



THE LOOP

Canadian Hard of Hearing Association
British Columbia Chapter

Issue 45 - Summer 2011

Diary of a Cochlear Implant: “Hearing In Noise”

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

Recently I visited Susan, my audiologist who continues to service my hearing aid for my right ear. The right ear continues to use its cochlea, albeit a much damaged one. Often I am asked why I use a hearing aid in that ear since I cannot process speech with it, even with a powerful aid. I plan to answer that question in the next issue.

I would like to tell you about my visit with Susan. Susan has been my audiologist for many years. She was the first to detect each drop in my hearing, and when, about four years ago, I could no longer cope well, even with extra technology and coping strategies, she was keenly aware that I was reaching the end of the solutions in her “toolbox”, so to speak. And it was Susan who referred me to St. Paul’s for an assessment for an implant. It is now two years ago that my surgery for a cochlear implant took place. And, as they say, the rest is history!

I don’t need to see Susan very often, now that my implant is doing most of my hearing for me. The clinic at St. Paul’s services my speech processor and issues related to my implant. But when my hearing aid for my right ear needs attention, Susan takes care of that.

When I met with Susan, she said she had been reading my journal articles in this newsletter, and then expressed her joy that I now hear so well. It was a most touching moment, as we acknowledged how the story of my life has been so radically changed.

My visit with Susan opened my eyes to something I believe we hard of hearing people do not always appreciate. Our audiologists work in this field because of their keen abilities and desire to help us hear. They want to solve our hearing problems!

It is without a doubt that audiologists hold very challenging jobs. Every day there are a variety of problems and unique issues that each client, hoping for a perfect solution, brings. Yet, we know too well that no hearing aid will bring back perfect hearing. And then there’s the grief that comes when a client realizes that more hearing is lost. Our audiologists often witness that pain, and know that living with hearing loss often affects one’s ability to stay connected to friends, family and community.



Can you understand how my life story affected my audiologist? I am convinced that every audiologist is thrilled when their clients live more satisfactory lives because of the technology for hearing that is now available. After all, that is their goal in their work. And to realize that their careers are focused on making our lives truly a joyful experience is an awesome thought.

May I ask, “Have you thanked your audiologist recently?”

Til next time,
Flo

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NEXT COPY DEADLINE

September 15, 2011

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



From the President... Annual Report

It has been a busy year for the CHHA BC office with their ongoing telephone and email inquiries, requests for hospital kits and other information needs, developing the Loop newsletter and new website, people walking in for information and hosting a speech reading program. Trish McLeod our former office administrator left seeking full time employment; Susan Wiebe stepped into her role and was totally engulfed into the goings on at that office, including the just-started planning for the annual Walk2Hear 2011. It has been quite the learning curve for her. Unfortunately, throughout the past year, I was not well and had other personal commitments to attend to and was not able to do much for CHHA BC. With a new board, it was difficult for anyone to step in so we proceeded as well as we could. Nevertheless, a few things were accomplished this year at the office with thanks to the BC office's efficiency.

Several staff and board members represented CHHA BC at the CHHA National conference in Sudbury last year. This summer, CHHA BC will be represented again at the Yellowknife conference with some paid by CHHA BC and others paying their own way. I'm happy to hear that BC tends to have the largest member delegation at these CHHA conferences. The CHHA BC office assisted CHHA National with their petitions by informing our members by email, putting the information into the Loop and onto our website. Petitions were sought for bringing captel services to Canada and for amending the disability tax credit to benefit more hard of hearing people. Peter Julian, MP, is still working on the latter. We developed a concept of a pilot project upon request from Klein and Lyons, lawyers representing the Ear Bank in a class action suit. We were fortunate recipients of a grant to redesign the speech reading program, teach new trainers in BC and support several pilot classes. This project may proceed within the coming year.

The Walk2Hear has been the predominant focus of the 2nd half of the year where we will join with several other groups across the country in the walk on Sept 24th. My gratitude goes to Marilyn Dahl of the CHHA Van branch for chairing and carrying much of the load of organizing the walk. There will be two groups walking to date, CHHA Van and CHHA BC. The YAN will too be walking but will be pooling their money under CHHA BC; they will receive their final amount at the end of the calculations. If others wish to participate in raising funds and walk, we welcome you. We also seek more volunteers as there are many interesting tasks to be done and we would welcome your participation in helping with them to make the walk successful. Spreading the tasks among more people helps to lighten the load for those currently overworking now. Even if you decide not to walk, you can volunteer for the day and join in the fun of the day.

Lastly, I regret to announce my resignation as president of CHHA BC during mid-term for personal reasons. It has not been an easy decision to make but one that is for the best for the organization and for me. It has been a pleasure to work on behalf of BC residents and I am grateful to
(cont'd on page 3)

(cont'd from page 2)

and impressed by the work of those volunteers who inform and support the consumers and professionals in the communities and in general work for the betterment for people who are hard of hearing. In my mind, this is what CHHA is about; to support and educate one another and to pass on the supports to those coming behind us. Through newsletters, information sessions, ongoing meetings with guest speakers, representing the hard of hearing at trade shows or other events, or just supporting one another, CHHA branches and Chapter reach out to those who are now like we were when we first began with CHHA.

Nora McKellin, VP for CHHA BC, has agreed to step in. As a relative newcomer to CHHA BC, she will proceed first by acquainting herself more of the organization. Your support will be appreciated. All inquiries for Nora may be sent to the CHHA BC office to be forwarded at this time.
Sincerely,

Leslee Scott
President, CHHA BC

Announcement

The University of Victoria, Centre on Aging, has just launched a new online program for BC residents with chronic conditions. This free 6 week program is the online version of their evidence-based Chronic Disease Self-Management Program. Participants can register at www.selfmanage.org/onlinebc
For more information, call toll-free 1-866-902-3767 or in the Lower Mainland call 604-940-1273 or selfmanagement@eastlink.ca

Interesting Request from Canadian Living Magazine

Recently we were contacted by a freelance writer who is preparing an article on 'hearing' for Canadian Living Magazine. Hugh Hetherington (CHHA North Shore Branch) has kindly agreed to try to answer some questions.
Thank you, Hugh!

By Susan Wiebe, CHHA-BC Administrator

After an unusual and longer than normal winter, we have finally "Sprung into Spring"!

Our Speech Reading Thursday classes, with Maggie Dodd heading, are still continuing, as the previous dreary weather keeps folks happy to come into the offices and contribute to discussion and socialize.

A true experience was following Maggie to the University of the Fraser Valley where she taught Speech Reading for six weeks to a class of elderly, hard of hearing. After much applause, she was asked to repeat these classes again.

We are very fortunate to have two new volunteers. Carolyn Berkiw and Bertha Dewan. These ladies and their very welcome hands assist us with data input, loop co-ordination and distribution as well as keeping the office sparkling.

The WALKATHON, is up and running with Marilyn and Gonzalo as tough task masters!

We continue to have folks cross the threshold requesting info and assistance regarding telephones, hand held devices and general hearing concerns.

Our Hospital Kits program is in demand more than ever. This project keeps Sharon Perry on the run with many, many requests. To date, we have assembled 223 kits and have distributed 170 kits.

Mainly, at this time of year, we are busy organizing the AGM and looking forward to visiting with old friends and meeting new ones. We often email a number of you, daily, but rarely get the opportunity to meet and place a face to the name. We invite each of you to make yourselves known, so that we can say a special HELLO!!!

Reminder

Please advise the BC Resource Centre and also CHHA National if your contact information changes. Our lists are confidential and will only be used for CHHA matters. Thank you!

How to Register for Walk2Hear



Walk2Hear 2011 website is now open for registration. To register, go to www.chha.ca/walk2hear/ and follow the directions to the CHHA BC CHAPTER and CHHA VANCOUVER BRANCH sites. There you will find specific steps to register for the walk.

If you are not familiar with using the web or email, you can still participate – there are printed forms available, to register for the walk, to pledge support for a walker, and to volunteer to help with the work before the walk. Just phone or write to the CHHA BC Resource Centre for that information. Their address and phone numbers are found in THE LOOP.

Please note that there are various things which you can do to support and participate in our first walkathon. These are:

1. **You can register to walk.**
2. **You can encourage family and friends to walk with you.**
3. **If you cannot walk, you could ask a family member or friend to walk on your behalf.**
4. **You can volunteer to help with the work which needs to be done in advance of the walk.**
5. **You can support walkers, and you can reach out to potential sponsors, to support you in the walk.**

As well, we are asking you to let us know of possible sponsors for the walk. Please contact the CHHABC Resource Centre with this information, and it will be passed on to the committee.

The 4 km walk site is the beautiful Jericho Beach Park area, through its wooded trails and beach walk, and along Locarno Beach. The opening event is at 9:00 am, with a closing program at 11am.

If you have questions, please contact the CHHA-BC Resource Centre, or email chhavancouver@hotmail.com or marilyndahl@telus.net

CHHA YAN Walk2Hear Walkathon

CHHA Young Adults Network (YAN) has received agreements from the CHHA Ontario and CHHA British Columbia Chapters to participate in the CHHA Walk2Hear Walkathon! This is a great way to network and fundraise for an awesome cause.... the CHHA YAN!

How this works:

- The YAN can use the Ontario/BC Chapter Walk2Hear Webpage to register as individuals or team walkers (up to 6 people).
- You must register as a CHHA YAN Member, or a CHHA YAN team. Members **MUST** register as follows: -Name of the Person plus CHHA YAN (i.e. **Gonzalo Rodriguez, CHHA YAN**, or the name of the team plus CHHA YAN). This will make it easy to recognize that you are walking as part of the YAN, and for people to make pledges for you (or your team).

.... then...

- When you register for a walk, you will automatically receive your own website to collect online pledges. This will make it easy to keep track of your donations slated to the YAN Network (again, you must identify yourself as a YAN walker properly!)
- Individual walkers receive a free t-shirt and need to pay a \$20.00 registration fee.
- Teams will also receive free t-shirts and will only need to pay a \$100.00 registration fee.

...Example of how a team works:

- Last year Kimmy Henessey from Kingston walked in Ottawa with some friends. She registered as CHHA Kingston under the CHHA Ontario page and paid \$100.00 registration fee. Each member of her team got a t-shirt and a personal webpage to indicate how much they raised! (Therefore, if you're living in a different city, you can still participate in the fund-raising process!)

.. and finally, any interested walkers should:

- contact the Walkathon Project Coordinator Gonzalo Rodriguez (grodriguez@chha.ca) or Monique (president@chha-yan.ca) for more information, or on how to register.

I highly encourage everyone to take a part in this initiative, last year in Ottawa's Walk2Hear Campaign, they raised approximately \$58,000! How's that for incentive?!?

Hearing Loss Is Common in People with Diabetes

*U.S. Department of Health and Human Services NIH
News National Institutes of Health*

June 16, 2008

Hearing loss is about twice as common in adults with diabetes compared to those who do not have the disease, according to a new study funded by the National Institutes of Health (NIH).

"Hearing loss may be an under-recognized complication of diabetes. As diabetes becomes more common, the disease may become a more significant contributor to hearing loss," said senior author Catherine Cowie, Ph.D., of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), who suggested that people with diabetes should consider having their hearing tested. "Our study found a strong and consistent link between hearing impairment and diabetes using a number of different outcomes."

Diabetes may lead to hearing loss by damaging the nerves and blood vessels of the inner ear, the researchers suggest.

For the full article and related web-sites go to <http://www.nih.gov/news/health/jun2008/niddk-16.htm>

Report from Science Daily, web address:

<http://www.sciencedaily.com/releases/2008/06/080616170837.htm>

Report from Medical News Today web address:

<http://www.medicalnewstoday.com/articles/111776.php>

"A FRIEND IS ONE WHO
STRENGTHENS YOU WITH PRAYERS,
BLESSES YOU WITH LOVE AND
ENCOURAGES YOU WITH HOPE."

Personal Stories Teach Lessons

*An interesting item forwarded from Ruth Blackburn
at WIDHH*

Parents and educators often look to books to help them overcome hurdles throughout a child's development. Sometimes these books hit the mark to help through potty training, learning appropriate social boundaries or dealing with the death of a beloved pet. Other times, elements of the book don't apply to the individual child or the subject matter simply doesn't exist in a book for children, many special needs families are acutely aware of this.

Personal Child Stories never misses the mark, because each book is written specifically for your child, using their name, their pictures and their situation. Created by a mom working through issues with a special needs child, the Personal Child Stories are intended to be self esteem building tools that aid in social emotional understanding and emotional intelligence - perfect for use at home or in the classroom.

Since each book is written from scratch, any subject matter is open. There are the popular books that apply to just about any child like "We Love You Just The Way You Are", the Counting Book for early readers (available in 3 languages including American Sign Language) or more complicated, personalized books about dealing with a developmental disability, or family issues like a half sibling leaving to spend time with their other parent.

Every page is laminated in heavy duty lamination (5 MIL), so they can easily be colored on and wiped clean. Their heavy duty nature makes them very durable, so babies, toddlers and special needs children who can be tough on books will have to work extra hard to destroy their Personal Child Stories book!

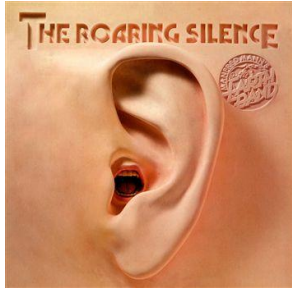
Additional information about Personal Child Stories can be seen at www.personalchildstories.com Shara Lawrence-Weiss personally writes and produces each book herself. If you'd like to discuss a book with Shara, please contact her at 602-430-5808 or info@personalchildstories.com.

Waiter! There's a Yawn In My Ear.....

By R. Scott Secord

How many of you can remember the haunting cadence of this Manfred Mann song back during the progressive rock era of the late 1970's?

I was at a frat party at Western, when I first heard this piece, and like a melody that you can't get out of your mind, I too succumbed to the alluring hypnotism of Mann's music. So, are you still having difficulty



recalling the song -- "*Waiter, there's a yawn in my ear*"?

Okay, here's one more clue; "Miami Vice". This was the time when Joe Clark was prime minister (1979-1980), and Jimmy Carter was president. This was the pre-AIDS / pre-recession era of

casual everything, freewheeling spending, and when gold was \$800 an ounce, and "Art Deco" was *de rigueur*.

So, here I was at this party, bobbing my head in cadence to this song, when I leaned over to a friend and said, "Y'know.... it's too bad I can't hear any of the words.". She promptly whispered back, "That's because there **aren't** any words to the song!!".

"Oh!....", I replied sheepishly, realizing that Bonnie must be thinking I had too much to drink that night or something. I also realized something else that night as well. **I was not wearing hearing aids.** In fact, it would be another three years before I decided to purchase my first hearing aids.

However, as soon as I became the proud owner of hearing aids, my life decidedly took a turn for the worse... or so it had seemed to me back then. I now regarded myself as being physically and perceptually *different* than everyone else. I was both right and wrong in my self-assessment! Perceptually, I was a "new man"! However, physically I was experiencing difficulty dealing with the perceived stigma. I had not yet developed the coping skills to permit me to function normally. Dating women was a particular challenge. Unlike some women with long hair, I could not hide my hearing aids. So I was often met with curious stares on my first dates. By then I had created a heroic story about being a CSIS agent with declassified eavesdropping technology. Of course, whenever I didn't particularly care for my date, then I didn't really care about being thought of as weird!

Speaking of stories, here's a cute story that happened a while back. I was in the checkout line at a Safeway in Victoria. As I was unloading my basket, a mother and her 5 year old (a guess), daughter was next in line behind me. Then the little girl pointed to my head and asked me, "What's that in your ears?". Without a second thought, I turned around and replied, "It's bubble-gum!".

"Wow! Mommy, can I get bubble gum?", she said.

Meanwhile, I winked at the mother and quickly noticed that her face was turning beet red with embarrassment.



Senior Codes Kids have their texting codes...like BFF, TTYL, etc to speed up communication. Here are a number of codes you can use when you e-mail seniors:

ATD - At the Doctor's

BTW - Bring the Wheelchair

CBM - Covered by Medicare

FWIW - Forgot Where I Was

GGPBL - Gotta Go, Pacemaker Battery Low

IMHO - Is My Hearing-Aid On?

LOL - Living on Lipitor

OMMR - On My Massage Recliner

TTYL - Talk to You Louder

WTP - Where's the Prunes

BFF - Best Friends Funeral

BYOT - Bring Your Own Teeth

CUATSC - See You at the Senior Center

FYI - Found Your Insulin

GHA - Got Heartburn Again

LMDO - Laughing My Dentures Out

LWO - Lawrence Welk's On

ROFL...CGU - Rolling on the Floor Laughing...Can't get Up!

WAITT - Who Am I Talking To?

WWNO - Walker Wheels Need Oil

Hope these help... GGLKI - Gotta Go, Laxative Kicking in!

Vehicle Visor Cards

The BC Resource Centre has a supply of Dr. Neil Bauman's Blue Ear Vehicle Visor cards available.



The purpose is to help communicate with the police if you are stopped and cannot hear the instructions.

Please contact the Centre if you are interested in ordering one. View the card and the leaflet at Center for Hearing Loss Help: www.hearinglosshelp.com.

EARTHQUAKE

Do you realize that there were over a dozen Earthquakes on the southern BC Mainland and over 80 on or near Vancouver Island during the last 30 DAYS !!

*How ready
WILL YOU BE
when the
BIG ONE HITS!*

*THINK ABOUT IT AND BE PREPARED
Remember it's up to you.*

*Submitted by Bruce Davis, May 16, 2011
Source: Natural Resources Canada
www.nrcan.gc.ca*

Hospital Kits Project

*By Sharon Perry
Projects Coordinator, CHHA-BC*

CHHA-BC has prepared Hospital Kits which are intended to help ease the communication challenges that a Deaf or Hard of Hearing patient might encounter when going to the hospital.

The need is certainly there - we feel that there will be a great demand for this type of package.



The kits contain some necessary communication tools including

- pen and paper
- communication cards
- a special needs card
- information brochures
- small blue ear stickers for patient charts, wristbands, and the intercom in the Nurse's Station
- instruction for how to safely store the hearing device in the provided small plastic bag
- a blue ear pin
- a very large laminated Blue Ear sign with poster strips to attach to the wall above the bed or on the door - 'I am Hard of Hearing' on one side and 'I am Deaf' on the other side.

We have prepared a brochure 'Are you DEAF or HARD OF HEARING and going to HOSPITAL?' with information and suggestions.

We hope to distribute these kits through local hospitals, perhaps the hospital gift shops, as well as senior's assisted living and extended care facilities.

We feel very strongly that this project is vital, and that the kits should be distributed as soon as possible.

They are available at no charge through the CHHA-BC Resource Centre in Chilliwack. For more information please contact us.

Assistance Dogs

Lions Foundation of Canada provides Dog Guides to Canadians with medically and physically limiting disabilities through three specialized Dog Guide programs.

CANINE VISION CANADA
HEARING EAR DOGS OF CANADA
SPECIAL SKILLS DOGS OF CANADA

Lions Foundation of Canada Dog Guides does not receive any government funding and provides Dog Guides to qualified applicants at **no cost**.



The *Purina Walk for Dog Guides* is the largest national fundraiser for the Foundation. The Walk for 2011 was May 29 and held in many communities in BC. It costs approximately \$20,000.00 to successfully train each Dog Guide.

Future Dog Guides spend the first years of their lives living with Foster Families.

For further information call 1-800-768-3030 or visit www.dogguides.com and www.purinawalkfordogguides.com

HAPPINESS DEPENDS MORE ON
THE INWARD
DISPOSITION OF MIND
THAN ON
OUTWARD CIRCUMSTANCES.

BC Parents' Branch Spring Workshop

By Willetta Les

Administrator, CHHA BC Parents' Branch

On May 14 we held our annual Spring Workshop at the BC Family Hearing Resource Centre in Surrey. We brought in Dr. Jonathon Dawrant as our featured speaker. Jonathon is a Calgary-based Pediatrician and Endocrinologist with moderate to severe hearing loss. His success in life has been a great inspiration and example for parents, kids and teens. Attendance was lower this year than previous years (25 attendees) but the interaction, discussion and sharing was powerful! Jonathon's casual presentation was a perfect mix of real-world sharing paired with his medical knowledge. He inspired us all!

Especially special was a new family who attended with their 10 year old son – Daniel. He shared stories of his experiences like only a well adjusted 10 year old could! He had us all laughing with his stories of teachers forgetting to take off their FM when leaving the classroom... Jonathon was quick to tell him "There is FM etiquette, young man!". He asked Jonathon very pointed questions about dealing with living with hearing loss. Daniel sums up this new experience:

"On May 14th I gathered with about 20 other people in the BC Family Hearing Resource Centre to hear Dr. Jonathan Dawrant speak. He talked about the good and the bad of having hearing loss and what it is like growing up with it. I really enjoyed his talk, especially his sound-context-lips diagram explaining the main problems in bad listening situations. Plus, I learned that FM systems are really for keeping you focused over long periods of time, which I never knew before. I totally recommend his talk to everyone. The double chocolate chip cookies and refreshments were also very yummy."

We're convinced this boy will be CHHA president some day! Kudos to his parents, they're doing a wonderful job!

DVD's of our Spring Workshop are available for a small donation – you can request copies from our administrator, Willetta Les: info@CHHAparents.bc.ca or leave a message at (604)819-5312.

Our next big event is our annual Family Weekend camp, to be held at Timberline Ranch in September.

www.CHHAparents.bc.ca