



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

Canadian **HARD** of **HEARING** Association

CHHA-Hamilton

HERE, HEAR!! Newsletter

Remember . . . You are not alone!

SEPT, 2019

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Refreshments

Committees

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

TINNITUS: recent scientific insights & potential new treatments



Speaker: Dr. Ian Bruce, Ph.D., P.Eng.
Professor & Associate Chair for Graduate Studies
McMaster Dept. of Electrical and Computer Engineering

Date: Thursday, September 26th, 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

Note Taking & Infra red system available

Refreshments

ALL WELCOME!

Sponsored by Association of Hearing Instrument Providers of Ontario
www.helpmehear.ca

Details for Nine & Dine Golf Tournament on page 6

President's Message



Hello everyone,

I started my last letter by saying that we were happy to have a bit of warmth after the cold and wet May... Well .. We got "HEAT" now and then some – 35-40 degrees (with humidex) takes a lot to get used to. Hopefully you are enjoying the summer and try to stay cool.

We had a good turnout at our May Health Fair event. The event was well attended, and people had an opportunity to question local hearing professionals on all the available solutions or just ask specific questions regarding testing and best practices about their own hearing.

CHHA National held our national conference in Montreal this year. As usual it was an event packed with useful information for attendees. It was great to interact and mingle with other branch representatives and learn the latest and greatest developments in the field of hearing.

The highlight for the conference for me was, that it coincided with the passing of bill C-81, known as "Accessible Canada Act".

The Accessible Canada Act applies to the federally regulated private sector, which includes the banking, transportation and telecommunications sectors, as well as the Government of Canada, Crown corporations and Parliament. Under the Act, these organizations will be required to develop and publish accessibility plans that describe how they will identify, remove and prevent barriers to accessibility. They will also be required to establish a mechanism for receiving and addressing feedback on accessibility from anyone who interacts with their organization. Finally, they will have to develop regular progress reports on the implementation of their plan and addressing any feedback they receive.

Passing the bill is the initial step. Now the real work begins. We will work with CHHA National to get regular updates and deliver it to you so that we can work together to ensure that places where we live are equipped with assistive listening systems and devices.

In June we held our yearly Cochlear Implant meeting at Brant Hills in Burlington. We received important updates on progress for Southern Ontario cochlear implant recipients and some technical updates on the work ongoing at Sunnybrook.

I was delighted to hear that Sunnybrook is yet another addition in Stem Cell research for potentially finding a cure for hearing loss. Now that is exciting!!!

It is so good to hear that with more and more of us speaking up about our issues with hearing, the medical profession is "listening" and working feverishly to advance research toward a cure. With another article I read recently, there is a clinical trial in the U.S. that provided 62 million in funding and moved into phase 2A (dosage) of the study.

I'm not sure if I see a cure in my lifetime but it is nice to know that we moved from never to maybe for a cure.

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Trouble Hearing?



Book your FREE hearing test today!

Hamilton Downtown
25 Charlton Ave East Unit #402
Call Erin at **1-888-464-4783**

Hamilton Mountain
880 Upper Wentworth Street Unit #1-A
Call Jessika at **1-888-716-2523**

Hamilton West
1685 Main Street West Suite #150
Call Karla at **1-888-717-7559**

Stoney Creek
160 Centennial Parkway North Unit #1
Call Sherry at **1-888-464-9364**



Formerly



TRUSTED PARTNER OF



No-cost hearing tests are provided to adults ages 19 and older. A fee will apply for a copy of your audiogram. Child hearing tests are conducted at select locations for a fee, please contact us for more information.

Promo Code EVT-CHHA-HMLT

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 My cat ate my hearing aid.... now what do I do?

A First thing is: don't panic. If you have a backup set of hearing aids, now is the time to dust them off. I always recommend keeping a spare set of hearing aids around for just this kind of situation. Don't be too quick to donate your old ones, keep them around for a while just in case. If you need a couple of different sized batteries your hearing clinic will probably be more than happy to supply you a couple batteries.

If you can find the hearing aid, check to see if it's working. A lot of times animals will eat the part that goes into the ear and leave the part that goes behind the ear alone. This is because the part that goes in your ear smells like ear wax and animals love it for some reason. Probably the same reason they eat their own poo.

While disgusting, this is a very good thing . . .

With a 'Behind The Ear' hearing aid (BTE) all the important stuff is behind your ear. Just take the aid into your clinic and they should be able to fix it right away or order you a new 'In The Ear' portion for little or no cost.

For you 'In The Ear' hearing aid (ITE) users once an animal has cracked the shell there's no going back and you'll have to bring it in to be sent away for repair. Most of the time excessive damage is not covered under the warranty but small cracks and punctures are.

The good news? If it's not repairable your hearing aid might be covered under your home owners/renters insurance. It's worth a call to your insurer to make sure it's put on there because I've had insurers cover lost hearing aids as well as damaged ones.

A tip from the pro's is keep the hearing aid turned off and in the case when it's not in your ear so it won't make any noise. You might not be able to hear it but your animals probably can and if they chew up the case it's much preferable to chewing up the hearing aid.

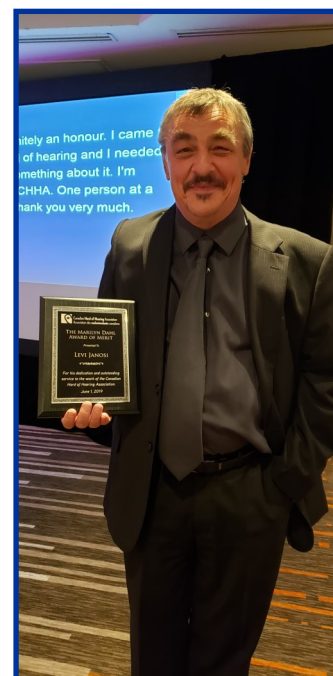
Mark Peterson, H.I.S.

CHHA-Hamilton President receives prestigious award

The Hamilton Branch of the Canadian HARD of HEARING Association is pleased to announce our president, Levi Janosi, received the Marilyn Dahl Award of Merit at the CHHA-National Conference in Montreal in May, 2019.

Levi was recognized as a hard of hearing member of CHHA who has contributed outstanding service to the work of the association at the National, Chapter (provincial/territorial) or Branch level.

Way to go, Levi! We're proud of you.



SPEECH/LIP READING

On Thursday March 28, I was invited to attend a speech reading class with my friend, Joan Miller. I felt instantly welcomed and conversation was easy and fun.

When it was time to get to work, our instructor, Craig Ellis, lead us through some warm up exercises with us trying to identify the colours he was saying by reading his lips. I found it very interesting to learn that one can read lips from the front or the side. After the colours we tried some tongue twisters. Yikes! I was lost.

As we worked through the course materials and videos for the day I was interested to hear some of the issues and concerns that were raised by my new classmates.

Our topic was communication tips for speaking and listening to someone with a hearing loss. Sadly social isolation is common, but Craig reminded us that we are all in this together. With support from family and friends those of us living with hearing loss can lead active and inclusive lives.

The environment was extremely supportive and people readily listened and shared their own experiences.

I really loved learning about **looping** and how if a hearing aid is equipped with a telecoil someone experiencing hearing loss may get added benefits in a looped environment.

It was a real pleasure to join Joan for the class. Taking the speech reading class for the whole duration is really something I hope to do in the near future. Thank you CHHA-Hamilton for inviting me to take part and putting up with my millions of questions. I am very inspired!

Respectfully, Sandra Mallett,

Public Relations Co-ordinator for the Haldimand Abilities Centre in Hagersville.

I feel so alone
Even though I 'm surrounded
By people
They talk and talk
But I can not hear
The words that they say
I struggle to hear
To read their lips
But I can not
I tire quickly
They do not care
I'm crying on the inside
I don't want them to know
So I sit
With a forced smile
Upon my face
And act like everything
Is okay

Annette Levesque

Annette took lip/speech reading classes this spring.

IMPROVE your **speech** reading with **COPING SKILLS**

IF “pardon me” is a frequent phrase for you, then you need to join the speech reading class! (Some call it lip reading.) The next session begins on Tuesday, **September 10th** 1:30 – 3:30. Bethel Church, Kerns Rd. at Hwy.#5, Waterdown/North Burlington, L0R 2H0

For more information, contact chhahamilton2@gmail.com, or call Linda Baine at 905-659-7347



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 !





Presents



7th Annual FUNdraiser Golf Tournament

Saturday, September 7, 2019

\$75 includes 9 holes, cart & dinner

\$25 dinner only

Tee off – 4 pm

Dinner – 6 pm

Oak Gables Golf Club

1505 Wilson St., Ancaster, L0R 1R0

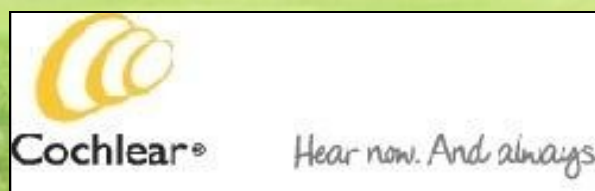
Rain or shine

Register online at

www.chha-hamilton.ca

call 289-208-4423 or

E-mail robwdiehl@gmail.com



Researchers Find Proteins That May Hold Key to Restoring Inner Ear Hair Cells

BALTIMORE, MARYLAND — Researchers at Johns Hopkins Medicine, report they have identified a pair of proteins that precisely control when hair cells (sound detecting cells) are born in the mammalian inner ear. The proteins, described in a report published June 12 in *eLife*, may hold a key to future therapies to restore hearing in people with irreversible hearing loss.

An estimated 90% of genetic hearing loss is caused by problems with hair cells or damage to the auditory nerves that connect the hair cells to the brain. Hearing loss due to exposure to loud noises or certain viral infections arises from damage to the sensitive hair cells.

“Scientists in our field have long been looking for the molecular signals that trigger the formation of the hair cells that sense and transmit sound. These hair cells are a major player in hearing loss, and knowing more about how they develop will help us

figure out ways to replace hair cells that are damaged.”

Angelika Doetzlhofer Ph.D. notes that her research in hair cell development, although fundamental, has potential applications to treat deafness caused by damaged hair cells: “We are interested in how hair cells evolved because it’s an interesting biological question,” she says. “But we also want to use that knowledge to improve or develop new treatment strategies for hearing loss.” For full article—

<https://hearinghealthmatters.org/hearingnews/watch/2019/proteins-key-hearing-loss-treatment-therapy/?fbclid=IwAR1kLWOSfcMIElffZaCz974pd9t9k6kXgFauoEBtIIQA>

Continued from page 2 . . .

Upcoming events we are working on:

September 7th is our FUNdraising **Nine and Dine golf tournament**. Come out, have some fun and support our local branch in the process. Details on page 6.

September 26th, Professor Ian Bruce will be our guest speaker at The South Gate Church and he will be covering **tinnitus (ringing in the ear)** as his topic

November 28th, we'll have **Communication tips for the hard of hearing and everyone else**

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

Levi

MARY SMITHSON

The late Mary Smithson, CHHA-Hamilton President (2005—2008) was named Volunteer Senior of the Year in 2008. The City of Hamilton has created a volunteer award in her name, “Mary Smithson Compassion and Companionship award”.



Long time CHHA member, **Marion Fair**, received the Sovereign’s Medal for Volunteers this past May. The presentation was made by the Mayor of Hamilton, Fred Eisenberger, pictured here with



Marion, on behalf of the Governor General, . Mark Runciman of the Royal Botanical Gardens. This is another milestone for Marion, after celebrating a very special birthday last year.

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!