What If It Happened to Me?
By Charlene MacKenzie, HLAA Member

HLAA Whatcom Chapter members Jennifer and Jeff Bergman were badly injured in early February 2016 when a hit-and-run driver crashed into their car as he left a grocery store parking lot. Three months later, Jennifer remains in a convalescent care center, still hoping to walk again, and Jeff is living at home with slowly-mending ribs and difficulty walking.

Most shocking to those of us with hearing loss is that Jennifer, in addition to suffering two badly broken femurs and cuts from shattered glass, also lost her two cochlear implant processors in the crash. She was airlifted to Harborview Hospital in Seattle, away from family and unable to hear and communicate.

The Bergmans are no different from you and me. None of us think such a disaster could ever happen to us—but it happened to them! What about us? How could we ever prepare for "the unthinkable," compounded by being hard of hearing? Where would we be without our hearing devices in a crisis where hearing is critically important? What if we don't have a significant other, or if that individual is unavailable or likewise incapacitated and can't be there for us? That's what happened to the Bergmans.

Jennifer agreed to talk with me for Sound Waves, convinced that others can benefit from understanding what happened to her and how difficult the experience has been for her and for Jeff.

What If It Happened to Me? continued on page 5

Listening Effort and Hearing Loss
By Matthew Winn, Au.D., Ph.D.

Have you ever felt that listening to a conversation was tiring? Have you ever avoided conversation because it wasn’t worth the effort? Do you need “quiet time” after a typical day at work, just to recharge your brain? All of these things are very common for people with hearing loss, but the level-of-effort people exert in listening is not something that is commonly measured or understood.

Listening effort is a main focus of the “Listen Lab” at the University of Washington. The lab has two main goals. First, we want to raise awareness of how listening effort commonly affects people with hearing loss. Second, because there has never been a good way for an audiologist to document increased

Looking for an HLAA Meeting?
See page 4 for locations, dates and times. Find information, help and support from other people with hearing loss!

Listening Effort and Hearing Loss continued on page 6

continued on page 8
An Unexpected Opportunity for Advocacy
By Paul Benadum, HLAA Member

I have deep personal experience of overcoming hearing challenges, and my work involves helping people overcome hearing challenges. Though my days seem filled with self-advocacy and with advocating for other people with hearing loss, I was recently reminded how easily hearing loss—the invisible disability—can be misunderstood. I was reminded that opportunities to advocate for people with hearing loss arise in many unexpected ways.

I received my first cochlear implant (CI) more than six years ago and got a second implant in May 2016. For the past four years I’ve worked for CaptionCall, installing captioned phones for the deaf and hard of hearing. In my day-to-day work, I see people struggling with hearing loss and try to steer them to organizations like HLAA, where they can meet other people with hearing loss, get information about overcoming hearing challenges, and realize that their struggle doesn’t have to be a lonely one.

A friend (with normal hearing) and I recently were discussing a dinner we had attended a couple of weeks prior. Ironically, the conversation happened while I was on my way to University of Washington Medical Center for my post-op appointment related to my second CI implantation. The dinner hosts were a couple from our church, and the purpose of the dinner was to foster fellowship among members.

My friend asked me what I thought of the husband in the host couple, who she thought was "a little standoffish" and acted like he was "better" or "above" us. He contributed very little to the conversation and many times just sat with his arms folded, listening. I said that it was probably because with his hearing loss he wasn’t able to really follow the conversation. My friend said, "No, he doesn’t have a hearing loss." And, I said "Yes he does. He wears two hearing aids." My friend never noticed what for me is second nature: the invisible hearing aids, with the nearly-invisible tubing running into the ear canal.

Hearing aid manufacturers continue trying to make hearing aids less visible, responding to the perception that users want to avoid stigma of a visible disability. What they can’t hide, though, is the hearing loss. When a person’s hearing loss increases, and their hearing aids can no longer fully compensate, isolation grows.

It wasn’t that long ago that I was just like our dinner host. My wife and I would invite friends over for dinner and conversation, and I would help set things up and welcome people into the house. I’d sit and listen to the discussions, and sometimes even make comments. But for the most part I’d let my (hearing) wife do all the talking for the two of us. It was just too difficult for me to be able to keep up with the conversation and be an active participant.

After everyone left and we were cleaning up, my wife would invariably say something like, "Mary asked if you were feeling alright or if we had had a fight?" I’d be perplexed and ask why Mary would think that? My wife would respond that Mary said, “Paul was so quiet.” I’ve experienced what our recent...
Unseen and Heard continued from page 2

dinner host was probably experiencing. As we slowly lose our hearing, our social world shrinks. Now that I have cochlear implants my social interaction has changed dramatically. I'm now able to participate in discussions and follow conversations, and my world is expanding.

The conversation with my friend, and her misperception of the reason for our host’s seeming aloofness, was my opportunity to educate and advocate to my friend. I explained, "That is one of the ways people with hearing loss will cope with a situation. They will withdraw because it requires so much effort to follow a conversation in a group."

I think I need to remember my hearing loss roots (as much as I'd like to forget them) and use them to remind hearing people that more understanding is required. What you see and hear (or don't hear) is not always as it appears.

Seen and Heard

When HLAA-WA Legislative Liaison Diana Thompson, who wears hearing aids, attends meetings of the Bellevue City Council, she is now confident she'll be able to hear and understand what Council members and other speakers are saying. The City of Bellevue recently installed induction (hearing) loops in the City Council Chambers and in the Council Study Room. The loops were inaugurated at the April 4, 2016, City Council meeting.

Similarly, HLAA member Kate Johnston, a cochlear implant recipient, is thrilled that the City of Bellevue has looped the Bellevue Youth Theatre (BYT), where she performs and is an audience member. The BYT loop was inaugurated at a public reception on Saturday, April 16, 2016, before a showing of "Oklahoma!" Counter loops also have been installed at the BYT’s ticket windows and concession window.

HLAA-WA worked closely with the City of Bellevue to design and test the systems and to get the support of City Council members for funds to be allocated to install the loops. Diana Thompson told Sound Waves, "Many venues recognize the importance of meeting the needs of the Deaf by providing sign language interpreters. However, most people with hearing loss don't know sign language. To meet the needs of persons with hearing loss who are not Deaf, we need effective amplification, such as looping. To remain connected with one's community, one must be able to understand what is being said."

Numerous HLAA members attended the official launch of the new hearing loops at the Seattle Rep Theatre on April 24. As reported in the Spring 2016 issue of Sound Waves, the Rep recently completed installation of loops in both of its venues.

The Rep formally introduced the new loops at a preview performance of "Sherlock Holmes and the American Problem," preceded by a reception for HLAA members and other guests. Immediately prior to the performance, Rep Producing Director Elisabeth Farwell-Moreland explained the newly-installed loops to the full house in the Bagley K. Wright Theatre and commented on the Rep's strong desire to be an inclusive and accessible venue. She urged audience members to provide feedback to the Rep on the functioning of the loops.

HLAA-WA Director of Advocacy Cheri Perazzoli followed, commenting on the value of hearing loops to people with hearing loss and on HLAA-WA’s deep involvement in making the loops a reality.

HLAA members attending the performance of "Sherlock" on April 24 were thrilled that the Rep has taken such a significant step in promoting accessibility. Many spoke of their hope that this will lead other venues to follow suit.

Feedback on comprehension of dialogue for "Sherlock" was mixed. Several attendees reported that the rapid dialogue, foreign accents, and movement of actors around the stage made it difficult to follow the dialogue in the performance, despite the loop. However, as this performance of "Sherlock" was open captioned as well, attendees were happy to be able to use a combination of technologies to enjoy the play.

Attendees at "Luna Gale," the first play performed after the loops were installed, had uniformly reported an excellent experience, highlighting the greater challenge of comprehending dialogue in some productions. The Rep has indicated its determination to maximize the benefits of the loops, using microphone placement and other strategies to overcome the challenges of more difficult dialogue.

HLAA member John Allen reports that on May 10, 2016, the U.S. Access Board (a federal agency that
Local HLAA Chapters and Support Groups
Information, Education, Advocacy, and Support

Meeting times may change. Visitors, friends, family members and healthcare professionals are always welcome at any of our meetings. Please note that some of the groups do not meet during July and August. We suggest sending an e-mail to be sure the group is meeting when you plan to visit. See www.hearingloss-wa.org for more information.

BELLEVUE—2nd Saturday 1:00pm (sign in at 12:45 pm) New location to be determined
Hearing assistance: To be determined.
Steve: SPettijohn@msn.com or 360-668-3180

COLUMBIA BASIN—3rd Saturday 9:30am, Sept.—June
Clubhouse—Santiago Sunset Estates
2105 N. Steptoe St., Kennewick
Hearing assistance: To be determined.
Sue: baha2hear@gmail.com

EAST JEFFERSON CO.—4th Monday 2:00 pm (sign in at 1:45 pm) Port Townsend Community Center, 620 Tyler St., Port Townsend
Hearing assistance: amplification, FM system.
Emily: 360-531-2247 or mandelbaum@olympus.net.
Meetings are held Sept.—Oct and Jan.—May

RENTON—2nd Friday 12:30 pm
Renton Senior Activity Center, 211 Burnett Ave. N., Renton
Hearing assistance: amplification, FM system, CART (real-time captioning, most meetings).
Glenda: philiofam@gmail.com or 253-631-2345 (evenings).

SEATTLE—2nd Tuesday 6:45 pm
Aljoya Conference Room
450 NE 100th St., Seattle
Hearing assistance: amplification, induction loop, CART (real-time captioning).
Karen: 206-817-3213 or SeattleHLA@gmail.com

SPOKANE—2nd Saturday 9:30 am
Nexus Center, 1206 N. Howard, Spokane
Hearing assistance: amplification, induction loop, CART (real-time captioning).
hlaspokane@gmail.com

TACOMA—2nd Saturday 10:00 am (alters with CI Support Group)
HLAA CHAPTER meets in Sept, Nov, Dec, Feb, Apr and Jun.
TACID, 6315 S. 19th St., Tacoma
Hearing assistance: amplification, FM system, CART (real-time captioning).
Jerry: 253-686-1816 or Penny: pennyalen@q.com

SOUTH SOUND COCHLEAR IMPLANT SUPPORT GROUP—2nd Saturday, 10:00 am —(alters with Tacoma Chapter) Meets Oct, Jan, Mar, May, Jul.
TACID, 6315 S. 19th St. Tacoma
Hearing assistance: amplification, FM system, CART (real-time captioning).
Christine: Christine@cs-dhhrs.com or 253-256-4690.

WHATCOM CO.—3rd Saturday 9:30 am
Christ the Servant Lutheran Church, 2600 Lakeway Dr., Bellingham
Hearing assistance: amplification, FM, induction loop and CART (real-time captioning).
Charlene: 360-738-3756 or charmackenzie@comcast.net
www.hearingloss-whatcom.org

Looking for a chapter?
Please contact us if you are interested in attending or if you’d like to start a chapter in your area. Karen: SeattleHLA@gmail.com or info@hearingloss-wa.org

Online Resources to Keep Informed
Bookmark the HLAA-WA website at hearingloss-wa.org for resources and information.

Like the HLAA Facebook page at www.facebook.com/HearingLossAssociation.

Find out which venues are looped for your entertainment at www.loopseattle.org.

Hearing Loss Magazine is available online at www.hearingloss.org/membership/hearing-loss-magazine/current-issue.

Sign up for the HLAA monthly eNewsletter at www.hearingloss.org/content/e-news-sign.
seen and heard cont. from page 1

develops accessibility guidelines and standards) held a town hall meeting at the University of Washington’s HUB (Husky Union Building).

John and several other HLAA members attended. Panel discussions were on (1) implementation of federal accessibility requirements in buildings in the State of Washington and in local communities, and (2) access to public transportation. State and local authorities provided examples of how Washington State and local communities are on the leading edge of implementation of regulations (and, in some cases, creating accessibility requirements that make their way into federal regulations).

Unfortunately, the meeting setup was not as communication accessible as attendees had expected. The placement of the CART (captions) screen, microphone usage and an over-crowded venue all contributed to the difficulty.

Also, due to extended comments by the first few attendees to speak during the comments portion of the meeting, very few people were able to provide comments.

the gift of hearing cont. from page 1

urged me to consider making the trip as soon as possible. I asked if she had contacted the University’s Disability Services Office (which had purchased Pocketalkers® from me in the past) and she replied the office was closed because it was a weekend. “OK, I can be there in about two hours,” I said. “Who do I enter as the invoice’s payor and what type of Pocketalker© would you like?” She responded, “Leave the invoice payor blank and we’ll take care of it here. We want just a basic Pocketalker© with no bells or whistles,” and gave me instructions to the nurses’ station. I begrudgingly toweled off and headed for the ferry landing with a Pocketalker©.

The sign above the nurses’ station gave me my first clue to the purpose of my mission; cancer treatment drugs can be very ototoxic, inflicting rapid and severe damage to hearing. A nurse recognized me immediately (I didn’t ask how), and courteously directed me to a changing room where she briefed me while I virtually encased myself with special white clothing.

She said, “You will meet a man whose wife is very ill and has not opened her eyes or spoken for several days. No shaking hands, for hygienic precautions. Briefly show him how to operate the Pocketalker© and let him take it from there. The staff will have your invoice and payment ready when you’re finished.” Things were happening at light speed. I was impressed with my escort’s manner of calm urgency.

The room was absolutely silent—no chirping monitors, no pulsing pumps or fans, no street noises creeping in. The man introduced himself, thanked me, and gestured to his motionless wife in the bed. “This is my last desperate try to make contact,” he whispered. I showed him how the device worked and he asked me to place the headset properly over his wife’s ears. My escort nodded her approval. With the headset in place, the man turned on the Pocketalker® and repeatedly spoke his wife’s name into the microphone as he slowly turned up the volume. Faintly, at first, her eyelids quivered, then opened suddenly. When she smiled, my escort bumped my elbow and silently mouthed, “We’re done here.”

The only emotion I can remember feeling at that moment was guilt—terrible guilt at not wanting to leave my sunny garden to offer this man his last desperate try. I felt privileged to see his tears and his wife’s smile. I felt pride in the hospital staff’s wisdom and tenacity to make this miracle happen, and I had learned a lesson. As I tossed the last of my hospital clothes into a basket, my escort handed me the invoice envelope, now bulkier, and told me that I needn’t open it until later. We said our goodbyes and I headed back to the ferry. I didn’t really care what was in the envelope; I had been “PAID IN FULL.”

My wait at the ferry landing gave me time to unwind, shed some guilt, and check the envelope. The invoice payor had been hand-written, “UWMC Oncology Staff” and the cash exceeded the invoice total. A man in Seattle lost his wife that night, unaware that with his “last desperate try,” his wife’s caretakers had given us both a gift.

author’s note: The event I have written about happened some years ago. Dr. Margaret Wallhagen’s “Message from the Chairperson” about hearing assistance in end-of-life care in the May/June 2016 issue of Hearing Loss Magazine prompted me to dig out this story to myself filed away long ago.

Also, Mike Hartmann and the Williams Sound staff deserve mention, not only for creating the Pocketalker®, but also for supporting my small business with dedication and professionalism.
effort while doing a hearing test, we want to develop one. As an audiologist, there’s nothing more frustrating than seeing a person struggle, but not having a way to document it on a report.

The focus of the Listen Lab is to perform research that enables us to better understand when listening is difficult, and what makes it easier. What can we do, as hearing researchers and clinicians, to make listening easier? We are building experiments that will reveal whether you understand speech as it is spoken, versus making sense of words by using context and reflecting on what was heard, so that you understand it a few seconds later. The problem is that most people speak much too quickly for this strategy to work all day long.

How do we measure effort and speech understanding in the lab? By looking away from your ears and into your eyes, which show characteristic signs of effort. The signs are typically too subtle to notice looking at a friend’s face, but special cameras that track pupil dilation have captured something remarkable. Back in the 1960s, psychologists discovered that challenging math problems and memory tasks resulted in increased pupil dilation (see Figure 1). In audiology and hearing science, this technique is just beginning to make an impact, as we continue to appreciate the role of effort and mental strain.

By measuring pupil dilation, we have already learned some fascinating things. For example, increased effort is seen in response to the mildest sound distortion, even if all of the words in a sentence are heard correctly. This is important for understanding the experience of using a cochlear implant, which delivers sound very differently than a hearing aid.

A follow-up study found that there is not merely a difference in overall effort, but also a difference in the timing of effort. Degraded signal quality slowed down the comprehension process for CI users, and even more so for people with normal hearing who were not familiar with how to handle a challenging listening condition. This relates back to

At Hearing Specialty Center, our patients are our TOP priority. With nearly 20 years as a practicing audiologist, Dr. Cherri Hoyden’s experience makes her the perfect choice to diagnose your unique hearing needs. Better hearing for life starts now! Call 425-821-6600 today to schedule your next hearing test and evaluation.

- New Technology
- Bluetooth
- Assistive Listening Devices
- Caption Call

Our comprehensive Hearing Healthcare Services:
Hearing Evaluations – Adult and Pediatric
Digital Hearing Aid Fittings
Hearing Aid Repairs
Hearing Protection
Custom Earplugs & Hearing Aid Supplies

12911 120th Ave NE, E40, Kirkland, WA 98034
www.hearingspecialtycenter.com
425-821-6600
Listening Effort  cont. from page 6

to the situation of understanding speech as it is spoken, versus understanding it after a moment of thinking. The difference in speed of understanding might play a big role between effort level and sound quality). The next stage of this work looks at a similar issue for people with hearing aids.

Your test results at the audiologist’s office probably don’t reflect all of the difficulties you encounter in the real world, and that can be frustrating. At the Listen Lab, we want to address that problem so your hearing challenges can be better understood, and so that innovative tests can one day be incorporated into clinical assessment.

To learn more about the Listen Lab, please visit www.mattwinn.com or email mwinn2@uw.edu for questions about our work or how to participate in our studies. People with hearing loss are the engines that drive our work, and we want to hear from YOU about the most challenging situations you face in your everyday life, so we can do better research in service of your needs.

Matthew Winn is a Doctor of Audiology and holds a Ph.D. in Hearing and Speech Sciences. He is Assistant Professor in the Department of Speech & Hearing Sciences at the University of Washington (UW), and directs the “Listen Lab” at UW.
What If It Happened to Me? cont. from page 1

Charlene: Jennifer, looking back on this still-devastating experience, can you help us understand how it felt when you also could no longer hear?

Jennifer: I don’t even like to remember the pain I endured or how scared I was while pinned in the car. That was enough! But, I also lost both of my CI processors at the same time. So I had no idea what the first responders were saying to me, let alone what medical staff said from then on for days, because I was heavily sedated, in and out of surgery...and deaf. There I was alone, my husband hospitalized in Bellingham, and we didn't have each other.

Charlene: Can you tell me more about the first days at Harborview without your CI processors?

Jennifer: I was at Harborview for 12 days. I had to get by without understanding what was happening for several days. I felt that no one understood my hearing needs let alone what to do to get my cochlear implant processors replaced. When I did get new processors from Med-El through Swedish Hospital, no one knew how they worked, how to help me put on my processors, or how to recharge them at night. The situation really was extremely stressful, complicating everything!

Charlene: Jennifer, how did you interact with the hospital staff and how did they treat you?

Jennifer: Sometimes I felt neglected. I struggled to get staff to listen to me and when they did I wasn’t sure what their response, or lack of it, meant. (Lip reading can only do so much!) In addition, I asked for my regular daily medications, but I never got them. What I did get are some physical complications from not taking them! At other times it seemed that since I couldn't hear, they dismissed making an effort to communicate with me.

Another problem was that the nursing staff didn’t understand deafness. For example, I had a button on the bed to press when I needed something; because I couldn’t hear, I didn’t realize that a voice would respond asking me what I wanted. Sometimes I waited a very long time before anyone came. Please tell me WHY they used that for me!

I had a captioner, but not always when I needed one, especially when the doctors came to see me. That stopped me from being able to ask questions and get all the

continued on page 9
information I wanted, as with the medications. I just had to try to read lips. Sometimes I could get staff to write things on paper. Other staff didn’t seem aware I was deaf because they’d talk to me as they entered my room. It would have helped to have signage that reminded staff I was deaf.

How to Manage Better in the Hospital

Jennifer’s experience was so much more difficult because her hearing needs were unmet. She helped me write a list of key things people with hearing loss should do to overcome hearing challenges during a hospital stay:

1. Having an available and knowledgeable advocate (family/friend) who will act on your behalf and explain key things to hospital staff:
   • How your hearing devices work, how to put them on, and how to manage batteries, charger and dryer. If you have two devices, mark them Right and Left!
   • Get the accommodations you need: signage posted in your hospital room, a captioned or amplified telephone, in-person response when you press the call button.

2. Get and keep a hospital kit. The kits, available online, include signage of several types and sizes to let hospital personnel know about a patient’s hearing loss, cards with tips for hospital staff on communicating with patients with hearing loss, and several other handy items. You can read more about the hospital kits, including how to obtain one, in an article on page 10 of the Spring 2015 edition of Sound Waves.

3. Maintain lists with names and contact information for your medical doctors, audiologists, and family, as well as hearing device information and source, medications and pharmacies.

Yes, it could happen to each of us! Mindful of Jennifer and Jeff Bergman's recent auto accident injuries, complicated greatly by the loss of her hearing devices, let us consider what each of us might do ahead of time to reduce the challenges of not hearing well or being able to communicate adequately during a hospital stay.

The Bergmans hope to replace their totaled vehicle with a wheelchair-accessible van. They have established an account to receive donations at GoFundMe.com.
Many Thanks to our GiveBIG Donors for 2016!

Our donors made GiveBIG 2016 a big success for HLAA-WA. Many thanks to all of you! HLAA-WA opens the world of communication to people with hearing loss through information, education, advocacy, and support. We are an all-volunteer organization and your donations allow us to continue our work by helping pay for printing costs, website maintenance, registration at events and so much else. On behalf of HLAA-WA, my sincerest thanks for your much-needed support.

— Karen Utter, President

John and Penny Allen
Danny Beatty
Edward Belcher
Robert Branigin
Carl Brodie
Suellen Campbell
Judi Carr
William Collison
Barbara and Tom Curtis
Rick Faunt

Joanne Gainen
Maridee Garvey
Don Gischer
Laura Gramer
Candy and Jeff Havens
Elizabeth Hunt
Kate Johnston
Carole Lafond
Erlene Little

Emily Mandelbaum
Cindy Milliron
Jerry and Joanna Olmstead
Kimberly Parker
Gerald Paulukonis
Cheryl Perazzoli
Glenda Philio
Janet Primomo
Thomas Rees

Janey Repensek
Steven Richmond
Cynthia Stewart
Catherine Sindelar
Richard and Diana Thompson
Louis Touchette
Jayesh Unadkat
Karen Utter
Warren Weissman

Bellevue Ear, Nose & Throat
Sound Hearing
Pediatric Services

With a lifetime of sounds for children to experience, our pediatric otolaryngologist, Dr. Kopelowich, and audiologists offer testing and treatment options for our youngest patients - infants through adolescents.

Services
• Diagnosis and treatment of acute and chronic ear, nose and throat conditions
• Hearing evaluation (adult and pediatric)
• Hearing aid fittings and devices
• Cochlear implant services
• Vertigo and balance disorder evaluation

Physicians
Trac Duong, MD
Thomas Knipe, MD
Jonathan Kopelowich, MD
Alice Kuntz, MD
Samson Lee, MD
Daniel Seely, MD
Anh Truong, MD
Roger Zundel, MD
Lori Hill, PA

Audiologists
Alexandra de Groot, Au.D., CCC-A
Alysse Moury, Au.D., CCC-A
Jacqueline Neel, Au.D., CCC-A
Shivani Patel, Au.D., CCC-A
Corina Peterson, Au.D., CCC-A

1231 116th NE #915 | Bellevue, WA 98004
510 8th Ave NE, Suite 310 | Issaquah, WA 98029
(425) 454-3938

Paid Advertising
Many Thanks to Our Newsletter Donors!

Our newsletter opens the world of communication to people with hearing loss. Advertising and subscriptions cover only part of our printing and distributing costs. Your donations make this newsletter possible.

On behalf of HLAA-WA, my sincerest thanks for your much-needed support.

— Karen Utter, President

Richard Faunt  Kelly Jackson
Barbara Grout  Cheri Perazzoli
William Hickman  Diana Thompson
John C. White

2016 HLAA-WA Board of Trustees

We are an extension of HLAA. In an effort to make hearing loss an issue of concern within our state, we promote the HLAA philosophy of self-help, while specifically addressing the issues of awareness, education, access and employment among people who are hard of hearing.

Executive Committee 2016

President: Karen Utter, Edmonds
Vice Presidents:
Administration—Judi Carr, West Seattle
Outreach—Kimberly Parker, Poulsbo
Communications—Warren Weissman, Seattle
Secretary: Don Gischer, Bellingham
Treasurer: Bill Collison, Seattle
Director of Advocacy: Cheri Perazzoli, Redmond

Trustees 2016

Wes Brosman, Aberdeen
Sandra Bunning, Renton
Devin Myers, Tacoma
Alexi Pedersen, Edmonds
Steve Pettijohn, Snohomish
Glenda Philio, Renton
Jayesh Unadkat, Sammamish

Database Manager: Ed Belcher, Kenmore
Equipment Manager: John Collison, Seattle
Legislative Liaison: Diana Thompson, Bellevue
Sound Waves Editor: Warren Weissman, Seattle
Webmaster: Jayesh Unadkat, Sammamish

Sound Waves is a quarterly publication of the Hearing Loss Association of America, Washington State Association (HLAA-WA), 4820 156th PL, SW Edmonds, WA 98026-4846.

Newsletters are published and distributed in September, December, March, and June, and can also be read online, allowing for live linking to email addresses and online resources, or downloaded free from http://hearingloss-wa.org/sound-waves-newsletter.

We welcome articles, letters, and notices of coming events. We may abbreviate submissions due to space constraints. Any content may be reprinted or disseminated, as long as the author or this publication is credited. We encourage health and service professionals to make copies available to their clients. Submission deadlines are April 1, July 1, October 1 and February 1.

Opinions expressed in this newsletter are not necessarily those of HLAA-WA or HLAA. Mention of goods or services does not mean endorsement; nor does exclusion suggest disapproval.

Please contact us about advertising opportunities and rates. Questions about this newsletter may be addressed to editor@hearingloss-wa.org.
13th ANNUAL HLAA-WA FAMILY PICNIC
Saturday, July 16th ~ 2:00 to 8:00 PM ~ Eat at 4:00PM
Lake Boren Park, Newcastle, WA

Bring family and friends and meet some new faces along with old friends. This year we will be at the shelter near the playground. If you arrive early, feel free to enjoy the park, however we may not use the shelter until 2:00PM. The park features walking paths, children's play area, a fishing dock, and tennis, basketball and sand volleyball courts.

♦ We’ll provide hot dogs/brats, condiments, bottled water, ice, paper plates, cups, napkins and utensils.
♦ Please bring a potluck dish to share, by last name: A-P bring a salad or side, Q-Z bring dessert.
♦ Water, coffee and tea will be available. Alcohol is not allowed in this park.
♦ Please also bring folding chairs for comfortable visiting and let us know if you can supply a folding table.

Driving Directions: 13058 SE 4th Way in Newcastle (off Coal Creek Parkway, between Factoria and Renton).
Traveling South on I-405, after the I-90 interchange take Exit 10, Coal Creek Parkway SE. Go about 4 miles. There is a small lake on your right. Turn RIGHT onto SE 84th Way (stop light) at a sign that says “Lake Boren Park.”
Traveling North on I-405, take Exit 5. Turn RIGHT onto Hwy 900 (NE Park Dr., which becomes Sunset Blvd.) Go about 3 miles, then turn LEFT at light onto Duvall Ave. NE, which becomes Coal Creek Pkwy SE. Go about 1 mile and turn LEFT onto SE 84th Way (stop light).

The Park entrance is on the RIGHT shortly after turning into SE 84th Way. Follow it into the park, near the gray restroom building, and park there (the only building and parking lot in the park).

Thank you to the Renton HLAA Chapter
Information or questions: Glenda Philio ~ philiofam@gmail.com ~ 253-631-2345

For $10 per year, you can subscribe to the print version of Sound Waves and receive four quarterly issues by mail. An application form and more information are available online at http://hearingloss-wa.org/sound-waves-newsletter/.