

Did you know.....

- ✓ You can make new friends who will help you learn to cope with your hearing loss so you can enjoy a fuller, more productive life?
- ✓ You can talk to people in SHHH who have had a cochlear implant about their experience?
- ✓ You can meet people who have tried the newest technology in hearing aids and will give you honest, unbiased answers about whether they benefited from them?
- ✓ You can learn from the experience of others about how to cope with your hearing loss and its impact on your work?
- ✓ You can learn about the Americans with Disabilities Act and how it benefits you in your everyday life?
- ✓ You can learn about the State of New Mexico's program for assistive listening devices that are available at no cost to those who qualify?
- ✓ You can learn about various types of special telephone services available to you free of charge?
- ✓ You can join a national organization that will keep you informed on all topics dealing with hearing loss and will represent your interests in fostering public and private programs that benefit the hard-of-hearing?

You can learn more about the local and the national SHHH organizations by visiting these web sites:

www.abqshhh.homestead.com
www.hearingloss.org

IF YOU CONSTANTLY NEED TO ASK PEOPLE TO REPEAT THEMSELVES

IF YOU'RE HAVING TROUBLE HEARING ON THE PHONE.....

IF YOU TURN THE TV UP SO LOUD THAT OTHERS ARE DRIVEN FROM THE ROOM.....

IF YOU WONDER WHY THERE ARE NO CRICKETS ANYMORE....

YOU NEED TO:

- ✓ ADMIT THAT YOU MAY HAVE A HEARING PROBLEM
- ✓ SEE YOUR DOCTOR TO DIAGNOSE THE PROBLEM
- ✓ HAVE YOUR HEARING TESTED
- ✓ IF TOLD YOU NEED THEM, INVEST IN HEARING AIDS
- ✓ LEARN ALL YOU CAN ABOUT HEARING LOSS AND HOW TO COPE WITH IT

SHHH can be your your key to better communication and a happier, fuller life.



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DON'T HEAR WELL?

Maybe you need to learn about a group called.....

SHHHH

SELF HELP FOR HARD OF HEARING PEOPLE

P.O. Box 36792, Albuquerque, NM 87176
Phone: (505) 881-8824 • Ask for the SHHH Specialist
email: abqshhh@juno.com

www.abqshhh.homestead.com



You Are Cordially Invited to Attend an SHHH Meeting

The Albuquerque Chapter of Self Help for Hard of Hearing People (SHHH) was founded in 1985 to provide outreach to those who do not hear well. We are a non-profit support group that believes hard-of-hearing people can help one another, be helped, and participate successfully in society.

Our primary purpose is to educate ourselves and those around us about the causes, nature, and complications of hearing loss and what we can do for ourselves and others to cope with that loss.

Albuquerque SHHH holds regular meetings at which we may have a guest speaker on a topic of interest to our members or we may just share our experiences and knowledge about coping. Twice a year our meeting is a social.



At our meetings, we have real-time closed captioning projected on a large screen or shown on a large screen TV for those with a more severe hearing loss. For those whose hearing aids are equipped with a "T-switch", we have an induction loop system operating at all meetings. We also have a public address system that amplifies the voices of those speaking and, whenever possible, ASL Interpreters for those who sign.

We are affiliated with the national SHHH organization that is headquartered in Bethesda, Maryland that, on a national scale, works to educate and support individuals, families, friends, co-workers and others about hearing health and hearing loss, and advocates on their behalf in Washington, DC and elsewhere.

Our Chapter meetings take place at 10 a.m. on the 2nd Saturday of the month from September through June at various locations in the city and the public is invited and urged to attend.

To find out the location and the topic of the next SHHH meeting, call the number shown below or visit our web site:

www.abqshhh.homestead.com

**Call 881-8824
and ask for the
SHHH Specialist**