



SELF HELP FOR HARD OF HEARING

Delray - Boynton Chapter

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

NEXT MEETING DATE

September 16, 2005, at 09:45 AM

First meeting of the 2005-2006 season.

TOPIC

Meet the new Board; What's coming in the months ahead.

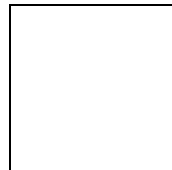
SPEAKER

A member of the Attorney General's Office will talk about legal issues relevant to people with hearing loss. Open question and answer session follows.

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

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.

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



President's Message; Meeting The Challenge

The new 2005-2006 season officially begins for the Delray-Bynton SHHH orgaization with our September meeting. Jerry Tamber, Past President and Program Chairperson, has already lined up a number of highly relevant speakers and programs for the coming months, all naturally aimed at furthering our ability to cope with hearing loss in a hearing world. Along that note, it is important for all of us to make an effort to educate friends and relatives who sufer any kind of hearing loss - slight or profound - about the benefits of becoming a SHHH member. We need to grow!

So why bother to join SHHH? Quite simply, because I can't go it alone; you can't go it alone! For most of us with hearing loss, it's a matter of self defense - the loss is not static - over time, our hearing loss becomes worse; yes! For most of us that is true - as we age we need better and more powerful aids to keep us functioning. As individuals, there is no way we can explore all the possibilities even if we knew they existed or where to look. SHHH does just that.

Membership in SHHH not only helps us as individuals, but as a national organization we help influence legislation that can help make the hearing world more attuned to the special needs of hearing impaired people both young and old. Closer to home, the bigger our membership is, the better programs we can attract that will give us insights as to new and better ways for us to manage in theatres, restaurants, crowds, watching TV, on the telephone, and many other times and places that ae a constant challenge for us trying to accomplish what is a simple task of communication for "normal" folk.

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ABOUT HEARING AIDS

FITTING: IS IT ART OR SCIENCE?

Fitting hearing aids is an art, not a science. Expect to go back several times to be satisfied. Few dispensers get it right the first time. They can't; they don't know your brain or your lifestyle.

Membership in SHH doesn't cost;
IT PAYS!

Editor's Notes *by Nina Tamber, Editor*

Our new season is beginning and we are happy to be here and to welcome all of you back.

Having met several members who were already looking forward to our opening meeting, we hope many more of you are and will join us. The board, under President Oscar Segal's supervision, has been working on exciting programs and seminars for the coming year. (Did we tell you that our Seminar at the Atlantic Ave. library in May was well attended and well received?) And you notice the Bulletin's new format

We heard that Goldie Zamito and Sol Dinkin were not well. Hope that by now they feel better. Jerry Tamber had some problems earlier this summer and is back to himself at this time.

Many thanks to Doctor Sederholm for his generous contribution to our "operating" fund and also for supporting this publication with a full-page ad.

Our membership is growing; See this New Members list.

Welcome New Members

Sigmund Chernick	Jack Israel
Janice Colin	Mary Jordan
Sol Dinkin	Joan Koller
Stephen Friedman	Beatrice Marcus
Rose Goldstone	Sam Perlowitz
Ruth Gursh	Merle Verner

Our tireless, enthusiastic lip-reading teacher, Merry Rubinstein, will resume her classes at the Emmanuel Catholic church (on Military Trail between Atlantic Ave. & Linton Blvd) on Tues., Oct. 11th. Morning classes from 10:30 AM to noon are for beginners. Classes for graduates and intermediates will be from 1-2:30 PM. If you want to join, call Merry at 738-5630 after Sept.

See you at the meeting. Nina

Direct Access to a qualified audiologist.

The Hearing Health Accessibility Act, known better as Direct Access, would allow Medicare beneficiaries in search of hearing health care to consult directly with a qualified audiologist.

The Direct Access Act was recently introduced as HR. 415 by Congressman Jim Ryun and S. 277 by Senators Tim Johnson, Mike DeWine, and Tom Harkin.

Though Medicare allows beneficiaries direct access to numerous other specialists, optometrists and psychologists for example, those in need of audiological services must first consult their primary-care physician for initial diagno-

sis. This process has proven to be costly, time-consuming, and often unnecessary. This legislation looks simply to provide recipients with a choice; in no way is it designed to undercut the importance of medical doctors. Though Audiologists serve traditionally to diagnose hearing loss and recommend forms of assistive technology, they are fully capable of, in the process of an evaluation, detecting any medical problems that might require a physician's attention. For years, the Department of Veterans Affairs and the Office of Personnel Management have permitted direct access to audiologists among

their beneficiaries, and they have reported that the practice has provided and continues to provide high quality, cost-effective and successful hearing health care. For more information on the Hearing Health Accessibility Act, visit the following website:

<http://www.audiology.org/professional/gov/da.php?cookietest=1>

CHUCKLES

Dentist: "Try to relax - I'll pull your aching tooth in 5 minutes."

Patient: "How much will it cost?"

Dentist: "It'll be \$100."

Patient: "That much for just 5 minutes work?"

Dentist: "Well, if you prefer, I can pull it out Very slowly."

WHAT SELF HELP FOR HARD OF HEARING MEANS TO THOSE WHO DON'T HEAR WELL

*By Betty Coombs, SHHH member since March '87
VP, Inland Empire Chapter, Beaumont, CA*

Howard E. Stone (also known as Rocky) was a CIA spy and worked many years for Government in this capacity. He was sent all over the world to do his job and had to cope with many languages customs, and laws. When his hearing began to disintegrate the work he loved was becoming difficult and he faced many years of trying to get along without hearing.

Finding that there were few opportunities for him to meet with others in groups where he could hear and understand what was being said, he wondered if others had the same problems. So, SHHH was born in his cellar in Bethesda, MD.

SHHH is for hard of hearing people to get together and learn how to cope with the problems that hearing loss entails. It is a place where everyone knows and understands your predicament and sympathizes. Being with others with the same problem is relaxing.

When words need to be repeated, they are not just repeated they are reworded to be more easily understood. Everyone knows that some words just don't work for us. They don't look like anything that applies to the subject so they must be reworded. Everyone relies on lip-reading to some extent but lip-reading can be very inefficient. Too many words look alike on the lips.

SHHH people know how annoying it is to hearing people to constantly be asked to repeat. Fortunately, other SHHH members understand and are very patient. We are all familiar with the rude and hurtful words, "forget it, it wasn't important" and "never mind, I'll tell you later". These are things you never hear at a SHHH meeting. Assistive Listening Devices (ALDs), hearing aids, cochlear implants do not give a hard of hearing person perfect hearing. Sometimes they provide pretty good hearing, but they are not all that good. The best we can say is that ALDS give us a better hearing.

Hearing loss affects people in many different ways. What works for one person, may not work for others. An FM system may work for one and not another.

Self Help, Continued Page 5

Self Help, *from Page 4*

Another factor to consider when criticizing is the process of aging. Most hard of hearing people have progressive hearing loss so that what works today may not work tomorrow. That is true for young people as well as the elderly.

The atmosphere has a lot to do with how well you can hear. There are rooms in buildings that have acoustic areas that are not conducive to hearing well. Speech is carried on airwaves and in an air-less room sounds are not carried as well. Hard walls, floors, furniture etc, make sounds bounce so that sounds are just confusing and very difficult to understand. Normal hearing is selective and can shut out background noise but hearing aids tend to amplify those sounds and make it very difficult to understand what people are saying.

There are reasons why it is preferable to have SHHH Hard of Hearing members select a venue for a meeting rather than a hearing person. A meeting in a noisy environment is a very trying situation for anyone relying on a hearing aid to know what is going on.

SHHH is a gathering of people who understand the needs and comfort of people who do not hear well. Hearing people may find it hard to understand why quiet is so necessary for background and one-to-one speech is necessary. Hearing people today tend to speak very quickly often slurring their words, and they all speak at the same time, constantly interrupting each other. Such as at a family gathering where most are hearing. Good conversation used to be where everyone voiced his or her opinion, without interruption, in a well-modulated tone and much information was thus passed on. I miss those days

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 Zanamito 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

All guests are welcome to join us at 3 meetings after which time they are expected to become members.

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

Ten Commandments

If You Live with a Hard-of-Hearing Person

by Ghanlotee Himber, Gallaudet Univ.

1. Be patient. Remember that a person who is beginning to suffer a hearing loss is like a child beginning to talk. All the conditions of communication are changing.
2. Accept reality. It changes both of your lives. Reconcile yourself to the fact of your spouse's loss.
3. Speak slowly. Consider your own confusion when you listen to a newscaster on television who rushes through lines.
4. Don't shout. It doesn't help, and it may give the impression that you are angry.
5. People with hearing loss find it difficult to block out sounds while they are straining to hear your words while the dishwasher is running, or when someone in the same room is carrying on an animated conversation on the telephone.
6. Don't talk with your back to people with hearing loss. Even if they can't read your lips accurately, when you face them, they will get a better sense of what you're saying.
7. Don't start walking away while you're still talking. Your words will come out as "mumble, mumble." It's frustrating.
8. Agree on a signal that you can use in company when your hard-of-hearing spouse is talking too loudly. People with hearing loss often cannot hear their own voices well enough to judge their loudness.
9. Don't show annoyance because you must repeat words. He or she probably didn't hear you the first time.

10. Have a heart. Hearing loss is worse for the afflicted person than for others. Consider that you may have to learn to live with your own loss someday.

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