



Canadian HARD of HEARING Association

(CHHA-Hamilton)

HERE, HEAR!! Newsletter

www.chha-hamilton.ca

Arthur Rendall, President

May, 2012

HALF OF UNEMPLOYED SHUT OUT OF ONTARIO'S JOB TRAINING

If the best route out of poverty is a job, a commission studying Ontario's welfare system thinks the province can do more to help its most vulnerable residents find work **and this includes the hard of hearing, too.**

The CRTC has stated in their statistical information that 4.4 million Canadians have hearing loss. They also acknowledged this number is increasing quicker than anticipated. With the number of manufacturing companies that have been in existence in Hamilton over the last fifty years, I imagine many of their employees would be included in these statistics.

Also, it is not uncommon for younger individuals to also have hearing loss because of exposure to loud noise such as from nightclubs, rock concerts and listening to overly loud music.

As a result, many younger and middle age people are experiencing hearing loss, which in turn, makes it an extra challenge when searching for employment.

CHHA-Hamilton is fortunate to have obtained the Executive Director of PATH Employment, Mr. Brad Spencer, to be our key-note speaker on May 23rd. He will be discussing how to plan your resume and prepare yourself for the all important job interviews.

MAY MEETING

Job Search for Hearing Loss

Speaker: Brad Spencer

Executive Director of PATH Employment

Date: Wednesday, May 23rd

Time: 7:00 pm to 9:00 pm

Location: South Gate Presbyterian Church, 120 Clarendon Avenue, Hamilton L9A 3A5

Registration & Contact info:
905-575-4964 or
chha-hamilton.newsletter@shaw.ca

Charge: Members - no charge
Guests - \$5.00

Parking: free parking in rear

Real Time Captioning and infra red system available

President's Message

First I would like to thank all my Board of Directors for their unwavering support whilst I coped with my detached retina and allowing things to carry on and get done in my absence.

Our first general meeting put together by our meeting chair was a great success with far more people attending than what we had expected. I personally counted 96 people in the meeting room where Dr. Roberts gave us a good prospective of what Tinnitus does to hearing. The group were very interactive with their questions to Dr. Roberts and we hope they received the answers they were looking for at this presentation.

The next meeting will be based around strategies to look for a better career. How resumes should appear, what to mention in the interview about hearing loss and how to overcome objectives in front of the interviewer. Far too often people with hearing loss do not think they should change jobs for a better position or go for that promotion from within where they work in case hearing loss will affect their current position.

We also ask that all of you that read this newsletter, give us feedback. We are only as good as you see us. Having your perspective helps us to look at everything globally. We appreciate your input about the topics that are important to you for our general meetings. We now have close to 100 CHHA members in Hamilton so there should be a lot of things we can address in future meetings with your input.

The second Hearing Health Fair is in the planning stages for the Hamilton Convention Centre, **September 8th**, 2012. If there is anyone who can help out on this committee we would like to hear from you. Our intention is to bring what CHHA National does in a conference to your doorstep by providing a good cross section trade show as well as seminars from the vendors in a separate captioned room. This is where you can learn about technology advances in hearing loss from hearing aids, assistive devices like fire alarms, hearing dogs all the way to communication tools like iPhones and Blackberry's, etc. Mark it on your calendar. Let us hear if you can help at info@chha-hamilton.ca.

Linda Baine is representing us again for giving Speech Reading classes. If you want more information please contact info@chha-hamilton.ca. This is the number one area that helps us all to communicate better. It is also the number 1 topic when asked at a conference as to where can participants get this course. Luckily, Linda and our Liz Wagner, are trained speech reading instructors, so take advantage of this unique course.

Lastly please spread the word to anyone you know with hearing loss by sending them this newsletter. We need a good core of members to successfully lobby governments whether Federally, Provincially or at the Municipal level. We can make a difference but we need your support to get there and show our politicians who we are. Stand up for your rights to be heard, join CHHA.

Look forward to seeing you at the next meeting.

All the best for the summer,
Arthur Rendall
President.

ASK CATHY

Q: Do I really need 2 hearing aids – won't just 1 do?

A: If you have a hearing loss in both ears then YES you do need 2 hearing aids.

We are built to hear from two sides. When you have 2 hearing aids you can hear better than with one. With 2 aids you are better able to localize the source of a voice so you can hear better in groups. With one aid by the time you turn your head to locate the speaker you have already lost the opening words of the conversation.

You are also better able to distinguish between 2 words that sound alike with 2 hearing aids so you can also hear better one –on-one.

You also need 2 ears to pick up what directions sounds come from – so with one aid you can hear the bus coming with 2 aids you can decide which way to move to get out of its path!

. continued on page 4

Zabell

How to Prevent Hearing Loss While Mowing the Lawn

A lawn mower can exceed 85 decibels of sound. According to Jim Battey, director of the National Institute of Deafness and Other Communicative Disorders in Bethesda, Maryland, exposure to this level of sound over time is enough to cause permanent hearing loss. But you can prevent hearing loss by protecting your ears from prolonged exposure to sound produced by lawn mowers.

Step 1

Limit your exposure to the noise. Sound that is over 80 decibels, like a lawnmower, can eventually damage the cochlea, a chamber in the inner ear lined with tiny hair cells that transmits sounds to the auditory nerve, the American Speech-Language-Hearing Association said in "Noise and Hearing Loss." Noises that are over 100 decibels can permanently damage your hearing after only 15 minutes, according to sound mitigation company Sound Barriers. When mowing the lawn, time your exposure with a stop watch. Shut off the mower and take a break every 15 minutes.

Step 2

Purchase ear plugs that are rated to block out noise levels greater than 90 decibels. Some examples of these include foam ear plugs that are designed to be inserted into your ears, and shooter's ear muffs that cover the entire ear.

Step 3

Follow package directions for correct use of ear plugs. Foam ear plugs are typically crushed and inserted into the ear canal, where they expand to block noise, while shooter's ear plugs cover the ear like a pair of ear muffs.

###

REMEMBER . . . hearing loss is an invisible disability. You are not aware of it happening. **Protect your hearing!**

ASK CATHY continued from page 2 . . .

Two aids also let you hear sounds from a further distance than you can hear with one.

Two aids give you more comfortable hearing because you can wear them at a reduced volume than you could wear just one. This makes listening less tiring and also makes sound less distorted. Not to mention the lower volume of the aids makes it more comfortable when you hear a loud sound.

There are also a number of studies that show when you wear only one aid the unaided ear can actually lose a lot of its ability to hear.

For **tinnitus** sufferers many find that their tinnitus is not lessened when wearing only one aid – because the tinnitus in the unaided ear remains—whereas with 2 aids many find that their tinnitus is lessened or even gone.

You can hear music and TV better with two aids.

Those wearing 2 aids have statistically reported more satisfaction with their aids and are more likely to have a successful hearing aid experience.

Mostly the reason you should wear 2 aids if you have a loss in both ears, is that people who wear 2 aids when needed, report improvement in their overall satisfaction with their home and social life – and that is the most important reason to wear 2 aids.

Cathy Peterson not only wears hearing aids, she is also the retired general manager of Provincial Hearing Consultants and on the CHHA-Hamilton Board.

If you have questions for Cathy, please send them to chha-hamilton.newsletter@shaw.ca

Even a hard of hearing person can become the Prime Minister of Canada

"I was shy about the birth defect that had left me deaf in my right ear and distorted my mouth, although I had become quite good at defending myself with my fists after years of hanging out in the neighbourhood poolroom, which could become pretty lively on payday or during a political campaign."

Jean Chretien from his autobiography, *Straight From The Heart*

Villa Italia

The Mysterious Case of Vincent Van Gogh

by Robert M. Traynor, Ed.D., MBA @
Hearing International

Vincent Van Gogh is not only universally recognized as amongst the great artists in history, but also as the tortured genius and crazy painter who sliced off his own ear. Art-loving audiologists from around the world have long been baffled by Van Gogh's loss of the external part of his right ear (known as the pinna) and his much-discussed hearing impairment.

Van Gogh, one of the leading impressionists, also takes his rightful place with other historical figures who have suffered from Meniere's disease. Although his physicians diagnosed Van Gogh as having epilepsy and madness, Hargrave (2011) writes that the painter was known to have suffered from tinnitus, which he described as ringing or roaring in the ears, as well as impaired hearing and intolerance of loud noises (classic Meniere's symptoms).

Van Gogh's inimitable fusion of form and content is powerful, dramatic, lyrically rhythmic, imaginative and emotional, for the artist was completely absorbed in the effort to explain either his struggle against madness or his comprehension of the spiritual essence of man and nature. Before becoming an artist, Van Gogh worked as a pastor, art salesman and teacher. He was a well-known recluse, sometimes spending hours in silence with his bible.

Although Prosper Meniere's 1861 paper outlining the disease that bears his name was published two years before Van Gogh's birth, the condition was not well known or medically accepted in the late 19th century. Therefore, it's not surprising that Dr. Peyron, a physician at the St. Remy (France) asylum for epileptics and lunatics, diagnosed Van Gogh with epilepsy and thought this to be the cause of his malady. Based upon this diagnosis, the painted voluntarily admitted himself to the St. Remy facility in May of 1889. He died of a self-inflicted gunshot wound the next year.

For a century he was thought to have been epileptic and was well known as the crazy painter who cut off his own ear. In an effort to correct the record, Arenberg et al. (1990), a group of neuro-otologists, reviewed 796 of Van Gogh's personal letters to family and friends written between 1884 and his suicide in 1890. Their analysis reveals a man who was constantly in control of his reason, but who suffered from severe and repeated attacks of disabling vertigo, not a seizure disorder. In their opinion, the clinical descriptions in his letters are those of a person suffering from Meniere's disease, not epilepsy.

Reprinted with permission of Hearing Health Matters. <http://hearinghealthmatters.org/>

Editor's Note: Bob Traynor is the CEO and a practicing audiologist at Audiology Associates, Inc. in Greeley and Johnstown, Colorado with particular emphasis in amplification and operative monitoring, offering all general audiological services to patients of all ages.

<http://hearinghealthmatters.org/hearinginternational/>

This article appeared in the October, 2011 issue of IFHOH Journal, the newsletter of the International Federation of Hard of Hearing People.

 The Blogs
@Hearing Health & Technology Matters!
HearingHealthMatters.org

JEAN-CLAUDE VAN DAMME DIAGNOSED WITH HEARING LOSS

The well-known actor Jean-Claude Van Damme, (his films include *Blood Sport* and *Universal Soldier*) has been diagnosed with high-frequency hearing loss. In his many action films, Jean-Claude Van Damme was exposed to many loud noises and sudden explosions. That has had a negative effect on his hearing.

According to his doctor, there is a difference in hearing in the high frequencies in both of his ears. This means that Van Damme experiences difficulties when several people are talking at the same time. He may hear the sounds but they don't make sense to him. "You hear, but you can't understand", his doctor says. The doctors have advised him to protect his hearing so as to ensure that it is not damaged further.

(Source: www.torontosun.com)

This article appeared in the October, 2011 issue of IFHOH Journal, the newsletter of the International Federation of Hard of Hearing People.

Chris Charlton
etc

WHY JOIN CHHA?

- We offer speech reading classes to assist you in communicating
- We are advocates for those who suffer from hearing loss
- We host events that help build community amongst hard of hearing individuals
- We raise funds to assist the hard of hearing in our region

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.

To keep our association strong we have to know that *you* are supporting us by becoming a member.

Ruth Watt, Membership Chair

CHHA-Hamilton Membership Application & Renewal Form

Your Membership is due effective now to – August 31, **2013**

Please mail this form with your payment to:

CHHA Membership, 762 Upper James, Suite 122 Hamilton, ON L9C 3A2

Name: _____

Address: _____

City/Postal Code: _____

Telephone: _____ e-mail: _____

Age: 19—30 ___ 31—50 ___ 51+ ___

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

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