



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.*



## Renovations now well underway at new office



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Pictured here is the new addition on the rear of CHHA Sudbury's new location on Walford Road (formerly the Saint Marc's United Church), which will become the new main entrance, giving our clients direct access from the parking lot. Renovations are moving quickly now but it looks like move-in day will be postponed until 2027. See more on page 5.

*By Gwen MacGillivray*

The Canadian Hard of Hearing Association (CHHA), Sudbury Branch is hard at work preparing for a move to a new location at Walford Road. A dream that has been in the works for many years and about to become an exciting

reality for the four long-time staff and five Board members.

As you can see from the photo above and the series of photos within, there is still a long way to go.

However, teams of construction workers, electricians and decorators are working

tirelessly to complete the renovations of the previous Church (St. Marc's) to get us moved in as soon as possible.

"We are thrilled to find that several businesses in the community are coming forward to assist us by

(Cont'd on page 5)



# When Asked to Repeat Yourself, You Have Options

## How to give a good repeat

By Gael Hannan

The 10 most used words in the English language are *the, be, to, of, and, a, in, that, have,* and *I*.

For people with hearing loss, however, this list might include the words *pardon, what* or even *huh* - yes, it's in the dictionary! We use them frequently because we ask people to *repeat* themselves frequently.

*What? Wha? Huh? Hey? Pardon? Sorry? Hmm?* All of these can or are often accompanied by an upward thrust of the chin, raised eyebrows and a small head tilt to favor a better ear. With people we know well, we use a questioning grunt-noise or give a long stare as we try to process what was said in hopes of getting it right.

Just as we have different ways of *asking* for repeats, how people *comply* is equally diverse, but not all repeats are appropriate or even effective.

In the following five examples of 'repeat styles', the first

two demonstrate good communication style. The others not only have the potential to irritate us, we *may* judge you as insensitive, impatient and you should count yourself lucky if we ever waste time talking with you again.

**Straight Repeat:** Repeat the words in the same tone of voice, same facial expressions and same rate of speech. In short, *exactly* how you said it the first time. This is often sufficient, but not always.

**Let's Try Another Way.** If you're asked a second time to repeat what you said, rephrase with different words and in a different order but convey the same message. (I prefer a straight repeat first, followed by this, if necessary, because I may be confused by the second iteration if I've caught *most* of the first one.)

**Long Pause Response.** Slight roll of the eyes which, trust me, we can see because we are speechreading geniuses. And we can also sense that major

ferris-wheel eyerolling *inside* your head! You might give a little sigh which we may not hear, but we *see* the slight intake of breath and long exhale that says, oh-gawd-not-again...before you give the repeat.

**Dramatic Repeat (sometimes known as the AI approach):** You pause to consider how you're going to do this, visibly gather your strength, and then you reply in a **louder voice** and/or with **significant weight given to each word, with eyes boring into ours.**

**Over the Top.** Your head moves forward and your lips contort into odd shapes as each word leaves your mouth. You are borderline yelling. This is off-putting and unhelpful. Also, frightening.

People with hearing loss need to negotiate good communication with friends, family and colleagues. While we can't always control the listening environment

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### Board of Directors:

President  
Lorraine O'Brien

Vice-President  
Maureen Spec

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Erica Thibault  
Anne Proulx-Seguine  
John Lalonde

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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 at our Annual*

# *Tea Party*

CHHA Sudbury office: 435 Notre Dame Ave. , Suite 101

1 p.m. Thursday, May 28<sup>th</sup>

Refreshments and light lunch provided. Penny Table and Door Prize.  
Seating is limited. Reserve your seat today.

# 523-5695

Brought to you in part by funds raised through Delta Bingo & Gaming Sudbury

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# DID *you* KNOW?

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## You Can Now Track a Lost Hearing Aid

If you've ever misplaced your hearing aid, you know how frustrating and costly that can be! But now, that is a thing of the past because there is a way to locate that hiding hearing aid.

To find your lost hearing aid, use the manufacturer's dedicated app (like myPhonak, my Starkey, Bernafon, Oticon Companion, Philips HearLink 2, or

Thrive app) which connects via Bluetooth to show the last known location on a map and uses signal strength to guide you as you get closer, requiring location services and Bluetooth to be on for this feature to work.

**How to use the "Find My Hearing Aid" feature:**

**Open your app:**  
Launch the specific

app for your hearing aid brand (e.g., myPhonak, my Starkey, Bernafon App).

**Navigate:**  
Find the "Find my Hearing Aids" or similar option in the app's settings or device menu.

**Allow Location:**  
Ensure location access is granted to the app (often needs to be set to "Always").

**Locate:**  
The app shows the last paired location on a map; once nearby, use the signal strength indicator (like a

proximity meter) to pinpoint the exact spot.

**Important tips: Download**

**Early:** Download the app before losing them, as it needs to be set up to work.

**Power is Key:** The feature only works as long as the hearing aids have battery power.

**Bluetooth & Location:** Your phone's Bluetooth and Location Services must be on.

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## Dream Home 25 50/50 Winner



William and Lisa Jostiak, of Thunder Bay, pose with the cheque from the Dream Home 50/50 draw in February. Judging from their big smiles, they were very happy to be the recipients of the \$282,590 winfall. Congratulations to them!

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## When Asked to Repeat Yourself, You Have Options

*(Cont'd from page 2)*

or the spontaneous speech of others, we can use 'teachable moments', with as much grace as we can muster. *Thank you but there's no need to yell. Can you face me? Just speak normally or just a smidgen slower?*

If you're not sure what to do when asked for a repeat, just ask us!

# Renovations at new CHHA location

(Cont'd from page 1)

donating materials as well as labour,” said Executive Director Kim Scott, “As things stand now, we hope to be in by the spring of 2027”.

As a result, there will likely be a slight delay in some of our usual events like speech reading, tinnitus and other workshops until we are officially moved.

In the meantime, we will carry on with our presentations of movies, our annual Tea Party, our AGM with a special guest speaker and hopefully speech reading workshop in the fall.

We would like to say a big **thank you** to all who have given their time and energy to help with this endeavour, especially to Ken Kaltianen (better known as Ken the Builder), who has worked tirelessly to keep everyone within budget and making sure every deadline is met!

The team at CHHA Sudbury is anxious to start serving its members from a larger, fresh location, where we can also hope to include new programs and services. Watch for more info here on our Grand Opening next year.



Photo by Susan Arthur

Wiring for our customized “alerting” system is being created so that we can move the existing one from our Notre Dame Location to the new building — where it will join 33 new wall-mounted devices — a very complex and complicated system that flashes lights when the phone rings, the door opens, or the fire alarm goes off — vital to the HOH.

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## CHHA says farewell to valued Board Member

Anne Proulx-Seguín announced last month that she would be stepping down from her position on the Executive Board of Directors after serving for five years.

Anne, who uses a Cochlear Implant, brought with her a wealth of knowledge about hearing loss and what the HOH need access to in order to live full lives. She was a strong advocate for the HOH and made a strong team member for the Canadian Hard of Hearing Association Sudbury Branch.

Always welcoming,

always willing to help and always with a smile on her face, she will be missed.

Thank You Anne for giving us your time, your experience, energy and warmth. You were a big part of our team.



Anne Proulx-Seguín



Photo by Susan Arthur

The interior of the CHHA Sudbury’s new location has been completely gutted and new walls are now being framed.

Join us for a

# MOVIE

**FREE!**

*matinee*

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



**May 14<sup>th</sup>, 1 p.m.**..... **The Hundred-foot Journey**

*Comedy. Drama. Romance. A fancy French restaurant wages all-out war against a small Indian Eatery that opens right next door. Starring Helen Mirren, Om Puri and Manish Dayal. 2014. (2 hrs. 2 mins)*

**June 18<sup>th</sup>, 1 p.m.**..... **Eleanor the Great**

*Comedy. Drama. Witty and proudly troublesome Eleanor, who after a devastating loss, tells a tale that takes on a dangerous life of its own. Starring June Squibb. 2025 (1 hr. 38 mins)*

**July 16<sup>th</sup>, 1 p.m.**..... **Song Sung Blue**

*Drama. Based on a true story. Mike & Claire are down on their luck musicians who form a Neil Diamond tribute band, gaining unexpected home-town stardom. Starring Hugh Jackman and Kate Hudson. 2025 (2 hrs. 13 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