



# Canadian Hard of Hearing Association British Columbia Chapter

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## The Loop Newsletter

ISSUE 18, November 2018

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## Message from the President

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

There are a number of items to bring to your attention throughout this issue of the LOOP, and we will start with an update from the Board of Directors.

### 1. BOARD ACTIVITIES:

At our October meeting we accepted with regret the resignation of Mike Hocevar as Secretary for personal reasons. Mike has made a significant contribution to the work of the board and his collaboration will be missed. He will however continue as a member of the Membership Committee. The position of Secretary will remain vacant until the election of new officers, at the 2019 AGM.

We want to remind you that the new bylaws are now in effect and this has implications for the 2019 election. Those implications are that the membership elects the President and a slate of Directors. At their first Board meeting following the election, the Directors then elect which directors will fill the remaining executive positions of Vice President, Secretary and Treasurer. The new Bylaws can be found on the Chapter website.

The Nominating Committee which is composed of Miron Gazda, chair and Rosalind Ho, have now begun their work, so watch for their call for Nominations soon.

The President represented CHHA-BC at a media event at which Western Institute for the Deaf and Hard of Hearing (WIDHH) was presented with a one million dollar cheque from the Provincial government towards the building of a Centre of Excellence in Services to the Deaf and Hard of Hearing of British Columbia. **(Continued on page 2)**



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**(Continued from page 1)** The new building is located at the corner of Quebec Street and Fourth, near Main, and expects to be ready for occupancy in the fall of 2019.

WIDHH will soon launch a major fundraising campaign and we encourage our readers and members to strongly support this important venture.

## **2. SPEECHREADING TEACHER TRAINING COURSE FOLLOWUP:**

Of the six new teachers trained, four were subsidized by CHHA-BC and we are pleased to report that all four are now either already teaching a course, or have courses booked to teach in the new year. In Abbotsford, hearing clinics are supporting the classes through each of them making their premises available to hold a ten week course, and informing their clients of the opportunity. Our thanks to Island Deaf and Hard of Hearing Centre (IDHHC) who co-sponsored the training sessions and released their employee, Leslee Scott, to train the new teachers. Our thanks to Leslee for a successful training week.

## **3. ONLINE HEARING LOSS MENTORING PROGRAM:**

The online mentoring program has some attractive new cards, to hand out to anyone who could benefit from and is interested in having some one-to-one peer support. We need your help in making these cards available to others. If you can take some cards to distribute either to an individual or to leave in a place where people meet, please email [info@chha-bc.org](mailto:info@chha-bc.org) with your request, and we will mail you some cards.

## **4. MINDFUL GIVING:**

The Christmas season is now upon us - Advent begins December 2<sup>nd</sup>. Uppermost in many minds is the gift giving. This year, consider making a 'mindful donation' - donate to a deserving charity in honour of someone - and let them know that is their Christmas present this year. Consider giving to CHHA-BC to support the work for hard of hearing people in B.C. Membership in CHHA-BC is free, and we depend upon charitable donations for much of our income. Did you know that it is easy to set up monthly donations to CHHA-BC online? Go to our website <https://chha-bc.org/>, and under HOME, click on the DONATIONS PAGE. Among the options for donation, there is a monthly donation button to click and just follow the steps.

Your monthly contributions to the Canadian Hard of Hearing Association - BC Chapter help to ensure the delivery of programs and services to Hard of Hearing and Late Deafened individuals province wide. CHHA-BC works to decrease isolation and remove barriers by providing supportive environments, education, resources, referrals and advocacy. Together with your support, we are able to make a visible impact in the lives of those with hearing loss.



# Canadian Hard of Hearing Association British Columbia Chapter

## Report on the CHHA National AGM and Leadership Forum

*By Dr. Ruth Warick, CHHA-BC Director-at-Large & President of CHHA Vancouver Branch, and  
Jerry Gosling, CHHA-BC Vice-President & President of CHHA Abbotsford Branch*

Jerry Gosling and Ruth Warick from the CHHA BC Chapter Board were pleased to attend CHHA National's AGM Saturday, September 15<sup>th</sup>, 2018 in Edmonton, followed by a Leadership Forum on September 15<sup>th</sup> and 16<sup>th</sup>. Two motions were adopted at the AGM, one calling for staggering of board



BC Delegation at Leadership Forum (from left to right):  
Jerry Gosling, Ruth Warick, Rosalind Ho, Yat Li, and  
Bowen Tang

members' terms and the other describing the duties of the Executive Director. Next year, 2019, will be the first year that elections for officers with staggered terms will be held.

CHHA's Foundation also held its AGM on Saturday, September 15<sup>th</sup>, chaired by Carole Willans. Leslee Scott of Victoria, BC and Jerry Gosling were elected to the Foundation Board.

At the Leadership Forum, guest speakers spoke about the Canadian Radio-television and Telecommunications Commission (CRTC) and on identifying measures to improve the quality of television and media captioning. Another major topic was Bill C-81: The Accessible Canada Act, which was introduced to the House of

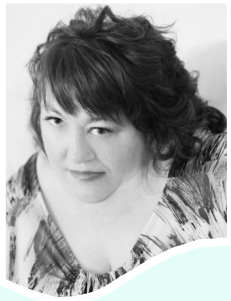
Parliament on June 18<sup>th</sup>, 2018. CHHA is one of seven organizations working in partnership about accessibility legislation and involving 55 other organizations.

In discussion sessions led by CHHA's new Executive Director Christopher Sutton, delegates provided input about the organizational structure and future direction of CHHA. The members recognized that CHHA requires structural renewal to move forward. Topics related to developing a unified and solid brand, rebuilding membership, working more closely together among branches and chapters, exploring direct service provision and, above all, ensuring that CHHA meets the needs of all people with hearing loss regardless of their life stages.

The 2019 CHHA Convention will be in Montreal from May 30<sup>th</sup> to June 1<sup>st</sup>.



# Canadian Hard of Hearing Association British Columbia Chapter



## Report on the Speechreading Instructor Training

*By Stephanie Bryant, CHHA-BC Data & Finance Coordinator and Speechreading Instructor*

The CHHA Speechreading Instructor Training Course was held August 30<sup>th</sup> to September 3<sup>rd</sup> in Chilliwack, BC. It went very well. Leslee Scott was an amazing instructor who was very knowledgeable in the program. There were six students: two from the Cobble Hill/Duncan area, one from the North Shore, two from Abbotsford, and myself from Chilliwack. The guest speakers were awesome! We had a visit from Ted of ALDS (Assistive Listening Device Systems) in Langley, Jillian - a Speech Pathologist in Chilliwack – talked about speech movements, and Elissa from WIDHH (Western Institute for the Deaf and Hard of Hearing) came in to speak on hearing aids. The class completed the course successfully and we are encouraged to teach a class within the first year if we want to advance to the second level. We will get our certificates from the CHHA National office.

For a seasoned instructor like myself, it was a delight to learn the new program! I did learn a few things that I have never thought of. Although I grew up speechreading as result of hearing loss from birth, the course made me aware of my own speech sounds and helped me improve upon my speechreading skills. I am looking forward to teaching a speechreading course in March 2019!



## Report on Promoting Discussion of Hearing Loss Through the “On the Table” Initiative

*By Viviana Chiorean, CHHA-BC Administrative Officer*

In September 2018, The Vancouver Foundation sparked a movement across BC with the “On the Table” initiative that encouraged face to face conversations on topics that matter most. The Canadian Hard of Hearing Association – BC Chapter was pleased to be a host as an organization and brought awareness to the topic of Hearing Loss and Accessibility. Through face to face gatherings at the Provincial Resource Centre, in Vancouver and at the Comox Valley Branch, discussion with students in Burnaby, and social media updates containing information on the invisible disability of hearing loss, we sparked conversations across the province. Thank you to everyone that participated; it is due to your efforts that Hearing Loss was recognized as a topic in The Vancouver Foundation’s *Community Reflections & Insights Report*. To read the full report, visit: <https://bit.ly/2Tzybzd>







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## A HoH's Credo

*By Gael Hannan —writer, humorist, advocate, and CHHA-BC Director-at-Large*

When I was young and went to church more regularly than I do now, I thought the Credo was a nice poem that we recited to express what we were supposed to believe as Canadian Presbyterians. This Credo was especially helpful when, if you weren't sure of what you believed, or forgot a detail or two, you could look it up at the back of the hymn book.

In my high school Latin studies, I learned that *credo* is an actual Latin word that means 'I believe', and today it is used to describe the beliefs or aims that guide someone's actions.

Here is my *Credo* as a person with hearing loss.

### **I BELIEVE THAT:**

Having hearing loss is just one aspect of who I am. It does not define me as a person or confine me to a group.

Living with hearing loss, while challenging, is not the greatest challenge I will face as a human being.

My most important goal is not to *hear* better, but to *communicate* better. I must learn to listen with all of my gifts - my ears, my eyes, my heart and my mind.

By accepting my hearing loss, I am breaking down personal barriers.

By advocating for others with hearing loss, I am helping to break down public and societal barriers.

By being honest about my hearing loss and articulating my communication needs, I become a better communicator.

I need professional help from a hearing health care provider who makes me feel comfortable and who works hard to find solutions that meet my needs.

By connecting with others who have hearing loss, I am stepping into a circle of invisible and unbreakable supports.

The person whose insults and impatience have the most power to hurt me, is me. I am just one in a world of many. We all have burdens that may not be understood but should be respected.

It's not always easy to see the humor in awkward hearing moments—but it helps.

Hearing is precious, and I will protect what I have from noise damage.

Hearing loss affects us all—me, my family and my friends. I recognize that my hearing loss presents challenges for them, and I must honour and celebrate their efforts to make our communication successful.

I follow this Credo as best as I can, there are times when I admit to getting cranky because of a hearing loss-related incident and there are other times when I don't follow my own good advice. But this Credo makes the dark moments of hearing loss pass quickly and gives me hope that the next incident will be easier.



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## Branch Updates

- CHHA Vancouver Branch held its 8<sup>th</sup> Annual Walk2Hear under sunny skies at Jericho Beach Park on Sunday, September 23<sup>rd</sup>, 2018. The weather gods continued to favor this event! Close to 70 persons of all ages and levels of hearing (hearing, hard of hearing, Deaf and deafened) took part in the event. A highlight was the draw for airline tickets to any North American destination won by Charles Fontaine, who gifted them to his wife! Elissa Robb was the top individual fundraiser, with Ruth Warick in second. The top team was again from the Western Institute for the Deaf and Hard of Hearing with the UBC School of Audiology, in second. Funds from the event will go towards awareness raising and other activities of the Branch as well as to building up a fund for an office in the newly proposed WIDHH building. CHHA Vancouver Branch wishes to thank the many volunteers that made this event possible.
- On November 17<sup>th</sup>, CHHA BC Youth Peer Support Program hosted the BC Buddies Bake-Off and had its largest turnout to date! 17 junior master chefs accepted a series of challenges and had a blast making delicious muffins.

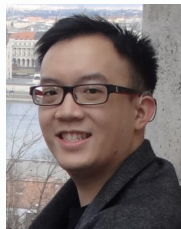


Vancouver Branch Board Members at the Walk2Hear (left to right): Elissa Robb, Naghmeh Samenirad, Rosalind Ho, Miron Gazda, and Ruth Warick

## Congratulations!



Founding President of CHHA, Dr. Charles Laszlo, was recently named an Honorary Alumnus by the Alumni Association of UBC, at a celebratory gala which recognized some of the outstanding people at UBC. Learn more about this prestigious award at: <https://www.alumni.ubc.ca/events/awards/>



Congratulations to Bowen Tang, co-founder of the CHHA BC Youth Peer Support Program, on being elected President of the International Federation of Hard Of Hearing Young People (IFHOHYP). Bowen is the first Canadian to be elected president of IFHOHYP.



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## Upcoming Events

- **Monday, December 10<sup>th</sup>, 2018** — CHHA Vancouver Branch invites you to their Annual General Meeting and a presentation on “Improving Conditions for Hard of Hearing Persons: A Global Report.” Dr. Ruth Warick, President of the International Federation of Hard of Hearing People (IFHOH), will discuss international developments including the passage of a World Health Resolution on hearing health care and what it means for hard of hearing persons. She will discuss the World Report on Hearing Health Care, World Hearing Day and the Global Hearing Forum, all developments to make a difference to the lives of hard of hearing people around the world. The meeting will take place at the Western Institute for the Deaf and Hard of Hearing, 2125 West 7th Avenue, Vancouver from 6:30-8:30pm; light refreshments will be served. Please RSVP by Friday, December 7<sup>th</sup> to [chhavancouver@gmail.com](mailto:chhavancouver@gmail.com).
- **January 2019** — CHHA BC Speechreading Instructors Jerry Gosling and Tina Palmer will be conducting speech reading classes starting January 7<sup>th</sup>, 2019. Classes will be held at two hearing aid centres in Abbotsford - Beltone and Hearing Life. Students are currently being accepted; please call Jerry Gosling at 604-864-2916 or email [abbotsfordretiree@gmail.com](mailto:abbotsfordretiree@gmail.com) for more information.
- **March 2019** — CHHA BC Youth Peer Support Program invites deaf and hard of hearing young adults ages 16-25 to their “Challenge Life” Weekend Retreat. The retreat will take place at the Timberline Ranch in Maple Ridge from Friday, March 8<sup>th</sup> to Sunday, March 10<sup>th</sup>. For full details and to register, please visit: <http://www.chha-bc.org/youthpsp/challenge-life/>

*Connect with a local branch!*

<b>CHHA BC Youth Peer Support Program</b> Email: <a href="mailto:chhabcypsp@gmail.com">chhabcypsp@gmail.com</a> Website: <a href="http://www.chha-bc.org/youthpsp/">http://www.chha-bc.org/youthpsp/</a>	<b>Abbotsford Branch</b> Email: <a href="mailto:abbotsfordretiree@gmail.com">abbotsfordretiree@gmail.com</a>
<b>CHHA BC Parents' Branch</b> Email: <a href="mailto:info@chhaparents.com">info@chhaparents.com</a> Website: <a href="http://www.chhaparents.com/">http://www.chhaparents.com/</a>	<b>Comox Valley Branch</b> Email: <a href="mailto:cvhardofhearing@gmail.com">cvhardofhearing@gmail.com</a>
<b>North Shore Branch</b> Email: <a href="mailto:chha_nsb@telus.net">chha_nsb@telus.net</a> Website: <a href="http://www.chha-nsb.com/">http://www.chha-nsb.com/</a>	<b>HEAR Branch (Coquitlam)</b> Email: <a href="mailto:anna.r.bernard@gmail.com">anna.r.bernard@gmail.com</a>
	<b>Vancouver Branch</b> Email: <a href="mailto:chhavancouver@gmail.com">chhavancouver@gmail.com</a>



# Canadian Hard of Hearing Association British Columbia Chapter

## Articles & Resources

### The Best Time to Have Hearing Loss

by Gael Hannan (taken from Hearing Health Matters: The Better Hearing Consumer)

*“Do you suspect you might have hearing loss? Has hearing loss recently been positively, absolutely confirmed? Have you lived with it for some time? Whatever stage of the hearing loss journey you’re at, chances are you’ve hurled these questions at the universe: Why me? What happened? Why now? These questions are easy to ask, but the answers aren’t always easy to get. Much about hearing loss is still unknown; scientific and medical research has not yet solved many, maybe even most, of the mysteries of the hearing system...”* **READ MORE:** <https://bit.ly/2DIUzIB>

### What It’s Like to Become a Nurse with Hearing Loss

by Annie Resetar (taken from HearingLikeMe.com)

*“Nursing is about helping people at their most vulnerable times. I have no doubt that this is what I was meant to do, but little did I know nursing had similar plans for me as well. Nursing helped me to embrace my biggest vulnerability—my hearing loss. I will admit, many times I’ve questioned if it was even possible to be a hearing impaired nurse. But during my three years of nursing school, I’ve learned some valuable lessons that have helped shaped me into the nurse I am today and the nurse I will be in the future...”* **READ MORE:** <https://bit.ly/2Fz0StG>

### Please Pass the Hearing Loss Talking Stick

by Gael Hannan (taken from Hearing Health Matters: The Better Hearing Consumer)

*“One of the greatest challenges for people with hearing loss is being able to participate effectively in a group conversation (also known as a ‘convo’). We usually know what’s being talked about, but there are several challenges that exclude us...”* **READ MORE:** <https://bit.ly/2R65Yi9>

### The ABCs of How to Read an Audiogram

by Mandy Mroz, AuD (taken from HealthyHearing.com)

*“Admitting you need to have your hearing checked by a professional is a big step. Whether you came to that realization on your own or whether your family pleaded, cajoled and begged, the result is the same: you are finally going to meet with a hearing care professional for a hearing test...”*

**READ MORE:** <https://bit.ly/2Dqxkwm>