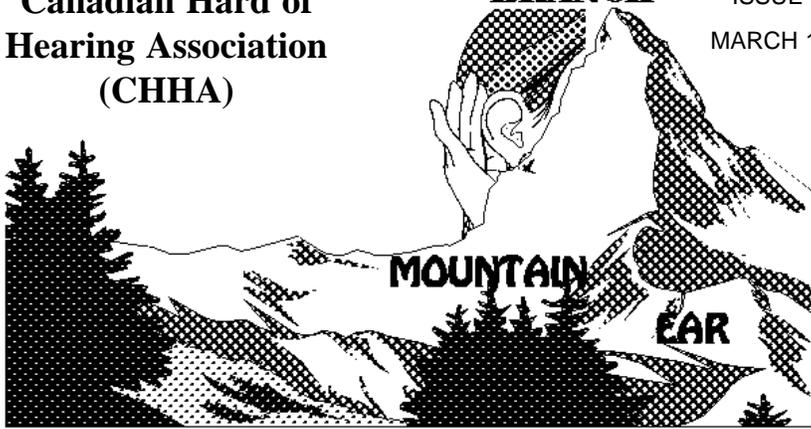


Publication of the
Canadian Hard of
Hearing Association
(CHHA)

**NORTH SHORE
BRANCH**

ISSUE 13
MARCH 1997



MOUNTAIN EAR, formerly ((SPEAK)) 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 Editors:

Lynda Jobes:

Telephone 604-731-4433, or

Hugh Hetherington:

Telephone 604-926-8049

NEXT REGULAR MEETING OF NORTH SHORE BRANCH

The next regular meeting of the North Shore Branch will take place on Thursday, May 22, 1997 at 7:30 P.M. at the North Shore Disability Resource Centre. The guest speaker at the meeting will be Dr. Sipke Pijl, Chief of Audiology and Coordinator of the Cochlear Implant Program at St. Paul's Hospital in Vancouver.

Dr. Pijl has a Master's degree in Audiology from the University of Western Washington and a Ph.D. in Neurosciences from U.B.C. He began his career as a school teacher in 1965, and continues in his career as an educator in his role as Clinical Assistant Professor with the School of Audiology and Speech Sciences, and as Audiology Lecturer in the Residency Program of the Division of Otolaryngology, within the Faculty of Medicine, at UBC.

Dr. Pijl's interest in hearing science has its origin in his longstanding interest in the physics of music. One of his professional goals is to research methods of restoring a measure of musical enjoyment to cochlear implant recipients. Because of his involvement with the many patients who have been implanted at St. Paul's, he is uniquely qualified to discuss the issues surrounding cochlear implants.

We invite you to come along on May 22nd to hear Dr. Pijl speak on cochlear implants. The meeting will be followed by a social and refreshments.

CHHA NATIONAL CONFERENCE

The CHHA National Conference and Annual General

Meeting will be taking place in Hull, Quebec, on May 9 & 10, 1997. On Friday there will be presentations on the Federal Task Force on Disability Issues, the psychology of hearing loss, post secondary education workshop and a training workshop on access issues to train CHHA volunteers on integration procedures. The latter workshop is sponsored by the Department of Human Resources; Employability and Social Partnerships. More details about the conference will be arriving soon in the LISTEN/ECOUTE magazine. Watch for it in the mail and send in your registration as early as possible.

REGULAR BRANCH MEETING HELD ON FEBRUARY 22ND

The last regular meeting of the North Shore Branch took place at the Disability Resource Centre on Thursday evening, February 22nd. Our guest speaker for the evening was Leslee K. Bruce, a career councillor from Kelowna, B.C., who gave us a very interesting presentation on *How to Get Back Into Life*.

Leslee was born hard of hearing as a result of Maternal Rubella. She went to Caribou College in Kamloops and then on to UBC where she received a B.A. and a B.S.W. (Social Work). Her work experience includes 5 years with the Canadian Hearing Society in London, Ontario and 4 years with the Western Institute for the Deaf and Hard of Hearing in Vancouver. Leslee is now in private practice in Kelowna working with the deaf and hard of hearing. She does vocational assessments, counseling, conducts workshops and does consulting work.

Leslee's talk included interesting anecdotes about her own experiences and some good advice for the hard of hearing. She spoke about hard of hearing people needing to "take time off" from listening. After a busy day, it is important to try not to converse with people and just be alone. Trying to hear can be very exhausting for the hard of hearing.

In dealing with people who make it more difficult for us, she stressed the principle of giving them the "whole message". In other words, state the problem and then solve it. For example, if someone is always not facing you when talking, say: "I am having trouble talking with you when you are looking away; could you please face me as you talk to me."

Another point stressed was that hard of hearing people must "take control of the situation"; make sure that the surroundings are best for you, e.g. if the room is too noisy suggest you move to another. Look for ways and means to help yourself. There are many special devices to help with hearing and alerting you to various situations. Perhaps a visit to the Western Institute for the Deaf and Hard of Hearing can help you in this regard.

When asked about vocational assessments, Leslee stated that her philosophy is that the *deaf and hard of hearing can do almost everything*. However, in business it must be remembered that communication is very important and it may well be the number one priority. A person must be able to communicate well. To succeed today, one must be flexible and willing to be constantly involved in re-educating themselves.

Much of the above dialogue came out through questions from the very interested audience, and Leslee summed up by saying that we are *putting ourselves at risk* when trying to get back into society. Because of this, we must try to choose the activities that we like to do which will make it all worthwhile.

For all who attended the meeting, it was a very worthwhile experience. Erica Barrett, our president, thanked Leslee for taking the time to come and talk to us, and the meeting ended with time to socialize and enjoy the refreshments provided.

It should also be mentioned that while Leslee was

here on the North Shore, she also took the time to speak with teachers and parents of hearing impaired children, and evaluated our group of seniors in the *Managing Your Hearing Loss Project*.

RELEASE OF REPORT ON COMMUNICATION BARRIERS

In the January 1997 issue of the newsletter we informed you about the Canadian Transportation Agency's (CTA) Code of Practice which was introduced in November 1996. The following excerpt was taken from the latest issue of *Moving Ahead*, the CTA's news bulletin:

On December 1st, 1996, the CTA approved an interim report on communication barriers. The report is entitled *A Look at Barriers to Communication Facing Persons with Disabilities Who Travel By Air*. To produce this report, consumers and representatives of the air transportation industry were consulted, and the information gathered was analyzed. The proposed recommendations found in the report concern such issues as the availability of travel-related documents in alternative formats, the availability of text telephone (TTY) services, and the involvement of persons with disabilities in the design or development of services to better meet the information needs of travellers with sensory or cognitive disabilities.

The article went on to ask for comments and suggestions to be received by February 1, 1997. At this time it is too late to submit any suggestions, however, we hope to be able to announce the release of the final report in a future issue of *Mountain Ear*.

The CTA Bulletin *Moving Ahead* also included the following Travel Tips which we reproduce here:

Most carriers provide services to assist travellers with disabilities. When making a reservation, ask about the services available and the conditions under which they are offered. Take the time to explain your requirements and to discuss with the carrier how they can best assist you to help make your journey more trouble-free.

We would like to publish solutions which travellers

with disabilities have found worked particularly well. Sharing your ideas could make it easier for other persons with disabilities to travel. Send us your travel tips and help make travelling easier.

Please contact: Accessible Transportation Directorate, Canadian Transportation Agency, Ottawa, Ontario, K1A 0N9, or phone toll free Voice: 1-800-883-1813, TTY:1-800-669-5575, Internet: <http://www.cta-otc.gc.ca>.

A LAPEL PIN ESPECIALLY DESIGNED WITH YOU IN MIND

As reported in the January issue of CHHA National's *CHHA Chatter*, a pin indicating that you have a hearing loss, so that you don't have to keep repeating it, has been designed. The pin, as shown here, is white on blue with gold trim. Currently, these can be ordered from the National Office of the Canadian Hard of Hearing Association (contact person: Karla Johnston), 2435 Holly Lane, Suite 205, Ottawa, Ontario, K1V 7P2 or call (toll free) 1-800-263-8068. The price is \$5 each or \$12 for 3 pins. Production: Publicité Éclair. All benefits go to the Canadian Hard of Hearing Association. The North Shore Branch is hoping to make a bulk purchase of the pins so that we can make them available locally.



BUDGET HIGHLIGHT

For those who didn't have the time to listen to Paul Martin's budget speech in February, you will be pleased to hear that he made specific mention to the change in income tax law allowing audiologists to sign the form for the disability tax credit. It is important to note, however, that this only becomes law once the budget legislation is passed in Ottawa, so this will probably not take effect until the next tax year. There is no rush to run down to your audiologist. Another change is the lifting of import

duties on all assistive listening devices.

Our thanks go out to Fred Clark, president of CHHA, for his good work on the Task Force for Disability Issues, without which these changes would not have come about. Thank you, Fred.

DATE SET FOR CHHA-BC CONFERENCE

The CHHA-BC Conference and Annual General Meeting will be held on Friday, November 7th and Saturday, November 8th. The proceedings and accommodation will be at:

The Holiday Inn

4592 First Avenue

Chilliwack, B.C. V2P 7K1

Full details of the conference and information on accommodation will be given in the August issue of *Mountain Ear*.

Joan Bennett and Jean Taylor, North Shore Branch members, attended the last instructors' course at the Chilliwack Holiday Inn in January. They were impressed by all the hotel staff who had had some basic training on communicating with hard of hearing people prior to the course. The hotel staff look forward to having the CHHA-BC Conference and AGM in November at the hotel. Members should feel comfortable with the excellent assistance they will receive at the Chilliwack Holiday Inn. Make your plans now to attend this important CHHA-BC Conference and Annual General Meeting.

MEMBERSHIP BROCHURE FOR THE NORTH SHORE BRANCH

We have now produced a membership brochure for the North Shore Branch. This brochure outlines the mission statement and objectives of the Branch, and includes a membership application form. We are enclosing a copy of this brochure with this newsletter. If you know of any potential members who are hard of hearing or who have a family member who is hard of hearing, please give them the brochure. You

can obtain additional copies of the brochure by contacting Jean at 986-1835. One of our goals is to increase our membership in 1997 and your help in achieving this goal will be appreciated.

INTERNATIONAL NOISE AWARENESS DAY

The second annual International Noise Awareness Day this year will be April 30. Our North Shore Branch is planning to put on our public awareness poster campaign again this year. Last year, it was held on April 24 and we distributed posters and brochures to many community locations asking them to take part in the *Quiet Diet*. Participants were asked to stop whatever they were doing at 2:15 PM and enjoy a minute of silence. During the month of May, the North Shore Branch also asked the three municipalities on the North Shore to proclaim May as Hearing Awareness Month.

The object is to draw attention to the increasing noise pollution in our society and how it can affect your hearing. The public need to know that hearing loss resulting from noise cannot be cured, only prevented.

If you will be able to volunteer some time to help with the distribution of the posters and brochures on the North Shore, please contact Jean at 986-1835.

DOGGY GOES TO THE OPERA

Seen recently in a copy of the North Shore News column *News of the Weird*:

According to a report in the *Wilmington Morning Star*, a dog was briefly, though improperly, admitted to the local Kenan Auditorium with its owner to take in a performance of the opera *The Barber of Seville*. (The owner took the dog away after it started to bark)

Manager Don Hawley said one of his staff members had allowed the woman to bring the dog in after she said she was hearing-impaired and that the dog was a "hearing-ear dog."

In retrospect, said Hawley, "That was silly."



CHHA-BC MANAGING YOUR HEARING LOSS PROJECT

Joan Bennett and Jean Taylor, members of the North Shore Branch, completed their instructor's course in January 1997 to assist people with their hearing loss. The North Shore Branch has applied for Municipal Grants to provide for courses for seniors and young adults and to maintain social get-togethers for people with a hearing loss. Capilano Community Services Society and North Shore Neighbourhood House have been extremely helpful supporting our branch in its endeavours. We will not know until June or early July whether or not we shall receive funding. We will keep members informed. If any member knows of a senior or a young adult who would be interested in receiving some instruction/assistance in coping with their hearing loss, they should contact Joan Bennett, Tel: 983-3131, Fax: 685-5583, or EMAIL bcreativ@axionet.com. Please Note: The more interest shown in developing this program at this time will help future applications for funding. The North Shore Branch would like to be able to provide the opportunity for hard of hearing people across the North Shore to develop their potential and skills to cope in their daily life in the community and at work.

For Those who already have some speech reading skills and would like to meet occasionally, just socially, with other people (morning or afternoon), contact Jean at 986-1835. Let us hope that we shall receive some funding so that we can begin this type of service on the North Shore.

SHARE YOUR STORIES OR ANECDOTES WITH US

1. You don't look as if you can't hear. (Hmm, what am I supposed to look like?)
2. ENT doctor washing off sinus equipment while talking to patient. He thought he was saving time until he had to repeat everything.