

## How to enjoy holiday gatherings as a HOH person

### Member birthdays

- **November:** 8-Bud Newton; 10-Vivian Putnam; 20-Ron Reynolds; 24-Susie Collins; 26-Patrick Sharrock

### Calendar of meetings & events

- Nov. 19: St. Jude Give Thanks. Walk. at Hamilton Place Mall, walk begins at 8:30am
- Nov. 19: Deaf Chat-Chattanooga, Starbucks on Hamilton Place Blvd, 10am-Noon
- Nov. 19: Interpreted play: "Tuesdays with Morrie," 7:30pm at the Colonade in Ringgold, tickets \$11
- Nov. 20: HLAA mtg, 2pm: How to enjoy the holidays as a HOH person
- Nov 30, Dec. 1,2,3,4 at 7pm: "The Hammer" an ASL Christmas play, voice interpreted, Harvest Baptist Church in Ringgold - FREE
- Dec. 1,8,15,22: Sign n' Dine, 4:30-6:30pm, Wally's Restaurant on Ringgold Rd
- Dec. 2: Clarity Open House (see right)
- Dec. 2,3,9,10,16,17 at 7:30pm: Interpreted play at the Colonade: "Beauty & the Beast," tickets, \$11
- Dec. 8: First Walk4Hearing committee mtg, 6pm, Betty's house - want to be involved? Contact me: [baproctor1@comcast.net](mailto:baproctor1@comcast.net)
- Dec. 10: HLAA Holiday Luncheon, noon, Alexian Village, Signal Mtn.
- Dec. 22: CAPTIONED PLAY: "The Best Christmas Pageant Ever," 7pm, Chattanooga Theatre Centre
- Jan. 15: HLAA mtg, 2pm: Topic TBA
- March 10: Walk4Hearing Kickoff, 10am
- May 12: 4th annual Walk4Hearing, 10am

### In our thoughts & prayers

- Brian Drake, David Harrison, Winnie Hargis, Nelda Twitchell

Do you tend to shy away from conversations around the holidays because you don't hear well? You're NOT alone! Join us for a discussion about making your holidays more special and enjoyable as a person with hearing loss. We meet on Sunday, Nov. 20 at 2pm in the CBIH cafe at Chattanooga State (cafe is on 1st floor - more space!)



Brenda Battat, HLLA ED

### This week in Bethesda, MD: October 28, 2011

A New York Times article on hearing loops appeared on the front page print and home page of the Web on the NYT. Here is link to article [http://www.nytimes.com/2011/10/24/science/24loops.html?\\_r=1&hpw](http://www.nytimes.com/2011/10/24/science/24loops.html?_r=1&hpw)

It was the most emailed story for five days in a row which shows the interest out there for help with hearing loss. The article has been picked up by over 100 local papers and spawned interest in radio and TV programs, including an interview with Richard Einhorn an HLLA Manhattan chapter member and the composer profiled in the article. He spoke on Soundcheck which is WNYC-FM 93.9 radio and the web Wednesday at 2 pm.

A recording of a conversation at a NYC subway booth with and without a loop system is posted on [www.hearingloss.org](http://www.hearingloss.org). It shows very clearly the difference listening through a telecoil and a loop system. As a result of the article HLLA has received many inquiries (number still being collected from all sources), over 3,000 hits on our website compared to 800 the Monday before, and 42 new members in 24 hours.

*You're Invited*

Please join us  
**Clarity, a division of Plantronics, Inc.**  
in celebrating the opening of  
our new headquarters  
Friday, December 2, 2011  
3:00-6:00 PM

Clarity President **Carsten Trads**  
will be joined by Chattanooga Mayor  
**Ron Littlefield** and Hamilton County Mayor  
**Jim Coppinger** in a ceremonial ribbon  
cutting at 3:00 PM to unveil the new  
state-of-the-art facility to the public

Tours of the building and a reception  
with light snacks and refreshments will  
follow the ceremony

**clarity**

6131 Preservation Drive  
Chattanooga, Tennessee

Please RSVP to Angela Williams  
[angela.williams@plantronics.com](mailto:angela.williams@plantronics.com)  
by Friday, November 18

**"The Best  
Christmas  
Pageant Ever"**  
Captioned play:  
**December 22,  
7:00 pm**



The Herdmans are absolutely the worst kids in the history of the world. But when rumors of free snacks lure them into church one Sunday afternoon, they inadvertently take over the annual Christmas Pageant. The delightful chaos that ensues teaches everyone about the true spirit of the Holiday Season. You'll never look at the three wise men the same way again! A Holiday treat for the whole family, the show includes a number of festive holiday songs and surprises.

# War veterans facing epidemic of hearing loss injuries

By Tom Philpott, *Hearing Journal* (Free Access)

One summer night five years ago outside Fallujah, Iraq, Marine Lance Cpl. David Goldich was manning the gun turret atop a Humvee when a roadside bomb, rigged with a 155 mm artillery shell, detonated beside him.

"It knocked out our vehicle commander, blew our fuel tank, shredded our tire," Goldich recalled. The explosion also punctured Goldich's right eardrum and knocked him senseless for a time.

Like many infantrymen while on patrol, Goldich had elected not to wear personal ear protection, fearing it would dull "situational awareness," his ability to hear distant gunfire, recognize the direction from which it came, and perhaps even identify the type of weapon being fired.

"It isn't that I wasn't taught I should wear ear protection. We were all given ear protection when we deployed. We were made aware that this is what we should be doing," Goldich said. "But the reality of the situation, in the summer of 2006 in Anbar Province, was no one gave a damn about hearing protection.... There were other concerns at the forefront besides what I and many others viewed as minor irritants."

Given how close he was to the explosion, Goldich doubts earplugs would have protected his hearing. Some audiologists agree. But one fact that most military hearing experts have come to recognize in recent years is that not enough has been done to protect troops from extreme noise, whether from weapons of war or harmful decibel levels that are routine in



military occupations, from engine rooms to flight lines to firing ranges.

VA disability payments for impaired auditory systems jumped 15 percent last year, the biggest increase of any service-connected ailment. And 54 percent of veterans who became eligible for the first time for compensation linked to auditory conditions were younger than 55.

Veterans with tinnitus, a condition commonly described as a ringing in the ear, climbed by 92,300 in 2010. With 745,000 veterans now being compensated for tinnitus, it is the most prevalent of service-connected disabilities, followed by hearing loss, which affects 672,000 veterans.

Goldich served a second tour in Iraq before returning to civilian life as an engineer now pursuing a master's degree. But since service in Iraq, he too has tinnitus. For him, he said, it "sounds like an air hose, constantly sucking out, especially when there is no ambient noise."

For others, tinnitus is a continuous buzz, beep, or an unpleasant screech. Doctors say it is a noise without corresponding stimulus,

generated within the central nervous system or auditory system. In severe cases, it can cause depression or even thoughts of suicide.

With the rise of auditory injuries among service members, Congress directed the Department of Defense to establish a Hearing Center of Excellence registry that tracks hearing injuries and treatments, and eases transition of the hearing injured to the Department of Veterans Affairs for claim processing and effective follow-up care.

Lt. Col. Mark Packer, an Air Force neurologist at Wilford Hall Medical Center in San Antonio, TX, is Interim Director of the HCE. It's a virtual center, rather than brick and mortar, "to guide best practices and develop the tools, educational platforms, and outreach for patients and clinicians to provide better [treatment] outcomes," he said.

Packer said every service, on its own and coordinating with the HCE as it evolves, is doing more to educate members and unit commanders on proper hearing protection and hearing conservation techniques. He noted that every service also concurred with, and is acting on, findings of a Government Accountability Office audit that found weaknesses in hearing preservation and monitoring programs. (<http://1.usa.gov/p2ynin>.)

The HCE, Packer said, won't be fully operational until December 2013, but by then it should have a registry of all service members who have suffered hearing injuries and a communication plan in place to begin to improve prevention and clinical care using new standards and closer management of hearing threats. The HCE will also work with the services and industry members to test and implement more effective hearing protection.



Carolyn Mathis & Noble Powers at HCR picnic



Lewis Addison, October HLAA guest speaker



Tom McCombs & Gail Pedigo at GoFest!



From HLAA website and Gallaudet website

Children with hearing loss may be able to receive assistive technology at no cost if their Individualized Education Program specifies that they need the assistive technology (such as hearing aids or FM systems) in order to receive a Free and Appropriate Public Education (FAPE). For more information, see "How the Individuals with Disabilities Education Act (IDEA) Applies to Deaf and Hard of Hearing Students."

Read more about this by visiting:

[http://www.gallaudet.edu/clerc\\_center/information\\_and\\_resources/info\\_to\\_go/laws/nclb\\_and\\_idea.html](http://www.gallaudet.edu/clerc_center/information_and_resources/info_to_go/laws/nclb_and_idea.html)

Care of hearing injuries still will be through military medical centers. The HCE's greatest task will be information management. By law it must account for every case of hearing loss and acoustic injury. By producing good epidemiological data on treatments and outcomes, the most effective therapies will be identified and broadly instituted, Packer said.

Every service is striving to better educate individual members and unit commanders on costs being paid for lax hearing protection. The costs can be lowered job performance, long-term health effects for individuals, and a jump in spending by the Department of Defense and Veterans Affairs to treat and compensate for hearing injuries.

VA disability ratings are calculated not by adding ratings of individual disabilities, but through a more complex formula that combines the effect of multiple conditions. If tinnitus and hearing loss were compensated individually, the VA would be paying more than \$2 billion a year to veterans for these two injuries alone, according to one estimate.

It's no surprise that Packer attributes most of the rise in hearing-related injuries to noise exposure from repetitive

wartime deployments.

"We've sent people back to the war effort multiple times," he said. "So it may be that chronic exposure, overlaid with multiple impact injuries, is making it rise faster than it otherwise would have. That's stuff we have to study a little bit better to get a better understanding of it."

Meanwhile, the services have come to view hearing loss as a readiness issue, checking for auditory conditions before and after deployment, monitoring work noise levels more carefully, and striving to educate members and even family members on the value of hearing protection.

"A lot of our soldiers are in age groups where there's a strong sense of invincibility. Hearing loss is nothing that really concerns them now. But if we can develop a strategy that shows them what it's like to suffer hearing loss and how that will effect their future, especially in this age where communication is so important, I think we will be able to make a difference through their own personal accountability," Packer said.



*Happy 50th Anniversary!*  
*Dick & Nelda Twitchell*



**Anne Schulman**  
*President*

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**HLAA Chattanooga Chapter Treasury Report  
October 01, 2011 - November 14, 2011**

Beginning Balance (October 1, 2011).....	\$7,734.32
Deposits & Credits .....	50.00
Withdrawals.....	0.00
Checks:	
#562 Betty Proctor (reimbursement for postage)...	44.00
#563 Postage for mailing door prizes from Life....	16.70
#564 Chattanooga Theatre Centre (support)...	1,500.00
	\$1,560.70
Ending Balance (November 14, 2011).....	\$6,223.32
Beatrice R. Lyons, Treasurer	

## Local support as of 11/14/2011

Lewis Addison (10/2012) .....	\$10
*Larry & Jane Akers (past due) .....	\$15
Nels & Mary Ann Angelin (9/2012) .....	\$15
Lillian Barnett (2/2013) - 2 years .....	\$20
Warren Barnett (11/2012) - 2 years .....	\$20
Jeff Bonnell (4/2012) .....	\$10
Mrs. Walter Brissenden (12/2011) .....	\$10 + gift
Joyce Casey .....	lifetime
Dorothy Casteel & Cindy Groves (9/2012) .....	\$15
Mary Coleman (past due) .....	\$10
*Susie Collins (1/2012) .....	\$10
Brian & Annette Drake (past due) .....	\$10
Cynthia Eby (11/2011) .....	\$10
Mary Elam (4/2013) - 2 years .....	\$20
Marilyn Fisher (11/2011) .....	\$10
Gary & Ruth Fox (11/2011) .....	\$15
Provash Ghosh (past due) .....	\$10
*Winnie Hargis (3/2012) .....	\$10
*David & Cathy Harrison (11/2011) .....	\$15
Kris Headrick (10/2012) .....	\$10
Linda Hershey .....	lifetime
*David, Debbie & Alexis Ingram (2/2012) .....	\$15
Taber Jenkins (1/2012) .....	\$10
Katy Jones (8/2012) - 2 years .....	\$20
Judy Kincer (11/2011) .....	\$10
Helen & Charles Kitchings (8/2012) .....	\$15
Bill Lawson (11/2012) .....	\$10
Jeanette Legg (past due) .....	\$10
*Bea Lyons (11/2012) - 2 years .....	\$20
Nita Martin (8/2012) - 2 years .....	\$20
Jana Massengale (7/2012) .....	\$10

Dorris & Sam McBride (past due) .....	\$15
*Tom & Diane McCombs (12/2011) .....	\$15
Elaine Moniz (1/2012) - 2 years .....	\$20
Beverly Morris (4/2012) .....	\$10
Lana & Bud Newton (2/2012) .....	\$15
Marge Pasch (12/2011) .....	\$10
Gail Pedigo (4/2012) .....	\$10
*Betty Proctor (3/2012) .....	\$10
Vivian Putnam (11/2011) .....	\$15
Robbye Reep (3/2012) .....	\$10
Ron Reynolds (11/2011) .....	\$10
Peggy Anne Rogers (past due) .....	\$10
David Saluk (11/2012) - 2 years .....	\$20
Jim & Joan Sewell (8/2012) .....	\$15
Cindy Sharrock (3/2012) .....	\$10
Charlie Slover (3/2012) .....	\$10
Laqueta Soule (1/2012) .....	\$10
Betty Soward (7/2012) .....	\$10
*Dave & Myralin Trayer (10/2012) .....	\$15
*Nelda & Dick Twitchell (11/2011) .....	\$15
Howard VanZant (3/2012) .....	\$10

\* National HLA A member status TBA December 2011

If your support fees are past due, please remit as soon as possible.

Individual fees are \$10 while family fees run \$15. You may pay your fee at the regular meeting or mail it to our PO box shown on mailing panel of this newsletter. The chapter survives because of your generosity! Not a supporting member? See box at right and pay your fees to become one!

(Date next to name indicates when membership is next due - thanks for supporting the chapter!)

## HLAA Membership

HLAA is committed to creating awareness of hearing loss issues.

### Local Support Benefits:

Newsletter, membership directory, special mailings, educational info, support, National HLA A information

Memberships are good for one calendar year.

To become a member, sign up below:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

Phone # \_\_\_\_\_

Work Phone \_\_\_\_\_

E-mail address \_\_\_\_\_

Birthday \_\_\_\_\_

\_\_\_\_ HLA A Chattanooga Chapter, circle one:

**\$10** individual, or **\$15** family, **mail to:**

PO Box 25254, Chattanooga, TN 37422-9992

\_\_\_\_ HLA A National Dues, **\$35**

Includes Hearing Loss magazine subscription, **mail to:**

HLAA, 7910 Woodmont Ave., Suite 1200

Bethesda, MD 20814 or visit [www.hearingloss.org](http://www.hearingloss.org) and pay online!

### CHOO-CHOO SIGNAL Published monthly - Betty A. Proctor, Editor

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# HLAA

CHOO-CHOO CHAPTER SIGNAL, c/o Betty A. Proctor, editor  
P.O. Box 25254, Chattanooga, TN 37422-9992

## Next meeting: Nov. 20

Join us on Sunday, Nov. 20 at 2pm in the Cafe of the ChattState CBH building. Topic: "How to enjoy the holidays as a HOH person" - group discussion

Refreshments: Gail Pedigo & Dorothy Casteel

Meetings fully accessible by looping; captioning provided by Joyce Casey.

Have a smartphone?  
Scan this code in to visit our Chapter website or see [www.hearingchattanooga.org](http://www.hearingchattanooga.org)  
Coming soon - Twitter!

