

February topic: Project Endeavor

Member birthdays

- February: No Feb. birthdays!

Calendar of meetings & events

- Feb. 19: HLAA mtg, 2pm: Kevin Conway, outreach specialist, Project Endeavor
- March 10: Walk4Hearing Kickoff, 10am
- March 18: HLAA mtg, 2pm: CI Experience: The implant miracle, Cochlear Americas
- March 29: CTC captioned play "The Mousetrap," 7pm
- April 15: HLAA mtg, 2 pm: Tinnitus: that !#&)%! noise in your ears
- April 26: CTC captioned play "A World Premiere Play," 7pm
- May 12: 4th annual Walk4Hearing, 10am
- June 21-24: HLAA Convention, Providence Rhode Island
- July 26: CTC captioned play "Anything Goes," 7pm

In our thoughts & prayers

- Ron Reynolds, Dorothy Casteel, Laqueta Soule



Teams and Walkers wanted!

Are you a registered non-profit organization, school, church, hospital, or hearing health care related group?

Earn 40% of what you raise!

For info, contact Nelda Twitchell at nrtwitchell@bellsouth.net

Kickoff Event: March 10
Walk4Hearing: May 12



Skype sparks interest

January's program on using Skype was enjoyed by more than 20 members and guests.

If you have a video cam you can download the basic program for Skype, free, at skype.com.

To read more information about Skype, visit www.hearingchattanooga.org or contact Ruth & Gary Fox at garifox@comcast.net

Personal health: Lifelines for people with hearing loss

By Jane E. Brody & Yvetta Fedorova

<http://well.blogs.nytimes.com/2012/01/16/personal-health-lifelines-for-people-with-hearing-loss/?ref=todayspaper> on 1/16/12 as shared by HLAA National

Hearing loss, a disability currently untreated in about 85 percent of those affected, may be the nation's most damaging and costly sensory handicap. It is a hidden disability, often not obvious to others or even to those who have it.

Its onset is usually insidious, gradually worsening over years and thus easily ignored.

Most of those affected can still hear sounds and think the real problem is that people aren't speaking clearly. They often ask others to speak up, repeat what was said or speak more slowly. Or they pretend they can hear, but their conversations may be filled with non sequiturs.

As hearing worsens, they are likely to become increasingly frustrated and socially isolated. Unable to hear well in social settings, they gradually stop going to the theater, movies, places of worship, senior centers or parties or out to restaurants with friends or family.

Social isolation, in turn, has been linked to depression and an increased risk of death from conditions like heart disease. And now there is another major risk associated with hearing problems: dementia and Alzheimer's disease. This

finding alone should prompt more people to get their hearing tested and, if found impaired, get properly fitted with aids that can help to keep them cognitively engaged.

Perhaps it will also grab the attention of politicians who determine what is and what is not covered by Medicare and, in turn, by other health insurers. Currently, Medicare does not pay for hearing aids, and many older people cannot afford the many thousands of dollars that quality aids and auditory training can cost.

Furthermore, for the fewer than 15 percent of hearing-impaired people who have hearing aids, the devices themselves are not an adequate solution. Hearing aids work best when the distance between the sound and the listener is less than six feet and when background noise is minimal, which can preclude clear communication in theaters, airports, restaurants and many other social settings.

Hearing and the Brain

Although hearing impairment was first linked in major medical journals to dementia and cognitive dysfunction more than two decades ago, not until last year did researchers demonstrate an independent association with dementia over time.

By following 639 people ages 36 to 90 for nearly 12 years, Dr. Frank R. Lin, an otolaryngologist at Johns Hopkins Medicine, and his

colleagues there and at the National Institute on Aging showed a direct relationship between the participants' degree of hearing loss and their risk of later developing dementia or Alzheimer's disease.

For each 10-decibel loss in hearing, the risk of dementia rose about 20 percent among the participants. Compared with those who could hear normally when first examined, the risk of dementia doubled among those with mild hearing loss, tripled among those with moderate hearing loss and increased fivefold among those with severe hearing loss.

The relationship between hearing loss and dementia persisted even when other factors linked to cognitive disease, like hypertension, diabetes and smoking, were taken into account.

"People are most likely to notice communication problems when their hearing loss exceeds 25 decibels," Dr. Lin said in an interview. "It's not that they can't hear, but they can't understand. Hearing loss at this level affects the clarity of words."

How, then, might this lead to cognitive deficits?

"The brain dedicates a lot of resources to hearing," Dr. Lin said. "When the clarity of words is garbled, the brain gets a garbled message. It has to reallocate resources to hear at the expense of other brain functions."

Thus, the overworked brain may lose "cognitive reserve," the ability of healthy parts of the brain to take over functions lost by other parts.

Another mechanism may be the effects of social isolation. "A decline in social engagement and resulting loneliness is one of the most important determinants of health outcomes in older adults," Dr. Lin said. Isolation has been linked to an increase in inflammation throughout the body, which in turn can result in age-related disorders like heart disease and dementia, Dr. Lin said.

How Proper Aids Help

Rose Marie Jewett, 83, of Janesville, Wis., who had experienced progressively worsening hearing loss for 40 years, had all but given up hope of hearing others speak or ever again enjoying music.

She said she could understand how hearing loss could lead to dementia, because she was "forgetful" when she did not hear what she should have heard.

It's not that she forgot things; rather, she had never heard them to begin with, and the strain of constantly trying to piece things together was taking its toll.

"When you can't hear anybody, you don't pay attention," Ms. Jewett said. "You shut yourself off from the world, you don't think very well, your memory gets bad and you get kind of dull."

But now it's a whole new world for Ms. Jewett. Linda S. Remensnyder, an audiologist and

founder of Hearing Associates in Illinois, taught her how to maximize her ability to hear clearly in social settings. She fitted Ms. Jewett with the right kind of hearing aids and with devices that allow her to hear clearly on the telephone, when watching television and in public settings that have been equipped with hearing loops.

A hearing loop, installed around the periphery of a room, is a thin copper wire that radiates electromagnetic signals. The signals can be picked up by a tiny receiver called a telecoil that is built into most hearing aids and cochlear implants. With the press of a tiny button on the aid, sound comes through to people with impaired hearing with even greater clarity than can be heard by someone with normal hearing.

Since 2009, Dr. Remensnyder said, hearing loops have been installed in about 1,000 public places, including museums, stores, banks, theaters, airports, sports arenas and other spaces that are challenging for the hearing-impaired.

"The public is misled into thinking that by getting two hearing aids, they'll be able to hear everywhere," she said. "Aids are just a small segment of the solution."

Neither Dr. Lin nor Dr. Remensnyder can yet say whether improving auditory signals for the hearing-impaired will diminish or delay the development of dementia. That remains for a clinical trial to demonstrate. Meanwhile, Dr. Remensnyder said, it can "revolutionize" the lives of people with hearing difficulties, a virtue in itself.

Memphis Public Library wins 2012 Light the Way Grant

Thanks to Tisa Houck, Coordinator of Access Services, ChattState Library for this article

The Association for Library Service to Children (ALSC), a division of the American Library Association (ALA), and the Library Services to Special Population Children and their Caregivers are pleased to announce that Memphis Public Library & Information Center is the recipient of the 2012 Light the Way: Library Outreach to the Underserved Grant. As the winner of the grant, the library will receive \$3,000 for their "Read With Me, Sign With Me" project.

The Light the Way Grant, which honors Newbery medalist and Geisel winner Kate DiCamillo, is now in its fourth year. Although originally conceived as a one-time award, it has continued to be presented with the kind generosity of Candlewick Press.

Memphis Public Library & Information Center plans to use the money to serve the deaf and

hard of hearing community in Shelby County. "The primary goal of the project will be to provide families of deaf and hard of hearing children with tools and motivation to increase literacy of deaf and hard of hearing children, who statistically top out at 4th grade reading level," according to the application.

The library will partner with the Deaf Family Literacy Academy of Memphis to provide a plethora of services and materials. The committee was excited about this well written, well thought out grant application that includes early literacy workshops for parents of children who are deaf and hard of hearing featuring sign language interpreters as well as expanding existing storytimes for this population. Through the collaboration, they will also provide an outreach program for family members, adults and teens.

ALSC, a division of the ALA, is the world's largest organization dedicated to the support and

enhancement of library service to children. With a network of more than 4,200 children's and youth librarians, literature experts, publishers and educational faculty, ALSC is committed to creating a better future for children through libraries. To learn more about ALSC, visit ALSC's website at www.ala.org/alsc.

Members of the 2012 ALSC Library Service to Special Population Children and Their Caregivers Committee include: Paula Holmes, chair, Upper St. Clair Library Board, Penn.; Betsy Dalton, San Antonio (Texas) Public Library; Deborah Sandler, King County Library System, Wash.; Teresa Prendergast, Vancouver (B.C.) Public Library; Africa Hands, Louisville, Ky.; Amy Johnson, University of Las Vegas-Nevada; Tricia Twarogowski, Cuyahoga County Public Library, Ohio.

Info: Dan Rude, Membership/Marketing Specialist, Association for Library Service to Children, drude@ala.org

Hearing Loss Association of America

invites you and your guests to join us for
a complimentary brunch at our

Chattanooga Walk4Hearing Kickoff

Saturday, March 10, 2012

10:00 a.m. to 12:00 p.m.

Chattanooga State Community College
Faculty Staff Dining Room OMN-124 & 126
4501 Amnicola Highway, Chattanooga, TN 37406

KICKOFF SPONSOR

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R.S.V.P. by Friday, March 2, 2012

Bea Lyons at mykitties5@comcast.net, Text only: 423-424-6708
or call Dick Twitchell at 423-894-3138.

Space is Limited, so please R.S.V.P. early.

Join us to learn more about the Walk4Hearing.
It's time to step up for people with hearing loss!

SAVE THE DATE

Chattanooga Walk4Hearing

Saturday, May 12, 2012

Chattanooga State Community College, Chattanooga, TN 37406
Walk Chairperson: Betty Proctor, baproctor1@comcast.net

www.walk4hearing.org



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Feb. 14, 2012**

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HLAA Chattanooga Chapter Treasury Report January 04, 2012 - February 07, 2012

Beginning Balance (Jan. 4, 2012).....	\$4,798.32
Deposits & Credits	115.00
Withdrawals.....	0.00
Checks:	
#570 Postage for newsletters to Betty Proctor	44.00
Ending Balance (February 07, 2012).....	\$4,869.32

Beatrice R. Lyons, Treasurer

Local support as of 02/13/2012

Lewis Addison (10/2012).....	\$10
Larry & Jane Akers (past due).....	
Nels & Mary Ann Angelin (9/2012).....	\$15
Lillian Barnett (2/2013) - 2 years.....	\$20
Warren Barnett (11/2012) - 2 years.....	\$20
Marge & Bill Bennett (2/2013).....	\$15
Jeff Bonnell (4/2012).....	\$10
Mrs. Walter Brissenden (12/2012).....	\$10 + gift
Joyce Casey.....	lifetime
Dorothy Casteel & Cindy Groves (9/2012).....	\$15
Mary Coleman (past due).....	
*Susie Collins (past due).....	
Brian & Annette Drake (past due).....	
Cynthia Eby (1/2013).....	\$10
Mary Elam (4/2013) - 2 years.....	\$20
Marilyn Fisher (1/2013).....	\$10
Gary & Ruth Fox (11/2013) - 2 years.....	\$15
Provash Ghosh (1/2014) - 2 years.....	\$20
Winnie Hargis (3/2012).....	\$10
Kris Headrick (10/2012).....	\$10
Linda Hershey.....	lifetime
David, Debbie & Alexis Ingram (NOW DUE).....	\$15
Taber Jenkins (past due).....	
Katy Jones (8/2012) - 2 years.....	\$20
Judy Kincer (past due).....	
Helen & Charles Kitchings (8/2012).....	\$15
Bill Lawson (11/2012).....	\$10
Jeanette Legg (past due).....	
Bea Lyons (11/2012) - 2 years.....	\$20
Nita Martin (8/2012) - 2 years.....	\$20

Jana Massengale (7/2012).....	\$10
Dorris & Sam McBride (12/2012).....	\$15
Tom & Diane McCombs (1/2013).....	\$15
Elaine Moniz (past due).....	
Beverly Morris (4/2012).....	\$10
Lana & Bud Newton (NOW DUE).....	
Marge Pasch (12/2012).....	\$10
Gail Pedigo (4/2012).....	\$10
Donna Pomeroy (1/2013).....	\$10
Betty Proctor (3/2012).....	\$10
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Ron Reynolds (1/2013).....	\$10
Peggy Anne Rogers (12/2012) - gift from friend.....	\$10
David Saluk (11/2012) - 2 years.....	\$20
Jim & Joan Sewell (8/2012).....	\$15
Cindy Sharrock (3/2012).....	\$10
Charlie Slover (3/2013).....	\$10
Laqueta Soule (NOW DUE).....	
Betty Soward (7/2012).....	\$10
Dave & Myralin Trayer (10/2012).....	\$15
Nelda & Dick Twitchell (11/2012).....	\$15
Howard VanZant (3/2012).....	\$10

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 HLAA information

Memberships are good for one calendar year.

To become a member, sign up below:

Name _____

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___ HLAA Chattanooga Chapter, circle one:

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

PO Box 25254, Chattanooga, TN 37422-9992

___ HLAA National Dues, **\$35**

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

HLAA, 7910 Woodmont Ave., Suite 1200

Bethesda, MD 20814 or visit 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: February 19

Join us on Sunday, Feb. 19 at 2pm in the community room of the Ronald McDonald House.
Topic: Project Endeavor - Kevin Conway (Access to high speed Internet & devices at an affordable cost/training materials/educational resources).

Refreshments: Winnie Hargis & Joyce Casey

Meetings fully accessible by looping; captioning provided by Joyce Casey. Meeting interpreted by Darwyn Ascue.

Have a smartphone?
Scan this code in to visit our Chapter website or see www.hearingchattanooga.org

