



HERE, HEAR!!

Canadian HARD of HEARING Association
(CHHA-Hamilton)

Linda Baine, President

October, 2010

You are not alone!

**Invites you to hear & interact with a variety of experts
in the hearing aid & listening devices field**

CHHA-Hamilton's Hard of Hearing Health Fair Wednesday, October 13th, 2010

6:30 pm to 9:30 pm

The Scottish Rite (main ball room)

Corner of King & Queen Streets (free parking at rear)

Hamilton L8P 3R3

**Our experts will have answers
to many of *your questions***

Members: Free - Guests: \$5.00

To register

info@chha-hamilton.ca

Call 905-659-7347 or 905-575-4964

Or email us at info@chha-hamilton.ca

Visit our website at www.chha-hamilton.ca

Participating vendors: Better Hearing Solutions, Canadian Hearing Society, Cochlear Canada, Dog Guides of Canada, Healthy Hearing Centre, Hearing Centre of Burlington, Hearing Institute, Hear Right Canada, Listen Up Canada, Mountain Audio, OHCOW, Phonak, Provincial Hearing Consultants, Starkey, VitaSound, Widex.

ATTENTION
KEEP UP-TO-DATE

Normally, we have four general meetings a year. This year is an *exception*. On Wednesday, September 29th we are not only having our annual general meeting, but we are also fortunate to have as our speaker, **Mark Peterson, Hearing Instrument Specialist** of Provincial Hearing Consultants.

Then, on October 13th we're having our big CHHA-Hamilton Health Fair. These are two events you will not want to miss.

Mark your calendar:

- **Wednesday, Sept. 29th, 7 p.m.— Southgate Presbyterian Church, 120 Clarendon Ave., Hamilton, L9A 3A5, with speaker Mark Peterson**
- **Wednesday, Oct. 13th, 6:30 pm— Scottish Rite, Corner King & Queen Streets, Hamilton, L8P 3R3**

PRESIDENT'S MESSAGE

As I reflect over the past year it is gratifying to see that our meetings have been well attended and our membership is growing.

We have enjoyed excellent guest speakers and held our first panel discussion in May. We held our second fundraising golf tournament and it went well, ensuring that we can continue with our speech reading classes. We hope to train more instructors in the future too.

Six of our members were able to attend the annual National Conference in June. It was very much enjoyed by all and we always come back full of information and new ideas. Further in the newsletter we will be passing along to you some of the information that we gained.

We hosted our first **Cochlear Implant (C.I.)** reunion for the West Region at the end of June. The number of C. I. users is increasing all the time. This meeting is held, not just for Cochlear recipients but their families, too and anyone who thinks they want more information about Cochlear implants before taking the plunge. It was arranged at very short notice but we had a reasonable turn out and enjoyed two very knowledgeable guest speakers and there was lots of interaction with questions and answers during the afternoon. It is hoped that this will be a yearly occurrence.

We are planning some very exciting events for the coming years. Some are in the very early stages of planning and we will give you the details as they are set. Mark your calendars for the following events:-

* **September 7th to Nov 9th** for our next session of speech reading classes.

* **September 29th** Our annual meeting with speaker Mark Peterson..

* **October 13th**, is our first Hearing Health Fair - the only one of it's kind in Hamilton and area.

Details for this and more are contained in this newsletter. We look forward to the year ahead. Please keep your ideas coming and we will arrange the speakers accordingly.

CHHA for now!

Linda Baine



HERE, HEAR!!

**Canadian HARD of HEARING Association
(CHHA-Hamilton)**

SUCCESSFUL GOLF TOURNAMENT NEWS



**2010 ROTARY/
CHHA CHARITY
GOLF
TOURNEY
@
MILLCROFT
GOLF CLUB**

MAY 27TH, 2010

from left Linda Baine, Jacquie Reid, Arthur Rendall, Mary Guyatt, Rob Diehl

This year was a great success, although we still did not manage to sell out all the golf slots. We had good sponsorship of the holes, gifts, golf carts and lunch which gave us the momentum to make more money this year than last. In all, we had 80 players on the course on a beautiful day for the shot gun T-off.

We presented a small PowerPoint presentation of what CHHA does for our community of Hard of Hearing as the players took their seats for the dinner portion of the event. This seems to have demonstrated what we at CHHA does with our money raised at events such as these,

but next year we will expand on the presentation.

Our tally this year was \$6200 which is nearly 3 times what we took in last year. This should give us some room to maneuver for more speech reading classes and pay for our captioners and better meeting rooms for our 4 yearly public and member educational presentations.

We thank our CHHA golf committee for all the work they did leading up to the event and all those in the CHHA Board of Directors who came out to assist that day.

Arthur Rendall, Vice President

Advertise with us!

Can we “hear” your ads? Make sure your message reaches its audience

CHHA-Hamilton Ad Rates:

Business Card \$25 per insert

¼ page \$50 per insert

½ page \$75 per insert

Full page \$100 per insert

Consider sponsoring entire Newsletter \$250.00

Contact Jacquie Reid at info@chha-hamilton.ca

Never confuse deaf for defeat, the only disability in life is a bad attitude and the human spirit is stronger than anything that can happen to it.

A NEW WAY OF HEARING

Gordon and I spent a few days in Sudbury at the National Conference of the Canadian Hard of Hearing Association in June. As usual it was great to greet old friends and catch up on what is going on across Canada for the Hard of Hearing.

We had tickets to see a Rita McNeil concert as she did a charitable concert for CHHA. The theatre was opened up to the general public but we got tickets with our registration. We also heard a young red headed girl, Jennifer Roland, from Cape Breton play her fiddle. She also did one of the workshops called Hearing and My Hearing Loss as well. We heard the Sudbury Firefighter Choir. As the theme of the Conference was Good Vibrations, music played a big part of the weekend.

As some of you will know that with hearing loss you lose some of your perception to hear the different pitches of music and so with help from different assistive listening devices this can be helped. One of the things that I was amazed at were the number of people who had cochlear implants. These are hearing devices for people who are unable to hear well with a hearing aid.

For children one year of age or older who have profound hearing loss and are not receiving enough sound to benefit from conventional hearing aids, cochlear implants represent a better alternative. They need to hear the words and inflections, and patterns essential for developing strong speech skills.

What is a cochlear implant? A cochlear implant is an electronic device which bypasses the damaged part of the ear and sends electrical signals directly to the brain via the auditory nerve.

How Does a Cochlear Implant Work?

A cochlear implant has two main components. An external component, called the sound processor that is worn on the outer ear or on the body. It gathers sound with a microphone and processes that sound into digital information, which is transmitted to an implant under your skin behind the ear.

The second part is an internal component, which is an implant with an electrode array, converts the digital information from the sound processor into electrical signals and delivers them to an electrode array. The electrode array stimulates the hearing nerve, which then sends signals up to the brain where they're interpreted as sound.

Cochlear implants are currently the only medical technology able to functionally restore one of the five senses. What a wonderful miracle! I had one woman tell me that for the first time in a long time she was able to hear her grandchildren speaking.

Having hearing loss is a terrible blow to the self esteem. Something we take for granted is suddenly or gradually starting to go and we notice we can no longer communicate with people as we once did. It is certainly hard to accept and for some it is denied until finally there comes a time when you realize that something has to be done. It happens to young and old. Young people seem to be more acceptable to seek help. After all you want to be able to hear!

Joan Miller, Treasurer & Membership Chair

Cochlear Nucleus 5 Rechargeable Battery System Approved By FDA

Centennial, Colorado, USA: Cochlear / – Cochlear has announced that the U.S. Food and Drug Administration (FDA) has approved the Nucleus 5 Rechargeable Battery System for adults and children with severe-to-profound hearing loss. "Rechargeable batteries offer patients a cost-effective and environmentally-friendly alternative to traditional disposable battery technology," says Teresa Adkins, Vice President of Marketing for Cochlear Americas. "Cochlear has offered rechargeable batteries with previous generation hearing systems, but with Nucleus 5, our engineers have achieved an exciting industry breakthrough - when using rechargeable batteries, the Nucleus 5 Sound Processor is the world's only submersible sound processor.

According to Chris Smith, President of Cochlear Americas, "This represents a fundamental leap forward for those who benefit from our cochlear implant technology. No other cochlear implant system has ever come close to providing patients with this level of confidence around water.

With other cochlear implant systems, patients are forced to weigh the risk of accidentally dropping their sound processor in water and destroying it versus the benefit of hearing in and around water.

With Nucleus 5, when using our new rechargeable battery option, there are no risks to weigh. During the summer months this is especially noteworthy, since water-based activities are such an important part of many of our patients' lives."

WWH News July 2010, Vol. 3

RESEARCH: Aiming To Cure Deafness, Scientists Are The First To Create Functional Inner-Ear Cells

SUSM / - Stefan Heller's lab has found a way to create the first functional inner-ear hair cells in a petri dish. Deep inside the ear, specialized cells called hair cells detect vibrations in the air and translate them into sound. Ten years ago, Stefan Heller, PhD, professor of otolaryngology at the Stanford University School of Medicine, came up with the idea that if you could create these cells in the laboratory from stem cells, it would go a long way toward helping scientists understand the molecular basis of hearing in order to develop better treatments for deafness. After years of lab work, researchers in Heller's lab report in the May 14 issue of *Cell* that they have found a way to develop mouse cells that look and act just like the animal's inner-ear hair cells — the linchpin to our sense of hearing and balance — in a petri dish. If they can further perfect the recipe to generate hair cells in the millions, it could lead to significant scientific and clinical advances along the path to curing deafness in the future, they said.

This gives us real hope that there might be some kind of therapy for regenerating hair cells," said David Corey, PhD, professor of neurobiology at Harvard University who was not involved in the study.

continued on page 7



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“Aiming To Cure Deafness, - continued

“It could take a decade or more, but it’s a possibility.” Using both embryonic stem cells from mice as well as reprogrammed mouse fibroblasts (a type of relatively undifferentiated cell found in many parts of the body), the researchers present a step-by-step guide on how to coax these cells into the sensory cells that normally reside in the inner ear. “We knew it was really working when we saw them in the electron microscope,” Heller said. “They really looked like they were more or less taken out of the ear.”

IT’S YOUR OPPORTUNITY . .

Wednesday, October 13th is your chance to be up-to-date with the newest equipment available for people with hearing loss. Vendors from the hearing aid and assistive listening device field will be available to answer your questions and demonstrate the latest equipment. Location and time is on page 1. Don’t miss the boat!

Hearing Loss In One Ear Leads To Speech-Language Delays

The American Academy of Pediatrics / - While bilateral hearing loss – in both ears – has been known to cause speech-language and academic delays, health and education professionals have often discounted the effect of hearing loss in a single ear on a child’s language skills, says The American Academy of Pediatrics. These children may not be fitted with hearing aids or receive accommodations for disability. A new study suggests children with unilateral hearing loss – in a single ear – should be eligible for the same accommodations as children with bilateral hearing loss. The study, “Unilateral Hearing Loss is Associated With Worse Speech-Language Scores in Children,” published in the June print issue of Pediatrics (appearing online May 10), compared 74 children ages 6 to 12 years with unilateral hearing loss to their siblings with normal hearing. Children with unilateral hearing loss scored significantly worse in oral language skills than their siblings. Study authors suggest more research is needed to determine when the onset of speech-language delays occurs and the mechanisms through which unilateral hearing loss affects speech-language development, and whether any interventions might mitigate the effects of unilateral hearing loss.

Donations to CHHA-Hamilton may be made in memory of loved ones and friends. Tax receipts will be issued and announcements sent to the family.

SO MUCH TO TELL YOU - CONFERENCE REPORT

I attended several of the workshop at the CHHA National Conference and the choices were difficult, but since I am not too technically inclined I chose to stay away from those technological seminars. Instead I chose to go to the ones which would benefit me most in my dealings with you, our members and the many people who call in with questions and attend our speech reading classes.

Jennifer Roland is a young woman from Cape Breton. She has been hard of hearing since birth and is a member of a very musical family. She learned to play the piano and fiddle from the age of three, and grew up to be an accomplished musician herself. In spite of her very busy schedule she is also involved in several charitable organizations in support of autism, the aids coalition, cancer society and transition house to name a few. She also owns and directs her own music and dance studio. Jennifer entertained us to not one but two wonderful concerts during the conference.

Johan Hammerstrom is a young man from Sweden, also hard of hearing from birth. His life long passion was to become a pilot. He did apply when he became of age, but he was turned down repeatedly, until finally someone interceded for him. He never looked back. He now has a private and commercial license to fly. After much planning, he flew a small, specially built two-seater plane around the world. Visiting 35 countries and 55 cities, he met with children and young adults on his journey, telling them his story. His message was **never give up your dreams - anything is possible.**

Kim Scott from CHHA-Sudbury and Myrtle Barrett from CHHA-Newfoundland both are recipients of cochlear implants and they related their experiences of "turn on" or "activation day". Six weeks after the initial surgery the implant is hooked up to the computer and programmed so you begin hearing with your cochlear for the first time. It is a very moving experience. This session involved a lot of audience participation, as

they in turn asked many questions and related their own experiences.

On the Friday evening we were taken to the Rita MacNeil concert. A very enjoyable evening indeed.

One session which was most interesting for me was given by Dr. Sam Trychin. He is a professor of psychology and was director of the Living with Hearing Loss program at Gallaudet University in Washington D.C. from 1981-1995. Dr. Trychin has lived with his own hearing loss for many years and has worn hearing aids since joining the air force. He is presently a consultant psychologist in private practice in Erie, Pennsylvania. He now conducts training programs, workshops and classes for people with hearing loss, and their families, and also the professionals who provide services for hard of hearing people. This session really appealed to me since I teach speech reading and coping skills. I plan to use this information and his manual to our clients.

Listening to Dr. Richard Pimental was especially moving, sometimes humorous, sometimes sad. He sustained a severe brain injury while in Vietnam. As a result of his own struggles he made it his life's mission to help not only the hearing impaired but people with all other disabilities. He is responsible for the institution of the Disabilities Act in America. The movie of his life story "The Music Within" is a must see.

One of the highlights for me at any conference is the opportunity to share experiences and network with CHHA members from branches all over the country.

I would like to thank the Hamilton Branch for once again giving me the opportunity to go to the National Conference, and I look forward to the **2011 conference which will be held in Yellowknife in the North West Territories. I would encourage you to attend a conference. You will not regret it.**

Respectfully submitted
Linda Baine

SUDBURY CONFERENCE A HELP

I am one of the newest members on the Board of Directors of CHHA Hamilton. From Thursday June 2 to Sunday June 6 I had the pleasure and honour of attending the 2010 CHHA National Conference in Sudbury Ontario. This conference taught me that I am not alone in my hearing loss and that there are more people than I thought just like me.

If I have to pick one topic that I got the most from it would be the session on the Disability Tax Credit.

Michel David and Michael Currie were both very familiar with the legislation. I also noticed that there were two people that worked for the CRA in attendance at this session. They seemed to agree with the information that was being delivered.

The problem faced by people wanting to file for this credit is the wording in the Act that says "is **unable** to hear so as to understand another person familiar with the patient, in a quiet setting, even with the use of appropriate devices," Michel & Michael have been trying to get the CRA to define a "quiet setting". Case law, Barber vs The Queen (2001 CanLii 863), has given a ruling on their definition, but the CRA will not adopt it. They also asked the question, "what is the difference between asking someone confined to a wheelchair to retrieve something from the other side of the room without the use of the wheelchair and asking someone that wears a hearing aid to hear without it"? The wording in the Legislation needs to be changed. People were encouraged to use a letter that has been prepared to contact their sitting Member of Parliament asking for something to be done. If you want to see the letter go to the following web site: http://chha.ca/documents/chha_submission041610.pdf to access the letter.

As soon as I got home I made an appointment with my Audiologist to get my form filled out and submitted.

Submitted by Craig Ellis, Director

Attending the CHHA National Conference at Sudbury 2010 Good Vibrations

Having not attended the National Conference for the last four years, I decided to go this year to Sudbury. The Branch had hired a van to drive so there were no worries about driving. It was sure nice to go to meet and greet old friends from across Canada.

I was amazed at the technology that is used now compared to the first conference I attended in Ottawa many years ago. CHHA has come a long ways since the time when induction loops were used around the rooms so that everyone could hear. Of course you had to have a T switch on your hearing aid. Now we have advanced to using the infra red system and captioning on two large screens.

Another improvement is the hearing aid and how they can be programmed to do so many things to help people hear better. I enjoyed David Shipps' workshop how he explained implant technology. As well as the cochlear implant he gave us an overview of upcoming trends of stem cell implants and auditory implants. So we can look forward to an exciting future for CHHA members.

What hasn't changed is the camaraderie and friendships that have been made over the years and how close and comfortable you feel with these people.

I am glad that I went and I thank the Hamilton Branch of CHHA for making this possible.

Sincerely,
Gordon Miller, Director

ANOTHER HAPPY MEMBER

I am not new to the world of the hearing impaired but rather trying for a second time to utilize current hearing aids and devices. I was delighted to hear of the planned Sudbury CHHA CONFERENCE, June 3-5, 2010. Our president, Linda Baine most kindly helped facilitate my travel problems when I expressed my desire to attend the conference.

I learned so much and would recommend attendance at future conferences. A web site is available for transcripts of workshops which covered all aspects for attendees.

Contrary to a seemingly popular belief, increasing volume does not solve inability to hear. Rather it creates additional problems via static, background interruptions and the previously unheard coughing, clinking, traffic and other environmental voice and movement sounds.

Workshops on current innovations on the market or almost ready for the market place, specific problems and conditions affecting health and hearing and for me a music workshop, demonstrations, equipment displays, audiologists and several manufacturers and hearing specialists were present to offer their services and expertise.

My first CHHA conference was most enjoyable and I hope I will be able to attend future conferences. Contact for transcripts or other info from the national office are as follows:
www.chha.ca or 1-800-263-8068 or use your local branch for assistance.

Hear, here

Music can motivate us when working out, but noisy gyms cause us to turn up our iPods so high, we risk damaging our hearing. A Canadian researcher recommends using better quality earphones that reduce background noise, allowing us to turn down our music to ear-pleasing levels.

One hour of MP3 *may* damage hearing

They come in all shapes, sizes and colours. Earbuds for iPhones, iPods, or other MP3 players are the must-have accessory for most music lovers. But while the tiny listening devices may keep things quiet around you, bad things could be happening inside your ears. Researchers in Belgium found that people who listened to just one hour of music at volumes higher than 80 to 85 decibels experienced significant short-term hearing loss. Some experts say the tiny earbuds that fit into your ears deliver volume at about five decibels higher than the earphones that fit over your ears. They suggest adjusting the sound a little lower to compensate. Experts also recommend that earphones with a noise canceller are a good option.

HERE'S SOMETHING INTERESTING . . .

"The Nokia Wireless Loop Set LPS-5 is designed to enable users of T-coil equipped hearing aids to enjoy excellent audio quality and hands free calling. With the hearing aid in T-mode background noise is filtered out to deliver good speech clarity in all kinds of noisy environments even outside on a city street."

For further information check out this website: <http://europe.nokia.com/find-products/accessories/all-accessories/headsets/loopsets/nokia-wireless-loopset-lps-5>

If you're interested in this type of product, as well as other helpful aids for people with hearing loss, be sure to attend the **CHHA Health Fair on October 13th** (see page 1 for details).

1 in 5 teens has slight hearing loss

Nearly one in five teens has lost a little bit of hearing, and the problem has increased substantially in recent years, a U.S. study has found. Some experts warn that slight hearing loss can cause problems in school and set the stage for hearing aids in later life. Experts are urging teenagers to turn down the volume on their digital music players, suggesting loud music through earbuds may be to blame.

The authors of the report in the Journal of the American Medical Association eliminated ear infections and exposure to loud noises in the environment as causes for the hearing loss. A recent Australian study, however, found a 70% increased risk of hearing loss associated with the use of headphones in portable music. "Personal stereos are the most important change in the culture in the last 15 to 20 years," said D. Tommie Robinson Jr., president of the American Speech-Language Hearing Association. Even the relatively low level of damage found in the study can create problems.

In English, high-frequency sounds such as S, F, Th and Sh "carry a great deal of meaning, and are very important sounds to be able to discern," Grimes said. But those are the first to be lost, especially in a noisy environment like a classroom. "We know children have more difficulty learning and keeping up academically" when



Did you know...

In our community many people who are unable to hear clearly, even with hearing aids, have never been made aware that they are eligible for an important tax credit that often includes a significant refund. It's time Hamiltonians learned about their legitimate entitlement under the Income Tax Act.

The Disability Tax Credit is a non-refundable credit up to \$1,400 per year. If you are eligible, this claim can be made retroactively for up to ten years!

For more information please contact my constituency office at 905.574.3331.



Chris Charlton
Member of Parliament for Hamilton Mountain

www.chrischarlton.ca

they can't hear well, she added. Hearing loss can also affect social lives, because the teens may miss parts of conversations and punch lines to jokes

In the new study, Dr. Josef Shargorodsky of the Harvard-affiliated Massachusetts Eye and Ear Infirmary and his colleagues used data from two national surveys conducted from 1988 to 1994 and from 2005 and 2006, involving 2,928 and 1,771 teens, respectively. The researchers found that the proportion of teens with any hearing loss rose from 14.9% in the first survey to 19.5% in the second. Meantime, the proportion of mild or worse hearing loss rose from 3.8% to 5.5%.

Males were significantly more likely than females to suffer loss, and teens living below the U.S.-designated poverty level were significantly more likely to have loss than those in areas with higher income. A variety of factors can increase susceptibility to hearing loss, including genetics. For example, children with light blue eyes are more likely to suffer hearing loss than those with other eye colours, for unknown reasons.

WHY JOIN CHHA?

This is what your CHHA membership is doing for you

For speech reading class information contact Linda at 905-659-7347 or lbaine@cogeco.ca. CHHA has representatives at CRTC for Text Emergency Services for those of us who have trouble hearing on the phone. We have representatives at the local City Committee for barrier free accessibility in public buildings.

CHHA meetings are held with excellent guest speakers presenting information to help the hard of hearing. As well, we provide Real Time Captioning and Infrared Hearing System at the meetings to help us hear what is being said.

All of these projects help us to fulfill CHHA's mission to make the community a better place for the hard of hearing. Please renew your membership or join us for the first time and find out what CHHA is all about.

Joan Miller, Membership Chair

Below you will see an application to renew *or* become a new member of CHHA. We ask that you fill it out and send it to the address printed on the form. **Memberships for the year 2010 to August 31, 2011 are now due.** To keep our association strong we have to know that *you* are supporting us by becoming a member

Upcoming CHHA meeting dates: October 13th, December 8th, 2010.

CHHA-Hamilton Membership Application & Renewal Form

Date: _____

Name: _____

Address: _____

City/Postal Code: _____

Telephone: _____ E-Mail _____

I hereby apply for one of the following memberships (please check one):

Individual Membership: \$30.00 / year Family Membership: \$50.00 / year

Lifetime Membership: \$300.00 plus \$5.00 / year

Mail this form with your payment to:

CHHA-Hamilton, c/o Joan Miller, Treasurer,
90 Stirling Street, Caledonia, ON N3W 1J5

Make cheques payable to: CHHA-Hamilton