

## ISSUE OF SEPTEMBER, 2010: FALL AND THE COLOURS OF CHANGE

### LETTER FROM THE EDITOR: FALL HAS ARRIVED!

As summer winds down and we find ourselves settling into our cool-weather routines, I cannot help but notice the colours of change in Ottawa. Like those beautiful leaves, CHHA-NCR has been experiencing our own colours of change. I would like to take a moment to reflect on what CHHA has accomplished so far this year, and what we have planned as we grow our branch.

As part of our increased initiative to provide services to people with hearing loss in Ottawa, CHHA-NCR has stepped up to the plate. Ongoing projects throughout the year have included working with local organizations such as local libraries, theatres, and most recently hospitals. Your board has been working hard with managers of local institutions and serving on committees to audit and provide suggestions for hearing accessibility improvement in Ottawa.

We also launched our seminar series in the early spring of 2010, with a variety of presenters such as representatives from the Canada Revenue Agency talking to us about the Disability Tax Credit, or audiologists coming in to discuss the workings of the inner ear and hearing loss from a scientific point of view. We look forward to our upcoming seminars, so keep your eyes peeled for updates on our website at [www.chhancr.com](http://www.chhancr.com).

We've also been working on improving the both the image of CHHA-NCR, as well as our ability to communicate with YOU, our membership and communities. Our website was our biggest step in the right direction, and we have been working with other technologies and social media more than ever to help bring hearing awareness to Ottawa.

Many of you have commented on our work and CHHA-NCR even won an award at the 2010 Sudbury Conference! What a great honour! We are so proud!

So with all this in mind and we move on to our biggest fundraising initiative yet, Walk 2 Hear, I am so excited to see what the winter brings for CHHA-NCR! I know it will be as beautiful to me as the autumn colours.

-With Love, from Leah

## **EMPLOYMENT ASSISTANCE SERVICES FOR HARD OF HEARING PERSONS**

Working with Hearing Loss:

- Learn how to enhance your communication skills by minimizing noise distractions
- Obtain information on the best hearing technology available
- Build your confidence by upgrading your workplace skills
- Improve your interview skills
- Set your goals and career ambitions
- Improve your resume and cover letter
- Search for the right job
- Supports you BEFORE and AFTER finding a job

You are eligible if:

- You are hard of hearing or oral deaf and use speech as your primary mode of communication and
- You are unemployed or work less than 20 hours a week and
- You are ineligible for assistance under EI employment benefits then

**PLEASE CONTACT US TO CONFIRM YOUR ELIGIBILITY!**

Contact Nicole Synowski to learn more about the Employment Assistance Service at: [nsynowski@chha.ca](mailto:nsynowski@chha.ca)

The Government of Canada's Opportunities Fund funds this project for Persons with Disabilities.

## **JOIN THE CHHA-NCR BOARD!**

Be part of the CHANGE at CHHA-NCR! Our board currently has spots open for new board members and volunteers to work with us to improve hearing awareness in our community. If you think that you would like to work with a dynamic group of people who are passionate about hearing loss, education and accessibility, e-mail us at [info@chhancr.com](mailto:info@chhancr.com) and tell us who you are and why you think you would be a good addition to our board! If you have any questions, feel free to e-mail ANY board member at any time to talk about CHHA, hearing loss, or to just say hi! We are waiting for you!

## **CONGRATULATIONS!**

Big congratulations to Frank McNally, president of the CHHA-NCR board of directors, on his recent wedding! We wish him all the happiness in the world in his new married life!

## **WELCOME!**

CHHA-NCR would like to officially welcome and thank our Technology and Information Committee, Wei and Julie! These two formidable ladies have been donating their time and skills to helping NCR maintain our website and keep our membership and communities informed about NCR services and hearing loss issues! If you think you have a skill that you would like to use in volunteering with NCR, we would love to hear from you! E-mail us at [info@chhancr.com](mailto:info@chhancr.com)!



National Capital Region Branch  
Canadian HARD OF HEARING Association

# THE OTTAWA HEARALD



## Walk2Hear

Ottawa

### Canadian Hard of Hearing Association Walk-a-Thon

*Help to Hear for those who Love to Listen™*

## Sunday, October 3, 2010

To Participate –  
as a Walker, or  
join as a Team,  
please visit:

[www.chha.ca/chha](http://www.chha.ca/chha)  
or call:

**613-526-1584**

Sign Up:  
8:45 am

Official Launch:  
9:30 am

Closing Ceremony:  
11:00 am

*Jean Pigott Hall, Ottawa City Hall, 110 Laurier Avenue West*

*Walk2Hear is a national fundraising event in support of nearly 3 million Canadians experiencing some form of hearing loss.*

 Canadian Hard of Hearing Association  
Association des malentendants canadiens

 CANADIAN HARD OF HEARING ASSOCIATION  
ONTARIO CHAPTER

 National Capital Region Branch  
Canadian HARD OF HEARING Association

 Association des malentendants canadiens  
Secteur de l'Outaouais

## JOKE OF THE MONTH!

A man goes to his Hearing Aids Specialist and says, "I don't think my wife's hearing is as good as it used to be, what should I do?" The Specialist replies, "Try this test to find out for sure. When your wife is in the kitchen doing dishes, stand fifteen feet behind her and ask her a question, if she doesn't respond keep moving closer asking the question until she hears you."

The man goes home and sees his wife preparing dinner. He stands fifteen feet behind her and says, "What's for dinner, honey?" He gets no response, so he moves to ten feet behind her and asks again. Still no response, so he moves to five feet. Again, no answer.

Finally he stands directly behind her and says, "Honey, what's for supper?" She replies, "For the fourth time, I SAID CHICKEN!!"

## FEELING THOSE GOOD VIBRATIONS AT THE SUDBURY CHHA CONFERENCE



## **NEW NORWEGIAN EARPLUG SOLUTION TO A DEAFENING PROBLEM**

Some 600 cases of noise-induced hearing impairment are reported by the Norwegian petroleum industry every year. A new, intelligent earplug is now set to alleviate the problem. Norway's largest company, Statoil ASA, is taking the problems associated with noise exposure seriously. Over the course of four years the international energy company has led efforts to further develop an existing combined hearing protection and communication product for use on offshore platforms.

A microphone on the outside of the new "offshore" version of the QUIETPRO earplug picks up ambient sounds. The sound is digitally processed, and unwanted loud noises are filtered out before the sound is sent to a speaker inside the earplug. Users can adjust the level of ambient sound, as desired. A microphone on the inside of the earplug picks up speech signals through the skull. This means that users do not have to have a microphone in front of their mouth, as is the case with the ear protection devices currently used on most offshore platforms. Another advantage is that the microphone inside the ear does not pick up background noise in the way that a microphone in front of the mouth does. The QUIETPRO hearing protection and communication device was originally developed for military use by the Trondheim-based company Nacre AS, which has its origins in Scandinavia's largest independent research organisation, SINTEF. The company's customers include the United States Army, which uses QUIETPRO devices in armoured vehicles, among other applications.

"The new hearing protection device enables employees to preserve a lot of energy," explains Asle Melvær, noise specialist at Statoil, who initiated and is responsible for the R&D project Offshore Safety for Hearing and Verbal Communication (SoHot). The project receives funding under the Research Council of Norway's Large-scale Programme for Optimal Management of Petroleum Resources (PETROMAKS).

"Users of the new device do not have to strain to hear what is being said over the radio, and the noise reduction system in the earplug means that the level of sound is adapted to the surrounding environment. On board an oil platform understanding messages transmitted by radio can be a matter of life and death," states Mr Melvær.

The earplug also alerts the user if it is not inserted into the ear correctly, providing additional safety.

The hearing protection device was tested in 2009 on the helicopter-landing pad at the Oseberg Field Centre outside Bergen. Starting in December 2010 the next generation of devices will be tested both there and at the Snorre oilfield a little further north. "One important feature of the new version is a built-in noise dose meter that emits a warning signal before any damage to hearing has occurred -- which is quite unique," explains an enthusiastic Asle Melvær. "This function will make it possible for us to withdraw personnel from hazardous noise areas before they have been exposed to noise levels that can damage their hearing." The new earplug is explosion-proof and

## REPORTS SHOW HEARING LOSS SPIKE IN ADOLESCENT GIRLS

Teenage girls who listen to personal music players too long or too loudly risk a type of hearing loss, U.S. researchers have found.

The study examined 8,710 girls from low-income families with an average age of 16. They had their hearing tested when they entered a residential facility in the northeastern United States. High-frequency hearing loss — a common result of excessive noise exposure — increased from 10.1 per cent in 1985 to 19.2 per cent in 2009, audiologist Abbey Berg of Pace University in New York reported in Tuesday's online issue of the *Journal of Adolescent Health*.

"Not surprisingly, what I noticed was that the adolescent girls with high-frequency hearing loss also used personal listening devices for longer periods of time per day and they also had more tinnitus, which is ringing in the ear," Berg said.

High-frequency hearing adds clarity to speech, aiding in hearing sounds like "s," "sh," or "ch," particularly in noisy environments. Teens with high-frequency hearing loss might have difficulty in the classroom, said Berg. Adolescent hearing loss could also have implications as girls age, reducing their ability to locate sound in space or follow rapid speech, Berg noted.

Between 2001 and 2008, use of personal music players among the girls increased from 18.3 per cent to 76.4 per cent.

But the study's findings don't necessarily mean there is a cause-and-effect link between listening to personal music players and hearing loss. Berg suspects personal listening devices play a role, but says other factors, such as poverty or substance abuse, might also contribute.

Hearing experts advise people to listen to personal music players at a reasonable volume — conversational or slightly louder — without overworking the ear.

A similar study released two weeks ago in the *Journal of the American Medical Association* estimated one-fifth of U.S. teens have lost some hearing. Most of this hearing loss was "slight," defined as inability to hear at 16 to 24 decibels — sounds such as a whisper or rustling leaves.

In 2008, the Hearing Foundation of Canada said 30 per cent of 145 students surveyed listened at levels of 91 decibels or higher for an average of 2.9 hours a day. Long-term damage can occur from such exposure to sound, hearing experts say.

Read more:

<http://www.cbc.ca/health/story/2010/08/31/hearing-loss-teen-girls.html#ixzz112LIkEQB>



## CANADIAN HARD OF HEARING ASSOCIATION MEMBERSHIP APPLICATION

CHHA is a non-profit organization run by hard of hearing individuals for persons with varying degrees of hearing loss. CHHA advocates the rights and needs of hard of hearing and deafened persons at the National level in an effort to break down social barriers, create awareness and fully integrate hard of hearing and deafened persons into society. CHHA needs your help to create a voice for hard of hearing and deafened persons. By becoming a member you will help hard of hearing people have the right to be heard!

- Personal Membership** for anyone interested in the objectives of CHHA {\$25.00}
- Family Membership** for any family interested in the objectives of CHHA {\$40.00}
- Organization Membership** for any organization that is sympathetic to the objectives of CHHA {\$70.00}

### About You

**First Name:** \_\_\_\_\_

**Formality:**  Mr.  Miss

Mrs.  Ms.

**Last Name:** \_\_\_\_\_

Dr.

### To which age group do you belong?

- Under 18
- 19 to 24
- 25 to 34
- 35 to 44
- 45 to 54
- 55 to 64
- 65 to 74
- Over 75 years of age

### Do you already participate in a CHHA Branch?

- Yes
- No

If yes, which branch? \_\_\_\_\_

### Please supply us with your contact information:

**Street:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Province:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_ - \_\_\_\_\_

**Telephone/TTY:** (\_\_\_\_) \_\_\_\_\_ **Fax:** (\_\_\_\_) \_\_\_\_\_

**Email:** \_\_\_\_\_

### About Your Hearing

- Hearing Status:**
- Hard of Hearing
  - Late-deafened
  - Deaf
  - Family member of a person with a hearing loss

- Hearing Loss type:**
- Sensorineural (Nerve)
  - Conductive (Bone)
  - Mixture - Nerve & Bone
  - Unknown
  - Other; please specify: \_\_\_\_\_

- Degree of Loss:**
- Mild/Low
  - Severe
  - Moderate
  - Profound
  - Unknown

- Your Hearing Loss Is:**
- Bilateral
  - Unilateral
  - Sudden
  - Progressive



## **EARPLUGS- CONT FROM P.5**

"It is wonderful to be able to play a role in the development of new technology that will undoubtedly reduce the number of cases of hearing damage among employees in the petroleum industry," says Mr Melvær. "Nevertheless, it is important to emphasise that the development of better hearing protection must not become an excuse for failing to implement measures to reduce noise levels. This should still be given first priority," he states.

The PETROMAKS programme is responsible for the Research Council's health, safety and environment-related (HSE) activities within the petroleum sector. "Efforts to develop a new version of the QUIETPRO earplug provide a good example of the type of creative projects that exist in this field that make use of technology and system solutions across sectors," explains Tor-Petter Johnsen, Adviser for the PETROMAKS programme.

"Close cooperation between advanced Norwegian technology groups and highly skilled customers in the petroleum industry has not only led to the development of a new product but has also provided better insight into the serious health risks to which employees in the industry are exposed," Mr Johnsen concludes.

Reprinted from ScienceDaily (Aug. 31, 2010)

## **WRITE FOR THE NEWSLETTER!**

Calling all journalists! Contact the editor with any stories, tidbits and/or comments! Deadlines for any input for the following edition are the 30<sup>th</sup>/31<sup>st</sup> of each month.

Newsletters are put out in print four times yearly (March, May, Sep, Nov), and in electronic format 6 times yearly (Jan, Feb, April, June, Oct, Dec).

If you have any ideas for stories or want to contribute to the newsletter in any way, contact Leah, the editor, at [leah@chhancr.com](mailto:leah@chhancr.com)!

**PLEASE HELP US SPREAD THE NCR WORD AND SAVE TREES IN THE PROCESS! PASS THIS NEWSLETTER ON TO OTHERS WHEN YOU'RE FINISHED WITH IT!**