

Publication of the
Canadian Hard of
Hearing Association
(CHHA)

**NORTH SHORE
BRANCH**

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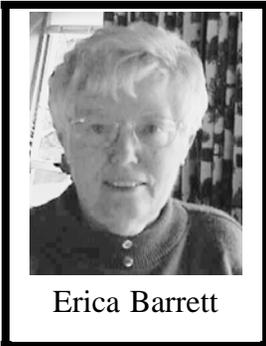
Your submissions are always welcome. Please contact the Editor:

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PRESIDENT'S MESSAGE



Erica Barrett

I'm sure you have all enjoyed our wonderful, lovely, long summer on the North Shore, but now with the beginning of autumn it is time to look ahead to the upcoming year for our North Shore Branch.

I have been attending monthly meetings of the City of North Vancouver's Task Force on Adaptable and Affordable Housing. Our Branch is anxious to ensure that basic electrical wiring and suitably placed wall plugs in the units are installed in new buildings for accessibility and safety purposes. Jean Taylor has been on various North Shore housing committees during the last ten years, including this one. Unfortunately, due to ill health, she is unable to continue to attend further meetings. Would anyone like to join me at these meetings? I think you would find them informative and educational. You can call me at 980-6671 or FAX me at 980-6695.

Your Board met in August to plan our year for the Branch. In November we have an interesting program lined up which will be chaired by our Newsletter Editor, Hugh Hetherington - Coping with your Hearing Loss.

We have also lined up speakers for the members' meetings in February and April. These we will tell you about in our next newsletter.

I have mentioned this many times, how much we NEED volunteers to help with various jobs. We

need to share the load as our Branch develops and our membership increases. A list of some of the areas where help is needed is shown on page 6.

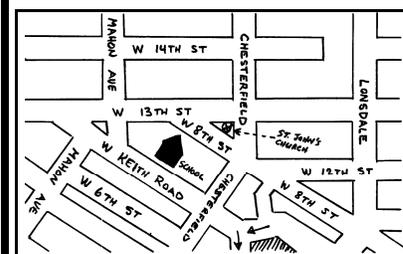
See you on November 9th, but please note that this meeting will be held at a different location, so please mark it on your calendar. You won't want to miss it.

COPING WITH YOUR HEARING LOSS

The next members' meeting will be held on **MONDAY, November 9th - 7:00 PM at ST. JOHN'S ANGLICAN CHURCH - 220 West 8th Street, North Vancouver.**

The program for the meeting will include a presentation, demonstration and discussion on various devices available to help hard of hearing persons cope with their hearing loss. Our moderator for the evening will be Hugh Hetherington, editor of our newsletter, Mountain Ear. There will also be refreshments served and a 50/50 draw.

If you have any assistive devices that you find helpful in your situation, please feel free to bring them along to the meeting to share with other members.



St. John's Church is located in small triangle bordered by 13th and 8th Streets, 1 1/2 blocks west of Lonsdale. There is plenty of street parking on both sides of the road.

ANNUAL GENERAL MEETING

The North Shore Branch held its Annual General Meeting on Monday September 28 at St. Martin's Church in North Vancouver. The meeting was attended by 24 members and a number of guests.

The Branch was especially pleased to welcome Lloyd Dahl of the B.C. Chapter, and also Lisa Chu of the North Shore Health Region.

During the business portion of the meeting, the existing board was unanimously elected for another term. (See page 3)

One of the highlights of the evening, and a surprise to everyone, was the presentation of three awards of recognition for outstanding service to the Branch. These were awarded to:

Jean Taylor, who in spite of ill health, made a surprise appearance at the meeting accompanied by her daughter, Pamela Howard-Jones. Jean has served the Branch since 1995 and has been instrumental in making the Branch known across the community and to the many agencies on the North Shore. She also played a big role in helping to get the Branch registered as a B.C. Society. Congratulations Jean! The award is well deserved.

Alfred Kobbeltvedt, who has served the Branch since its inception both as secretary and currently as treasurer. Alfred, as well as having to run his own business, has spent countless hours of his time looking after the finances and

membership for the Branch. He has also worked hard at gaining new members and giving presentations to community groups. Congratulations Alfred! Your work is greatly appreciated by the Board and our members.

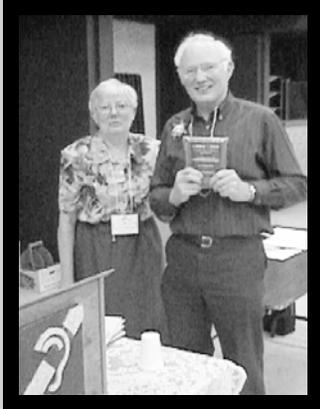
Hugh Hetherington, who has served the Branch as a member of the Board since 1996. Hugh is currently editor of "Mountain Ear" our Branch newsletter. He has also assisted the Branch with his technical expertise in putting together assistive listening systems for our Members' Meetings and our Board Meetings. He has also worked with Alfred in delivering presentations to various community groups. Congratulations Hugh!

Your work has been invaluable to our Branch.

Following the awards presentations, refreshments were served and there was a 50/50 draw and a number of door prizes were won throughout the evening, which finished off with a musical presentation by "The Galiano Trio". The trio, Terry Madsen on flute, Anthony Averay on bassoon, and David Boddington playing an 'EWI', *Electronic Wind Instrument*, entertained the group with selections of ragtime favourites and classical pieces played with a popular flair. An

interesting aspect of the trio was the use of the Electronic Wind Instrument which had the capability of imitating a wide number of other instruments and sounds. The use of this instrument gave some unusual characteristics to the music which was thoroughly enjoyed by all those present.





Awards Presentations to: Hugh Hetherington, Jean Taylor and Alfred Kobbeltvedt

**1998-1999 Board of Directors
CHHA - North Shore Branch.**



Alfred Kobbeltvedt



Erica Barrett
President



Bill Tivy
Vice President



Lynda Jobes
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Alice Keating
Member-at-large



Audrey Kirkpatrick
Member-at-large



Hugh Hetherington
Member-at-large

PERSONAL DEVELOPMENT WORKSHOPS

The following two workshops are being facilitated by Jennifer Shifrin, a registered clinical counsellor and speech language pathologist with an MA in Humanistic Psychology and an MEd in Educational Psychology. Jennifer was our guest speaker at the April 1998 Members' Meeting where she presented a workshop on "Enhancing Communication and Enriching Relationships Between Family Members and Hard of Hearing People". These new workshops, which may be of interest to our members, are being presented at Capilano College Continuing Education, 2055 Purcell Way, North Vancouver, B.C., V7J 3H5. **For more information or to register please call Continuing Education at 984-4901.**

Using the Challenges of Midlife as a Path to Fulfillment (PDVL31611)

Learn to use the challenges of mid-life as your path to fulfillment. Based on the premise that we all have a deep internal desire to move toward wholeness (i.e., to give expression to creativity, emotions, interests and callings) we will explore the many ways to achieve this goal. If we listen to the signals set by our unconscious (i.e., physical symptoms, dreams), interpret them correctly and have the courage to act on them, we can become more engaged in the mysteries of life, more fulfilled and more whole. We will discuss signals that may indicate the need for change, common dilemmas and struggles, approaches to aging and yearning for spiritual experience, among other topics.

Saturday 9:00am to 4:00pm

September 26, \$105, Rm LB195

Surviving the Holiday Season (PDVL31111)

The holiday season is stressful for many people of various religions and spiritual beliefs. In this workshop we will explore the beliefs, feelings and behaviours that contribute to the "holiday blues". We'll also discuss expectations, high

hopes and brutal disappointments, the Christmas martyr, as well as old and sometimes painful family patterns. The focus, however, will be on the different choices and behaviours one can choose that may result in a more pleasurable and satisfying holiday season.

Saturday 9:00am to 4:00pm

Tinnitus & Hyperacusis: More is on the Way!!

Tinnitus Today (June 1998) included an article by Cliff Collins, Aloha, OR, describing two noise cancellation devices. He states: "Further development and refinement of this technology . . . could give people with tinnitus and hyperacusis greater freedom, mobility and safety. Properly marketed, it could be a winner."

Both devices are noise-cancellation head-sets combining ear protection devices such as ear muffs with the newest noise-cancellation technology. At present, both devices, whilst giving outstanding protection from low-frequency sounds cannot yet cancel high frequency sounds, which cause most trouble to people with hyperacusis.

The technology looks promising, but further research is needed.

Article submitted to the Newfoundland newsletter, Sound Waves, by N. Browne.

(Editors Note: We will be showing two noise cancellation headsets at our November members' meeting)



B.C. CHAPTER CONFERENCE AND AGM

The B.C. Chapter's Conference will be held at the Holiday Inn, Chilliwack, B.C. on November 6th and 7th, 1998. The conference is co-sponsored by a number of other organizations: Vancouver Oral Centre for Deaf Children, Elks Family Hearing Resource Centre, Infant Development Programs of B.C., and the GVMHS Deaf, Hard of Hearing and Deaf-Blind Well Being Program.

The conference will feature a number of interesting and informative sessions and workshops. All members will have received a mailout detailing the programs.

The Annual General Meeting of CHHA - B.C. Chapter will take place at 3:00 PM on Saturday, November 7th. This year is election year, so a new Executive Committee will be elected at the AGM.

See you at the Holiday Inn November 6th and 7th.

CHS'S DRIVE FOR HEARING AWARENESS

The following questions and answers were extracted from the April 1998 issue of "VIBES", the Canadian Hearing Society's quarterly magazine.

Q: What is the Correct term to use when referring to someone with a hearing loss?

A: There is a lot of confusion about how to refer to someone with a hearing loss. There are actually numerous terms used, as there are varying degrees of loss. Terms are a matter of personal preference and it's important to respect how individuals are most comfortable identifying themselves.

hard of hearing: This term is generally used to describe individuals who use their residual hearing and speech to communicate. Many hard of hearing people can understand some speech sounds with or without a hearing aid. Generally, these individuals supplement their residual hear-

ing with speechreading, hearing aids and technical devices.

deafened or late-deafened: These terms describe individuals who grow up hearing or hard of hearing and suddenly, or gradually, experience a profound loss of hearing. Late-deafened adults usually cannot understand speech without visual clues such as print interpretation (i.e. computerized notetaking), speechreading or Sign Language.

deaf: This term is generally used to describe individuals with a severe to profound hearing loss, with little or no residual hearing. Some deaf people use Sign Language to communicate. Others use speech to communicate, have learned to use their residual hearing and hearing aids, technical devices or cochlear implants, employ lipreading or speechreading.

oral deaf: This term is generally used to describe individuals who are deaf and whose preferred mode of communication is speech and speechreading.

culturally Deaf: This term refers to individuals who are deaf (deafened or hard of hearing) who identify with and participate in the language, culture and community of Deaf people, based on Sign Language.

hearing impaired: This medical/audiological term has been used primarily to describe individuals with any degree of hearing loss. Most Deaf people dislike the term "hearing impaired," as they feel it promotes a negative image of deaf people as defective and needing to be fixed. The term "hearing impaired" also fails to distinguish between deaf, deafened and hard of hearing, each of which has distinct needs.

Q: Why is it that I can hear people talking, but I just can't understand them?

A: Most people first experience hearing loss in the high frequencies. Approximately 60 percent of speech intelligibility comes from high frequency sounds or consonants. Without the ability to hear high frequencies, speech seems mumbled and unclear.

Q: How do I phone someone who is deaf?

A: Many deaf (and hard of hearing and deafened) people don't use a regular phone. Instead, they use a teletypewriter (TTY) to phone other people. A TTY is a small, electronic device with a keyboard and a small screen which allows someone who can't use a regular phone to communicate over the telephone lines. If you want to phone someone deaf who uses a TTY, you do so through your local telephone Relay Service. The relay operator acts as a communication link over the telephone by typing what the hearing person says so that it appears on the TTY of the deaf person and voicing to the hearing person what the deaf person types in reply.

Q: Is there anything that can help my husband watch TV without having the volume turned way up?

A: There are several assistive listening systems available to help people hear the television easier. Prices range from \$159 to \$347 for a wireless system. Assistive listening systems allow you to improve the sound quality of a TV by channelling sound directly to your ears and eliminating background noise. The individual wearing the headphones can control their own volume. A closed caption decoder is another option for watching TV. Decoders work by visually displaying, in print, spoken dialogue and sound effects of some TV shows and videos on the bottom of your TV screen. Most of the newer televisions are already equipped with a built-in decoder chip. Ask for a demonstration when purchasing a new TV. Some cable TV companies offer closed caption decoders to their subscribers with a hearing loss for a small refundable deposit. (In BC you can obtain one from Rogers Cable) If you own an older model TV, and don't subscribe to cable, you can purchase your own decoder.

Q: Will someone else's hearing aid work for me?

A: The part of the hearing aid that fits in the ear (the earmold) is usually custom-made. Everyone's ears are uniquely different in size and

shape. Circuits in hearing aids and the way that a hearing aid is adjusted depend on many factors unique to a person such as type and degree of hearing loss, and listening situations that the person is exposed to and has difficulty in. If you have questions about whether a particular type or style of manufacturer's hearing aid will benefit you, see your local hearing health care professional.

Q: What can I get to help me hear on the telephone?

A: Amplifiers are available that can significantly increase the volume of your telephone handset receiver.

Q: My hearing aid whistles when I turn the volume up. I don't hear it, but others notice it. Why is it doing this?

A: Feedback is the name given when a hearing aid whistles. It occurs when amplified sound leaks from the hearing aid back to the hearing aid microphone. All hearing aids will whistle if they are turned on and are not in the ear. Feedback can occur if the volume is too high, the earmold is not inserted or does not fit properly, the tubing is cracked or loose, or if there is wax in your ear.

Q: How do deaf people know when the telephone, doorbell, smoke detector or alarm clock is ringing or when a baby is crying?

A: There are several alerting systems available that work by flashing a lamp in response to loud room noises.

VOLUNTEERS NEEDED

The North Shore Branch is always looking for volunteers willing to serve the Branch in a number of capacities:

- Fundraising committee member
- Assisting with presentations in the community
- Distribution of brochures and posters
- Outreach for new members
- Serving as a future Board member

If you would like to serve in any of these areas, please contact Erica Barrett at 980-6671 or FAX 980-6695.