Learning new tricks
By Penny Allen, President

If you’ve been feeling out of touch because your Princess Phone has stopped ringing and the only things in your mailbox are bills and junk mail, you probably are out of touch. Most of us today, hearing loss or not, are communicating very differently than we did not so long ago.

People used to hand-write letters and chat frequently on the phone. The days of letter writing are gone—and for many of us with hearing loss, chatting on the phone is no longer an option. Yet, we are living in an exciting age of technology, where we can easily connect to friends and family, reconnect with old acquaintances and long-lost relatives, and have instant access to information that would take hours or days to find elsewhere.

A computer, while no replacement for human interaction, can augment it and certainly enrich our lives. Through the Internet, we can meet others who have hearing loss and find solutions. We can buy any type of assistive device and read product reviews beforehand. We can use e-mail, Skype (video and phone), Web CapTel (telephone with captions on a computer screen), chat groups, forums...our resources are unlimited and they’re global. Computer technology, in particular, is all the more important because hearing loss can be isolating.

HLAA members communicate by e-mail because it is efficient. For the most part, we do not live in the same town—or even in the same state. We can send out an advocacy alert to 300 people at once, announce meetings and events, answer questions immediately, and put people in touch with each other to provide needed support.

(Continued on page 2)

Looking for an editor
After serving 11 years as editor of this publication, I will be retiring after the Winter 2011 issue is published. Our state organization will need a new editor beginning with the Spring 2012 issue.

The continuing newsletter need not be in the same format. However, certain items should remain the same for each issue and the newsletter must contain information about our organization.

This is an unpaid position, as we are all volunteers in HLA-WA. If you are interested and have good editorial skills (and are a member of HLAA), please contact me at pallen@hearingloss-wa.org.
(Continued from page 1...
Learning new tricks)
The importance of having e-mail hit home recently when the Midwest experienced severe weather problems, resulting in business closures. This affected people in Washington State who use the Relay (including CapTel phones), because communication assistants in weather-affected states were unable to reach their call centers. Those of us who had e-mail were notified through mass e-mail alerts or could read about the delays online. Those who didn’t have e-mail had no idea what was happening and had no other means to communicate.

While we publish mailing addresses in this newsletter whenever possible, we more often refer to web sites. That’s because most businesses no longer mail free material—not only because of the high costs of printing and mailing, but because their information is soon outdated. In fact, our best resources are only online and are updated frequently.

Computers are not new—they’ve been around for a long time, and some type of computer technology will likely still be here for years to come. Added to that, our organization has a strong voice in assuring that people with hearing loss have access to technology. Yet, we know of many people, especially those no longer in the work force, who are resistant to giving it a try.

While it’s not always easy to learn new tricks, people who don’t will eventually find themselves disconnected. Unfortunately, becoming disconnected has significant consequences for people with hearing loss.

2011 HLA-WA State Conference August 13
By Michael Bower, Secretary, Hearing Loss Association of Washington
People from across Washington State are stepping up to help HLA-WA put on its first conference. Committees are working on their responsibilities, the site has been contracted, and the speakers have signed on! This is an exciting time for people with hearing loss in Washington!

Mark Saturday, August 13, on your calendars for a full day of fun and learning! This conference will be the most ambitious outreach effort HLA-WA has ever made. While our primary target audience is people who are new to their hearing loss and health care professionals who need to learn more about hearing loss, we “old-timers” are also invited, of course. Many will be the volunteers who are making this conference a reality.

The location of the conference is the Carlson Theater on the Bellevue College campus. Sessions include: a greeting from past HLAA Board president Ann Pope, a basic presentation on hearing loss, a review of assistive listening technology, a panel discussion of hearing aids and cochlear implants, a presentation on ADA laws and hearing loss, and a look at the psychosocial affects of hearing loss.

In addition to a day of speakers and workshops, there will be an Exhibition Hall featuring services and products for people with hearing loss. The cost of the conference is $40.00 per person and includes a box lunch. Due to the size of the theater, we will be limited to 300 attendees and will not be able to take registrations at the door.

Be looking for the registration form in the next issue of the Sound Waves and on the HLA-WA website, www.hearingloss-wa.org. The deadline for registrations to be received is August 6, 2011, and registration will be “first come, first served,” so get your registration in early! Any registrations that put us over the 300 person limit will be returned.

Volunteer opportunities include: working at the registration desk, putting together conference materials, assisting with the sessions, assisting in the Exhibition Hall, assisting with the signage, distributing registration materials, and more! If you would like to volunteer, please let us know by e-mailing info@hearingloss-wa.org.

See you on August 13th at the 1st Annual Hearing Loss Association of Washington State Conference!
We appreciate your support!
Your donations help us fund projects that benefit people with hearing loss. We are especially grateful for our newsletter advertisers in this issue: Cherri Hoyden, Au.D, CCC-A; Cochlear Americas; Med-El; Washington Relay and the Office of the Deaf and Hard of Hearing. Paid advertising helps us provide outreach newsletters to clinics, and hospitals, and to be distributed at health fairs. The following contributions are for December 2010 and January 2011:

- Adrian M. Bailey, Seattle
- Dale & Joanne Becker, Richland
- Robert B. Branigin, Seattle
- Wes Brosman, Cosmopolis
- Phyllis Buettner, Bellingham
- Suellen Campbell, Seattle
- Robert & Lou Cane, Oak Harbor
- Prudence Clem, Bellevue
- George & Sarah Jean Cooper, College Place
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- Jan Doherty, Spokane Fire Dept.
- Bettie P. Dunbar, Seattle
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- Betty Ruble, Auburn
- Lt. Col. Charles Stamplerly, Blaine
- Geraine Strong, Seattle
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- Wynona Tyson, Seattle

Moving on?
Each newsletter return costs us $1.05. Please help us keep our costs down by letting us know when you move. Send us an e-mail or fill out the form on the back of this newsletter.

United Way
Did you know you can make regular United Way contributions to HLA-WA because we are a 501(c) (3) organization? Check to see if your employer has a matching gifts program and double your donation!

Tune in!
E-News is the primary e-newsletter of HLAA: www.hearingloss.org/membership/Sign-Up.asp. To keep abreast of our state issues, e-mail info@hearingloss-wa.org and ask to be added to the e-mail list. E-mail addresses are confidential and all group messages are blind-copied.
Puget Sound Captioned Movie Group
By Christine Seymour, Puyallup

Have you stopped going to movies because you can’t hear them? Do you always have to wait for movies to come out on home video so you can watch them with captions (visual display of dialog and sound effects)? Do you miss the smell of buttered popcorn, the big screen and enjoying movies with others?

This group is about to change all that for you. Many theaters show movies with open captions (captions displayed on the screen) or closed captions (captions displayed using individual viewing devices) for people who are unable to hear in movie theaters. There is a lot of litigation going on around the country to have more theaters and more movies with captions to give “us” access to the same enjoyment as other movie goers. This group is designed to announce group movie events for people who benefit from captions and their friends and families. Whenever a movie enthusiast wants to get a group together to view a captioned film in the theater, it will be posted on this MeetUp group.

Simply join the group and you will receive an email announcement when movie events are planned, then RSVP and join the fun! This group provides the opportunity to meet new people who share our need for captions and share a deep appreciation of the access to experiencing big screen movies with our peers.

By signing up to receive the announcements, you will have the chance to plan for the upcoming week or weekend. We hope that many of you who have given up on enjoying big screen movies will join us to revive this entertainment venue and support the advocacy that is taking place to make more captioned movies available. To sign up, go to www.meetup.com and type in Puget Sound Captioned Movie Group.

Ed. note: Century theaters in Olympia and Federal Way have equipped their theaters with CaptiView (see diagram, page 5), so you can enjoy captioned movies at any time.

Oregon Shakespeare Festival captions performances
By Clark Anderson, Fall Creek, OR

The Oregon Shakespeare Festival (OSF) will present a number of captioned performances this 2011 season. Since these will be concentrated in a series of three and four day clusters, a trip to Ashland is a great get-away for people with hearing loss!

Access to OSF performances has been a focus of Oregon Communication Access Project (OR-CAP) and its sister organization, Washington Communication Access Project (Wash-CAP). We are pleased that OSF has worked hard to accommodate people with hearing loss!

As of this writing, To Kill a Mockingbird is sold out, except for a few seats in the open-captioned section of an added performance on Sunday evening, March 6, 8:00 p.m. This highlights the fact that seat availability changes and it is important to specify you need open-captioned seating. If you are requesting captioning, make your reservation through the OSF box office: 800-219-8161. The OSF website is: www.osfashland.org.

If you attend a captioned performance, be sure to let OSF know how much you depended upon and appreciated the captions!

**Scheduled 2011 captioned performances**

<table>
<thead>
<tr>
<th>Date</th>
<th>Performance</th>
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<tbody>
<tr>
<td>March 31, 1:30 p.m.</td>
<td>Measure for Measure</td>
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<tr>
<td>April 1, 8:00 p.m.</td>
<td>The Language Archive</td>
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<tr>
<td>April 2, 1:30 p.m.</td>
<td>The Imaginary Invalid</td>
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<tr>
<td>May 18, 8:00 p.m.</td>
<td>Julius Caesar</td>
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<tr>
<td>May 19, 1:30 p.m.</td>
<td>To Kill a Mockingbird</td>
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<tr>
<td>May 20, 8:00 p.m.</td>
<td>The Imaginary Invalid</td>
</tr>
<tr>
<td>May 21, 1:00 p.m.</td>
<td>August: Osage County</td>
</tr>
<tr>
<td>July 21, 8:30 p.m.</td>
<td>The Pirates of Penzance</td>
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<tr>
<td>July 22, 1:30 p.m.</td>
<td>Ghost Light</td>
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<tr>
<td>July 23, 8:30 p.m.</td>
<td>Love's Labor's Lost</td>
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<tr>
<td>Sept. 1, 8:00 p.m.</td>
<td>Henry IV-Part II</td>
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<tr>
<td>Sept. 2, 8:00 p.m.</td>
<td>Henry IV-Part II</td>
</tr>
<tr>
<td>Sept. 3, 8:00 p.m.</td>
<td>The Pirates of Penzance</td>
</tr>
<tr>
<td>Sept. 4, 1:30 p.m.</td>
<td>Love's Labor's Lost</td>
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<tr>
<td>Oct. 18, 1:30 p.m.</td>
<td>The African Company Presents Richard I</td>
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<tr>
<td>Oct. 19, 1:30 p.m.</td>
<td>The African Company Presents Richard I</td>
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<td>Oct. 20, 8:00 p.m.</td>
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Wash-CAP update
By John Waldo, Bainbridge Island

Since the report in the last issue, our efforts have been devoted almost entirely to the issue of movie captioning. Because of activity on several fronts, we believe that by the end of 2011, captioning will become the rule rather than the exception—at least in those areas served by the major corporate theater owners.

Theaters don't provide captions. Those are provided by the studios and furnished, free of charge, to the theaters. What theaters must do is purchase and install the necessary equipment to display the captions. Captions are displayed in either of two formats—open captions (where captions are superimposed on the film print itself and are visible to the entire audience), or closed captions (where captions are transmitted to viewing devices).

Most major-studio wide-release movies do have captions provided. However, the reason few captioned movies are available is that theaters have been reluctant to provide viewing equipment. Because of that reluctance, a number of individuals and advocacy groups, including Wash-CAP, have gone to court and argued that state and federal disability laws require theaters to do so.

The theaters enjoyed considerable initial success in arguing that the federal Americans with Disabilities Act (ADA) requires them only to open the doors and let everyone buy tickets at the same price, and does not require them to provide aural access for people with hearing loss. That tide turned dramatically in 2010, though, as the following several very important things happened in close succession.

• (1) The Ninth Circuit Court of Appeal ruled in a case originating in Arizona against the Harkins theater chain that while the ADA does not require theaters to show open-captioned movies, it does require them to show closed-captioned movies (unless the theaters can demonstrate that the cost of providing the equipment would constitute an "undue burden"). That case was sent back to the trial court for a determination of what the Harkins company could afford to do.

• (2) In the case Wash-CAP filed in Seattle against the corporate theater owners there, the trial court judge ruled that the Washington Law against Discrimination requires theaters to take whatever steps are reasonably possible to make their movie soundtracks understandable. That case is significant, in part, because unlike the Arizona case, our lawsuit involved the three largest national theater chains as defendants—Regal, AMC and Cinemark.

• (3) In July, the federal Department of Justice (DOJ), which has the authority to make regulations interpreting the ADA, announced it is considering a rule to require theaters to display captions for at least 50% of the movies they show, a requirement DOJ proposes to phase in over five years. While we welcomed DOJ's interest and involvement, we balked at the notion that 50% access was good enough. We believe large theater chains can afford to do much more.

• (4) The long-promised conversion to digital projection and away from traditional film is finally under way. When digital projection is in place, captions can be displayed much more readily and less expensively than when actual film is used.

• (5) I joined with a public-interest law firm in Berkeley, California, to file a class-action lawsuit against Cinemark for Continued on page 6...

What’s new in captioning at the movies?
CaptiView recently made its debut at theaters across the state. The system transmits closed captions on a wireless band frequency. The display is on a bendable support arm that fits in the theater seat cup holder. While the reviews are mixed, the bottom line is that you can now go to a movie and expect captioning. Let us know what you think.
its failure to show captioned films in that state. California is a particularly important venue, not only for its size, but because state law permits any individual discriminated against in violation of disability laws to recover a minimum of $4,000 per day in damages. That threat of statutory damages has the effect of “bending the cost curve” very quickly, as businesses realize that it will be far less expensive to provide access than to pay claims.

All of these separate streams are beginning to converge in a very promising fashion. In December, Cinemark equipped its Washington theater complexes in Federal Way and Olympia to show closed-captioned movies at each auditorium. In short, every movie that comes to that theater with a caption track is being shown with captions.

Most recently, both Regal and Lincoln Square Cinemas in Bellevue have announced plans to equip all of their theaters to show captioned movies. Due to bottlenecks in the manufacture of the equipment, that hasn’t happened yet, but we think the captioning capacity will be available by the middle of 2011 at the Lincoln Square complex and in all of Regal’s 300-plus theaters in Washington. Better yet, Regal has indicated that it will provide full captioning capability at all of its almost 7,000 theaters nationwide once those theaters are converted to digital projection.

Our only holdout in Washington now is AMC, which, as of this writing, is taking the position that it will wait for DOJ to adopt regulations and will then adhere to that standard. But we don’t think that defense will succeed. In January, I testified in San Francisco at the DOJ hearing on the proposed 50% captioning requirement and argued that the DOJ couldn’t impose an across-the-board performance standard such as 50%, but that a court would have to determine how much access each individual theater company could provide before the “undue burden” level was reached. Informal conversation after the hearing with DOJ officials suggested they have apparently reached that same conclusion. In fact, when the Harkins theater chain in Arizona raised the same argument—that the court should hold off until DOJ issued regulations—the DOJ itself said that courts must decide what amounts to an “undue burden,” and urged the judge to proceed with the case.

We think the time for access is at hand. Those of us with hearing loss aren’t back in the theaters quite yet, but we can smell the popcorn from here.
Designed to provide information and support for individuals with hearing loss, this page from Sound Waves focuses on the participation of HLAA (Hearing Loss Association of America) in the US Department of Transportation's (DOT) forum on the Air Carrier Access Act (ACAA), “Working Together to Improve Air Travel for Passengers with Disabilities” on January 11, 2011. The page highlights the ongoing efforts to improve access to air travel for people with disabilities, noting that while some progress has been made in recent years, there is still much work to be done.

HLAA participated in the forum alongside members of the disability community, domestic and foreign airline representatives, staff from DOT, the Federal Aviation Administration (FAA), the Transportation Security Administration (TSA), and the US Department of Justice. This gathering was filled with people interested in access to air travel for people with disabilities, dedicating time to the two-day forum.

It's true that people with hearing loss have seen some improvements over the last few years. Some airlines are providing more visual display of information at the gate. In newer planes, we are beginning to see visual display showing not only seat belt use, but when to shut down your electronics. Not only that, we are beginning to see on some international flights seat back access to movies with a choice of captioning for some airlines. HLAA’s position is that all audible announcements should be accessible via text—and not just canned announcements, but live announcements—at the gate, on the aircraft, and at the baggage area. In areas that can be looped, looping should be provided. In addition, when an airline provides videos, there should be an option to caption them.

We also believe that better and more on-point training should be provided to airline staff. We have received reports that current training does a good job of informing staff about the law, but does less well letting them know how to interact with people with different disabilities.

At DOT’s forum, it was emphasized that consumers need to send in complaints—or things won’t change. DOT says it receives very few complaints from people with hearing loss. Send in your complaint right away. If you put it off, you could forget the details—and so could they. Make notes on the flight, and put a letter together and send it in as soon as possible. You can contact the airline directly, or fill out the form on the DOT website.

You can expect to receive a reply from the airline. The reply should respond to all your concerns, not just one, and let you know whether it agrees or disagrees that its staff was at fault, and direct you to the DOT if you wish to pursue it further. If you receive a form letter, the airline did not do the right thing. Complain again. DOT investigates and keeps track of complaints. DOT and the airline industry take these complaints very seriously.

So, our advice to you: send in your written complaints. Your complaints could help improve access to airlines.
Implantcorner about cochlear implants

This section is edited by Bert Lederer from Bellingham. We strive for impartiality of cochlear implant manufacturers, and we invite you to submit articles or information of interest to cochlear implant users and candidates.

I can hear music!
By Janis Aaron Moore, McCleary

"Can you hear music?"—probably the most frequently asked question posed since I was gifted with a cochlear implant—is accompanied with an expression of wistful hopefulness. In the decade or so I have been involved with SHHH and HLAA, and now ALDA, the "I lost my music" stories are the most poignant to me. Music has played such a wonderful role in my life—from Broadway musicals to opera; big band music; Sousa marches; and music from the 50s, 60s, and 70s—the Golden Oldies. Whenever I felt it would be cathartic to cry, I would pull out all my tear-jerking music and play the piano for hours, tears streaming down my face. When I needed to clean the house, I would put on my favorite musicals with rousing tunes. Where did those days go? More importantly, where are they now that I have a cochlear implant?

How can I answer the question? First, I can immediately say, "Yes, I can HEAR music." But we should learn to ask that kind of question differently. It’s like asking "Can you hear?" Yes, I can HEAR you talking, but I cannot UNDERSTAND a word you are saying! The ability to "hear" music is not the same as being able to appreciate the subtleties of a sonata or symphony.

Several years ago I wrote an article "Overcoming Denial" for ALDA News. One of the scenarios I described was listening to music while driving in my car. After hearing a song I enjoyed, I visited a record-and-tapes store and asked for "Danny and the Jacks," only to discover it was "Benny and the Jets." That was the first indication that my hearing loss was becoming serious. Over the years, I learned to "enjoy" music by humming along and putting in words that made sense to me. Now that I have Internet access, I can look up lyrics and discover I have invented new songs! Once upon a time, I could recognize and name a song after listening to a few notes. Before my implant, even with souped-up hearing aids I acquired in January 2010, I sometimes listened to an old favorite for a minute or more before I could guess what it was. Since my implant was activated in December, hearing music while driving has changed. Strangely, now I can understand the lyrics before I can recognize the music. At that point, sometimes I still need to listen (and search my aging memory banks) for several minutes to recognize the melody. Of course, the vocals have the dual sounds I have described on my blog—the lower ranges (the vowels) sounding familiar, the upper ranges (the consonants) sounding like R2D2 or Daffy Duck. I am happy to report that duality is already starting to merge into one human voice.

Does this satisfy the yen to "hear" music? Not exactly. However, I have hope now. Through techniques of auditory training and the gift of neuroplasticity, I am confident music appreciation will increase. I highly recommend several articles in the November/December 2010 issue of HLAA’s Hearing Loss magazine. Professional musician Richard Reed describes the difference between being able to understand speech and listening to music, and his journey back to the music world with his cochlear implant. An accompanying article, “The Sounds of Music,” outlines techniques for improving music appreciation. For me, now, I recently heard "Benny and the Jets" while driving in my car...and I understood the lyrics. Wow!

Ed note: You can e-mail Janis at JAMoore@talkshop.info or read her blog: http://talkshop.info/blog.
Sound Waves Spring 2011

I was in the intensive care unit (ICU) in a Budapest hospital with three kinds of Pneumonia, and somebody decided they should try a strong antibiotic called Amikacin. A couple weeks later, I came out of ICU alive, with my daughter and wife beside my bed. But the noise from the fan room above made conversation very difficult. I said, “Stef, see if you can find the maintenance man and ask him if he would please shut down those fans up there for ten minutes so we can talk.” She replied “Dad, this hospital is 100 years old, and there are no fans up there. What you hear is in your head—you’re deaf.” So that is what deaf is like! I could hear sounds, but I could not understand speech.

Over the next year, I gained strength and I acquired hearing aids. I could understand better in a quiet place. But not well. It was a great trial to my wife. To converse with her in the car, I bought a Pocketeraller, head phones, and a directional mike. It worked well. Elsewhere, in background noise, it worked well enough for me to understand one person at a time.

So I began to chase after a cochlear implant. First I had to wear my hearing aids for four weeks before I could be considered. Then some tests at Virginia Mason. Midway through the tests, we went to Germany for a family wedding. It was noisy on the train, so I used my Pocketeraller and put my hearing aids in a small satchel. It was stolen in the Munich train station! Back home, I started all over again with new hearing aids, tests by Group Health, more tests by Virginia Mason, and all the other pre-op exercises. Finally, on December 30, I was implanted with the Nucleus 5. A week later, my audiologist hooked up my processor and turned on the power. Her voice saying Monday, Tuesday, Wednesday… sounded just about like I thought a beautiful young audiologist should sound. Not Alvin and Theodore. And my wife sounded, well, a little “different” but perfectly understandable. But at every pause, somebody rang a little chime. The longer the pause, the louder the chime. It was like, “Good ding morning DING…” I thought, I can live with that.

I finally got there!
By Dan Zimsen, Bremerton

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I finally got there!
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(Continued on page 10)
Later, when we stepped out into the street, I thought my processor was broken. What noise! It sounded just like being in the middle of a Jamaican steel band. I snatched off the processor and then put it on again, checking the remote assistant. Nothing helped.

Next day I still had the steel band with me, but I could also understand some speech if the background was not too noisy. A curious thing occurred. With the processor off, I could understand some with my “good” ear. Voices sounded normal. When I put the processor back on, the sound I perceived in the “good” unassisted ear appeared to be identical to what the CI was delivering. All sounds were distorted a bit, and accompanied by the chimes. Before the CI, I heard different things with different ears.

Now, one month since activation, I still have the band with me, but they play a good deal softer. With four new programs, I am understanding better. I can converse in a car! The remote control seems to be a weak point. The second one just broke. Hearing is not perfect, but better.

My kids, most of whom live far away, are anxious for me to learn to use the telephone. And my audiologist is encouraging me to listen to radio and TV. Now, being deaf is not all bad. Long ago I gave up on TV, and radio has sounded like just noise. In the past five years, I have not heard even one political speech. There must be some good in that. Now I must work hard to understand TV and radio again.

**February 16 addendum:** I had adventures going through TSA in the San Francisco airport! The folks did not know what a CI is, and were highly puzzled when I offered the card given me by Virginia Mason. But when I said I need to stay away from magnetic fields, they decided to conduct the famous “pat down” search. Since I have a pinched nerve in one hip, I wear loose pants and suspenders. My pants fit well enough going through a metal detector, but not well enough to stay up under the manual groping of every square inch of skin.

While I stood with arms outstretched, my trousers fell down to my knees. A hundred people were watching, and no applause. It was, after all, San Francisco, where 50,000 people do the Bay-to-Breakers run on a brisk sunny day every May. Some are clad only in running shoes and body paint. So I was a non-event.

*Ed. Note—You can e-mail Dan at z7zimsen@hotmail.com.*
Chapters in Washington
Information, Education, Advocacy, and Support

Meeting times may change, and most chapters take a summer break. Visitors are welcome. If none of these locations are convenient to your home, contact info@hearingloss.org about starting a new group. Note: chapters may request contributions to cover local expenses. See www.hearingloss-wa.org for more information.

BELLEVUE—2nd Sat. 1:00 pm; Lake Sammamish Foursquare Church, Chapel, 14434 NE 8th St., Bellevue. Hearing assistance: amplification, FM, Induction Loop, real-time captioning. Bev: zbev@msn.com or 253-631-3141.

BOTHELL—4th Mon. 1:30 pm Northshore Senior Center, 2nd floor conference room 202, 10201 E. Riverside Dr., Bothell. Hearing assistance: amplification, FM. Karen: 206-817-3213 or 4klutter@gmail.com. New! April 20, evening meeting at 7:00 pm, dining room.

EAST JEFFERSON CO.—4th Mon. 1:00 pm; Port Townsend Community Center 620 Tyler Street, Port Townsend. Hearing assistance: amplification, FM. Emily Mandelbaum: 360-531-2247, mandelbaum@olympus.net or Sandy MacNair: 360-385-1347 or smacnair@cablespeed.com.

KITSAP CO.—3rd Sat. 1:00 pm; Iris Room (lower level) at Silverdale Harrison Medical Ctr., 1800 N.W. Myhre Rd., Silverdale. Hearing assistance: amplification, FM. John Allen: 360-871-0997; jcallen@hearingloss-wa.org.

RENTON—2nd Fri. 12:30 pm; Renton Senior Ctr., 211 Burnett Ave. N., Renton. Glenda Philio: philiofam@juno.com or 253-631-2345 (evenings).

SKAGIT CO.—2nd Tues. 1:00 pm; Fidalgo Center, 1701-22nd St., Anacortes. Hearing assistance: amplification, FM. Jerry Olmstead: 360-299-3848 JOlmst623@aol.com or Donna Sherman 360-299-2035 2oldies@verizon.net.

SNOHOMISH CO.—3rd Sat. 11:00 am; Providence Regional Medical Center, Pacific Campus, 916 Pacific Ave., Everett (meeting in Monte Cristo room on main level) Hearing assistance: amplification, FM, real-time captioning. Judi Carr: judicarr@comcast.net or 206) 817-7212 or Cibyl Kumagai: hla-snoco@hotmail.com.


TACOMA—Note new start time. 2nd Sat. 9:30 am, TACID, 6315 S. 19th St., Tacoma. Hearing assistance: amplification, FM, real-time captioning. Melinda Wagner: 253-851-6183 or gracelavendar@comcast.net.

WHATCOM CO.—3rd Sat. 9:30 am; Christ The Servant Lutheran Church, 2600 Lakeway Dr., Bellingham. Hearing assistance: amplification, FM, and captioning at selected meetings. Joyce Sweeney: 360-734-0469 or jamlps@comcast.net or see www.hearingloss-whatcom.org.

Twelve reasons why self-help groups are good for you
By Brenda Battat, HLAA Executive Director

- Provide a community of people with hearing loss who understand and are empathic to your unique problems
- Help you deal with the issues of hearing loss stigma
- Will help you understand your legal rights as a person with a hearing disability
- Will teach you coping and communication strategies
- Will help you to adjust and communicate your needs in a “hearing” workplace
- Will share technologies beyond your hearing aids that will enhance your ability to function in the world
- Will educate you on technologies and strategies for ensuring your safety
- Will show you how to stay tuned into family conversations
- Will suggest strategies for communicating in noisy situations
- Will show you how to accommodate your hearing loss while traveling
- Will empower you through exchange of knowledge, encouragement and the sharing of experiences
- Will alleviate the despair and isolation of hearing loss through their support

Ed. Note—read Brenda’s article, “Regaining control of your life through self-help groups,” at http://betterhearing.org
Mission Statement:
To open the world of communication to people with hearing loss by providing information, education, support and advocacy.

Subscription/membership

This newsletter is published quarterly and is free online. To be notified when it is posted, send an e-mail to pallen@hearingloss-wa.org. If you would like it mailed to your address, there is a $10.00 subscription fee to cover our costs. Subscription renewal is January and includes issues through December. If you subscribe during the year, we will provide back issues if you request them.

Membership in the Hearing Loss Association of America (HLAA) is $20 student, $35 single, $45 family, $60 professional. Membership includes the award-winning bi-monthly magazine Hearing Loss, special convention rates, and discounts on a variety of products. Subscribe/renew here (or online at www.hearingloss.org).

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Business name (if applicable)__________________________________________________________________________________________________________

Address______________________________________________________________________________________________________________________________

City________________________________________State________Zip____________________________

E-mail (optional)___________________________________________________________________________________________________________________

Please check all applicable: ___$10 Sound Waves subscription. _____HLA-WA Donation
___Please provide back issues for the year.

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_________Total enclosed (no cash, please). The Hearing Loss Association of Washington (HLA-WA) is a 501(c)(3) organization and relies on your support to fund outreach to people with hearing loss. Please make checks payable to HLA-WA and mail this completed form to HLA-WA, 4820 156th Pl. SW, Edmonds, WA 98026-4846 (note new address). Names and addresses are strictly confidential. We do not sell or distribute this information.