



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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Canadian Hard of Hearing Association, Sudbury Branch

Resonance

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25th Dream Home Winner plans a move to Sudbury

Winner for 50/50 Extra is from Thunder Bay

The 25th Ultimate Dream Home draw was completed on Wednesday, February 11th much to the joy of the winners as well as the Canadian Hard of Hearing Association who works hard every year to make the fund-raising campaign a success.

Raising enough funds to cover the costs of the house, the car, the furnishings and printing of the tickets, brochures, posters, and signage is a priority. Anything left over goes towards running the Association and it's programs and services — all of which are offered at no charge. In 2025 CHHA Sudbury paid out more than \$120,000 through its HearNow Fund alone. This is a fund that helps those in need pay for hearing aids that would otherwise be beyond reach. Of course, there is also

the Hear The Children fund, the Speech Reading workshops, Tinnitus presentations, Social Events, Regional Outreach travel, a looping initiative fund, an ALDs lending library and so much more!

The Dream Home is the main source of funding for the Association, as it does not get Government

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Festive luncheon well attended



CHHA Sudbury Branch held a Christmas Party for its members on December 4th, 2025. A hot buffet was served at the Clarion Hotel on Elm in Sudbury and a door prize of a \$250 Gift Card for Giant Tiger was given away. More than 50 members braved the cold to come out and join the festivities and a fun time was had by all. These gatherings are particularly important to those whose hearing loss has isolated them from social events, family gatherings and parties. If all goes well, we may be hosting the next Christmas Party at our new location on Walford Rd.



Good For Me! (Hearing Loss Version)

By Gael Hannan

Are you good at congratulating yourself? How often do you tell yourself, *hey, I did that, Good for Me!*

For better mental health, we need to pat ourselves on the back more often, especially for following through on a positive intention.

There are qualifications to this, however. If I beat my grandson at cribbage (which I just did), I could say *yay me, I beat him, he went down, whoo hoo!* But that's not a particularly nice, grandmotherly sentiment. Now let's say I've been losing to this kid repeatedly and don't want to play him anymore because I *know* I'm not going to win. That's not only another bad-granny vibe and poor gamesmanship, it's a prime example of [negativity bias](#).

In a recent mindfulness course, I learned that humans have evolved to be hardwired for self-protection. With this negativity bias we are wary of perceived threats, focusing on the negative emotions and

experiences, and ignoring the positive aspects of a situation. This affects our relationships, activities, memory and decisions to avoid things that might harm us.

But tools such as the Good for Me (GFM) exercise help us to refocus on positivity. It involves intentional effort (no matter how small) and then recognizing its positive result with a silent but powerful GFM! When we keep practicing these intentional moments, our ability to see beyond the negativity builds. By saying *good for me* over and over again, we put our brain on notice that we're moving forward with confidence.

I could decide, *intentionally*, to try something different in how I play the game, that might lead to a win (or not). This earns me not one GFM but two, by *intentionally* scaling down my competitiveness to simply enjoy playing cards with my grandson.

What is the GFM application for our lives with hearing loss? Shari Eberts and I, in our book *Hear & Beyond: Live Skillfully with Hearing Loss*, talk about the power of Mindshifts to help us look at our hearing loss in a new way. When we learn to respond more positively to communication barriers, we become more proactive in overcoming them. And when we do *that*, we can congratulate ourselves, thank ourselves, reward ourselves!

My partner, once again, talked to me while walking away. Instead of calling out harshly, I used humor to remind him I can't speechread the back of his head. *Good for me!*

When the group conversation became difficult, I reminded everyone to, as much as possible, speak one at a time. *Good for me!*

I realized I was in bluffing mode during a conversation. I did a mental, correct, became more present

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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.

Dream Home winners span Province

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assistance. A big thank you goes out to all the local companies, charity and service groups who gave their time to help us get through another campaign season.

The winning ticket numbers were drawn and announced by Radio personalities **Josh & Coop** at the Dream Home located at 65 Teravista Way, in Sudbury.

The Grand Prize, valued at \$1,079,971.00, includes the Home, built by SLV Homes; Furnishings by Ashley Home Store, Appliances by Bianco's Supercenter and a 2026 Hyundai Elantra Essential from Sudbury Hyundai was won by

James Rallo of Hamilton, ON with ticket #85056.

James took a few days to decide whether he wanted the house or the cash option. Ultimately, he has decided to take the house and will be moving to Sudbury by early March. Welcome to the North, James!

2nd Prize: \$5,000 in Cash and \$5,000 grocery Gift Card for Your Independent Grocer /Valu-Mart went to Mel Francoeur of Azilda, ON with ticket #51737.

3rd Prize: \$3,000 Gift Card to Your Independent Grocer / Valu-Mart went to Allan Wareham of Tillsonburg, ON with ticket #122115.

4th Prize: \$1,000 Gift Card to Your Independent Grocer/ Valu-Mart was awarded to Suzanne Betrand of Sudbury, ON with ticket #29637.

5th Prize: \$1,000 Gift Card to Your Independent Grocer/ Valu-Mart was awarded to Carol Restoule of Garson, ON with ticket #56712.

6th Prize: \$1,000 Gift Card to Your Independent Grocer/ Valu-Mart was awarded to Irene Fraser of Sudbury, ON with ticket #30088.

7th Prize: \$1,000 Gift Card from Giant Tiger was won by Edward Greene of Hamilton, ON with ticket #85228 .

8th Prize: \$1,000 Gift Card from Giant Tiger was won by Martin Gagnon of Midland, ON with ticket #12905.

9th Prize: \$1,000 Gift Card from Giant Tiger was won by Ronald Innes of Moose Factory, ON with ticket #93739 .

10th Prize: \$1,000 Gift Card from Giant Tiger was won by Erin Coles of Sudbury, ON with ticket #36332.

The 50/50 Extra draw with a jackpot of \$282,590 was won by William Jostiak of Thunder Bay, ON with ticket #215643.

Congratulations to all the winners from across the Province. The next Dream Home Campaign will begin next October.

Good For Me!

(Cont'd from page 2)

and asked for what I needed. *Good for me!*

I recognize the impact of my hearing loss on the people closest to me - and I let them know that. *Good for me!*

I ask for the music to be turned down in a restaurant. *Good for me!*

I am open about my hearing loss in a work situation where, not that long ago, I would have kept silent. *Good for me!*

What other *Good for Me* do you have for yourself?

How else can you practice being grateful to yourself on your hearing loss journey?



A few Board Members for CHHA Sudbury Branch mingled among the Christmas party-goers on Dec 4th last year at the Clarion Hotel on Elm St. in Sudbury. From left are Treasurer, Jean Gregoire Roveda; President, Lorraine O'Brien; future Board Applicant Christine Meyer and Vice President Maureen Spec.

Join us for a

MOVIE

FREE!

matinee

*Brought to you in part by funding from
Delta Bingo & Gaming*



March 19th, 1 p.m...... **Mrs. Harris goes to Paris**

Drama. Starring Jason Isaacs, Lesley Manville. 2022. (1 hr. 52 mins)

April 16th, 1 p.m...... **We Live in Time**

Drama. Starring Andrew Garfield and Florence Pugh. 2024 (1 hr. 38 mins)

May 14th, 1 p.m...... **The Hundred-foot Journey**

Comedy. Starring Helen Mirren, Om Puri and Manish Dayal. 2014. (2 hrs. 2 mins)

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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