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SPECIAL ISSUE  
A HOH'S THOUGHTS  
2020

# A HOH'S THOUGHTS

HLAA HOUSTON

MAY 2020



## THIS ISSUE

*Covid-19 Preparation  
and Prevention  
History of Pandemics  
Meeting Info  
May Events  
Helpful Resources*

## WHAT IS A "HOH"? - Hard Of Hearing Person

### REACHING OUT

How to get in contact with  
The Hearing Loss Association of  
America Houston Chapter.

WEBSITE  
[www.hlaahouston.org](http://www.hlaahouston.org)

Like us on Facebook &  
Join our FB Group!  
Search on FB & Instagram:

 @HLAAHOU 

## SPECIAL THANKS TO OUR NEWSLETTER CONTRIBUTORS

Teri Wathen  
Americano Cafe  
Visual Capitalist Nicholas LePan  
Dr. Lacy Brooks

## PREPARATION & PREVENTION

Due to this current Corona Pandemic Crisis, if a person with hearing loss gets sick, they may have to check in the hospital alone. It is important to have a safety bag to help the healthcare providers communicate with you effectively.

Important items you should pack:

1. Hearing aids, extra Hearing aid batteries
2. Downloaded speech to text APPS for smartphone (iPhone or Andriod), and learn how to use before an emergency happens. Apps such as Google Live Translate and Microsoft Translator can be back up communication aids that provide captions for speech. Wired or wireless cavalier microphones can increase accuracy. Wired mics are easier and less prone to being lost in the hospital.
3. Pen and paper
4. A clear face mask in case you read lips
5. A list of emergency names/contact numbers, a communication card (describing the best ways you communicate)
6. A list of your medications

Stay patient and understand you may experience long period of time alone.  
#stayhealthy #stayhome #savelives #practicephysicaldistance #COVID-19

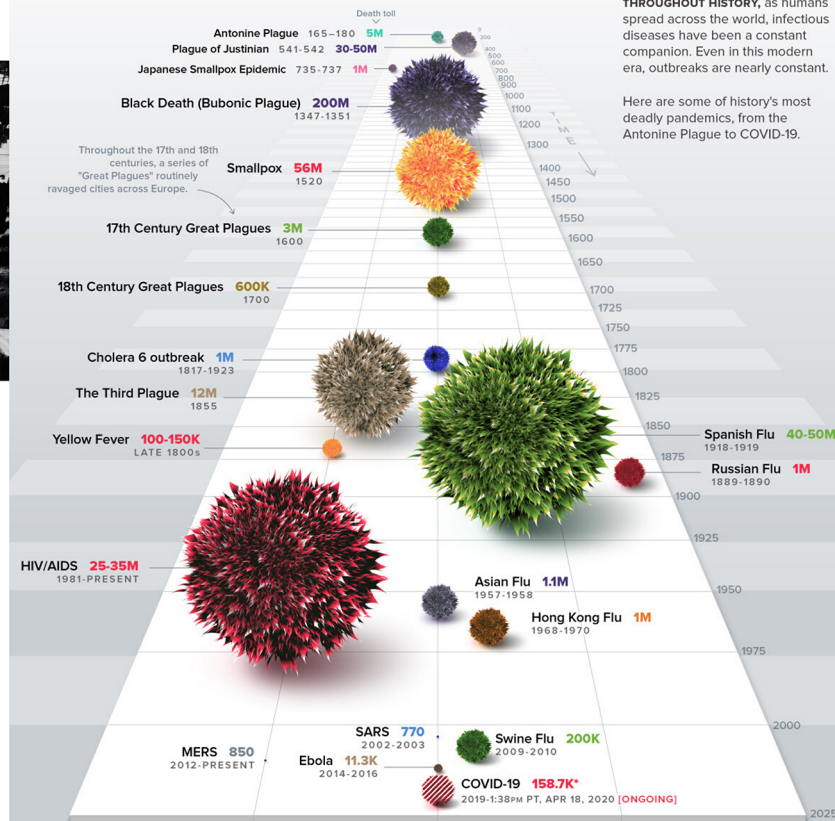


# HISTORY OF PANDEMICS

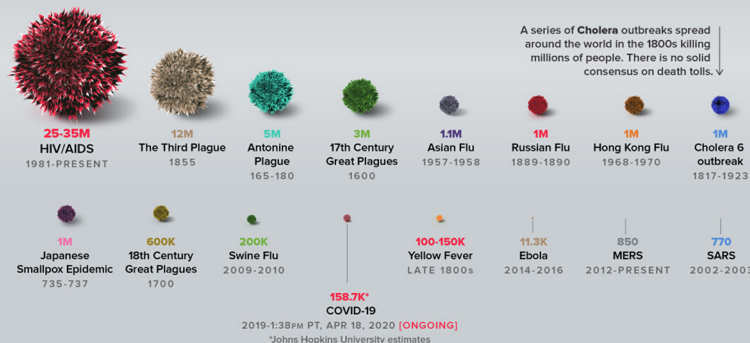
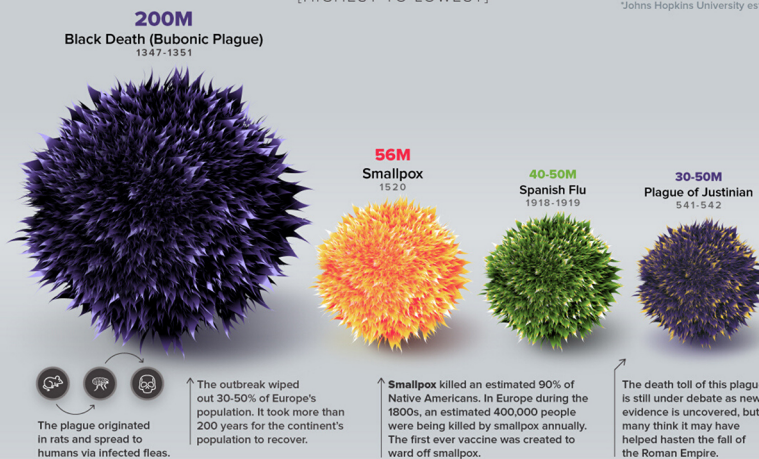
PAN-DEM-IC (of a disease) prevalent over a whole country or the world.

THROUGHOUT HISTORY, as humans spread across the world, infectious diseases have been a constant companion. Even in this modern era, outbreaks are nearly constant.

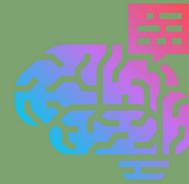
Here are some of history's most deadly pandemics, from the Antonine Plague to COVID-19.



## DEATH TOLL [HIGHEST TO LOWEST]



## A HOH'S THOUGHTS



## COVID-19

Pandemics happen... They come and go with our growth as humanity. With this this long list of previous outbreaks, more will be added in the future. As a collective, we can all be prepared for the next with the lessons the Coronavirus has taught us.

**Lesson 1:**  
Stay active. It does not matter if you "can't." It is only a matter of trying to move that pushes you to move more. If you fail, laugh it off, try again, and have fun! It's like dancing (also considered exercise)

**Lesson 2:**  
Inner Research. Connection with friends and family is only as elastic as the connection you have with yourself. The more you understand yourself the more you will understand your circle. It's why they're part of your life.

**Lesson 3:**  
Money isn't everything. This tool we use as a measurement for success was greatly effected. But It's all numbers, we've changed the way we view our savings and lifestyles for the better.

In the United States, many small businesses were ready to have their grand opening. When the pandemic hit America cold & hard, Americano Cafe was one of the many to postpone their long awaited grand opening.

Thank you Americano Cafe for providing these helpful steps (pg 1) to preventing the spread of COVID-19.

Opening May 2020.  
www.americanocafe.us

CHECK OUT THE FULL POSTER AT [HTTPS://WWW.VISUALCAPITALIST.COM/HISTORY-OF-PANDEMICS-DEADLIEST/](https://www.visualcapitalist.com/history-of-pandemics-deadliest/)



## OUR CHAPTER BOARD MEMBERS

Name, Position, & Email

Jan Connolly President  
janpatrice@att.net

Allan Ofield Past President  
nbtawq3@yahoo.com

Enriqueta Martinez  
Treasurer  
martinezenriqueta@yahoo.com

Mike Quinlan Secretary  
mqinlan@sbcglobal.net

Teri Wathen Advisor  
teri.wathen@sbcglobal.net

Cosette Critelli Media  
Manager  
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## FEATURES

- Support group for the Hard of Hearing individuals of Houston
- Special guest speaker(s) every month that cover important topics to explore
- Live captions from volunteered members
- Every now and then for our members, we host a social for fun and get to know our community better

## CAN'T MAKE IT?

## WATCH IT LIVE!

Want to attend the meeting but can't sit in? Go to our Facebook or Instagram to watch our meeting



Thanks to our media management, we're able to make this happen with the powerful, flourishing growth of technology & the Internet

# HLAA HOUSTON CHAPTER MEETING

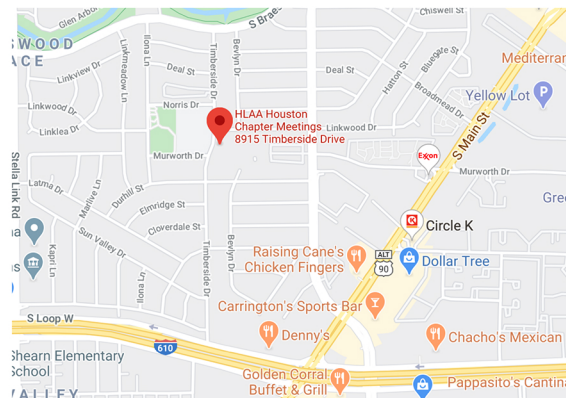
Monthly meetings every 2nd  
Saturday of the month.  
(No Meetings May and  
December)

## DATE & TIME

Saturday, June 13th, 2020  
9:30 am

## LOCATION

St. Luke Presbyterian Church  
8915 Timberside Drive  
Houston, Texas 77025 (Visible  
from Bethany Methodist  
parking lot.)



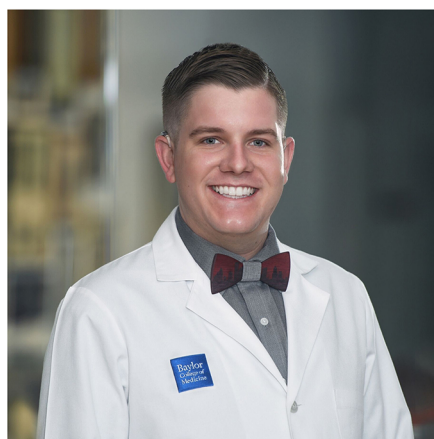
## WE WELCOME YOU!

Welcome to the Hearing Loss Association of America (HLAA), the leading organization for people with hearing loss. As an HLAA member, you are part of an organization with a mission to provide information, education, support and advocacy to people with hearing loss. Through our advocacy work at the federal level, we represent 48 million people with hearing loss in the United States – that includes you.

Newcomers welcome!

You do not have to become a member to attend or watch online.

Memberships offers exclusivity to those who need our representation, support, and want to attend events and socials such as, the Walk 4 Hearing Launch Party.



## SPECIAL GUEST

Audiologist  
James Connor Sullivan  
from  
Jamail Specialty Care Center  
(Clinic)  
1977 Butler Blvd  
Suite E5, 100 5th Floor  
Houston, Texas 77030  
United States  
(713) 798-5900

Connor Sullivan, doctor of audiology, was born with hearing loss and received a Cochlear implant after going completely deaf as a young adult.

# WHAT YOU MISSED AT LAST MONTH'S MEETING.



## APRIL'S MEETING WAS CANCELED DUE TO COVID-19

Due to the pandemic, we had to cancel April's meeting and we will resume in June. This wave we're riding will be over soon and we'll all be back on our feet as we were.

Taking advantage of this time is the best solution to help solve this global problem. Some are becoming accustomed to a new life-style that is more creative, intuitive, and interconnected. Try to look at it as an opportunity to take a break from a hectic world and start a new one that is in nature, sparking the creative energies in all us, and affecting us in many significantly cathartic ways.

Speaking of new creative energy...

The HLAA Houston Chapter Newsletter was also postponed for the month of April for some much needed reconstruction.

Therefore,  
A HoH's Thoughts was born!  
You may have noticed a HUGE upgrade in eye-catching graphics, informative articles, and new-found energy that just screams:  
"We are PROUD of who we are and Welcome you with a little humor, heart-warming stories, and love to our family. This is your family now, too."



## NO MEETING IN MAY

We allow May to be all about the ladies and give our members the time to spend with their loved ones. We appreciate the moms, caregivers, and lovers that take care of their family, friends, and most importantly themselves. So, in honor of HLAA, we encourage our members to spread their love like a true mother would, and pamper those who took care of them as a child. Celebrate ALL your motherly loved ones during this quarantine with a Facetime call, a surprise gift on their doorstep, or hold up a huge card from a safe distance showing your love and appreciation for being a mother in your life.

## STAY IN TOUCH

Social Media

Facebook:

<https://www.facebook.com/hlaahou/>

Instagram

<https://www.instagram.com/hlaahou/>

## JOIN OUR FB GROUP

get updates on posts, meetings, events, & more!

## IMPORTANCE OF CONNECTION

Consider the following:

As our world grows bigger with more people, more creations, & more innovation, the smaller the online world gets with our ability to connect via touch: smartphones, smart computers, & even smart TV's. We live in a new time where we are all aware of the compelling unity the internet presents

## WHY JOIN?

Being in a room full of people who don't understand your disability, can feel detrimental. But being in a room full of people who do understand, can be life-changing. We help our members as if they are family because we share the same experience. With us on your side, you'll learn how to:

- Stand up for yourself & explain your invisible disability to others
- Find trustworthy information on doctors, equipment, & events
- Make friends who know where you are in life & are here to help you with hearing related problems





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Mitch Albom, For One More Day:

*“Behind all your  
stories is always  
your mother's story.  
Because hers is  
where yours begin.”*

HAPPY MOTHER'S DAY

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## KNOW SOMETHING GOING ON IN YOUR AREA?

SUBMIT AN EVENT TO US  
AND WE'LL PUT IT ON THE  
CALENDAR!  
VISIT  
[WWW.HLAAHOUSTON.ORG](http://WWW.HLAAHOUSTON.ORG)

## BIRTHDAYS!

May 10th -  
Mary Honomichl

May 12th -  
Glenn Hurwitz  
& Guruatma Khalsa

May 19th -  
Cosette Critelli  
Media Manager

## TIPS FOR A HOH

### 1. GET THEIR ATTENTION

As a HOH it is essential to be face to face with your subject & give them the attention you'd like.

### 2. GET THEM ALONE

If you're in a space with multiple people, get your subject to the side. Read their lips & body language. (Remember they're reading yours too)

### 3. ASK FOR WHAT YOU WANT TO HEAR

No one will know what you want unless you ask. Don't be afraid to ask to have your needs met.

### 4. "I WILL HEAR IT ALL OR NOT AT ALL"

If someone chooses not to speak in a way you understand, then don't let to their negativity affect you.

### 5. UNDERSTAND

Be patient with the person who's trying to communicate. Understand that as humans, we ALL want to be heard.



# MAY EVENTS

## IN HOUSTON TX 2020



**DUE TO COVID-19, EVENTS MAY VARY. REQUIRED TO WEAR A MASK NEAR PEOPLE**

## 5/4 MAY THE 4TH BE WITH YOU

Star Wars Day, May 4, celebrates George Lucas' Star Wars. It is observed by fans of the media franchise. Observance of the commemorative day spread quickly through media and grassroots celebrations. The date was chosen for the pun on the catchphrase "May the Force be with you" as "May the Fourth be with you". Countless events this 1st May weekend.

## 5/10 MOTHER'S DAY

A stay at home Mother's day is an appropriate way to celebrate the day of of life, love and femininity during quarantine. However if you do decide to go out to that special place, we advise you to wear a mask around others. Celebrate responsibly and lively with the women in your life.

## 5/23 FEMALE EMPOWERMENT ART SHOW

Reviving Restoring Pearl's is showcasing art work that depicts how beautiful women are. The theme is "The Future is Female!" 100% of the proceeds is tax deductible & will be used to purchase mother's day presents for ladies in Shelters.

Tickets are \$15 at Dahlia 2901 Fannin St, Houston, TX 77002



## 5/9 16TH ANNUAL SPRING CORVETTE CAR SHOW

The Corvette Owners Club of Houston presents the 16th Annual Spring Charity Corvette Car Show! Enjoy more than 100 Corvettes, plus you can vote for the winner of the People's Choice Award.

Sugar Land Town Square  
15958 City Walk, Sugar Land, TX



## 5/12 HPD PIP LIVESTREAM

Chief's Citywide "Positive Interaction Program" Meeting will be held via live stream on Youtube with interpretations & captions 7PM  
[youtube.com/houstonpolice](https://youtube.com/houstonpolice)  
The Houston Police Department's Victim Services will present on the topic of the Domestic Abuse Response Team (D.A.R.T.)





# HELPFUL RESOURCES

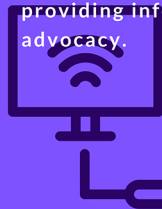
## HLAA NATIONAL

### Who We Are

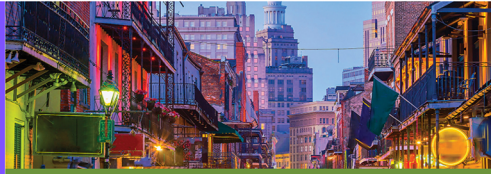
Founded in 1979 by Howard E. "Rocky" Stone, the Hearing Loss Association of America (HLAA) is the nation's leading organization representing consumers with hearing loss. The programs and events we offer are designed to focus on you—the person. HLAA strives to give people the tools they need to live more successfully with hearing loss and to show them they do not have to face hearing loss alone.

### Our Mission

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



FOR MORE INFO VISIT  
**HEARINGLOSS.ORG**

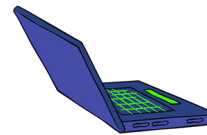


### Convention

### HLAA2020 Convention in New Orleans – CANCELLED



With the grave situation of the Coronavirus pandemic we have to cancel the HLAA2020 Convention. An email about the cancellation went to our HLAA community from Executive Director Barbara Kelley. Please read her message about the cancellation at [hearingloss.org](https://hearingloss.org). We hope that all of those in our HLAA family stay well.



## EQUIPMENT DONATIONS



### DONATE YOUR HAND-ME-DOWN HEARING EQUIPMENT!

If you have any hearing aid products that have been gently used or needs repairs, PLEASE donate them to give to another Hard of Hearing person in need.

We are a non-profit group that helps our community through your generosity.

### DONATE AT OUR MEETINGS!

Just bring your items and we'll take them off your hands. We'll find them a new home. Anything helps your community.



## AUDIOLOGIST LIST

Name | Office

Ross Tonini | AuDSpeech

Christie Spencer, AuD  
| Fort Bend Hearing

SandiCoe, M.A  
| Hearing Aids of Houston

Max McCarthy  
| Hearing Systems Co.

Jennifer Meeks  
| HearSay Partners inc

Kelsey John, MS  
Rebecca Verba, MS  
| Houston ENT

Robert Walmsley, MD  
Julie Espilo,  
| M.S. Hearing

Dr. Paul Gidley  
| MD Anderson Hospital

Monique Jenkins  
| MS CCC-A

Phillip Allred  
| Ph.D. Family

Patricia Orsak, Au.D  
| Rosewood ENT

Sara Nagel, AuD  
| The Center for Audiology

RoseMaura, AuD  
| The Center for ENT

Dennis Hatherill, AuD  
| TOPS Hearing Center

Carol Ross & Deb Carlson  
| UTMB

Michelle L. Ivey, Ph.D.  
| UoH Communication  
Sciences and Disorders

Add an audiologist to our  
list by emailing

[HLAHOUNEWS@GMAIL.COM](mailto:HLAHOUNEWS@GMAIL.COM)

