



Canadian Hard of Hearing Association British Columbia Chapter

#216-9181 Main Street, Chilliwack, BC, V2P 4M9
604-795-9238, 1-866-888-2442, info@chha-bc.org

The Loop Newsletter

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This Issue

Message from the President	P.1
Articles & Resources	P.2
Branch Updates	P.3
Get Found in the Hearing	
Loss Crowd	P.4-5
CHHA-BC Public Forum	P.6-7



Message from the President

A message from Dr. Marilyn Dahl, President of the CHHA—BC Chapter

There is a great deal of activity stirring in CHHA-BC at present. Much of this relates to various projects and events which are in their development phase; others to ongoing activities.

One major task for the Board has been the updating and revisions of the CHHA-BC Bylaws, in preparation for our transition under the new Societies' Act in B.C. The revised bylaws have gone out to the membership and have met with approval. They will next be submitted to the membership at the Annual General Meeting on June 2nd, for formal acceptance.

Another ongoing task is the supervision of the Online Hearing Loss Mentoring Program. We will hold our second annual mentor training workshop in late May, when five new mentors will be trained. The workshop will also serve as a refresher session for the present three mentors.

Work is also underway by a committee comprised of members of the board and representatives from Simon Fraser University. We are preparing the program for a free public Forum on Hearing Loss and Healthy Aging. The theme of the program is "Hearing Loss is Everyone's Affair" This is a "do-not-miss" event; it directly precedes our AGM. You will want to be there, so please register soon at the website found elsewhere in this edition of the LOOP. The event has been advertised to the entire SFU subscription list in their 50+ Liberal Arts Program, and will be, for many, their first introduction to the use of CART and a group assistive listening device. That, in itself, is exciting. *(Continued on page 2)*

NOTICE OF ANNUAL GENERAL MEETING AND FREE PUBLIC FORUM

The Annual General Meeting
of CHHA-BC Chapter
will be held

**Saturday, June 2, 2018
from 4- 5 pm**

in the Fletcher Challenge Room
of Simon Fraser University,
Harbour Centre,
515 West Hastings Street,
Vancouver B.C.

A major item on the agenda
will be the acceptance of new
bylaws, in preparation for
transition under the new
Societies Act of BC.

The AGM will be preceded by a
public forum on hearing loss
and aging, "**Hearing Loss is
Everyone's Affair.**"

See pages 6-7 of the newsletter
for Forum details



Canadian Hard of Hearing Association British Columbia Chapter

(Continued from page 1) CHHA-BC recently had opportunity to contribute an editorial column on hearing loss for BC Seniors Newsmagazine. The request went originally to the national CHHA office, so we collaborated with them on producing the article, with a view to raising awareness of CHHA and its provincial arm, CHHA-BC, as well as the work of the local Branches. Look for this in the May issue of B.C. Seniors Newsmagazine.

As President, I have great appreciation for the work of the members of our Board of Directors, who all contribute to our progress. After our board meeting on Saturday April 14th, our board was honoured with a volunteer appreciation lunch. Our thanks to CHHA-BC Chapter, for this event.

Three of our Chapter board members are also Presidents of their local Branches, so do double duty for CHHA-BC. The Youth Peer Support Program continues to flourish. The Resource Centre staff is busy with the development of the Chilliwack-based New Horizons project. These are exciting times for CHHA-BC.

Articles & Resources

The Joys of Noise-Cancelling Headphones

by Shari Eberts (taken from hearingtracker.com)

"I love to travel, attend concerts, and live sporting events, but as my hearing loss has worsened, I have become more sensitive to loud sounds. More frequently, the aftermath of a plane flight or visit to a stadium was a long bout of tinnitus and sometimes, even vertigo. It just wasn't worth it, until I discovered noise-cancelling headphones. I wear them almost everywhere now – on airplanes, at the movies and of course at any concert or loud stadium. Not only do they protect my hearing in the moment, they prevent days of pain and annoyance afterwards..."

READ MORE: <https://bit.ly/2HoSNYf>

Miss Sherlock Figures Out the Sounds

by Gael Hannan (taken from Hearing Health Matters: The Better Hearing Consumer)

"We're driving through Oregon, returning home to Canada after two months of touring southwestern United States in Flag, our fifth wheel. Rain starts to plop on the windshield. I've always heard rain, but on a highway at high speeds, the sound mixed with other road noises and wasn't always distinguishable. But today I heard the distinctive 'plops' and then I noticed another, higher, tinkly sound. My hearing aid (left ear) and my sound cochlear implant sound processor (right side) were delivering the raindrops in two different frequencies – lower on the left, higher on the right. Once I figured it out, the sensation was delicious, different, tinkly. I felt proud – I heard this!" **READ MORE:** <https://bit.ly/2J0v8uk>



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Branch Updates

- CHHA-BC Chapter will be hosting a series of sessions entitled “Seniors Talk About Hearing Loss.” This new project is funded by Employment and Social Development Canada through the New Horizons for Seniors Program. The next session will be on Wednesday, May 9th from 10:30am – 12:30pm at the Chilliwack Library (45860 First Avenue, Chilliwack). The session is open to the public; light refreshments will be provided. For more information, please contact the CHHA-BC Resource Centre by email: info@chha-bc.org or by telephone: 1-866-888-2442.
- The CHHA BC Youth Peer Support Program hosts its second BC Buddies event of the year on April 28th. This month’s activity is laser tag! To read the YPSP’s report on their February event visit: <https://goo.gl/jpPujM>.
- CHHA Vancouver Branch hosted a Cochlear Implant information event with guest speaker Dorota Simpson, Engagement Manager with Cochlear Canada. Dorota shared her personal journey with her son Lukas, including becoming a cochlear implant recipient, at a CHHA Vancouver meeting on April 18th. She interspersed her talk with video clips and audience participation as well as demonstrations of the latest technology including a cool CI cover to allow wearing in the water. She discussed issues such as using the cochlear implant with an iPhone. Audience participants shared how they were able to enjoy music and hear sound once again; one person even said she heard sounds better with her cochlear implant than her hearing aids. The session was attended by close to 20 participants. Ms. Simpson, who resides in the Toronto area, also gave sessions at other venues.



Dorota Simpson addresses attendees of the Cochlear Implant Information Event.

<p>CHHA BC Youth Peer Support Program Email: chhabcypsp@gmail.com Website: http://www.chha-bc.org/youthpsp/</p>	<p>Abbotsford Branch Email: abbotsfordretiree@gmail.com</p>
<p>CHHA BC Parents’ Branch Email: info@chhaparents.com Website: http://www.chhaparents.com/</p>	<p>Comox Valley Branch Email: cvhardofhearing@gmail.com</p>
<p>North Shore Branch Email: chha_nsb@telus.net Website: http://www.chha-nsb.com/</p>	<p>HEAR Branch (Coquitlam) Email: anna.r.bernard@gmail.com</p> <p>Vancouver Branch Email: chhavancouver@gmail.com</p>



Canadian Hard of Hearing Association British Columbia Chapter



Get Found in the Hearing Loss Crowd

By Gael Hannan

Gael is a writer, humorist, hearing loss advocate, and volunteer on the CHHA-BC Board of Directors.

Last week, I did a presentation at a hearing health fair in Victoria, BC.

The popular event by Broadmead Hearing has been running for nine years. Free of charge, people can talk to manufacturers of hearing aids and assistive technology, as well as organizations that offer other hearing-related services such as counseling, job support, speechreading, etc. Throughout the morning, there were half-hour presentations on issues such as tinnitus, what's new in technology, the impact of hearing loss on our lives, and my offering, something along the lines of *you're-not-the-only-one-going-through-this-OK?*

There was no free lunch or prizes such as a set of upscale hearing aids a trip for two to Paris, yet hundreds of people came and went through the day. What *was* free was exactly what the participants wanted and needed: information – good, firsthand information from *them that knows* such hearing professionals and the companies that make the technology we depend on.

Most important, in my opinion, was the opportunity to hobnob and chat with other people who have hearing loss. As I walked around openly staring at people, it was clear that many of them had brought someone along for moral support. Or maybe a last-ditch, desperate attempt by a spouse to convince his or her partner to *please, please, please* do something about your hearing. Or I'm leaving you.

There were also senior lady friends dressed up for tea at the Empress after they took spin around the hearing aid booths. This sort of outing is becoming more common these days, I'm guessing. "Yo, Cynthia, fancy a look at the latest hearing aids and then go for a beer?"

But it was clear that complete strangers were also sharing information. I saw and (partly heard) an interaction between two men talking to a hearing aid representative over a display of the company's hearing aids. What follows is my best shot at what I heard. OK, I added a bit of stuff and I have also protected the name of the hearing aid in question.

Mr. X (to the manufacturer rep behind the table): I wear one of those.

Rep: Do you? That's great. Which one?

Mr. X: Um, I forget...this one. (He pulls it out of his ear.)

Rep: Oh yes, our PowerEar2 model. Do you like it?

(Continued on page 5)



Canadian Hard of Hearing Association British Columbia Chapter

(Continued from page 4)

Man: Not really, no.

Rep: I'm sorry to hear that. What's the problem?

Man: Well it was expensive, but it just doesn't seem to work as well as it used to.

Mr. Y (who's been listening in): You don't like it, eh? The woman who lives down the hall has the same one but she's always grumbling about it, and now *you* say it doesn't work very well....

Rep: Let me see it. (He calls an audiologist over to look.)

Audiologist: Oh hi, Mr. X! Oh...when was the last time you changed the wax guard?

Man: You changed it for me the last time I saw you.

Audiologist: But Mr. X - I haven't seen you in months!

Mr. X: I have to change them that often?

Mr. Y: You have to change it often? Change what? Is it difficult?

Rep produces fresh wax guards and the Audiologist demonstrates to Mr. X and Mr. Y how to change the guard. Mr. X puts the hearing aid back in.

Mr. X: Oh goodness, that's *much* better. Like new

Mr. Y (to Rep): How much does this cost.....

And there you have it, an *almost* accurate reconstruction of a positive interaction between consumers and professionals. Hearing health fairs, lectures on hearing loss, speechreading courses, conferences - all of these put people in the company of others who have valuable experience to share. Don't be lost on your own, get found in a crowd.

This article is used by permission from HearingHealthMatters.org.

CHHA Vancouver Walk2Hear

CHHA Vancouver Branch invites you to their 8th annual walk/run to raise awareness and funds for hearing loss. Hearing loss affects one in five people and, without proper technology and supports, can lead to isolation, loneliness and negative impacts.

Walk2Hear will be held **Sunday, September 23, 2018**
at **Jericho Beach Park, East End.**

The meeting place is between 2nd Ave. & Wallace St.
Registration between 1:00pm and 1:30pm. Walk begins at 1:30pm.

A website to register will be set up in June; details to come. For more information, please contact Walk2Hear organizers by sending an email to: chhavancouver@gmail.com





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YOU ARE INVITED
TO A FREE PUBLIC FORUM

“HEARING LOSS IS EVERYONE’S AFFAIR”

**Saturday, June 2, 2018
from 12:00 pm - 3:30 pm**

Fletcher Challenge Room
Room 1900, Main Floor
Simon Fraser University,
Harbour Centre
515 West Hastings Street
Vancouver, B.C.

Registration is encouraged at
<http://chha-bc.org/forum>
or mail to

#216-9181 Main Street, Chilliwack, B.C. V2P 4M9

For information contact:
Email: info@chha-bc.org
Phone: 604-795-9238
Toll free: 1-866-888-2442

**Sponsored by the Canadian Hard of Hearing Association - BC Chapter
In cooperation with Simon Fraser University Gerontology Research Centre**

CHHA-BC Annual General Meeting will follow from 4:00 pm - 5:00 pm
in the Fletcher Challenge Room



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HEARING LOSS AND HEALTHY AGING: “HEARING LOSS IS EVERYONE’S AFFAIR”

Hearing Loss is the third most common disability in Canada. Chances are you either have a hearing loss yourself, or know someone who does. When a person lives with hearing loss it affects not only oneself, but family and friends. Relationships become strained; isolation results. More than that, there is increasing evidence that those who have hearing loss may be at increased risk of declines in cognitive and physical health.

In this session, we will learn about approaches to optimize health and wellness that can be adopted by individuals who have hearing loss and their family and friends. We will learn about self-management of health issues and the use of new technologies to improve health and communication.

Four experts will present:



Gael Hannan, internationally renowned writer, performer and humourist on hearing loss issues, who has a hearing loss. She is a member of the board of the Canadian Hard of Hearing Association - B.C. Chapter and the author of the book “The Way I Hear It: A Life with Hearing Loss.”



Nancy Newall, Assistant Professor in Psychology at Brandon University and a Research Affiliate with the Centre on Aging at the University of Manitoba. Nancy’s research focuses on loneliness and social isolation and how these experiences affect the health and well-being of older adults.



Kathy Pichora-Fuller, Professor in Psychology at the University of Toronto, and Adjunct Professor of Gerontology at Simon Fraser University. She also holds a M.Sc. in Audiology and Speech Sciences. She is the hearing expert for the Canadian Longitudinal Study of Aging and a member of the sensory-cognitive-communication team of the Canadian Consortium on Neuro-degeneration in Aging.



Gurjit Singh, Adjunct Professor in Psychology at Ryerson University, and an Adjunct Lecturer in Speech Pathology at the University of Toronto. He is a clinical audiologist and also holds an M.A. in social psychology, a PhD in cognitive psychology with a specialization in aging.

There will be an interactive talk back session following the presentations. Assistive Listening System and English Realtime Captioning will be provided.

This free event is sponsored by the Canadian Hard of Hearing Association - B.C. Chapter in cooperation with Simon Fraser University Gerontology Research Centre.

Please register in advance as space is limited. To register for this event and to read more about the topics being presented, please visit <http://chha-bc.org/forum>