
**Two important topics are presented on
Saturday March 20, 2:30 – 4:30 P.M.
At the Morton Grove Park District's Prairie View Center**
Please join us and bring your family and friends.

The Psychology of Hearing Loss

By: Dr. James Vanderbosch

Dr. Vanderbosch is a Clinical Psychologist with 30 years of experience working with deaf children and adults. Through a contract with DCFS, he has done extensive work with deaf children and adults who were victims or perpetrators of domestic violence. Dr. Vanderbosch has been involved with cochlear implant teams since 1992.

*Visit our website for directions &
more information: www.illinoisci.com*

The American with Disabilities Act (ADA) as it Relates to Persons who have a Hearing Loss

By: Tonia Bogener

Tonia Bogener is legal counsel for the Illinois Deaf and Hard of Hearing Commission (IDHHC).

IDHHC advances the interests of all Illinois citizens with a hearing loss by advocating for systemic improvements, promoting cooperation and coordination among entities serving people who are deaf and hard of hearing, and disseminating information to eliminate negative stereotypes surrounding hearing loss.



Walk4Hearing 2009

Minutes of ICIC Meeting

November 21, 2009

“Aural Rehabilitation”

By **Tina Childress**, audiologist and ICIC member

Tina grew up with normal hearing and was deafened 10 years ago. When she received her first cochlear implant in 2000 there was no aural rehabilitation available. After she got her second implant there were many more resources out there. It is not just about getting the implant; it's what you do with the implant afterwards that makes a difference whether you are going to do well or struggle. Every day we deal with sounds we have not heard before and we need to teach our brains what those sounds are.

Before we got our CIs, we could hear very little. With our CIs, some of us are in the mild hearing loss range, even in the near normal range. But this does not mean we hear normally. It does mean that we have improved hearing detection. It does not mean that we know what the sound we heard actually was. Our own speech may change because we are hearing more sounds. A CI may help with speech reading as well as monitoring our own voices. It may allow us to talk on the phone again and also enjoy music.

Everyone's experiences are different and are dependent on numerous factors such as age of onset of deafness, length of time we are deaf, consistency of device use, environment, family support, follow-up, previous auditory experience, the etiology or cause of the loss, and other handicapping conditions.

Some people feel comfortable seeking aural rehabilitation with a professional, a listening coach, speech therapist, or an audiologist. This can be one-on-one or in group therapy. Your CI center would be able to help you find an appropriate professional. Some insurance may cover this.

However there are many things you can do on your own for aural rehab. The CI companies have all come out with programs that can help you do better with your CI.

There are different stages of auditory development: awareness of sound, discrimination between sounds, identification of sound, and finally comprehension and understanding. You must first identify the stage you have reached.

Both Advanced Bionics and Cochlear Americas have a resource on their website that lists other websites for listening practice. For example, there are a lot of things on the internet that are actually designed for English as a Second Language students.

Dictionary.com is a good resource to learn how to pronounce words you've never heard. There are also websites for people who want to learn about music with sound clips you can listen to. You can find these links on the CI companies' websites.

The Listening Room is a resource on the Advanced Bionics website: www.hearingjourney.com/listening_room. There are sections for toddlers, teens, and adults and all of the activities are free. In the Listening Gym you can work on conversations, discrimination activities, speech tracking, etc. You can access this site through Clix (computer), thumb prints (iPod), or printing in workbook style. There are also dedicated phone lines where you can call and do listening practice. You can also do music appreciation practice on the website.

Cochlear has a computer program called Sound and Way Beyond that is geared towards teens and some adults. It comes on a DVD with different programs. They also have Nucleus, Hear We Go which can be personalized by typing your name into the workbook and typing in your own words such as vocabulary from science class. These services are part of the Cochlear Community and they talk about connectivity, telephone skills, music, troubleshooting equipment, etc. They also have the Telephone With Confidence program.

MedEl has some rehab materials that are free and some that cost. There are resources for adult rehab and even assessment available on their website.

Ten years ago, we were told to listen to books on tape for aural rehab. Now you can download specific AR exercises. With Amazon's Kindle2 you can hit text to speech and it will read the book for you, another good way to practice listening skills with a book.

Tina shared that she designed a CI Support Page at the Illinois School for the Deaf. It offers much information about the three CI companies as well as pictures of all the processors, very helpful for teachers. There is also a clinic finder and a blog called See I Support. These websites can be found at www.illinoisci.com.

It is a good idea to keep a journal of your AR and share it with your audiologist who can use the information to tweak your program when necessary.

Discussion of loop systems, CI medical IDs, and surgical warnings followed.

Quotes:

> *I am just as deaf as I am blind. The problems of deafness are deeper and more complex, if not more important than those of blindness. Deafness is a much worse misfortune. For it means the loss of the most vital stimulus -- the sound of the voice that brings language, sets thoughts astir, and keeps us in the intellectual company of man.*

> *Blindness separates us from things but deafness separates us from people.*

Helen Keller

Minutes of ICIC Meeting

January 16, 2010

“Accessibility in Movies and Live Theater”

Tina Childress and Ed O'Brien, ICIC members

Sandy Shinner, Victory Gardens Theater

Kara Murphy, Cochlear America's Nucleus 5

Tina Childress began the presentation by mentioning that the American Disabilities Act provides for accommodations in different venues. She provided a list of all the theaters, including addresses and phone numbers, that are accessible. We are fortunate to have many things in place in the Chicago area. At one time movie theaters held deaf movie nights. An interpreter would be present and the deaf community would get together to see the movie. We've come a long way since then.

If a movie is open-captioned, the captions appear on the bottom of the movie screen and everyone in the audience sees it. It is very similar to subtitles. Some movies have the captions burnt into the film. Other times one projector sends the movie and another projector, synced with the first, sends the captions. There are some limitations to open captioning: it only happens in certain theaters for certain movies at certain times, the hearing community sometimes does not want to see captions, it may be difficult to see the captions depending on the color of the screen, and 3D movies cannot be captioned.

There are also seat-based caption display systems or rear window captioning. You must ask at the front desk for a device which you stick in the cup holder next to your seat. It has a flexible neck and a plexiglass screen. In the back of the theater there is a backward display which is captured by the rear window and flipped. The device is clear so you can see through it to the movie. This is closed captioning because only the user sees it. Because it runs off a satellite feed, the captions will not work in a storm, so it is important to call the theater ahead of time.

Ed O'Brien introduced assisted listening devices which bring the sound of what you want to hear directly to your ear. Most theaters offer headsets to use with your t-coil. On top of the headset is a little red LED which must face the front of the theater. Devices are hidden there which send out light to the infrared receiver on the head set. That light is the sound signal. Personal infrared devices are available to bring to the theater. You should seat yourself in the middle or on either side to get the best reception.

Tina demonstrated the use of a website to find out where and when accessible movies are being shown.

It is important to think about preferential seating in theaters. If you are close to the stage you can lip read and get the best sound. Be aware of symbols indicating that captioning is available.

Before seeing a show, try to read about it on the internet so you know what it is about and what to expect. Sometimes a script might be available. In a few Chicago theaters, sign language interpreters are available for people who understand ASL.

ICODA, the International Center on Deafness and the Arts is in Northbrook. They always have shows with interpreters. Some interpreters are right on the stage; others are below the stage on stage right.

Being a good advocate means contacting theaters well beforehand to see what options are available. Tina shared a website for interpreted performances at \$35. Only 1% of all movies are shown with captions. Some states, such as New York and New Jersey, have more and this is where it is important for us to tell theaters that we would like captioning to be available. Presently there is a lawsuit going on in Arizona because people advocated for their needs. We must use it or lose it and thank theaters that are providing these services.

Sandy Shinner from Victory Gardens continued the presentation. Victory Gardens is the only live theater in Chicago that offers captioning. They have had an access project for over 15 years. They do sign language interpretation, captioning, audio description, and touch tours. Their specialty is new plays, often by Chicago playwrights. They have main stage shows and workshops for people with disabilities in play writing.

A series called **Crip slam** is coming up and all services are offered at all Crip slam performances. At main stage and studio productions, they try to offer multiple performances in each of the services. The goal is to have three captioned performances via a power point presentation with small TV sets to use at your seat. It is also projected onto the wall of the theater. If you can't make a captioned performance, you can call ahead and Victory Gardens will try to accommodate you with a small group. They have offered their equipment to other theaters, but so far none have been interested.

Sandy provided fliers of programs, newsletters, and website access. If you attend a performance and your seat is not ideal for viewing the captions, you will be accommodated with a seat change. The theater has accessibility training for their house staff so they are able to be of service to you at the theater. Tickets are \$20 for the access price.

Kara Murphy, Cochlear Awareness Network Manager, spoke about the Nucleus 5, a new processor that is 40% thinner and smaller than the Freedom. Recipients claim that the sound is more crisp and clean. If you have the Esprit 3G you cannot upgrade to the Nucleus 5 yet, but it is coming. If you have the Freedom implant you can upgrade.

The new processor operates with a 2-way remote control. There are two buttons on the actual processor to change programs, use the telecoil and turn the processor on and off. The remote control can change volume and sensitivity. The audiologist would control this. It can be programmed with the advanced user interface to change programs and telecoil ratios with the remote.

The internal implant is thinner and square in shape. There is troubleshooting capability with the remote control which can be important for parents of children with cochlear implants. Right now the Nucleus 5 uses disposable batteries, but FDA approval for rechargeable batteries is anticipated. The cost of the new processor is \$7975, or \$5475 with a trade-in of your present Freedom.

Did You Know?

Children with cochlear implants rate their quality of life as highly as children with normal hearing, according to one of the first studies that looked at children as well as their parents. The study also found that “though the overall quality-of-life scores were very similar to those of the control group, the younger children appeared to be happier than the adolescents but scored their family lives lower than did children with normal hearing.”

The paper appears in the Feb. 1 issue of Otolaryngology — Head and Neck Surgery.

Source: New York Times article “Children: Quality of Life with Cochlear Implants.”, February 2, 2010

Chapter News

ICIC participated at the Illinois Academy of Audiology (ILAA) Conference

Tina Childress attended the ILAA conference in January, where she manned the ICIC information booth. **Tina**, who is an audiologist, talked to many of the attending audiologists and provided information about ICIC and HLA.

The booth was graced with a beautiful ICIC banner arranged **Ed O'Brien**. ICIC's participation in the ILAA conference will help to achieve our goal of reaching out to hearing professionals to let them know who we are and what we are doing. Many thanks to **Tina** and **Ed** for their time and efforts. Also, thanks to **Marc Siegel** for providing Walk4Hearing magnets.



Tina Childress at the ICIC booth

ICIC opened a new on-line store. We partnered with CafePress where you can purchase clothing and goods with the ICIC logo. The items are made to order by CafePress which handles the order process. Proceeds from the store will be used to support ICIC and its mission. To see the available items please log on our website www.illinoisCI.com and click on the CafePress logo. Just click on Store or use the link on the left side bar.

Liz Booth is busy giving presentations and workshops. She will give a workshop on “Listening Strategies for Better Communication” at the June HLA national convention in Milwaukee. Liz will also give two presentations at HLA meetings in Fountain Hills, AZ, one about cochlear implants and another about living with hearing loss.

Tina Childress gave two informative presentations at ICIC meetings. On November 21st she discussed the benefits of “Aural Rehabilitation”, and on January 16th she was joined by **Ed O'Brien** to explain hearing strategies at the movies and theater. **Tina** and **Ed** are ICIC board members.

>>> *Dear members, please let us know about achievements and/or recognitions for yourselves or others. We want to share the many good things that our members do.*

What is ICIC?

The Illinois Cochlear Implant Chapter (ICIC), a member of the Hearing Loss Association of America, is an organization for cochlear implant (CI) recipients, prospective recipients, professionals, and other interested parties. We offer information and support to help current CI users as well as to prospective users and their families. At our meetings we offer presentations by experts such as CI surgeons, audiologists and CI company representatives. ICIC strives to increase awareness of hearing loss, and promote the benefits of cochlear implants.

As a member organization we depend on annual contributions of \$25.

We welcome input from our members. Thank you.

Listening With Liz

You couldn't hear the speaker at that seminar you attended? You didn't know what the group was talking about at the luncheon the other day? You had no idea what that play was about, the one you paid \$50 for a ticket? You didn't hear the voice at the drive thru confirm your order? You asked your significant other a question and didn't hear the answer as he/she walked out of the room while answering? The receptionist called your name in the doctor's office and you kept reading your magazine? You laughed heartily at a joke because everyone else was laughing, but you had no idea what the punchline was?

You almost missed your flight because you didn't know they changed the gate number?

You bought the wrong OTC medicine because you thought you knew what the nurse said? You missed that appointment because you heard the time wrong? You crawled into bed and cried because it is all just too much and you're simply frustrated and exhausted?

So, what else is new?

Sometimes it does seem that the daily life of someone with hearing loss is difficult at best, and sometimes downright impossible. Yes, life can be tough. But you know what? We can choose to make our lives easier. No, we can't choose to hear normally, but we can choose to hear assertively. We can choose to realize that, no matter what our vocation, we all must be teachers. We can choose to teach those in our life to respond to our hearing needs. We can choose to be strategic listeners. There is much we can choose to do to experience success in difficult situations.

Next time, arrive early and choose your seat carefully at the seminar. Request an outline and an assistive device. At the restaurant, be sure everyone knows you are hearing challenged. Talk with those sitting close by and ask that the irritating music be turned down. Read the story before attending the play and determine to enjoy the costumes, the music, the entire experience. At the drive thru, give your order and proceed right up to the window for confirmation. Remind your significant other that you must see his/her face in order to hear (they KNOW this, but reminding them is your job). Tell the receptionist that you will not be able to hear your name called, that you must be alerted in another way. Don't worry about the joke...it's not worth it! But if you really want to know, ask someone to repeat it. Check and recheck your airport gates and tell the person behind the desk to personally let you know if there is a change. Have the nurse write down the name of the medicine you are supposed to take. Do not pretend to hear the time of an appointment, an address, a name, a phone number. Ask for repetition and restatement.

Smile and take charge. Stating your needs leads to empowerment and successful listening. That will make your life easier, less frustrating, and much less stressful.

Give it a try!

Liz Booth

Did You Know?

> *Many elderly people seek medical attention for their hearing loss only after being prodded by family.*

> *Grandparents are motivated to have their hearing tested when they cannot hear their grandchildren. Treatment of the hearing loss almost always results in closer relationships between grandparents and grandchildren.*

Source: hear-it.org

News from the Hearing Loss Association of America (HLAA)

TV Captioning Complaint Rules In Effect!

The FCC announced that new rules for filing of captioning complaints are now in effect. These new rules should help consumers get their captioning problems solved much more quickly than the old rules and allow the FCC and industry to better understand the kind of problems we are facing. To file a complaint contact the program distributor directly. Or contact the FCC's Consumer Center by e-mailing fccinfo@fcc.gov; faxing 1-866-418-0232; or writing to: FCC, Consumer & Governmental Affairs Bureau Consumer Inquiries and Complaints Division 445 12th Street, S.W. Washington, DC 20554. A complaint form can be found at esupport.fcc.gov/complaints.htm?sid=&id=d1e3. More information on closed captioning and the complaint process is on FCC's website: www.fcc.gov/cgb/consumerfacts/closedcaption.html

Videos on Hearing Loss

HLAA has made an arrangement with Knowlera Media to produce a series of videos on hearing loss. videos will be distributed on their consumer-facing website www.monkeysee.com and to several hundred other websites as well as local television stations across the country. HLAA will receive its own branded copies of the videos that can be used on its website and its affiliate's websites. All the videos will be captioned. Topics are: (1) Understanding Hearing Loss/Who is at Risk; (2) Hearing Loss Symptoms; (3) How is Hearing Loss Diagnosed?; (4) Medical Treatments for Hearing Loss; (5) Hearing Loss Self Care/Lifestyle Changes; (6) Hearing Loss Prevention.

HLAA Convention, June 17 – 20, 2010

Hilton Milwaukee City Center and Midwest Airlines Center

This year everyone has an opportunity to attend the HLAA national convention without flying.

If you haven't attended a past convention, you should seriously sign up and attend this year.



Five different educational tracks will be presented: Advocacy and Access, Hearing Technology, Medical Issues, Relationships and Communication, and Young Adults.

Register Now at www.hearingloss.org/convention

What is The Hearing Loss Association of America?

The Hearing Loss Association of America (HLAA) is a national organization which provides timely and reliable information about hearing loss through its website, *Hearing Loss Magazine*, the online e-News, the Academy of Hearing Loss Support Specialists™, message boards, and chat forums. HLAA holds annual conventions for people with hearing loss and professionals. Annual dues are \$35 Contact HLAA at www.hearingloss.org. Note: HLAA dues are separate from ICIC contributions.

2010 Meeting Dates & Topics

Saturday, March 20th, 2:30 - 4:30 P.M. at the Morton Grove Park District

1. The Psychology of Hearing Loss

Dr. James Vanderbosch, Clinical Psychologist

***2. The American with Disabilities Act (ADA)
as it Relates to Persons who have a Hearing Loss***

*Tonia Bogener, Legal Counsel,
Illinois Deaf and Hard of Hearing Commission (IDHHC)*

Saturday, May 15th, 2:00 – 4:00 P.M. at the College of DuPage, bldg. K, room 131

1. Assistive Hearing Devices for Individuals Experiencing Hearing Loss

HITEC, Naperville

HITEC is a leading provider of telecommunication products for the hearing impaired

2. Update on Advanced Bionic's Cochlear Implants, Kerry Roech

Saturday, July 17th – 2 P.M. -- Garden Party at Hanna Benioff's home

***Information Fair with representatives from Cochlear Implant manufacturers
and a social gathering (lots of fun and good cheer)***

Saturday, September 11th 2:00 – 4:00 P.M. - College of DuPage, room 131

***1. What the Hearing Loss Association of America (HLAA) does
For the Hard-of-Hearing/Cochlear Implant Community***

Dick Meyer, former HLAA president

2. Update on MedEL's Cochlear Implants, Pam McGuinty

Saturday, November 20th, 2:30 – 4:30 P.M. - Morton Grove Park District

Current Updates on Cochlear Implant Design and Technology

By: Dr. Richard Wiet, implant surgeon, and an audiologist, Ear Institute of Chicago

Meeting locations

College of DuPage

Fawell Blvd. & Lambert Road, Glen Ellyn (SW corner), building K, room 131
Morton Grove Park District's Prairie View Center

Dempster & Waukegan. One block east of Waukegan on Dempster, Morton Grove.
(Turn north at the light on New England Street)

Real Time Captioning is provided at all ICIC meetings by "Caption First"

Visit our website at: www.illinoisci.com

Tech Corner

By Ed O'Brien

Jabra BT3030

Do you use your t-coil with a neck loop or silhouette? Do you have a Cell Phone with Bluetooth? If you said yes to both questions, check out Jabra's BT3030 "Dog Tag" device. You pair the BT3030 with your cell phone and plug your neck loop into it. Now, when a call comes in you can answer it by pressing a button on the BT3030. You speak into a microphone on the BT3030. Your cell phone stays in your pocket or purse. And you the same sound quality as when using your t-coil on a land line.

The Jabra device hooks up wirelessly with your phone. Your voice and the caller's voice are transmitted using Bluetooth between the device and the BT3030. The caller's voice is transmitted to your neck loop and you hear it through your T-Coil.

Have an iPhone? The Jabra device lets you listen to your tunes when not on a call. You can find them online for starting around \$50. You might even find one for less on EBay. Want to see it, ask Ed O'Brien to show it as he usually has it on him.

This and past newsletters can be found on our website: www.illinoisci.com

ICIC newsletter

6316 Tamiami Drive
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*Hearing Loss Association of America
Illinois Cochlear Implant Chapter (ICIC)*

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