



Canadian Hard of Hearing Association, Sudbury Branch

Resonance

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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.



Hands and Voices Day for HOH students

A trip to Manitoulin Island's Eco Park sponsored by CHHA Sudbury



Pictured above are the smiling faces of students with hearing loss who attended the annual Hands & Voices Day on Manitoulin. From left are: Sophie, Skyla, Cameron, Aiden, Jack, Maxton, Nicholas, Brianna, Maisie, Connor, Sylus

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The annual Hands and Voices Day for hard of hearing students came and went in May with students and teachers travelling by bus to Eco Park in Tehkummah.

This event has been sponsored for several years by the Canadian Hard of Hearing Association (CHHA), Sudbury Branch. The outing is something we strongly

believe is vital for HOH students to bond and have social interaction

with others who have similar experiences.

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HearNow Fund '24 open April 1

with new funding for CIs and Bahas

By Gwen MacGillivray

CHHA Sudbury has expanded the **HearNow Fund** once again to help cover the ever-growing costs of hearing aids as well as the over-whelming

need for assistance in our region. This year, it will also include a separate category for those who need assistance with Cochlear Implants or

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Hearing Loss: emotional fire starters

By Gael Hannan

What sparks your emotions in day-to-day life with hearing loss? What sets you off?

If you're like me, you have a long list of emotional fire-starters. In fact, mine's so long that I've grouped it into three main sources.

For most of us, by the time we receive a definitive diagnosis of hearing loss, we have already experienced many of its hallmark *negative* emotions. Frustration, anger, grief, worry, sadness, isolation and loneliness. (A very few people embrace their diagnosis with joy, such as comedian Kathy Buckley who grew up in the belief she was not intelligent and was therefore *lesser than* other people. Then came the life-changing discovery that she was deaf.)

What causes our negative emotions? For me, it's a three-way tie of emotion categories.

Its Life

Imprint! Hearing loss impacts our overall *life*. It seriously affects our

communication, which is the glue that connects us to other people and our lifestyle. Because of the age-old stigma, we worry that people will think less of us. Our self-esteem may take a beating. And having hearing loss means changes to how we *do* things! We must change communication processes in our work and in our relationships. Group conversations, social events, and even watching tv involve making permanent changes so that we can participate and understand.

How Other People Deal with It! Because other people, even those closest to us, do *not* have hearing loss, they find it difficult to deeply understand *ours*, and that is understandable. They can't always predict or identify when we're struggling. They find it next to impossible to remember basic communication necessities from one conversation to the

next. So we tell them, over and over again. Also, it's just plain annoying when people who have good hearing, don't appreciate the *gift* of it.

Me! I Frustrate Myself! Not only must we repeatedly express our needs to other people, we must also remind ourselves! We should know this stuff! Some examples:

When I'm not following a conversation, I strain to hear, pushing my ear muscles to perform a miracle. This, of course, never works because our ears don't have those kinds of muscles! Our pets can waggle their ears, but the human pinnae (those side-of-the-head earflaps) do not bend, stretch or extend at the command of our brain. Still, I sense an inner stretching to connect.

We ask people to repeat themselves two or three times. Asking for more than one repeat of the same phrase, *without giving instructions to rephrase*

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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.

Hearing Hacks to make social events more satisfying for everyone involved

Part 4: Attending Live Theatre

By Gael Hannan
and Shari Eberts

Understand your options

Most theatres provide one or more free options for auditory assistance. Opera performances may also have supertitles, which are translated captions of lyrics and dialogue that appear above the stage. Availability will vary by location and venue.

Arrive early to pick up your device of choice. Lines are often long and devices sometimes run out. Be prepared to leave photo identification as collateral.

If you have problems with a theatre device, alert an attendant during intermission.

Try out different options. Infrared systems, FM systems, hearing loops and captions are all available. Get to know them and choose what works best for you.

Infrared headsets are the most common:

Know the drawbacks. With some

models, you must remove your hearing aids, which may make the sound level too quiet for your hearing loss. Other models allow the use of neck loops that work with hearing aids.

Position yourself well; devices work best with a clear sightline to the stage.

FM Systems are also often available:

You wear this type of device around your neck rather than over your ears.

Connect by plugging in headphones

(your own or the theatre's) or linking to your hearing aid via the T-coil setting.

If you prefer to use your own headphones, call to verify the type of headphone connection the system requires.

Know that headphone volume levels may not be loud enough for people with certain hearing losses.

When they are available, hearing loops offer top-notch sound:

Set your device to T-coil mode so the sound comes directly

into your hearing aid or cochlear implant.

If your personal devices do not have telecoil, explore hearing loop receiver earphones, which can be used to tap into a hearing loop. You may need to remove your hearing aids to use them.

Open captioned performances where offered, are usually limited to specific performances:

Reserve seats with a good sightline to the captions which

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HearNow Fund expanded...

(Cont'd from page 1)

Baha hearing aids.

Every year, beginning on April 1st (the start of our fiscal year), the HearNow Fund opens and is applied for through all Audiologists and Hearing Instrument Specialists in North Eastern Ontario.

Those who need them but cannot afford hearing aids, can apply to the Fund for financial assistance —

as long as they meet the criteria laid out in the application.

Audiologists provide the application and submit it along with a copy of the patient's audiogram and an estimate of the aid being recommended.

This fund — raised through proceeds from the Ultimate Dream Home Raffle — is limited and goes quickly. Applications

not completed properly or entirely will be returned unprocessed. This makes it vital that applicants make sure everything is in order before submitting them.

Since 2003, this fund has helped approximately 1,145 people and handed out \$1,488,309.

For more details on this program please contact your audiologist or call us at 705-523-5695.

Spring Tea well attended



At the end of May the CHHA Sudbury branch hosted a tea as part of Speech & Hearing Awareness Month activities. Members filled both Workshop rooms to enjoy a little social interaction along with a variety of sandwiches, desserts and refreshments. A Penny Table was a main attraction and a door prize was handed out. As always, the annual social was well attended and a fun afternoon was had by all, including the CHHA staff who enjoyed the opportunity to give back to our membership for their loyalty and unfailing support.



CHHA Sudbury AGM held May 4th

Short presentation on hearing aids followed the meeting



CHHA Sudbury Board of Directors by acclamation from back left are: Jean –Gregoire Roveda (Treasurer), John Lalonde (Director), George Young (Director). From left front are: Anne Proulx-Seguín (Director), Lorraine O’Brien (President), Maureen Spec (Vice-President).

By Gwen MacGillivray

More than 20 members gathered at the CHHA offices in the Nolin Centre May 4th to participate in the Annual General Meeting (AGM).

A light lunch with refreshments was served beforehand. Then Executive Director (ED) Kim Scott opened the meeting.

A brief Directors Report outlined the organization’s finances — which, thanks to the Ultimate Dream Home Campaign — is very healthy. A full fiscal report will follow in late summer/early fall.

The Dream Home itself is under construction by a new builder this year and guaranteed to be completed on time. As well, the ED announced that CHHA Sudbury is finally “in a position to pursue its lofty goals, one of which is to find new facilities of our own.” This will be an on-going project which will hopefully include making the move toward health care services, Scott added.

The CHHA Sudbury Board of Directors were also appointed at that meeting by acclamation. They are:

Lorraine O’Brien (President), Maureen Spec (Vice-President), Jean-Gregoire Roveda (Treasurer) George Young (Director), Anne Proulx-Seguín (Director), John Lalonde (Director).

A short presentation was made following the AGM about Hearing Aids and what to know before purchasing them. ED, Kim Scott, spoke from experience having been hard of hearing her entire life. She now uses a Cochlear Implant but for years learned all the ins and outs of hearing aids — the good and the bad.

Perhaps the most common misconception about hearing

aids is the fact that, unlike eye glasses, they do NOT restore one’s hearing to “normal”. They amplify what hearing you still have and in some cases perhaps enhance the clarity of sounds and voices around you, but the expectation that your hearing will return to what it once was is not a possibility ...at least not yet!

It’s also important to choose an Audiologist who will work with you on all aspects of your hearing. Watch for future issues of Resonance for more information on this topic.



Hearing Loss Fire Starters . . .

(Cont'd from page 2)

or speak up, fits the description of 'insanity': doing the same thing over and over and expecting a different result.

And then, not having explained our needs, we retreat into bluffing, an emotional powder keg. Pretending that we understand when we wouldn't be

able repeat it back what was said, or even identify the topic being discussed – is the biggest source of self-frustration in the hearing loss book! Although I am a passionate anti-bluffing crusader, it's human nature to bluff when the hearing gets hard. And I am very good at it. I can make you think you are the most interesting person in the world and that I'm following your every word. But where does this bluffing get me? Nowhere.

Hearing envy can eat you up. But, just sometimes, mildly, I do envy the ability of other people to hear. I

envy people who can tell where a sound is coming from, every single time. But most of all, I envy anyone who doesn't have tinnitus.

Etc., etc., etc.

The good news is that in all the above 'emotional categories' exists the potential for change, for improvement of our hearing loss journey. When we grow in our knowledge and experience, we learn to handle the emotional challenges. This year's theme of World Hearing Day is 'changing mindsets'. When we do that, life gets easier and communication gets better.

Juliette Sterkens does Ted Talk, hearing aids

By *Gwen MacGillivray*

Renowned Audiologist and hearing loop advocate, Juliette Sterkens released a Ted Talk in March, speaking about hearing aids and what we should know about them.

Though retired from her private Audiology practice, Juliette travels extensively (internationally) to professional

conferences and consumer events speaking on the benefits and the uses of hearing aids and hearing loops.

The ted talk, posted March 2nd, speaks directly to hearing aids and how they work. This is well worth a listen for anyone who wears a hearing aid or is on the verge of getting one.

https://www.youtube.com/watch?v=0vf1q_HgLpw

Hearing Hacks ...

(Cont'd from page 3)

generally appear on a display board located to one side of the stage.

On-demand captioning devices:

GalaPro is a smartphone app that provides theatre captioning – most notably on Broadway and in London's theatre district – after the first four weeks of a show's run.

Captions appear on your phone rather than on a screen next to the stage. Preprogrammed based on lighting cues, synchronicity with the dialogue is not always perfect.

Check with your local theatre for availability.

Fully charge your devices in advance if you plan to use them.

To avoid complaints or misunderstandings, you may want to alert people seated beside and behind you that you will be using your phone for captioning access during the show.

Hands & Voices Day . . .

(Cont'd from page 1)

During the trip, the group reported that they were greeted by a variety of animals including baby goats, bunnies and chickens.

The park leader then taught them about the Indigenous Circle of Life and guided them through making their own.

Next was a round of mini putt before they boarded the bus

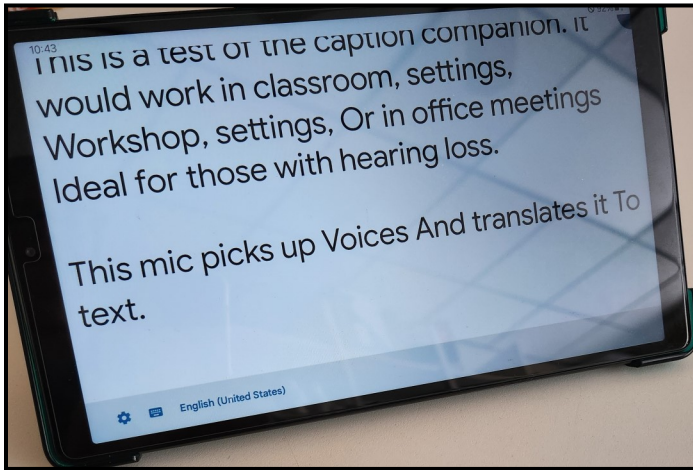
for 3 Cows and a Cone in Little Current for a refreshing ice cream treat.

The ride back to Sudbury was filled with smiles and laughter again as the children played a variety of card games. It was a fun day for everyone!

Special thanks goes to Linda Cecutti, OCT, LSLS Cert. AVE'd Intinerant Teacher of the Deaf/HOH.

Ai Captioning at our finger tips

New product offers more accessibility at affordable pricing!



The Caption Companion (essentially an 8-inch tablet) is a new product that allows those with hearing loss to carry their own captioning device with them. It can also be used to project the captioning on a large screen for group settings.

By Kristyna Ripley-Kraan

Computerized Note-taking or Real Time Captioning is not a new technology. For those with hearing loss it is a familiar tool that is used often on tv, our cell phones, PCs and at presentations or meetings.

Traditionally provided by a human, Communication Access Realtime Translation (CART) is an excellent tool for people with hearing loss to be able to follow along with whatever is being presented to them.

The problem has always been that the live services may not be available in your area when you need them, and booking the service (live or virtual)

is extremely costly.

Many cellphones today have live-transcribe software built-in or available on apps, but the transcriptions may not always be accurate, and the phone screens may be too small for the font to be visible.

Here at the Canadian Hard of Hearing Association (CHHA) Sudbury Branch, we are always looking for new products to provide more accessibility for those with hearing loss, and a new device has just hit the market that we think will be a game changer for those who benefit from captioning.

The Caption Companion is an 8-

inch tablet that offers unlimited fast and accurate captioning (by AI) in real time. It works fully offline or with WIFI; no account or subscription required.

This captioning system is portable, allowing you to take it anywhere to receive live captioning, and can also be plugged into a projector to show the captioning on a large screen for group presentations or meetings.

This device can capture voices using live audio, or directly from FM systems, audio/hearing loops, and Assistive Listening Devices.

It comes with a Smart Mic, which allows for more direct audio input, cutting out background noise and only focusing on the person who is speaking. The mic has a range of up to 200 feet, allowing the speaker to move freely while the tablet captures their words.

Fully charged, the tablet will offer about 11 hours of use. As an added bonus, there are 9 languages available for transcribing while offline, and up to 81

languages when connected to WIFI.

The Caption Companion is an excellent tool that can be used in the workplace to provide help following along in meetings, and in the classrooms, where students can keep up with the lectures. It can also be used in personal situations, such as going to restaurants, where people would be able to enjoy conversations with others while sitting in a noisy environment.

CHHA Sudbury is excited to announce that we will soon be making this device available for loan to schools to begin with, for group settings or for individual students who struggle in the classroom.

To learn more about the Caption Companion and its features, please contact the CHHA Sudbury Branch at 705-523-5695 or by email: info@chhasudbury.com

Join us for a

MOVIE *matinee*

FREE!

 Canadian Hard of Hearing Association
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- July 4th, 1 p.m. **Next Goal Wins**
- July 18th, 1 p.m. **Detective Marlowe**
- August 1st, 1 p.m. **What Happens Later?**
- August 15th, 1 p.m. **The boys in the boat**

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.

523-5695