



Canadian Hard of Hearing Association North Shore Branch

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Mountain Ear

PREZ MEZ

By Mke Hocevar

Greetings everyone! I extend to you all, a warm invitation to attend our Annual General Meeting on September 19th. The notice is on this page of the newsletter. You are encouraged to bring along a family member or friend, also. They are always welcome. It is the start of our new season with our “Sound Advice” workshops at the West Vancouver Seniors’ Activity Centre held on the first Friday of each month. See the notice on page 6 of this newsletter. I want to remind you, though, the first one of the season will take place on September 9th, the second Friday since the Seniors’ Centre is closed until after Labour Day. This year the directors are bringing forth a recommendation that the branch membership fee of \$10 be waived until further notice. The \$30 fee to National is mandatory to be a branch member and any CHHA National member is invited to be a member of the North Shore Branch, if they desire.

This year, the B.C. Government is instituting a new Society’s Act to come into force in November. As part of this Act, all B.C. Societies are being asked to provide an updated Constitution and Bylaws. In our bylaws, the board members are limited to serving not longer than five consecutive years. We are proposing a Notice of Motion at the AGM that there be no set time limit. If someone shows the willingness to carry on, then so be it. Elections are held every year anyway. Long time Board member, Henry Romain, is stepping down this year so we shall be looking for

September AGM

**Monday, September 19, 2016
7:00 pm at the Summerhill
135 West 15th Street, North
Vancouver**

**Guest Speaker
Claus Nielsen**

**Research Operations Mgr.,
Senior Research Audiologist,
Curator of the Oticon Museum
in Eriksholm, Denmark**

Topic

**“Interactions Between Hearing
Loss and Hearing Aids with an
Historical Perspective as seen
through the History of Oticon
1904 to 2015”**

Everyone Welcome

**Wheelchair and Hearing Accessible
For information call 604-926-5222**

a replacement. All of the other Board members have indicated their willingness to serve again this year.

You will have the annual report by now. Please review it along with the financial statements and guideline budget, and bring any questions to the AGM. Generally, the AGM portion will be conducted in not much more than 20 minutes, this is followed by our guest speaker, all the way from Denmark. Claus Nielsen from Oticon in Denmark is in town for an audiology conference and we are looking forward to an interesting presentation.

You may also have an opportunity to meet with our new National president Lorin MacDonald and executive Director Glenn Martin. They are also in town for the same conference and we have extended them an invitation to attend our AGM and meet our members. Believe me, these two have real positive energy and goals for us to grow across the country in a big way.

Here “at home” we hope to grow the branch by attracting more “younger” people. I’m talking about those 45 and under. This demographic still mainly in the workforce have different issues to those of us mainly retired and we are looking at ways we can mutually benefit together. To help us, is a new member of the branch Rosalind Ho. Rosalind is the current president of the CHHA Young Adults Network (YAN). She is very active within the YAN group and is looking forward to working with us in this new collaboration.

The main fundraising activity for the YAN is the annual Walk2Hear event coming up in late September at Jericho Park. This is a walk and you decide on the distance, 2K, 5K, or 10K. It is such a lovely setting. You will hear more about this at the AGM. It takes place on Sunday, September 25th at 1:00 PM.

Also, we would like to do some outreach meetings with North Shore public employers, their health & safety committees, workplace unions and Human Resource Departments to get the word out about us, and to encourage payroll deduction for hearing aid purchases for the employee or family members. This may be a way to attract the younger crowd into CHHA North Shore as well.

Well, it is still Summer as I write this and I am headed out on a vacation for the first time to the Prai-

ries, specifically around Prince Albert, Saskatchewan. So time to finish off, with all the best cheers from your directors. Don’t forget we are easily reached to answer any questions, and hope we will see you at the upcoming first Sound Advice of the Season. I would definitely love to see you all at the AGM.

Mike Hocevar on behalf of the current board, Hugh Hetherington, Bill Friend, Ruth LaPointe, Susan Gelinias, Henry Romain and Caroline Wickham.

June Presentation

By: Hugh Hetherington

Starkey’s New Synergy[®] Platform Hearing Aids

On June 13, Christine Callaghan, M.Cl.Sc., RAUD, RHIP, audiologist with Starkey[®] Hearing Technologies delivered a presentation at the Summerhill on Starkey’s new Synergy platform hearing aids introduced in Canada in May 2016. The brand new Synergy platform and revolutionary new operating system include (1) the next generation of Made for iPhone[®] hearing aids, Halo[™] 2, (2) Muse[™], a new family of 900sync[™] hearing aids and (3) SoundLens[®] Synergy, a wireless Invisible-In-the-Canal hearing aid. All come in three technology levels designated 2400, 2000, and 1600. The wireless models are designated i2400, i2000, and i1600. Most of the Synergy platform hearing aids can incorporate a telecoil. All models include tinnitus treatment technology, and offer the ability for a hearing professional to provide programs that offer patients’ customizable sound stimulus.

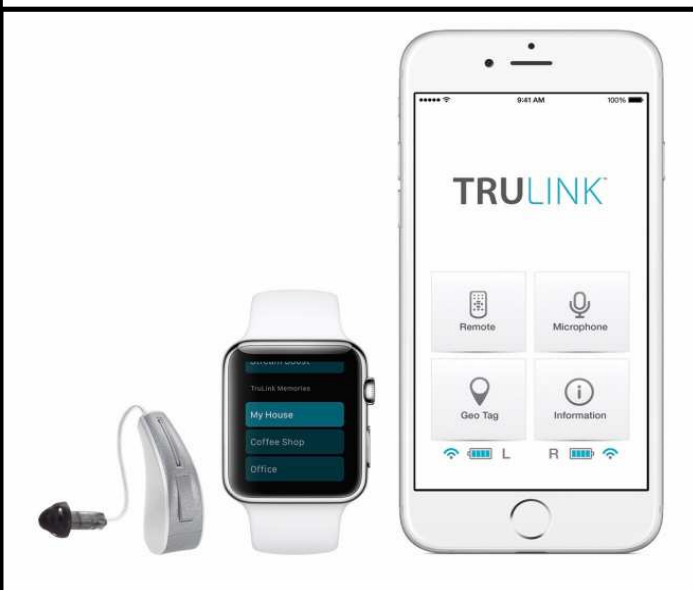
Christine has worked in the hearing industry for over 20 years, in private practice, hospitals and with hearing aid manufacturers. Starkey Hearing Technologies is the only American and privately owned company in the industry. Founded by William F. Austin in 1967, Starkey Hearing Technologies is headquartered in Eden Prairie, Minnesota. William F. Austin is also the founder of Starkey Hearing Foundation, a public charity that gives the gift of hearing to those in need locally and around the world. The Foundation provides over 200,000 hear-

ing aids to people in need annually. More information can be found by visiting starkeyhearingfoundation.org. Additionally, many videos can be found on YouTube featuring the Foundation and its global philanthropic efforts.

Halo 2 Made for iPhone Hearing Instruments

Halo 2, is Starkey's newest Made for iPhone hearing aid and is available as a Receiver-In-Canal (RIC) with a size 13 battery. It is designed to work with various versions of iPhone, iPad, iPod Touch and Apple Watch to help you stay connected to the people and things you love the most by directly streaming music, phone calls, media, alert sounds and more directly to your hearing aids. Halo 2 also works with selected Android™ devices.

Like the Muse, with its twin compression systems and Acuity™ OS, Halo 2 provides high-quality speech processing while at the same time allowing music to sound like it was meant to. Halo 2 utilizes Starkey's TruLink™ 2.4 GHz wireless technology to connect to your Apple® or Android device.



TruLink Hearing Control App

The TruLink app, which is available for download in the App Store® and Google Play™, provides the following features:

- a. **Create your own sound:** SoundSpace lets you adjust sound quality to your desired setting. By moving your finger on the screen of your Apple or Android device, you can adjust bass, treble and loudness exactly to your

liking.

- b. **Create customized memories:** You can create 16 to 19 TruLink Memories and geotag them with the iPhone/Android GPS so that when you revisit a location, such as, a restaurant, gym, or auditorium, the geotagged memory will automatically be selected.
- c. **Remote control of volume and memories:** TruLink gives you remote control capabilities so you can adjust the volume and switch program memories right from your Apple or Android device.
- d. **Built-in remote microphone:** You can use your Apple device as a remote microphone and stream conversations directly to your hearing aids. You can also record conversations for later listening.
- e. **Adjusts for use in the car:** The Adaptive Car Mode uses your Apple or Android device to automatically reduce the annoying sounds of driving in your car.
- f. **Personalized tinnitus management:** Control and adjust the volume and wave modulation of your tinnitus program to meet your specific tinnitus needs.

Muse Wireless Hearing Instruments

Muse is Starkey's new 900 MHz family of wireless hearing aids. Muse is available in a variety of styles that include: Receiver-In-Canal (RIC), Starkey's smallest Behind-The-Ear (BTE), and custom products: In-The-Ear (ITE), In-The-Canal (ITC) and Completely-In-Canal (CIC). It is also available in CROS and BiCROS configurations for those with single-sided hearing loss.

Muse is designed with two completely separate compression systems, one for speech and one for dedicated music listening. The music system is the first in the industry and is designed to let you experience music in a whole new way.

Muse also provides improved telephone listening on

your home phone with ear-to-ear streaming, and works with SurfLink® accessories for streaming of calls, music, media and remote control capabilities.

SoundLens Synergy - the invisible solution

SoundLens Synergy is Starkey's smallest Invisible-In-the-Canal (IIC) hearing aid. It comes in both wireless and non-wireless models. The wireless model is only available on the premium i2400 level. It works with all the Starkey SurfLink accessories.

SurfLink Wireless Hearing Accessories

Both Muse and SoundLens Synergy work with all of Starkey's SurfLink accessories. These include the SurfLink Remote, SurfLink Mobile 2, SurfLink Media 2 and the brand-new SurfLink Remote Microphone.

SurfLink Remote

The SurfLink Remote comes in two models: the basic remote and the advanced remote. In both models, the hearing aids can be adjusted together as a pair or individually. The basic remote has buttons to raise or lower the volume, a home button to return you to the initial startup setting and a button-locking switch. The advanced remote additionally has a "mute" button, a "memory change" button and a "favorite" button. Your hearing professional can set the "favorite" button for extra control in busy environments or perhaps telecoil.

SurfLink Mobile 2

The SurfLink Mobile 2 is a cell phone transmitter, assistive listening device, media streamer and hearing aid remote control all combined into one device. It allows you to stream cell phone conversations directly to your hearing aids. You can also use your hearing aids as a Bluetooth® headset and talk on your mobile phone via your hearing aids.

SurfLink Mobile 2 is also an assistive listening device when in "Focus" mode, and acts as a directional microphone to help you with one-to-one conversations in noisy environments. When in "Surround" mode, it becomes an omni-directional microphone that is ideal for meetings or group situations.

As a remote control, it allows you to change the volume on both hearing aids as a pair or individually. It has a "mute" button, a "favorite" button and a

"home" button that function the same as on the SurfLink Remote described above. This functionality can be customized by your professional based upon your unique needs.

SurfLink Mobile 2 can also be used to stream music from many Bluetooth enabled devices or via a Line-in cable.

SurfLink Media 2

The SurfLink Media 2 is a device to stream from any audio source, such as, TV, Radio, MP3 player, DVD player or cable box directly to your hearing aids. As such it has a variety of inputs including left and right RCA jacks, Toslink optical input and coaxial input. It has a switch for Mono or Stereo mode and an audio fidelity switch. The fidelity switch works specifically with the Muse hearing instruments.

SurfLink Remote Microphone

The SurfLink Remote Microphone is Starkey's newest SurfLink accessory. It streams the audio from the microphone directly to your Muse or SoundLens Synergy wireless hearing aids. With an internal accelerometer, it automatically adjusts the microphone setting to either "Focus" (directional) or "Surround" (omni-directional). In "Focus" mode, the device prioritizes sound from above as when worn by a partner or speaker/presenter. "Surround" mode is automatically selected when it is placed horizontally on a flat surface. In this mode, it receives sound from all directions, and is useful at meetings or in group settings.

Where to go for Starkey

Christine answered many questions from the audience during the presentation. One final question from an audience member was, "Where can we purchase Starkey hearing aids?" Christine advised that they were available through independent hearing clinics, which can be located for your local area online, and are easily available to find at www.starkeycanada.ca.

Thank you, Christine for a very informative presentation.

All opinions expressed in this necessarily newsletter are those of the contributors and not those of the Canadian Hard of Hearing Association or CHHA – North Shore Branch.

Don't Focus on Your Tinnitus

by Neil Bauman, Ph.D.

January 3, 2016

If you have tinnitus you need to stop focusing on your tinnitus. Constantly and repetitiously mulling over your tinnitus will only make your tinnitus worse. Therefore, you need to consciously choose not to dwell on it.

Instead, focus on living a happy productive life. Get involved in fun activities, productive projects, and the loves of your life. When you are thoroughly wrapped up in something that is exciting or enticing to you, your tinnitus will not be important enough for your brain to even bother decoding it.

As I have said numerous times to people with tinnitus, “Did you ever notice that when you are passionately kissing your spouse, you don’t hear your tinnitus?” They all get a surprised look on their faces, followed by a knowing look as they realize this is true.

Only one person ever said that he could still hear his tinnitus, to which I retorted, “Obviously you weren’t passionately kissing your wife!”

It’s interesting that those of us who spend time helping people deal with their tinnitus find our tinnitus (if we have tinnitus) becomes considerably louder at the same time because we are focusing on tinnitus by talking or writing about it.

One man noted, “My tinnitus comes on whenever I think of it.” I pointed out to him that it is not strange at all, but a good thing because it shows that he is completely habituated to his tinnitus. Thus the only times he really notices his tinnitus is when he thinks about it.

Most of the time I’m the same way. I can go for hours without even realizing I have tinnitus (although it is always there), but then someone phones me or emails me wanting help dealing with their tinnitus and immediately, “there it is”. My tinnitus becomes much louder and more intrusive. It’s ringing away pretty loudly right now as I write this.

Here is a typical example. Let’s say I am working away at my desk and am not aware of my tinnitus at the moment. Then the phone rings. Someone wants help with their tinnitus. Almost immediately I hear my tinnitus louder than I hear my own voice over the phone and that’s pretty loud. (I wear a binaural headset so both ears hear.) This lasts as long as I am on

the phone—typically an hour or two. But the good news is that within a few minutes after I hang up the phone and return to what I was doing, my tinnitus drops to its old level and I may no longer be aware of it anymore.

The same thing happens to numbers of us who help people with tinnitus. It’s an occupational hazard of the job. I know my audiologist has a tinnitus clinic. Thus, he works with people with tinnitus a lot. He also has tinnitus himself. He told me he has the same experiences as I do.

This illustrates just how important it is not to focus or think about your tinnitus if you want to bring your tinnitus under control. If this happens to tinnitus professionals who understand, and are thoroughly habituated to, their tinnitus, think how much more it affects people who do not understand tinnitus and are actively worrying about their tinnitus?

That is why we tell people to focus on the loves of their lives and forget about their tinnitus. However, it is hard for me to do this because I am often researching and writing about tinnitus. For example, I am currently updating the 7th edition of my book on tinnitus. So guess who has a problem with their tinnitus at the moment?

Now here’s the good news. Even after hearing my tinnitus most of the day, whenever I focus on other things, my tinnitus calms right down because I am so habituated to my tinnitus.

This can happen to you too. Your tinnitus can seem to disappear, but this only happens if you become truly habituated to your tinnitus. And that only happens if you totally ignore your tinnitus. And that only happens if you do not attach any emotional significance to your tinnitus. And that only happens if you do not see your tinnitus as a threat to your well-being. So that is where you have to begin working on your tinnitus in order to successfully deal with it.

The above is based on information in Neil’s new 7th edition of his book now called, “Take Control of Your Tinnitus—Here How”.

Price is \$29.95 US but you can purchase a copy until the end of September for \$22.99 plus \$24.50 shipping or you can download the e-book for the same price and save the shipping. To get the discount enter the coupon code “CHHA” and click “Apply” (For the book order only)

To purchase go to: <http://hearinglosshelp.com/shop/take-control-of-your-tinnitus/>

CHHA Vancouver Branch presents...

What Everyone with Hearing Loss Should know about Hearing Aids & Hearing Loops

- Why people say they can hear but can't understand
- How to get the most out of hearing aids you already own
- How hearing loops can help you hear better in large public places
- How to get your favorite venue or church interested in a loop

Saturday September 17, 2016
11:00 – 12:00



Western Institute for the Deaf & Hard of Hearing
2125 West 7th Avenue (& Arbutus)
Vancouver, BC
please use the street parking

Please RSVP to chhavancouver@gmail.com

Dr. Juliette Sterkens, Audiologist
HLAA National Hearing Loop Advocate
Academy of Audiology Presidential Award
Wisconsin Audiologist of the Year
HLAA Technology Access Award



The CHHA Vancouver Branch is a self-help organization of persons with a hearing loss who advocate for hearing accessibility and inclusion.

Sound Advice

Presented by:

The Canadian Hard of Hearing Association

North Shore Branch

The group meets on the First Friday of each month from 10:00 AM to 12 Noon

at the West Vancouver Seniors' Activity Centre's Social Rec Room,
695 21st Street in West Vancouver.

No Meeting in July and August

When we meet, we discuss topics and issues dealing with hearing loss.

We look forward to seeing you there.

Bring a friend, a family member, they are welcome too.

Subjects to be addressed include:

- Technology; Speechreading;
- Effective Coping Strategies;
- Behavioural Issues;
- Improving Relationships;
- Improving Hearing Environments

For Information call:

604-926-5222

Next Meeting September 9th



Location: Jericho Park 4th Ave. & Wallace St.

Date: Sunday, September 25th at 1:00 PM

CHHA Walk-a-Thon



CANADIAN HARD OF HEARING ASSOCIATION
NORTH SHORE BRANCH
MEMBERSHIP APPLICATION

Name: _____

Address: _____

City: _____ Prov. _____

Postal Code: _____ Phone: _____

Please mail application to:
CHHA—North Shore Branch
Attention: Treasurer
600 West Queens Road
North Vancouver, B.C.
V7N 2L3

Cheque enclosed

Money Order Enclosed

Charitable Registration No.
BN 89672 3038 RR0001

I wish to support the aims of CHHA and the North Shore Branch and enclose my \$30.00 annual membership fee. Membership is paid annually from 1 October to 30 September.