

# Hearing & Beyond

Self Help for Hard of Hearing People  
Myrna Kain, Editor

Page 1  
mkain1@juno.com

360.659.9438

EAC-SHHH.tripod.com

Everett Area Chapter  
October 2002

## Next Meeting

October 12th, 2002  
11:00 AM to 1:00 PM  
Snohomish PUD Building  
Commission Room

## Meeting Topic

Hearing Loss and Depression  
By  
**Bonnie Blake MA LMHC**  
**Disability Specialist**  
**Supervisor**

## Founder's Day

Month of November

## Real Time Captioning by Else Meek

Providing Realtime Services



## The Prez says.....

Get involved!!!! Volunteer work is very rewarding, so I would encourage you to get involved in SHHH. Those of you that don't know what to do..... Just ask. We are still needing people to do Photography work for EAC, we need Hospitality people, Welcoming Committee's people....

I, myself have done all these activities except be a treasurer..... Which may be my next job next year or so.... It helps me stay involved with SHHH..... and help other people.

What is SHHH...? It stands for Self Help for Hard of Hearing People, Inc. which is an international organization that has a mission..... SHHH opens the world of communication to people with hearing loss by providing information, education, support and advocacy., what do they mean by all this???

**Providing Information**, such as how we lose our hearing,

what are the causes., etc. **Educa-tion**, is learning.....

How we can think and be positive about our hearing loss, what is on the market or out there in the hearing world that can help us be more independent and learning coping strategies about our hearing loss.

**Support**.. Learning from this organization and our "peer" and members that come to our meetings, sometimes just understanding helps a lot on how we deal with being a Hard of Hearing person.

And then there is **Advocacy**..... We have people from all organization and well as ourselves, Doctor's and audiologist to try to get all infants screen for Hearing loss, SHHH in Bethesda is trying to see all states do this.....

But all this also is being done by volunteering in an organizations such as SHHH, Lions Club, there are tons of them out there. Also what better thing for a retired person to do, instead of sitting in that rocking chair, **get involved**..

Happy  
Birthday  
to

Ursula Gallagher

10/5

Linda Worley 10/27



# SHHH

Self Help for Hard of Hearing People

Become a SHHH Member and  
Get the "Hearing Loss"  
Journal

## Hearing Loss

## **I am excited to say there is a new Chapter developing in Camano Island.**

Next Meeting for Camano-Stanwood SHHH will be on October 31, 2002 at 12:30 p.m.

Meeting will be at the Camano Senior and Community Center located at 606 Arrowhead Rd. Camano Island. For information call Center at 360-387-0222 or Lilia Smith at 360-387-6415 or email Lilia at 5678@tgi.net Let's get together and talk about ways in dealing with the upcoming holidays and hearing loss.

## **Exciting Service-Filled Time for Sight and Hearing Foundation**

There are exciting times for the Northwest Lions Foundation for Sight & Hearing, the Lions Early Assessment Program (LEAP) is successful to date beyond their reasonable expectation; Golden ears days is receiving a large boost with a celebrity spokesperson, aiding the fundraiser. The Lions Affordable hearing Aid project is beginning clinical trials at Harborview Hospital, and to top it all off, the Lions Eye Bank continues to expand its sight-giving services and has forced expansion of the Foundation offices in the Cabrini Towers in Seattle. We in District 19B are justifiably proud of their continuing association with and support of the Foundation.

The LEAP Program was started as a three-year program aimed at universal infant hearing screening for live births in hospital in the State of Washington. Before the start of the program, Washington was 50th out of 52 reporting entities (we were ahead of Puerto Rico and the District of Columbia) in percentage of infants whose hearing was screened at birth

At birth. With the program a little over a year old, they have moved to low 30's, a significant improvement. But even more important, the Department of Social and Health Services has decided to make hearing screening one of the mandatory tests each hospital must run on new-born to retain their state accreditation. The legislature will be asked for necessary funding to implement the program in all hospitals. This is a prime case of leading by example. The Lions lobbied the legislature and the DSHS without success prior to deciding to implement the program on our own. With our own program well on the way and showing significant improvement in the number of infants tested, the state decided it was time to take the very necessary step of complete implementation of the testing program. This will also free the unused portion of the funding for other necessary programs. **Good Work Lions**

Amanda Beers, the current Miss Washington and a candidate for Miss America, has agreed to be the spokesperson for the Foundation's annual Golden Ears fund raising drive. Miss Beers, who was born with a significant hearing impairment has a platform as a Miss America candidate that reads like Lions plan for helping the hearing impaired. Her main goals are making sure each newborn child has his/her hearing screen at birth and that every person in this state that needs hearing aids can get them, whether through insurance or through state aid. Her presentation at the August 21st meeting of the University Lions demonstrated how much help she will be. Her very articulate presentation will help raise community awareness for hearing projects at the Foundation. **Articles from 19-B Lions**

I like to "Thank" the following people for renewing either their membership with SHHH and/or donation to EAC for the Newsletter.....

Lou and Linda Touchette  
Nita Christoe, Dorothea Schrier,  
Joyce Roloff, Frank Fenimore,  
Cibyl Kumagai, Myrna Kain  
Chauncey/Nellie Christofferson



After listening to his son's rap music, Harry decided to install a CD burner

**Quote of the day:** Individual commitment to a group effort -- that is what makes a team work, a company work, a society work, a civilization work. -Author unknown

**In Memory of  
Anna Kinch by Ursula Gallagher**

In November 1991 eleven HOH (hard of hearing) men and women gathered in my living room to hear Gordon Nystedt speak about SHHH (Self Help for Hard of Hearing), Anna Kinch and Jean Thompson among them. This was the beginning for Everett SHHH. When determining who was willing to accept the various responsibilities, Anna Kinch volunteered to become our first treasurer. Anna Kinch was a very valued treasurer. Anna always had her books responsibly up to date, Continue on page 3, column 1

From page 2....Anna Kinch bills paid and donations entered. If ever we detected an error, she kindly asked for an explanation and corrected if needed. Her gentle and loving nature bridged hurdles and misunderstandings. Her strong faith in her Lord and Savior guided her in the ways she treated her friends and strangers she met. Anna held the job as treasurer for about 4-5 years. Anna was already in her early 80s when I first met her. One vivid memory I have of her, was her full embrace of living life to the fullest. Though I was more than 30 years younger than Anna, she would usually insist on picking ME up to drive to the meetings. When asked why she did this, her reply usually was: "Ursula, I still want to feel like I can contribute!" I have valued Anna's friendship over the years, as well as her gentle and caring spirit. Those memories will continue to Live.

In Memory of

**Jean Thompson** by Myrna Kain

Jean taught school at the Edmonds School district, and she also was a very active member of SHHH, Jean had a great sense of humor and was loved by everybody. Everyone that knew her remembers her good-natured outlook on life, energy and cheerful attitude. She especially enjoyed homemaking, gardening, sewing, reading and watching the Seattle Mariners on television, . Jean also spend her time traveling the world to all the continents with the exception of Antarctica, and she always was one to give us traveling tips with our hearing loss

A memorial service will be held at the Delta Community Baptist Church on Oct 12, 2002 at 2 pm.

### Communication Suggestions for those with Hearing Loss

Even with the best-fitted hearing aids there will be times when you misunderstood what someone has said. To minimize the frustrations, that may occur when this happens, try the following.

- **Minimize Noise distractions:** Noisy areas can create difficult listening situation, even for those with normal hearing. When possible, turn off competing sounds sources (TV, radio, dishwasher, or running water., etc.) or move away from the sound source. If your hearing aids have directional microphones, position yourself so that sound distractions are behind you.
- **Strive for a clear view of the speaker's face.** An optimal distance for communication exchange is three to six feet. Position yourself so that the speaker's face is well lit and so that the light is not in your eyes. Watch the speaker's face for expressions and lip movements that can add to the meaning of what you hear.
- **Do not say "huh" or "what"** - Tell the speaker why you misunderstood so that the message is not repeated in the same fashion. For example....."Please raise your voice a bit"... "Please repeat that a bit more slowly, etc." As a courtesy to your speakers, provide guidance so that they do not need to repeat the full message.
- **Write out important information.** Instructions, or key words such as addresses, telephone numbers, measurements, dollar figures and so on, should be written to avoid confusion.
- **Do not Bluff**—Bluffing robs you of your opportunities to practice good communication skills. Not informing others about your hearing loss increases the occurrence of misinterpretations and the possibility of damaged relationship.

### Communication Suggestions When speaking to someone with Hearing Loss

Hearing aids, while very helpful, may not solve all communication problems. When difficulties persist, try these suggestions.

- **Get the listener's attention first before you speak.** Saying the person's name and waiting for a response can greatly decrease the need for repetitions,.
- **Speak clearly and decrease your speech to a slow-normal rate to allow the listener to "catch up"** Pausing between sentences can also be helpful. The best distance for effective communication is three to six feet.
- **Do Not Shout.** Shouting actually can distort the signal in the listener's ears. Be sure the listener has a clear view of your face so that facial expressions and lip movements are visible and speak slightly louder than normal.
- **Rephrase rather than offering a repetition.** Quite often, the same one or two words in a sentence will continue to be misheard with each repetition. Rephrasing eliminates many frustrations.
- **Avoid conversation if the television or radio is playing, the dishwasher is running, and so on.** Noisy distractions can create difficult listening situation even for those with normal hearing. Always invite the person with a hearing loss to a quieter side of the room, or turn off the noise distractions.
- **Remain patients, positive and relaxed.** Communication can be difficult sometimes. When communications partners become impatient, negative and tense, communication will become more difficult. When in doubt, ask the person with hearing loss for suggestions of ways to be better understood.

Sept/Oct Journal 2002

Check one or more boxes that apply to you.

SHHH, Everett Area Chapter meets monthly Sept. through June (with a picnic in August). The chapter sends out the "Hearing & Beyond" newsletter on the same schedule. We need your support to keep the SHHH, Everett Area Chapter functioning. You can help us continue to support and educate people who are hard of hearing. With an annual contribution from you of:

- ☐ • \$13.00 for one person, (Newsletter)  
or
- ☐ • \$15.00 for a family (Newsletter)
- ☐ • \$25.00 to become a member of SHHH. This include the "Hearing Loss" Journal plus other benefits.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ TTY / VOICE (Please circle one)

E-mail Address \_\_\_\_\_

How did you learn about SHHH (Self Help for Hard of Hearing People)?

\_\_\_\_\_

Please make the check to SHHH, Everett Area Chapter and mail it along this form to:

Annette Johnson, Treasurer  
8521 238th St. S.W. #B  
Edmonds, WA 98026

Thank you for your Contribution

## SHHH-Everett Area Chapter

c/o Dave Pearson

8521 45th Drive NE

Marysville, WA 98270

Guests are always Welcome



Self Help for Hard of Hearing People, Inc

Meeting: October 12th, 2002  
Hearing Loss and Depression

### In this issue.....

- From the Prez...Myrna Kain.....Page 1
- Camano Island (New Chapter developing) Page 2
- Lions Hearing and Sight Foundation.....Page 2
- Anna Kinch and Jean Thompson.....Page 2-3

*Address Correction Requested*