



HEAR THIS ! (It's Personal)

Send YOUR story to csivertson@juno.com

PROGRAMS



President's Corner – Marilyn Weinhouse

Hello everyone! June was a busy month for HLAA-SD! We had 3 fun events:

- June 2nd – Ballast Brewery and Tasting
- June 9th – Walk4Hearing
- June 27-30th – HLAA Convention 2013 in Portland

and.....

TODAY, we are planning to see a captioned performance of "Tribes" at the La Jolla Playhouse.

I want to thank all the people who donated to the Walk4Hearing and the HLAA-SD walkers: Dale Laney, Pam Isaacs, Corinne Brown, Dianne & Meghan Laviolette, Carlos Salgado, Iris Platnik, Joan Padilla, and Don Weinhouse (and me!). And thank you to Susan Almond who donated a beautiful Mary Kay gift basket to be given away at the Walk.

I also want to thank HLAA-SD for sending me as a delegate to the HLAA Convention and for the stipend to help pay for my expenses. Dale Laney, Pam Isaacs, Dolli Cutler also attended and enjoyed the many workshops, exhibits, activities and meeting new people. It was a fabulous experience which I will share with you today. Start planning now to attend next year in Austin, Texas! You will love it!



Dolly, Marilyn and Dale in Portland for 2013 HLAA Conference

Spotlight HLAA June Events



June 2nd – Ballast Brewery and Tasting



June 9th – Walk4Hearing



June 27-30th – HLAA Conference 2013

HLAA-SD Steering Committee Officers:

*President: Marilyn Weinhouse
Vice President: Char Sivertson
Treasurer: Dianne Laviolette
Secretary: Larry Sivertson
Steering Committee: Dolli Cutler, Dale Laney, Joan Padilla, Iris Platnik, Corinne Brown*

HLAA San Diego 2013 Meetings
(subject to change): Check for updates at www.hearinglosssandiego.org

January 19. Meghan Spriggs, San Diego Cochlear Team Audiologist

February 16. Sara Mattson, AuD. Hearing & Balance Center - Tinnitus Treatments

March 16. Griselda Delgadillo from Disability Rights California – ADA Accommodations

April 20. Audiology Students from SDSU – "Going to the Hospital with your Hearing Loss"

May 18. Jonah Kohn and Gianna Heaviland - Talented Teens Making a Difference

June 15. Dr. Evelyn Smith, AuD. Newport Audiology Centers – "Hearing Better in Challenging Environments"

July 20. Marilyn Weinhouse - "Traveling with a Hearing Loss" and "Convention 2013 Highlights"

August 17. Stacy Rodgers, Med-EI – Implants and ALDs

September 21. Nanci Linke-Ellis, HLAA State Chapter Coordinator

October 19. Melissa Puleo – SD Charger Cheerleader – "Sixth Time's a Charm"

November 16. Thanksgiving Potluck

December 21. White Elephant Gift Exchange and Holiday Songs

Special thanks to Linda Burke, our most excellent CART captionist, who so generously volunteers her time to us !!

Join HLAA! New Members – Please [download this membership form](#) (also available on our website), fill it out, and mail it along with your check to: HLAA-SD, 5663 Balboa Ave #357, San Diego, CA 92111. By passing your **first** application through us, you ensure our chapter receives \$10 of your membership cost! But as always, membership is NOT required to attend our meetings.

News from Marilyn's Blog

[Painkillers Can Cause Hearing Loss](#)

A recent study found that "women who took ibuprofen or acetaminophen two days or more per week had a 13% increased risk of hearing loss. The more often a woman took either of these medications, the more likely she was to report hearing loss." Read the [full article here](#).



Neil Bauman, the director of the [Center of Hearing Loss Help](#), has been telling us that for years. You can purchase his book, [Ototoxic Drugs Exposed](#), and sign up for his very informative, free e-zine at <http://www.hearinglosshelp.com/products/ototoxicdrugbook.htm>

If you are a member of the [Hearing Loss Association of America \(HLAA\)](#) you can access the "Hearing Loss Magazine" online. The March/April 2013 issue has a very good article about ototoxic medications, "[Poison to the Ears? Making Sense of Ototoxicity](#)" by Monique Hammond. This article covers "Contributing Factors" and "Preventive Strategies." Hammond concludes, "Until there are better ways for predicting the ear-harmful potential of new and existing substances, careful patient screening, responsible medication dosing and monitoring, attention to drug interactions and honest communication between patient and caregivers will go a long way to keeping our ears at least reasonably safe."

Marilyn's blog: <http://heargear.wordpress.com/2013/05/20/painkillers-can-cause-hearing-loss/>

UPcoming Events and News (share with friends and families!)

Power Point Presentations from the HLAA Convention

Some of the presentations from the HLAA Convention are posted on the HLAA website: www.hearingloss.org. Go to "Convention 2013" and "Schedule." Then click on Thursday Workshops, Friday Workshops and Saturday Workshops. More will be posted later.

Member News

- **Susan Almond** and her daughter Carrie both received Cochlear Implants recently. They have inherited hearing loss from a chromosome 22 defect called De George Syndrome. They are doing great!
- **Anne Herman** received the Eagle Spirit Award from Sharp Rehabilitation Services and Sharp HealthCare Foundation.

Anne has been a pioneer in overcoming the challenges faced by a person with a spinal cord injury. Becoming a quadriplegic her freshman year of college did not stop Anne's passion for living. In addition to her lifetime involvement in wheelchair sports, her persistence and determination helped Anne fulfill many of her childhood dreams, including becoming a licensed counselor, a wife and a mother. She also founded the Challenged Women's Support Group at Sharp Rehabilitation. <http://www.sharp.com/rehab/eagle-spirit-winners.cfm>

Anne also received a cochlear implant recently – ask her how she likes it!

HLAA San Diego:

<http://hearinglosssandiego.org>

HLAA National:

<http://www.hearingloss.org>

Facebook:

<http://tinyurl.com/34x87dg>

The mission of Hearing Loss Association of America is to open the world of communication to people with hearing loss by providing information, education, advocacy and support.