



SELF HELP FOR HARD OF HEARING
Delray - Boynton Chapter

Our purpose is to help people with all degrees of hearing loss to understand their problem, learn how to deal with it, and cope with day to day situations that arise.

Monthly Meetings at South County Civic Center, 16700 Jog Rd, Delray Beach
Visit our web site at: www.freewebs.com/delrayboyntonshhh

NEXT MEETING DATE
October 21, 2005, at 09:45 AM

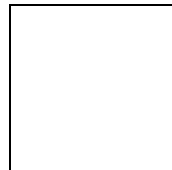
SPEAKERS

Ed Kisell of Mobile Source, Wireless Phone Accessory Specialists, will discuss cell phones and accessories for hearing impaired.

Deputy Hudson, Palm Beach County Sheriff's Office will talk about crime prevention and will be able to answer any questions on law enforcement and security.

Come and bring your questions about hearing loss;
this is your support group to put you on the path to finding help.

SHHH Delray-Boynton Chapter
PO BOx 6794
Delray Beach, FL 33482-6794



Membership in SHH doesn't cost;
IT PAYS!

President's Message

Our October program features two subjects of interest - cell phones and Interaction with Law Enforcement personnel. You won't want to miss this session because what they have for us is important not only for the hearing impaired, but for those with normal hearing as well.

Cell phones are a way of life for most of us today. The fact is, most people carry no emergency contact information in their wallet or purse, but almost everyone carries a cell phone. We'll tell you about a program that could save your life. The program is called ICE.

Editor's Notes *by Nina Tamber, Editor*

Are we off to a flying start? I hope so. . It was thrilling to see so many of you at our first meeting. Many familiar faces (among them, Ruth Fader, our founder) and many guests. Hope all of you have seen the need for what we present and will bring along those in need, and those in denial of the need, for our help.

You could have heard a pin drop during Mr. Traub's presentation. We have already made use of some of his very pertinent info and hope you are doing so, too.

Captioned movies are sometimes available locally and, I believe, change each month. Check Boca Regal 16 and the Boynton Regal 9 to see what's available.

For you theater/opera buffs, there will be a captioned performance of the Phantom of the Opera at the Broward Center for the Performing Arts on Oct. 15h. A long trip! If you are interested in carpooling call Rosalie Orinstein (remember: the psychologist who spoke to us last season) at 738-6496 or, preferably e-mail her at: dans4@aol.com.

Members, when you leave, please drop your Name Badges off at the desk. I look forward to seeing you all on Friday, October 21st.

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WELCOME NEW MEMBERS

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When to See an Ear Doctor

There is one very serious situation that occurs, but that people will often ignore. This is the phenomenon of a sudden hearing loss where a person can go to bed fine but wake up in the morning with no hearing in one ear and no other symptoms. It is crucial to get treatment within 24 hours! Beyond those 24 hours, the chance of recovering any of the lost hearing is practically nonexistent.



With treatment, one can often recover at least part of the hearing, if not a good majority of the hearing.

Even if it means

going to the emergency room, you must see an Otolaryngologist (Ear, Nose and Throat physician).

Another situation is also very common, where a person is struggling with their hearing and insists it's "just wax." That may be true, but you can't know for sure until you see either an Otolaryngologist or an Audiologist who can remove the wax. You could have an infection. You could even have a foreign body in the ear canal such as the end of a Q-tip (even though you are not supposed to use them) or even a bug (yes, it happens). A physician or audiologist can look in the ear to see if there is any kind of blockage in the ear canal. If there is not, we can then do a hearing evaluation to determine the cause of the impairment.

The important thing to remember in all of this is that knowledge empowers you. You cannot make a good decision about anything in your life if you don't have all of the necessary infor-

mation. Our goal is to provide you with that information so that you can make decisions that are right for you.

Hearing Aid Assistance

Tax Credit Act *from Hearing Loss Magazine*

This upcoming May, Sen. Norm Coleman (R-MN) plans on re-introducing S. 2055, the Hearing Aid Assistance Tax Credit Act. This bill will allow Americans 55 and over or Americans purchasing aids for dependents (18 and younger) to receive a tax credit not to exceed \$500 per qualified hearing aid once every five years. Currently, the SHHH advocacy team, together with hearing aid manufacturers, audiologists, and hearing instrument specialists, is busy building support for the Hearing Aid Assistance Tax Credit Act in the Senate Finance Committee and in the Senate at large. However, our efforts alone might not be enough to push this legislation through in such a tough budget year. With this in mind, we strongly encourage you to write to your Senator in support of the S. 2055.

Helping others and ourselves with hearing loss to communicate better is what we're all about.

KATRINA HELP

Hear2Care is a volunteer-based program of SHHH providing assistance to hard of hearing people who have been affected by Hurricane Katrina. This program will provide encouragement and emotional support, hearing screenings, hearing aid supplies and repairs, cochlear implant supplies, and hearing assistive technology. Address for donations and supplies:

SHHH (hear2care)

7910 Woodmont Avenue, Suite 1200

Bethesda, Maryland 20814

FEEDBACK MANAGEMENT

Feedback is that irritating whistling you may hear and that other people without a hearing loss surely do. The higher the volume on the hearing aid, the more likely feedback is to occur at inopportune moments, though it is normal for any hearing aid to whistle when you insert it in your ear while it is turned on. There are several strategies to control or eliminate feedback. More expensive technology succeeds at canceling feedback, whereas less expensive technology simply may reduce the amount of feedback. If controlling feedback is important for you, you may want to explore the different technologies used to manage feedback.

Online exclusive:: "TECHNOLOGY TAKES AIM AT OCCLUSION AND FEEDBACK"

Read it on: www.drf.org/hearing_health.

ABOUT HEARING AID BATTERIES

All batteries are toxic and dangerous if swallowed. Keep all batteries (and hearing aids) away from children and pets. If anyone swallows a battery it is a medical emergency and the individual needs to see a physician immediately.

One question often asked is "How long does the battery last?" Typically they last 7-14 days based on 16 hours per day use cycle. Batteries are inexpensive, costing less than a dollar each. Generally, the smaller the battery size, the shorter the battery life. The sizes of hearing aid batteries are listed below along with their standard number and color codes.

Size 5:	RED
Size 10 (or 230):	YELLOW
Size 13:	ORANGE
Size 3 12:	BROWN
Size 675:	BLUE

Today's hearing aid batteries are "zinc-air." Because the batteries are air-activated, a factory-sealed ticker keeps them "inactive" until you remove the sticker. Once the sticker is removed from the back of the battery, oxygen in the air contacts the zinc within the battery, and the battery is "turned-on". Since many of today's automatic hearing aids do not have "off" switches, removing the battery from the hearing aid circuit, by opening the battery door, when not in use, assures the device is turned off. Zinc-air batteries have a "shelf life" of up to three years when stored in a cool, dry environment. Storing zinc-air batteries in the refrigerator has no beneficial effect on their shelf life. In fact -- quite the opposite may happen. The cold air may actually form little water particles under the sticker. Water is made of oxygen and hydrogen. If the water vapor creeps under the sticker, oxygen may contact the zinc and the battery could be totally discharged by the time you peel off the sticker! Therefore, the best place to store batteries is in a cool dry place, like the back of your sock drawer, not the fridge!

Reprinted from Healthy Hearing from SHHH CHAPTER OF ESCONDIDO

Tax Credit For Hearing Aid Purchase

The Hearing Aid Assistance Tax Credit act introduced by Rep. Jim Ryun (R-KS) currently sits in the Ways and Means Committee of the House of Representatives with 58 cosponsors. The Senate version (S.1060), introduced by Sen. Norm Coleman (R-MN), was read twice and referred to the Committee on Finance in May 2005. If successful, the proposed legislation will provide a \$500 tax credit for the purchase of a qualified hearing aid for individuals 55 years or older or those claimed as dependents of a taxpayer.

Track the bill's status at <http://thomas.loc.gov>.



You told me to get an aid for my hearing!

A new Florida traffic safety law

will make it illegal to drive while listening to inordinately loud music. The Miami Herald reports that starting July 1, 2005, police officers can ticket drivers whose music is audible from a distance of 25 feet. The law does not require hard proof like decibel readings for officers to issue the \$30 fine.

IMPORTANT NOTES

Want to make a donation for a special occasion or in remembrance of a loved one? We have lovely "In Honor of," "In Memory of" and "Thank You for Your Contribution" cards that we will send to the person(s) or family advising them of your donation (minimum \$5). All contributions to S-H-H-H are TAX deductible. Call Goldie Zammito at 499-2854. ALSO let her know if you have heard of any members who are ill, celebrating special occasions, etc. so she (and the Bulletin Editor) can acknowledge these situations.

The Deaf Service Center on Linton Blvd & Dixie Hwy in Delray has free amplified and TTY telephones for residents of Florida who have verified hearing loss. The Center also provides other workshops and services. The office is open on Monday, Wednesday, and Friday, from 9 A.M. to 3 P.M. Call (561)278 6444 for further information.

The Tinnitus Group meets the second Thursday evening of each month at 7:30 P.M. at the South County Civic Center on Jog Road, south of Linton Blvd. For further information, call Ellen Ratner at 1-800-732-9217

Guests are welcome to join us at 3 meetings after which time they are expected to join.

Have any old hearing aids no long in use (or in the drawer)? Please give them to Harold Brodsky at one of our meetings for recycling or call Harold at 498.8952.

Sederholm full page ad

HIA requests e-Bay to remove hearing aids from site

Last week, Hearing Industries Association (HIA) wrote e-Bay a letter requesting that all hearing aids be removed from their market because of the possible consequences of purchasing hearing aids via the Internet. In protection of the 31.5 million people with hearing loss, HIA expressed concerns that hearing aid purchases through e-Bay violates their policy that "sellers may not list medical devices on e-Bay that require a prescription." The FDA has the "explicit authority to establish standards for medical devices and to place conditions upon sale or distribution of a device."

Without a medical evaluation and proper examination by a licensed professional, hearing aids should not be sold or distributed.

We appreciate your doing business with our advertisers; however, we cannot endorse any particular individual or business that advertises in this bulletin.



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See a new movie with captions



Now you can see first-run movies the way they were meant to be seen -- on the big screen, complete with Captions for people with hearing loss. InSight Cinema, Captioning the imagination of audiences nationwide. Check this web site to find a theater near you:

www.insightcinema.org

We had a neighbor boy who worked only at jobs that offered him work shirts with his name printed above the pocket. An early example of Clothes Captioning!

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