



Chicago North Shore Chapter

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

July/August



2021

It's looking very promising for the Chicago North Shore Chapter to return to the friendly confines of the North Shore senior Center (NSSC). Our first meeting back home will probably be the September 13 meeting, Monday at 10:00 in the Weber Lounge at 161 Northfield Road, Northfield.

Please refer to the NSSC website, www.nssc.org, or contact **Ana Pinshower**, BS Supervisor of Program Evaluation and Quality at 847-784-6079 for updates.

We also 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, currently held online.

More about the locale as well as information about our group and its activities will be available on the Chapter website at www.hearinglosschicagonorthshore.com.

Upcoming Meeting – July 12, 11:00 CST

Ordinarily, at the July meeting we hear from attendees of the usual June convention. Since this year's convention was virtual and open to those who register, **anyone who did “attend” is invited to share their experience and/or opinions on the 2021 Convention.**

Election of Chicago North Shore Chapter officers for the following year will also be held at this session. The current officers are:

- President – Elaine McCaffrey
- Vice President – Jean Draths
- Treasurer – Mike Wehman
- Secretary – Marion Anders

Register in advance for this **ZOOM** meeting: <https://us02web.zoom.us/join/register/tZYpcuyopzoqG9LhMwx5MPDLd8nYGdJ8RzVz>

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

Following is a list of upcoming Chapter meetings:

- August - *no chapter meeting*
- - *no Chapter newsletter*
- September - TBD
- October 11 - HLAA National Hospital Safety Program 11:00 - 12:30.
- November - TBD
- December - 13 Chapter Holiday Party

If there are any particular topics you'd like to see covered or guest speakers you'd recommend, please let us know. Your suggestions are welcome.

2020 - 2021 Chapter Sponsor

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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.

Sponsor a Winner

A sponsor enrollment form is conveniently included at the end of this newsletter. Thank you in advance for your consideration.

Meandering Through the Hearing World



Hearing the Sounds of the 4th

In my hometown, 4th of July celebrations began at 9AM. There'd be a parade down Main Street. The mayor, riding in an open car, would be in the lead, followed by fire trucks, police cars, ambulances, junior high and high school marching bands, our local veterans group, and the local Boy and Girl Scout troops. The bands would play Sousa marches and other patriotic music. We, watching from the sidelines, would wave our hand-held American flags. After sunset, there'd be a concert in the park, followed by the sizzle, boom, and bang of fireworks.

These celebrations still happen all over our big, beautiful country. I look forward to them every year. However, if you suffer from hearing loss, American band music or patriotic tunes can be difficult to hear. Most, suffering from hearing loss, and particularly those with sensorineural hearing loss, lose their ability to hear the subtle tones in musical pieces. For some, sound differentiation becomes impossible and music sounds like noise. This is because the range between the softest to loudest sounds in music is about 100 decibels, ranges that become impossible for some to hear.

I began having difficulty hearing music as a girl, but never complained about it. If I wanted to learn the words to a song, I would play records, over and over, until the lyrics became clear. From there, I would sing along with my favorite artists. It never occurred to me that it wasn't normal to not hear lyrics. I just accepted what was.

In order to improve your chances of hearing music, audiologists recommend musical training sessions. After receiving a cochlear implant or after purchasing new hearing aids, look for YouTube videos of your favorite songs, played with only a single instrument. Once you become accustomed to listening to the piece with one instrument, move on to listening to the same melody with two instruments and so on. Hearing professionals recommend listening to vocal recordings once you become comfortable with instrumentals.

Most concert halls have hearing loops. If your aids and implants have this setting (most do), switch to the loop, sit back, and stream in the music. At home, your Made-for-iPhone or Android aids or implants can help you achieve similar results though some say that the acoustics on an iPad or iPhone is not the best.

Having the most up-to-date hearing aids and implants can help. My Oticon M aids have a specific music setting, which I use when listening to the car radio or when attending a concert when a hearing loop isn't available. Newer aids and implants from other manufacturers have similar settings. Some computerized sound systems have streamers or are Bluetooth enabled, allowing a connection with aids and implants. Your audiologist or hearing professional can help you set up your hearing devices and any necessary accessories in order to use these systems.

Listening to music is often used as a treatment for tinnitus. While we sheltered during the pandemic, my husband, who has tinnitus, found that the quiet of our house aggravated his condition. To help relieve his symptoms, we purchased a subscription to Spotify. The daily playing of music helped both

of us. For me, listening to music created background noise, which kept me in shape to hear in such environments. For him, music brought relief from the constant ringing in his ears.

If you have hearing loss and are a music lover, there is no need to deny yourself the pleasure of listening to music. Work with your hearing professional to find the best accessories so that you can comfortably listen to music. Develop a music therapy program and find the best accessories to accommodate your goal. Don't let hearing loss ruin your chances of listening to the sounds of the 4th or any of your favorite music.

Linda Bibdeau, Sarasota Chapter



**It's official, a walk in the park.
Real, Not Virtual**

Sunday, September 26, 2021

Lincoln Park, Cannon Dr.

Between W Diversey Pkwy and W Fullerton
Parkway, Chicago, IL

9 a.m. Registration/Check-in 10 a.m,



For more information, please visit the Walk4 website <https://www.hearingloss.org/programs-events/walk4hearing/> or contact our Walk Captain, Christine Rudolph at c1rudolph@comcast.net.

Advocacy Action

We have been featuring Chapter and HLAA initiatives to bring issues to several governmental agencies including the FDA and the FCC. Meetings, such as the May 25, Patient-Focused Drug Development session with the HLAA and the FDA, were unique opportunities to voice our concerns. Our Advocacy Chairman, Sharon King, collected such comments which were then passed on to the FDA via the HLAA.

Perhaps your comments were among those forwarded and we will be reporting on any significant progress with the Feds.



Celebrate ADA's Anniversary

July 26, 2021 marks the 31st Anniversary of the signing of the Americans with Disabilities Act (ADA). ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools and transportation, and all public and private places that are open to the general public. To learn about ADA, visit www.ada.gov



Shop at smile.amazon.com/ch/27-3871624 and Amazon will donate to the Hearing Loss Association of America Chicago North Shore Chapter.

National Senior Citizens Day

National Senior Citizens Day is on August 21, 2021. It is to show our appreciation for their dedication, achievements and services the senior citizens give in their lives. If you are looking for a way to do something special for them, here are a few ideas to celebrate the special day:

- Listen to their fascinating stories of life, wisdom, experiences and accomplishments
- Call the loved ones and let them know how much you care and also, give thanks to them
- Bring some homemade dish/goodies for the loved ones if you can.

If you are a senior citizen, take time to relax and enjoy your special day! Happy National Senior Citizens Day!

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.

Mike Wehman wehmans@comcast.net

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)
- Gold Level (\$100 or More)
- Silver Level (\$50 or More)
- Bronze Level (\$25 or More)

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: _____

Email: _____

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Indicate Level of Sponsorship: Premium Level (\$500 or more)
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Enclosed find check for \$_____ payable to **HLAA Chicago North Shore Chapter**