Meetings held at the:

New York School for the Deaf
555 Knollwood Road
White Plains, NY 10603

or

Greenburgh Public Library
300 East Main Street
Elmsford, NY 10523

Inside this issue:

Chapter News	2
Upcoming Chapter Meetings & Events	2
New Member Spotlight	3
2014 HLAA Convention Experience	4
Research in the News	5
Membership Applications	6

Hearing Loss Association of America
Westchester Chapter

CHAPTER NEWS
SEPTEMBER 2014

President's Message

Hello Everyone!

Hope everyone had a great summer.

I'm thrilled to be writing my first President's message and I'm truly honored to be the new President of the Westchester Chapter. I can remember way back to April 1999 when I attended my first meeting in the Johnson Building at the New York School for the Deaf. At that time, the group was small but the Chapter has grown so much over the years and I'm honored to be a part of it.

This past May we completed the 2014 Walk4Hearing Westchester/Rockland Walk at the FDR State Park. We did exceedingly well. The Walk4Hearing is the biggest fundraiser for programs and services that help people with hearing loss. I am happy to say we made almost $63,000 and the funds are still coming in. We had a beautiful day, approximately 400 walkers and it was a real delight to see everyone at the park. The walk committee did a terrific job.

I am pleased to say that one of our newest members, Cassandra Horton, received a chapter convention grant to attend her first HLAA National Convention held this past June in Austin, TX. Please read her article about the convention on page 4.

The Westchester Chapter is ready to move along into the 2014/2015 year with programs planned and we hope that you can join us.

(Continued on Page 3)

Come To Our Next Meeting!

Saturday, October 11 at 1:00pm

At the New York School for the Deaf, Cafeteria Building

Alison Mendez, M.S., Engagement Manager

Cochlear Americas

Topic: "Cochlear Americas Technology Updates"

Assistive listening devices are always available as well as live **CART** captioning
Bring your friends and family and spend a delightful afternoon with us.

Refreshments will be served

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CHAPTER NEWS

HAPPY BIRTHDAYS TO THE FOLLOWING MEMBERS:

July: Karen Baron, Kim Capek, John Evangelista, Dianne Patrick, Thelma Roberts, Dan Taddeo, Drina Tamburo

August: David Goldwasser, Phil Monteleone, Linda Ruggiero, Paul Stargot

September: Lillian Levitt, Eric Mandell, Debbie Meyer, Dr. Mary Neff, Alicen Noselli, Ellen Rechenberger, Sergio Rodrigues, Irene Stargot, Harold Terk, Dr. Evelyn Wassermann, Amy Winkler, Robert Wolfe

WE WELCOME NEW MEMBER:

Kate Stacks

Upcoming Chapter Meetings & Events

Saturday, September 6, 2014 - Board Meeting, Greenburgh Public Library

Saturday, September 20, 2014 - Annual Chapter Picnic at Ridge Road Park, Pavilion #2

Saturday, October 11, 2014 - Board & General Meeting, New York School for the Deaf

Saturday, November 8, 2014 - Board & General Meeting, New York School for the Deaf, Jeff Shannon, Au.D.

Saturday, December 13, 2014 - Holiday Party, New York School for the Deaf

* Please note dates may be subject to change.

HLAA Westchester Picnic

Saturday, September 20, 2014
Ridge Road Park, Hartsdale

Please RSVP to robertaseidner@aol.com

The mention of suppliers, devices or providers within this newsletter does not signify endorsement or recommendation by HLAA Westchester.

President's Message (Con't from page 1)

The next general meeting will be on Saturday, Oct. 11th at the New York School for the Deaf at 1pm. We will have Cochlear Americas, Alison Mendez, presenting on cochlear implants and the latest technology.

Hope to see you all at the new Fall Picnic on Saturday, Sept 20th at the Ridge Road Park in Hartsdale. For more information, please contact Roberta at robertaseidner@aol.com.

Regards,

Debbie Dolgin Wolfe

New Member Spotlight

Lina Razzaio has recently been named secretary for the Westchester Chapter HLAA. Lina became more familiar with this wonderful organization after last year's 2013 Westchester/ Rockland Walk4Hearing. Lina's team raised over $27,000 at last year's walk and this year's 2014 walk combined!!

Lina is the Practice Manager and Audiologist Assistant at CRM Audiology PC located in White Plains, NY. CRM Audiology PC is the office of well known audiologist Dr. Christine Russo-Mayer Lina received her undergraduate degree from SUNY Westchester Community College and Iona College. Starting this fall, she plans to expand her horizons and return to school with the goal of a career dedicated to helping children with hearing loss.

THANK YOU FOR YOUR SUPPORT

2014 WESTCHESTER / ROCKLAND WALK4HEARING COMMITTEE

2014 HLAA Convention Experience

Dear HLAA members of the Westchester Chapter,

Thanks for the wonderful opportunity to attend the 29th HLAA 2014 Convention in Austin Texas. The workshops offered were very informative, the vendor expo enlightening, the social events (Get Acquainted Party, Texas Swing) and other activities were enjoyable, and the people I met were inspiring and helpful! I also attended the New York State meeting and met other HLAA members from various parts of the state. I can now associate the NYS HLAA president, Jerry Bergman's, face with his name.

After having each presenter at each workshop ask the audience if they could hear, with me the only one raising a hand and saying NO, I had the pleasure of meeting two ladies who are members of the Association for Late Deafened Adults (ALDA). I now have two new friends! They gave me information about this group who have members that share the same hearing loss experience as mine . I never knew this group existed! I followed up on this lead and am delighted to say, I will be attending the ALDA Conference, commonly known as the ALDAcon on October 8 – 12, 2014, in Norfolk Virginia!

In addition to participating in all conference offerings and festivities, I saw Austin by Land and Lake! I toured the historic and scenic areas of downtown Austin in the most unique amphibious vehicle I have ever traveled in… from land to water without leaving my seat! It was my first tour of this type and it was awesome! I could not leave Texas without trying to find the best barbeque eatery. I was told to visit "Iron Works" which I went to right after the tour! Wow… it was the best, "*finger licking good*."

Finally, I would like to share some specific information I brought from the convention; The Nine Guiding Principles of the Hearing Loss Revolution © 2014, Pat Dobbs, All Rights Reserved.

www.HearingLossRevolution.com Pat@HearingLossResourceCenter.com | (973) 479-8083

1. Our lives define us, not our hearing loss.
2. We're intelligent, engaged, and valued in spite of our hearing loss.
3. We're the heroes of our hearing loss, not its victims.
4. We advise people what we need them to do so we can hear them better.
5. We're honest with ourselves and others; we don't pretend to hear what we don't hear.
6. We use assistive listening technologies proudly, and advocate for installing them in public places.
7. We see the humor when we misunderstand what people say, and we are able to laugh at it.
8. We accept with grace the hearing challenges that we cannot change.
9. We are grateful for our courage and strength in living these Principles.

This was my first HLAA conference but it certainly will not be my last. I learned a lot. It was amazing, and I encourage all of you to try to attend one when you can!

Sincerely,

Cassandra R. Horton

RESEARCH IN THE NEWS

Specific Gene May Preserve Hearing

Hearing loss is a serious public health issue. Nearly one-third of all 64-year-old adults have significant age-related hearing loss and that number almost doubles to 64% after the age of 85. In relation, noise-induced hearing loss is one of the most common self-reported occupational injuries.

Researchers from Harvard Medical School have investigated age-related hearing loss and noise-induced hearing loss, which are the two most common types of hearing loss. Through their research, they have gained insight into the protective mechanisms of hearing loss.

The researchers investigated whether over expression of the ISL1-gene in the inner ear of mice could be effective in protecting the inner ear. The results showed that the gene protects the hair cells of the inner ear from degeneration during ageing and that it promotes hair cell survival after exposure to loud noises. This means that the hearing of the ageing mice or in the mice exposed to intense noise was significantly better than in mice without the expressed gene.

With the findings of the study, researchers hope to extend the results to humans and thus in the future to protect human hearing from age-related hearing loss and noise-induced hearing loss.

Hearing connections
In the study of the ISL1-gene, the researchers also discovered that the gene preserved the connections between the hair cells and the neurons in the inner ear.

Such a connection is necessary for hearing and it is the preservation of these connections that promotes hair cell survival, which may then minimize the hearing impairment that normally occurs with ageing and/or overexposure to noise.

About the study
The study was carried out by Dr. Zheng-Yi Chen, Dr. Mingqian Huang and a group of researchers from Massachusetts Eye and Ear and Harvard Medical School. The research and its results were published in the "Journal of Neuroscience".

Source:www.sciencecodex.com, www.hear-it.org, July 14, 2014

Chickens Possess Ability To Restore Hearing

A study shows how chickens possess the ability to regenerate damaged hair cells after experiencing hearing loss. This is a not uncommon feat among animals, except in mammals – like humans.

A surprise
A research project, called The Hearing Restoration Project conducted by Hearing Health Foundation in the U.S., tested hearing loss among chickens. For 10 days, the researchers exposed laboratory chickens to a common antibiotic known to cause hearing loss.

On day 11, many of the chickens' hair cells had been lost and even more followed in the days thereafter. Surprisingly, three weeks later, when the researchers examined the chickens again, nearly all of the hair cells had been restored.

The secret behind the restoration of the chickens' hearing lies in the ability of the supporting cells found in the inner ear, which can replace hair cells damaged by load noises or other causes. The goal of the research is to translate this ability to humans.

Early success with mice
Even though mammals don't possess this feat, preliminary research with mice (conducted by the same research team) shows how it can be simulated to regenerate hair cells and partially restore hearing. This was done by using a drug that blocks the auditory pathway that prevents the restoration of hair cells in mammals. Once

(Continued on Page 6)

GOING GREEN!!!!

The Chapter is trying to do our part!! Please contact Newsletter Editor Anita Goldwasser if you would like to help by receiving the newsletter via email rather than paper. You'll not only save the Chapter postage but help the environment.

Research In the News (Con't from page 5)

blocked, supporting cells in the cochlea were able to grow back.

While much work remains, the preliminary research shows a proof of concept on how the regeneration of hair cells can occur in mammals.

Researchers hope to use this information to develop a cure for some types of hearing losses in the future.

Source:hearinghealthfoundation.org ,www.healthline.com/ and www.hear-it.org, July 9, 2014

DIRECTIONS TO
THE NEW YORK SCHOOL FOR THE DEAF

Via I-287 (Eastbound or Westbound) - Get off Exit 4 - New York School for the Deaf, Continue onto Route 100A North Knollwood Road, proceed approx. 1/8 mile. School is on your right, turn into driveway and go to gate on your left even though it says "DO NOT ENTER" and **REMAIN IN YOUR CAR** - pull up to the keypad and punch in access code. Make the first left turn and drive straight ahead, then make a right turn into the cafeteria building parking lot.

DIRECTIONS TO
THE GREENBURGH PUBLIC LIBRARY

Via I-287 (Eastbound or Westbound) - Get off Exit 4 - Continue south onto Route 100A also known as Knollwood Road, and cross over Route 119. This will be approximately 0.2 mile if you are coming from the east and .01 mile if you are coming from the west. Greenburgh Library is on your right and you will find the entrance to their driveway.

WESTCHESTER CHAPTER

ANNUAL CHAPTER DUES

☐ $20 - Individual Membership Dues
☐ $30 - Couple/Family Membership Dues

Donation . . . . . $ _____

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Please make checks payable to:
HLAA - WESTCHESTER CHAPTER

Mail completed application to :
Roberta Seidner
3419 Irwin Avenue, Apt #1709
Bronx, NY 10463

Birthday: Month _____

Hearing Loss Association of America
is a 501(c)3 organization

HEARING LOSS ASSOCIATION OF AMERICA

NATIONAL MEMBERSHP DUES

I wish to join National HLAA and receive the Hearing Loss Magazine:

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