



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

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Dream Home 25 opens November 15



The 25th Ultimate Dream Home Raffle began selling tickets on Oct. 17th. The house itself will open to the public on November 15th. Located at 65 Teravista Way in Sudbury's South End, it is open for viewing from 10 a.m. to 6 p.m. Thursdays through Sundays until January 9th. Tickets can also be purchased through the dream line: (705) 522-2442 or toll free at 1-844-522-2442; Online: ultimatedreamhome.ca or at the New Sudbury Shopping Centre Kiosk and participating sponsors.

Exercise benefits hearing health

Exercise. For some of us it's a four-letter word. Something we avoid at all costs. But deep down we all know the long-term benefits of regular exercise outweigh the immediate misery it can represent.

Overall, physical activity improves our balance, flexibility and blood flow. But did you know it also helps to maintain healthy hair cells? Thus, improving our hearing health.

Additionally, exercise can help reduce stress and inflammation, which are factors that can contribute to hearing loss. By incorporating exercise into your routine, you can support your overall well-being and potentially block the effects of hearing loss.

Because hearing loss can affect the vestibular system, which is responsible for balance, balance and

flexibility exercises, such as yoga, tai chi, and Pilates, focus on improving posture, coordination, and range of motion.

Cardiovascular exercises such as walking, jogging, cycling and swimming get your heart pumping and increase blood flow throughout your body. Aim for at least 30 minutes most days.

Strength training

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How Tinnitus Can Be Minimized by Mindfulness (And Other Things)

By Gael Hannan

May I be calm and without fear. Tinnitus does not rule me.

If you have chronic head noise, you'll try almost anything to get rid of it. Tinnitus sticks to you in every waking moment, a biting bug you can't shake off.

Science hasn't yet figured out how to *fix* the venomous noise in your brain which monopolizes your focus, pulling your attention away from what offers more joy and positive interest.

You may have tried drumming or massaging your head with your fingers. You swallow expensive herbal remedies 'guaranteed' to eliminate the noise. You drink more alcohol than usual to dull the feeling.

Or, while you wait for the day when science delivers *something* resembling a cure, you can address the *stress* that tinnitus produces in most of us. You pursue a better night's sleep. You do cardio-rich exercise. You focus on intentional breathing that may just expand to the practice of mindfulness and then to meditation even though *you-can't-believe-you're-actually-doing-this*.

For me, mindfulness meditation was a game-changer, possibly a life-saving one.

Whereas meditation uses mental focus techniques that produce calmness and awareness, mindfulness is the practice of placing our attention in the present moment with purposeful self-compassion. *Mindfulness meditation* combines these therapeutic techniques in a practice that puts aside judgement and interpretation in order to calm the nervous system.

Many people on social media despair of the negativity they find on tinnitus forums. Yet there they are, back again and again, looking for hints of a cure. Thoughts of their tinnitus consume them, and they will try anything, including responding to advertisements for every snake oil tinnitus 'cure', even though they read dozens of "don't waste your money" responses. Some feel that *"At least I tried it and now I know it doesn't work. What's next?"*

Stress reduction is next.

Lowering our stress is being kind to ourselves. Stress not only fans the flame of our tinnitus, it can also lead to other health issues such as heart disease, high blood pressure, mental health issues and even cancer. A tinnitus sufferer on Facebook posted that after months of severe anxiety over his tinnitus—*how did this start and what am I going to do—* he realized that the anxiety was *far worse* than the actual tinnitus. When he dealt with his anxiety, he was able to live more calmly with his condition.

Understanding the role that stress reduction plays in tinnitus management may make us more aware of our tinnitus triggers. Because I suffer from severe reactive, somatosensory tinnitus and constant hyperacusis, I tend to avoid loud noise and I aim for seven hours



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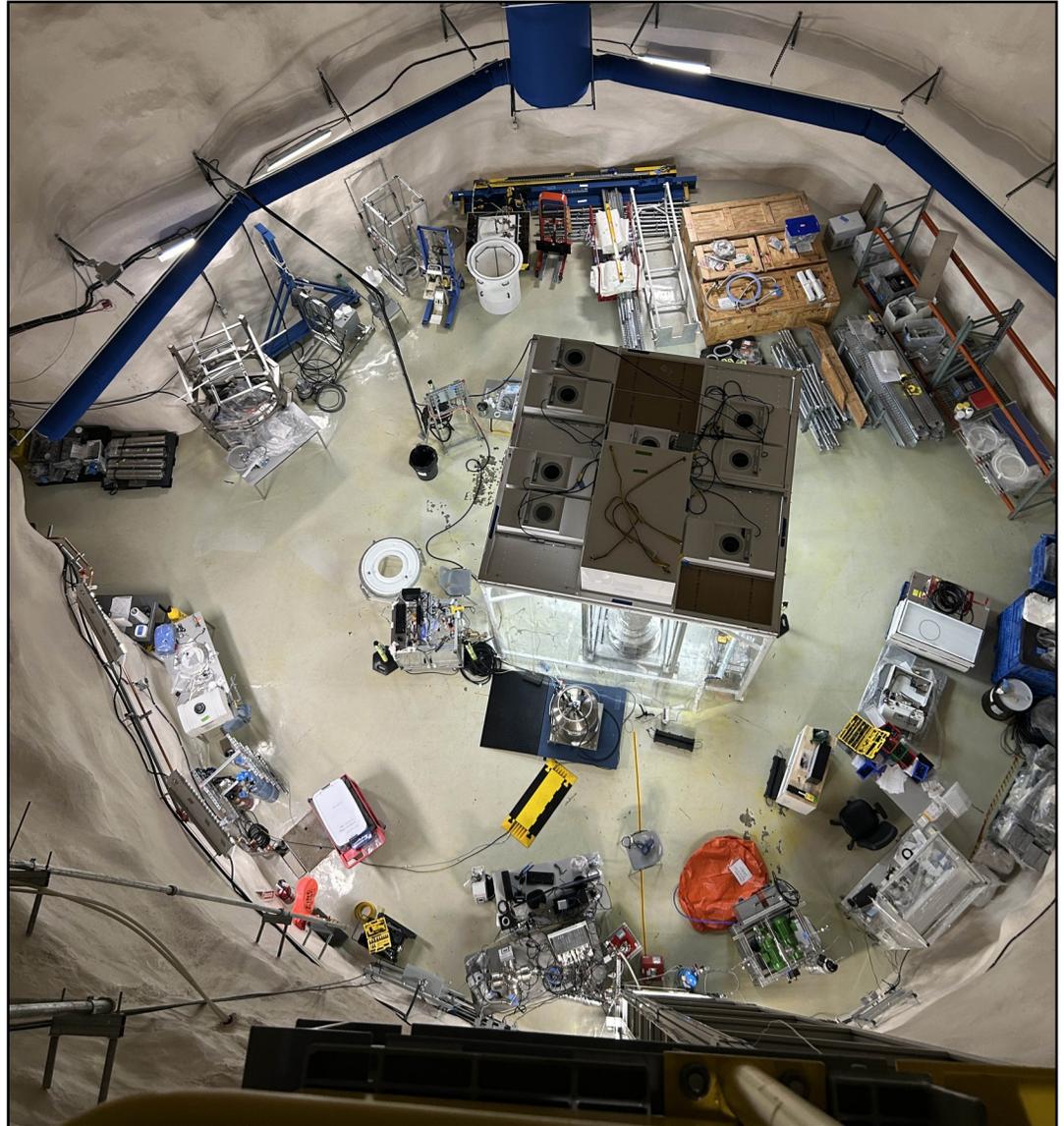
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Sudbury's Snolab attempting to be more accessible for the HOH

By Joe Stacknik

The Canadian Hard of Hearing Association (CHHA Sudbury) was contacted by Yusuf Ahmed, who is a research student at The Sudbury Neutrino Observatory (SNOLAB). SNOLAB is an international facility for world-class underground physics research and has an expanding program in astroparticle physics and underground science. Yusef took on an initiative to improve accessibility in physics research for deaf, deafened and hard of hearing students in Canada.

With support from SNOLAB and the MacDonald Institute in hosting and funding his initiative Yusef contacted us to learn about ways to attract students to research science by making labs like SNOLAB more hearing accessible. After meeting with Yusef we decided that it would probably be best if we could visit SNOLAB to see first-hand what sort of barriers a deaf, deafened or hard of hearing person would face there.



Sudbury Neutrino Observatory from above.

Executive Director of CHHA Sudbury Kim Scott and myself Joe Stacknik, Manager of Programs and Services were brave enough to take that plunge. When I say plunge, it really is as we went down to the 6800 foot level of Vale's Creighton mine to reach SNOLAB.

To get to the 6800 foot level of the lab meant that we had to dress in safety gear from overalls, belts, gloves, glasses, boots, hard hats and oxygen. Once dressed in our gear we then took the lift down to the 6800 foot.

Once off the lift

we then had to walk the 1.8 kilometres through the mine drift to SNOLAB. This presented a problem for Kim as she has a cochlear implant and as she walked the hard hat she was wearing kept knocking the

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Sudbury's Snolab attempting to be more accessible

(Cont'd from page 3)

magnet off her head. She could have just left it off but then she would not have been able to hear anything and being able to hear while walking through the drift is important.

Another issue Kim faced was the ground in many areas of the drift that we were walking on was very uneven and offered low light. Kim has vestibular hypofunction which is a condition where the inner ear's balance system does not work correctly. It made it more of a challenge for her to navigate those uneven areas of the drift.

When we finally made it through the drift and got to SNOLAB we had to wash off our boots and then enter the shower area. We had to remove all the gear we put on because SNOLAB is probably one of the cleanest places on earth so we had to remove all the dirt and mine dust off before we could enter the lab area. Once showered we then had to change into gear that was more appropriate for the lab which did include a hard hat. This hard hat was different from the one we wore going through the drift and

Kim was able to wear it quite comfortably and it caused no issues with her implant. Her vestibular was not a problem once in the lab either as it is probably one of the most well-lit places, we have ever been in with very even flooring throughout.

To say that SNOLAB is big would be an understatement it is quite huge as a matter of fact. We only saw a portion of it, and we were very impressed by the work these world-renowned scientists are doing. They are looking at matter that comes from space through earth's atmosphere down to the 6800 foot level of a mine. It is truly exceptional to think they are doing this work in a mine shaft in Sudbury!

When we think about how we can make a place as big as SNOLAB hearing accessible it is a very daunting task. It really must be broken down into the different compartments of the lab and how each compartment could be made hearing accessible. There are spaces where people work in a smaller lab setting that would be easy enough to make accessible. Then there



CHHA Executive Director, Kim Scott pictured here with Joe Stacknick (CHHA Programs & Services Manager), donned Mining gear and went underground recently to tour the Snolab.

are workspaces that are quite huge with 25-to-40-foot ceilings with people working in different areas within that space which makes it harder to make accessible.

Not to mention the trouble Kim had with her implant and her vestibular. Kim may be an exception when it comes to her vestibular, in the fact that is quite severe, but it is still something to be considered in making things accessible for hard of hearing and deafened people who wish to work at SNOLAB.

Getting back to Yusef's initiative to making SNOLAB hearing accessible to

possibly attract young deaf, deafened or hard of hearing students to the field of physics in Canada we pointed him to CHHA's National office in Ottawa and their Young Adults Network (YAN). The purpose of YAN is to raise awareness about the issues and concerns of hard of hearing young adults in Canada, to enable them to connect with each other, and to provide support to them. Hopefully they will be able to help him and possibly know of young hard of hearing individuals who are interested in sciences or in Yusef's initiative.

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How Tinnitus Can Be Minimized

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nightly sleep. I need to drink lots of water (two litres a day, seriously) and daily aerobic exercise (three to five-kilometre hike, seriously) because that often lowers my tinnitus level the next day, at least for a while.

And a daily *must* - deep intentional breathing and meditation. I've just started using the [physiological sigh](#) in my daily 'breathwork'. This is a pattern of breathing discovered by Stanford physiologists in the 1930s, and recently popularized by neuroscientist Andrew Huberman, that helps reset the nervous system and reduce stress. Through the nose, take a double-breath - a deep breath followed by a quick top-up breath - then exhale through the mouth, long and slow. Try this for five minutes daily.

Living with tinnitus is a journey, one we'd rather not be on. But let's reframe our goals, making self-care and stress reduction our top priorities. These are things we can control. As a start, here's a meditative prayer/meditation that you can address to yourself, the universe

or to God. Change it up to make it more 'you'. Before starting, take a few physiological sighs.

May I be calm. I will not fear my tinnitus.

It is present in me. It is part of me. It does not rule me.

I will care for myself, nourish my mind and body through

exercise, sleep, healthy food and connecting with those I care for and who care for me. These are the important things.

Let me be open to life, even though some experiences may ignite my tinnitus, while others will not.

I'm grateful for those who support me, help me and love me. Let me show my gratitude.

May I be calm and without fear. I have tinnitus but it does not rule me.

Mindfulness, meditation and deep breathing are not cures; they are helpful tools. See this podcast with Shari Eberts and meditation teacher Janaki Zaremba on [Making Guided Meditation More Accessible for People with Hearing Loss](#).

Snolab

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We would like to say a special thank you to Yusuf Ahmed for his interest and concerns for the hard of hearing community. It is people like you that help pave the way for the hard of hearing to consider sciences as a career. We wish you luck with your initiative and to say that we are here for you for any other assistance you may need as you

move forward with this project.

We would also like to thank our tour guide, Blaire Flynn Senior Education and Outreach Officer is her official title at SNOLAB. Your knowledge, thoughtfulness and

especially patience for a couple of people who were very much green around the edges was greatly appreciated. Visiting SNOLAB was an awesome experience and one neither of us will soon forget.

Exercise...

(Cont'd from page 1)

exercises such as lifting weights, using resistance bands, or practicing bodyweight exercises, help build muscle mass and improve bone density. Incorporate these types of exercises 2 to 3 times per week for optimal results.

CHHA Sudbury to host a Luncheon For its members this Christmas



CHHA Sudbury Branch will host a Christmas Luncheon for its members this year on Thursday, Dec. 4th beginning at 12:30 p.m. at the Worthington Room of the Clarion Hotel on Elm St. in Sudbury.

Members are asked to register early to be sure to get a seat, as space is limited.

You can register by calling the CHHA Sudbury Branch office at 705-523-5695.

Join us for a

MOVIE

FREE!

matinee

*Brought to you in part by funding from
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Nov. 20th, 1 p.m. **Superman**

Action. Starring: David Corenswet, Nicholas Hoult, Rachel Brosnahan, Nathan Fillion. 2025. (2 hrs. 10 mins)

Dec. 11th, 1 p.m. **The Family Stone**

Christmas Drama/Comedy. Starring Diane Keaton, Clare Danes, Rachel McAdams, Dermot Mulroney, Sarah Jessica Parker. Craig T. Nelson, Luke Wilson. (2005) . (1 hr., 43 mins.)

Jan. 15th, 1 p.m. **Jurassic Park: World Rebirth**

Action Adventure. Starring Jonathan Bailey, Scarlet Johansson, Rupert Friend. 2025. (2 hrs, 16 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

523-5695