

### **What is a Mixed Hearing Loss?**

**Hearing loss basically comes in four “flavors”.**

**First, there are conductive losses. Conductive losses comprise about 10% of all hearing losses. They are typically mechanical hearing losses in the outer and middle ear and often involve the lack of free movement of the three tiny bones in the middle ear — the hammer (malleus), anvil (incus) and stirrup (stapes).**

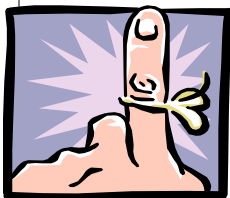
**Second, there are sensorineural hearing losses. Sensorineural (pronounced SENS-sore-ree-NOO-rawl) hearing losses are the most common kind of hearing losses, comprising about 90% of all hearing losses. These hearing losses have to do with the auditory sensing nerves in the inner ear and auditory nerves (hence the name — sensing, and neural — nerves). In the past this was referred to as “nerve deafness”. However, this is really a misnomer as the hearing loss almost always occurs because of the death of the hair cells that connect to the very tips of the auditory nerves, not the nerves themselves.**

**Third, is the rare central hearing loss. Central hearing losses occur when something is wrong in the auditory processing parts of the brain. Your ears can be working properly but you still can’t hear well because your brain can’t process these sound signals correctly.**

**Finally, and also rare, is functional hearing loss. Functional hearing losses are psychological hearing losses that can occur after severe trauma, for example. Such people have been so traumatized that they block out all sound so don’t hear them, although the entire auditory system is working properly.**

**Now that you know the kinds of hearing losses, it is easy to answer your question. A mixed hearing loss is where you have two or more of these hearing losses occurring at the same time.**

**Typically, when audiologists refer to a mixed hearing loss, they are talking about your having both a sensorineural hearing loss and a conductive hearing loss at the same time.**



## Dates to Remember

**04-12-10 Night group Meeting**  
**04-12-10 Monthly Board Meeting**  
**04-15-10 Day Group Meeting**  
**04-22-10 Earth Day**

**Captioned Movies:** <http://www.moviewatcher.com/jsp/amg.jsp>  
**At AMC Quail Springs Cinema 24 Theater in Quail Springs Mall**

The Hearing Loss Association of Oklahoma City newsletter is published monthly by the Hearing Loss Association of Oklahoma City. The views and ideas expressed herein are those of the editor and staff of the Hearing Loss Association of Oklahoma City and may not always reflect those of Hearing Loss Association of America.

For further information, please contact one of the persons listed below, or write to our newsletter address. E-mail the editor — [vmade1@cox.net](mailto:vmade1@cox.net).

### Articles due by the 3rd Thursday of the month

Ron Hendricks	Night Group Pres. Board President	721-0757
Larry Slaughter	Day Group Pres	577-2746
Larry Slaughter	Treasurer	577-2746
Vernice Meade	Editor	794-0240 537-4907 cell

The Evening Group meets at 7:00 P.M. on the second Monday of each month in the first floor conference room at INTEGRIS Third Age Life Center, 5100 N. Brookline Ste. 100. Social period is from 6:30 until 7:00 P.M. and following the meeting.

The Day Group meets at 1:30 P.M. on the third Thursday of each month in the first floor conference room at INTEGRIS Third Age Life Center, 5100 N. Brookline Ste. 100. There is a social period preceding the meeting at 1:00 p.m.

Come to either or both groups! Bring your spouse, significant other, and friends. Meetings are free. Everyone is very welcome.

We look forward to meeting you!

## Why, Why, Why?

Why do we press harder on a remote control when we know the batteries are almost dead?

Why do banks charge a fee on 'insufficient funds' when they already know there is not enough money?

Why does someone believe you when you say there are four billion stars; but have to check when you say the paint is still wet?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

Why do Kamikaze pilots wear helmets?

Whose idea was it to put an 'S' in the word 'lisp'?

If people evolved from apes, why are there still apes?

Is there ever a day that mattresses are not on sale?

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?

Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?

How do those dead bugs get into those enclosed light fixtures?

Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

In winter why do we try to keep the house as warm as it was in summer when we complained about the heat?

How come you never hear father-in-law jokes?

The statistics on sanity is that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends -- if they're okay, then it's you.

**They can tell this because there is an “air-bone gap” on your audiogram. Unlike its name suggests, there is no physical gap between two bones in your head letting air. Rather, this is your audiologist’s shorthand way of saying that the results of your air conduction test (what you hear through your canals when wearing earphones) and your bone conduction test (what you hear through your skull when wearing a bone vibrator behind your ear) are not the same – the two lines do not overlay each other as would happen if you only had a sensorineural hearing loss. Instead, there is a gap or space between the “air” and “bone” conduction lines when plotted on your audiogram.**

**Source: Neil Bauman, PhD at [www.hearingloss.com](http://www.hearingloss.com)**

### **“Get in the Hearing Loop” Campaign Promotes Doubling Functionality of Hearing Aids**

**The American Academy of Audiology, on behalf of audiologists, and the Hearing Loss Association of America, on behalf of people with hearing loss announce a collaborative public education campaign, “Get in the Hearing Loop.”**

**“Get in the Hearing Loop” is a campaign to enlighten and excite hearing aid users, as well as audiologists and other professionals who dispense hearing aids, about telecoils and hearing loops and their unique benefits. Hearing loops transmit the audio from a PA system directly to telecoil-equipped hearing aids and cochlear implants. The telecoil functions as an antenna, relaying sounds directly into the ear without background noise just like Wi-Fi connects people to the Web.**

**Hearing aids can easily and affordably become wireless receivers for use with telephones and hearing assistive listening systems – hearing loops and neckloops – by adding a telecoil option to the aid. Sixty-nine percent of all hearing aids dispensed in the U.S. today have telecoils. Yet far too few consumers and hearing professionals know about or use them.**

**Pat Kricos, Ph.D., president-elect of the Academy, enthusiastically agreed to join the HLAA in this endeavor, stating, “Thanks to the passionate ground-breaking work carried on by HLAA member David Myers, Ph.D., in his Let’s Loop America advocacy endeavor, there have been steady increases in accessibility for individuals with hearing loss. However, we still have a long road ahead of us before people with hearing loss can expect to hear in public areas via hearing loop technology. This collaborative awareness campaign by HLAA and the Academy will ensure that both consumers and audiologists will become fully aware of the remarkable benefits of telecoils and hearing loops.”**

Continued on page 4

**HLAA Executive Director Brenda Battat comments, "Though HLAA and the Academy have worked together on advocacy issues for many years, this is the first time they have worked together on an educational campaign. My feeling was that educating consumers about telecoils and assistive listening systems would not be effective if the hearing professionals were not on board. It was important to get their buy-in. This is a way to address it from both sides and have a greater impact."**

**"A successful local hearing loop campaign in the Fox Valley of Wisconsin made me realize that hearing loops can profoundly affect people who use hearing aids," explains Juliëtte Sterkens, Au.D., audiologist and committee member of the "Get in the Hearing Loop" campaign. I want to help bring this news to every hearing aid user in the country and help make my audiology colleagues aware of an opportunity we are missing to help our clients get more from their hearing aids."**

**The campaign will culminate in the Second International Hearing Loop Conference to coincide with the HLAA annual convention in Washington, D.C., June 16 – 19, 2011. The first International Hearing Loop Conference was organized by the European Association of Hard of Hearing People in Winterthur, Switzerland in September 2009.**

**The American Academy of Audiology is the world's largest professional organization of, by, and for audiologists. The active membership of more than 11,000 is dedicated to providing quality hearing care services through professional development, education, research, and increased public awareness of hearing and balance disorders. The Academy promotes quality hearing and balance care by advancing the profession of audiology through leadership, advocacy, education, public awareness, and support of research. Further information about the Academy can be found at [www.audiology.org](http://www.audiology.org), as well as on the Academy's consumer website [www.howsyourhearing.org](http://www.howsyourhearing.org).**

**Posted by Brenda Battat, HLAA Executive Director**

***Note from the Editor: Those of you who attend our OKC-HLA group meetings are aware that our meeting room is looped. If you have not attended a meeting since we installed our induction loop system, please come and see what a great system it is. One of our members recently expressed joy after a meeting saying "I have had a hearing loss for 20 years and this is the first time I have been able to hear every word of a meeting!" We invite you to come and see for yourself.***

## **Captions or Subtitles for Entertainment on Your Flight? Join Passenger Rights Association Effort and Sign a Petition.**

### **Association for Airline Passenger Rights Calls on DOT to Improve Accessibility for In-Flight Entertainment; Requirement would Uphold Spirit of the Americans with Disabilities Act and Air Carrier Access Act**

WASHINGTON, D.C. (February 24, 2010) - The Association for Airline Passenger Rights (AAPR) today called on the U.S. Department of Transportation to require commercial air carriers to provide closed-caption or subtitles on all in-flight entertainment for the deaf and hard-of-hearing passengers. While DOT requires that captioning be available on all safety and information related videos, it does not enforce the same accessibility standard for in-flight entertainment, such as movies and television shows.

"In 2010, nearly twenty years after the signing of the landmark Americans with Disabilities Act you would think that all airlines would make a good-faith effort to make accommodations to their paying customers who are deaf or hard-of-hearing, so that all aspects of flying are accessible to them," said Brandon M. Macsata, Executive Director of the Association for Airline Passenger Rights referring to in-flight entertainment being inaccessible. "This requirement would not only uphold the spirit of the law, it would also demonstrate a commitment by the airlines to improve customer service for all passengers."

Title III of the Americans with Disabilities Act (ADA) covers public accommodations, including businesses that are public accommodations, privately operated transportation, and commercial facilities. The ADA mandates public accommodations must comply with basic nondiscrimination requirements that prohibit exclusion, segregation, and unequal treatment. They also must comply with specific requirements related to, among other things, reasonable modifications to policies, practices, and procedures; effective communication with people with hearing, vision, or speech disabilities; and other access requirements.

Aside from the ADA, the 1986 Air Carrier Access Act (ACAA) also covers certain aspects of accommodations for the deaf and hard-of-hearing; it states that where safety briefings are presented to passengers on video screens in the aircraft, the carrier shall ensure that the video presentation is accessible to persons with hearing impairments by using open captioning or an inset for a sign language interpreter as part of the video presentation, or by closed captioning.

Macsata noted that AAPR has initiated an online petition in support of the requirement at [www.flyfriendlyskies.com](http://www.flyfriendlyskies.com).

**Continued on page 6**

NVRC Note: The petition: Require Subtitles On All Airline Carriers is at <http://www.petitionspot.com/petitions/subtitles/>. The goal is to get 10,000 signatures and 40 have signed on so far) tickets when we cannot enjoy the entertainment on board because there are no subtitles. It is not right that we have to pay a full fare and not receive the same service as hearing passengers."

Said Kenneth DeHaan, Founder of the Facebook Cause Require Subtitles On All Airline Carriers about the proposed requirement: "We lose value on our tickets when we cannot enjoy the entertainment on board because there are no subtitles. It is not right that we have to pay a full fare and not receive the same service as hearing passengers."

DeHaan contends that passengers who are deaf or hard-of-hearing travel a lot so they should be given the same consideration by the airlines as hearing customers. He questions whether it is fair, ethical that they have to sit through long flights, unable to understand whatever is being displayed on the in-flight entertainment while hearing customers are able to enjoy the services to the fullest.

The Association for Airline Passenger Rights is a 501(c)(4) tax-exempt, nonprofit organization whose mission is to promote fairer customer service and accessibility standards in the airline industry and to improve passenger satisfaction. For more at [info@flyfriendlyskies.com](mailto:info@flyfriendlyskies.com)

information about the Association for Airline Passenger Rights or the need for DOT to require closed-caption on all in-flight entertainment, please visit or contact AAPR directly

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## Local Website and Forum

**Please visit our website: <http://www.okc-hearingloss.org>. This website has listed many hearing loss resources for you to visit for information – and features other points of interest. The newsletter is also printed in color on this site. If you have not checked it out, please do so now. Gordon Richard is our webmaster. We also have an OKC-HLA forum. That address is: [http://groups.yahoo.com/group/OKC\\_HLAA](http://groups.yahoo.com/group/OKC_HLAA). Both of these sites are available and provide information and resources that you can access easily. Shari Richard is the administrator and moderator of this forum. If you have any questions about these websites, please feel free to email us at: [vmeade1@cox.net](mailto:vmeade1@cox.net), [shari-r@swbell.net](mailto:shari-r@swbell.net) or Gordon at [gordonlr@swbell.net](mailto:gordonlr@swbell.net). For anyone who wants to continue to use the forum: Have you considered volunteering to become a moderator?**

## NEWS ON CAPTIONING ADVOCACY

There is a new space to share information and action (advocacy) focused on captioning needs and resources. This new "work in progress" is called CCAXSLC - "Collaborative for Communication Access for People with Hearing Loss who require Captioning, most of whom do Not use Sign Language and need CART and good quality speech-to-text systems." In brief, CCA (Collaborative for Communication Access). The mission is focused - one goal that is multi-layered. Advocacy is needed on many levels - in cities, states, regions, and nationally. It is also required in multiple varied situations - at work, school, training, entertainment, transportation, healthcare, and more places. No other existing national organization or group has this one focus, while other groups are doing great work related to this within other or larger missions and goals.

The new project offers these benefits:

- (1) A collaborative exchange of timely information about any and all captioning advocacy projects going on, locally (city), state-wide, regionally, or nationally, by individuals, organizations, government departments and agencies, and others.
- (2) A place to initiate new national advocacy projects, or work collaboratively with national organizations for people with hearing loss, to add energies and support to ongoing activities on this focus.
- (3) A place to encourage state by state projects for communication access using the group model (or similar) used in WA (the Waldo model).
- (4) To offer a new place for collaborations among individuals in the many hearing loss groups (ALDA, HLAA, NAD, TDI, and others) to work together on this one theme of importance - real time captioning (or a good substitute) for full equal access in all areas.

Participation from concerned and energetic individuals and groups is invited now - from people with hearing loss, professional providers, attorneys, and interested others. Please join us. There is room for new ideas, new energies, and new actions to push this agenda along for millions of people who need it and deserve it for full equal communication access.

Contact: Lauren E Storck, PhD, Advocate for Accessibility Equality, drlestorck, then @, then [gmail.com](mailto:drlestorck@gmail.com)

## Captioned Movies

The AMC Quail Springs Cinema 24 Theatre (in Quail Springs Mall) installed a rear window captioning (RWC) system in Theatre #20. The movie times for the RWC showings are listed on AMC's [moviewatcher.com](http://www.moviewatcher.com) website. Here's the link to the "Amenities for Deaf, Hard of Hearing Blind and Visually Impaired Guests" page:

<http://www.moviewatcher.com/jsp/amg.jsp>

## **Congress Threatens to Tax Hearing Aid Sales – Call Your Representative Now!**

HCAA has learned that the health care reform package on the verge of being voted on includes language that would result in a tax of hearing aids. We need you to speak out against a possible tax. **Call your representative today. Tell her or him:**

Health Care Reform should not result in a tax on hearing aids  
Hearing aids are too expensive now – many people cannot afford the cost  
You have learned that health care reform package does not include language that would provide for coverage of hearing health care.  
If a tax on hearing aids passes, we are doubly hit. We must pay out of pocket for hearing aids and now must also pay a tax on those expensive items.

If you'd like to email your representative, visit the official website, copy and paste your comments to the form they provide for offering your input. <http://www.house.gov/house/MemberWWW.shtml> Here is a sample letter to send via email to your representative in Congress:

I am distressed to learn that the Health Care Reform legislation may result in a tax on hearing aids.

I have heard that language that would provide for an exemption for items that are categorized as "Class I" has been abandoned in favor of a "retail only" exemption that would result in a tax on hearing aids. If that happens, it is very likely consumers who can barely afford hearing aids now would be even harder pressed to purchase those with this additional tax.

I urge your office to oppose a tax on hearing aids! People who have a hearing loss have been forgotten in health care reform. Services and technology is not covered, even for children. I urge you to support language that was included in the House version of Health Care Reform:

Well baby and well child care and oral health, vision, and hearing services, equipment, and supplies at least for children under 21 years of age.

In short, I urge you to

- speak out against a tax on hearing aids
- provide for coverage for everyone who need hearing health care services, equipment and supplies.

I am enclosing a paper on this topic signed by Hearing Loss Association and others against a tax on hearing aids.

I thank you for all your hard work on Health Care Reform.

Sincerely,

Thanks! Let me know if you call or send a letter to your representative in Congress. Plan to do it in soon. Time is of the essence! Lise Hamlin, HCAA Director of Public Policy & State Development



## Heard it through the Grapevine

Larry Slaughter had his second cochlear implant (he's now bilateral) March 3rd. He had the staples removed on March 10th and the incision was nice and healed. The implant was activated on March 13th, just 10 days after the surgery!! The day after activation was the actual mapping and he could distinguish some of the lower frequencies were louder. He is now in his second week of activation and he says that sometimes he wonders if the are both on and working and when he turns one off, he can tell the difference right away. What a difference a day makes in activation. From here on out, his hearing will continue to improve and he thinks how awesome the next few months will be for him. A second implant definitely does make a difference. Congratulations, Larry on becoming bilateral!

Robert Prest and Sylvia Frank are going on an all day bus tour on April 15th with the Heritage Club group to Made in Oklahoma and afterwards to the Garden to have lunch. Sound fun.

We would love to hear from any of you out there that has news for this page! Send it to me at my email [vmeade1@cox.net](mailto:vmeade1@cox.net)

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"THE COMPUTER SAYS I NEED TO UPGRADE MY BRAIN  
TO BE COMPATIBLE WITH ITS NEW SOFTWARE."

### **Presidential Palaver from Ron Hendricks**

**The Night Group meeting for March was very fun and interesting. We had a good group out, a couple of visitors and plenty of good food for "snacks." Our speaker was Maj. Dan Proctor with the Salvation Army. He had a very interesting and inspirational message for us; including some history and current activities. I didn't know that the Salvation Army was so involved in everyday life -- all over the world.**

**You won't want to miss next month's meeting because Dr. Sandy Over will be discussing..."An Effective New Treatment Called Tinnitus Retraining Therapy."**

**See you there!**

**PS. Don't forget to eat at Johnnies every first Thursday.**

### **Larry Slaughter, Day Group President**

**March 18th was our Day Group meeting. Every year we have a discussion meeting. Today our meeting was about hearing loss and we sat in a circle and shared our individual "Hearing Loss Stories". Topics that were discussed were: the causes of our individual hearing loss, how the hearing loss was treated, technology through the years for hearing loss and how we all coped with our loss, i.e. handling people who talked too fast on the telephone. We laughed about the "fill in the blanks" that we often did incorrectly, what was said or not said and our interpretation of what was said. Some of the misunderstandings that were shared were not funny at the time but we look back today and we laugh about them. Thank you all for sharing today! I hope each of you enjoyed this meeting as much as I did.**

**April 15th will be our next meeting. Our speaker will be David Hough, AuD. David will talk about tinnitus. It has been several years since we have had Dr. Hough speak at one of our meetings. I know this is a subject that is widely misunderstood so hopefully it will be an educational one. We would like to see you there!!!!**

## THANKS TO OUR SPONSORS!!

Our thanks to the following sponsors who are supporting the Hearing Loss Association of Oklahoma City this year. Your support of our organization and programs is greatly appreciated.

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We invite you to be one of our sponsors. Platinum Sponsors support our chapter with \$500 or more per year, Gold Sponsors with \$250 to \$449 per year, Silver Sponsors with \$100 to \$249 per year, and Bronze Sponsors with \$50 to \$99 per year. Sponsorships run for a calendar year, January through December. Anyone wishing to be a sponsor should send their contribution to Hearing Loss Association of Oklahoma City Chapter Treasurer, P.O. Box 42801, Oklahoma City, OK 73123. All Donations are tax deductible.

■ The Faye Donalson Hearing Helper Demonstration Room, located at 5100 N. Brookline, Suite 100, is open each weekday from 10:00 a.m. to 3:00 p.m.

### **Just A Reminder**\_\_\_\_\_

Forms for paying chapter dues are located on the back page of each newsletter. HLA encourages each member to contribute to the effectiveness of our Chapter by paying dues each year and supporting your local Chapter. The dues are \$10.00 per year and are due on a calendar year basis and will help to offset the budget making it easier for us to serve you. These dues are tax deductible. National membership also provides many benefits, one of which is a subscription to **Hearing Loss** magazine. National membership information is available at [www.hearingloss.org](http://www.hearingloss.org).



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Visit our Website at: [www.okc-hearingloss.org](http://www.okc-hearingloss.org)