guest speaker **Audiologist, Jillian Price**

DATE: Thursday, December 1st , 2016

Time: 7:00 pm to 9:00 pm

**Location: South Gate Church
120 Clarendon Avenue
Hamilton L9A 3A5**

Registration & Contact info: chhahamilton2@gmail.com or 905-575-4964

**Charge: * Members—no charge
* Guests - \$5.00 donation**

Parking: free parking in rear & lots of street parking

Real Time Captioning & infra-red system available

Refreshments

ALL ARE WELCOME!



Sponsored by ListenUP Canada

President's Message

I'd like to start by saying thank you to everyone who nominated and elected me to be the President of the CHHA's Hamilton Branch for the next term. I am humbled and honoured to step into the role and I promise to dedicate my time and efforts to strengthen the organization and help as many hard of hearing folks in the process as possible. I will need a lot of help, as I will be following the likes of past presidents such as Joan Miller, Linda Baine and Rob Diehl to name just a few. Lucky for me, they are still around and I hope I can lean on them for advice and experience while I assume this daunting task.



A bit about my hearing loss. It's probably best related by telling this story. I grew up in a small town in Transylvania. As a young lad, I camped a lot. I was waking up to the beautiful chirping sounds of the birds many times and enjoyed the serenity tremendously.

I came to Canada in 1983, married and had three beautiful children shortly after. A few years back, while hiking with my wife, she asked me if I liked hearing the birds. Unfortunately, I heard no birds. I knew something was wrong for a while but ignored the situation.

My initial attempt to get hearing aids was unsuccessful. I expected the trial pair of hearing aids to solve all my hearing issues overnight. After taking them back, I had to admit to myself that there was still a problem. I could not hear the alarm alerting me that I'd left the fridge door open, the car signal being left on or the birds, to name just a few. That's when I joined CHHA-Hamilton and never looked back. Over the years I learned a lot and promoted self advocacy every chance I got.

I enjoyed my experience at CHHA and felt welcomed there – and I thank you all for that. I started to attend the general meetings, board meetings, speech (lip) reading classes, advocacy and cochlear implant meetings. I also want to thank the many industry experts, speakers and members that I met and had discussions with, and who helped further educate me about the number one “invisible disability”.

I have volunteered since I joined CHHA and have spent time with many other volunteers, whom I feel honoured to be able to call friends, on our joint efforts through CHHA:

Rob Diehl, who will continue his commitment to CHHA Hamilton in a Past-President role ; Linda Baine, Past-President who will continue her tireless efforts with the board, cochlear implant meetings and level 1 & 2 speech reading co-ordinator; Craig Ellis our Treasurer and Membership Chair, CHHA-National Board Member and Speech Reading Instructor; Jim Young our Secretary; Jacquie Reid our Newsletter Editor and Meeting Chair; and Directors, Cathy Peterson and David LaCombe. Thank you all for your continued contribution and support.

I look forward to continuing to build on all the existing and future great initiatives that CHHA is involved in, such as advocacy, expert speakers, speech (lip) reading classes, cochlear implant meetings, golf tournaments and much more.

Thank you

Levi Janosi,
CHHA-Hamilton President



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Ask Cathy . . .

Cathy not only wears hearing aids herself, she is also the retired general manager of Provincial Hearing Consultants. Send your questions to Cathy : chhahamilton2@gmail.com

Q Are rechargeable hearing aids a good idea?

A. Many manufacturers have come out with aids with rechargeable batteries. There are some very good reasons to choose rechargeable batteries over regular batteries and also some very good reasons to not choose them- it depends on your circumstances.

For people with vision problems, dexterity issues or cognitive disabilities rechargeable batteries really shine as they allow people who were previously unable to change their batteries the option of just putting their aids in the charger –a much simpler operation than changing tiny batteries.

On the down side some brands of aids do not allow you to use disposable batteries- if your rechargeable batteries run out at an inconvenient time then you are without your hearing aids – although most charges are enough to run your aids for 24 hours- but if you have a profound loss there is a high battery drain and your charge might not last this long

The rechargeable batteries should last 3-4 years and the cost of replacing them is roughly equivalent to the cost of buying disposable batteries for that long.

Disposable batteries are also an environmental issue – it's hard to dispose of them in a safe manner –they should not be put in the garbage but instead should be disposed of at a hazardous waste site.

Disposable batteries are for most of us readily available at most drug stores, easy to carry in our pocket or purse and well worth the cost –because our hearing is worth every penny we spend on batteries.

When replacing your aids at least discuss the option of rechargeable aids with your clinic –it just might be the right option for you.

Going to a rock concert? Remember to take your earplugs

Loud music at a **concert, nightclub or festival** can leave party-goers' ears ringing. Now, research published in *JAMA Otolaryngology-Head & Neck Surgery* suggests wearing earplugs to events in order to reduce or prevent *temporary* hearing loss and tinnitus.

Events with loud music can expose party-goers to dangerous levels of noise.

Cases of acquired **hearing loss** are on the rise, with rates among adolescents up by 31% since 1988, according to the US National Health and Nutrition Examination Survey. The trend may be related to exposure to recreational noise through attending concerts, festivals, nightclubs and other music venues.

Loud music at such events can expose individuals to sound pressure levels of 100-110 decibels (dBA) for several hours, a known cause of hearing loss. Hearing loss due to this type of exposure is normally temporary.

That said, short-term exposure to extremely loud noise, or levels above 140 dBA, can cause acoustic trauma, with direct damage potentially leading to **permanent** hearing loss.

According to the Centers for Disease Control and Prevention (CDC), the maximum safe exposure time for listening to noise at 85 dBA is 8 hours.

For comparison, Dangerous Decibels - a public health campaign designed to reduce hearing loss - puts the sound of a whisper around 20 dBA, busy city traffic at 85 dBA and a rock concert at 115 dBA .

By **Yvette Brazier**

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2016 CHHA Golf Tournament



CHHA-Hamilton members & friends enjoyed a fun day at our annual September Nine & Dine FUNdraising Golf Tournament in Ancaster at the Oak Gables Golf Club.

While the weather was somewhat inclement, it was mild and certainly didn't dampen our spirits.

This is an important fundraiser for our branch, which allows us to continue to facilitate meetings, events and the logistics that go along with it.



The CHHA-Hamilton Board: rear left Craig Ellis (white), David LaCombe (red), Jim Young, Levi Janosi, Rob Diehl. Front left Joan Miller, Lorin MacDonald, Jacque Reid

We were delighted Joan Miller, our founding CHHA-Hamilton member, was in attendance, along with the CHHA-National President, Lorin MacDonald.

It was a good day!

The Holidays and 2017

May we take this opportunity to wish you *all* an *early Merry Christmas*, *Happy Hanukkah*, *Ramadan*, and *Kwanzaa*.

Wishing you a Healthy & Happy New Year!

We hope you will *join* us on **December 1st** to **hear and learn about the hidden cost of untreated hearing loss** with guest speaker, audiologist Jillian Price.

In the initial stages the plans for 2017 will include some excellent speakers, possibly a hearing health fair, Speech (lip) reading classes, a cochlear implant meeting and a Nine & Dine FUNdraising Golf Tournament. Stayed tuned to www.chha-hamilton.ca

IF you haven't already taken Level I in Speech Reading, please consider doing so. Many people feel it is a great help in handling their hearing loss *and* improving their comprehension. IF you've already taken Level I, you are now ready to move up to Level II. Don't hesitate to contact us with any questions at chhahamilton2@gmail.com

December Holidays



HOLIDAY HEARING SAVINGS

Special  Coupon Offer!

The holidays are a wonderful time to reconnect and celebrate with family and friends. That's why we're celebrating the holidays with this limited-time coupon offer.



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Hamilton West
1685 Main Street West
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Promo Code: **SPF-HOLI-CHHA**

100% Digital Hearing Aids For as **low as: \$995!**

This limited-time offer applies to ADP and private sales of select models of hearing aids and is subject to change without notice. Price is listed per device with discount and grant applied. Some conditions may apply. Please see clinic for details. Expires 12/31/16. Limit one use per customer per year.



The Joan Miller Award of Merit

The Joan Miller Award of Merit is an award that goes to a long standing CHHA-Hamilton member who has contributed outstanding service to the work of the Association and the Hamilton Branch.

Joan Miller was CHHA-Hamilton's first President. She served many terms on our board, oversaw significant years of growth and strengthening of the organization. This award reflects the spirit of dedication in which Joan serves CHHA.

We were thrilled that Joan could be present at the AGM & Tinnitus Meeting in September to present this award to Linda Baine, a much deserved recipient.



Joan Miller (left) with Linda Baine (holding her Joan Miller Award of Merit) is a long standing CHHA member, is a past president of CHHA-Hamilton as well as being one of our speech reading instructors.

A LITTLE HISTORY ON CHHA-HAMILTON

As many of us do not know the beginnings of CHHA, Joan gave us a little background on the history. The advent of the Canadian HARD of HEARING Association (CHHA-National) was in 1982. In 1986, Joan and others were responsible for creating the Hamilton Branch.

Joan said in the beginning, those of us who wore hearing aids were looked upon as part of the deaf community. CHHA's focus was to make the public and the government aware that the hard of hearing were not deaf. We did not sign, we communicated verbally. We wore hearing aids.

Back then CHHA-National advocated the federal government for accessibility for the hard of hearing. The government responded with the national building code that included provisions for hearing assistance. We advocated the provincial government for issues concerning education and health problems.

At the branch level our goals were to reach out to people with hearing loss, reminding them they were not alone.

- to educate them and the hearing public on what it was like to be hard of hearing;
- wanting the hard of hearing to become knowledgeable about buying hearing aids;
- to show them how to use assistive listening devices that were available to help them hear.
- CHHA wanted the hard of hearing to become self-confident with their hearing loss and not be embarrassed about it.

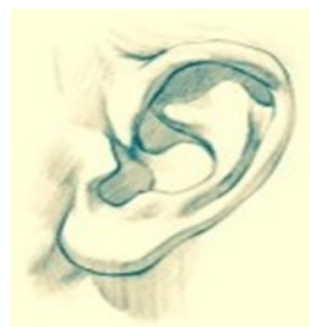
We have been giving people personal support for 30 years now. CHHA has come a long way since its beginning.

Through the years, CHHA's growth has changed things for the hard of hearing. Members are now more knowledgeable regarding their hearing loss. They are more knowledgeable about hearing aids. They have also become more self-confident with their hearing loss . . . coming to know they are not alone with this invisible disability.

Those of you who were at the CHHA Golf Tournament in September, had the opportunity to hear the CHHA-National President, Lorin MacDonald, speak briefly. She discussed the changes that are taking place and *have* to take place in order for CHHA to grow to meet the needs of the hard of hearing of today.

Make sure that Jacque (chhahamilton2@gmail.com) has your email address so that you can get the National Update of what is taking place and what *has* to take place to keep CHHA strong.

If you have the time and desire, support your Branch, by serving on a committee, on the board, or helping in some way. Show how much you appreciate this organization and what your Branch is doing for you. Remember you are not the only one that is hard of hearing. As Joan reminds us . . . **You are not alone.**



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Does My Hearing Loss Make Me Disabled?

By Shari Eberts

A few weeks ago, one of my favorite sites sent out a series of writing prompts including “I’m Disabled and I’m a Parent.” It seemed like a perfect opportunity to write about the importance of educating children about hearing loss protection, yet I balked at the chance. The word disabled felt odd to the touch. It didn’t seem like something I wanted associated with my hearing loss. But why not? Was this stigma rearing its ugly head again? I had to figure out, does my hearing loss make me disabled?



On the one hand, the answer must be an emphatic YES! This is the only way people with hearing loss can receive the protections they need under the Americans With Disabilities Act of 1990. It is the only way we can realistically fight for the accommodations that we need at work and at play — things like hearing loops and captioning.

On the other hand, the word may be part of why people resist acknowledging and accepting a hearing loss. This may be especially true for people who developed hearing loss as adults. Being “disabled” requires a shift in how one views oneself — a pivot from feelings of confidence and self-reliance to fears of weakness and helplessness.

Rightly or wrongly it is a difficult label and one that still gives me pause. I was raised to value independence, strength and self-reliance. Not to rely on others and certainly not to let obstacles prevent me from achieving my goals — all things that can be unfairly associated with the word disability. Maybe this was part of my father’s resistance to accepting his own hearing issues. If anything his generation valued self-sufficiency even more than my own, especially for men.

In the end, it is just a word. Just one part of the description of myself — like brunette, or persistent or funny or terrible with directions. It is part of what makes me uniquely me. I need to embrace it, and own it, and do all I can to not let it stand in my way. That is my goal.



Tinnitus and Hidden Hearing Loss

CHHA-Hamilton had an opportunity to ‘hear’ Professor **Larry Roberts of McMaster University** speak to our group on tinnitus (ringing in the ear).

Professor Roberts took part in a project with Dr. Tanit Ganz Sanchez of Sao Paulo, Brazil and her team to study tinnitus and hearing loss in teens. The incidence of tinnitus is increasing, from approximately 12 to 19%.

They interviewed 170 teens in a school in São Paulo. They were just like teens in any large secondary school in Canada.

They had risky listening habits — all wore ear buds, electronic devices, went to parties with loud music, and so on. The damage to the ear can be there, but the audiogram still appears normal. Unfortunately, the damage cannot be repaired.

This problem accelerates the rate at which age-related hearing loss occurs. At age 16 being age 40 seems an eternity away. Those of us who are that age or older, know those years can slip by in a twinkling of an eye.

Risky listening habits were almost universal in 97% of the group.

The bottom line . . . Protect your hearing.

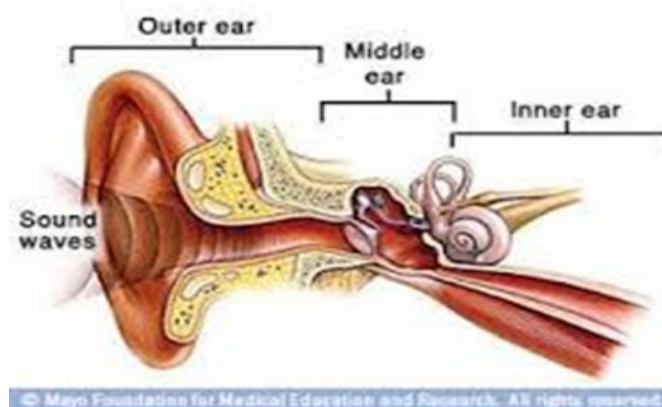
Professor Roberts suggested we all talk to the various school boards, encouraging them to use a number of programs available on this topic.

One is called “Dangerous Decibels” [William Martin, from Roberts, Bosnyak and Martin, 2010] — it teaches children what sound levels are dangerous, what are those sounds, what to do if exposed to them.

<http://dangerousdecibels.org/>

This is part of how prevention works, which is really the only solution to tinnitus and other disorders of hearing. As we know, tinnitus is very difficult to treat. There is no way to regenerate nerve fibres. Scientific labs are working on this problem, but there will be a long time before solutions.

One thing we know DOES work is not to expose yourself to loud noises.



WHY JOIN CHHA?

- We offer speech reading classes to assist you in communicating
- We are advocates for those who suffer from hearing loss
- We host events that help build community amongst hard of hearing individuals
- We raise funds to assist the hard of hearing in our region

All of these projects help us to fulfill CHHA's mission to make the community a better place for the hard of hearing.

Please renew your membership or join us for the first time and find out what CHHA is all about.

To keep our association strong we have to know that *you* are supporting us by becoming a member.

Craig Ellis,
Membership Chair

CHHA-Hamilton Membership Application & Renewal Form

Your Membership is due effective *now* to – August 31, 2017

Please mail this form with your payment to:

CHHA Membership, 762 Upper James, Suite 122 Hamilton, ON L9C 3A2

Name: _____

Address: _____

City/Postal Code: _____

Telephone: _____ e-mail: _____

Age: 19—30 ____ 31—50 ____ 51+ ____

I hereby apply for one of the following memberships (please check one):

Individual Membership: \$35.00 / year ____ Family Membership: \$50.00 / year ____

Lifetime Membership: \$300.00 plus \$5.00 / year ____

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Donations to CHHA-Hamilton may be made in memory of loved ones and friends.

Tax receipts will be issued and announcements sent to the family.

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Remember . . . You are not alone!