



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.



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Resonance

Canadian Hard of Hearing Association, Sudbury Branch

Publishing since 2001

July 2025

CHHA Sudbury sponsors Hands & Voices Day for HoH students



Pictured from left are: Back row, left to right: Jessica Limarilli (Teacher of the Deaf/Hard of Hearing); Kai-Phoenix Ominika-Turner; Bryden St. Louis; Paul Howard; Emmett Petitclerc; Bryce Ladouceur; Joey-Lynn Henry (Teacher of the Deaf/Hard of Hearing); Lilly-Anna Bonin; Olivia Ladouceur; Avery Osborne; Aiden Teixeira; Sophie Lawrence; Linda Cecutti (Teacher of the Deaf/Hard of Hearing) Front row, left to right: Brianna Organ-Fortin; Julie Landry (Teacher of the Deaf/Hard of Hearing); Lincoln Franklin; Georgia French; Jack Harris; Nicholas Gibeault; Maisie Bardswich; Sylus Bouffard; Samantha Burgoyne; Hilary Brisson (Teacher of the Deaf/Hard of Hearing)

Hands & Voices celebrated it's 20th anniversary this May.

That's amazing! Think of it. 20 years of Hard of Hearing (HOH)

CHHA National welcomes new ED

CHHA National announced recently that they have appointed Ann McSweeney as Executive Director, effective May 1, 2025.



Ann brings with her 35 plus years of experience in leadership, operations management, risk management, fundraising, program development and strategic planning in the non-profit sector, making her the perfect candidate to take the CHHA National into the its chapter. Welcome Ann!

students from different schools across the Rainbow District School Board, of all ages gathering for a day of fun activities and a chance to connect, create and build lasting friendships that they look forward to renewing each year.

On May 12th the students spent the day at the Caruso Club in Sudbury.

They started their day by decorating their own aprons, which they later wore to make their lunches:

(Cont'd on page 7)



Are You on a Hearing Loss Journey?

By Gael Hannan

Where are you on your hearing loss journey?

I asked myself the same question — when did I morph from a self-described hard of hearing person who used hearing aids, to a person on a journey with her hearing loss?

I remember the exact moment because it was seismic in its revelation. It changed me.

In 1995, I attended a conference of the Canadian Hard of Hearing Association that I attended to get answers to a potential problem. I was expecting a baby, and I was worried about causing him harm. If, for example, I didn't hear him crying. No one else in my world had hearing loss and my hearing care professional had never had a baby so she couldn't speak from experience.

From the first moment of the first talk, I knew I had found 'my people'. A cross-generational crowd of people sporting honking big hearing aids (this was 30 years ago) and who were walking around smiling! They had hearing loss, and they were happy! How could this be?

I wanted what they

had — energy and thirst to learn more about hearing loss and to just do it *better!* They were in motion, while my only hearing loss activity was an occasional hearing assessment that led to new hearing aids.

Now, I felt potential. For change, for growth. I could get better at this hearing loss thing! And I did, because I was on a journey, I had a mission!

In writing our book *Hear & Beyond: Live Skillfully with Hearing Loss*, Shari Eberts and I recalled our lives to date and that of

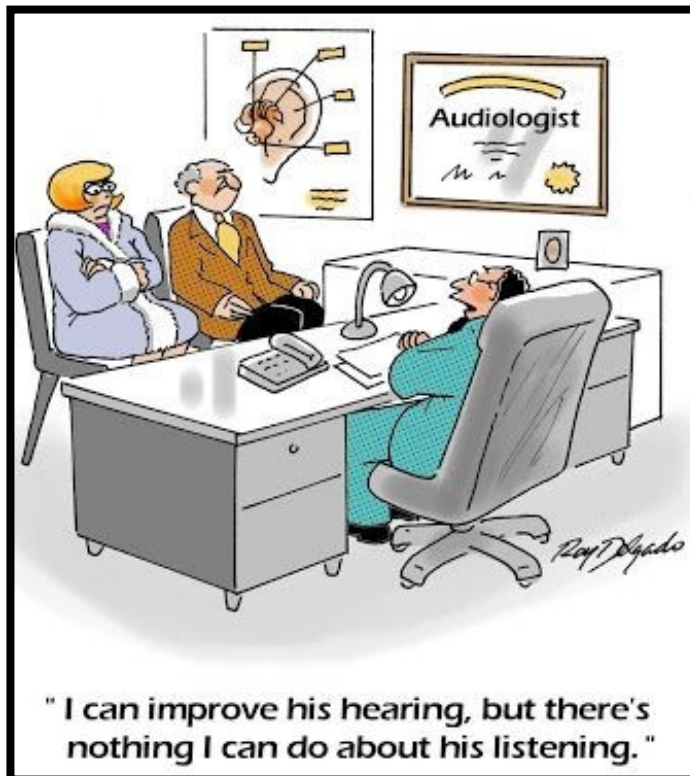
thousands of people like us we'd met in our respective hearing loss advocacy work. All of us are unique individuals on unique life paths, yet we shared similar challenges of hearing loss, and we identified five broad stages of the hearing journey.

Stage 1: Debating with Yourself

It's not me, it's them, they mumble. I hear what I want to. I hear fine. I don't need hearing aids. I'm not old enough. I'm still 'with it'.

Everyone goes

(Cont'd on page 9)



Board of Directors:

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Lorraine O'Brien

Vice-President
Maureen Spec

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Erica Thibault
Anne Proulx-Seguin
Jean Gregoire Roveda
John Lalonde

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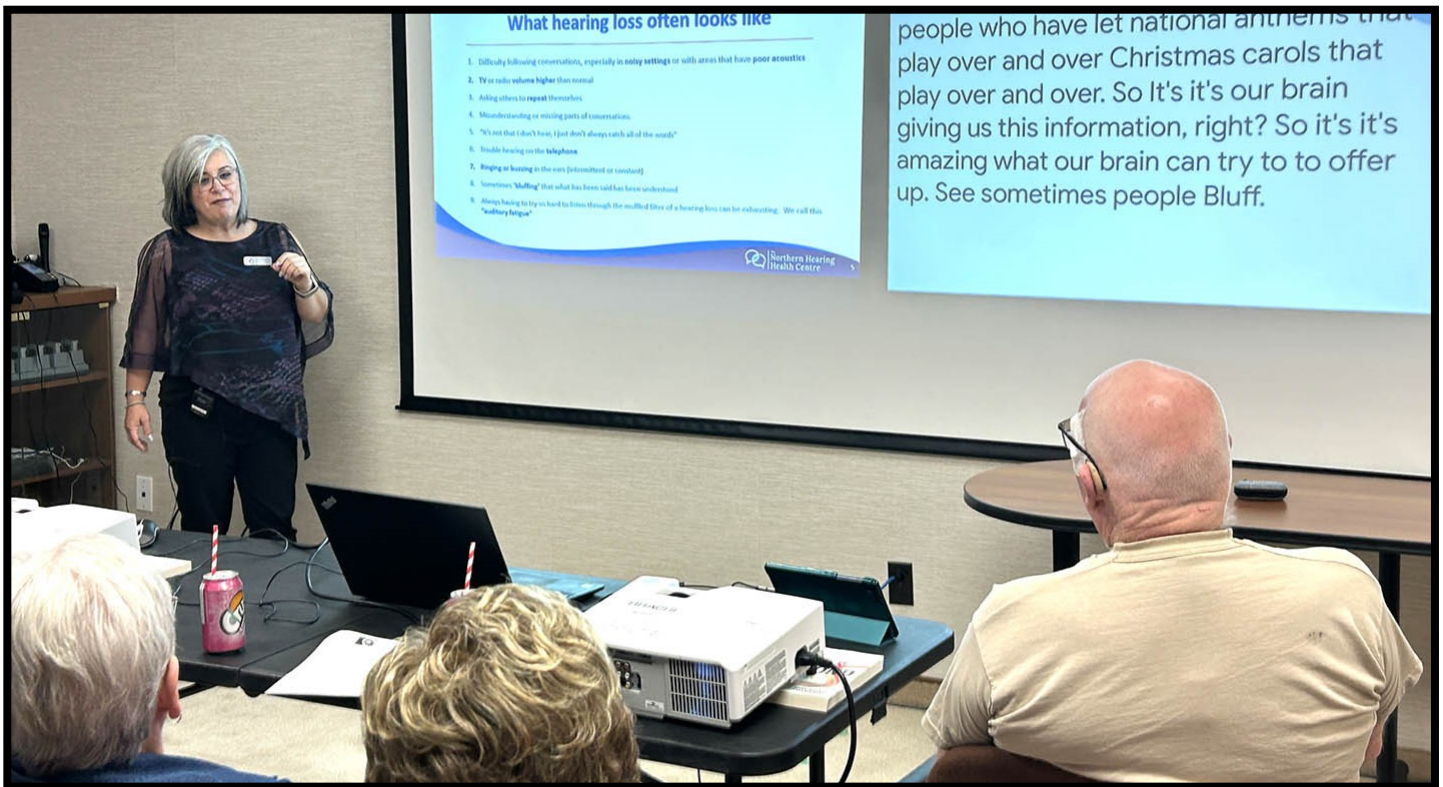
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All Opinions and/or
recommendations that appear
in this newsletter are not
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recommendations of the
Canadian Hard of
Hearing Association.

Local Audiologist speaks at CHHA Sudbury

How hearing loss affects the entire family



Lorrie Matarazzo, Doctor of Audiology, pictured here, spoke to a small group gathered May 13th at the CHHA Sudbury Branch's office. Lorrie is shown here with her power point demo (on the left) along side captioning (on the right) that was provided solely by a Captioning Companion computer device, which allows hands-free captioning from a lapel mic worn by the speaker.

Lorrie Matarazzo, B.A., M.C.I.Sc., Au.D, Doctor of Audiology, spoke to a small gathering at the CHHA office about Hearing Loss and how it affects the entire family on May 13th at the CHHA Sudbury Branch office.

With the aid of power point and CHHA's **Caption Companion**, Lorrie was able to provide visual support while she spoke through a looped system.

Caption Companions are small tablets with the ability to capture the spoken word and project it

onto a screen for multiple users.

Among the information Matarazzo imparted, were statistics that show 1 in 3 people over the age of 65 have some degree of hearing loss. 77% of adults aged 60-79 have at least slight hearing loss.

"It's one of the most common chronic conditions in older adults", Matarazzo said.

Although common, it is often overlooked or dismissed.

But even if it is common, it still should not be seen as *normal*,

she continued. "We wouldn't accept vision loss as normal and not address it," she said. "Hearing loss however, is often tolerated and not treated."

Unfortunately, hearing loss often goes unnoticed or untreated for years, which has shown links to social isolation, depression and cognitive related issues.

Highlighting the importance of hearing loss awareness goes beyond simply asking people to repeat themselves or turning up the tv volume.

Hearing health is

part of our overall health!

Something that most of us don't consider is the affect hearing loss can have on the whole family.

"When one person in the family has a hearing loss, the whole family has a hearing loss!" said Matarazzo. It can have a ripple effect on family dynamics.

When hearing loss makes communicating harder, relationships naturally feel the strain. Missed words or misinterpretations

(Cont'd on page 7)

Summer Tea Party

The Annual Tea Party at CHHA Sudbury was once again a hit with the members. It's always nice to see their smiling faces. Hope to see you all again next time!





My Journey to a 2nd and 3rd Cochlear Implant!

By Kim Scott

Recently, after an appointment with my surgeon at Sunnybrook Hospital April 1st, the words *'It's Coming Around Again'* popped into my head. After more than 30 years, I've been told that my left-sided cochlear implant (CI) is going to fail at some point, so I am now going to have my right ear implanted. Later, they plan to attempt to remove and replace the older implant on my left side. If they are unable to remove it, another one will be placed beside the original one inside my cochlea. Wow! How things have changed.

Looking back, I remember how I was sooooo stressed during the week of my candidacy testing and evaluations. The definition of a candidate was so rigid and narrow back then, you had to be profoundly deaf bilaterally, no exceptions.

Due to the technology available at

that time, upon activation of the implant any residual hearing was destroyed as soon as a current went through the electrode array. Thus, they only implanted people who had nothing to lose. I recall being completely stunned, relieved and overcome with a tidal wave of emotions when the team at Sunnybrook announced that I was a candidate.

My journey back to the hearing world with my CI was not an easy one.

I was born and raised hard of hearing and grew up wearing two hearing aids and my hearing loss was progressive. By my mid-twenties I was completely deaf. Since I have never experienced normal hearing, learning to hear with a CI was a long and slow process for me. At first, I understood nothing, it was all just noise with no meaning. And boy, was the world ever loud!

There were

certainly moments when I felt overwhelmed and frustrated. But what I remember most of all were all those moments of awe, gratitude and absolute joy when I could figure out a new sound I was hearing, like my pet bird, a pop can opening, a door closing, even footsteps! Although it all sounded awful at first and nothing like when I wore hearing aids, I was thrilled. Every new sound propelled me to keep listening, learning and not turn down or turn off my processor. Bit by bit, things settled down and my brain began to *normalize* what I was hearing. My cochlear implant changed my life!

My life is about to change again. I was told that since I have now been deaf on the right side for over 35 years, to expect this experience to be even more difficult. But I have a better idea of what to expect this time around and I will

work hard. I have already shared the news with my family, friends and co-workers. I will need everyone's help as I learn to hear again.

A hard of hearing sociologist, Fred Hafferty, once wrote, *"All deaf and hard of hearing people are not alike, and all deaf and hard of hearing experience is not similar"*. I believe this to be true.

In the coming months, as I share the story of my hearing loss and experience with hearing aids and the CI, you will find some similarities and differences to your own.

As I look ahead, I continue to have an ongoing faith and hope for the future, that I may continue to be a part of the hearing world.

My surgery is scheduled for July 10th. It's coming around again fast!

Watch for Kim's next installment of her journey in the next Resonance.



CHHA Sudbury Branch elected its Board of Directors for the 2025/26 term, following the AGM in May. They are shown above from right: Lorraine O'Brien (President), Maureen Spec (Vice President), Ann Proulx-Seguin (Director), Erica Thibault (Secretary) and Jean Gregoire-Roveda (Treasurer). Missing is John Lalande (Director)

BOD Announced following AGM

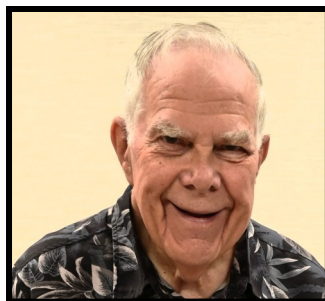
Long-time Director, George Young steps down

By Gwen MacGillivray

During the Annual General Meeting (AGM) in May, CHHA Sudbury Branch elected a new Board member, said goodbye to a long-standing, valued one and acclimated the rest of the Board.

Erica Thibault, Audiologist, joins the Board of Directors for the 2025/26 term, bringing with her a vast knowledge of hearing loss and personal experience, which makes her a valuable addition. Welcome to the team, Erica, we're happy to have you join

us, but sad to say good-bye to Director, George Young who stepped down after nine years of service, as life takes him in a different direction.



George Young

A true gentleman, George has always approached things with calm reasoning and understanding.

Attributes likely gained from his years as a teacher.

You will be missed, George. Thank you for your years of service. We wish you nothing but the best and good luck to you in all future endeavours. We know you will remain an active member and look forward to seeing you often.

The remaining board members were re-elected by acclimation, as no other nominations were submitted by the official deadline.

Returning as

President is Lorraine O'Brien; Maureen Spec as Vice-President, Jean Gregoire-Roveda as Treasurer, John Lalande as Director and Anne Proulx-Seguin as Director.

Two additional CHHA members are "honourary" Directors and will attend Board Meetings as two more Directors have made known their plans to step down in the near future.

Waiting in the wings are Cathy Frost and Catherine Rousell. Two additions that bode well for CHHA.

Science North Is Now In The Loop!

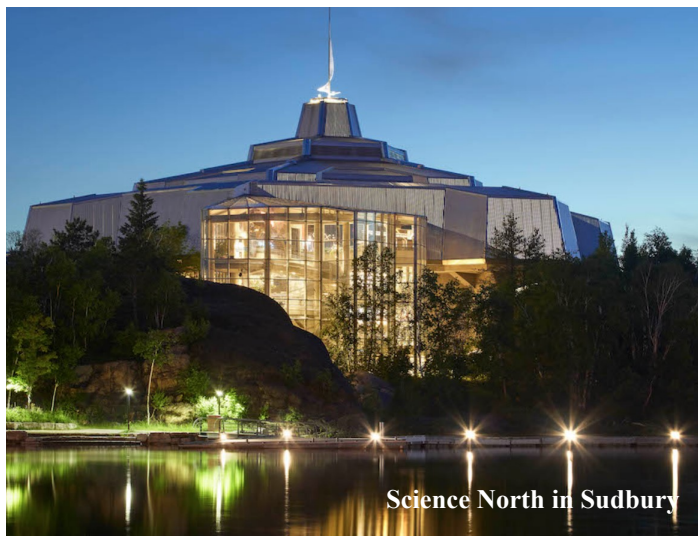
By Joe Stacknik
Manager of Programs and Services, CHHA Sudbury

The Canadian Hard of Hearing Association (CHHA) Sudbury Branch, is pleased to announce our partnership with Science North and to say with pride that they are now in the loop. The hearing loop that is!

Counter-top Hearing Loops have been installed at the **Main Entrance** to Science North as well as in their **Discovery Theatre**.

A hearing loop or audio frequency induction loop system, is wireless technology that sends an electromagnetic signal to an individual's t-coil equipped hearing aid.

In the case of the Discovery Theatre, a wire has been placed around the perimeter of each level of the theatre. That wire is connected to an amplifier as is the microphone that the demonstrator is holding and speaking through. The sound is carried through the wire and then to the person wearing a t-coil equipped hearing aid. It's almost as though they have a tiny little speaker in their ear. The counter-top loop



Science North in Sudbury

systems that were installed at the main

entrance work the same way as the larger loop

system works for the theatre just on a smaller scale.

At CHHA Sudbury, it is our mandate to make life as easy as possible for the hard of hearing (HOH) community, so we are very pleased to have Science North on board as a partner in this endeavour.

To find out where loops have been installed in the north, visit our website: CHHASudbury.com.

Hands & Voices

(Cont'd from page 1)

individual pizzas and fruit salads.

The Art Gallery of Sudbury then joined the students to guide them in a fun print-making activity.

After lunch, they played bocce ball — a new experience for all.

The day ended with students decorating their own pre-baked shortbread cookies. (They had 2 designs to choose from: an ear-shape or the "I Love You" ASL handshape).

Special thanks go out to the teachers of the Deaf and Hard of Hearing who work tirelessly to make this activity-filled day possible each year, you

are appreciated! In no particular order they are: Jessica Limarilli, Joey-Lynn Henry, Linda Cecutti, Julie Landry and last but not

least, Hilary Brisson.

Keep up the great work Ladies, we look forward to hearing about next year's adventure.

Audiologist speaks at CHHA

(Cont'd from page 3)

can lead to feelings of exclusion.

Often the spouse or partner of the person with hearing loss, becomes an informal interpreter. As a result, emotional distancing and irritability can surface. Even joyful family events can become stressful. But there is help out there.

Hearing aids and assistive listening devices, communication

training and strategies, family counseling or education...

"There are more solutions today than ever before", Lorrie advised.

However, early intervention is vital. If you or someone you know is experiencing hearing loss issues, please make an appointment to see an audiologist or contact the CHHA office at: 705-523-5695.

A National Crisis in Captioning and Communication Access

[NAIT Captioning and Court Reporting Program Suspension](#)

According to a release by the CHHA National office in Ottawa, there has been a deeply concerning development that affects every Canadian who is hard of hearing.

Northern Alberta Institute of Technology (NAIT) has announced a pause on its Captioning and Court Reporting Program due to financial constraints. There are plans to either reclassify the program as a non-credit course or possibly terminate it altogether.

This is not just an Alberta issue — it is a national accessibility crisis.

This is the *only* program of its kind in Canada. If it disappears, we risk losing the only direct pathway for training Professional Captioners and Court Reporters in this country — a move that could impact more than 3.21 million Canadians who are hard of hearing.

Why this matters to all of us:

Human captioning

is essential for communication in education, healthcare, employment, legal settings and public services.

AI-generated captions are not enough. They struggle with nuance, multiple speakers, accents, and critical real-time information — especially in emergencies or sensitive conversations.

The Potential consequences include:

- Worsened accessibility across Canada. People in every province and territory will face increased barriers to essential information, services, and connection.
- Loss of Skilled Professionals. The NAIT program is the only formal training ground for future Captioners and Court Reporters in Canada.
- A Damaging Message. Reducing or cutting this program implies that accessibility needs are not a national priority.

- Legal and Civil Rights Risks. Without captioning, organizations may be non-compliant with accessibility laws — particularly in courts, schools and healthcare systems.

What You Can Do:

We urge you to take action. Please send emails indicating the importance of the services that court reporters or captioners provide to you or your organization. For example, captioning to make your events inclusive, timely and verbatim transcripts to keep your legal proceeding or hearing moving forward, an accurate written record of your meeting or town hall. Outline how these services positively impact your ability to serve the public. Explain why you trust a certified stenographic reporter or captioner. Outline the potential negative effects that would occur if court reporters or captioners were no longer available to you or your organization.

Please send your letter to ASRA (letters@asraonline.com) and please cc CHHA National so we can stand behind your voice. Send it also to Laura Jo Gunther (ljgunter@nait.ca*) Peter Leclaire (pleclaire@nait.ca); Patti Hergott (pattih@nait.ca).

Hearing access is not a privilege — it is a right. The hard of hearing community deserves the same inclusion, dignity and support afforded to all Canadians. Let's work together to protect communication access across the country. Every voice matters. Together, we can make a difference — from coast to coast to coast.

A special thank you goes out to CHHA Edmonton for bringing this critical issue to our attention and for their continued advocacy on behalf of the hard of hearing community. Their leadership is a reminder of how local action can ignite national awareness and change.

Are you on a hearing loss journey?

(Cont'd from page 2)

through this in some fashion — not just people with acquired hearing loss, but those

of us with lifelong hearing loss when it's clear that the hearing that we have, is worsening. This first

stage can go on for years ... and some people never move out of it.

Stage 2: Validating Your Hearing Loss

Something — or someone — finally pushes you to seek preliminary hearing help. An assessment by a professional gives you news that might not be what you want to hear (you've got hearing loss), but at least now you know. You have two choices. You can say thank you and leave the clinic, going back to Stage 1 for awhile, maybe forever. Or you can go forward.

Stage 3: Taking Charge

Now you are going to do something about it, which usually starts with a hearing aid and hopefully lots of information and support from your hearing care professional. You learn about other strategies that will support better communication, stuff like positive attitudes and new communication behaviours. Self-advocacy, how to manipulate the listening situation's environment and maybe not bluffing so much. (You know what I mean by that, don't pretend you don't understand!)

Stage 4: Living Skillfully with Hearing Loss

The glorious part! You apply everything you've learned to every area of your life — your leisure games and sports, your workplace, and most importantly, your relationships of all types. You get better at doing this hearing loss thing, with a better handle on the emotions. You become *skilled*. Of course, it's not all smooth sailing. The Hearing Husband and I, even after 35 years together, still have daily mini-snits related to hearing loss. But for the most part, we are committed to good communication.

Stage 5: Refreshing & Restarting

This is so much a stage but an off-ramp to a roundabout that leads to all the other stages. Things change in our hearing loss life — our hearing worsens, our technology needs replacing or we add to our technical repertoire with, say, a cochlear implant. Our overall health changes. Any of these can cause us to go back to an earlier stage, for a bit of do-over.

So, where are you on your hearing journey? Wherever you are, keep going forward and know that you're not alone, millions of us are walking with you.

Managing Recurrent BPPV: What Patients Can Do

According to a recent article in Hearing Health & Technology Matters, Benign Paroxysmal Positional Vertigo (BPPV) has a recurrence rate estimated between 15% and 40% within one or two years after an initial episode. There are a few things patients can do to reduce the likelihood and impact of recurrent BPPV:

1. Vitamin D Supplements

Multiple studies suggest that vitamin D supplements may reduce recurrence rates. However, there is no evidence that they help if your vitamin D levels are already within a normal range.

2. Sleep Position

Older research has shown that BPPV tends to occur more frequently on the same side people sleep on. Logically, avoiding sleeping on the affected side may help reduce recurrences. However, it's important to note that this does not work for everyone.

3. Daily Epley Exercises

Performing Epley or similar exercises daily does not reduce recurrence rates. These are designed to move displaced particles out of the semicircular canals in the ear and into the vestibule, where they dissolve more quickly. In fact daily repetition may increase the risk of recurrence. It may be more helpful to resume these if an episode occurs.

4. Medication

Some people have found relief with medications — often meant for patients with Meniere's.

While vertigo cannot fully be prevented from re-occurring, it can be managed effectively. Treatments are generally safe, fast, and successful once a correct diagnosis is made.

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MOVIE

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matinee

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July 3rd, 1 p.m. **The Brutalist**
Starring Adrien Brody. Drama. 2024.

July 17th, 1 p.m. **Anyone But You**
Starring Glenn Powell, Sydney Sweeney. Romantic Comedy. 2025.

August 7th, 1 p.m. **Flight Risk**
Starring Mark Walberg, Michelle Dockery and Topher Grace. Action Thriller. 2025.

August 21st, 1 p.m. **The Silent Hour**
Starring Joel Kinnaman, Mekhi Phifer, Mark Strong. Suspense. 2024

CHHA Sudbury Office 435 Notre Dame Ave., suite 101

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

Seating is limited, reserve your seat early.

WARNING:
Some movies
may contain
strong
language

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