



HERE, HEAR!!

Canadian HARD of HEARING Association
(CHHA-Hamilton)

Linda Baine, President

March, 2011

You are not alone!

CHHA-Hamilton invites YOU to our upcoming

Spring Meeting

The Topic is

“Hearing Loss and the Work Place”

**With Michelle Tew RN BScN DOHS COHN(C)
Occupational Health Clinics for Ontario Workers**

Wednesday, March 9th, 2011

7:00 pm to 9:00 pm

**The Scottish Rite (Round Room)
Corner of King & Queen Streets (free parking at rear)
Hamilton L8P 3R3**

Real Time Captioning & Infra Red System available

Members - free

Visitors: \$5.00

To register

info@chha-hamilton.ca

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

**Or email us at info@chha-hamilton.ca
www.chha-hamilton.ca**

PRESIDENT'S MESSAGE

Good morning all and welcome to a new year of CHHA-Hamilton. While it would seem that we have had a long hiatus over the winter – perhaps it just seems that way for me since I had no computer access temporarily – but I can assure you that your executive have been very busy making plans for some very exciting happenings for this coming year.

Our new website is up and running and I encourage you to check in to it and send in your comments and ideas. Your input is very important to us as we strive to bring you up to date information. www.chha-hamilton.ca

Speech reading classes will again be starting the first week in April. For further information call 905-659-7347, 905-522-8207 or info@chha-hamilton.ca

If you would like an opportunity to combine a fantastic trip of a life time and the CHHA National Conference in June, check out the website for full details www.chha.ca

Our Christmas meeting enabled the following to win some fun door prizes: Susan Cook, John Nicholson, Albert Rodrigues & Laura Williams.

I look forward to seeing all of you at the next general meeting on March 9th.

CHHA for now!

Linda Baine

CHECK OUT CHHA-HAMILTON'S "ENERGETIC NEW WEBSITE"

CHHA-Hamilton is pleased to announce the launch of their newly enhanced website design. The upgraded site is the result of months of analysis, design and programming with the goal of providing visitors with a user-friendly and interactive online destination.

The new website features an interactive discussion board that will allow members to comment on, and participate in an open dialogue regarding current issues in hearing loss. Visitors can now also easily access information about upcoming events and meetings as well as review photos of many of our fantastic past events. The site also provides easy to find information on speech reading classes, hearing tips and links to many other useful hearing health websites.

CHHA-Hamilton President Linda Baine said, "This energetic new website design reflects our focus on providing our region with up to date hearing health news in an easy to navigate and interactive format. Simplified navigation and interactive features will make chha-hamilton.ca a destination site for the hard of hearing throughout Ontario." www.chha-hamilton.ca



Show your membership card and get these great discounts!

CHHA members SAVE at Provincial Hearing!

All hearing aid batteries

50% off!



10% off

Assistive Listening Devices!



541 Main St. E. Hamilton 905-522-8011	132 Parkdale Ave. S. Hamilton 905-312-4703	155 Main St. E. Grimsby 905-309-8778	220 Broad St. E. Dunnville 905-701-8167	1451 Pelham St. Fonthill 905-892-6068
130 Wilson St. Hamilton 905-525-1032	15 Mountain Ave. S. Stoney Creek 905-664-5310	37 Caithness St. E. Caledonia 905-765-8607	3 Lowell Ave. St. Catharines 905-685-6185	provincialhearing.ca 1-866-833-7533

Hearing loss among girls and exposure to loud noise -- sounds familiar

[December 28, 2010](#) | By Mary Forgiione, For the Los Angeles Times

"Teenagers are going to ruin their hearing with all that loud music." We've all heard that admonishment, or something close to it. Now we get further proof that it's true, especially among teen girls.

Researchers analyzed data on more than 4,000 adolescents, parsing it for trends in hearing loss. They found a particular type of hearing loss brought on by exposure to loud noise. Many numbers ensued. Here's the abstract published online Monday in Pediatrics if you want a taste.

The upshot: "Increased exposure to recreational noise and minimal use of hearing protection might have lead to an increase in [noise-induced threshold shifts] prevalence among female youths."

Andrea Horwath
MPP, Hamilton Centre



20 Hughson St., S., Suite 200,
Hamilton ON L8N 2A1
Tel: 905-544-9644
Fax: 905-544-5152
ahorwath-co@ndp.on.ca

More worrisome yet, writes the editor of Pediatrics in this blog post is that teens don't seem to make the connection between loud music and hearing damage. And yes, we've all heard that

But it's not just girls who are losing it. "One in every five teens now has at least a slight hearing loss, which can affect learning, speech perception, social skills development and self-image; one in every 20 has a more severe loss." So says this [Los Angeles Times story](#) about another study .

THIS & THAT . . .

- **It's your opportunity — Wednesday, March 9th is your chance to hear what assistance is available for people with hearing loss in the work place. Bring your questions. Location and time is on page 1. Don't miss the boat!**
- Mark your calendar so you won't miss any of this year's meetings: Wednesdays, 7 pm, Scottish Rite, March 9th, May 11th, October 12 and December 14th.
- 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. Charitable Reg. No. 89647 8419 RR0001
- **Check out our new website for the full article**
Tinnitus treatment music to some sufferers' ears
It drives people nuts. Ringing. Buzzing. Hissing.
<http://www.thespec.com/living/healthfitness/article/318387--tinnitus-treatment-music-to-some-sufferers-ears>
- Tinnitus is the result of the brain trying, but failing, to repair itself
<http://www.sciencedaily.com/releases/2011/01/110112122504.htm>

It's A Noisy Planet Protect Their Hearing

Noise-induced hearing loss (NIHL) is 100% preventable! Yet approximately 26 million Americans & Canadians between the ages of 20 and 69 have high-frequency hearing loss from overexposure to loud noises at work or during leisure activities. More than 30 million Canadians and Americans are exposed to dangerous levels of noise on a regular basis. Children also are frequently exposed to noise levels that could permanently damage their hearing. Noise levels generated by activities as common as doing yard work, playing a band instrument, and attending sports events can result in NIHL. Research suggests that NIHL experienced at an early age may accelerate age-related hearing loss later in life.

In Oct. 2008, the National Institute on Deafness and Other Communication Disorder (NIDCD), part of the National Institutes of Health (NIH) launched "It's a Noisy Planet Protect Their Hearing." The Noisy Planet campaign is designed to increase awareness among parents of children ages 8 to 12 ("tweens") about the causes and prevention of NIHL. With this information,

parents, grandparents and other caring adults can encourage children to adopt healthy habits that will help them protect their hearing for life.

NIDCD is focusing its campaign on the parents of tweens because children at this age are becoming more independent and developing their own attitudes and habits related to their health. They also are beginning to develop their own listening, leisure, and work habits—or soon will do so. Consequently, the tween years present an open window of opportunity to educate children about their hearing and how to protect it.

Parents and teachers still have a great deal of influence over their tweens' behavior and the Noisy Planet campaign provides them with resources that they can use to educate their children about the causes and prevention of NIHL. The campaign website at www.noisyplanet.nidcd.nih.gov provides parents with facts about NIHL, tips on how to encourage their tweens to adopt healthy hearing habits. The site also offers info specifically for tweens, such as interactive games about noise and hearing.

NIDCD www.tbregistry.org

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.

Press Release

Too few take the hearing impaired into consideration in the work place One in three hearing impaired people says that their employer or colleagues do not take their hearing loss into consideration. Only one in seven says that it is taken into consideration.

31 % of the hearing impaired say "not at all" when asked if their co-workers show any consideration towards their hearing loss. 34 % also say "not at all" when asked if their employer show any consideration. 25 % say that their co-workers and employers only show "a little consideration" towards their hearing loss. Only one in seven says that their hearing loss is taken into consideration in the work place. There is given no – or at least very little – consideration to the hearing impaired in the work place.

These figures confirm that thousands of hearing impaired people still faces barriers when it comes to employment. Many hearing impaired people are forced to leave the work force, even though studies show that many of these could have stayed in work if their hearing had been taken into consideration. By staying in work they create growth for businesses, society and for themselves. Previous surveys have found that one in five hearing impaired people leaves the work force.

"It is plain to see, that it is economically sensible for society to help the hearing impaired to stay in work, earn money and pay taxes rather than that they draw a pension from the state. All in all we are talking about billions which could be saved each year.

At the same time, all studies shows that the hearing impaired and their families have a much higher quality of life and higher self esteem if they can go to work and contribute to society instead of being passively looked after," says Secretary general Kim Ruberg, Hear-it AISBL

Employers can make a profound difference by making simple changes in the workplace and by providing support to promote an inclusive and effective work environment.

"The understanding of colleagues and their consideration is very important. Just being aware that a colleague does not hear so well and remembering this can mean a lot," says Kim Ruberg.

More than three hundred hearing aid users from around the world took part in the survey during October and November 2010 and answered questions about being hearing impaired at work. They responded to a questionnaire posted on www.hear-it.org.

Facts about Hear-it AISBL

Hear-it AISBL is an international non-profit and non-commercial organisation.

Further information

For further information feel free to contact Kim Ruberg, Secretary General, Hear-it AISBL, tel.: +45 40 300 500, e-mail: hear-it@hear-it.org

Are you satisfied with captioning in Canadian movies . . .

Canadian financed films often don't have **captioning** or have something that is called subtitled but it's not subtitled correctly. According to Access 2020, the proper authority to contact is Heritage Canada and the Canadian Media Fund. If you have a *complaint* about a Canadian film not being captioned you should address your complaint to:

Neal Mc Dougall (NMcDougall@ctf-fct.ca)
Canadian Television Fund
4-50 Wellington Street East
Toronto, Ontario M5E 1C8
E-mail: info@cmf-fmc.ca
Telephone: 416.214.4400
Toll-free: 1.877.975.0766
Fax: 416.214.4420

Canadian Hearing Aid Subsidies

For individuals who are hard of hearing, access to Assistive devices can be difficult. There are various programs in place through the government of Canada that aid in the funding of these devices. Eligibility varies from program to program and some are more accessible than others for certain individuals. The following article outlines the various programs available to individuals who are hard of hearing, and includes links to further information. It is important to research all potential avenues to ensure every possible source of assistance has been explored before assuming devices must be paid for out of pocket. The following information is meant as a guide. Not all the information regarding coverage has been included, but simply summarized for a resource purpose.

Government Coverage – Provincial

Based on the Canadian Healthcare system, each person is entitled to free healthcare. While there are a standard set of procedures that are covered, extended benefits vary from province to province.

Ontario Ministry of Health and Long-Term Care <http://www.health.gov.on.ca/>

For full details see: www.chha-hamilton.ca



Chris Charlton
Member of Parliament for Hamilton Mountain

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.

www.chrischarlton.ca

Representation that's working for you !

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. This year we also held a cochlear implant reunion as well as a Hearing Health Fair.

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.

CHHA-Hamilton Membership Application & Renewal Form

Your Membership is now due for September 1/10 – August 31/11

Please mail this form with your payment to:

CHHA, c/o Joan Miller, Membership, 90 Stirling Street, Caledonia, ON N3W 1J5

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

Make cheques payable to: CHHA-Hamilton