



The Canadian Hard of Hearing Association was formed to give visibility to an invisible disability. It promotes self-help among hard of hearing and deafened persons and encourages support for individual and collective action.



Canadian Hard of Hearing Association, Sudbury Branch Resonance

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May is Hearing Awareness Month

Every year the Speech-Language and Audiologists Canada (SAC) designate May as Speech and Hearing Awareness month.

The goal? To raise public awareness about communication disabilities and hearing health.

According to the organization about 5

percent of the world's population has hearing loss and yet another 5 percent has speech problems.

CHHA Sudbury branch takes the opportunity to also bring awareness to hearing loss and the social, emotional and physical issues that come along with it.

This year will see a Hearing Aid workshop, the CHHA AGM, a Tinnitus Workshop, Movie viewings using the Hearing Loop system as well as the annual Tea Party, to mention a few.

Be sure to register early to get seats. Contact the CHHA office at 705-523-5695.

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Knights of Columbus contribute funding for looping system in Chelmsford Church



CHHA Sudbury Branch Executive Director Kim Scott is shown here with Andre Joannette and Ray Desjardins from the Knights of Columbus 11219. The Knights presented a cheque in the amount of \$2,800 to be used toward a looping project CHHA will be installing for the Ste. Alexander Church in Chelmsford. This is part of the Loop the North initiative that CHHA Sudbury has been working on for several years. Look for the blue sign of an ear at various grocery stores, churches and more throughout the north. For more information about looping contact Joe Stacknik (Hearing Awareness Co-Ordinator for CHHA Sudbury Branch) at 1-705-419-2478.



When a HOH Hits the Road

Travel Tips for Peeps with Hearing Loss

By Gael Hannan

Traveling from one place to another is a pleasure.

Especially if you can hear - the PA announcement paging you because your plane is about to leave Or your flight is now leaving from another gate or what rows are now being called for boarding, or any announcement while the plane is in the air.

Or the hotel fire alarm at two in the morning, or what your child is saying in the back seat if you're driving, or what the driver is saying if you're in the back seat.

Or the innkeeper with an accent.

Or what the audiologist in another country is telling you about your dead hearing aid.

Yes, traveling from one place to another is a pleasure. But with hearing loss, there's extra stress along for the ride.

I travel frequently for both pleasure and my work. Sometimes, using the acronym for Hard of Hearing (a

term I don't care for), I refer to my myself as the *HoH on the Road*.

A lot of planning is involved in a trip - choosing destinations, how to get there, where to sleep, what to see - and that's part of the joy of travel. But people with hearing loss must add extra layers of planning, especially if they're traveling alone.

And while almost any traveler will experience at least a bit of anxiety, all of the above-mentioned situations are regular trip issues for people with hearing loss. (That would be *me*.)

When we get nervous, we can get in trouble. Anxiety can lop 10 decibels off your hearing! And don't ask me for a source for that stat - I'm telling you, the hearing goes *down* when you're talking to the poker-faced customs guy who's sizing you up as a potential smuggler. You've nothing to hide, but you feel guilty anyway, and it's all over your face. Also, the fact that you keep

asking for repeats. (There's a simple cure for that!)

You ask for directions and the nice person has an accent and wears a mask and waves their hands in what could be one of several directions. That's why many of us are reluctant to ask for directions, dramatically increasing our chances of getting lost. I also don't have any data to back that up, just *personal experience*. Not only have I gone through decades of not hearing announcements but also of dealing with 'hearing' people who don't hear as well as they think they do ("I dunno, mate, I never listen to those announcements"). Or is it they don't think as well as they hear?

Regardless, traveling with hearing loss means predicting communication breakdowns and dealing with them where possible.

Lack of text-based information has always been a problem -

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All Opinions and/or recommendations that appear in this newsletter are not necessarily the opinions or recommendations of the Canadian Hard of Hearing Association.

Join us at our

SPRING *Tea Party*

**Thursday, May 30
1 pm**

*Tea & Coffee, Sandwiches & Desserts
with Penny Table and a door prize!*

Seating is limited. Please register early!

705 523-5695

At Canadian Hard of Hearing Sudbury, 435 Notre Dame Ave., Suite 101



Canadian Hard of Hearing Association
Association des malentendants canadiens

DOES YOUR HEARING AID USE
BLUETOOTH
and you aren't sure how it works?

We Can Help!

Make an appointment.
Bring in your hearing
aid(s), all accessories
plus 1 device you
want to pair it to
and we'll walk you
through it!



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SUDBURY BRANCH

705 523-5695

Hearing Hacks to make social events more satisfying for everyone involved

Part 3: Entertainment

By Gael Hannan and Shari Eberts

Going to the movies can be daunting for people with hearing loss. Why not wait until the film is streaming online so you can watch it from home with the captions on? Live theater is another challenge. The dialogue moves quickly and the distance from the stage makes it hard to speechread. Plus, the tickets are not cheap! Why spend the money for a performance you might only partially hear?

But don't miss out on the energy of a group event. These Hearing Hacks will help you enjoy the show.

Going to the Movies

Selected theaters with accessibility options:

- Check local listings for *open captioned performances* where the captions appear directly on the movie screen. These are wonderful but rare.
- Try foreign-language films with subtitles.
- Most movie

theaters in the United States and Canada provide free caption reader devices for individual use. Clip one into your cup holder, position the gooseneck so the captions are in your sightline and enjoy personal captions. Some theaters offer captioned glasses instead.

Test equipment before use:

- Arrive early to pick up your device and troubleshoot any technical issues, such as being connected to the right theater in a multi-cinema complex.
- Before accepting the device, ask the host to confirm the battery level to avoid a mid-movie disappointment.

Bring noise-cancelling headphones:

- This approach won't work for everyone, but if you are sensitive to loud sounds, noise-cancelling headphones can be

a lifesaver during a loud film.

- Use a caption reader to fill in the dialogue.

Pay it forward:

- If things went well, let the venue know.

Positive feedback highlights how important it is to keep the device working well.

- When something goes awry, let them know that, too. Be

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CHHA welcomes new employee



CHHA Sudbury Branch is proud to welcome our newest team member, Kristyna Ripley. A local girl, she has bilateral sensorineural hearing loss and has been wearing hearing aids since she was 4 years old.

We first met Kristyna several years ago when she became the recipient of our Student Bursary. She went on to graduate with a BA in Communication Studies.

Growing up, she faced challenges that come with having hearing loss, but has been able to rise above and become a self-advocate. She acknowledges she had an amazing support system of family and close friends who have helped her along the way.

Kristyna will act as office assistant and looks forward to helping those with hearing loss.

Travel Tips for the HOH. . .

(Cont'd from page 2)

audible also needs to be *visible*. These days, airports seem to have more arrival and departure boards; all we have to do is *look* at them! Last week, our gate was changed twice. The first time, we saw it on the board and the second gate

change was messaged to our cell phones. However, airlines still have a long way to go on providing accessible PA announcements while in the air.

Travel-related staff oftendo not understand the needs of people with hearing loss who use spoken

language. Thank you, no, we don't need a sign language interpreter, Braille card or a wheelchair. However, boarding us early if we're traveling alone is a win-win.

It's also our responsibility, we the people with hearing loss, to understand our needs and then effectively expressing

them. On entering the plane, I always hold up the line by taking a moment to tell the flight attendant that I have profound hearing loss, don't hear inflight announcements and, while I don't care about our cruising altitude or the weather at destination, I would appreciate a personal seat visit with any other pertinent info - are we going to be late, turbulence is about to rock us, or (gawd forbid), please assume crash position.

We need to use our tech tools that boost communication, such as airline travel apps. We can connect our hearing aids and cochlear implant sound processors to the inflight entertainment, or with our own tablets or laptops.

Traveling from one place to another is a pleasure and hearing loss does add a new dimension to the trip. But if you UNDERSTAND what you need and EXPRESS your needs with confidence, the stress will be less and the joy will be more.

Tell them who you are - you're a HoH On The Road!

PS: Don't forget your back up devices - hearing aids, batteries, chargers, etc., etc.

Tinnitus Workshop set for May 8

As part of Hearing Awareness Month activities

The Canadian Hard of Hearing Association (CHHA) Sudbury Branch will present a free Tinnitus Workshop on Wednesday, May 8th to share educational information as well as coping strategies.

If you have ringing, buzzing or humming in the ears/head, it can often indicate a very

common condition known as Tinnitus (pronounced *Tin-e-tuss*).

It is common in that more and more people cope with it daily, however, it is different for everyone. And in most cases there is no one specific cause nor cure.

As with all health

symptoms, a visit to the family doctor is always a good idea first, just to rule out any underlying causes such as high blood pressure or medication reaction. If those causes are eliminated, it's possible you have Tinnitus. We can help you cope.

The workshop will take place at the CHHA offices at 435 Notre Dame Ave., suite 101 in Sudbury. It will begin at 7 p.m. and run approximately 2 hours.

The space is fully hearing accessible, with looping and FMs available for those who require it.

Refreshments are provided. Seating is limited, so please register to reserve your seat today.

Contact the CHHA office at 705-523-5695 or at: info@chhasudbury.com

Hearing Hacks.....

(Cont'd from page 5)

polite and factual, and also explain that you are disappointed that your needs were not met. The only way theater personnel will understand the importance of these devices is if we demonstrate it.

- If there are consistent problems at a particular cinema, report the problem to the corporate office. Changes in training and procedures may be required.

Next time watch for tips on attending Live Theatre.

Join us for a

M MOVIE matinee

FREE!



 Canadian Hard of Hearing Association
Association des malentendants canadiens

April 18th, 1 p.m. The Holdovers
May 2nd, 1 p.m. Are you There God?
It's me, Margaret
May 16th, 1 p.m. American Fiction

CHHA Sudbury Office — 435 Notre Dame Ave., suite 101

All Movies shown with subtitles. Venue is Looped for those with telecoils. Refreshments provided.

Seating is limited, reserve your seat early.

705 523-5695

HEARING aids

What to know before you buy

Join us for a special presentation

Saturday, May 4, 1 p.m.

At the CHHA Sudbury Office, 435 Notre Dame Ave, suite 101

Venue is
looped for
sound and
personal FMs
are available.

CHHA Sudbury Branch AGM
will precede the presentation.

Seating is limited. Register today.

No Charge. Lunch and refreshments provided.

