



Sound Waves

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Summer 2009

Hearing loss and dementia

protecting yourself from a misdiagnosis

By Michael A. Bower, BA, ACC

If you are of a certain age and have some gray in your hair, you will likely find yourself a victim of ageism. As with all “-isms,” ageism is the practice of making assumptions about a person’s intelligence and abilities based solely upon superficial facts—in this case, age—and taking actions based upon those assumptions. This leads to misconceptions, biases, and mistakes.

So, how does this affect you? When ageism is coupled with hearing loss, it can be a dangerous combination in medical and emergency situations. It is not unusual for people with a hearing impairment to end up in an ambulance and/or an emergency room without anyone being aware of their hearing loss.

The term “dementia” means diminished cognitive capacity. Dementia is a symptom of an underlying disease or condition. While Alzheimer’s is the most common cause of dementia, other diseases, including brain injuries, also cause dementia. Each has different causes and each requires different treatment and management, so it is important to identify which disease a person has. Although most people immediately associate dementia with memory loss, that is only one component. In fact, some

people can have dementia and *not* have memory loss. Other components of dementia are poor judgment; a decline in the ability to make decisions; loss of abstract thinking; disorientation to place, date/time, and familiar people; inability to speak and/or understand verbal communication; inability to recognize what familiar tools are used for; and a short attention span. A person with dementia may have all or any combination of the above impairments, depending on the cause of the dementia and how progressed or severe it is.

It is common for people who are older and/or who appear confused to be given a simple cognitive (mental) test called the Mini-Mental State Exam (MMSE). This test consists of a series of simple questions and tasks that measure orientation, registration, attention and calculation, recall, and language; the person being tested is often not even aware that the exam is being given. The MMSE is a tested, valid, and reliable measure of cognition and it can be done quickly and with a minimum of training for the person conducting the exam. For these reasons it is commonly done in nearly all medical settings.

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About us

The Hearing Loss Association of America (HLAA) is the nation’s leading organization representing people with hearing loss. According to the National Center for Health Statistics, 36 million (17%) American adults have some degree of hearing loss, making it a public health issue, third in line after heart disease and arthritis.

HLAA provides assistance and resources for people with hearing loss and their families to learn how to adjust to living with hearing loss. The Hearing Loss Association of America impacts on communication access, public policy, research, public awareness, and service delivery related to hearing loss. Its national support network includes an office in the Washington D.C. area, 14 state organizations, and 200 local chapters.

Join today—and help make hearing loss a matter of public concern!

(Dementia....continued from page 1)

While it is a very legitimate diagnostic tool, the problem the MMSE poses for people with hearing loss is that the test relies on the subject being able to hear and understand questions or directions. Some examples of the items on the test are: "Repeat the words 'apple,' 'table,' and 'penny;'" and "Take a piece of paper in your right hand, fold it in half, and put it on the floor." If a person can't understand what is being said, then he or she will score very low on the test, and low scores indicate the presence of dementia—for people with intact hearing.

Once a person is labeled as having dementia, then the symptoms of disorientation, confusion, agitation, rambling speech, and non-responsiveness may be attributed to dementia, rather than hearing loss and an acute medical condition such as dehydration, a urinary tract infection, low or high blood sugar, a stroke, or a concussion, to

name a few. Conditions that would respond well to immediate and proper treatment could leave permanent disabilities or become life-threatening because they are not addressed soon enough or at all.

So what can you, a person with a hearing impairment, do to protect yourself? Anticipate that an emergency will occur and prepare for it. You may not be able to give information about yourself, and these guidelines are especially important for people who live alone or spend long periods of time alone.

- Inform neighbors of your hearing impairment and ask them to speak up for you if an emergency crew shows up at your doorstep. Having a "busy body" neighbor may be a good thing!
- Wear a Medic Alert bracelet or necklace that alerts first responders to your hearing loss.
- Have signage **INSIDE** your front door, but very visible, that states you are hearing impaired



HLA-WA hospital kit

and what you need to communicate (hearing aids, cochlear implant, assistive listening devices, etc.) If the sign is on the inside of your door, emergency people will see it before they leave and you won't be advertising your impairment to unscrupulous people by putting the alert outside.

- Keep hearing aids and assistive devices visible to emergency personnel so they won't have to search for them.
- Inform family members and close friends about your needs so they can support you during a medical emergency.
- Educate your primary physician and staff about your hearing needs. Do it **EVERY TIME** you have contact with them.
- Get to know first responders in your area and educate them about the needs of those with hearing loss. Invite them to chapter meetings and offer to do training for them; or ask your HLA-WA Board of Trustees for assistance.
- Have a hospital kit available and make sure your friends and/or family members know about it, in case you're unable to have it with you. You can create your own or get one that has been prepared by HLA-WA.

6th annual HLA-WA family picnic

Saturday, July 25, Lake Boren Park, Newcastle
11:00 am—3:00 pm (eat at noon)



Join us at our annual picnic—and bring your family and friends.

WE WILL PROVIDE hot dogs and condiments, bottled water, ice, paper plates, cups, napkins, and eating utensils.

PLEASE BRING a potluck dish to share (salad, dessert, etc.) and a beverage if you want something other than water. A folding chair and a blanket are handy, too.

DIRECTIONS: Lake Boren Park is located in Newcastle, between Factoria and Renton. **Traveling South** on I-405, just after the I-90 interchange, take Exit 10, Coal Creek Parkway SE. Go about 4 miles. There is a small lake on your right. Turn **RIGHT** onto SE 84th Way (stop light). Look for a small brown sign high on a pole

with the words "Lake Boren Park."

Traveling North on I-405, take Exit 5. Turn **RIGHT** onto Hwy 900 (NE Park Dr., which becomes Sunset Blvd.). Go about 3 miles, then turn **LEFT** at light onto Duvall Ave. NE, which becomes Coal Creek Pkwy SE. Go about 1 mile to SE 84th Way and turn **LEFT** at the light.

The park entrance is on the **RIGHT**, shortly after turning onto 84th Way. Follow it into the park, near the gray restroom building, and park here (the only building and parking lot in the park). Behind the building is our shelter.

The park has walking trails, tennis courts, playground facilities.

(Continued on page 3)



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(Dementia...Continued from Page 2)

Most people, including emergency and medical personnel, are woefully ignorant about hearing loss. It is up to you to be your own advocate. Your preparation for an emergency will also make it easier for the next person with impaired hearing who comes after you.

Editor—Michael will be presenting on hearing loss and dementia at the HLAA Convention in Nashville. Hospital Kits are \$10 and can be ordered online at www.hearingloss-wa.org or write HLA-WA (see address below).

Rangers vs. Mariners Friday, July 10, 2009



Hearing, Speech and Deafness Center and the Association of Late-Deafened Adults, Puget Sound Chapter, invite you to a night of fun, friendship, family and baseball at a special fundraising event at Safeco Field when the Seattle Mariners meet their AL West rivals Texas Rangers on Friday, July 10 at 7:10 pm. Get your friends, family, co-workers, business associates and everybody else you know together and purchase your specially priced tickets. For each ticket sold, HSDC and ALDA will share a portion of the proceeds to support Deaf and Hard of Hearing Services at HSDC in Tacoma, Bellingham, Seattle and ALDA Puget Sound.

DEADLINE TO PURCHASE: Wednesday, July 8, 2009 - 5:00 p.m.

Game Date:

- Friday, July 10, 2009 - 7:10 p.m.

Pricing:

- \$19 View Reserved (normally \$20)
- \$8 from each ticket sold will benefit the Deaf and Hard of Hearing Services at HSDC and ALDA Puget Sound.
- Order online at www.mariners.com/hcdc.

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We get mail!



Product recommendation

I have been using a product known as a "Sound Shower" for at least 10 years. The device is placed behind your chair when you are watching TV. It is, as the name implies, a sound shower. Stand a few feet away and you can't hear it.

Within a year after its purchase, I sent the company an unsolicited testimonial because I felt it was that good. It has never been in the shop. I'm planning on taking it into the shop soon for its 10 year (or so) check-up. Since I purchased mine, numerous improvements have been made. The web page is at www.audiologyproducts.com. The phone number is 888-851-1374. It is manufactured in Wenatchee and "it is not available in stores," only from the manufacturer.

Reg Morgan, Coulee Dam

Sales tax on batteries

Last month, I went into Walgreens to purchase hearing aid batteries and much to my surprise, I was charged sales tax. Years ago the state did away with sales tax on batteries and hearing aids. Has the state rescinded this ruling or is Walgreens making a mistake? The manager promised to call me back on the matter and never did.

Fr. Rick Spicer, Langley

HLA-WA: This is from the Department of Revenue, Washington State web site: Washington law (RCW

82.08.0283) provides that sales tax does not apply to sales of "prosthetic devices prescribed, fitted, or furnished for an individual by a person licensed under the laws of this state to prescribe, fit, or furnish prosthetic devices and the components of such prosthetic devices." A hearing aid meets the statutory definition of a prosthetic device. Thus, sales of hearing aids, and component parts of hearing aids (such as batteries) are exempt from sales tax when they are prescribed and sold by a medical professional licensed under Washington law to prescribe, fit and sell such items. However, sales of batteries or other component parts of hearing aids by retail outlets or non-licensed sellers do not qualify for the sales tax exemption for prosthetic devices, and are fully subject to sales tax. This is because retail outlets do not have the type of licensure required by the law to exempt the items.

Radio lyrics

I enjoy listening to Pandora internet radio (www.pandora.com) with my cochlear implant. I also have used lyrics sites to be able to learn new music by reading the lyrics while listening. Well, my daughter and I were exploring Pandora the

other night because I had bought new speakers for my computer and we discovered that by clicking on the title of the song that is playing, Pandora displays the full lyrics. I am so excited. I can not only learn new music, but get the right lyrics to songs I have enjoyed forever without really knowing all the words.

Check out Pandora. It lets you select the music and artists you want to listen to and even lets you create your own radio station with all of your favorites by using quick mix.
Christine Seymour, Puyallup

Cell phone ratings

There's no substitute for trying out a cell phone directly. However, you can help by looking up www.phonescoop.com. Look up any phone, and then scroll down the page to the "Accessibility" section. M3, T3, M4, T4 are good ratings to have. Click on "hearing aid compatible" to get the story on the ratings.

Kate Johnston, Bellevue



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Turn it down—an EAR responsible concert

Evergreen Speech & Hearing Clinic's grassroots hearing awareness campaign, *Turn It Down: an EAR-Responsible Concert*, received the Totem Award from the Public Relations Society of America. The award is given to communications professionals in Washington state, recognizing professional excellence and ingenuity in more than 25 categories. The

innovation of a concert aimed at informing youth and musicians of the dangers of loud environments, by demonstrating a safe listening zone gained a near perfect score in the 2008 award selection process. For more information on this yearly event, see www.everhear.com/community/community-bhsm-2008-concert.html.

Wash-CAP update

By John Waldo, Bainbridge Island

Our campaign to make Washington's public places accessible to people with hearing loss got a big boost from Seattle's professional sports teams in time for the 2009 season. In response to Wash-CAP's request to make the public-address announcements accessible, the Seattle Seahawks and Sounders (the professional soccer team) will make hand-held devices available that will display captions of the announcements. Those teams are going to use a system developed in Colorado and first employed by the Denver Broncos in which a captioner will transcribe the announcements, and the text will then be relayed by internet to the display devices.

We suggested that rather than trust the grip of folks caught up in game-time excitement with a truly "hand-held" device, the teams might want to provide some sort of holster and fasteners so that users could strap the device to a wrist, thereby freeing up both hands for peanut-shucking, cheering, etc. Like a lot of what is being done in response to our overtures, this is a work in progress, and both Wash-CAP and the Seahawks/Sounders will appreciate any feedback from system users.

We may have really struck gold with the Mariners. The Mariners' majority owner is actually Nintendo, which is currently trying to market portable miniature game-playing devices. One application Nintendo has developed to encourage sales is a sort of "ballpark network" that provides a variety of entertainment features to folks who bring their game boxes to Safeco Field. After our request, Nintendo enabled the boxes to display captions, and the Mariners

now have a captioner at the games who transcribes the radio broadcasts and the public-address announcements. The devices are available for loan at the Nintendo kiosk behind home plate, and preliminary feedback has been very enthusiastic.

Pursuant to its agreement with Wash-CAP, Seattle's Fifth Avenue Theatre has announced its schedule of captioned offerings for 2009-10. The productions, dates and times are "Catch Me If You Can" on Wednesday, Aug. 12, at 7:30 p.m., "Joseph and the Amazing Technicolor Dream Coat" on Friday, Oct. 23, at 8 p.m., "White Christmas" on Sunday, Dec. 27, at 1:30 p.m., "South Pacific" on Saturday, Feb. 20, at 2 p.m., "Legally Blonde" on Friday, March 5, at 8 p.m., "On the Town" on Friday, April 23, at 8 p.m., and "Candide" on Wednesday, June 21, 7:30 p.m.

For those of you who haven't seen any of the captioned performances at Seattle's Paramount Theatre, the captions are prepared in advance, then displayed in synch with the performance on a reader-board placed to one side of the stage. Fifth Avenue is offering a special price of \$37 for seats in the captioned section, with a maximum of two tickets per performance. (Two additional seats may be purchased in the caption section at regular prices). More information is available on the "accessibility" page of the Fifth Avenue website, (<http://www.5thavenue.org/accessibility/>) and tickets may be purchased online at ticketing@5thavenue.org.

We understand that Washington State Ferries is finalizing its

(Continued on page 6)

Telecommunications Equipment TED Distribution

If you live in WA State and have a hearing loss, you are eligible for an amplified phone, text phone (VCO or CapTel), or TTY, plus a telephone ring signaling device. A contract trainer can deliver the equipment and show you how to use it. Cost is based upon income. Contact Kelly Robison, Program Mgr: 1-800-422-7930 V/TTY; or write to TED, PO Box 45301, Olympia, 98504; or e-mail robiskd@dshs.wa.gov or download an application: www1.dshs.wa.gov/hrsa/odhh/ted.shtml

Regional reduced fair travel permit

If your speech discrimination is at or below 40% (unaided!), you qualify for a reduced travel pass on Metro Transit, Washington State Ferries, Community Transit, Everett Transit, Intercity Transit, Jefferson Transit, Kitsap Transit, Mason Transit, Pierce Transit, Skagit Transit and Sound Transit. See http://transit.metrokc.gov/tops/accessible/reduced_fare_permit.html or contact Customer Services at 206-553-3060; TTY 206-684-1739.

Parks and recreation disability pass

Your hearing loss may qualify you for a disability pass at Washington State Parks. To find out more, visit your nearest park or park region headquarters and pick up an application or write, telephone or visit the State Parks headquarters at: Washington State Parks and Recreation Commission 1111 Israel Road S.W., P.O. Box 42650, Olympia 98504; or call 360-902-8500 or TTY 360-664-3133.

(Wash-CAP...Continued from page 5) design specifications for a captioning system that will display the text of onboard and in-terminal announcements, likely on television-type monitors. We're told that the system will be modeled on the system being used at the San Francisco airport, which is supposed to be a model of airport accessibility for people with hearing loss. The system will be installed initially on a test basis on the biggest (Bainbridge) boats, and at the Seattle and Bainbridge terminals, then rolled out to the rest of the fleet and terminals if all goes well. WSF is undertaking those actions under an agreed court order that resolved Wash-CAP's lawsuit against the system.

As we reported in the last newsletter, Wash-CAP has filed suit against the major movie theater chains in Seattle asking that they significantly expand their offerings of captioned movies. The exhibitors' current argument, which they made in a meeting with us in April, is that the theaters are in the process of converting to digital display technology, meaning that reels of film will be replaced by computerized information, and that the exhibitors shouldn't be forced to

spend money on captioning equipment that will soon be obsolete.

The problem from our point of view is that while digital technology has the *potential* to support many forms of captioning, the digital display equipment being deployed today actually doesn't support any captioning at all. So once again (as with high-definition television), the technology "train" is leaving the station without the hearing-loss population being on board.

We are in the very early fact-finding stages of that lawsuit. While we can't force the theaters to do the impossible, we can and will press them to make every effort possible to make movies more accessible to us, and we will insist that captioning be part of any conversion to digital technology.

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The Washington State Communication Access Project (Wash-CAP) is a non-profit membership corporation dedicated to making Washington's public places accessible to people with hearing loss. We prefer to work through communication, education and persuasion, but when those efforts fail, we do not hesitate to go to court to implement our rights under state and federal law. For more information, visit our website, www.wash-cap.com.

Quality of life study

The Seattle Quality of Life Group at the University of Washington is conducting the *Hearing Loss and Quality of Life of Children and Youth* project (Project HQL). If you are between the ages of 11 and 18 or the parent of a child between the ages of 5 and 10, you are invited to take part in the study. Youth receive \$15 for participating. The questionnaire takes 45-60 minutes and can be completed at home, school, or via the internet at a time convenient for you.

This study has been approved by the Seattle Children's Hospital and Washington State Institutional Review and is funded by a government organization that supports research in hearing impairment.

To learn more about the project see www.project-hql.org or contact Anne Skalicky at 206-616-6977 or at our toll free number 1-800-283-5827, or send an email to projHQL@u.washington.edu.

Find a captioned movie...

Ever try to locate a theater that's showing a captioned movie? Not easy, unless you have a computer. Fomdi.com has been around for awhile. A new site, Captionfish.com, has just been launched and it has a few more features. Just plug in your zip code. It tells you where the theater is, how far you have to travel, the type of captioning (rear window or open), and how long the movie is showing. Neat!

We appreciate your support!

Your donations help us fund projects that benefit people with hearing loss. We are especially grateful for our newsletter advertisers in this issue: **Advanced Bionics; Audient; Cherri Hoyden, Au.D, CCC-A; Joy Nilsson, Au.D, CCC-A; and John F. Waldo, Attorney at Law.** Paid advertising helps us provide outreach newsletters to clinics, hospitals, and to be distributed at health fairs. The following contributions are for February 2009 through April 2009:

- Marilu Boe, Edmonds
- HLA South King County Chapter
- Joe and Erlene Little, Oak Harbor
- Len and Emily Mandelbaum, Port Townsend
- Margie Martin, Anacortes
- Julie Mason, Battleground
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United Way

Did you know you can make regular United Way contributions and help hard of hearing people in our state? These readers have supported this newsletter throughout the year through United Way:

- Erlene Little, Oak Harbor
- Timmie Mauck, Poulsbo
- John C. Robbins, Renton
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- George Ross, Seattle
- Lilia Smith, Camano Island
- Beverly Ziarko, Kent
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Double your donation! Please ask your employer if your company has a matching gifts program. We are a 501(c)(3) organization and this is an easy way to contribute.



The Association of Late-Deafened Adults
Invites you to
ALDAcon 2009
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Keynote Speakers

- * **Sue Thomas**—The woman who inspired the character on the TV show, Sue Thomas, FBEYE, as a deaf FBI agent who uses her speechreading skills to solve cases.
- * **Dr. James Crawford**—Major, MC, U.S. Army, Director of Neurotology, Madigan Army Medical Center
- * **Dr. Brenda Jo Brueggemann**—Author of *Deaf Subjects: Between Identities and Places*.
- * **Christie Jenkins** - In 1997 Christie produced the very first video to teach Sign Language to the general public.

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Coming Board meetings

All meetings are open to the public. Meetings start at 10:00 am and include a potluck lunch. See our website for details.

August 29: Eastern Washington Center for the Deaf and Hard of Hearing, Spokane

December 2: Hearing, Speech & Deafness Center, Seattle; General membership meeting and installation of new Board.

For cochlear implant wearers and those who seek more information about this technology

Implant corner

Imagine! A Cochlear Implant re-birth announcement

By Charlene MacKenzie, Bellingham

Imagine with me the joy...the delight! Imagine actually *hearing* the sounds of life around me gone for over 53 years—the clock, the coffee maker and tea kettle, children’s soft voices, the rustle of clothing, footsteps on changing surfaces, rain and wind, even hearing with understanding in church, receptions, restaurants, and, yes, in the dark during a slide show presentation...IMAGINE!

Without speech reading, without captioning, without being in the same room, *I now can hear with understanding* (at least most of the time!)

Imagine a supply of energy at the end of the day—energy not spent on straining to hear, nor asking others to “Please repeat.” Imagine much fuller and wider range of sound, reclaiming much of what’s been lost, as well as discovering both forgotten sounds and new ones. Imagine picking up on other people’s conversations and being able to chime in! And imagine the relief when all this long lost sound masks tinnitus all day, and for hours on end being able to forget that ringing in our ears! Just imagine doing all this without the endless struggle to use coping skills and then faking it if they don’t work!

I invite you to celebrate my return to the hearing world after 53 years of severe-to-profound hearing loss—a miracle brought about by surgical expertise, the latest in hearing technology, and months of committed personal encouragement

and support from Skagit and Bellingham HLA Chapter friends.

How does this return happen? Well, first, I think it has taken recognition that even with hearing aids we still can have a hearing problem that we can’t manage; that our quality of life is diminishing; and, that we just can’t let ourselves down in this way. We just have to

refuse to be a victim of circumstance—hearing loss, in this case.

Second, I believe our attitude toward ourselves and our life is critical. You know, “Where there’s a will, there’s a way” which helps us to refrain from, “Yes, but....” to the possibility of what a cochlear implant can provide us. That attitude
(Continued on Page 9)

The magic is still there

By Emily Mandelbaum, Port Townsend

It’s been 13 years since I departed my audiologist’s office, new hearing installed and running. I had a magic box called the Spectra, which was wired to a behind-the-ear microphone and the magnet in my head. I wore it in vest pockets punctured to accommodate the wire. A microphone sensitivity dial functioned like my hearing aid’s familiar volume control. I loved the Spectra. But the company promised a succession of speech processor upgrades that would work with my soon-to-be dated N22. I bought them all and looked just like newly implanted friends with their ever more stylish, colorful, convenient, and sophisticated devices.

First came the Esprit BTE processor, weaker sound but so easy to wear. Three years later the more powerful 3G offered two programs, telecoil and whisper settings to highlight soft sounds. But I had to choose between volume and sensitivity controls for my two programs—and I did not understand the functional difference.

Adjusting to the first two upgrades was quick and satisfying. Not so the next, which shocked and blasted my muted life into powerful digital hearing. Voices were shouts, the radio a boom box. What were all those mechanical sounds? Did I really want the refrigerator’s humming processed? How about those suddenly noisy neighbors? I could have returned it, gone back to debating volume vs. sensitivity for my 3G programs.

But I began to sense new possibilities. One didn’t have to choose between volume and sensitivity controls—all four Freedom programs have both. There are also four special enhancements called Smart Sound and different telecoil/ microphone combinations. The best results require work—experimenting with volume and sensitivity settings, telecoil mixes, avoiding some TV captions, ordering my brain around and training it to enjoy digital sounds, asking for program changes. The magic is still there waiting for me in the crowd of features.



SOUND ADVICE FROM PEOPLE WHO CARE



The **Bionic Ear Association (BEA)** is a **FREE** support network for cochlear implant recipients, candidates, and their families brought to you by Advanced Bionics. Our mission is to provide the resources, information, and advice to make the journey to hearing for those impacted by hearing loss easier and more rewarding. Services include:

- **Mentor Program**—Connect with a mentor, a cochlear implant recipient, who helps you navigate the cochlear implant process
- **The Listening Room**—Access listening activities and interactive exercises
- **Technical and personalized support**—Receive encouragement throughout your journey to hearing
- **Monthly BEA eNewsletter**—Keep up to date and connected to community events—for free!

Learn more or connect to a Mentor today. Call the BEA at **866.844.HEAR (4327)** or visit us online at www.BionicEar.com

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(Imagine!...Continued from Page 8)

is one that says, "Don't wait for your ship to come in; swim out to meet it!" Indeed that attitude is one that leads us to think it's NOT what we can't do (hearing difficulty even with hearing aids), but what we CAN (cochlear implant) that will make the difference.

These are my truths that have worked for me—gained from people like you—HLA members locally and beyond, programs, conventions, and success stories. You know our HLA mission: information, education, support and advocacy. That's what has done it for me. Count me in; I'll be there for you! Who's next?

For more information, contact Charlene MacKenzie at CharMacKenzie@comcast.net



Age does not determine implant candidacy

Gleaned from Science Daily, March 5, 2009: Researchers at NYU Langone Medical Center studied 70 patients over 70 years of age who received cochlear implants under general anesthesia at NYU Langone Medical Center between 1984 and 2007. According to Anil Lalwani, M.D., Mendik Foundation Professor of Otolaryngology and Chairman of the Department of Otolaryngology at NYU School of Medicine and a study co-author, "The elderly are often incorrectly considered too fragile for this life transforming technology that can deliver them from a world of silence and loneliness to a world of hearing and engagement."

The National Institute on Aging estimates that about one-third of Americans between ages 65 and 74 have hearing loss, increasing to 50 percent in people 85 and older. In

about 10% of the elderly, the impairment is so severe that hearing aids provide little benefit. Inability to communicate interferes greatly with daily living and can lead to cognitive impairment, personality changes, depression, reduced functional status, and social isolation.

HSDC South Sound CI support group

CI support group meetings are sponsored by the Hearing, Speech and Deafness Center and held the 4th Saturday, every other month from 10:00 am-12:00 pm. For date and location, contact Christine Seymour, Communication Advocate for the Hearing, Speech and Deafness Center, Tacoma; Phone 253-475-0782; TTY/VP 253-474-1748; Cseymour@hsrc.org.

Chapters in Washington *Information, Education, Advocacy, and Support*

Meeting times and days sometimes change, and most chapters take a summer break. See our website for more information on our chapters.

BELLEVUE—2nd Sat. 1:00 pm; Lake Sammamish Four Square Church, Rm. 104, 14434 NE 8th St., Bellevue; amplification, FM. Prudence Clem: 425-746-1074 or Mary Carter: greymare25@aol.com or Bev: bevziarko@hearingloss-wa.org

BOTHELL—4th Mon. 1:30 pm; Northshore Senior Center, 2nd floor conference room 202, 10201 E. Riverside Dr., Bothell. Karen Utter: 206-817-3213 or klutter@verizon.net

EAST JEFFERSON CO.—4th Mon. 1:00 pm; Port Townsend Community Center 620 Tyler Street, Port Townsend; amplification, FM. Emily Mandelbaum: mandelbaum@olympus.net or 360-531-2247; or Sandy MacNair: smacnair@cablespeed.com or 360-385-1347

KITSAP CO.—3rd Sat. 1:00 pm; Iris Room (lower level) at Silverdale Harrison Medical Ctr., 1800 N.W. Myhre Rd. amplification, FM. John Allen: 360-871-0997 or jcallen@hearingloss-wa.org

RENTON—2nd Fri. 12:30 pm; Renton Senior Ctr., 211 Burnett Ave. N., Renton; amplification. Glenda Philio: philiofam@juno.com or 253-631-2345 (evenings).

SKAGIT CO.—2nd Tues. 1:00 pm; Fidalgo Center, 1701- 22nd St., Anacortes; amplification, FM. Jerry Olmstead: 360-299-3848 JOlmst623@aol.com or Danny Beatty, 360-293 2793, dbeatty@wavecable.com

SNOHOMISH CO.—3rd Sat. 11:00 am; Providence Regional Medical Center, Pacific Campus, 916 Pacific Ave., Everett (Main Level meeting room); amplification, FM, real-time captioning. Steve Pettijohn:

spettijohn@msn.com or Dusty Hansen 425-353-7515.

SPOKANE—1st Sat. 9:30 am; Eastern WA Center for the Deaf and Hard of Hearing, 1206 N. Howard, Spokane; amplification, FM. Margaret Mortz: mortz@gmail.com or 509-893-1472 or hlaspokane@gmail.com

TACOMA—2nd Sat. 10:00 am; TACID, 6315 S. 19th St., Tacoma; amplification, FM, real-time captioning. Melinda Wagner 253-851-6183 or gracelavendar@comcast.net

WEST SEATTLE— 3rd Wed. 1:30 pm; West Seattle Christian Church Library Room (door to the right of the main door, as you're facing the church) 4400 42nd Ave. SW, Seattle; Jack Eldridge: 206-937-5996; or David Kitezke: 206-932-7538 or krddrk@yahoo.com

WHATCOM CO.—3rd Sat. 10:00 am; Christ the Servant Lutheran Church, 2600 Lakeway Dr., Bellingham; amplification, FM. Joyce Sweeney: 360-734-0469 or jampls@comcast.net

Chapter Chatter

Remembering one Chapter's Contributions

People may wonder what these "chapter people" really do. The **South King County Chapter** of SHHH was one of the first chapters in our area and only recently disbanded. For years it was a thriving group of friends and members, many of whom were still in the workforce at that time and had a great need for support. No other SHHH/HLA chapter over the years has produced so many leaders for our statewide endeavors.

Tom Weicht was one of the early organizers for the Puget Sound District Umbrella, which went on to become our state SHHH organization and now HLA-WA. He was one of those who remained a faithful SKC member until the chapter disbanded.

Rick Faunt was a state SHHH/HLA-WA Board member who served for years in various officer positions, including President.

Michael Bower, who is hearing, has been a long-term HLA-WA Board member, served as

secretary to the Board, and has done tremendous outreach on behalf of older people with hearing loss—mostly related to health care settings. She will be a presenter at the HLA Nashville Convention.

Also involved in statewide outreach is **Bev Ziarko** who began in SKC after moving here from California. Bev has been on the state Board, served as both Chapter Coordinator and Outreach Chairperson and she's still with us in similar capacities.

Sue Campbell came to SKC in 1993 and immediately got to work. Sue served on the state Board for many years and also was elected President.

Sandra Bunning was a long-term member of the HLA-WA Board, served faithfully as Correspondence Coordinator for many years, assisted other chapters, and did an outstanding job of chairing the raffle for our national convention in 2002.

(Continued on page 11)

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John Waldo is an experienced trial attorney who also serves as advocacy director for the non-profit Wash-CAP. The objective of his legal practice is to ensure that people realize in fact the benefits and protections they are entitled to under the law.

John's practice focuses on anti-discrimination and legal advocacy for those with hearing loss. He represents clients who face issues relating to employment and education discrimination, disability benefits for work-related hearing loss, personal discrimination in public places and problems with health and disability insurance.

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206 849-5009 cell/text

(Chapter Chatter...continued from page 10)

Jo and Jerry Roux also deserve kudos for their long-term membership and work with SKC's finances over the years. This chapter bought their own listening equipment and also held annual fundraisers that generated hundreds of dollars each year.

Last but not least, HLA-WA would like to thank all those members who were active in SKC. Earlier this year, as a parting gift they generously donated the funds remaining in their treasury to both HLAA and HLA-WA. We thank all former SKC members for their good work and their generous \$1100 donation. SKC SHHH/HLA was a shining example of what a chapter can be and do, not only for an individual but for our community as a whole.



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