Our Winter “Holiday Social” will be held on December 6th at 1:00 p.m. at Tribeca at 6004 Falls of Neuse Rd., Raleigh.

This is our last event of the year. Attendance is limited to 25, so please RSVP to steve.barber@earthlink.net. Here’s a link to the Tribeca web site and a link to a map showing where it is.

Walk4Hearing Update!

Late donations have kept coming in to support the 2015 Walk4Hearing and have pushed the total to within $500 of our all-time record goal of $60,000.

You can still donate to our Wake team HERE. If you want to donate at that on-line link, be sure to either join our team or assign your donation to our of the Wake Chapter Team walkers so that our chapter will get credit (and a portion of the donation).

If you’d prefer you can donate by check to our Treasurer (see address at the right bottom of this newsletter … or you can bring check to any meeting or event.

All donations are tax deductible, and help our chapter pay its bills while supporting everyone with hearing loss … donations help keep our local chapter “dues free”.

Last Meeting Results

Our November meeting was popular. The meeting was designed to encourage attendees to share their own experiences with what helped them to deal with their hearing loss in various situations. A lot of great ideas resulted.

Julie Bishop moderated an attendee-wide discussion of favorites tricks and strategies for dealing with hearing loss in various situations.

The attendees first selected several situations to address and then offered ideas on what worked for them in those situations.

Deborah Stroud wrote down all the great ideas, and later transferred them to text so I could share them on pages 2-4 of this newsletter and on the “Programs” page of The HLAA-NC Web Site.

See page 2-4 of this newsletter to see all the ideas that were suggested at the meeting.

HLAA Wake Christmas Tree

HLAA Wake Chapter will have a Christmas tree as part of Cary’s annual “Gifting Tree” Project. Here’s a map to our tree.

The theme of our tree is “The Faces of Hearing Loss”. Our will be on display around Cary Town Hall Campus. The public can vote for their favorite tree, which will win a donation provided by The Mayton Inn to their non-profit of choice, starting on Saturday, December 5th through Saturday, December 19th. Thanks to Susan Goldner for leading this.

NC Museum of Art Loop

A new audio loop has been installed in the NC Museum of Art in one of the auditoriums that is used for lectures and movies. More information later.

HLAA National Convention

The 2016 HLAA National Convention is going to be a don’t miss event.

It’s nearby (in Washington DC), and HLAA is also hosting the International Federation of Hard of Hearing People.

Register NOW at the above link to get “Early Bird” the discount.

HLAA Wake Contacts

Steve Barber: steve.barber@earthlink.net
Janet McGettrick: jmcmgettrick106@gmail.com, Or 919-469-0924
Susan Goldner (Treasurer): 2221 Trellis Green Cary, NC 27518
The suggestions below were made by attendees at the November 2015 HLAA Wake Chapter meeting. Attendees first selected the situations they wanted to consider and then offered their experience with dealing with those situations.

**RESTAURANTS:**

- Sit in the corner
- Sit with back to wall
- See if they have a private dining area
- Ask the manager to turn the music down
- Sit in bar area
- Pick your time to go when the restaurant isn’t so busy
- Let your waiter know of your hearing loss and to face you when talking
- Carpeted areas are best
- Low ceiling areas are best
- Turn your hearing aid down or put it on the “noise reduction” setting
- Use remote with hearing aid or cochlear implant to help control background noise
- Sit in booth
- Sit in small rooms or rooms with dividers
- Use direction mics to help you hear those immediately around you better
- Check internet review of restaurants for those which are not so noisy

**AIRPORTS:**

- Let airlines, agents, and flight attendants know of your hearing loss and to help you know when there are announcements
- FAA has now ruled that airports have to have captioning on the TVs beginnings January 1, 2016
- Ask to pre-board
- Ask others to help you if they are going to be boarding the same plane
- Have someone who is hearing to leave your home last to be sure all electricals are turned off

See Next Page for More
TELEPHONES:

- USE TELEPHONES WITH CAPTIONING
- CAPTION-CALL WILL SEND REPRESENTATIVES TO YOUR HOME TO HOOKUP CAPTEL
- USE WEBCAPTEL FOR HELP WITH FREE PHONE CALLS WITH CAPTIONING THROUGH THE INTERNET...WWW.WEBCAPTEL.COM. THE CAPTIONER JUST NEEDS THE # YOU ARE CALLING FROM AND THE # YOU ARE CALLING TO. THEY WILL PROVIDE A COPY OF THE CAPTIONS ON THE CALL IF YOU REQUEST.
- CAPTEL HAS PHONES THAT WILL HOOK UP TO WI-FI
- USE BLUE TOOTH IF AVAILABLE FOR MUCH CLEARER SOUND
- MAKE SURE YOUR AUDIOLOGIST KNOWS TO PUT A “TELECOIL” SETTING ON YOUR HEARING AIDS OR COCHLEAR IMPLANT. VERY HELPFUL WITH PHONE AND LOOPS AND OTHER SETTINGS
- LOUDER IS NOT ALWAYS BETTER...CAN CAUSE DISTORTION
- NOTIFY YOUR LOCAL FIRE/POLICE DEPARTMENT OF YOUR HEARING LOSS AND GIVE THEM YOUR PHONE # AND ADDRESS FOR THEIR RECORDS

MOVIES AND TV:

- THE RALEIGH LITTLE THEATER NOW HAS A LOOP SYSTEM IN ONE OF THEIR AUDITORIUMS...IT PROVIDES EXCELLENT SOUND IF YOU HAVE A TELECOIL ON YOUR HEARING AID OR COCHLEAR IMPLANT
- GO TO A THEATER THAT HAS ASSISTIVE DEVICES SUCH AS CAPTIONING SCREENS AND CAPTIONED CUPHOLDERS
- USE INFRA-RED SYSTEMS OR HEADPHONES
- LET THEATERS AND OTHER VENUES KNOW YOU ARE HARD OF HEARING AND YOUR NEEDS – THEY NEED TO HEAR FROM THOSE OF US WITH HEARING LOSS
- SOME THEATERS HAVE CAPTIONING ON THE BIG SCREEN AT CERTAIN TIMES AND FOR CERTAIN MOVIES
MOVIES AND TV (continued):

- USE POCKET-TALKERS (placed next to or plugged in to your TV)
- USE YOUR HEARING AID OR CI REMOTES
- THERE ARE LOOP SYSTEMS THAT ARE DESIGNED FOR HOME AND ALSO ONES FOR CHAIRS
- USE TV RECEIVERS
- USE CAPTIONING ON THE TV TO HELP YOU UNDERSTAND BETTER WHAT IS BEING SAID. THIS WILL BE MOST HELPFUL FOR OTHERS IN THE HOUSEHOLD WHO ARE HEARING SO THE TV DOESN'T HAVE TO BE SO LOUD. WE ARE NOT THE ONLY ONES AFFECTED BY OUR HEARING LOSS.

CHURCH SANCTUARIES:

- SOME CHURCHES HAVE FM, LOOP SYSTEMS, POCKET TALKERS AND RECEIVERS THAT ARE HELPFUL IF YOU HAVE TELECOIL SETTINGS
- BRING YOUR OWN POCKET TALKERS, MICROPHONES, OR REMOTES THAT HELP YOU DIRECT THE SOUNDS COMING INTO YOUR HEARING AID OR CI IF YOU HAVE TELECOILS
- ADVOCATE FOR YOURSELF — LET THE CHURCH LEADERS KNOW OF YOUR NEEDS
- SIT UP FRONT
- NEW CHURCHES HAVE TO MEET ADA STANDARDS

CLASSROOMS:

- SIT UP FRONT
- USE REMOTE WITH DIRECTIONAL MIC
- USE REMOTE MICS (Mini Mic, FM Transmitters, Roger etc)
- NEW 2.4 GHz SYSTEMS NOW AVAILABLE IN SOME HEARING AIDS AND CIs
- LOOK FOR DIGITAL ACCESSORIES TO AID YOU
- LET TEACHER KNOW OF YOUR HEARING LOSS AND NEEDS