

Publication of the
Canadian Hard of
Hearing Association
(CHHA)

**NORTH SHORE
BRANCH**

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MOUNTAIN EAR is a publication of the Canadian Hard of Hearing Association North Shore Branch. It is Published 5 times a year on the 15th of March, May, August, October and December.

Your submissions are always welcome. Please contact the Editor:

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PRESIDENT'S MESSAGE

As I was drafting my report a few weeks ago in early July, the weather seemed so cold and we were all



wondering whether summer would ever come. Now it hardly seems possible that the AGM is coming up soon on September 20th. The year has gone by so quickly. While we are talking

about the AGM I would like to remind you that it is important to have the membership turn out for the AGM in order to have a quorum. We will have a different type of entertainment for you this year which I feel you will enjoy and we will have the usual 50/50 draw plus, other interesting prizes. This year the AGM is taking place at St. John's Anglican Church in North Vancouver. See the notice on page 4 in this newsletter.

JUNE 17 MEMBERS MEETING

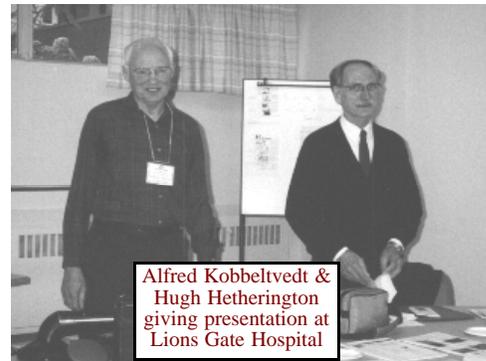
For those of you who missed the June dessert party I made some announcements of interest to our members. We need your HELP AND SUPPORT. We need you to tell various people about the CHHA North Shore Branch. When seeing your physician ask him if he knows about our support group on the North Shore for Hard of Hearing people and hand him our new revised brochure that was re-issued in May 1999. We ask you to do the same with your audiologists, asking them to give our brochure with their material to every new hearing aid user and tell them about our support group on the North Shore. You can always pick up brochures at our members' meetings or contact me at the numbers given later in

this report.

WHY WE MEET IN THE EVENING

We meet in the evening because we need people of all ages in our organization. The working hard of hearing people can only come at night. We always need to attract new members to ensure that the work of CHHA North Shore Branch can continue in the community of the North Shore.

VOLUNTEERS, SUGGESTIONS



We also asked at our June members meeting for suggestions for topics, speakers, and type of entertainment you would like to see at our

meetings. The suggestion and volunteer forms with our new brochures are always on the information table.

MANAGING YOUR HEARING LOSS

We also need you to tell people about the "Managing Your Hearing Loss" course that starts every September for 10 weeks. This is taught by our own member Joan Bennett. Many people have benefited from taking this course, and it has had excellent reviews. **There is a poster included with this newsletter that you can pass on to a friend or post in a suitable location.**

BRANCH VOLUNTEER HOURS

Your board puts in many many volunteer hours to keep the branch going. Some of us are putting in at

least 50-60 hours a month with Newsletter publication, presentations, financial reports, funding, membership, other reports, community meetings, contacting speakers, arranging meetings, phoning, mailing, socials, registration desk, and other organizational tasks. It all takes time and, of course, everything always takes longer than one thinks it will.

DONATIONS

Contributions to the North Shore Branch of CHHA will be most gratefully received. Official Receipts for income tax purposes will be issued. All contributions will assist us in providing hearing loss accessibility and awareness in the community.

MEMBERSHIP

We would like to remind you that your Annual Membership dues for CHHA are due in September. We will be happy to accept your renewal at our AGM September 20th meeting, or, even better, we encourage you to mail in your remittance as soon as receiving your notice.

With your participation and cooperation we can achieve our aims of promoting community awareness and accessibility for persons with a hearing loss. The more members we can attract, the more we can do for those who have this invisible disability in the North Shore community.

See you for sure September 20th - 7 p.m. St. John's Anglican Church - 220 West 8th Street, North Vancouver.

NORTH SHORE VISION

The branch would like to develop a five year plan and is asking for your suggestions. What is your vision for our Branch? What would you like to see us develop and accomplish during the next five years? Please

L. Erica Barrett

Members' Meeting June 17, 1999

The June Members' Meeting was held at St. Martin's Church in North Vancouver and was attended by 17 members and 10 visitors. The main features on the program included a preview of the new video from CHHA National, "Sound Ideas" followed with a talk by Hugh Hetherington on the use of various types of assistive listening devices to help cope with hearing loss.

The video "Sound Ideas - Managing Your Hearing Loss" is a new production by the Canadian Hard of Hearing Association in Ottawa. It is an open

captioned video and is accompanied by a manual to assist you in working through the program. The video is about two and a half hours in length and includes 8 modules that can be studied at the users own pace. The 8 modules each include a section on speechreading covering the lip shapes for certain letters of the alphabet. Each module also contains a short program on one or two topics of interest to the hard of hearing person and their family and friends. They also include segments where hard of hearing persons discuss topics with their spouse or family and share their ideas with the viewer.

The excerpts which were shown at the meeting were: Restaurants, Airline Travel, Hearing Aids, Assistive Listening Devices and Hearing Dogs.



Members' Meeting on June 17

To order a copy of the video, (cost \$30.00) please contact:

The Canadian Hard of Hearing Association
2435 Holly Lane, Suite 205
Ottawa, Ontario K1V 7P2
Telephone: 613-526-1584 FAX: 613-526-4718
TTY: 613-526-2692
Toll Free (Voice) 1-800-263-8068
email: chhanational@chha.ca
Web Site: <http://chha.ca>

The following talk by Hugh Hetherington featured examples of the different devices available and a discussion on their uses for television listening, use in noisy environments, etc. There were examples of a low cost listening device available for trying out at the meeting or purchase. There is an article on this low cost assistive listening device on page 4 of this newsletter.

The meeting was followed by a social gathering and dessert party with many tempting treats. There was a 50/50 draw and a draw for a number of other prizes.

Assistive Listening Devices at Low Cost

Are there listening situations which you find difficult? One of the most common complaints is background noise which can make it very difficult for the hard of hearing person to distinguish speech sounds from among the background sounds. This is especially so if binaural hearing cannot be restored to some degree with hearing aids. Some typical situations which cause difficulty are: restaurants, group situations, walking on a noisy street, in transportation vehicles (ie. automobile, bus, airplane) and any other noisy locations. Another common complaint is television sound. This can be very difficult because of foreign accents, voice over music, etc. There can also be problems in family situations where the hard of hearing member requires a louder volume than the others can tolerate.

When dealing with a hearing loss it is important to seek the professional help of an audiologist and/or E.N.T. This should always be your first step since properly prescribed hearing aid(s) may solve the problem. However, hearing aids can rarely restore perfect hearing and you may continue to have difficulty, especially in the situations described above. It is also important to be aware that hearing aids can, and should be, equipped with a telecoil, usually referred to as a T-switch. You should always ask your audiologist about this feature. It is a small pickup coil in the hearing aid which allows the hearing aid(s) to magnetically couple with the receiver of a telephone while at the same time cutting off the microphones in the hearing aid. The effect is to reduce or eliminate the background room noise while clearly picking up the sound from the telephone. In addition, the telecoil also permits the hearing aid user to take advantage of

loop systems and a wide range of other assistive listening devices.

There are now many assistive listening devices on the market which can be used in conjunction with hearing aids or with earphones to help a hard of hearing person cope in the difficult situations. These include one-to-one amplified listeners, personal FM or infrared systems, group FM or infrared systems, cordless headphones for TV and radio. Unfortunately, ALD's manufactured solely for the hard of hearing market tend to be relatively high priced and out of the reach of many hard of hearing persons.

Prices range from over \$200.00 for a one-to-one system to several hundred for personal FM or infrared systems.

In order to overcome this problem, the North Shore Branch (N.S.B.) of CHHA has been looking into various consumer products, which while not specifically manufactured for the hard of hearing, meet the criteria needed to provide capabilities similar to the higher priced ALD's but at a more reasonable cost. The most exciting solution, which has been trialed by various members of the North Shore Branch, consists of a stereo amplified listener (33-1093 [\$34.99]) by Radio Shack, a small FM transmitter (FMX-01 [\$25.00]) or

FMX-01a [\$34.99]) manufactured by Omega Electronics, and a low cost pocket FM radio receiver (12-8706 [\$16.99]) available from Radio Shack. (although any pocket FM radio equipped with an earphone jack will do.) When fitted with earphones or ear-buds (\$10.00 to \$20.00) for non hearing aid



Assistive Listening Devices at Low Cost (Cont'd)

users, or a personal neck loop (\$35.00 from the N.S.B.) for hearing aid users with a T-switch, this package can be used in various configurations to provide (1) a one-to-one amplified listener, (2) a personal FM system, (3) a TV listening system, (4) a personal AM/FM radio, and (5) a group conference system. The total cost for the complete system is around \$90.00 to \$125.00 depending upon which components are purchased.

(1) As a one-to-one amplified listener for use in restaurants, social gatherings, automobile, aircraft, bus, etc., the neck loop can be plugged directly into the stereo amplified listener thus bringing the speakers voice right to the hearing aids with less background noise.

(2) As a personal FM system for use in meetings, lectures, tours or while walking with someone, the stereo amplified listener can be plugged into the small FM transmitter. The FM radio can be tuned to the frequency of the transmitter (adjustable 89 - 95.5 Mhz) and used with the neck loop or headphones. (Note: FM transmitters are not allowed to be used on aircraft.)

(3) As a TV listening system the FM transmitter can be plugged directly into an earphone jack on the TV set, or with an adapter cord, into the "audio out" of a VCR. The FM radio can be tuned to the frequency of the transmitter and used with the neck loop or headphones to listen to the TV sound. The volume is controlled by the volume control on the small radio. If there is no way to connect the FM transmitter directly to the TV or VCR, the stereo amplified listener can be used as a microphone with the FM transmitter by placing it next to the television loud speaker.

(4) The AM/FM radio can be used alone with the neck loop or headphones to provide personal radio listening indoors or outdoors.

(5) With additional FM radio receivers, the FM transmitter can transmit to a number of people around a table or in a room. Each participant can either use a neck loop with their hearing aid(s) or earphones, if they are not using hearing aids.

For information or ordering, please contact Hugh Hetherington of CHHA - North Shore Branch at

DONATIONS

CHHA - North Shore Branch gratefully acknowledges a donation of \$250.00 from the Kiwanis Club of West Vancouver.

Municipal Community Grants

The North Shore Branch of CHHA gratefully acknowledges the receipt of the following Municipal Community Grants.

\$2000.00 from the Corporation of the District of North Vancouver.

\$1000.00 from the Corporation of the City of North Vancouver..

Adaptable and Affordable Housing

During the month of May and June the North Vancouver Committee on Affordable and Adaptable housing has been visiting three complexes, two new and one that has been remodelled.

We viewed Norgate House in the City, Gilmore Gardens in Richmond and Lynn Valley Kiwanis Senior's in the district. It was interesting to find at Norgate House that the strobe lighting is wired and available in every unit. (strobe lighting is for fire and emergency). Also, security cameras are built in at the door which allows you to monitor who is at the door by viewing on your television set.

Gilmore Gardens is a very beautifully designed complex. Your evening meal is served, and again strobe wiring is in place and a reception desk available for security at the door.

At the Kiwanis where there has been remodelling of the first five floors, we found an excellent fire alarm, where the flashing light is built right in to the alarm. We would like to see this mandatory in all homes. The product is made in the United States and we hope to find out where this can be purchased in B.C.

Prices vary with each complex, prices start at \$1500.00 to \$2500.00 per month. Other services are available in all complexes but are extra.

Submitted by Erica Barrett

Annual General Meeting

The CHHA North Shore Branch's Annual General Meeting will be held on Monday, September 20, 1999 at 7:00 PM. The location will be St. John's Anglican Church, 220 West 8th Street, North Vancouver. This is one and a half blocks west of Lonsdale on 8th Street where it intersects with 13th Street. There is plenty of on street parking in front of the church.

The short AGM with the election a new Board of Directors for 1999/2000 will be followed by a social evening with some special entertainment and a 50/50 drawing plus other prizes. Come along and join in the fun. Hearing aid batteries will again be on sale at a 20% discount and there will be assistive listening devices on display.

Your presence at the AGM is very important to the Branch as we must have a quorum in order to conduct the business. We look forward to seeing you all on September 20.

MANAGING YOUR HEARING LOSS

A program designed for
the hard of hearing adult

Date: September 14 - November 16

10 Two hour sessions

Tuesday Morning 10:00AM - Noon

Delbrook Recreation Centre - North Building

Chestnut Room

**Cost: \$20.00 Payable to CHHA - North Shore
Branch (Includes 1 year free membership in
CHHA)**

Learn Strategies to:

Speechread

Cope in noisy environments

Reduce your stress

Enjoy conversing again

**The program consists of
ten 2-hour sessions
with instruction in:**

- λ Speechreading
- λ How the ear works
- λ Stress management
- λ Assertiveness training
- λ How to cope with:
 - ✓ hearing loss
 - ✓ hearing aids
 - ✓ family and friends
 - ✓ telephones
 - ✓ restaurant noise
 - ✓ assistive listening devices

Sponsored by:

CANADIAN HARD OF HEARING
ASSOCIATION - North Shore Branch

Funded in part by:

District of North Vancouver

City of North Vancouver

Supported by:

Capilano Community Services Society

Program taught by JOAN BENNETT, B.Ed.
Diploma - Ed. of the Deaf & Hard of Hearing
Canadian Hard of Hearing Assoc. (CHHA)
Certified Instructor

For Registration Information call:

Joan Bennett

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email: bcreativ@axionet.com