Some thoughts on adjusting to hearing loss

By Jacqui Metzger

Adjusting to hearing loss is, as they say, no piece of cake. All of us with hearing loss know this. Whether you lose your hearing over time, overnight, or have had the same loss for many years, we each deal with very real and significant issues related to communication breakdowns.

Ask any hard-of-hearing or late-deafened person what it’s been like, and you will get as many different stories as there are people you ask. But you'll hear similar experiences related to problems communicating with others, not understanding or knowing what's going on, feeling left out and uncomfortable, becoming isolated and lonely, discouraged, angry, resentful, frustrated, scared, despairing, and resigned.

Add to this the impact of one's hearing loss on family, friends, and co-workers who report not knowing what to do, feeling frustrated, resentful, and resigned. Hearing loss presents major challenges for all who are touched by it.

However, over time, most people find ways to live with their hearing loss. We use a variety of technology, including hearing aids and cochlear implants. We develop speechreading skills, get support from friends and family, join HLAA or ALDA, discover useful resources, and find connection with others.

I remember when I first met Sam Trychin, thirty years ago. He was a psychologist at Gallaudet University researching issues confronting hard-of-hearing people. I had been dealing with my version of meeting the challenges of my progressive hearing loss. My main survival strategy was to bluff. Not only did I adamantly believe I was getting away with it, I also had absolutely no idea that there were other options for my "hearing problem."

Enter Sam, and his extraordinary, revolutionary, mind-boggling, unconventional ideas about "living well with hearing loss." He talked about managing hearing loss.

Managing? What a concept! This implied you could think about the problems that came with the territory. Sam taught me how to identify a particular problem, then challenged me to figure out 15 solutions. Oh—I realized there were many possible solutions! Bluffing was certainly a possible solution that, in the long run, didn't work very well. There were other options!

This new vocabulary was incredibly liberating. I was learning to talk about my hearing loss.

(Continued on page 2)
(Continued from page 1...Some thoughts on adjusting to hearing loss)

Hearing loss is stressful. Coping is what we do to manage stressful situations. Sometimes we are successful and sometimes not. I began to develop new coping strategies and communication skills to better manage what Sam called “communication breakdowns.” We all know about communication breakdowns. I was learning what to tell people to do so I could understand them, and how to say it. This began to open the world for me in new ways.

Adjusting to hearing loss means dealing with the very real losses that come with this experience—loss of easy conversation, loss of information, power, control, fewer options, change in self-image...the list of losses goes on. Along with these losses is a predictable psychological reaction—grief and the emotional reactions we have to loss: we resist or deny our reality; we’re mad about it; it’s not fair; we are very sad, sometimes depressed about it...eventually we begin to come to some terms with it...accept?? Perhaps. Adjust to our new reality? Hopefully that’s what we each can do to find ways to navigate successfully this extraordinarily challenging experience.

Accessing captioned films
By Paul Jacobson, Puyallup

My hearing has been somewhat impaired for as long as I can remember, but it suddenly took a real dive about two years ago. I can still hear noises, but the big problem is that most speech sounds that way—like noise—unless the speaker is quite close and there are no competing sounds. That being said, I use hearing aids in both ears, have put myself on a low-sodium diet at the suggestion of my doctor, and am otherwise learning to cope.

To my dismay, one of my forced “give ups” has been going to the movies—although not entirely. If I can find a foreign film with subtitles, that’s great, but I just can’t understand movies with only audio English dialog. I can find some foreign films at the Grand Cinema in Tacoma, but most of the few others that get shown are too far away to be of interest to me. The Grand has hearing assistance—a basic Infra-red system which amplifies, but, at least in my case, doesn’t clarify. I was on the Grand’s board when its system was purchased, so I know first hand that it was selected based on its low cost, plus the feeling that what we bought would do the job for everyone who needed help. And, to be fair, many people find the Grand’s system to be quite adequate.

Since my personal malaise occurred, I’ve taken quite a bit more interest in assistive listening systems. I’ve also learned that there are a few movie houses in the Seattle area that make captions available to patrons at selected showings. In addition, I’ve learned of a system called Rear Window Captioning, in use at a few theaters, which allows interested patrons to watch captions without forcing others to watch. Most recently, I’ve learned of Wash-CAP, an organization that is encouraging movie theaters to provide captioning.

If you find captioned movies to be an interesting idea, you can rent them from Netflix and others, or you can borrow them from your local public library.

During the winter months, the Puyallup Public Library offers free captioned movies, which are shown on its large screen. Show times are on Saturdays, almost always at 2:00 p.m., and the films are captioned. I am their volunteer projectionist and (under library supervision) film selector. This winter’s program consists of both recent...
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; John F. Waldo, Attorney at Law; 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 August 2010 through November 2010:
• Dale Becker, West Richland
• Joe and Erlene Little, Oak Harbor
• Betty Ruble, Auburn

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!

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.

HearingLossNation—a social network

HearingLossNation is a non-profit online community designed specifically for hard-of-hearing individuals between the ages of 18 and 35. See www.hearinglossnation.org.

Webinars—mini seminars that feature the nation’s leading experts in hearing loss. Join it live or access the archives: www.myhearingloss.org.

Protecting your rights in a hearing world.

John F. Waldo Attorney at Law

Advocating for people with hearing loss.

John Waldo is an experienced trial attorney who also serves as advocacy director for the non-profit Wash-CAP. The objective of his legal practice is to ensure that people realize in fact the benefits and protections they are entitled to under the law.

John’s practice focuses on anti-discrimination and legal advocacy for those with hearing loss. He represents clients who face issues relating to employment and education discrimination, disability benefits for work-related hearing loss, personal discrimination in public places and problems with health and disability insurance.
Wash-CAP update
By John Waldo, Bainbridge Island

While the issue of movie captioning continues to dominate our advocacy agenda, there have been a couple of other important positive developments since our last report.

First, the Washington State Ferries (WSF) are now in the process of installing hardware and software to display in written form information delivered over the public-address systems at terminals and on vessels. Rather than attempting to capture a public message verbatim—a huge logistical challenge—WSF will use a system with a drop-down menu that should provide adequate information. For example, to inform passengers that a car alarm is sounding, the drop-down menu will permit the crew to visually display the car model and color, the deck location, and the specific problem (alarm sounding, lights left on, etc.). Similarly, a lost-object message will display the type of object that is found, such as keys or wallet.

The systems are being installed initially on the large Bainbridge Island boats and at the Seattle and Bainbridge terminals. After a six-month trial, the system will then be installed at WSF’s other terminals and on its other vessels.

These steps are being taken pursuant to an agreement between WSF and Wash-CAP to settle litigation. Wash-CAP was concerned that the public-address announcements are often impossible for people with hearing loss to understand, particularly when the boats are full and the terminals crowded. We believe this resolution will not only enable us to be informed of matters that might affect us personally, but will lessen the anxiety we sometimes feel when we fear we might be missing something important.

The second positive development concerns the commitment from the Oregon Shakespeare Festival (OSF) in Ashland to become fully accessible through captioned performances. OSF has for some years offered some captioning, but it has in the past offered only one or two captioned performances of each of its plays, and has generally sprinkled the captioned offerings throughout its eight-month season.

Acting on behalf of Wash-CAP and its Oregon counterpart, we pointed out that while the process of converting a script into captioned form is fairly labor-intensive and therefore expensive, the process of displaying the captions is relatively simple, and there is no reason the captions can’t be used repeatedly. We also pointed out that due to Ashland’s remote location, patrons don’t go to Ashland multiple times a season to see the different plays; they go once or twice for an extended visit to see several plays.

OSF has agreed to try a method that will essentially create full access. After the captions are prepared and the first captioned performance has taken place, OSF will offer subsequent performances of that play in captioned form upon two weeks’ notice. Their suggestion is that we try to schedule our visits to coincide with one or more of the 20 scheduled captioned performances (that schedule is available at www.osfashland.org/plays/access.aspx). However, if we ask to see additional plays during our visit and if captions have been prepared for that play, they will show those plays in captioned form also.

Although remote, Ashland is a lovely town, and OSF is one of America’s premier summer-theater experiences. Now that OSF has agreed to make its offerings available to us, we hope many of us will make visits here.

On the movie-captioning front, we reported in the last issue that the federal Department of Justice is now proposing to require theaters to show half of their movies with closed captions, in which the captions are visible only to viewers who use a specific display device, and is proposing to phase in that requirement over five years. While we applaud DOJ’s involvement, we are rather disappointed in the proposal, both in the notion that access to half of the movies is “good enough,” and in the slow proposed pace of implementation.

The “game-changer,” in our view, is that major corporate theater owners are finally engaged in the long-promised conversion to digital display, where actual celluloid film becomes a thing of the past, like vinyl records, and film content is packaged into computer digital form and transmitted either on computer discs or over the internet. The cost to display captions for a digital movie is much less than the cost to show actual films with captions. In fact, it costs theaters nothing at all to show digital movies in open-captioned form, where the captions appear on the movie screen and are visible to the entire audience. We believe, and the theaters really don’t deny, that they can

(Continued on page 5)
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easily afford to show all of those
digital movies that do come with
captions in captioned form.
The DOJ proposal is available
online: www.ada.gov. It is accept-
ing public comment through
January 24, 2011. It has also
scheduled three public hearings,
one of which will be held January
10, 2011, in San Francisco.
Wash-CAP will submit comments,
which we will post at www.wash-
cap.com, and will be represented at
the San Francisco hearing.
We believe there are five salient
points that need to be made with
DOJ, as follows:
1. Movie theaters must provide
auxiliary aids and services in the
form of captions, unless the theater
can demonstrate that doing so
would constitute an undue burden.
2. Movie theaters that convert to
digital projection must immediately
make all auditoriums accessible
through either open or closed
captioning unless the theater can
demonstrate that providing access
through either form of captioning
would constitute an undue burden.
3. Movie theaters may select which
mode of captioning to use, and DOJ
should not require any particular
display mode. Though open cap-
tioning should not be required in
preference to closed captioning, it
should always be an optional
method of compliance, and may be
required where there is no other
means of making the movie accessible.
(Theaters believe hearing audi-
ences shun open-captioned movies;
thus courts and DOJ have not re-
quired open captioning in prefer-
ence to closed captioning).
4. Accessibility through closed cap-
tioning should be defined as mak-
ing the captions available for every
showing of every movie. Accessibil-
ity through open captioning should
be defined either as offering sched-
uled showings that provide patrons
with a reasonable selection of show
times, or as offering open-captioned
showings on request.
5. Movie theaters that do not con-
vert to digital projection must pro-
vide access in the form of captions
or video descriptions on a schedule
related to their financial
capabilities.
We believe the most effective form
of comment is to relate one’s own
personal experiences, and, if possi-
ble, use those experiences to illus-
trate why you are asking for one of
the five points listed above (or
other points that may occur to you).
The DOJ website provides instruc-
tions on how to file comments,
(scroll down to “Notice of Public
Hearings” entry), and on how to
register to testify at the hearing in
San Francisco. Please feel free to
contact me by e-mail (john@wash-
cap.com) with your comments or
questions. I hope a number of
readers will respond.
Implantcomer about cochlear implants

This section is edited by Bert Lederer from Bellingham, who is a HLA-WA Board member and also a Cochlear Awareness Volunteer. We strive for impartiality of cochlear implant manufacturers, and we invite you to submit articles or information of interest to cochlear implant users.

Where is Dr. Backous?!
Douglas Backous, M.D., well-known implant surgeon and director of the Listen for Life Center at Virginia Mason, suddenly disappeared from our radar one day. Fortunately, we have Google. We did a search on his name, and lo and behold! Dr. Backous has started a new practice at Swedish Hospital. Implant audiologist Stacy Watson has also migrated from Virginia Mason to join his implant team. Read Dr. Backous’ blog: www.drbackous.com.

Implanted device to treat balance disorder
(Taken from uwnews.org)

A University of Washington Medical Center patient is the world’s first recipient of a device that aims to quell the disabling vertigo associated with Meniere’s disease.

The UW Medicine clinicians who developed the implantable device hope that success in a 10-person surgical trial of Meniere’s patients will lead to exploration of its usefulness against other common balance disorders that torment millions of people worldwide.

The device being tested—a cochlear implant and processor with re-engineered software and electrode arrays—represents four-plus years of work by Drs. Jay T. Rubinstein and James O. Phillips of UW’s Department of Otolaryngology-Head and Neck Surgery. They worked with Drs. Steven Bierer, Albert Fuchs, Chris Kaneko, Leo Ling and Kaibao Nie, UW specialists in signal processing, brainstem physiology and vestibular neural coding. Rubinstein is also a UW professor of bioengineering. “What we’re proposing here is a potentially safer and more effective therapy than exists now,” said Rubinstein, an ear surgeon and auditory scientist who has earned a doctoral degree in bioengineering and who holds multiple U.S. patents.

With their device, Phillips and Rubinstein aim to restore the patient’s balance during attacks while leaving natural hearing and residual balance function intact. A patient wears a processor behind the affected ear and activates it as an attack starts. The processor wirelessly signals the device, which is implanted almost directly underneath in a small well created in the temporal bone. The device in turn transmits electrical impulses through three electrodes inserted into the canals of the inner ear’s bony labyrinth.

A National Institutes of Health grant funded the development of the device and its initial testing at the Washington National Primate Research Center. The promising results from those tests led the U.S. Food and Drug Administration, in June, to approve the device and the proposed surgical implantation procedure. Shortly thereafter, the limited surgical trial in humans won approval from the Western Institutional Review Board, an independent body charged with protecting the safety of research subjects.

By basing their invention on cochlear implants whose design (Continued on page 7)
(Continued from page 6...Implanted device to treat balance disorder)
and surgical implantation were already FDA-approved, Phillips and Rubinstein leapfrogged scientists at other institutions who had begun years earlier but chosen to develop novel prototypes.

"If you started from scratch, in a circumstance like this where no one has ever treated a vestibular disorder with a device, it probably would take 10 years to develop such a device," Rubinstein said. He credited the team's skills and its access to the primate center, whose labs facilitated the quick turnaround of results that helped win the FDA's support. A successful human trial could lead the implant to become the first-choice surgical intervention for Meniere's patients.

Read more about it: http://uwnews.org/article.asp?articleID=60951

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**CI support groups**

**North Sound:** Meetings are sponsored by HLA of Whatcom Co. and held the 4th Saturday, every other month, starting January 22, 9:30 am—12:00 pm. Location: Christ the Servant Lutheran Church, 2600 Lakeway Drive, Bellingham. FM, CART, amplification. Refreshments. Contact Bert Lederer at bertlederer@msn.com or 360-319-4540(V).

**South Sound:** Meetings are sponsored by the Hearing, Speech & Deafness Center and are held the 4th Saturday, every other month, starting January 22, 10:00 am—12:00 pm. Location: HSDC – South Sound, 3516 South 47th St., Suite 200, Tacoma 98409. FM, CART, amplification. Refreshments. Contact Christine Seymour: 253-475-0782 or cseymour@hsdc.org.

**Auditory training**

Auditory training is crucial for CI recipients, even if you think you're doing fine. “Books on tape” are helpful if you follow along with the unabridged version of the book. This can all be done for free at your local public library. CD players are cheap. There are many listening sites. Here is a partial resource list: www.auditoryverbaltraining.com/websites.htm.

Telephone practice: Cochlear Americas developed this program, but it can be used with any implant manufacturer: To Listen, call 1-800-458-4999 and follow the prompts. If you want to verify what you hear is correct, you'll have to go online for the printed version: http://hope.cochlearamericas.com/listening-tools/telephone-training.

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Living with hearing and vision loss

By Dorothy Walt, M.A., Helen Keller National Center

Did you know there are approximately one-million people in the U.S. with a combined hearing and vision loss? And, did you know that one of the largest groups of people with a hearing and vision loss are those over the age of 55 who are experiencing age related losses? But having a hearing and vision loss is not limited to those over the age of 55. Individuals of all ages can experience this.

I work as a consultant for the northwest region of the Helen Keller National Center. We provide a wide variety of services related to vocational and independent living. Dealing with a hearing loss can be challenging; but when you add a serious vision loss, it is a double challenge. This is especially true when some of the most common causes of vision loss are macular degeneration (a leading cause of blindness in people 60 and older), glaucoma, detached retina, retinopathy of prematurity (abnormal blood vessel development in the retina of a premature infant), and diabetics retinopathy (the most common diabetic eye disease). Additionally, a common syndrome many of us are familiar with is Usher Syndrome, which always affects both hearing and vision.

For information or resources, please feel free to contact me: dorothy.walt@hknc.org, TTY: 206-324-1133 or voice: 206-324 9120.

Coming soon: a new support group for those with Usher Syndrome who are hard of hearing. If you are interested in joining this group, let me know.

What is Usher Syndrome?

Usher Syndrome is an inherited condition characterized by hearing loss and progressive vision loss due to a degenerative condition of the retina, called retinitis pigmentosa (RP). There are three types of Usher Syndrome. Type I: born with a profound hearing loss, RP, and balance problems. Type II: born with a moderate to severe hearing loss, RP, and no balance problems. Type III: hearing loss that gets worse over time, RP, and may have balance problems.

Researchers estimate that as many as 50,000 people in the U.S. have Usher syndrome. Worldwide, it is the leading cause of combined deafness and blindness. For more detailed information, read about it at: www.ushersyndrome.nih.gov www.blindness.org
Twenty years ago, HLAA members came out in force when it was time to comment on rules under the Americans with Disabilities Act (ADA). Our comments helped shape the way the rules were written. We need you to do that again to push for captioned movies.

The U.S. Department of Justice (DOJ) published a notice that it is considering changes to its regulations to require movie theater owners and operators to show captioned movies. DOJ is inviting written comments from members of the public. If movie captions are important to you, tell the DOJ!

The DOJ proposes to require movie theater owners and operators to show films with closed captioning. DOJ proposes to limit this requirement to no more than 50% of the films shown, and DOJ is willing to give owners and operators up to 5 years to get there.

HLAA believes that "full and equal enjoyment" of services under the ADA means that people with hearing loss must be provided the kind of accommodations that allow us to attend any movie anytime. For people with significant hearing loss, that means 100% captioning. We believe an across-the-board industry cap of 50% is arbitrary and inconsistent with the law.

HLAA’s position:
• All movies should be made accessible to movie goers with hearing loss through captioning.

• People with hearing loss should be able to see any movie at any time on any day.

DOJ is seeking comments in response to 26 questions. The entire document can be accessed at www.regulations.gov. We suggest at a minimum, that you respond to DOJ Question #1: DOJ is proposing that the percentage of movie screens offering closed captioning be set at 10% after one year and increased 10% a year until 50% is reached. Does this approach provide a proper balance between providing accessibility to consumers, on one hand, and giving owners and operators time to acquire the necessary equipment, on the other hand?
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.

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. Hearing assistance: amplification. 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 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.

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.

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Notice to all HLAA members in Washington State

The Board proposes to amend Article V. As presently worded, the Article permits the Board of Trustees to make exceptions to the general rule that Trustees are elected for three-year terms. The Article does not permit the Board to make exceptions from the provision that officer terms shall be for one year, with no more than two consecutive terms. This year, no one was willing to stand for the Presidency, but Penny Allen was willing to continue for a third year. Additionally, no one was willing to stand for the Vice Presidency, but Lilia Smith was willing to continue for a third year.

The Board believes it should be able to make an exception from the two-term principle. To accomplish that, we propose deleting the second sentence of sub-paragraph (b), stating that exceptions may be approved by the Board of Trustees, and making that sentence a free-standing sub-paragraph (d). That structural change will mean that the power of the Board to make exceptions will apply to all terms of appointment rather than simply to the terms of Trustees.

The new Article V would then read as follows in the box below, with proposed deletions crossed out and proposed insertions in italic

Per Article X – Amendments, the general membership shall receive notice of any proposed amendment to the Bylaws and be allowed to offer input before a vote may be taken. Voting on amendments to the Bylaws shall not take place until the next regularly scheduled Board meeting. If you wish to comment on the proposal, please e-mail Michael Bower, secretary, at mabower@earthlink.net or write HLA-WA at 4820 156th Pl. SW, Edmonds, WA 98026-4846.

Article V—Governance
A. Board of Trustees
6. Terms of Appointment
a. Officers shall be elected by a simple majority of the Board of Trustees and shall hold office for a term of one (1) year.
b. The terms of tenure for trustees normally shall be for three (3) years, with one-third of the total elected members to be elected annually. Exceptions may be approved by the Board of Trustees. Each trustee shall serve until his/her successor has been duly elected or appointed.
c. No officer shall serve more than two (2) consecutive full terms in the same capacity. Trustees may be reelected without limit.
d. Exceptions to the term limitations may be approved by the Board of Trustees.

HLA-WA 2011 State Conference, August 13—don’t miss it!

Plans are in the works for a 2011 one-day conference geared to newcomers to hearing loss, although this is a great time to find out more about HLA-WA and our chapters, learn about state-wide resources, and meet others who are involved in supporting people with hearing loss. Details will be in the next newsletter. The conference will be held at Bellevue College, August 13. Sessions are still tentative at this point, but here’s the line-up:

(1) Keynote speaker from HLAA re: role of HLAA, followed by role of HLA-WA and Chapters
(2) Psychosocial effects of hearing loss/coping
(3) All about assistive listening devices
(4) Hearing loss 101
(5) Access and the law
(6) Panel session with representatives wearing various hearing devices

We need volunteers to help with the planning and chair committees. We also need volunteers to be available onsite during the conference to guide visitors. If you would like to be involved or are interested in an exhibit table, please contact John Allen, conference chair: jcallen@hearingloss-wa.org. While there will be some face-to-face meetings, much of the planning can be done by e-mail.

Seeking new Board members

Each year the general membership elects new Board members. Board members are elected for three-year terms and must be members of HLAA. We need you and your skills! Please consider joining us. E-mail info@hearingloss-wa.org for more information or for an application.
Important notice to all HLAA members on page 11

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).

Name__________________________________________________________________________________

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.

Membership in HLAA:_____ $35 Single____ $45 Family____ $20 student ____ $60 Professional

_________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.