



www.chha-hamilton.ca
chhahamilton2@gmail.com
Founded 1986

Canadian **HARD** of **HEARING** Association **CHHA-Hamilton** **HERE, HEAR!! Newsletter**

Remember . . . You are not alone!

November, 2019

Executive

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Mark Peterson

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Rob Diehl

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Refreshments

Committees

- Advocacy
- Bylaw
- Cochlear Implants
- Golf
- Health Fair
- Newsletter
- Speech Reading
- Sponsors

Communication tips and tricks



Speaker: Mark Peterson, Hearing Instrument Specialist

Date: Thursday, November 28th, 2019

Time: 7:00 pm to 9:00 pm

Location: The South Gate Church
120 Clarendon Avenue, Hamilton L9A 3A5
Rear entrance door & parking lot accessed from Terrace Dr.

Registration & info: chhahamilton@gmail.com or 905-575-4964

Charge: \$5 for non-members

Real Time Captioning & Infra red system available

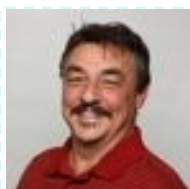
Refreshments

ALL WELCOME!

Sponsored by **Association of Hearing Instrument Providers of Ontario**

www.helpmehear.ca

President's Message



Hello everyone,

I love fall weather and the wonderful colourful trails that we are fortunate to be surrounded by around the greater Hamilton area. I do my best to get out in the nature and hike daily and hence I am constantly reminded how great it is to have my hearing aids so that I can enjoy listening to the chirping of the birds and other sounds of nature that I would not hear otherwise.

Hope everyone had a great summer. To end our summer and kick off the fall, we had our CHHA golf tournament at the beginning of September. I was once again very pleased with the event, the turnout, the picture-perfect weather for the second year in a row but mostly the opportunity to enjoy an afternoon out with friends, members and supporters. This year we had the pleasure to extend an invitation to a family from **VOICE**. **VOICE** is an organization for children and youth (until they reach the age of 18) and it was CHHA Hamilton's pleasure to welcome a family from **VOICE**, have them play a round of golf with us and enjoy an awesome supper among friends. The format of our golf tournament allows us to welcome players at any and all levels from beginners to pros. If you enjoy the great outdoors and want to have a fun afternoon, make sure you leave some room on your calendar for the September 2020 event.



Tom, Lesley, Aiden & Ethan Hrbacek

September 26th, Dr. Ian Bruce, a professor at McMaster University who is continuing the research work of the late Dr. Larry Roberts on tinnitus, was our guest speaker for our 3rd public meeting at South Gate Church this year. Dr. Bruce's presentation outlined the advances that were done in the area of tinnitus studies and outlined the benefits of the research and the efforts of standardizing tests around the world. We have made terrific advances in this area and with the great work continuing, we have hope of not just better managing and living with tinnitus, but perhaps a cure.

Thanksgiving weekend just passed as I am writing this message, so, I thought I would take this opportunity to let everyone know how thankful I am for the great board members and volunteers that we have in CHHA-Hamilton. In no particular order, as I am grateful to each and every one of our board members/volunteers, calling them friends and enjoying quality time with them on a regular basis. It is my privilege to be associated with such great people.

I'd like to start with **Rob Diehl**, our past president, whose life became much busier after the birth of their second child, and work, and school... yet he still finds the time to organize the golf tournament, find prizes and to show up during the day of our meeting at South Gate Church to ensure that the sound system is all setup for the evening meeting. Thank you, Rob. Next is **Jim Young**, our secretary, who not only spends a lot of hours volunteering for the City of Burlington, but he shows up to our board and public meetings and ensures that our meetings are run in an orderly fashion and properly accounted for. Thank you, Jim. What can I say about **Craig Ellis**, our long-time treasurer and membership chair, and lip-reading instructor? He doesn't only ensure that the finances are tracked, but he's everywhere where advocating for the hard of hearing is needed, where loop systems need to be installed, theater sound systems need to be tested and speech/lip reading classes need to be taught. Thank you, Craig.

Continued on page 5 . . .

Ask Mark . . .

Mark not only wears hearing aids, he is also an Hearing Instrument Specialist.

Send *your* questions to Mark at chhahamilton2@gmail.com

Q Are there any advantages to hearing loss?

A **Short answer is yes**, but they are sometimes hard to recognize. Some of the more obvious ones are, the discount on your bell phone bill and if you tell the airport staff you're hard of hearing, they will let you preboard in front of everyone else, and the very difficult to attain disability tax credit.

Some of the possibly lesser known advantages (well, lesser known to non-hearing aid wearers):

- you can choose to not hear things by taking your hearing aids off.
- deliberately not understand someone when they ask you for something.
- the ability to make a joke about things like "why did you buy a new sheep for your bed? ohhhh you said sheets", 😊
- you can get things in writing from your lawyer or doctor that they wouldn't normally write down because you can't understand them.

· If you have new hearing aids with **Bluetooth** you can listen to music and no one can tell.

· you get to listen to TV without interruption because you can't hear anyone that tries to interrupt you.

· when you can go to the theatre, **if they are looped or provide a listening system**, you do not have to worry about the person beside you opening a loud bag of chips or candies.

· a lot of people cannot stand the sound of someone chewing; we hearing aid wearers can just turn them off. Problem solved!

One of the main benefits is, you get to have conversations with people face to face and you are actively listening to them. Sure, it may be because if you didn't put your whole focus into listening you would not be able to understand the person you're talking to, but it is surprisingly rare to have a conversation where both participants are actually listening to each other.

Hearing loss can be immensely frustrating. It can lead to social isolation and depression. **I hope pointing out some of these silver linings has helped you see a *light* in a situation that can sometimes be fairly dark.** If you have more advantages to hearing loss, please email them to chhahamilton2@gmail.com we would love to *hear* them.

Many of you may remember **Dr. Larry Roberts**

Professor Emeritus, Department of Psychology, Neuroscience and Behaviour, McMaster University

Dr. Roberts was a leading scientist, professor, and researcher, who passed away in his 81st year in Kingston, Ontario, after a brief and sudden illness in July, 2019.

We had the pleasure of having Larry speak to our CHHA group a several times. He was a very approachable, pleasant and knowledgeable gentleman.

May we offer our belated sympathy to his family.

LOOKING FOR NEW CHHA BOARD MEMBERS

Why volunteer with the Hamilton Branch of the Canadian HARD of HEARING Association?

- ♦ Meet new people
- ♦ Receive satisfaction by helping others
- ♦ Build your confidence
- ♦ Stay active & healthy
- ♦ Make a difference to people in the hearing loss community.
- ♦ Help us shape the future
- ♦ Contact us at chhahamilton2@gmail.com

Joan Miller has spent years advocating for the hard of hearing

‘We’ve come a long, long way,’ says inaugural president of local branch of Canadian Hard of Hearing Association

NEWS Jul 26, 2019 by [Tamara Botting](#) The Sachem

Joan Miller, inaugural president of the Canadian **Hard of Hearing** Association’s Hamilton and area branch, has not only been a dedicated volunteer through the years, but also a mother, grandmother and great-grandmother. - Tamara Botting/Torstar

For a long time, many people thought hard of hearing was synonymous with deaf.

It’s a mentality Joan Miller struggled against for years. “We’ve come a long, long way,” she said.

For a long time, government agencies in particular were under the impression that if they were helping people who were deaf, it would automatically benefit those who were hard of hearing, too. “We had to show them that we needed a different kind of help,” Miller said.

The Caledonia resident has been hard of hearing most of her life; she had measles when she was about two years old, and the best guess is that’s what caused it.

“I got through school OK by sitting at the front of the classroom,” she said. However, “As I had my children, my hearing became progressively worse.” She started wearing a hearing aid when she was 28.

After her first husband passed away, Miller was working in Hamilton at Mission Services when she spotted a notice in the Hamilton Spectator for a meeting for people who were hard of hearing.

“I was having a difficult time with my hearing, and I needed help,” she said, so she went. “At the first meeting, there was a room full of people, and they had a woman signing at the front. None of us could understand it,” Miller said.

Some good did come of that meeting, though; “I found out I wasn’t the only person.”

Miller and some others banded together and founded the Hamilton and area branch of the Canadian Hard of Hearing Association, with Miller as the group’s inaugural president. “The group grew; at one time, we had about 230 members,” she said.

As a member of the executive, Miller travelled cross-country, attending conferences and helping spread the word about hearing loss, advocacy and accessibility. “When you lose your hearing, it’s very traumatic,” she said.

In 2013, the Canadian Hard of Hearing Association created the Joan Miller Award of Merit.

Jacquie Reid, communications and newsletter editor for the Hamilton branch, said, “It is an award that goes to a long-standing member who has contributed outstanding service to the work of the association and the Hamilton and area branch.”

Reid said that Miller “served many terms on our board, oversaw significant years of growth and strengthening of the organization. This award reflects (her) spirit of dedication.”

Miller also served as a volunteer on Haldimand’s accessibility committee and with the White Cane Club for the visually impaired; she also [wrote a column, On the Seniors Scene, for The Sachem for many years](#), and is the author of three books.

Continued on page 5

President's Message continued . . .

Continued from page 2 . . .

Next is **Mark Peterson** our VP, who makes time in his busy schedule to manage a hard of hearing clinic to advocate for CHHA-Hamilton, answer technical questions in our newsletter column and help wherever he is needed. Thank you Mark. And then there is **Jacquie Reid**... Newsletter Editor and Communications director, tireless volunteer, sponsor seeker, organizer and all-around advocate and the list goes on and on and on. I do not know what we would do without her tireless efforts and I sure hope we won't have to find out anytime soon. Thank you, Jacquie.



There are also non board members whose tireless work must be mentioned and thanked. **Linda Baine** who was a long-time board member and past president, after retiring from the board she continues to volunteer with teaching speech/lip reading classes that usually run in the spring and fall. Also, **Marilyn Pearson** and **Nancy Podolsky**, who ensure that whenever we have a public meeting the guests are served refreshments during our meeting. Thank you, Linda, Marilyn and Nancy.

That's it for now. Hope to see you all at our future events.

Levi

levi@levijanosi.ca

Joan Miller continued from page 4 . . .

She's also very close with her family: four daughters — "Johanna is our guardian angel," Miller said — eight grandchildren and is expecting her 15th great-grandchild soon. "I'm so lucky I've had my children around me," she said.

The Hamilton and area branch serves individuals in Haldimand. For more information, visit www.chha-hamilton.ca or e-mail chhahamilton2@gmail.com



<https://www.sachem.ca/news-story/9522825-joan-miller-spent-years-advocating-for-the-hard-of-hearing/>

QUESTION

Do you know someone who would make a great board member? If so, now is the time to nominate them for the Annual General Meeting on November 28th.

We need dedicated people who are prepared to give *some* of their time to a great cause.

Do you know someone that fits this description?

OR have you considered becoming more involved with CHHA yourself, either as a board member or a volunteer? ***Let us know.***

CHHA's goal is to make the community a better place for the hard of hearing.

We need *your* support to keep CHHA strong!

chhahamilton2@gmail.com



WARNING

Buying Hearing Aids from the Internet?

Serious Health Risks

In Ontario, a prescription is required by law prior to a hearing aid being dispensed.

- Without obtaining the assistance of qualified hearing healthcare professionals, you will not have obtained proper testing, selection, counseling and dispensing.
- Hearing Aids are a Class II Medical Device which must be approved by Health Canada to ensure they are safe and effective.
- Hearing aids over the internet may be counterfeit, cause serious infections, be recalled due to safety concerns or have missing parts.



Be Safe. Love Your Ears !



Golf Tournament Fun

On Saturday, September 7, 2019, CHHA-Hamilton hosted their 7th annual FUNdraiser Golf Tournament at Oak Gables Golf Club in Ancaster, ON. Approximately 50 people attended this year's event in what proved to be a beautiful day on the links.

This year, we were very pleased to have the Hrbacek family from VOICE join us. VOICE is a local organization that provides support and services for the families of children who are deaf or hard of hearing. It was great to have Tom, Lesley, Aiden, and Ethan, [photo on page 2] and we hope to continue this ongoing effort to build synergies between our two organizations.

CHHA-Hamilton would also like to recognize our Title Sponsor: **Connect Hearing**, and our cart sponsor: **Cochlear Canada**. The contribution of organizations like this go a long way in helping to ensure our events are a success! We would also like to thank all of the many businesses and members who donated to our incredible prize table. Your generosity is greatly appreciated.

Thank you to everyone who helped and/or participated in this year's event. Our annual golf tournament is our branch's major fundraiser and



Ian Dixon & Greg Bergen

the funds generated allow us to provide many services to our community. These services include:

- ♦ Lip reading/speech reading classes to assist in communication and coping skills.
- ♦ Quarterly educational meetings and seminars.
- ♦ We are advocates for those who suffer from hearing loss.
- ♦ We host events that help build community amongst people with hearing loss.
- ♦ We raise funds to assist the hard of hearing in our region.

If you would like to get involved in our 2020 tournament, contact our golf committee chair, Rob Diehl at robwdiehl@gmail.com. This is a great opportunity to connect with other people experiencing hearing loss for a fun and relaxing day. We are always looking for volunteers, sponsors, and participants. Not a golfer? No problem, you can always just join us for a great dinner and evening of prizes.



Mike & Kris Martin

WHY JOIN CHHA?

- We offer Lip/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.

Craig Ellis,

Membership Chair

CHHA-Hamilton Membership Application & Renewal Form

Your Membership is due effective ***now*** to – August 31, **2020**

Please mail this form with your payment to:

CHHA Membership, 762 Upper James, Box 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: \$350.00 plus \$5.00 / year

Make cheques payable to: CHHA-Hamilton

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

Remember . . . You are not alone!