



Canadian HARD of HEARING Association

(CHHA-Hamilton)

HERE, HEAR!! Newsletter

www.chha-hamilton.ca

Rob Diehl, President

September, 2014

unitron. Hearing matters

presents



Canadian Hard of Hearing Association
HAMILTON BRANCH

FUNdraiser Nine & Dine Tournament

**Saturday, September 6
at 4 p.m.**

Oak Gables Golf Club

**\$65 includes golf, cart and dinner
\$20 for dinner only
rain or shine**

**To register call 905-628-6539
or email wpc@netinc.ca**



September Meeting

CHHA *presents* TINNITUS (Ringing in your Ears) And the AGM

Speaker: Gabriella Lesniak

DATE: Wednesday, **September 10th**

Time: 7:00 pm to 9:00 pm

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

**Registration & Contact info:
905-575-4964 or
chha-hamilton.newsletter@rogers.com**

**Charge: * Members—no charge
* Guests - \$5.00 donation**

Parking: free parking in rear

**Real Time Captioning and
infra red system available**

Refreshments

Sponsored by OTICON

President's Message

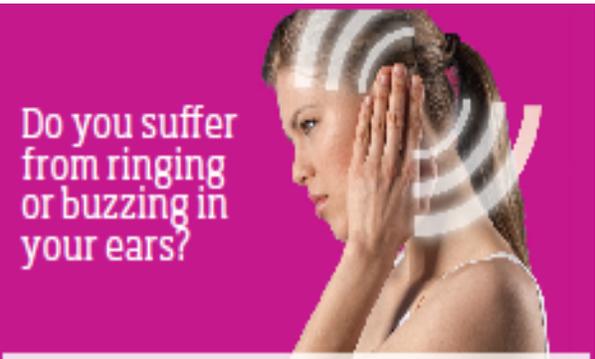
In my first full year as President of the CHHA-Hamilton Branch, I can look back and say that I'm proud of what we have accomplished both as a board and as a branch. As is the nature of volunteering, you sometimes get caught up in the small things that don't go according to plan, and it's easy to get frustrated and wonder why do I even bother? But, when I speak to our members, and I see the impact that CHHA has amongst the group, and I see the potential that it has in the future, any disgruntled feelings that may arise quickly wash away.

This past May was the CHHA-National Conference in Toronto. This was my second conference but, more importantly, it was a first conference experience for many CHHA-Hamilton members. The close location allowed us to send over 10 members to represent the branch and soak up an incredible amount of information. There were many informative sessions over the course of the weekend but, what I always take away from these events is an incredible sense of community. For many of us, hearing loss makes us feel alone and isolated but, these events bring hundreds of hard of hearing individuals together in one place and allow us to share our experiences, tribulations, and accomplishments together.

This sense of community was reinforced just a short time after, when we hosted the annual Sunnybrook Hospital CI Reunion. Over 30 people attended from across Southwestern Ontario to catch up on the latest from the hospital, reunite with each other, or just gather new information on the latest technologies. Each time we host one of these events I leave having learned something new, and I always enjoy hearing about the incredible experiences and lives of the people who attend.

One other accomplishment of this term was the introduction of a new Advocacy Committee. Advocacy has a strong tradition in Hamilton through the hard work of long-time members such as Joan Miller, Mary Smithson, and Linda Baine. I firmly believe there is power in numbers and it's my hope that our committee can lend more manpower, as well as follow in the footsteps of those who have led by example. This committee has been working hard over the course of the Spring and Summer, and I'm pleased that they will report on their progress at the AGM in September.

Continued on page 4 . . .



Do you suffer from ringing or buzzing in your ears?

Introducing Tinnitus SoundSupport™ ... taking tinnitus personally.

Tinnitus is a condition that affects millions of people worldwide. The new Tinnitus SoundSupport™ from Oticon can provide some relief to those who suffer from tinnitus. In addition to working as a personalized hearing aid, Oticon Tinnitus SoundSupport™ featured in Alta 1 Pro and Nera 1 Pro, helps to ease the effects of tinnitus by using sound stimulation, shifting the attention away from the sounds that tinnitus creates. Some benefits include:

- A personalized solution with a range of tinnitus relief sounds
- Flexible fitting process
- Designed to support common tinnitus management approaches

Contact the professionals at **Canadian Hard of Hearing Association (CHHA)** to find out more about these products.

www.oticon.ca



Ask Cathy . . .

Q: I would like to go camping this summer but I would be by myself. My children are concerned about not being able to get in touch with me. Could I take the charger for my ComPilot and plug it into the power source on a hydro site to recharge? I could then buy a cell phone that is Bluetooth compatible.

A: ComPilot is a device worn around your neck that transmits the sound from the Bluetooth device-telephone, TV, computer, etc.- directly into the hearing aid. Most hearing aid manufacturers have some version of this available but each one has its own name for it. This is a far superior option in almost every situation – not just camping but every day too - to having multiple devices such as an amplified phone and amplified TV system as the sound output is designed for your specific hearing loss and not just some generic volume increase. With this type of device when your cell phone rings it rings right in your hearing aids and the caller's voice is right in your hearing aids- your voice is transmitted back through the device – your cell phone has to be nearby but you never actually touch it.

Another advantage to buying a new cell phone is that almost all new cell phones are capable of using text messaging which is often a great boon to the hearing impaired- because no hearing is required – you just read the screen!

Of course having the Bluetooth cell phone and the Bluetooth link to your hearing aids and being able to text message only works if you are in an area that has cell phone service – so that might be the first thing to check on with the campsite.

Send questions to *Ask Cathy* at:
chha-hamilton.newsletter@rogers.com

Volunteering

Have you considered volunteering with CHHA? If so, and you're a member, here is your opportunity. If not, join today.

Hello fellow members.

Our Annual General Meeting is fast approaching and the Canadian HARD of HEARING Association (CHHA-Hamilton & Area) have three vacancies on our board.

Our board position tenure is three years and we require two new members at large this year and also require a secretary.

We have four meetings a year for the general public, and four board meetings. There may be an occasional board meeting as functions crop up. Nominees must be willing to attend these meetings.

If you are interested in filling any of these positions or would like to nominate someone, please contact me as soon as possible with the following information:

* Name for Board Member at Large

* Name for Secretary

Is the nominee willing to have his or her name submitted? .YES..... NO.....

Please complete with name, address, phone number and e-mail address of the person nominated and send to:

Linda Baine, CHHA Nominating Committee Chair (905) 659-7347 or

Chha-hamilton.newsletter@rogers.com

YOUR SMILE FOR THE DAY . . .

Patient: I have a ringing in my ears.

Doctor: Don't answer!

Continued from page 2

I would also like to remind people of our September Nine & Dine Golf Tournament on Saturday, September 6 at 4 p.m. at Oak Gables Golf Club in Ancaster. This is an important fundraiser for our branch, which allows us to continue to facilitate meetings, events, and the logistics that go along with it. Please consider joining us for golf/dinner for \$65 or just for dinner for \$20.

I would like to acknowledge the growth in the number of volunteers and new members who have come through our doors over the past year. It's encouraging that our branch continues to grow, and with that comes exciting new people, ideas, and initiatives. I encourage you all to keep coming to us with your thoughts, get involved with committees, and help this branch continue to evolve and grow. Lastly, thank you to my fellow board members for their continued service. These individuals are some of the most passionate, dedicated and, hardworking people I have had the pleasure of working with. Special thank you to Cathy Peterson, Dr. Don Hitch, and Ruth Watt who will be leaving our board this year.

Thank you, and I'm looking forward to the upcoming year!

Rob Diehl

CHHA-Hamilton President

Mary Smithson



This past year we unfortunately lost long time member Mary Smithson, who peacefully with her husband Ron of 62 years, passed away on Friday, May 23, 2014, at the age of 84.

Through her marriage with Ron, Mary was blessed with 6 children, and numerous grand and great-grand children.

Mary was a graduate of St. Joseph's School of nursing in 1950. She was honoured with the Hamilton Senior of the Year Award in 2008 and Mary, together with Ron, received The Diocesan Medal of Honour in 2000.

Mary was a member of the CHHA-Hamilton branch since the late 80s, and has been a staunch advocate for help for the hearing impaired for many years. Mary served on various committees within the branch and she also served a term on the board of directors before becoming President for three years. Additionally, Mary spoke to countless groups and schools regarding help for the hard of hearing. She also spent several years advocating for people with disabilities at the City of Hamilton Council.

Mary was very involved in the community beyond CHHA. She was a member of the Saltfleet Library Book Club, member of the Advisory Committee for the Disabled, City of Hamilton; Board member of the Stoney Creek non-profit housing committee; and volunteer at the Stoney Creek Policing

New drug *could* cure tinnitus, say scientists

A CURE for the hearing disorder -tinnitus is a step closer after scientists discovered it *might* be eliminated by blocking signals between the ear and brain.

By: **Jo Willey**

Tinnitus can have a debilitating effect on an individual's life [GETTY]

At least one in 10 British adults has tinnitus – a constant ringing in the ear – and 600,000 suffer so badly that their quality of life is blighted.

Tinnitus is caused by nerve damage in the inner ear and can be the result of exposure to loud music, an ear infection or even a cold.

Now researchers at the University of Western Australia have found guinea pigs given tinnitus by exposure to loud noise appeared to be cured by a drug called furosemide. It works by lowering activity of the auditory nerve, reducing neural hyperactivity in a specific part of the brain that processes sound.

Dr Helmy Mulders, who led the research, said: "Studies in human tinnitus sufferers are still needed to confirm our results but lowering the activity of the auditory nerve may be a promising approach." The study was funded by the charity Action on Hearing Loss.

With thanks to CHHA-National's I Listen

If you wish more information on tinnitus, be sure to attend our **Tinnitus** Workshop on **September 10th** (see page 1 for details).

THE 2014 CHHA NATIONAL CONFERENCE

Several of the CHHA-Hamilton members attended this conference. The following are some of Bill Campbell's memories.

This was to be my first CHHA National Conference and I had heard lot of feedback from The CHHA-Hamilton Branch members that attendance at a National Conference was an inspiring experience.

When we arrived at the Fairmont Royal York Hotel, Toronto, the location chosen for the conference, I was surprised to find a loop system had been installed at the check-in desk for improved communications.

There were a variety of workshop topics to choose from and I found myself drawn to those that were about the changes and improvements in listening devices and systems. At one such workshop I found my hearing aids did have a working "T" switch and I could listen on a loop system. What a major difference in my ability to hear in a group situation! At another workshop I discovered the amount of behind the scenes work that is done by an audiologist to prepare hearing aids for delivery to a customer.

One of the stories that I heard at the conference was from an elderly lady living in Winnipeg. In spite of many protests from her family she decided to attend the conference. As she told her story of getting on a plane in Winnipeg, flying to Toronto and getting from the airport to the hotel by herself, you could feel the sense of accomplishment she had while she planned her trip for *next* year.

Bill Campbell
CHHA-Hamilton Vice President



www.zabellhearing.com

SPEECH READING

IF you wear hearing aids and *still* struggle to hear what people are saying, it may be time to consider speech reading classes.

10 weekly classes for \$30.00
Starting September
To register or for information call Linda at 905-659-7347 or chhahamilton2@gmail.com

IF you are interested in forming a small group to discuss **Meniere's disease** and/or **tinnitus**, please contact Jacquie at chhahamilton2@gmail.com

MYTHS ABOUT TINNITUS

Myth 1: Tinnitus is a disease
Tinnitus is not a disease, but a condition that can result from a broad range of causes such as a build up of earwax, certain medications, otosclerosis, Ménière's Disease or exposure to excessive noise.

Myth 2: There is no effective treatment for tinnitus
This is the most dangerous myth of all. While there is currently no cure for tinnitus, research has led to the development of better treatments for sufferers. Hearing clinicians who specialize in tinnitus can help individuals determine how severe their tinnitus is and advise them of treatment options. For more on this topic: <http://weareallears.com.au/5-myths-about-tinnitus/#.U-12IPnIZSI>

HEARING LOSS — THE FACT



Only 1 out of 5 people who could benefit from a hearing aid actually wears one.

HEAR WHAT YOU'VE BEEN MISSING

Any hearing aid can improve your hearing. A special one gives you true-to-life sound. The WIDEX DREAM hearing aid does exactly that, so get ready to start hearing many of the sounds you have been missing.

Visit www.widex.ca to find a Hearing Healthcare Professional near you.





1964 | My favourite sound
was the wind-up
on my toy cars



After a half century in business, there is much to rejoice.
50 years of innovation. 50 years of dedication to improving
the lives of people with hearing loss.

**Celebrating fifty years of helping people
hear their favourite sounds**

What was your favourite sound?

unitron. Hearing matters

unitron.ca

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.

Membership Chair

CHHA-Hamilton Membership Application & Renewal Form

Your Membership is due effective *now* to – August 31, **2015**

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: \$35.00 / year

Family Membership: \$50.00 / year

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

Make cheques payable to: CHHA-Hamilton

Remember . . . You are not alone!

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