



The Canadian Hard of Hearing Association was formed to give visibility to an invisible disability. It promotes self-help among hard of hearing and deafened persons and encourages support for individual and collective action.



WHAT'S INSIDE:

Sudbury Branch plans virtual workshopspage 2

If I were a hearing personpage 2

The anxiety of Tinnituspage 3

Adults And Hearing Implantspage 4

I am deaf, hope Zoom here to staypage 5

Resonance

Canadian Hard of Hearing Association, Sudbury Branch

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CHHA Sudbury says hello to new Board member, good-bye to other

CHHA Sudbury Branch's newest Board Member was elected at the Annual General Meeting last September (2020)

Kathy Hoag, a long-time volunteer for the CHHA office and Ultimate Dream Home, has come on board to offer her expertise in the position of Treasurer. Welcome Kathy!

Sadly we say goodbye to Board Member Debbie Powell, who has decided to move on to other things. A Board Member since 2016, Debbie cared deeply about the organization and was always willing to lend a helping hand wherever we needed her. The other Board members and staff at CHHA thank you for your time and service! We will miss you Debbie but wish you all the best with your new endeavours.



Dream Home #20 Winners

50/50 draw winner from Sault Ste. Marie

Despite the global Pandemic, CHHA Sudbury took the chance to go ahead with their Ultimate Dream Home Draw and was thrilled with the results. Even with the limited number allowed inside the house itself and with all the closures ticket sales stayed steady. Thanks to many loyal buyers and some new ones, the Branch will be able to continue offering its programs and support services for 2021!

During the initial wave of COVID-19 some programs and services were suspended due to our inability to gather and to fund-raise. With the monies raised from this single Dream Home Draw, we will now be able to resume our programs and look to the virtual world to continue educating and mentoring the public.

On March 5th the draw was held virtually at the Dream Home and the winners are as follows:

Grand Prize, valued at \$678,835.00 (includes the house, car and all the furnishings) was won by Roger Rocheleau of Hanmer, ON. (ticket # 33086).

Second Prize of \$5,000 cash and \$2,000 Independent Grocery Gift Card went to Gaston Arsenault, Sault Ste. Marie, ON. (ticket #31665).

Third Prize of \$3,000 YIG/Valu Mart gift card went to Justin Rideout of Garson. (ticket #65778)

(Cont'd on page 5)

If I were a hearing person

By Gael Hannan

Several years ago, I wrote about the dream that many of us with chronic hearing loss have, although we would rather lick paint than admit it. In that dream, our hearing loss disappears and we can hear perfectly, unaided by technology or other people. We imagine how every part of our life would be different in a world where we *understand*, the first time, every time.

And hey, what's wrong with that? It's no different than wishing we were thinner or prettier, with different hair (such as *more* hair) or we were richer.

The only danger in this thinking is the risk of considering ourselves as defective, or not perfect enough, as if such a thing is possible.

My hearing and my hearing accessibility have changed through the years, and so I update my dream, because dreaming is what people do.

If I were a hearing person . . .

I would wake in the morning, and immediately connect with the sounds of house-life around me: Husband breathing, cats playing, cell phone

vibrating there would be no noiseless pause as I reach for the jar where my hearing aids have slept through the night and then, once they're in, even the silence has a sound.

I would not have to stand at the door of a party Stomach clenched as I prepare for conversations Saturated with the overwhelming din of the crowd wondering if I will catch the names of strangers or the words of friends.

I wouldn't copy the smiles of others, which sometimes are the only things I can understand in this noise.

If I were a hearing person. . .

I would dine in a gorgeous, dimly lit place with one romantic candle lighting the face of my handsome husband.

I would understand the server, and maybe order for both of us.

My husband might lean over and whisper in my ear and I wouldn't need to read his lips.

If I were a hearing person. . .

The captioning would be off, not covering up part of the

(Cont'd on page 4)

CHHA Sudbury office remains open by appointment only, for Pandemic...

plans include future virtual workshops etc.

By Gwen MacGillivray

The Canadian Hard of Hearing Association, Sudbury Branch has seen many changes over the last 12 months — but in many ways has stayed the same. While there is much uncertainty and lockdown with the Pandemic, CHHA Sudbury has remained open but with some restrictions.

Most of our service and programs have been put to the wayside as gathering is difficult now and “distancing” isn't a good option for the hard of hearing is it? How do you watch someone's lips if they are too far away from you or have half their face covered with a mask?

Last fall we held our Annual General Meeting at a local hotel. All the tables were properly distanced as were the chairs for each person at each table. We made sound fields, face shields personal FM

(Cont'd on page 3)



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recommendations that appear
in this newsletter are not
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recommendations of the
Canadian Hard of
Hearing Association.

Living with the anxiety and stress of Tinnitus

By Sue Horvath

Part of life for those with tinnitus is dealing with stress and anxiety, often associated with living in the face of uncertainty as to when to expect a severe attack. For some people, tinnitus triggers are known and can be managed; however, for others, this is most difficult to do as there seems to be no apparent trigger. As a result, there is what is called “anticipatory anxiety”, wherein you are always waiting for the other shoe to drop in terms of a tough day.

Glenn Schweitzer, on www.HealthyHearing.com, advises: “...look for patterns of vulnerability, which are specific times of day, environments, or situations where you are more likely to be bothered by your tinnitus in some way.” Often, people experience a spike in their tinnitus symptoms after leaving noise rich environments or when distraction

is limited. For instance, you have been at work in the office all day, talking with co-workers, clients and dealing with phones. While on the way home in the car, our tinnitus seems to come out of nowhere. Essentially, the tinnitus was always there, but when you are focused and busy, it can be perceived as diminished. In the silence, the roar of the tinnitus becomes overwhelming.

When you add in anticipatory anxiety, Schweitzer says “if your tinnitus tends to bother you right when you get home from work in the afternoon, you’ll probably start to worry about it on your commute home...if you struggle with your tinnitus after you get home from work several times per week...you start to worry about it on your drive home.” Often, there is a relationship between the loudness of tinnitus and the focus upon the “sound”. If you can manage the focus, you can diminish the effect of the tinnitus on your life.

For those of you with tinnitus, it is nothing new to be told to listen to something you find pleasant, such

as music, podcasts, nature sounds, whatever you love to listen to. At the Canadian Hard of Hearing Association, we have sound generators and white noise machines available in our lending library to try.

Breathing exercises to calm your physiological response can also be helpful, as well as meditation, going for a walk or engaging in hobbies you enjoy. Even reading can be a relief, in that your focus is away from the tinnitus. For some, massage helps to relieve the tension present in muscles, especially those around the head, neck and shoulders. The resulting relaxation can help minimize the effects of the tinnitus.

Most people with tinnitus will tell you it zaps a lot of energy throughout the day. The more tired you are, or if you are suffering secondary illnesses such as cold and flu, tinnitus can rear its ugly head even further.

Finding useful coping mechanisms can help prevent the severity of attacks and limit their effect on your every day life.

CHHA Sudbury office remains open by appointment only . . .

(Cont'd from page 3)

systems and Computerized notetaking available for those in attendance. But it didn't work as well as we had hoped.

We discovered that social distancing is a real hinderance to those who don't have the luxury of hearing. We also learned that until we can safely gather again, holding events in large open ball rooms isn't feasible.

But please know that we are still here for you. If you are a member in need or someone who isn't sure where to turn next call us. Our office has

remained open by appointment only through this entire ordeal. While our group social events are on hold (like our annual Tea Party, bi-weekly movie afternoons, our membership luncheons or even our educational workshops) we are still here to mentor and offer advice. Our Staff is still able to offer one-on-one support by appointment.

If you need assistance please contact us at 705-523-5695 or by email: info@chhasudbury.com

As well our website offers many articles

(Cont'd on page 4)

Adults and hearing implants

Many adults with a hearing loss, who cannot benefit from the use of hearing aids or cannot wear hearing aids due to medical reasons, may benefit from hearing implants.

Hearing Implants are the solution for people with severe or

profound hearing loss who would not benefit from the sound amplification of hearing aids, people with special types of conductive hearing loss, people with a damaged or non-existent auditory nerve and those who for

some other reason are unable to wear hearing aids.

Almost all adults with one of the above types of hearing loss can benefit from hearing implants. In general, there is no upper age limit for the implantation of hearing implants, although some preliminary evaluations may be needed for the elderly. Hearing implants can be used both if you have a hearing loss in both ears (bilateral hearing loss) or just in one ear (unilateral hearing loss/ single sided deafness)

A hearing implant is a hearing solution that consists of an internal and an external part. The internal part is implanted under the skin via surgery.

There are different types of implants, the most common being:

- Cochlear Implants (CI)
- Bone Conduction devices
- Middle ear implants (MEI)
- Auditory brain stem implants (ABI)

The type of hearing implant that is suitable

(Cont'd on page 6)

If I were a hearing person . . .

(Cont'd from page 2)

screen. Or maybe I would use captioning because films are noisy and actors mumble and I know this because even the Hearing Husband and the Adorable Grandson like to see the words that help make sense of the action.

If I were a hearing person. . .

Talking on the phone would never have caused a problem like the one on my very first job. I answered the phone in the hospital clinic and said, "Who is this, please - I'm sorry, it's who? Oh, I'm afraid Dr. Scott is not here, I'm sorry, he's not. What's that you say? Oh, *YOU'RE* Dr. Scott?"

If I were a hearing person. . .

Perhaps I would have avoided the curse of Tinnitus. My head would not harbour this noisy beast, which is often the clearest sound I hear, competing with the sounds of nature and voices and music - and winning.

But I also would not have known the miracle of cochlear implants - which lets me hear the songs of small birds that triumph clearly over the sounds of the horrible-head-beast.

If I were a hearing person. . .

I would not have to fight for the right to access - so that I can see a movie, watch TV, understand a lecture, get an education, receive health care, sit on a jury, and do my job . . . just the same as all the *hearing* people.

I wake up and I know I will never again be a 'hearing' person - but was I ever? Perhaps not, but today I am something even more miraculous - I'm a person with hearing loss who can *hear*.

CHHA Sudbury office plans virtual services and programs . . .

(Cont'd from page 3)

and links for your convenience.
www.chhasudbury.com

Over the coming months we plan to make fully accessible videos available covering a wide variety of topics. Some new and some old tried and true like our Speech Reading classes, Coping with Tinnitus workshops, Looping availability and much

more.

Please reach out to us if you need help or have any requests for programs or services you'd like to see us offer and we'll do what we can.

Watch our website, Facebook page, or your mailbox (email box too) for updated information on what's happening at our Branch.

I'm deaf and I hope Zoom is here to stay

By Beverly Biderman

Article originally appeared in the Hamilton Spectator, spec.com on Mon., Jan. 25, 2021

If you never heard of Zoom before the pandemic, you're not alone. I used to associate the word with small children lying on the floor playing with cars.

Now it's how I meet my friends and family for drinks or for dinner, how I attend birthday parties, how I tour art galleries. I'm not alone: thanks to the pandemic, users of the Zoom video conferencing app have surged from 10 million in 2019 to over 300 million today.

In the early days of the pandemic, a weekly Zoom of my women friends saw everybody talking over one another, with pent up angst and an urgent need to talk. Being as deaf as I am, that was just as frustrating on Zoom as In Real Life (IRL, as it's called). To lip-read, I use the "speaker view" in Zoom, which fills the screen with the face of whoever is talking. But with everyone talking at the same time, the screen was flipping at a maddening speed from speaker to speaker.

We soon found ways to harness the

galloping technology. People needed to speak one at a time, and sometimes we even agreed to "raise hands" to indicate our desire to speak. In that case we would also agree to mute ourselves so the screen didn't flip to someone every time they sneezed or coughed, or their cat meowed. That worked well, although there were some holdouts, who absolutely refused to mute themselves. And then of course, there were those who obligingly muted themselves, but then forgot to "unmute" (what a word!) in order to speak. Every minute around the world today, somebody is speaking soundlessly over Zoom while participants are shouting, "Unmute yourself!"

One friend told me a Zoom participant took her tablet into the bathroom during a Zoom session. With both the audio and video on. Strangely, nobody commented.

I'm usually careful to turn off both my video and sound during any Zoom

session break even if I don't take my device to the bathroom. The *New Yorker* magazine journalist who didn't, learned his lesson too late. He was multitasking by switching from a broadcast interview on Zoom to a porn site during the break. Audio and video on.

You can imagine. Or maybe you can't. The worst I've had to view, luckily, is a Zoom participant in a book club earnestly exploring deep inside his nose with his index finger while listening to the moderator.

Speaking of books, does everyone move

(Cont'd on page 6)

Dream Home Winners

(Cont'd from page 1)

Fourth Prize of \$1,000 Home Hardware Gift Card was won by Christine Morissette of Sudbury. (ticket #90351)

Fifth Prize of \$500 gift card for Home Hardware went to Angela Legrow of Sudbury. (Ticket #94398)

Sixth Prize of \$500 gift card for Home Hardware was won by Urusula Paulfranz of Sudbury (Ticket #02513)

Seventh Prize was a \$500 gift card for Giant Tiger (Ticket #32586) and went to Eric Newton of Espanola, ON.

Eighth Prize \$500 gift card for Giant Tiger went to Wayne Budd of Sudbury. (Ticket #02876).

Ninth Prize of \$500 gift card for Giant Tiger went to Alexandra Christison of Sudbury. (Ticket 30700).

And the final, tenth prize, of \$500 Gift Card for Giant Tiger was won by George Morrison of Sturgeon Falls. (Ticket #01618).

The lucky winner of the 50/50 Extra Jackpot was Lorriane Frappier from Sault Ste. Marie, ON (ticket #26676) who took home \$172,187.00.

Congratulations to all our winners!

I'm deaf and I hope Zoom is here to stay . . .

(Cont'd from page 5)

their furniture around before a Zoom interview so they are positioned in front of a bookcase to show how erudite they are? There must be a run on bookcases at Ikea. If it's open. One thing I know there is a run on, is plastic surgery. Surgeons are reporting that business is booming (or maybe zooming) because so many people (this author included) don't like how they look on Zoom. It's quite amazing how unflattering this little app is to the face. I've

been experimenting with lighting (there is a gadget called a Ring Light that lights up your face with a glow for Zoom), and makeup, and a jug of fresh flowers in the background to distract viewers. If all that doesn't work, I guess there is always plastic surgery.

Or of course, I can do what another Zoom participant does, and just sit in the dark during our sessions.

Aside from human error (not muting, not unmuting, and so forth) there is the

technology itself that can gum up the works. "You're frozen!" doesn't have anything to do with feeling cold. My screen just seizes up because of your poor internet connection, and your dopey expression freezes on the screen. Or your internet might be slow enough that there is a lag between the sound coming from your lips and the movement of your lips. As a lip-reader, I find this profoundly demoralizing. It's like watching a badly dubbed movie in another language, but thinking the language was English and trying to lip-read.

But, I have to admit, there are many advantages to Zoom over pre-pandemic In Real Life. No driving through a snow storm to get to a party. No slipping on the ice on the way to a class. No searching for a handicapped parking spot on a dark night. No frantic last minute hunt for a babysitter. No need to prepare a big meal for guests: just plop your laptop or tablet on your dinner table while you "share" a meal with them.

For someone like me, who has poor

hearing and lip-reads, the ability to see faces close up is a boon to communication. I can follow Zoom talks much more easily than talks in a large lecture hall. Zoom even allows for captioning for the hearing impaired or English language learners.

I have become so accustomed to Zooming (yes, it's now a verb), that the few times I have met with real people outside lately, I have had to suppress an urge to reach out to their faces and pinch them closed or expand them; or even tell them to raise their hands before they speak.

The moderator of my Zoom book club has said that our Zoom sessions are so easy, so intense, so focused, that she may never go back to in-person meetings for our book club. I would, I think, be happy with that. I still need to see people in person, I still yearn for hugs, I still miss group dynamics (the good, but not the bad). But I have to admit there have been benefits to moving online with Zoom, and I hope it is here to stay. So, go ahead and unmute yourself!

Adults and Hearing Implants

(Cont'd from page 4)

for you depends on your type of hearing loss and needs to be discussed with hearing professionals. But cochlear implants and bone conduction devices are the most common types of hearing implants.

The benefits of hearing implants include helping you hear sounds and communicate better with your family, friends and colleagues and make it easier for you to participate in social activities and social gatherings.

If your hearing problems are in both ears, two cochlear implants or two bone conduction devices are often recommended. Hearing with two ears is always better than just one. Hearing with both ears makes it possible to better localize sound, aids speech understanding in noise environments and allows stereo perception of sound. Listening with two ears also normally requires less mental effort than hearing with just one ear.

If you think you may benefit from using a type of hearing implant, you should start by contacting an ENT-doctor or an audiologist.