

Self Help for Hard of Hearing People
Everett Area Chapter Presents:

Country Western Potluck Party

Learn to Line Dance and Have Fun!



Everett Area Chapter
EAC-SHHH.tripod.com

Contact person:
Dave Pearson
360.653.6746
DCPearson@wasa-shhh.

Country Western Potluck Party



SHHH, Everett Area Chapter will provide **Sloppy Joe's & BBQ Chicken** pieces.

You can bring any kind of goody to share, such as potato salad, beans, macaroni salad, dessert, or whatever you'd like.

Wear your western wear...such as blue jeans, cowboy hat & bandana. Use your imagination! OR just be yourself! Lets have fun....!!

Line Dancing!

We can have fun and learn to Line Dance with instructor Lilia Smith. You don't need a partner to do line dancing - although you can bring them too! It is very easy to learn. You'll soon be dancing even if you've never danced before. If it's your first day and a social event for non-dancers, I guarantee you'll be dancing within 5 minutes of starting to.



**Saturday
June 14, 2003
11:00 AM**

Location:
**Snohomish County PUD
Commission Room
2320 California St.
Everett**



*Else
Meek*

Providing Realtime Services



Self Help for Hard of Hearing People
7910 Woodmont Ave, Suite 1200
Bethesda, Maryland 20814
www.shhh.org



Washington State Association of
Self Help for Hard of Hearing People
PO Box 4025 Kent, WA 98032
www.wasa-shhh.org

Please post this page or share with your patients / customers / friends. Thanks

Power...

Hearing Aid Batteries:

At our last meeting the subject of batteries came up... Why the different sizes? What are the tabs for? How long should they last? What to do with the dead batteries? I searched the World Wide Web and found lots of information on hearing aid batteries. Here is what I found at one of the sites.

What are the common hearing aid battery sizes and color tabs?



Size 10
Battery
Yellow Tab



Size 13
Battery
Orange Tab



Size 312
Battery
Brown Tab



Size 675
Battery
Blue Tab

Why do these batteries have a tab?

Batteries use air as a source of power. These tabs seal the air holes that are on the battery to ensure freshness. After the tabs are removed, the battery takes a few seconds to charge and be ready to use. So you don't want to remove the tab until you are ready to use the battery. Replacing the tab on the batteries will NOT extend the battery life. So once the tab is off, your batteries start to work.

What would be the best way to store batteries?

Keep all batteries at room temperature. Heat can shorten their life so don't leave your batteries in your car in the warm or hot weather. Damp locations like the refrigerators are not recommended. Don't carry loose batteries in your pocket or purse—contact with metal items like keys or coins can short-circuit the battery (even with the tab on).

How do I get maximum performance from my batteries?

There are a couple of ways of doing this: to keep moisture from clogging the air holes in the batteries by opening the hearing aid compartment every night; and by turning your hearing aid off when it is not in use.

Are batteries interchangeable among manufacturers?

Battery dimensions are standardized across all brands. All sizes are the same—just look for the color tabs to find your battery size.

(See **Batteries**, page 4)

Contributions

We want to thank:

Shonie Hannah of *North Cascade Ear, Nose & Throat –Hearing Aid Center* in Mount Vernon for her donation

Mark A. Tauscher of *Sprint Relay Services* for their donation.

Annual contributions.

Thank You to:

Annette Johnson
Elaine Teel-Wedhe
Joyce Roloff

Pennies From Heaven!

Thanks to :

Dorothea Schrier

For donating all of her spare Pennies! Every Penny helps!

"MONEY" Raffle

The money raffle last month was so successful that we decided to do it again!

Congratulations to
Lenore Davidson
for winning 1/2 of the cash!

BUY A LOT OF TICKETS!
Raffle tickets are \$1.00 each.
The more you buy, the better your chance to win!

Winners takes home half of the cash. The other half goes to SHHH, Everett Area Chapter.

What SHHH is doing for you

SHHH supports changing the Medicaid definition of a Qualified audiologist

The Centers for Medicare and Medicaid Services (CMS) have proposed a new Medicaid regulation. The new regulation would create a new definition of a qualified audiologist in the Medicaid program that would be consistent with current Medicare law. SHHH sent a letter supporting this change to CMS.

We believe the 28 million Americans with hearing loss, the end users of Audiology services, will benefit from the proposed change. By expanding the number of audiologists eligible to be reimbursed for services, access for those enrolled in the Medicaid program will be enhanced. By defining an audiologist through state licensure and using one consistent definition of an audiologist, consumers will be less confused when searching for a qualified professional. Following the model of Medicaid and Medicare, private carriers will be encouraged to use state licensure as the criteria for provider status, just as they do for other health-care professionals, which will in turn increase access for consumers to qualified and eligible audiologists.

**Happy
Birthday
To:**



Annette Johnson—06/17
Bruce Rafford—07/07
Jeffery Smith—07/16
Barbara Anderson—07/29
Janice Bailey —08/03

Coping Tips – Try This!

The Answering Machine

As part of a new series of articles, we are inviting our readers to offer tips they may have to help cope with hearing loss. All of us find little tricks along the way, and this is an excellent way to share these. Some of these tips are things that we have developed over the years and some are accidental discoveries that we have found helpful. I will start us off with one relating to telephone answering machines. You can e-mail me or write to the address on the last page about your coping tips. -ed

I am fortunate to have enough hearing to be able to use the phone. One of my problems, though, has been retrieving messages from an answering machine. When talking to a person live, I can ask them to repeat ambiguous phrases or slow down when reciting an unfamiliar name. We have all experienced the frustration of playing a message over and over again, trying to discover the secrets of the message left behind.

I especially found this frustrating at work when I was starting on a new project and would receive messages from people that I didn't know. A message would sound to me like this "Hi Beth, this is Jack (mumble). I must speak to you today. Please call me at (mumble)." I would play the message over and over again trying to get any information on the name so that I could look up the number. I missed many meetings and irritated many engineers with my non-response. The situation only became worse when I would finally discover weeks later the identity of the caller. The "I didn't know you were hard of hearing" explanation after the slighted colleague had complained publicly about my rude behavior in not returning a phone call was never enough.

I finally realized that my problem was that people did not know that I was struggling with the answering machine. My problems virtually disappeared when I changed my message to say "Hi, this is Beth Wilson. I can't take your call right now, but please leave me a message after the tone. Because I am hard of hearing, it is important for you to speak clearly and to state your name and phone number slowly. If I am not familiar with your name, and it is more complicated than mine, it would also be helpful for you to spell it. Thank you." Try this and see if it makes a difference for you!

- Beth Wilson

[First appeared in RI Sargent Chapter SHHH newsletter April 1998.]

An old man goes to the doctor for his yearly physical, his wife tagging along. When the doctor enters the examination room, he tells the old man "I need a urine sample, a stool sample and a sperm sample." The old man, being hard of hearing, looks at his wife and yells: "WHAT?" What did he say? What's he want?" His wife yells back, "He needs your underwear."

Refreshments for May

Thanks to Cibyl Kamagai, Dorothea Schrier, and Reba Moen for providing refreshments for our May meeting. Everyone enjoyed the strawberries, cookies & Starbucks Coffee Frappuccino.

Batteries, from page 2

What type of batteries will be best for my hearing aids (Mercury {Mercuric Oxide}, Silver {Silver Oxide} or Zinc-Air)?

All batteries currently sold are the Zinc-Air type. Zinc-Air batteries last longer than the older mercury batteries, and are also much better for the environment.

Is there any danger with hearing aid batteries?

Like all other batteries, hearing aid batteries should never be disposed of by burning. It's also a good idea to keep batteries—both new and used—out of the reach of small children, who may be tempted to swallow them. Should such an accident occur, promptly take the child to a doctor and have the doctor call 1-202-625-3333, collect, for information and treatment.

Disposal of hearing aid batteries:

The Zinc Air batteries can be disposed of in your regular trash, (Keep out of the reach of children and animals.) You should never burn batteries. Zinc Air batteries are not as harmful as the Mercury, or Silver Oxide ones, that should be disposed of at a hazardous waste disposal site. These batteries are becoming obsolete.

How long will my batteries last?

The hearing aid battery life is determined by length of use during the day, and the amplification and type of hearing aid. You can consult your hearing care professional to determine the length of a battery life.

Assistive Listening Devices

Wake Up Call for Traveling!

The new **Awake Master Deluxe** comes with an A/C adapter so there is now the option to plug it in to an electrical outlet. The Awake Master Clock can be used with either vibrator or melody alarm. This portable clock is ideal for travel purposes.



The **Shake Awake** is a great alarm clock for traveling. The clock is compact but has a strong vibrating motor. Front cover folds under to become a stand for your table top, or closes to protect the buttons when sleeping or traveling.

Practical Solutions

Simple Communication Tips

First, get the attention of the person with a hearing loss. Make sure he/she is ready to hear your message.

