



THE LOOP

Canadian Hard of Hearing Association
British Columbia Chapter

Issue 42 - Summer 2010

CHHA-NATIONAL Sudbury 2010 Conference

June 3-5, Sudbury Ontario

By Monique Guterres and Curtis Les

Good Vibrations indeed! The 2010 CHHA National Conference proved to be successful with a variety of workshops, musical entertainment and great company. British Columbia's young adult network was well represented with 7 young adults in attendance - a notable increase in interest from the younger generation to engage in hearing loss issues. With plenary speakers Jennifer Roland, Johan Hammarstrom and Michael Karagosian, a multitude of perspectives, information and inspiration was circulated to all hard of hearing Canadians. In particular, Karagosian's discussion on the future of accessibility tools for cinema viewing was of intrigue. As young adults, being able to interact and be an active participant in society is essential to living life to the max. With technological advances, there come political struggles - which include the cooperation of cinema theatres and production companies to implement the available accessibility features. Consequently, it is now up to the HOH community to take initiative and bind together in unity to ensure that all communicative strategies be kept and made more available as we move forward to fully accessible cinema.

The people by far, are the number one reason why we go to CHHA conferences. It is simply not because we share similar experiences, but rather, we find ourselves in an environment where we don't feel as 'different' as we do in our day to day lives. It is an opportunity to identify with others, and develop a supportive fellowship on which one can lean on for years to come. For instance, during breakfast we had the opportunity to listen to some older CHHA members which enabled us to gain insight as to how we can manage my hearing loss in the future. Such 'breakfast' experiences bring us a sense of hope and excitement for the future.

For us, the highlight of the conference was listening to Dr. Richard Pimental at the banquet. Tears of happiness, fits of laughter and touching moments conveyed by Pimental demonstrated that in spite of adversity, one can use their sense of humour, talents and resources to build a lifetime



of opportunities for themselves. After his hour and a half speech, there was a resounding applause from all attendees, and we distinctly recalled a few of the young adults commenting that he was able to successfully bridge the gap between the young and older generations.

The CHHA Executive Director, Snookie Lomow, had a town hall meeting that highlighted CHHA's new National fundraising initiative, Walk2Hear. More information is available on the CHHA website. CHHA has a celebrity spokesperson now, former NHL player Jim Kyte, who has a profound hearing loss. You can watch a promotional video of Jim on the website.

Lastly, the Canadian premiere of BC's episode 2 of HOHTV was received well during the banquet. Currently the podcast has garnered attention and support from all viewers, and is available on YouTube. It is anticipated that episode 3 will be released by CHHA-Calgary in the next few months. The young adults who attended expressed lots of interest in future endeavours for the young adults such as a leadership training session. As the YAN matures and holds its first election this summer, we will be looking at this as a large scale project to fundraise and hold. In the meantime, it is time to look forward to the 2011 Yellowknife Conference!

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Box 12132, Harbour Centre
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NEXT COPY DEADLINE

September 15, 2010

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



From the President...

As I write this, it has been a week since my Cochlear Implant surgery, which I have been told went very well. Now I wait for 6 weeks before the switch on. It is one thing to turn off the hearing aid when I want some peace and quiet but another when there is nothing to turn on. It certainly is a test of my speech reading skills when I meet with people. Groups...forget it! One on one is best.

My health has not been good this past year and unfortunately at the time of the AGM, I was not well. I should have passed the reins over to our VP to run the AGM; however, it is past and I need to let that go. We now have a new board that I am excited about. Some have remained (Marlene Witzke, Monique Guterres and myself). Michael Currie is on the national board so he asked to step down as VP but will remain and be our representative. Our new members include Sharon Davis as Treasurer, Nora McKellin as Vice President and Mark Schweinbenz, a representative from the Parents branch. We will sorely miss Janet Les, Dailaan Shaffer and Terry Walker and I thank them for their past services.

I did not attend the Sudbury conference this year due to the conflict of scheduling: Cochlear implant or Sudbury conference? While I sorely wanted to go to the conference, I've been waiting a long time for this CI so my decision was to stay. I heard from different sources the conference went well. We had good representation from the Young Adult Network (YAN) - seven were from BC and eight from other parts of the country. I heard too that Curtis Les, president of the Young Adult Network has been appointed to the National board as the YAN representative. Well done Curtis!

We had talked about running a walkathon in conjunction with other CHHA branches across Canada. However, this has been deferred for one year as the National Board found it was taking more time than they expected; instead they will do a pilot walkathon with 3 branches/chapters in Ontario. Once the bugs have been worked out, the drive will be on for the next year. I heard from Snookie Lomow, national office, that the conference attendees were enthused of this plan. More information can be found on the CHHA website – www.chha.ca and a walkathon group has been set up on Facebook.

CHHA National has developed a working group on the Disability Tax Credit. Dailaan Shaffer and Michael Currie are part of this group. CHHA is seeking a change in the definitions so that audiologists and physicians will sign off the application for more people. Other politicians and organizations are supporting this as well. This too can be seen on the CHHA national website.

At the BC AGM, the membership asked that we pursue representation within the College Board of Hearing aid Practitioners. This is in progress.

The Resource Centre apparently is now slowing down in their activities to date. There is a project in the works to incorporate Sound Sense, a program for Grade 5 students on hearing loss and awareness as created by Gael Hannan (Ont). More information will be provided on this but I am thrilled to hear it is coming to BC at last. There may be fewer staff at the RC as people take their holidays in the summer so we ask for your patience if responses to inquiries are slow.

Have a good summer!

Sincerely,
Leslee Scott
President, CHHA-BC



Leslee Scott

Resource Centre

By Trish McLeod

The past few months have kept us very busy in the Resource Centre, not only with our on-going projects but with some new ideas as well. Here's an overview of what's been keeping us busy;

New CHHA BC Brochures – We have now completed and updated the CHHA BC Brochures. Our objective was to make them easier to read and to provide more current information on what CHHA does and what CHHA can offer for the hard of hearing.

Managing Hearing Loss Classes – The Level II classes instructed by Maggie Dodd at the Resource Centre have now wrapped up for the summer. A Level III class will begin in September. Maggie Dodd is volunteering to teach a course at the Elder College in Chilliwack in the fall as well. If you're in the Vancouver area, the Vancouver Branch and the North Shore Branch also offer these classes and in Comox, on Vancouver Island, there is also a yearly class offered.

It is very exciting to see what a positive difference these classes make for all the participants!

Resource Centre Library – We are continuing to add to our library. You can now check out our web-site for a list of books and materials that are available for CHHA Members to take out.

The Wellness Show - We participated in the Vancouver Wellness show which took place on April 30th, May 1st and 2nd. Many thanks to all our volunteers from the HEAR Branch, the North Shore Branch, the Vancouver Branch, the Young Adults Network as well as the BC Balance and Dizziness Disorders Society for helping to make our participation in this possible. With over 300 exhibitors and thousands attending, it was great exposure for our organization.



Hospital Kits – The hospital kits and brochures have now been completed. Since our last article in the Loop we have had many requests for these kits to be sent out. Sharon

Perry has distributed 50 kits so far. CHHA Branches in Newfoundland, Yellowknife, Lethbridge, Chilliwack and Sudbury have received kits as well as individuals from Fort Francis, Ontario, Comox, Victoria, Abbotsford and Chilliwack. Don't forget to request one of these FREE kits if you or someone you know who is deaf/hard of hearing needs to go to the hospital!

Dr. Neil Bauman's Presentation - Dr. Bauman gave an entertaining, informative presentation in June in conjunction with the Chilliwack Branch, the North Shore Branch, and the HEAR Branch in Port Coquitlam. If you missed this workshop, we have his latest book "Keys to Successfully Living with your Hearing Loss" for sale on our CHHA BC website. You can also check out his web-site at www.hearinglosshelp.com.

Senior Centre Presentations – We are going into seniors' residences over the summer to help seniors become better informed about hearing loss and the use of hearing aids. It also is a good opportunity for the care workers at the homes to become more knowledgeable about the various topics related to hearing loss.

Sound Sense Program – We're working together with The Hearing Foundation of Canada to bring a program called "Sound Sense" to elementary schools outside the Vancouver area as presently the program is only available in Vancouver. This program, aimed at 6th graders, gives presentations about awareness and prevention of hearing loss. It is especially important for young people to understand the implications of hearing loss and how easy it is to damage their hearing. Hearing loss is becoming more and more prevalent in young people, often as a result of listening to music, i.e. iPods, at damaging levels. Education, therefore, is vital for prevention.

I also had the privilege of attending the National CHHA Conference which was held in June in Sudbury. It was very inspirational to not only hear so many rousing stories of people who have overcome incredible challenges, but also to gain more knowledge regarding various hearing loss issues and to meet many interesting people. You'll find more information from the Conference in this Loop issue. Attending the annual CHHA Conference is something I highly recommend all CHHA members to do at least once. You owe it to yourself and you won't regret it!

Have a wonderful summer.

Until next time,
Trish McLeod, CHHA BC Administrator

Stem cell experiment restores key cells in deaf mice

Vancouver Sun May 15, 2010

Stem cells can be coaxed into becoming the hair cells deep inside the ears that are destroyed in hearing loss, U.S. researchers reported recently in the journal *Cell*. The experiment on mice, done with two types of stem cells, raises the possibility of treating many types of deafness and hearing loss.

CHHA Chilliwack Bursary

By Sharon Perry

Sardis Secondary School graduate Dustin Theodore is the winner of the CHHA (Margaret Davis Memorial) Bursary. The award for \$550.00 was presented June 8, 2010 at the Awards, Bursaries and Scholarships Ceremonies. One hundred and fifty scholarships and bursaries with a total value of \$154,575.00 were presented to 177 Sardis Secondary School graduates. Dustin plans to attend Trade School to study to become an Electrician.

The Bursary is available to a graduate student who is Deaf or hard of hearing, lives in Chilliwack, and who is going on to University, College, Trade or Technical School.

Please contact the CHHA-BC Resource Centre for information on donating to the CHHA Bursary. A tax receipt will be issued by Chilliwack School District #33.



The Western Institute for the Deaf and Hard of Hearing (W.I.D.H.H.) has published an excellent booklet entitled

“Facilities with Assistive Listening Devices”

They have listed venues in Vancouver and area with the Assistive Devices that are available. For more information contact the CHHA-BC Resource Centre or WIDHH.com or WIDHH on Facebook.



Help Wanted

The CHHA-BC Resource Centre is looking for contact volunteers for each community in BC. The purpose is to let your name stand as a person who would talk to others in your community (by phone or e-mail) about hearing loss. Frequently we have inquiries from people in places where there is no CHHA Branch. They are often looking for information on supports, coping strategies, assistive devices and a wide variety of hearing related issues. Sometimes they just need a ‘listening ear’. We help them as much as we can through the Resource Centre, but many would like to connect with people in their own communities. We could ask you to call them, or we could give them your phone number so they can call you. We would provide all the support and information you would need. This concept is working well in places such as Kamloops. Who knows, maybe you might make a new friend.



If you like to help people, let us know. **Together we can make a difference!**



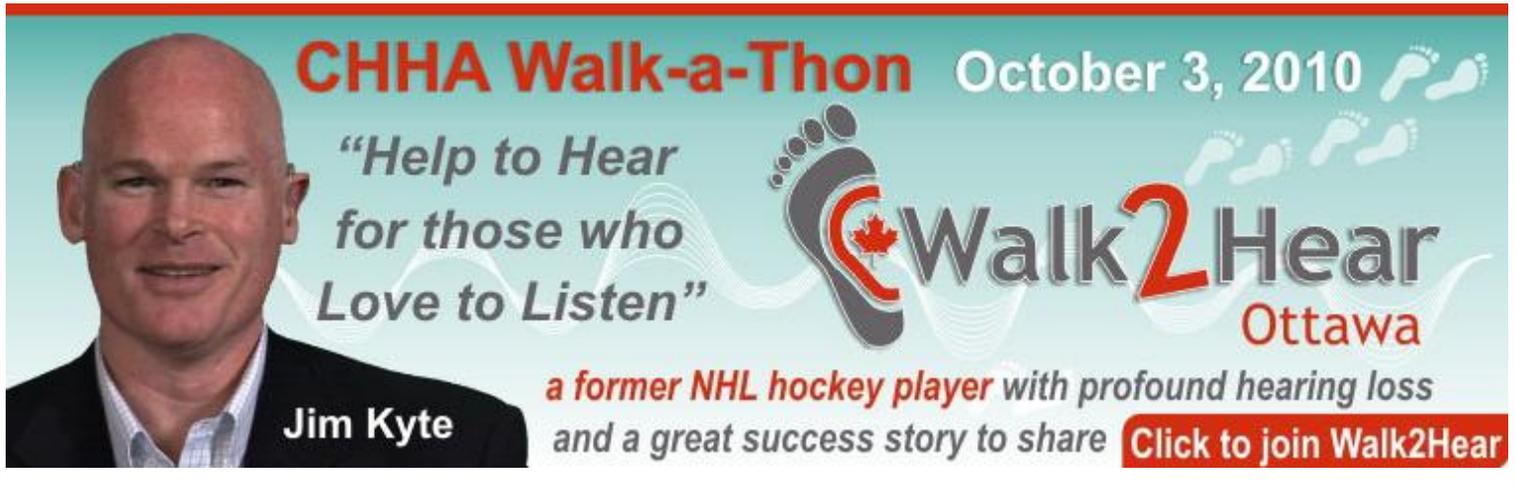
*“Do what you can,
where you are,
with what you have.”*

*Theodore Roosevelt
1858-1919*

26th President of the United States



CHHA National is holding a walkathon – Walk2Hear - in Ottawa.
Pledges can be made at chhawalkathon.dojiggy.com
The plans are to expand this program to include other cities in the future.



CHHA Walk-a-Thon October 3, 2010

*“Help to Hear
for those who
Love to Listen”*

**Walk2Hear
Ottawa**

*a former NHL hockey player with profound hearing loss
and a great success story to share* [Click to join Walk2Hear](#)

Diary of a Cochlear Implant: “Gift”

By Flo Spratt – reprinted with permission from the CHHA North Shore branch newsletter

Gift. Definition: something voluntarily transferred by one person to another without compensation.

It has been now one year since I have had my surgery for a cochlear implant. I still marvel at the chorus of sounds around me. The range of sounds I am now able to hear is so much larger. For example, this morning as I sat outside our rental cottage in Maui, I could hear the lowing of a mourning dove, and the chirping, calling, whistling and chattering of several types of birds, all at the same time! Even when I was inside with the windows all shut, I could still hear the birds. What a wonderful gift this hearing is.



Gift. That is what my hearing is to me. One of the most frequently asked questions I receive is, “Are you going to get a second cochlear implant?” That is a good question. After all, I have two ears. Having had two hearing aids for at least 35 years, I know the advantages of having two aids. In fact, I advocate buying two hearing aids, if it is within one’s budget. I asked my surgeon this question during our first appointment with him. His answer went something like this: “No, we are not able to give you two. We work within the budget given to us, and clearly it is better to give two people one cochlear implant than give one person two implants. We must live within our budget”.

So why I am happy with one implant and not wishing I had two? First, I am hearing better than I ever have, even when I had two hearing aids! Now I can hear people speaking in the distance, on a PA system, on the phone, in the car, even my dentist with his mask on. My one implant has given me access to what “normal” hearing people hear.

Second, I was given a gift. To think about this renewed ability to hear and its close ties to our health care system’s ability to give it to me is humbling. While I have two reasons for not desiring a second implant, I have one response for the one that I have received. Thank you! Thanks to my surgeon, thanks to the government, thanks to the people of Canada, and especially, thanks to the Lord of heaven and earth.

Member Highlight

‘PASS IT ON’ program suggested by Marlene Witzke

What do YOU do with your copies of Listen magazine when you have read them? Are they put in a pile, too nice to throw out? Well, here is a great idea from Marlene Witzke of CHHA Chilliwack. In this age of reduce, reuse, recycle, Marlene suggested we ‘pass on’ our copies of Listen magazine when we are finished reading them. It is such a good quality, expensive magazine that it SHOULD be shared. Who would you share it with? How about a friend with hearing issues, a senior in an Assisted Living complex, a Doctor’s office, your audiologist, the public library (maybe they would like to join), Leisure Centre, Senior Centre, a pharmacy or even take it with you when you travel and leave it with somebody. Marlene’s idea is to get them out in the community where they will be read and enjoyed by many.

Marlene joined CHHA-Chilliwack in 1992 and at various times has held all executive positions on our board. She first became aware of CHHA when Margaret Brown-Davis was speaking about hearing loss at a senior’s residence in Chilliwack that Marlene worked at. Because Marlene wears hearing aids, she was able to assist the residents

with their hearing aids and also with their hearing challenges. She advised them on what help was available, and also taught them self-advocacy. Marlene was also very involved with helping Bruce and Margaret Davis set up the CHHA Chilliwack Bursary for a graduating student who is hard of hearing. The Bursary is funded by donations from the Community (tax deductible) and this year is \$550.00. Marlene was asked by Maggie Dodd, the CHHA-BC President at the time, to help out at the new Resource Center that CHHA-BC was setting up in Chilliwack. Marlene worked three days a week at the Centre, and is still active with CHHA-BC as a board member, and with CHHA-Chilliwack.

We are very fortunate to have Marlene involved with CHHA. She has so many great ideas such as this one. So, when you are finished with this issue, please ‘PASS IT ON’. Thank you.

*Submitted by Sharon Perry
Projects Coordinator CHHA-BC, and Loop newsletter editor.
Photo of Marlene Witzke by Ludik Duran, CHHA-BC volunteer.*



"Are Diabetes Medications Ototoxic in the Long Term?"

by Neil Bauman, Ph.D.

A man asked: "I take Glyburide and Glucophage for Diabetes Type II. Is there any evidence that prolonged use of Glyburide or Glucophage XL is ototoxic?"

I have no information indicating that Glucophage is ototoxic, so you shouldn't have to worry about that drug.



Glyburide can be mildly ototoxic. It has been reported to cause tinnitus and dizziness in some people. However, if it is not making you dizzy, or making your tinnitus worse, then you likely don't have to worry about this drug either.

At the same time, don't let your guard down. Glyburide belongs to the class of drugs called Sulfonylureas, and other drugs in this class have reported ototoxic side effects such as hearing loss, tinnitus, ataxia, dizziness and vertigo. Since drugs in the same class tend to have the same side effects, it is still in the realm of possibility that Glyburide might also cause these side effects in some people.

If you notice any of these ototoxic side effects developing, talk to your doctor. You may want to consider switching medications if this happens.

To learn which drugs are (or can be) ototoxic, see "Ototoxic Drugs Exposed". This book contains information on the ototoxicity of 763 drugs, 30 herbs and 148 chemicals. For your copy, go to <http://www.hearinglosshelp.com/products/ototoxicdrugbook.htm>

Coping with hearing loss the right way, why we act the way we do!

Why is it that almost universally hard of hearing people typically use hearing loss strategies that do NOT help them understand conversations better? You would think that because of their hearing losses, hard of hearing people would instinctively employ coping strategies aimed at bringing success – but generally they don't. Why? The answer will surprise you.

CHHA North Shore branch, Coquitlam HEAR branch, and CHHA-BC jointly with CHHA Chilliwack recently invited Dr. Neil Bauman to speak about 'successful coping strategies'. Neil Bauman, Ph.D, a hearing loss coping skills specialist (and himself a lifelong hard of hearing person) explained exactly why we so often choose to employ poor coping strategies and how we can use strategies that bring success. His dynamic presentation was based on his new book "Keys to Successfully Living With Your Hearing Loss".



For more information visit Dr. Bauman's web site at <http://www.hearinglosshelp.com> or contact the CHHA-BC Resource Centre.

Deaflympics Set for 2015 in Vancouver & Whistler

From the Vancouver Sun March 2010

VANCOUVER
Deaflympics 2015

For the Feb. 2015 Deaflympics Winter Games, about 1,000 competitors and officials from up to 35 countries will come to Vancouver and Whistler to participate in five sports: curling, hockey, snowboard, alpine skiing and cross-country skiing. The competitors will not be allowed to use any kind of hearing aid or cochlear implant. All will have to submit to an audiogram to verify deafness. Sanctioned by the International Olympic Committee, the Deaflympics have become a quadrennial competition for the hearing impaired. Once called the 'Silent Games', the summer version has been around since the first was held in 1924 in Paris. The winter version started in 1949 in Austria. The Canadian Association for the Deaf estimates that there are about 310,000 culturally (profoundly) deaf people in Canada, and another 2.8 million who are hard of hearing.

For more information contact the CHHA-BC Resource Centre.

Anchor Court Reporting Program in Alberta in Limbo

By Colin Cantlie / Sandra German

In the first week of April, the administration of the Northern Alberta Institute of Technology (NAIT) proposed suspending 13 programs, which included the court reporting and captioning program. Some members at this meeting felt they did not have enough information to make an informed decision, so the vote on this motion was postponed until Friday, April 16, 2010.

News of the possible closure of the only publicly funded court reporting/captioning school in Canada spread quickly. During the week of April 12-16, 2010, the Alberta Shorthand Reporters Association (ASRA) initiated a letter-writing campaign in support of the court reporting program. More than 400 letters were received in support of the program from lawyers, judges, CART and captioning consumers, members of the hard of hearing and Deaf communities, court reporters, NAIT program alumni, firm owners, staff from disability offices, other provincial professional court reporting associations, and representatives of the National Court Reporters Association, to name a few.



On Friday, April 16, a peaceful support rally was organized by ASRA (Alberta Shorthand Reporters Association) and CHHA (Canadian Hard of Hearing Association) outside the NAIT Governors Boardroom, where the vote at the NAIT Administration Meeting was taking place on whether NAIT would suspend the 13 programs. This vote was turned down at that time, and the group decided to evaluate each program to be cut over the next six months on its own merits.

The court reporting and captioning program will continue in September, and the current first-year students will continue into a second year. Currently, the program has a full quota and a waiting list of prospective students registered to begin their first year in the program starting in September.

As a result of NAIT's restructuring, the program will have a new chair.

The NAIT Advisory Board Meeting originally scheduled for Friday, May 28, was postponed until the fall. As a result of this, ASRA scheduled a meeting of concerned program stakeholders for Friday, May 28, at an off-NAIT location. Members shared information, made recommendations, and planned further actions. ASRA is awaiting further information before deciding its next course of action. ASRA has offered to assist NAIT in any way to help in the restructuring transition, in program changes, and improvements for future success of the program.

HOW YOU CAN HELP - Sign the petition

On the CHHA National website (www.chha.ca) you will find a link to 'sign CHHA'S petitions today'. It is a petition to the Government of Canada asking them to keep the CART program of instruction in Canada (NAIT).

Ruth Warick: Elected President of the International Federation of Hard of Hearing People

Dr. Ruth Warick of Vancouver, Canada was elected President of the International Federation of Hard of Hearing People (IFHOH) at its BGM in Stockholm, Sweden on June 20, 2010. She becomes the ninth president of IFHOH and the third person from Canada to hold this office. Dr. Marilyn Dahl and Dr. Charles Laszlo previously held the office, and Canada holds the distinction of having the most number of IFHOH presidents of any country.

Carole Willans, Past President of CHHA, has been appointed Editor of IFHOH JOURNAL. Carole is the third CHHA member to fill the role of IFHOH JOURNAL Editor, a role formerly filled by Ruth Warick, and earlier by Marilyn Dahl.

Executive Committee 2010-13

- **President:** Mrs. Leslee Scott
- **Vice-Pres.:** Ms. Nora McKellin
- **Secretary:** vacant
- **Treasurer:** Mrs. S. Davis

- **Young People's Rep:**
Ms. Monique Gutierrez
- **National Rep:**
Mr. Michael Currie
- **Directors at Large:**
Mrs. Marlene Witzke
Mr. Mark Schweinbenz

Introducing Nora McKellin - New CHHA BC Vice President

Nora McKellin, MSW, RSW (BA, Sociology, UBC; MSW, Toronto) is currently a social worker for a 100 patient bed unit at Minoru Extended Care Residence in Vancouver Coastal Health Authority and a social worker at Surrey Memorial Hospital in Fraser Health Authority. Nora was a counsellor at the Alzheimer Society of Toronto for 2 years. She was also a social worker in Toronto at Mount Sinai Hospital and a member of the Mount Sinai Hospital's Accessibility for Ontarians with Disability committee. Nora has been a guest speaker for Canadian Mental Health Association and Faculty of Medicine in Toronto on Dementia, presented her research at National Association of Social Work on Health Care: Social Capital and Persons with Disabilities. Nora has had the opportunity to speak on various hard of hearing topics at the Canadian Hard of Hearing Association, Voice for Hard of Hearing Children, and Little People of Canada, UBC Equity Office and UBC Faculty of Medicine.



Nora was born in Toronto, Ontario, with dwarfism and bilateral severe to profound hearing loss and has had over 15 surgeries. Nora grew up in Vancouver, BC for 23 years and obtained her undergraduate degree in Sociology at the University of British Columbia in 2005 and her Master in Social Work at University of Toronto in 2007. Nora recently moved back to BC to spend more time with her twin sister and her two nieces and her family. Nora loves to Travel. In 2003, Nora attended University of Queensland as part of UBC exchange program. She has had many traveling adventures all over Canada, the USA and has backpacked across Australia twice and Western Europe.

Nora is also involved with CHHA Young Adults Network.

Deaf Friendly Cycling Vacations are offered by Summer Feet Cycling

By Sharon Perry

In 2010 two of their most popular tours will be led by trip leaders fluent in American Sign Language. Aug. 27-29 Exploring Acadia, Sept. 24-26 Sailboats and Summer Folk tours are offered for Deaf or Hard of Hearing adventurers. The tours will take place in Maine, USA. For more information <http://summerfeet.net/DeafBicycleTours.asp>

I contacted them because we had a cyclist ask if there was a fluorescent blue ear symbol that could be affixed to a jacket or helmet because, of course, he could not hear another cyclist or a vehicle coming up behind him. It's a huge safety issue. The response from Summerfeet was SKI BIBS. The cyclists on the above tours will be provided with a ski bib with the blue ear symbol and appropriate signage.

What a simple solution! We at the Resource Centre are looking into having them made and available for BC cyclists. We will keep you posted on the progress of this newest project.



A poster for CHHA BC Parents Branch Presents Family Weekend. The poster has a parchment-like background with a dark border. At the top, it says "CHHA BC PARENTS BRANCH PRESENTS FAMILY WEEKEND" in large, bold, black letters. Below that, it says "September 17, 18, and 19, 2010 | Friday - Sunday". A diagonal banner on the left says "New Venue". The main venue is "Timberline Ranch" located in Maple Ridge, BC. A list of activities includes: Fun outdoor activities, Make new friends, Comfortable accommodations, Swimming pool, Petting Zoo, Campfire Ring, Ping pong, air hockey, foosball, and Volunteer opportunities. At the bottom, there is a photograph of the Timberline Ranch building. Below the photo, it says "REGISTRATION FORMS ARE AVAILABLE AT: WWW.CHHA PARENTS.BC.CA" and "venue info: www.timberlineranch.com". At the very bottom, it provides contact information: "info@chhaparents.bc.ca (604)819-5312".