Did you know that there is now a phone on the market designed specifically for the Hard of Hearing? It is a Captioning Telephone!

Though not yet available in Canada, it is currently in wide release in the States.

It operates like any other phone with one important addition: it shows closed captions of everything your caller says. You can listen to the caller, amplify the sound, and also read the captions on the screen display. Just like captions you see on TV.

Imagine how important that will be for those who struggle to hear on the phone... or even avoid using it at all because they are unable to hear anything.

Currently the technology is not available in Canada, but it’s hopeful that it will be here very soon.

Tickets for the annual Ultimate Dream Home campaign went on sale Oct. 14th across Northeastern Ontario with large crowds of hopefuls going through the 3-storey home built by SLV Homes this year.

Valued at about $575,220.00 the Grand Prize includes the furnishings by Spencer Furniture, appliances by Bianco’s Supercenter, a home security system from True Steel Security and a 2017 Toyota Yaris Sedan from Laking Toyota. That’s a phenomenal deal for just $20 a ticket!

The Decorator is once again Lynn Boeswald.

The Canadian Hard of Hearing Association Sudbury Branch is running their 16th Dream Home Campaign as their main source of funding, making possible various programs and services for the Hard of Hearing (HOH) right across the North East region of Ontario.

Programs like the HearNow Fund which gives financial assistance to those who need hearing aids but are unable to afford them. This is an extremely popular program that depends heavily on the funds raised by the Dream Home.

As well CHHA Sudbury provides Speech Reading classes, Tinnitus Workshops, an Assistive Listening Device Lending Library, Computerized Notetaking, Social Events
Sudbury Branch AGM 2016

2 seats left empty on Executive Board

The CHHA Sudbury Branch held its Annual General Meeting (AGM) on September 24th, with about 20 members in attendance.

Branch President Lorraine O'Brien welcomed the crowd before introducing accountant Steve McClelland who gave the auditor’s report and patiently explained the financial statements for the Association’s previous year.

As well, the Board Members who re-submitted Nomination Forms were unopposed. This means Lorraine O'Brien returns as President, Maureen Spec returns as Vice-President and Marianne Scharf returns as Treasurer for the 2016/2017 term. The seat for Secretary was left open following Keith Argent stepping down and the remaining seat has been open for several terms.

During the AGM two attending members stepped forward to offer to fill those two remaining positions. More details will be available in the next Resonance Newsletter.

Executive Director (ED) Kim Scott gave a brief Director’s Report indicating that CHHA Sudbury Branch is in a “good” place right now.

“For the past few years we were maintaining status quo”, she said referring to the fact that the Branch was only maintaining existing programs and services and not really growing.

“The only exception was the national speechreading project,” she continued. “We as a branch participated in developing that campaign and we were writing manuals and training new instructors. We used to have a shortage everywhere in Canada. Up until recently, there was only one certified speech reading instructor north of Toronto. We now have several more.”

Some of you have taken speechreading so you know the value of the program.

As well, because fundraising has been going so well, the Branch has turned its sites to a new project for the upcoming year.

“Its long term and very ambitious,” Kim explained. By next spring, “we will be pushing for accessibility for hard of hearing people — especially in public locations.”

“We are advocating for looping,” she revealed, “and our campaign will be called Loop The North!”

The Sudbury Branch would like to see the city begin to loop city council chambers, it’s theatres, banks, churches, the airport and more. It will be a huge undertaking for the Branch and the campaign will be far-reaching, spanning over the next 10 years but, says Kim, it will be well worth it.

The CHHA Branch has already begun by looping its offices. Kim encouraged anyone who has a tele-coil on their hearing aid to come in and experience looping. It will help you communicate without effort, she told the members, because it will allow you to hear directly through your hearing aid. There’s no need to wear headphones or any other device, you simply push a button on your hearing aid.

“If you don’t have a t-switch, get to your Audiologist and request they activate it for you!” She encouraged.

Look for our special guest speaker next May, Dr. Juliette Sterkens from Wisconsin.

“I hope you will be excited about this,” Kim told the crowd, “we will need everyone’s help to move the project forward by educating the public, demanding t-coils on their hearing aids etc.”

Watch for more details on this topic.

The CHHA Branch

Canadian Hard of Hearing Association

Sudbury Branch

Board of Directors:

President Lorraine O’Brien
Vice-President Maureen Spec
Directors: Marianne Scharf

Staff

Executive Director Kim Scott
Office Manager Susan Arthur
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All Opinions and/or recommendations that appear in this newsletter are not necessarily the opinions or recommendations of the Canadian Hard of Hearing Association.
The CHHA Sudbury Branch was given a true gift in September when Author Beverly Biderman shared her story of hereditary progressive sensory neural hearing loss that became profound by the time I was 12,” she told those who were gathered to hear her speak Sept. 24th in Sudbury. “My father was deaf, his mother was deaf, half of his relatives were deaf...it was a dominant gene for deafness.”

Her hearing loss was first noticed as a toddler when she was riding her tricycle as fast as she could away from her mother. When her mother called her to “look up”. “She’d pull my chin up, and say look at me when I’m talking to you”, she said. “I remember the feeling of my chin resting in my chest. I would look down when being scolded because I had figured out from a very young age that I couldn’t hear my scolding if I wasn’t looking at her.”

When she went to university she didn’t ask for help there either. In the 60s and 70s there weren’t really any services for students with disabilities. There were no Computerized Notetakers, she said, no adaptations or accommodations. She made up for it by working harder than other students to make sure she kept up.

“I read everything on the required reading list in University, I read everything on the recommended reading list, and I read everything on the supplementary recommended reading list,” she said. She went on to explain that she “was over compensating for not hearing my professors and what was going on in class.”

Her determination and hard work served her well. She got through but it was very stressful. After graduating she landed a job in Internet Technology (IT), married a hearing man and adopted a hearing child (not wanting to pass on the hereditary deafness). As the years went by she began to realize lip reading was becoming more difficult.

By that time she was in her 40’s and wearing a hearing aid but it was giving her so little hearing that it was no longer really beneficial. She’d been wearing one since about the age of 11, she explained, but it really had only helped her to hear environmental sounds. It didn’t help her to hear, or to function at University or even to function better at work.

It wasn’t until 1993 that her Ear Nose and Throat (ENT) specialist told her the Cochlear Implant might be a good option.

She was hesitant at first, she told everyone. Hesitant to try it only to find it wouldn’t work. But she wanted the possibilities it offered.

“ I wanted to hear on the phone, hear music, hear speech without lip-reading,” she said but still she thought she’d keep her expectations low.

(Cont’d on page 4)
Communication Tips
For the Hearing, when communicating with the Hard of Hearing

Project Your Communication
- Do Not Shout
  (that only makes it louder, not more clear)
- Speak Clearly, at a moderate pace
  (speaking normally and carefully helps with understanding as well as more precise lip movement for those who lip read — which is most of us with hearing loss)
- Do not cover your mouth, chew food, gum or smoke while talking
  (it distorts/covering your lip movement and muffles the sound)
- Rephrase if you are not understood
  (repeating the same sentence or phrase over and over is not productive — try saying whatever you are trying to say in a different way)
- Use facial expressions and gestures
  (those with hearing loss depend on visual clues to assist with what you are saying)

Set your stage
- Get your listener’s attention before you begin to speak
- Face your audience directly
- Spotlight your face
  (do not sit with your back to a bright light or a window that will make it difficult for the listener to see your face clearly)
- Avoid noisy backgrounds

Establish Empathy
- Be patient if a response seems slow
  (it can sometimes take a few moments for the HOH person to absorb and then understand what was said before forming a response)
- Stay positive and relaxed

(Cont’d from page 3)

When her Audiologist turned on her CI for the first time she was shocked and a little devastated to hear only buzzes and beeps and whistles. “My audiologist’s voice sounded like Donald Duck talking to me through a long tunnel”, she said.

For some people their “turn on” experience is a much more positive reaction. But because Beverly had been deaf for so long it would take a little longer for her brain to adjust to the new sounds.

“The brain is miraculous,” she went on to reiterate. “We hear with our brains and fortunately enough my 46-year-old brain was able to start adapting to the strange noises and within a few days I was lip-reading with more ease.”

Eventually the strange new sounds began to make sense. She equates her disappointment in the early days to having unrealistic expectations.

“I expected to hear right away,” she said. “Everyone is different. It’s the most important take away information: you need to manage your expectations. You can have high hopes, but keep the expectations moderate.”

She did improve with time and worked hard at practicing “listening”. She took out talking books from the library

(Cont’d on back page)

Speech Reading Level 1 & 2 underway at Sudbury Branch

CHHA Sudbury Branch has begun it’s fall classes for Speech Reading (both level 1 and 2). As always, these classes are extremely popular and because they are given free of charge they fill up quickly.

This fall Kim Scott began her class Wednesday, September 24th from 7-9 p.m. and Dennis Batman runs his Level 2 classes on Tuesday and Thursday which began Oct. 25th.

As a side note, North Bay now has a certified Speech Reading Instructor in long-time CHHA member Don Helpert. Sudbury Branch will be helping to get classes off the ground there in the near future. If you are a member in the North Bay area and would be interested in attending classes next spring, please let us know by calling the office at TTY/Voice: 705-523-5695, or email: chha@vianet.ca or by fax: 705-523-8621.
Listening Devices Lending Library popular across North

CHHA Sudbury Branch has been operating an ALDs Lending Library for about a decade now and it grows in popularity every year. Perhaps one of the first things someone with a new hearing aid realizes is that:

a) hearing aids never return your hearing back to “normal” and that some assistance is still required for things like talking on the phone, listening to music, going to the movies and

b) a t-switch is an absolute essential!

Devices that range from Alarm Clocks (with bed-shakers) and Specialty Telephones to Infra-red headphones and pocket talkers require a T-Switch in most cases.

The devices offer the user the chance to try a new device for a maximum of two weeks at no charge. If at that time they wish to purchase the device, we can tell them where to do that. If the device is not to their liking, they can return it to us and we’ll give them something else to try.

Even for those who do not live in the Sudbury area, we will ship to surrounding areas. For more information contact us at 705-523-5695 or chha@vianet.ca

The Assistive Listening Devices Library at the CHHA Sudbury Branch office has become extremely popular across the north. Anyone interested in trying out a new device at no charge for a maximum of 2 weeks can contact our office to make an appointment. 705-523-5695.

Dream Home 16 now open...

(Cont’d from page 1)

for its members and much more. Most of these programs and services are provided at no charge so the more money we raise through the Dream Home, the more people we can help!

The Dream Home, located at 634 Arnold in Sudbury, is open to the public 7 days a week from 9 a.m. to 6 p.m.

If you’re in the area drop in for a visit. If you are not in the Sudbury area please look for our displays in all TD Canada Trust Banks, all Scotia Banks, participating Home Hardware stores, Giant Tiger and many other locations throughout the north. Or, for your convenience call our DreamLine: 705-522-2442 or toll free: 1-844-522-2442. For more information on the other prizes and contest rules please visit our website: www.ultimatedreamhome.ca
Beverly Biderman...

(Cont’d from page 4)

and read along with the accompanying CD or tape. “I had to learn to hear”, she explained.

She read those talking books over and over, immersing herself completely in sound and language. After about a year, she began to understand speech without lip-reading. She was able to start enjoying music, then she started using the phone. She told CHHA members, “I used to practise on the phone by having my husband count to 10. It was a learning curve, but I did improve.”

In 2006 she received a second implant and when the original one failed the old technology was removed and replaced with 2016 technology. She now has two implants.

“I hear bilaterally now,” she beamed.

In 1998 Beverly wrote a book that chronicled her journey into the hearing world. She called it Wired for Sound: A Journey Into Hearing. It was so well-received, it had Hollywood talking about a movie version and, more recently, an opera was produced based on her life’s story.

She has since updated it to include her experience with the 2nd implant.

Many of those who gathered in Sudbury to hear Beverly’s story, went away with a copy of her updated book, which she graciously signed for them. Thank You Beverly for sharing yourself and your story with us.

Presented by CHHA Sudbury
Monday, Nov. 14th, 7 p.m.

705-523-5695
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