



Walk-a-Thon Success!

If you were not at CHHA's first Vancouver Walkathon on September 24th, you missed something good. My favourite feedback of the morning was, "I'm not a fan of walkathons, but this was fantastic!" Most frequently repeated phrase was, "We have to do this again next year." Superlatives abounded. Clearly, everyone considered it a success. If you want to see a great many smiling faces, go to www.chha-bc.org and click on the Walk2Hear gallery to see the photos.

A day of sunshine, a scenic walk and the spreading lawns of the Jericho Arts Centre provided a setting which encouraged social networking and interested visits to sponsor information tables. Starbucks was there with coffee for the opener, and Macs with Froshees for the cold drink closer. Save-on-Foods provided water and apples, Nestle sent water also. All sponsor logos are printed in this edition of the LOOP, and found on the BC Chapter and Vancouver Branch web sites. Children enjoyed the JRFM bear; dog owners compared pooches. Some who could not do the walk came just to enjoy the morning. Special mention for creativity goes to two people who could not get to the walk site that day: John Close, whose seaplane flight was fogged in at Victoria Harbour and who instead walked 3 km around the harbour; and Monique Guterres' parents who, because she was sick in bed, walked the 4 km on her behalf around their Coquitlam neighborhood.

The purpose of the walkathon was to raise awareness about hearing loss and hearing protection, as well as raise funds for programs and projects which CHHA provides locally and provincially. Both speakers at our opening program, Vancouver's Deputy Mayor Kerry Jung, and Global TV personality, Dr. Art Hister challenged us to work with them to raise awareness. Pledges raised by the



137 registered walkers, and donations by sponsors, raised approximately \$15,000. And let's not forget the generous supply of door prizes from other corporate sponsors. Funds raised, after expenses, will be allotted to the various Branches who participated; their pledge monies will go to the individual Branches. The BC Chapter and Vancouver Branch co-hosted the event; the Young Adult Network, Victoria and Hear Branches walked.

We greatly appreciated the participation of our professionals and service providers – the entire UBC School of Audiology; two teams from WIDHH, families and staff from Children's Hearing and Speech Centre of B.C.

Events like this succeed only because of the volunteer commitment and time donated. Thanks are due to all of these individuals – the members of the organizing committee from Branch and Chapter for hours involved, and for all those additional persons who helped on the morning of the walk. We could not have done it without you! Thanks!

Marilyn Dahl
Chair, Organizing Committee
Walk2Hear



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 - LISTEN/ÉCOUTE (national publication)Membership fee: \$25 per year
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Donations, Memorials, Bequests to the
Hard of Hearing/Late Deafened Fund

assist CHHA BC in its activities.

Please send donations to the

Vancouver Foundation

Suite 1200 – 555 Hastings St.

Box 12132, Harbour Centre

Vancouver, BC V6B 4N6

The Vancouver Foundation will issue receipts for all gifts. Interest from the capital is used in perpetuity for CHHA BC. The capital remains intact.

NEXT COPY DEADLINE

January 31, 2012

CHHA BC acknowledges with thanks the financial assistance of the Province of B.C.



From the New President

Hello everyone, I am currently the new President of CHHA- BC. I have spent the summer acquainting myself with ins and outs of CHHA organization and meeting all the people involved. I am looking forward to a new and exciting year!

First, I want to acknowledge past President Leslee Scott for her many years of hard work, advice, wisdom and dedication and support for CHHA- BC. Leslee has been an instrumental support in this time of transition. Thank you Leslee!

Secondly, I want to introduce new board members that the Board has approved and appointed to fill vacant positions: Rodney George is the new Vice-President of CHHA BC, Deborah Scott for Secretary and Rod McLeod for Member at Large for Young Adults. I want to welcome the new board members and I strongly believe that we will work hard together to meet the mandate of CHHA BC to make hard of hearing issues be heard and support one another in this effort. This summer, I also I had the opportunity visit the CHHA BC office and see all the hard work of the staff answering telephone, email and in person inquiries, preparing hospital kits, working on the Walk2Hear and the LOOP newsletter.

It has been an exciting summer planning for the first ever “Walk 2 Hear” walkathon event which was held on September 24, 2011 at Jericho Beach Park. Over a 120 people attended from 2 groups: CHHA- BC and CHHA Vancouver. I would like to thank the CHHA Vancouver organizing committee for all their extraordinary work with weekly skype meetings and working in collaboration with all levels of CHHA: National, BC Chapter, the local branches and Young Adults Network. On behalf of the Board, I would like to thank all the participants, our volunteers, our sponsors and all the people who worked behind the scene to make it all possible. You all made our first Walk 2 Hear a successful event. A special thank you goes to Marilyn Dahl, President of CHHA Vancouver Branch, who was instrumental driving force in every aspect. CHHA BC raised approximately \$4500 after deductions to different branches and the national office; a list of registrants and money raised will be confirmed by CHHA National at a later date. Although not all CHHA members could be at Jericho Beach, some people participated in their own communities. John Close (president of CHHA Victoria) walked in Victoria due to his flight to Vancouver being cancelled!

In the next few months, the board will be coming together to focus on goals for the upcoming year. I would like to invite CHHA Members of the different branches around BC to let CHHA BC know how we've helped you and what we could do better to support your branch.

All the best in the upcoming year!

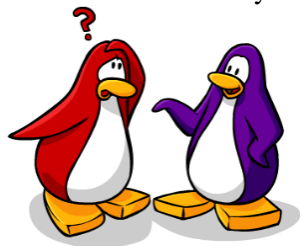
Nora McKellin
President of CHHA- BC



Diary of a Cochlear Implant: A Healthy Balance

Looking back over the last 2 1/2 years with this new hearing I've acquired with my cochlear implant, I am now able to see some healthy changes take place in my interactions with others. Some of the benefits I now enjoy, such as being better able to discriminate speech from noise and feeling more relaxed in a large group, have, no doubt, contributed to these changes. Let me tell you what I see happening in my engagements with others. If my experience becomes an encouragement to you to aim toward a healthier "balance" in your conversations with others, then my purpose has been accomplished.

What do I mean by "balance"? To picture it, I will give you a "before and after the implant" description of my behavior in groups. When I was profoundly hearing impaired, I often slipped into one of two reactions. My *modus operandi* was to remain silent and in the shadow of the group. I missed most, if not all, of what was said, and became an observer rather than a participant of most group discussions and socials.



A second, less frequent behavior I slipped into was to hoard the conversation by speaking more than my share. For example, I would control the topic by asking many questions and/or changing the subject. Or, during a lull in the conversation, I would fill it with more of my own thoughts rather than wait for others to speak up.

I must quickly add that asking questions, changing the subject and speaking one's mind are acceptable ways to get involved in a discussion. What I believe was missing, however, was balance. Too much of a good thing can be unhealthy for the dynamics of any group.

Now I understand why I did these things. In the case of staying in the shadows, I could not hear most of the

discussion or banter, and did not wish to take any chances in looking foolish by saying the wrong thing or asking for a lot of help. When I was overly talkative, it was to avoid losing my place, so to speak. Unconsciously I was afraid I would not hear the others and would have to deal with the results, which I was not comfortable with (e.g., being left out of the discussion, having to ask for repetition of something I didn't hear, or perhaps repeating what someone else just said, but had not heard).

With my new hearing, I have to say that there is a healthier balance when I engage with others. I rarely retreat to the shadows; if I do, it is because I choose to listen to the discussion and to enter it when I wish. When there is a discussion where I am participating, I am less inclined to talk too much.

I find these changes very rewarding. Because I now hear more normally, I experience a healthier balance in my daily interactions with others: it has become easier to participate, to ask for help (which happens less often), and to allow others more opportunities to speak.

The question each of us should ask, then, is: "What does that effort toward balance look like in my own life?" I believe it depends on what can still be done to improve one's hearing. It may mean stronger hearing aids, or a better listening device, or a telephone amplifier, or even a cochlear implant. Perhaps it means learning better coping strategies in dealing with one's hearing loss. If you, or someone you know, want to learn more about these ideas, let me encourage you to join us in one of our Sound Advice workshops or evening presentations. You will meet many like-minded people who come to share and learn about the journey toward a healthy balance. It is truly worth the effort!



Til next time, Flo Spratt

M4T4 – What is it? Characters from the old Star Wars movies, associate of R2-D2 and C-3PO perhaps? Actually, it is the hearing aid compatibility code for mobility phones.

While researching cellular phones and other communication devices, I was happy to see that Telus has a page for 'special needs'. It is at the very bottom of the telusmobility.com web-site. If you click on 'special needs centre', then click on 'hearing aid compatibility', you will find a chart of some Telus Mobility phones that are hearing aid compatible.

The 'M' number indicates how well the mobile phone works with a hearing aid in the 'microphone' mode. The 'T' number indicates how well the phone works with a hearing aid in the 'T-Switch' or 'T-Coil' setting. On the scale of 1 to 4, then the rating of M4T4 is the best combination for use with hearing aids equipped with a T-Coil.

As for technology, CDMA seems to be preferable for clarity. At the bottom of the page, Telus has provided links to CHHA and also to WIDHH.

By Sharon Perry

Resource Centre

By Susan Wiebe, CHHA-BC Administrator

WALKATHON

WOW!! The Walk was a success !! We are so delighted to find that everyone enjoyed themselves on that beautiful, sunny day, along the beach...

THANK YOU TO ALL

My sincere "Thanks" to the absolutely wonderful, clean-up crew who packed everything and placed all the office materials, etc. beside my vehicle. What a Surprise!! I was ready to leave in 10 min. and very grateful!! What a Treat!!!

"Thank You" to each person who helped in their own individual way, to make the Walk a total success. "Teaming Together" is Happiness" for a well completed job!!

FALL LUNCHEON

Please join us for a "Fall Luncheon" on Nov. 2nd if you find yourself in our area. We plan on hosting "Get Togethers" regularly and would love to have you....

SPEECH READING CLASSES:

Tentative, but likely resuming in January of the New Year...stay tuned....

HOSPITAL KITS

Would you believe that 350 kits have been distributed so far, this year?? Sharon Perry and volunteers are continually working to assemble these, much used and FREE kits which are invaluable for folks going into the hospital.

BOOKKEEPING ON THE GO...

The office has been humming as Sharon Davis attempts to assist Stef who is now concentrating, at this time of year, on the campaign. There is even a new, "Do Not Disturb" sign....

OUTREACH

We continue to promote awareness for CHHA-BC by presentations in the malls, libraries, private organizations and senior centers. I thoroughly enjoyed meeting all the folks at the Municipal Pension Retiree's Association - District #35, Surrey. A rousing group!!

BRANCHES

It is my wish, to visit most of our branches by year end. As I write, plans for tomorrow, include a ferry trip to the

Victoria Branch to attend their AGM and visit with staff and members. Hope to see John Close and tell him how proud and delighted we all were of his private "Walk" on Sept 24th !!!

Be Gentle with the World..
Until next time.....

Sue Wiebe, CHHA-BC Administrator



Walk2Hear
Vancouver

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to all CHHA Sponsors!

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Human Resources and Skills Development Canada

By Sharon Perry

Helping people with disabilities save for the future:

Registered Disability Savings Plan (RDSP)

- applicant must have Disability Tax Credit Form T-2201 (DTC) on file with Canada Revenue Agency
- age limit, must be under 60
- carry forward entitlements
- money must be in the plan at least 10 years

Canada Disability Savings Grant

- matching grant the Government deposits to RDSP depending on contributions made and family income
- maximum grant is \$3500.00 per year
- lifetime limit is \$70,000.00

Canada Disability Savings Bond

- up to \$1,000.00 annually to low and modest income Canadians
- lifetime limit of \$20,000.00

Grants and bonds will be paid into the plan until the year the beneficiary turns 49

To determine your eligibility or for more information, please call 1-800-622-6232, TTY 1-800-926-9105 www.disabilitysavings.gc.ca or contact us at CHHA-BC for a brochure.

Thank you!!

A big thank you to Comox Valley Branch for their financial donation to CHHA-BC's 2011 Walk2Hear Walkathon!

Notice of apology

Our apologies to Flo Spratt for the incorrect title on the article published in our last issue, (#45 front page). The correct title is 'Diary of a Cochlear Implant: A Visit with My Audiologist.'

Sorry, Flo. From Sharon Perry, Loop Editor

Letter received re: Hospital Kits

We received this letter at the Resource Centre:

"I have just recently come home from a stay in the hospital. I had taken my CHHA Hospital kit with me. The Doctors, Nurses, and care staff appreciated the kit. They had not seen one before and found it so handy and informative. They found it really helps for them to know how to help a hard of hearing patient. An example of this would be being reminded to look straight at the person when talking to them.

I wore my hard of hearing button on my hospital gown and it became quite well known on the ward.

I would like to recommend that these kits be distributed to hospitals and doctor's offices, since from my experience they are very useful. None of the people I encountered knew about our association. One of the doctors told me that he thought it was a very, very, good idea to help recognize a person who is hard of hearing (the silent disease).

The hospital is not a good place to feel isolated so please make an effort to distribute these kits to anyone going into the hospital.

I recommend them highly!"

Barbara Frenette, H.E.A.R. Support Group
Coquitlam B.C.

Editor's Note: Hospital Kits are available at the CHHA BC office – please contact us today for your kit!
- Sharon Perry

When Dinner is Deafening

Toronto Star April 29, 2011 by Susan Pigg
Submitted by Sharon Perry

Do you have problems hearing in a noisy restaurant? If so, you may be interested in reading the article published in the Toronto Star.

Gael Hannan was interviewed by Susan Pigg. Check it out at <http://www.thestar.com/living/article/982383--when-dinner-is-deafening>



There are iPhone apps available to measure noise. Mentioned in the article are the \$20.00 Audio Tools and \$10.00 SPL ProApp.

CHHA National Announces New Executive Director

from Louise Normand, national President of CHHA, September 27, 2011

Well, the winds of change are a callin' again at CHHA! After a challenging year, I am pleased to introduce to you CHHA's new National Executive Director— Robert Corbeil. The National Board and I are very confident that Robert will be a great asset to us in meeting the many challenges that await us as we move towards CHHA's 30th Anniversary. As you can see by the attached bio, Robert comes highly recommended and with an impressive background in non-profit management. He's very excited about CHHA's future and is looking forward to meeting all of you. So, please join me in wishing him all the best as he takes the helm as CHHA's National Executive Director.

Louise Normand,
CHHA National President



Robert Corbeil is a fluently bilingual senior executive specializing in project management, business development and strategic planning. Robert holds a Masters Degree in Project Management and a Bachelor Degree in Business Administration from the HEC Montreal.

Robert is a talented strategist and facilitator with a solid foundation in organizational management, consensus building and external relations. He has extensive experience working with non-profit organizations. He worked with organizations such as World Vision, CUSO, the Canadian Dental Assistant Association, Theatre Action and many others.

Robert has been working and traveling internationally and has worked on gender and development issues, education and theatre, water projects for indigenous peoples, and health projects. Robert has a passion for social justice, arts and culture, human rights and democracy.

Robert also teaches marketing, project management and self-defense. He is a black belt in Karate Shotokan. Participants in his workshops appreciate his energy, humour and flexibility.

Robert Corbeil, MPM
CHHA – National Executive Director
1-800-263-8068 / rcorbeil@chha.ca



Congratulations to Monique Guterres and Curtis Les who were married on October 8! Monique and Curtis met through CHHA events, and are both active members of the Vancouver Branch and the Young Adults Network. We wish you many years of wedded bliss, Mr. and Mrs. Les!

2012 CHHA Conference

The 2012 CHHA Conference and Trade Show is scheduled for May 17-19, 2012 at the Delta Ottawa City Centre Hotel in Ottawa, Ontario.

The theme for CHHA National Conference 2012 is **Wellness and Health for Persons who are Hard of Hearing around the World.**

The conference will be held over the span of three days. The programme will include plenary sessions, parallel sessions and poster sessions.

Mark your calendar and plan to attend with us!

“A little consideration, a little thought for others, makes all the difference.”

“If the person you are talking to doesn't appear to be listening, be patient. It may simply be that he has a small piece of fluff in his ear.”

From Pooh's Little Instruction Book, Thoughts from Winnie the Pooh, inspired by A.A. Milne



BC Parents' Branch Family Weekend

By Willetta Les, Administrator

On the weekend of September 16, families with hard of hearing children gathered for the CHHA BC Parents' Branch Family Weekend. This year the annual event was held again at beautiful Timberline Ranch in Maple Ridge.

Families had a chance to get to know each other during the fun outdoor activities, including a petting zoo, horse trail rides, challenge course, archery, climbing wall, etc.

We also held our AGM. The parents were able to see that the Parents' Branch has had an active year, but is in desperate need of funding in order to keep providing services for parents with HoH children.

We especially thank CHHA BC's Susan Wiebe and her husband for coming out on Saturday to volunteer – thank you so much!

The Parents' Branch recently unveiled their new website – hop online and check us out! www.chhaparents.bc.ca The website has a fresh, new look, newsletter archives, pictures, and we can now accept online donations.

Thank you – we appreciate your support.

