



Canadian Hard of Hearing Association British Columbia Chapter

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The Loop Newsletter

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Message from the President

A message from Dr. Marilyn Dahl, President of the CHHA—BC Chapter

I have always liked September—students are back in school, everyone is back to work, structure returns to the week, summer and vacations fast become a treasured memory.

CHHA-BC has not been idle during the summer, though; many of us have been occupied with preparations for fall activities. Just some examples:

1. Speechreading Teacher Training Course: CHHA-BC co-sponsored and subsidized a six day course, taught by Leslee Scott, and held in Chilliwack, ending on Labour Day. We now have six new teachers of speechreading in B.C. If you would like a course taught in your area, contact the Resource Centre for more information.
2. CHHA-Vancouver Branch has issued its usual invitation to participate in their annual September Walk2Hear event. This is the one fundraiser for CHHAVAN and YAN (the Young Adults Network), so do please plan to participate and support them. Be aware that even if you cannot attend in person, you can do a virtual walk, or donate to support another walker.
3. The Online Hearing Loss Mentoring Program. Under the sponsorship of WorkSafeBC, we are beginning the third year of a three year Pilot Project to offer online mentoring to the people of B.C. who have a hearing loss. This unique and wonderful program seems to be CHHA-BC's best kept secret. We have now trained a total of ten mentors, and presently (*Continued on page 2*)



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(Continued from page 1) have six listed on our Mentor website (<http://chha-bc.org/mentor/>). Yet, we have not become well known to many new hearing aid users, especially those in more remote areas of the province, where no CHHA Branches exist; and who could benefit from one-to-one peer support and guidance. So preparations are underway to launch a new public awareness campaign. And for this, we need your support and help. We have always found the most effective means of advertising is word of mouth. Soon we will be calling on you to personally aid us in the distribution of our latest advertising materials.

4. CHHA-BC Board of Directors is scheduled to meet in early October, when we will plan our activities for this last year of our current three year term. Be aware that the new CHHA-BC Bylaws have come into effect, and can be found on the CHHA-BC website.

As you can see above, we have an active September planned and look forward to your participation in our autumn activities.



Promoting discussion of hearing loss through Vancouver Foundation's "On the Table" Initiative

By Viviana Chiorean, CHHA-BC Administrative Officer

On the Table BC is a new initiative powered by the Vancouver Foundation in order to spark conversations on important topics across the province. The goal is to encourage a well-informed, connected community. The Canadian Hard of Hearing Association BC Chapter is pleased to host various *On the Table BC* discussions focused on hearing loss and accessibility.

On September 13th, we encourage you to join the conversation by hosting a gathering to bring more awareness to this topic. Your gathering can be big or small—coffee with friends, a family dinner, a picnic at the park—and can highlight any hearing loss-related topic you are passionate about. We would love to hear from you about your *On the Table* discussions! Please email us a picture of your gathering, the location, and topic discussed by September 15th at info@chha-bc.org.

For more information on this initiative, please visit: <https://www.onthetablebc.com>

To learn more about the Vancouver Foundation, please visit: <https://www.vancouverfoundation.ca/>



Create custom materials for your event on the On the Table website



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Five Minutes to Change a Life

By Gael Hannan —writer, humorist, hearing loss advocate, and volunteer on the CHHA-BC Board of Directors

If you had only 5 minutes to make a difference in the life of a stranger, how would you use it? If, in an unexpected moment, a person whose daily world is not connected to yours, has opened themselves up and is ready to embrace your words, because, somehow, they know what you're offering is something they need—what would you say?

Five minutes, a fleeting blip in a person's lifespan, that's all the time you've got.

If I were to meet a stranger—in a highway travel rest stop, let's say, with picnic tables by a river—who has signaled confusion and frustration with their hearing loss (or worse, the intent to do nothing about it), and whose bus is leaving in 5 minutes, I hope I would say, "Do you have a moment to chat, here by the river?"

How would I compress a lifetime of learning to live with hearing loss into a few seconds? But I only have one shot with this stranger, and the bus's running motor reminds me how little time we have, so I would try: *I have hearing loss too and here's what has worked for me. Maybe it will work for you, too.*

Admit It. *Be honest about your hearing loss. Don't try to hide it. Your secret grieving for the way things used to be won't bring back the sounds. If you don't admit it to yourself and others, things may only get worse. Being open about your difficulties may not be as hard as you think, because you will find that you're not alone.*

Get Help—it's available and waiting. *Learn about your hearing loss. Visit a hearing care professional. Reach out to consumer support groups for help and you will know you're not alone.*

Use Technology and Other Strategies. *Hearing aids may give you back many of the sounds and much of the understanding that seem to have disappeared from your life. And many strategies don't need a plug or a battery, like learning how to chat, just as we're doing now at this picnic bench, facing each other. I know what you're going through and you are not alone.*

Tell People What You Need—because they won't always know and they definitely won't always remember. *Explain what you need in order to hear better, tell your friends and family what they need to do—because if you can't connect with them, you will be alone.*

Communicate—this is a fundamental need in our lives. *Like air, water, and food—we need communication to be human. You've lost some hearing and you can get a lot of it back. Life will be better. You're not alone.*

It was nice to meet you, have a good trip.



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Branch Updates

An Update from CHHA Comox Valley Branch

Submitted by Marion Bell

CHHA Comox Valley Branch members and guests met for lunch at the beautiful Filberg Lodge Summer Kitchen on July 19th and August 20th. It was an opportunity for us to get together and enjoy a social time during the summer when we do not have formal meetings scheduled.

Our first meeting of the fall season will be on Thursday, September 21, from 10:00am until 12:00 at the Comox Rec Centre on Noel Ave in Comox followed by lunch at the Comox Golf Club.

We are looking forward to the 2018-2019 year as we will have a local speech reading instructor to teach classes. The last two years we have been without an instructor on the northern half of the island. Thanks to grants from CHHA-BC Chapter and The Rotary Club of Comox; Nerissa Davies, a Comox Valley audiologist, was able to take the Speech Reading Instructor's course. Nerissa, an enthusiastic speech reading supporter, gave up her holiday time to take the CHHA course taught by Leslee Scott over the Labour Day Weekend in Chilliwack. We are grateful to everyone who has helped to make it possible for our branch to once again offer this vital course to those of us who are hard of hearing and need to learn skills to help us and our families cope with the communication challenges we experience daily.



Connect with a local branch!

CHHA BC Youth Peer Support Program

Email: chhabcypsp@gmail.com

Website: <http://www.chha-bc.org/youthpsp/>

CHHA BC Parents' Branch

Email: info@chhaparents.com

Website: <http://www.chhaparents.com/>

North Shore Branch

Email: chha_nsb@telus.net

Website: <http://www.chha-nsb.com/>

Abbotsford Branch

Email: abbotsfordretiree@gmail.com

Comox Valley Branch

Email: cvhardofhearing@gmail.com

HEAR Branch (Coquitlam)

Email: anna.r.bernard@gmail.com

Vancouver Branch

Email: chhavancouver@gmail.com



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Upcoming Events

- **Monday, September 17th at 7:00pm** — CHHA North Shore Branch invites you to attend their upcoming Annual General Meeting and presentation with special guest speaker, Dr. Kelly Tremblay. An Auditory Neuroscientist and Audiologist Professor of Speech and Hearing Sciences at the University of Washington, Dr. Tremblay will be presenting on the topic ***“Hearing Aids and the Brain: What’s the Connection?”*** The meeting will be held at The Summerhill on 135 West 15th Street, North Vancouver. Refreshments will be served and the venue is both hearing and wheelchair accessible. All are welcome to attend! For more information, please call: 604-926-5222
- **Tuesday, September 18th at 9:45am** — CHHA-BC Chapter will be holding its next “Seniors Talk About Hearing Loss” session at the Evergreen Hall in Chilliwack. For full details, please view the event flyer on the final page of the newsletter.
- **Wednesday, October 10th at 1:00pm** — CHHA Abbotsford Branch will be holding its next meeting at Chances Abbotsford, 30835 Peardonville Rd, Abbotsford. The guest speaker will be an audio hearing specialist and listening devices will be available for members to use on a trial basis.

CHHA Vancouver Walk2Hear

Did you know that hearing loss is the number one disability among Canadians? In fact, one in five people are affected by hearing loss which, without proper technology and supports, can lead to isolation, loneliness and negative impacts. CHHA Vancouver Branch invites you to join in bringing awareness to hearing loss by participating in their **8th Annual Walk2Hear!** Connect with others and enjoy a 2km walk!



Anyone of any age can register for only \$10. Fund raised will go towards future branch activities and establishing an office! Persons wanting to register or to sponsor a registered walker can click on the following link: <https://www.canadahelps.org/en/charities/canadian-hard-of-hearing-association-vancouver-branch/p2p/walk2hear2018/>. There will be a draw of present registered walkers for the grand prize of two Economy Class return tickets for travel to an Air Canada scheduled destination in North America (including Hawaii). Travel must be completed one year from the date of the event, blackout periods apply and the winner must abide by the conditions of the prize. The approximate commercial value of the pair of tickets is \$2,800. The draw will take place after the walk.

Walk2Hear will be held **Sunday, September 23, 2018 at Jericho Beach Park, East End.**

Meeting place is between 2nd Ave. & Wallace St. Registration between 1-1:30pm. Walk begins at 1:30pm.

For more information please contact the Walk2Hear organizers at chhavancouver@gmail.com.



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Articles & Resources

9 Tips for Camping with Hearing Loss

by Jaime Del Pizzo (taken from HearingLikeMe.com)

“Being alone in the wilderness can be especially scary for someone with a hearing loss. People with acute hearing rely tremendously on sounds for safety reasons. Branches snapping, footsteps nearby, plants moving from something running through them, wildlife calls from animals; these are all signs of wildlife nearby and hearing them can help you protect yourself. So what happens when you’re missing the ability to listen for these signs and/or rely on your hearing for safety...” **READ MORE:** <https://bit.ly/2MiuvSN>

Living Independently: Emergencies

by Monique Les (taken from the CHHA BC Youth Peer Support website)

“An important aspect of living independently is being prepared for emergencies – it’s always a good idea to have a plan of action for various situations, and the same applies for people who are ‘hearing’ too....” **READ MORE:** <https://bit.ly/2MSwaLf>

My Hearing Loss: One Fork in the Road after Another

by Ruth Ilean Fox (taken from Hearing Health Matters: The Better Hearing Consumer)

“My life with hearing has been an interesting adventure with many twists and turns. Hearing loss started at birth, 70 years ago, and progressed from mild to profound over 25 years. My speech developed normally, except for the “L” and “R” sounds, so my loss was not significant until around the age of four when children typically learn those sounds. When I started school, hearing loss was a barrier to conversations with friends, to instruction from teachers, and to unity within my family, as I was just one of three siblings with hearing loss...” **READ MORE:** <https://bit.ly/2PgP4gb>

My (Hearing) Wake-Up Call

by Heather Rivera, PhD (taken from Hearing Health Matters: The Better Hearing Consumer)

“Many people have experienced a “wake-up call”— a defining moment when something in their life has to change. For some, it’s a dramatic event and for others, a seemingly mundane event, but for most people, the moment is life changing. My wake-up call was no exception. For years I struggled with hearing loss. As time went on my world got smaller and smaller. Easy conversations with friends and family became a thing of the past...” **READ MORE:** <https://bit.ly/2OJM9M9>



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“Seniors Talk About Hearing Loss”

Seniors with or without a hearing loss, their families, friends, and support networks are invited to attend our upcoming “Seniors Talk About Hearing Loss” session. This is an opportunity for individuals to discuss hearing loss and related topics while learning from the experiences of peers. The next session will focus on the following two topics:

“Hearing Accessibility and Technology” - by Maggie Dodd

“Aging, Illness, and Hearing Loss” - by Dr. Lorne Hanson

Tuesday, September 18th

from 9:45am—11:45am

in the Minto Room of Evergreen Hall

9291 Corbould Street, Chilliwack

Light refreshments will be provided.

This is a free event; no registration is required to attend.

For more information, please contact
the Canadian Hard of Hearing Association—BC Chapter
by email: info@chha-bc.org or by telephone: 604-795-9238

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