

Chapter Calendar of Events

- Thursday, October 15 - CAPTIONED PLAY "22 Variations" CTC, 7pm
- Sunday, October 18 - HLAA MEETING, 2pm, Ronald McDonald House; Veterans & Hearing Loss program by Tom, Linda, & Susie
- Monday, October 19 - Special presentation by Heroes With Hearing Loss at the DAV (Disabled American Veterans); 9am, see flyer on page 2



- Saturday, November 7 - Statewide Workshop for Teachers, Parents, & Other Professionals serving Deaf and Hard of Hearing Children, 7:30am-2:45pm CST in Nashville at the TN School for the Blind (yes blind). Our chapter will have an information table with a focus on the 2016 Walk4Hearing. Betty & Susie plan to help so far, if you are free to talk about the Walk, let me know if you can help out for a few hours from 10:15-2:45 central time.
- Thursday, November 12 - CAPTIONED PLAY "Harvey" CTC, 7pm
- Sunday, November 15 - HLAA MEETING, 2pm, Place TBA due to unavailability of the Ronald McDonald House; Topic TBA
- Saturday, December 12 - Annual Christmas Party, 12-noon, Alexian Village Dining Room
- Thursday, December 17 - CAPTIONED PLAY "A Christmas Story, The Musical" CTC, 7pm
- Thursday, February 11 - CAPTIONED PLAY "The Royal Family" CTC, 7pm
- Thursday, March 10 - CAPTIONED PLAY "Sordid Lives" CTC, 7pm
- Thursday, April 14 - CAPTIONED PLAY "Dividing the Estate" CTC, 7pm
- Thursday, June 23 - CAPTIONED PLAY "Camelot" CTC, 7pm
- Thursday, July 21 - CAPTIONED PLAY "Spamalot" CTC, 7pm



*Celebrating 35 years for
48 million people with hearing loss*



Chattanooga Chapter

CHOO-CHOO SIGNAL NEWSLETTER
A resource for people with hearing loss

October 2015

October 18 Meeting Topic: Veterans and Hearing Loss

Join us on October 18 for a program about Veterans and hearing loss. Presenters will be **Tom McCombs** and **Susie Collins**. Tom is a Veteran and his hearing was damaged during that war like many veterans returning today.

According to the Department of Defense Hearing Center for Excellence:

Hearing and Auditory Injury in the Military

- More than 350,000 service members have reported tinnitus and more than 250,000 service members have reported hearing loss following redeployment from the Gulf War conflicts.
- Noise-induced hearing loss is among the top disabilities associated with current conflicts (OEF/OIF veterans).
- 50-60 percent of one's situational awareness comes from hearing. With bad hearing, it takes approximately 90 seconds to identify a target. With good hearing, it takes approximately 40 seconds. The 50 second difference could be the difference between life or death or mission success or failure.*
- Seven out of ten injuries in Theater are due to blasts; an estimated 50 percent of these blast wounded warriors experience permanent hearing loss.*
- Sustained exposure to engine noise in a convoy can be just as damaging to hearing as exposure resulting from an improvised explosive device (IED).*

*NIH, National Institute on Deafness and Other Communication Disorders, Noise-Induced Hearing Loss, <http://www.nidcd.nih.gov/health/hearing/pages/noise.aspx>

You might also be interested in the next episode of ADA Live!



To get connected with captioning, see:
www.adalive.org

Episode 26: Key issues affecting Veterans and their Families

When: Wednesday - November 4, 2015

Time [30 minutes]:

1:00 - 1:30 p.m. (Eastern) | 12 noon - 12:30 p.m. (Central)



A Conversation About
**Service-Related
Hearing Loss**

Event sponsored by
**Hearing Loss
Association
of America**
Chattanooga Chapter
www.hearingchattanooga.org



Monday, Oct. 19 • 9:00 a.m.

Disabled American Veterans (DAV) Center
619 Memorial Drive, Red Bank, TN

A “Heroes With Hearing Loss” Presentation

Program developed by Hamilton CapTel



- Free Breakfast
- Program & Discussion
- College Information for Veterans
- Hearing Loss Association Display

Heroes With Hearing Loss raises awareness and initiates meaningful dialog about shared hearing loss experiences among veterans, their families and friends — the Heroes With Hearing Loss program is a platform of engagement, providing insightful solutions and successful lifestyle-focused results.

For more information or to RSVP, call 423-987-1112 or 423-837-7213 or email sdcollins77@gmail.com

A service officer will be present to assist with claims.

**33 Variations
of a New Play**

The dramatic, sometimes funny and very moving story: In 1819, the music publisher Anton Diabelli wrote a waltz and sent it to fifty composers, asking each to contribute a variation. Beethoven became obsessed with Diabelli’s “cobbler’s patch” of a waltz and ended up writing 33 variations that constitute his most ambitious piece for piano - Opus 120. Why? Fact and fiction are skillfully woven into the Kaufman’s text as Dr. Katherine Brandt, a modern-day, terminally ill musicologist, researches Beethoven’s compulsion. It’s a tale told in two time frames - with intriguing parallels that seamlessly overlap - about art, family mortality and love.



**HLAA Chattanooga Chapter Treasury Report
September 19, 2015 – October 8, 2015**

Beginning Balance (September 19, 2015)	\$4,082.82
Deposits & Credits	6,625.00
Withdrawals	0.00
Checks:	
664 Susie Collins, birthday cake reimbursement	16.48
668 USPS, Annual PO Box Service Fee	130.00
669 Sertoma Club of Marion Co, Susie Member	280.00
670 CTC Captioning Services	1,500.00
671 UTC Student Scholarship	800.00
672 Chattanooga State Student Scholarship	800.00
673 Bryden, ESA Tasters’ Luncheon Captioning	160.00
Total:	\$3,686.48
Outstanding Check:	
673 Chattanooga State Print Shop (flyers)	32.25
Ending Balance October 8, 2015	\$7,021.34
Beatrice R. Lyons, Treasurer	



Neuroscientists Identify Brain Mechanism Responsible for Tinnitus, Chronic Pain

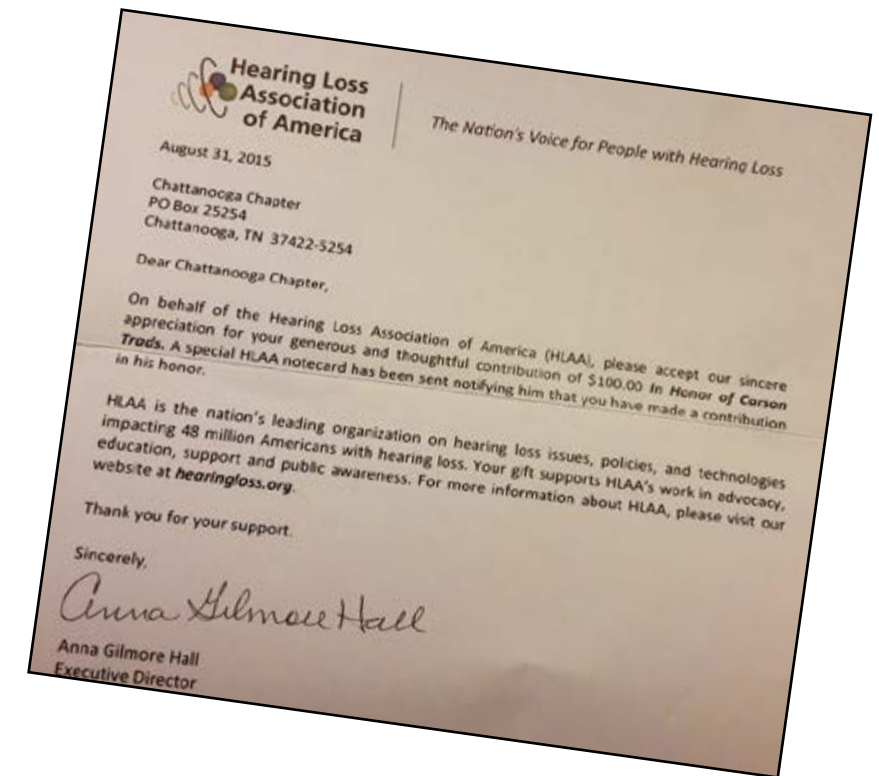
From *The Hearing Review Newsletter: The Insider*
<http://www.hearingreview.com/2015/09/neuroscientists-identify-brain-mechanism-responsible-tinnitus-chronic-pain/?ref=cl-title>

Neuroscientists at Georgetown University Medical Center (GUMC) and Germany's Technische Universität München report that they've identified the brain mechanism responsible for tinnitus and chronic pain — the symptoms that can persist long after an initial injury.

In an article slated to appear in the October 2015 issue of *Trends in Cognitive Sciences*, researchers explain that identifying the underlying problem is the first step to developing effective therapies for tinnitus and chronic pain. In their article, the scientists describe how the neural mechanisms that normally “gate” or control noise and pain signals can become dysfunctional, leading to a chronic perception of these sensations. In their study, the researchers traced the flow of these signals through the brain and showed where “circuit breakers” should be working, but aren't.

In both disorders, according to the research team, the brain has been reorganized in response to an injury in its sensory apparatus. Tinnitus can occur after the ears are damaged by loud noise or other issue, but even after the brain reorganizes itself, it continues to “hear” a constant hum or drum. Chronic pain can occur from an injury that often is healed elsewhere in the body but persists inside the brain.

“Some people call these phantom sensations, but they are real, produced by a brain that continues to ‘feel’ the initial injury because it cannot down-regulate the sensations enough,” said Josef Rauschecker, PhD, DSc, director of the Laboratory for Integrative Neuroscience and Cognition at GUMC. “Both conditions are extraordinarily common, yet no treatment



gets to the root of these disorders.”

The researchers report that areas of the brain responsible for these errant sensations are the nucleus accumbens, the reward and learning center, as well as other brain regions that serve “executive” or administrative roles, such as the ventromedial prefrontal cortex (VMPFC), and the anterior cingulate cortex. All of these areas are also important for evaluating and modulating emotional experiences, according to Rauschecker.

“These areas act as a central gatekeeping system for perceptual sensations, which evaluate the affective meaning of sensory stimuli — whether produced externally or internally — and modulate information flow in the brain. Tinnitus and chronic pain occur when this system is compromised,” Rauschecker says. He notes that other issues often arise in concert with tinnitus and/or chronic pain, such as depression and anxiety, which are also modulated by the nucleus accumbens. Uncontrollable or long-term stress is another important factor in these symptoms.

The brain plasticity that produces some of these changes provides hope that this gatekeeping role can be restored. Because these systems rely on transmission of dopamine and serotonin between neurons, drugs that modulate dopamine may help restore sensory gating.

“Better understanding could also lead to standardized assessment of individuals’ risk to develop chronic tinnitus and chronic pain, which in turn might allow for earlier and more targeted treatment,” said Markus Ploner, MD, PhD, a consultant neurologist and Heisenberg Professor of Human Pain Research at the Technische Universität München (TUM) in Germany.

Rauschecker, an expert in tinnitus, collaborated with Ploner, who studies chronic pain, during his senior fellowship at the Institute of Advanced Study at TUM. Co-authors include Audrey Maudoux, MD, PhD, from GUMC and Elisabeth May, PhD, from TUM.

The Prevalence and Incidence of Hearing Loss in Children*

From American Speech-Language-Hearing Association:

<http://www.asha.org/public/hearing/Prevalence-and-Incidence-of-Hearing-Loss-in-Children/>

*Please visit the site above for cited resources



The number of Americans with a hearing loss has evidentially doubled during the past 30 years. Data gleaned from Federal surveys illustrate the following trend of prevalence for individuals aged three years or older: 13.2 million (1971), 14.2 million (1977), 20.3 million (1991), and 24.2 million (1993). An independent researcher estimates that 28.6 million Americans had an auditory disorder in 2000. This estimate is reasonably well within projections from the 1971–1993 trend line that evolved from Federal surveys.

Children who are hard of hearing will find it much more difficult than children who have normal hearing to learn vocabulary, grammar, word order, idiomatic expressions, and other aspects of verbal communication.

The number of children with disabilities, ages 6–21, served in the public schools under the Individuals with Disabilities Education Act (IDEA) Part B in the 2000-01 school year was 5,775,722 (in the 50 states, DC, and Puerto Rico). Of these children, 70,767 (1.2%) received services for hearing. However, the number of children with hearing loss and deafness is undoubtedly higher, since many of these students may have other disabilities as well. Data by disability are not reported by the Department of Education for ages birth to 5 years.

Several studies indicate variance in the prevalence of newborns with congenital hearing loss in the United States. The overall estimates are between 1 to 6 per 1,000 newborns. Most children with congenital hearing loss have hearing impairment at birth and are potentially identifiable by newborn and infant hearing screening. However, some congenital hearing loss may not become evident until later in childhood.

According to Blanchfield, et. al., as many as 738,000 individuals in the U.S. have severe to profound hearing loss. Of these, almost 8% are under the age of 18.

Among African-American, Cuban-American, Mexican-American, Puerto Rican, and non-Hispanic White children, it is estimated that approximately 391,000 school-aged children in the U.S. have unilateral hearing loss.

According to Niskar and colleagues, approximately 14.9% of U.S. children have low-frequency or high-frequency hearing loss of at least 16-dB hearing level in one or both ears.

Profound, early-onset deafness is present in 4–11 per 10,000 children, and is attributable to genetic causes in at least 50% of cases.



Walk4Hearing Fund Approval

At the September 20th HLAA chapter meeting, members voted to approve the following funding proposals using 2015 Walk funds:

Chattanooga Theatre Centre
Captioning support, \$1,500

Deaf or HOH student
scholarship at UTC, \$800

Deaf or HOH student
scholarship at ChattState, \$800

Veterans Breakfast support,
up to \$350

Marion County Sertoma Club
membership for
Chattanooga HLAA rep, \$280

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 and pay online!

*Choo-Choo Signal Published monthly -
Betty A. Proctor, Editor*

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