



Canadian Hard of Hearing Association, Sudbury Branch

Resonance

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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.



Dream Home Draw '24



Priscilla St. Jean, shown here with her beaming grandchildren, was the Grand Prize Winner of the 23rd Ultimate Dream Home draw on February 7th. Valued at \$948,622. The prize includes the house, the furniture/Appliances and a 2024 Hyundai Kona Essential. See more details on page 5.

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Ontario gov't pauses changes to ADP

The Ontario government is pausing changes to its Assistive Devices Program (ADP) that were set to come into effect January 29 this year.

The ADP is a provincial program that contributes \$500 per hearing aid and will also help people pay for customized equipment like wheelchairs.

The changes they hope to make will remove Hearing Instrument Specialists from the "authorization" list of the program. In other words, only Audiologists would be allowed to apply to this financial support for their patients. This is bad news for smaller communities (especially in the north) who do not have local audiologists. Instead they have Hearing Specialists. This would mean having to travel to see Audiologists in larger

communities but it will also mean a much longer wait for appointments.

After a barrage of complaints from patients as well as from both Audiologists and Hearing Instrument Specialists, the Province decided to pause the proposed changes until further research can be completed.



New Year's Resolution #1

“Make 2024 my best year with hearing loss”

By Gael Hannan

So, another year starts, a new year of possibilities. Events will happen that we didn't expect or want – but we also have the power to reshape the flow of our daily lives.

Our life with hearing loss, for example.

I've had progressive hearing loss since birth, starting as mild and steadily worsening to where I am now deaf without my assistive devices. But it wasn't until age 40 that I started to realize the powerful and pervasive impact of my profound hearing loss on my life, including my mental health. And, in a recent, profound moment, after almost 30 years of working in the hearing loss advocacy field, I finally recognized the trauma that I experienced as a sensitive teenager and young adult because of my hearing loss. Realizing this, even after all these years, has made a positive difference in my self-regard. It was a

quiet *aha* moment. I'm starting this new year of living with hearing loss, with a better understanding of myself.

No matter where we are on our hearing loss journeys – regardless of how long we've had it, or how severe it is, or how brutally it challenges us in our daily lives – we can take steps to make it easier to live with.

Take a look, or take a deep dive, into your attitudes

Are you still in the *why me* zone? Deep down, do you feel you're *lesser than* because of your hearing loss? Do you feel *victimized* when other people don't recognize your needs in the moment? If the answer is yes, or even just *a little* bit, with a bit of effort you can shift those mindsets to something more satisfying. You can say *I deserve to hear and be heard. I can help others to help me. We can communicate together.*

Address your communication soft spots

Do you have difficulty in *self-identifying*? Or articulating your needs? If you recognize these as problem areas, you can focus on learning how to do them better, with a little practice, for noticeable results.

Talk to your loved ones about the impact of hearing loss on your relationships

If you experience any friction because of hearing loss, it helps to realize that it's natural. Communication can be a complicated, two-way street for everyone, even without hearing loss. The good news is that we all have responsibilities in making communication work! Hearing loss is not a *fault* and it's not your burden to carry alone. Your loved ones and friends can also learn and commit to being better communicators.

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All Opinions and/or recommendations that appear in this newsletter are not necessarily the opinions or recommendations of the Canadian Hard of Hearing Association.

Join us for a

MOVIE

FREE

matinee

 Canadian Hard of Hearing Association
Association des malentendants canadiens



March 7th, 1 p.m. Devotion
March 21st, 1 p.m. Mission Impossible
April 4th, 1 p.m. About My Father

CHHA Sudbury Office — 435 Notre Dame Ave., suite 101

All Movies shown with subtitles. Venue is Looped for those with telecoils. Refreshments provided.

Seating is limited, reserve your seat early.

705 523-5695

Hearing Hacks to make social events more satisfying for everyone involved

Part 2: Surviving Loud Parties and Events

By Gael Hannan
and Shari Eberts

Take control by volunteering to host:

- * Hosting gives you more control over the environment.
- * Turn the music down and the lights up.
- * Set aside an area for quiet conversations.
- * Plan the seating so you have an advantageous spot for communication.

If you are not hosting, arrive early to scope out the scene

- * Ask the host to implement some of the suggestions above in at least one section of the space, including lowering the music to aid with conversation.
- * Identify quieter areas conducive to conversation. The best spots are often in a corner where background noise behind you is limited. Look for

carpet, drapes, or cushions that can absorb excess sound. Or go outside.

Make the most of a difficult situation

- * Arrive rested and armed with better powers of concentration.
- * Take a deep breath, recite a MindShift, and get in there. You deserve to hear and be heard.
- * Ask conversation partners to move to a quieter part of

the room (see above) or invite them to step outside for some air and respite from the cacophony.

- * Take listening breaks to rest your brain because listening fatigue is real. Help in the kitchen, walk around the block, or retreat to the restroom. Whatever works.
- * Use visual cues to indicate you are having trouble hearing. A cupped hand behind your

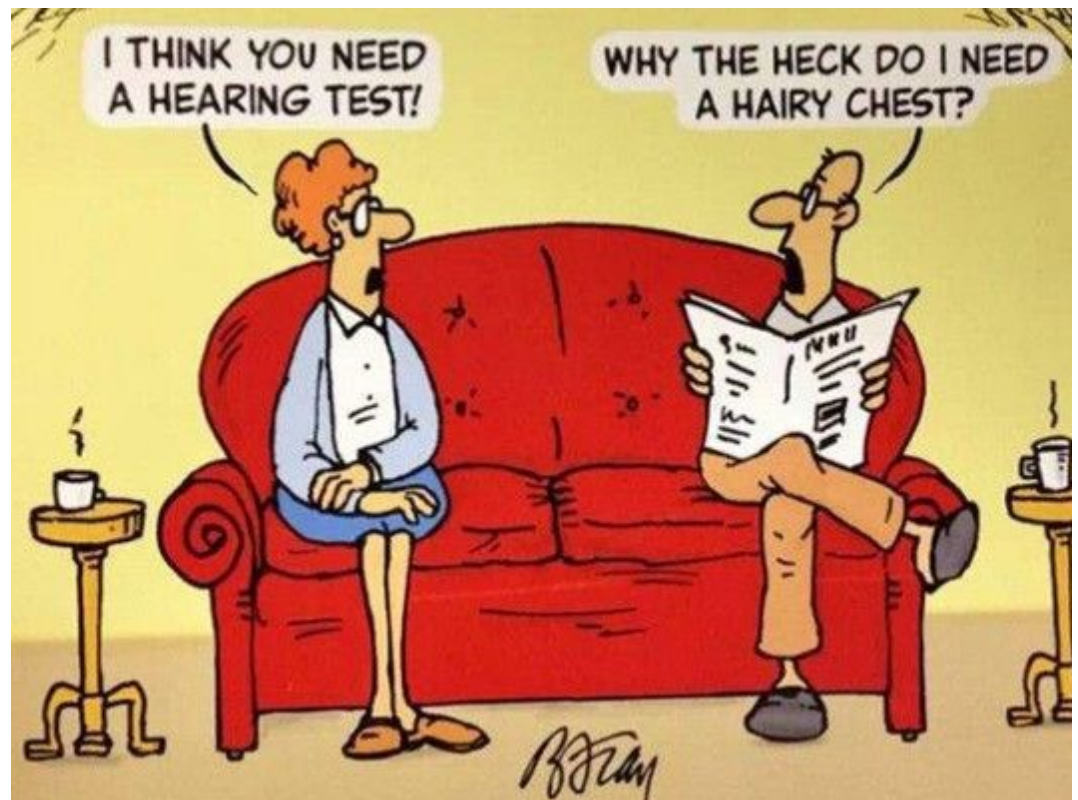
ear will let the speaker know to raise their voice without disrupting the flow of the conversation.

- * Show off your tech tools. Speech-to-text apps are interesting to almost everyone.

At a seated dinner, converse strategically:

You may need to focus on speaking with the people nearest you

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Ultimate Dream Home Winners



A small crowd gathered outside the Ultimate Dream Home in Sudbury to witness the Draw.

On February 7th, the 23rd annual Ultimate Dream Home was officially won by Priscilla Ste. Jean of South Porcupine.

At press time, the winner had not yet decided whether to take the house or the cash option.

50/50 Winner of \$286,427 was Catheline Allaire-Crete of Timmins.

Second Prize (\$5,000 Cash and

\$5,000 YIG/ValuMart Gift Card) winner was Jackie Lalonde of Sturgeon Falls, ON.

Third Prize (\$3,000 Gift Card for YIG/ValuMart) winner was Travis McDonald of Cambridge.

Fourth Prize (\$1,000 Gift Card for Home Hardware) winner was Cathy Corrigan-Lauzon.

Fifth Prize (\$1,000 Gift Card for Home Hardware) winner

Patsy Baldaia of Brampton.

Sixth Prize (\$1,000 Home Hardware Gift Card) winner was Justin King of North Bay.

Seventh Prize (\$1,000 Giant Tiger Gift Cards) winner was Lyne Ricard of Sudbury.

Eighth Prize (\$1,000 Giant Tiger Gift Cards) winner was Kevin Cameron of

Sudbury.

Ninth Prize (\$1,000 Giant Tiger Gift Cards) was George Lawson of Gore Bay.

Tenth Prize (\$1,000 Giant Tiger Gift Cards) was Andrew Dreika of Sudbury.

Congratulations to all the winners and much thanks to all the volunteers who help us every year. See you in the fall!

2024 with my hearing loss...

(Cont'd from page 2)

Make facing each other the rule. Practice! Communication flows better when you're looking and reading each other's face.

Have your loved ones visit the audiologist with you. It might clear up any misunderstandings and help both (or all) of you move forward.

Give them some reading material and ask them to *please, read this*. Hearing loss blogs such as this one, or books on hearing loss (I can recommend a good one or two!) will clarify the reality of a condition that isn't easy to describe.

Try something new in technology

It's almost mind-blowing to experience what assistive devices and apps can do in helping us hear and understand, especially for those of us who grew up *before* the technical boom. Try a new speech to text app; did you know that your smartphone has one already built in? I use Live Captions on my iPhone and love it.

Reach out to another person with hearing loss

If you know someone who also uses hearing aids, start a conversation about it. It's not only a chance to commiserate, but to learn some new tips and tricks.

Be open to change. Starting this day, week or month in 2024, take some new steps on a hearing loss journey that is less stressful, a little smoother, and more satisfying.

Life Hacks...

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at the table. Longer-distance conversations may be frustrating and cause more cross-talking and noise.

Experiment with different programs on your hearing aids or whip out your tech tools. Your conversation partners might enjoy experimenting with new and cutting-edge technologies.

Laugh & Enjoy

Accept mishears as part of the hearing loss life. Inevitably, you will hear something incorrectly or reply to a question you thought you heard rather than the actual question.

When you laugh, others will laugh with you. After all, some of those mishears are *really* funny!

Do you have hearing aids and still struggle to communicate?
Do you find yourself avoiding parties and social outings?

WE CAN HELP!

We offer Level 1

**LIPREADING/
SPEECH READING**

Tuesdays
for 10 weeks beginning

March 26th

7:00 p.m. to 9:00 p.m.

Register today

FREE OF CHARGE. SEATING LIMITED.

Brought to you in part due to funding raised through Delta Bingo & Gaming Sudbury

523-5695

CHHA Office: 435 Notre Dame Ave., Nolin Centre