

# Choo-Choo Signal

Hearing Loss  
Association  
of America  
Chattanooga Chapter

OCTOBER 2012 • A SELF-HELP NEWSLETTER FOR PEOPLE WITH HEARING LOSS • [www.hearingchattanooga.org](http://www.hearingchattanooga.org)

## October 21 topic: hi HealthInnovations: an alternative hearing aid delivery model

### Member birthdays

- Oct.: 3-Betty Proctor; 24-Peggy Anne Rogers; 31-Bea Lyons

### Calendar of meetings & events

- Oct. 16-19: SERID (SE Regional Institute on Deafness) See page 3.
- Oct. 18: "God of Carnage" CAPTIONED play at Chattanooga Theatre Centre, 7pm
- Oct. 26-28: Hearing Assistive Technology (HAT) 2-day training in Denver
- Oct. 31: Chattanooga Area Employment Consortium Disability Awards Luncheon, 11:30-1:30, Convention & Trade Center

### In our thoughts & prayers

- Nelda Twitchell, double bypass surgery
- Carolyn Mathis, blood clot in leg
- Winnie Hargis, recovering from surgery
- Jeanette Legg, recovering from surgery
- Stephanie (Rider) Saluk, Siskin Rehab
- Caprice Wofford, recovering from surgery
- Family of Bill Lawson. Bill Lawson, an HLAA Chattanooga member since 1997, passed away on Sept 14 from a heart attack and was buried with full military honors. A widower, he leaves behind a son and grandson. Bill served as our door greeter at the Ronald McDonald House for many years.



### Ronald McDonald House needs

- If you wish to help support the House, please donate any of the following by bringing it to the next meeting: Chips, fruit cups, granola bars, hot chocolate packets, pasta dishes, Beanie Weenies, peanut butter or cheese crackers, Pop Tarts, snack cakes, cereal, pudding, cake icing, canned vegetables, soups, canned chili, spaghetti sauce, canned fruit, canned tuna.



Chattanooga HLA Chapter members exhibited at the recent Boomers & Seniors Life Expo. Dick Twitchell, Susie Collins and Betty Proctor. Volunteer Kris Headrick helped later in the day.



Linda Hershey captions at the Life Expo as featured celebrity Doris Roberts from "Everyone Loves Raymond" steps up to the stage. Local WRCB anchor Jed Mescon was the emcee.

# How Our Balance System Works

From American Speech Language Hearing website:  
<http://www.asha.org/public/hearing/How-Our-Balance-System-Works/>

Balance and equilibrium help us stay upright when standing and know where we are in relation to gravity. Our balance system also helps us walk, run, and move without falling. Balance is controlled through signals to the brain from your eyes, the inner ear, and the sensory systems of the body (such as the skin, muscles, and joints). This balance system is also known as the vestibular system.

In the inner ear, the balance system consists of three semicircular canals that contain fluid and "sensors" that detect rotational movement of the head. Each of the semicircular canals lies at a different angle and is situated at a right angle to each other. The semicircular canals deal with different movement: up-and-down, side-to-side, and tilting from one side to the other. All contain sensory hair cells that are activated by movement of inner ear fluid (endolymph). As the head moves, hair cells in the semicircular canals send nerve impulses to the brain by way of the acoustic nerve. The nerve impulses are processed in the brain to help us know where we are in space or if we are moving.

Located near the semicircular canals are the utricle and the saccule. The ends of the semicircular canals connect with the utricle, and the utricle connects with the saccule. The semicircular canals provide information about movement of the head. The sensory hair cells of the utricle and saccule provide information to the brain about head position when it is not moving. The utricle is sensitive to change in horizontal movement. The saccule is sensitive to the change in vertical acceleration (such as going up in an elevator).

## Balance Testing

Balance system assessment is often recommended when a person has:

- Rapid, involuntary eye movement (also known as nystagmus)
- Complaints of vertigo or dizziness
- Balance dysfunction
- Gait abnormalities
- Suspected pathology or disease of the vestibular system

Tests of the balance system are performed to determine:

- What is causing the symptoms?
- Where in the balance system is the problem occurring?
- Are any changes happening in the balance



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- Gov. Deval Patrick last month signed a bill into law that will require health insurance providers to offer coverage for hearing aids for children 21 years old and under. The bill's sponsor, Rep. Sean Garballey, led efforts to successfully secure this benefit for children with hearing loss. See: <http://www.wickedlocal.com/medford/news/x541589047/Medford-Rep-Sean-Garballey-instrumental-in-hearing-aid-bill-passage#axzz28UId9XZ>
- "I think my avoidance of social contexts with my colleagues is interpreted as social withdrawal, reticence, or disinterest, rather than what it mostly is: embarrassment that I cannot follow conversations in a crowded environment. So, I 'beg off' or not show up." See: <http://chronicle.com/article/Lets-Break-the-Silence-on/134888/>
- Marlee Matlin's talk to the hand . See: <http://www.suntimes.com/lifestyles/splash/15577133-418/how-hear-this.html>
- Tinnitus in the news... See: <http://www.toledofreepress.com/2012/10/06/hearing-loss-and-tinnitus-affect-millions-of-americans/>
- Some of you may remember Alex Hayes from our 2011 Walk4Hearing...read about him here as his family found a Walk4Hearing closer to home in Clemmons, NC...(photo published in Shelby Star) See: <http://www.shelbystar.com/news/local/family-of-child-with-hearing-loss-walks-to-help-others-1.23655>
- Great story on how looping is changing lives! See: <http://ktar.com/22/1579443/Tucson-effort-taps-into-looping-for-hard-of-hearing>
- New genetic mutation responsible for deafness found... See: <http://medicalxpress.com/news/2012-09-deafness-genetic-mutation.html>
- Are you deaf in only one ear? Check out this information from the House Clinic in LA... See: [http://abclocal.go.com/kabc/story?section=news%2Fhealth%2Fyour\\_health&id=8833236](http://abclocal.go.com/kabc/story?section=news%2Fhealth%2Fyour_health&id=8833236)



function?

- How are vision, the inner ear, and sensory systems impacting functional balance?

Some of the tests of balance can be done in the physician's office or at the bedside in the hospital. Others require specialized equipment that is in the audiology office or clinic.

## What should I do if I have a problem with balance or dizziness?

It is important to see your doctor if you have unexplained dizziness or balance issues. If you have any of the following other symptoms, be sure to seek emergency medical care:

- Chest pains
- Numbness or tingling
- Falling or problems walking
- Weakness in the legs or arms

- Blurred vision
- Slurred speech
- Sudden hearing loss
- Severe neck stiffness
- Head trauma or injury
- High fever

Dizziness and balance difficulties are symptoms of another problem. The first thing you should do is try to find out the underlying cause. You should have a medical examination with special attention given to checking for problems that can be associated with balance difficulties.

Unfortunately, in many cases, the dizziness and balance difficulties cannot be treated medically or surgically. In these cases, the balance problem itself may need to be treated through balance rehabilitation.

- Many deaf activists are calling the new Federal Communication Commission (FCC) rulings on closed captioning a step forward, but complain that there are too many loopholes, says the Washington Times.

See <http://www.examiner.com/article/new-fcc-rules-on-closed-captioning-fall-short-says-deaf-community-1>

## Yellow dot on car can save your life

Program ensures emergency personnel have your health information

by: Michelle Diamant | from: AARP Bulletin | August 31, 2012

Joann Kirkham, is an enthusiastic supporter of Tennessee's new statewide Yellow Dot program. She was returning home from the grocery store a few years ago when her car was rear-ended. As the paramedics pulled Kirkham from the vehicle, they peppered her with medical questions. She thought about her damaged car and the ruined groceries in her trunk but struggled to answer basic medical inquiries.

So when Kirkham heard about a program that would allow emergency personnel to look at medical and personal information that drivers store in their glove boxes, she worked with the AARP chapter in the Gallatin area to initiate the Yellow Dot Program in Sumner County in 2008.

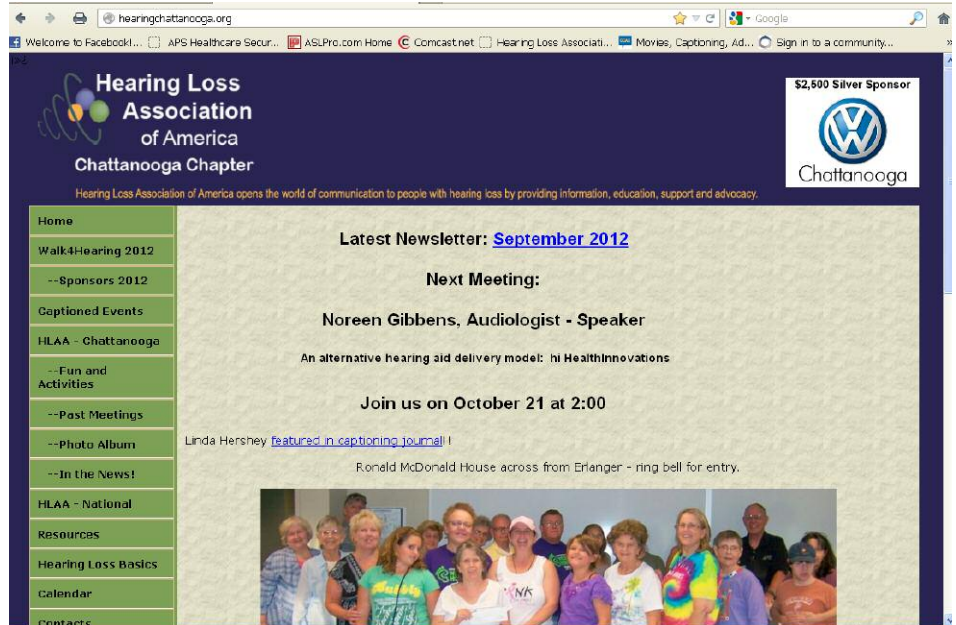
Participants fill out a form that asks for vital medical information as well as emergency contacts. The paperwork is placed in their cars' glove boxes, and a yellow dot decal is affixed to the vehicle's rear window to let emergency personnel know to look for the documents in a crisis. The dot goes on the frame of a motorcycle.

Under a bill Gov. Bill Haslam (R) signed into law in the spring, the state Department of Transportation is expected to have the forms available as soon as this fall. State officials plan to promote the free program at driver testing centers and through civic groups.

State Rep. Curtis Halford (R) introduced legislation to take the Yellow Dot Program statewide after his wife read about the program in the AARP Bulletin last summer.

Halford said it was the easiest bill he's ever brought before the legislature. It passed both chambers unanimously.

## If you want to be "In the Know" - Check our website often!



### HLAA Chattanooga Chapter Treasury Report Sept. 7, 2012 - Oct. 15, 2012

Beginning Balance (June 20, 2012) .....	\$3,097.84
Deposits & Credits .....	10.00
Withdrawals.....	0.00
Checks:	
#580 CTFP Life Expo (Spch & Hrg) .....	400.00
#581 USPS - box rental .....	120.00
#582 Dianne Bryden, caption Taster's Luncheon.....	140.00
#583 Scenic City Signs (2 HLAA banners) .....	246.00
#584 Betty Proctor (Life Expo supplies) .....	49.06
Total.....	955.06
Ending Balance (Oct. 15, 2012).....	\$2,152.78
Beatrice R. Lyons, Treasurer	

# GOD of CARNAGE



**October 18 at 7pm**

A playground altercation between 11-year-old boys brings together two sets of Brooklyn parents for a meeting to resolve the matter. At first, diplomatic niceties are observed, but as the meeting progresses, and the rum flows, tensions emerge and the gloves come off, leaving the couples with more than just their liberal principles in tatters. Winner of three Tony Awards in 2009, including best play. "A streamlined anatomy of the human animal...delivers the cathartic release of watching other people's marriages go boom. A study in the tension between civilized surface and savage instinct, this play is itself a satisfyingly primitive entertainment." The New York Times.

**WARNING:** Harsh language and adult themes. This is a play for adults.

# Happy Halloween!



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3514 Clinton Parkway  
Suite A324  
Lawrence, KS 66047-2145  
captionanne@gmail.com

[www.captionassociates.com](http://www.captionassociates.com)

## Local support as of 10/15/2012

Lewis Addison (10/2012)	.....\$10
Larry & Jane Akers (4/2013)	.....\$15
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 (past due)	.....
Mrs. Walter Brissenden (12/2012)	.....\$10 + gift
Joyce Casey	.....lifetime
Dorothy Casteel & Cindy Groves (9/2012)	.....\$15
Mary Coleman (past due)	.....
Susie Collins (2/2013)	.....\$10
Brian & Annette Drake (2/2013)	.....\$15
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 (8/2013)	.....\$10
Kris Headrick (10/2012)	.....\$10
Linda Hershey	.....lifetime
David, Debbie & Alexis Ingram (3/2013)	.....\$15
Taber Jenkins (past due)	.....
Katy Jones (8/2012) - 2 years	.....\$20
Judy Kincer (4/2014) - 2 years	.....\$20
Helen & Charles Kitchings (8/2012)	.....\$15
Jeanette Legg (8/2014) - 2 years	.....\$20
Bea Lyons (11/2012) - 2 years	.....\$20
Nita Martin (8/2012) - 2 years	.....\$20
Jana Massengale (past due)	.....

Dorris & Sam McBride (12/2012)	.....\$15
Tom & Diane McCombs (1/2013)	.....\$15
Elaine Moniz (2/2014) - 2 years	.....\$20
Beverly Morris (5/2013)	.....\$10
Lana & Bud Newton (past due)	.....
Marge Pasch (12/2012)	.....\$10
Gail Pedigo (4/2013)	.....\$10
Donna Pomeroy (1/2013)	.....\$10
Betty Proctor (3/2013)	.....\$10
Robbye Reep (past due)	.....
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 (3/2013)	.....
Charlie Slover (3/2013)	.....\$10
Laqueta Soule (10/2013)	.....\$10
Betty Soward (7/2012)	.....\$10
Dave & Myralin Trayer (10/2012)	.....\$15
Nelda & Dick Twitchell (11/2012)	.....\$15
Howard VanZant (3/2013)	.....\$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 chapter fees are 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 \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

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

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

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

Birthday \_\_\_\_\_

\_\_\_\_ 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](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: October 21, 2pm

Join us on Sunday, Oct. 21 at 2pm in the Community Room of the Ronald McDonald House.



**Speaker: Noreen Gibbens, Field Staff, United Health Group/hi HealthInnovations: An alternative hearing aid delivery model: hi HealthInnovations**

**Also: Walk4Hearing Funding Discussion #2**

**Captioning by Linda Hershey- Loop in place for those with telecoils.**

**Refreshments by the Fox's**

<http://www.hearingchattanooga.org>