



Hearing Loss Association of Houston

Hearing Loss Association of Houston

(Formerly SHHH Houston Chapter)

PO Box 572091

Houston TX 77257-2091

Website! www.hearingloss-houston.org

(Be sure to type the dash between loss and Houston)

We are an affiliate of **Hearing Loss Association of**

America based in Bethesda, Maryland. **Website:** <http://www.hearingloss.org>



STEP-UP FOR PEOPLE WITH HEARING LOSS!

SEASON GREETINGS

Spring weather and the warm temperatures are finally here!

There are already several special events scheduled in the next several months in the Houston area alone! Continue reading for details about these events.



Ready or not... The National Weather Service invites you and your family to the **2011 Hurricane Workshop!**

Where else can you bring your family to learn how to prepare for and survive a hurricane? Mark your calendar now and plan to join us for this important, free public event... the largest of its kind in the nation.

Saturday, June 4, 2011

George R. Brown Convention Center â Hall B

10 a.m. - 3 p.m.

Admission is free!

Visit hurricaneworkshop.com to register for the event and learn more.

Volunteers Needed! HLA-Houston will have a booth at the hurricane workshop. If interested in volunteering at our booth, please contact Lois Johnson at ettalois@sbcglobal.net

New Officer Announcement from Teri Wathen:

At the HLA of Houston meeting on Saturday, October 9, your chapter elected new officers. Please welcome them and offer your assistance wherever you feel comfortable. I know these people will do a fine job, but could always use your support and encouragement!

CHAPTER OFFICERS **NEW**

President:

Paula Holzband - paulamoh@gmail.com

Vice President:

David Amezcua - cda_tx_2010@yahoo.com

Secretary:

Kerri Clark - kerriandcharles@yahoo.com

Treasurer:

Victor Prechtel - vprechtel@gmail.com

Newsletter Editor:

Nabeel Keblawi - kebnab@gmail.com

Past President:

Teri Wathen - teriwathen@sbcglobal.net

March-April 2011 -- Volume 12, Number 3

The **Hearing Loss Association of America** is the largest consumer organization dedicated to the well being of people with hearing loss. We believe people can help one another, be helped, and participate successfully in society. Our primary purpose is to educate ourselves and those around us about the causes, nature and complications of hearing loss and what can be done to help. To join the local chapter, please write us at the above address or come to one of our monthly meetings. Our meetings have the following facilities available to attendees: Real Time Captioner and Induction Loop System.

We meet at St. Luke's United Methodist Church, in The Parlor Room. The address is 3471 Westheimer at Edloe, Houston, TX 77027. The Parlor Room has an in-place induction loop system!

HLAA JOINS AARP HEARING EDUCATION ADVISORY GROUP

Bethesda, MD - The Hearing Loss Association of America (HLAA) is proud to announce it has joined forces with AARP in a new hearing education and awareness effort for those over 50 at risk of hearing loss. HLAA, America's leading consumer organization for people with hearing loss, works to make hearing loss recognized as public health issue. There is a strong relationship between age and reported hearing loss: 18 percent of American adults 45-64 years old, 30 percent of adults 65-74 years old, and 47 percent of adults 75 years old or older, have some degree of hearing loss.

AARP's educational initiative will offer new research and resources on hearing loss and hearing health, and bring increased attention to the health, social, economic, and emotional impact of hearing loss. "We are so pleased that AARP is leading this effort to educate the public about the impact of hearing loss," said Brenda Battat, executive director of HLAA. Hearing loss is one of the most prevalent health conditions in the United States, affecting 36 million Americans - many of whom are AARP members.

HLAA is honored to work with other nationally recognized organizations advising AARP on this awareness effort including the American Academy of Audiology and their Foundation, the American Speech-Language-Hearing Association, the Deafness Research Foundation, and the International Hearing Society. By pooling our extensive experience and history in the hearing loss field we can change the way hearing loss is perceived, and make prevention and treatment routine.

HLAA is delighted that AARP has chosen to kick off its education and outreach efforts as a Presenting Sponsor of the HLAA National Walk4Hearing™. The Walk4Hearing is the largest of its kind in the country and raises awareness to help eradicate the stigma associated with hearing loss. The HLAA National Walk4Hearing is held in multiple cities across the country. Since 2006, more than 18,000 walkers have stepped up and helped raise money for programs and services for people with hearing loss and their families. For more information about HLAA and the National Walk4Hearing please visit our website, www.hearingloss.org. For more information about hearing loss in the over-50 population, visit www.aarp.org/hearingguide.

Cochlear Implant Support Group Meetings will Resume!

The next Cochlear Implant Support Group Meeting on **April 30, 2011 at 11:00 am** at the St. Luke Church. See the newsletter Calendar on page 8. There was no support group meeting in January due to a Cochlear Fair that drew a fantastic turnout.

March 12, 2011 Panel Report:

Panelists: Julie Reese, Adrienne Lyons, Nabeel Keblawi

Moderator: Teri Wathen

Topic: What is Cued Speech? (*see chart on page 4*)

The Cued Speech panel was very informative and a learning experience for those who attended. Cued Speech is a relatively new system, invented during the 1960s by Dr. Orin Cornett, that displays the language phonemes visually for deaf and hard of hearing people. People with a hearing loss, particularly those with a moderate to profound loss, tend to rely heavily on visual input to learn language and other skills.

Although deaf and hard of hearing people can read lips, they often miss large amounts of information when relying on lipreading or residual hearing alone. With four face placements, each representing visually distinct vowels, and eight different hand shapes, each representing visually distinct consonants. "Visually distinct" in this context means that while a subset of consonants or vowels share the same hand shape or face placement, they appear differently on the lips. Cued Speech utilizes the existing lipreading skills that people with a hearing loss have learned or are learning, while completely eliminating the guesswork on words and syllables that are difficult or impossible to lipread. While Cued Speech itself is not a language, this system can be applied to any spoken language. It can also be used by anyone of all ages and backgrounds.

The panel discussion, skillfully moderated by Teri Wathen, was lively and insightful as the panelists shared their personal experiences with Cued Speech in both classroom and social settings. Adrienne Lyons related her experience as a parent raising two deaf sons and a deaf daughter using Cued Speech. Both Julie and Nabeel each gave accounts of how valuable Cued Speech was to their educational success.

To event planners and/or sponsors:

If you are planning a workshop, conference, seminar, or a fun activity for people with hearing loss, and need help in getting the word out, you may contact the editor and request that the event be advertised in this newsletter within one or two editions. The editor, at his discretion, may accommodate these requests.

EDITORIAL: Movie Theater Captioning - Why Stop At 50%?

We all remember the days when movies in the theater were not captioned, and we had to wait six months to almost a year before these movies could be rented on VHS tapes in order to see them with caption. By the time we could get our hands on that VHS tape, it seemed that everyone except us had already seen the movie. Whenever a movie made a good conversation piece, we could not participate in the conversation even if we knew what the topic was. Such was life for people with hearing loss in the 1980s and early 1990s.

Only after the Americans with Disabilities Act passed in 1990, signed into law by President George H. W. Bush, did things start to change - slowly. One by one, movie theaters started providing captions for a few selected movies. Some theaters chose to provide captions for one movie on one day of the week. Others chose to provide captions on movies that had already been in the theaters for several months. Many of these theaters provided captioning via Rear Window, where deaf and hard of hearing people could place a reflector in the cup holder attached to the seat armrest, and the reflector would "reflect" the captions originating from the back of the theater. It was a start, but there remained countless movies that were still not captioned.

Fast forward to 2011. Theaters slowly got better at providing captions with pre-selected showings. Nowadays, we could go into a theater on any night of the week and see perhaps one or two out of about fifteen showings that have either rear window captioning, open captions, or subtitles. However, these shows might not be what we hoped to see on that given night. Another way deaf and hard of hearing people could find captioned movies in their area is through captionfish.com, a searchable site that displays all captioned showings for the next three or four days including today in a particular town or zip code. The search results could be sorted by movie title or theater location.

Yes, things are much better now than they were 20 years ago. In July 2010, the U.S. Department of Justice (DoJ) announced they were considering updating the regulations to require movie theaters to show captioned movies. This new rule was put up for public comment for several months. Many, but not all, people supported more captioning. Since movie theater owners and operators were very slow to provide captioning, open or closed, people with hearing loss and the DoJ saw fit to act on this issue.

The DoJ's approach was to give movie theaters up to five years to caption 50% of their showings. While the DoJ now requires movie theaters to show films with captioning, they limited this requirement to no more than 50% of the films shown. While HLAA appreciates the action taken by DoJ, HLAA disagrees with the 50% limit: "HLAA believes that 'full and equal enjoyment' of services under the American with Disabilities Act means that people with hearing loss must be provided the kind of accommodations that would allow us to attend any movie anytime. That means 100 percent captioning. We believe that an across the board industry cap of 50% is arbitrary and inconsistent with the law," (*Hearing Loss Magazine, March/April 2011, Volume 32, Number 2, Page 20*).

I agree with HLAA's position, and disagree with the 50% limit. While I am happy that steps are being taken by the DoJ to push for more captioning, and 50% captioning is far more than what we have now, I ask, "**Why stop at 50%? Why not go for 100%?**" People with hearing loss are tired of missed opportunities to see movies with friends and family. Having 50% captioning would mean that people with hearing loss would still miss 50% of opportunities to see movies with family and friends. While I personally prefer to take on a half-glass-full view on life, this arbitrary 50% limit is unacceptable. If DoJ had intended the 50% number to be an *initial* benchmark that required all movie theaters to meet in five years, that is acceptable *as long as* the DoJ has plans to create additional benchmarks to raise the number of captioned films to 100% of all films shown. In other words, the 50% benchmark should be a means to an end, not an end itself.

Nabeel Keblawi, HLA-Houston Newsletter Editor

HLAA Convention 2011

Mark your calendars! The next annual convention is fast approaching and will take place in our nation's capitol: Washington, DC. Visit <http://www.hearingloss.org/convention> for more information. The convention will be held on June 16-19 at the Hyatt Regency in Crystal City, VA. Crystal City is minutes from Washington, DC and accessible via car, bus, and metrorail. Crystal City is centered along a stretch of Jefferson Davis Highway (U.S. 1) in Arlington, VA, just south of [The Pentagon](#), just east of [Pentagon City](#), and within walking distance to the west of [Ronald Reagan Washington National Airport](#). Characterized as one of many "urban villages" by Arlington County, Crystal City is almost exclusively populated by high-rise apartment buildings, corporate offices, hotels, and numerous shops and restaurants. There is also an extensive network of underground shopping areas and connecting corridors beneath Crystal City. For a visual, see the [map of the D.C. Metro area](#).

Registration is now open, and there are two ways to register. You may register online at https://www.regonline.com/convention_2011, or you may print the form from http://www.hearingloss.org/convention/2011Convention/docs/RegistrationForm_2011.pdf and fax it to **301-913-9413**. You may also mail in the form along with your payment to the National HLA office at:

**7910 Woodmont Avenue, Suite 1200
Bethesda, MD 20814**

Convention 2011 Keynote Speaker: Chris Artinian

The Hearing Loss Association is delighted to announce that Christopher J. Artinian, Chief Executive Officer and President of Morton's Restaurant Group, Inc., will be the keynote speaker during the Opening Session at Convention 2011, June 16 – 19, 2011. The Artinian family is the subject of the Oscar-nominated film *Sound and Fury*, which tells the story of brothers: Chris, who was born with hearing, and his older brother Peter, who was born deaf. Both brothers married and both had children who were born deaf. The difficult decision to provide cochlear implants for their children ripped the

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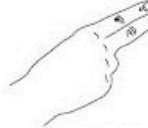










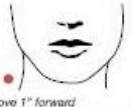



HLAA Convention (continued from left column)

family apart. Chris and his wife Mari chose to have a cochlear implant for their son, while Chris's brother and his wife Nita, decided they weren't quite ready for such a medical procedure for their three deaf children. The families finally came full circle and have put the period of "fury" behind them.

Mark your calendar for Convention 2011 and this very special speaker. Chris will deliver the keynote speech during the Opening Session on Thursday, June 16th.

Cued Speech Chart

CUED SPEECH FOR AMERICAN ENGLISH

			
Handshape 1 /d, p, zh/ deep treasure	Handshape 2 /TH, k, v, z/ the caves	Handshape 3 /s, h, r/ sea horse	Handshape 4 /wh, b, n/ white bone
			
Handshape 5 /m, t, f/ & vowel alone my taffy	Handshape 6 /w, sh, l/ wet shell	Handshape 7 /th, j, g/ thin jogger	Handshape 8 /y, ng, ch/ young child
			
Mouth /ee, ur/ leisure	Chin /aw, ue, e/ tall blue tent	Throat /oo, i, a/ Look, big crabs!	Side consonant alone
			
Side Forward /oe, ah/ boat dock	Side Down /uh/ sun	Chin to 5 Throat /oi, ay/ moist snails	Side to 5 Throat /ie, ou/ light house

NGSA National Cued Speech Association
800-459-3529 w/tty • info@cuedspeech.org • www.cuedspeech.org

Source: National Cued Speech Association

For more information, please visit the website www.cuedspeech.org and if you have any questions, please feel free to contact the newsletter editor or the [cuedspeech.org](http://www.cuedspeech.org) webmaster.

STAP

The Specialized Telecommunications Assistance Program (STAP) was devised to assist individuals with disabilities to obtain a specialized telecommunications device or services to facilitate access to the telephone system. STAP provides a voucher to eligible individuals that may be ex- changed for specialized telephone equipment or services. Communication Axess Ability Group provides an equipment demonstration room conveniently located at our North Loop office. You may schedule an appointment by calling 713.807.1176 or you may e-mail the STAP Specialist, Ray Wathen, at ray.wathen@caag4.com

HOH

Communication Axess Ability Group proudly offers Hard of Hearing Services (HOH) through a grant from the Department of Assistive and Rehabilitative Services (DARS) - - Office for Deaf and Hard of Hearing Services. The basis for HOH is to eliminate communication barriers and to facilitate communication access through projects to expand or otherwise improve the provision of service to individuals who are hard of hearing, late deafened or oral deaf. To schedule a speaking engagement, seminar or conference, call 713.807.1176 or e-mail the Houston coordinator, Teri Wathen, at HLRS6A@dars.state.tx.us .

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CAPTIONED ENTERTAINMENT

- Check http://www.amctheatres.com/Contact_Us/Find_a_Theatre & input your zip code to find titles and dates of OC and CC movies at AMC theatres.
- AMC Studio 30, Willowbrook AMC 24, Deerbrook 24, Katy Mills 20, Gulf Pointe 30, First Colony 24 also have Rear Window Captioning. Be sure to request the closed captioned show when you buy tickets.
 - Note: AMC is no longer listing the upcoming captioned films on their main website. Now you have to check each theatre individually to locate the time of any films!
- Edwards Greenway Palace 24, 839 Wesleyan, has also been showing OPEN captioned movies. They show the 'OC' in front of the movie that is captioned, so check www.REGmovies.com select Theatre Locations, and input your zip code in the search field. Or you may link to the open captioned movies in Texas at : <http://www.regmovies.com/nowshowing/opencaptionedshowtimes.aspx#TX>
- You may also go to www.captionfish.com and click on 'change Search' button. Then enter your city and state & click 'Go'.
- IMAX @ Museum of Natural History-Rear Window Captioning- Anytime –Ask for the device at the door. Not all films are captioned so please ask before you buy tickets.
- Alley Theatre-615 Texas Avenue. For tickets to the Alley Theatre call the Box office at 713 228-8421 (voice) via relay. Or go to www.alleytheatre.org - Click on "Education" on top bar, then click on "Programs for the Audience" then on "Access Services". Discounted tickets are available from Illuminations Arts: (713) 529-6910 Voice/FAX, or (713) 529-6909 TTY.
- Toyota Center: For non-Rockets events, captioning requests should go through Guest Services @ 713-758-7230. They will make arrangements for seating and accommodations for the captioner.
- Theatre Under the Stars - check www.tuts.com for details and ticket information. Single tickets are available at 713-558-8887 or online, or at the TUTS box office, M-F 9am-6 pm; Sat.-Sun 11am-4 pm.
- A.D. Players -Captioned Plays: www.adplayers.org Call the box office at 713-526-2721. 2719 West Alabama. Be sure you request a seat with the best view of the captioning bar.
- Houston Family Arts Center at Barker Cypress and 290 plans to caption all its plays. The center, also known as Berry Center, is located at 8877 Barker Cypress, Cypress, TX 77433 . The website and tickets can be found at: <http://tickets.houstonfac.com/>

Go Green!

We have a number of members who receive our newsletter via email. If you would like to receive it in email instead of paper format, please email the editor at kebnab@gmail.com.

MANAGING YOUR PERSISTENT FEARS, ANXIETIES, AND STRESSES

Everybody deals with anxiety and depression, however some people have a difficult time in managing it. As a result, here is a brief list of techniques that a person can use to help manage their most persistent fears and every day anxieties:

- When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to divide the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.
- Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.
- A person should visualize a red stop sign in their mind when they encounter a fear provoking thought. When the negative thought comes, a person should think of a red stop sign that serves as a reminder to stop focusing on that thought and to think of something else. A person can then try to think of something positive to replace the negative thought.
- Another technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed or frustrated, open up your small notebook and read those statements. This will help to manage your negative thinking.
- Learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. You never know when the answers you are looking for will come to your doorstep. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Continued on page 7

HLAA MEMBERSHIP

Hearing Loss Association of America is a national organization headquartered in Bethesda, MD.

You are invited to join the national organization. HLAA dues, payable annually in the month of joining, are \$35 a year and include a subscription to the bi-monthly, award winning Hearing Loss Journal, which is always filled with interesting and pertinent articles on hearing loss. Renewals of National membership dues are billed directly by National HLAA.

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Address _____

City _____

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Annual Dues:

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(Benefits include being in the online catalog)

Non-Profit Org & Libraries \$50.00 _____

Corporate \$300.00 _____

(with upgraded benefits)

Check benefits for each level at www.hearingloss.org/membership

Make Check Payable to "HLAA" and Mail to:
Hearing Loss Association of America
7910 Woodmont Ave., Suite 1200
Bethesda, MD 20814

Or you may join online by credit card at :

<http://www.hearingloss.org> .

Hearing Loss Mental Health

(continued from page 6)

- Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your depression and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future.
- Remember that it never hurts to ask for help.

From HEARING LOSS MENTAL HEALTH ARTICLES QUERY by Stanley Popovich <http://www.managingfear.com/>

Hearing Loss Association of Houston

HLA Houston Chapter is an affiliate of Hearing Loss Association of America. Please remember that making a donation to the Houston chapter does NOT automatically make you a member of HLAA. We encourage you to join both so you may receive maximum benefit from your membership. Membership donations for the Houston chapter are \$12 per year for individuals, or \$20 per year for a family, which includes a subscription to the monthly newsletter.

Date _____

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Would you like your Email address added to the chapter group list on Yahoo Groups? Yes or No

Would you prefer an email newsletter in place of the paper copy? Yes or No

Would you like to include your above personal information in the membership directory? Yes or No

HLA Houston Membership – includes newsletter subscription:

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OR Family (\$20) \$ _____

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\$ _____

Additional Tax Deductible Local contribution – helps pay the newsletter and outreach expenses (voluntary)

\$ _____

Total enclosed \$ _____

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Reminder: We welcome your donations in memory of, or in honor of, a loved one, or to commemorate any life event.

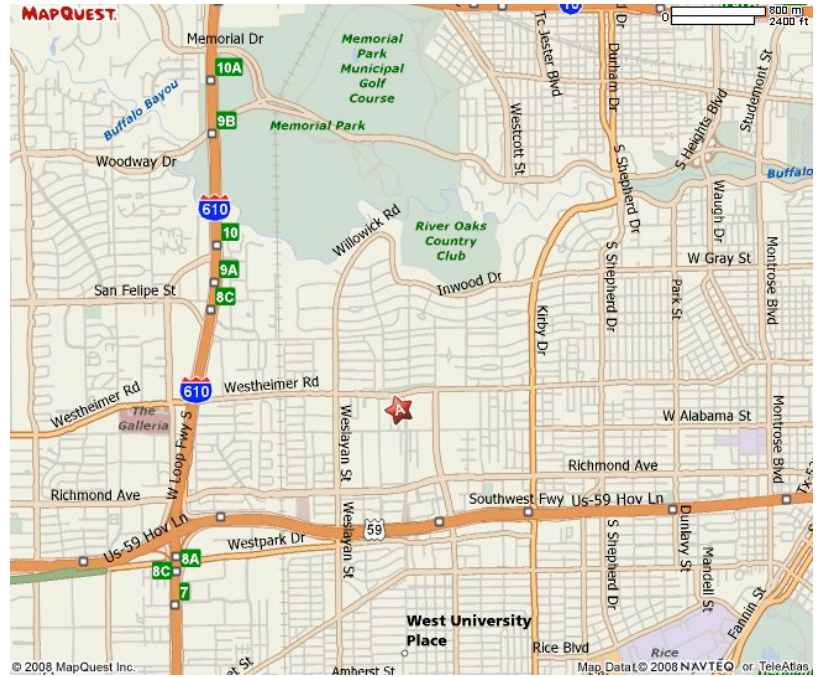
Calendar:

Next HLAA Houston Chapter Meetings:
April 9, 2011 - 9:30 am

Cochlear Support Group Meetings for 2011:
April 30, 2011 - 11:00 am
July 23, 2011 - 11:00 am
October 22, 2011 - 11:00 am

...

Walk4Hearing Kickoff:



***HEARING LOSS ASSOCIATION OF HOUSTON
CHAPTER MEETS ON SECOND SATURDAY OF
EACH MONTH, except for June and December, at 9:30
AM., At ST. Luke's United Methodist Church, 3471
Westheimer at Edloe, Houston, TX 77027. Now in the
Parlor Room. Park behind the church and walk through
the fenced garden. We will try to have a sign pointing
the way.***

***HLA of HOUSTON CHAPTER
PO BOX 572091
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