



Our mission is to open the world of communication to people with hearing loss by providing information, education, support and advocacy.

Chicago North Shore Chapter Newsletter

April 2021



Dear Readers:

We are pleased to invite all members of the former HLAA ICIC Chapter to join us at the Chicago North Shore Chapter meetings on the 2nd Monday of the month.

Please let President Elaine McCaffrey, Liz Hupp, me or any one else in our Chapter that you happen to bump into (keeping social

distancing in mind) know if you'd like to join our Chapter. For information about our group and its activities, please refer to the Chapter website at www.hearinglosschicagonorthshore.com

2020 - 2021 Chapter Sponsors

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We are very grateful to these Sponsors for their generosity and support of the HLAA Chicago North Shore Chapter. **NOTE:** if your name or business is not listed correctly, please let us know.

A Sponsorship Application Form appears at the end of this newsletter for your consideration. Thank you.

Hearing Loss Support Group

Zoom Meeting



During the pandemic, the Hearing Loss Support Group, sponsored by the North Shore Senior Center, meets virtually every Monday from 11 am to noon. To join this group, please contact Ana Pinshower at apinshower@nssc.org or 847.784.6079.

Our Chapter will resume weekly support groups and monthly meetings following the North Shore Senior Center reopening of on-site activities. In the meantime, be sure to check out some of our on-line meetings:

Free Smart Phone Captions Monday, April 12, 2021 11a.m. - Noon

Do you ever wish you could hear better on your smartphone? Matt Goncalves will discuss **InnoCaption**, the innovative, real-time captioning app for phones, using stenographers and automatic speech recognition (ASR). **InnoCaption** is free for anyone in the U.S. with hearing loss. This free program is presented by the Chicago North Shore Chapter of the Hearing Loss Association of America.

Register in advance for this meeting:
<https://us02web.zoom.us/meeting/register/tZlOcOigrT0iHdc74zhkGb90WGehmQvDaRGZ>

After registering, you will receive a confirmation email containing information about joining the meeting.

For more information, call Ana Pinshower at 847-784-6079 or visit the Chapter website at HearingLossChicagoNorthShore.com.

March 8 Meeting

Thank you Liz Hupp for providing a recap of the previous Chapter meeting.

At our chapter meeting on March 8, we heard about the grassroots beginnings of HLAA (then SHHH) from two people who participated in it.

Pat Clickener told of the early days in the basement of Rocky Stone's home, writing out letters by hand, then graduating to a single typewriter as the organization went from a handful of people to hundreds. No email, no internet; how to get the word out? An article in the *Wall Street Journal*, about Rocky's CIA career, had a tiny paragraph about him founding SHHH. That alone garnered 100 responses.

Another article in the *AARP "Modern Maturity"* magazine pulled in 2500 letters, from around the world. From that beginning came the conventions, the first of which was here in Chicago. Rocky was on the committee drafting the ADA, and made sure accommodations were not just sign language for the deaf, but also included services for people who were hard of hearing. His early advocacy efforts were crucial to the birth of the services we enjoy today, such as TTY (so important in the days before the internet), phones and hearing aids being compatible, and captioning. (The first convention was "captioned" by someone writing furiously on an overhead projector screen!)



That's Entertainment

The Academy Awards, April 25

“Sound of Metal”

Nominated for best picture, best actor, best supporting actor, best original, screenplay, best sound and best editing.

- Where to see – streaming on Amazon.
- What it’s about – “Sound of Metal” follows Ruben, a punk-rock drummer who begins to lose his hearing and, thus, his sense of self. Worried about Ruben’s sobriety, his girlfriend urges him to enroll at a sober house for deaf people run by a Vietnam War veteran. The film’s sound design is notable for its experimental quality, at times mimicking Ruben’s hearing loss.

The Washington Post

Hearing news reported in recent issues of *The Week* magazine:

Mask Innovation



A gaming company is starting production on a high-tech face mask that will let you pick up on human interactive cues. The CEO of ...Razer, which makes gaming hardware frets that we’ll be wearing mask “for a long time to come.”

Our other speaker, Dick Meyer, had a different perspective: Rocky Stone was his uncle. Dick watched Rocky's drive and passion from an early age, and saw how Rocky was so deeply respected by his peers at the CIA. Dick served in the national SHHH leadership early on; he told how Rocky gave the organization the energy and far-sightedness needed for it to grow almost exponentially.

We also heard from Carolyn Young, an audiologist who was involved with the Chicago North Shore Chapter from its beginnings, almost 40 years ago. Carolyn recruited me to be the next chapter president, passing me the baton, which I then passed to Elaine, our current chapter president. It filled my heart with such joy and amazement to hear this history. We can be proud to be part of HLAA. It is the largest organization in the US for people with hearing loss. We do not see most of the current work the leadership does on our behalf, but we definitely, definitely benefit.

Need Assistance to Zoom?

For those of you who have not yet Zoomed with us, please consider the benefits. We are able to have weekly conversations and exchange of ideas concerning face masks, strategies for remaining safe, things that make our lives easier, etc. We have the advantage of practicing speech reading as masks aren’t worn. We’ve taught each other strategies for use of technology, such as Otter.ai and speech to text apps or using Bluetooth while Zooming. We enjoy each other’s company and would like you to join us.

You can join most Zoom meetings a few minutes early to test out your Zoom features. Contact me for more information at

ElaineCMcCaffrey1@gmail.com

The reusable N95 face ask has a transparent, waterproof, and scratch-resistant shell that allows for lipreading. Red-blue-green LED lights around the ventilators automatically shine light onto your mouth when it gets dark. The Project Hazel smart mask also acts as a voice amplifier, with microphones embedded inside so you don't sound muffled while speaking.

Hearing loss after Covid-19

Evidence is mounting that the coronavirus can lead to sudden and lasting hearing loss. So far, only one study from the U.K. has detailed the phenomenon. Researchers there surveyed 138 Covid-19 patients eight weeks after they were discharged from the hospital and found that 13 % had experienced hearing changes or tinnitus followed by a complete loss of hearing in one ear. Steroids have helped restore hearing in some patients but not in others. Other viruses, such as measles and mumps, are also known to affect hearing but it's unclear why coronavirus patients are suffering this problem One theory is that virus blood clots, which the virus can cause elsewhere in the body, might be forming in vessels inside the inner ear.



~~4/15 Federal/State Taxes Due~~



Shop at smile.amazon.com/ch/27-3871624 and Amazon will donate to the Hearing Loss Association of America Chicago North Shore Chapter. **This has been a painless way to benefit our Chapter. Over \$300 has been raised since the program's inception!**

We are pleased to resume the regular musings of contributing columnist, Floridian Linda Bilodeau.

MEANDERING THROUGH THE HEARING WORLD

Staying In Touch With Hearing Loss

Like many people, I was devastated when the shelter in place orders began last March. Suddenly, I was cut off from friends and social groups. Gone were the volunteer meetings that I normally attended. My husband and I cancelled trips. Our social life was in a shambles, no lunches with friends, no dinner parties at our home. There was no going out to concerts or plays or sporting events. The life that we knew had fallen apart.

My husband and I scratched our heads, trying to find ways to knit our social lives back into some semblance of normal. Phone calls, emails, and letter writing worked, but did not take the place of sitting with our dear friends enjoying a sunset cocktail hour or dinner on the terrace of our favorite restaurants. We felt isolated and cut off from the world.

A few weeks into the lockdowns, an invitation to attend a Go-To-Meeting session from a committee that I volunteer on landed in my in-box. I was excited by the prospect, but concerned that I wouldn't hear as well as I usually did when attending in-person meetings. I wasn't sure if I should accept. I went online and read about how Go-To-Meeting works and then realized that meeting online might work for me.

I connected to the meeting via my iPad. My hearing aids are the Made-For-iPhone type and paired to my pad, which allowed me to hear participants. Participating in this Go-To-Meeting gave me the opportunity to see faces, and since I lip read, having a visual filled in the hearing gaps of what I didn't naturally hear. In many ways, I found the virtual meeting to be a better hearing environment than an in-person meeting because I had technology working in my favor.

Soon Zoom and Webinar invitations came pouring into my inbox from many of my social groups. Both Zoom and Webinar are similar to Go-To Meeting. My husband was receiving similar invitations from his business and social groups. We began to see that our lives need not be cloistered.

Both Zoom and Go-To-Meeting have free versions with limited features that can be used for small group meetings of no more than 40 minutes in duration. You can purchase upgraded versions of these two options, which include more meeting time, multiple features, and security options. Zoom offers several purchase categories beginning at \$149.99 per year on up. Go-To-Meeting options begin at \$12.00 per month, depending on the features that you need.

My husband and I use FaceTime to communicate with our daughter and her husband. We live in Florida and they live in Las Vegas so we try for a weekly Sunday evening session to chat with them. We also use FaceTime to keep in touch with our friends by scheduling virtual happy hours. At a predetermined time, we go online and toast each other's health and then catch up. Skype is another online way to keep in touch with loved ones. It has features similar to FaceTime. If you have a Google account, Google Meet also offers various meeting options.

While virtually out and about, I found most of my friends and family had become adventurous by hosting dinners, book clubs, and sewing clubs online. Some of my friends use online meetups to show off new clothes, a new hair style, or a room renovation. In a recent online session with my

niece, I watched my one-year-old grand nephew take his first steps.

If you are a traveler and long to visit a foreign destination, you might want to check out the websites of Taj Mahal, Versailles Palace, The Great Wall of China, The Louvre, The Vatican Museum, and the Acropolis. All offer free tours online. If you want to take advantage of tours in the United States, look over the websites of The White House, Yosemite, The US Capitol, and the National Baseball Hall of Fame, all have free options.

Virtual opportunities for staying in touch with family and friends are endless. There is no need to feel isolated while awaiting vaccination. Get online and hook up with friends and family, look up your favorite travel destination or houses of worship and participate with those groups with whom you usually meander through the hearing world.



Editor's Note:

We frequently publish website links. If you have a problem with a link, please let us know and we will attempt to provide a printed copy of the reference.

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Liz Hupp Liz@Hupp.com

HLAA CHAPTER SPONSORSHIP FORM

The HLAA Chicago North Shore Chapter 2021 Sponsorship Program term began January 1, 2021. Businesses, organizations, and people who want to support our Chapter can have the name of their business, organization, and/or their name(s) listed in our Chapter's newsletter through December 2021, in a special column in our Chapter's newsletter. We are inviting you to become a Sponsor. View the Sponsor's Column in our Chapter's newsletter. To become a Sponsor select from the following levels of participation:

Premium Level (\$500 or more)

Platinum Level (\$200 or More)

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As a not-for-profit 501(c)(3), our Sponsorship Program helps pay for live captioning, support our advocacy for people with hearing loss, and other basic expenses of our Chapter. To become a Sponsor, please fill out the form below and return it, with your check made payable to the HLAA Chicago North Shore Chapter, and mail to HLAA Chicago North Shore Chapter, P. O. Box #406, Glenview, IL 60025.

Visit our website at www.HearingLossChicagoNorthShore.com and check out our monthly newsletters, our current, future and past monthly programs and what we do. We currently are meeting virtually. We cannot speech read when others wear face masks.

Please print clearly

Name of the Business, Organization or Individual as you would like it to appear in our newsletter

Individual(s) or Name(s) affiliated with Business or Organization to also be included

Contact Information: Name: _____

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Silver Level (\$50 or more)

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