



## Wake Chapter Newsletter August 2022

### In This Newsletter

- [Upcoming Meetings and Events](#)
- [Grand Time at the HLAA Convention](#)
- [Tech Focus: Rechargeable Batteries](#)
- [Join Our Wake Chapter Facebook Group](#)
- [Did You Know? Raleigh Little Theatre is Looped](#)
- [Wake Chapter Contacts](#)

Websites: [Wake Chapter](#) [HLAA-NC](#) [HLAA National](#)

### Upcoming Meetings and Events

**Wake Chapter:** Katie Franklin, Hard of Hearing Services Coordinator for NC Division of Services for the Deaf and Hard of Hearing (DSDHH), will be our presenter for the Wake Chapter virtual meeting on Zoom on Thursday, August 18<sup>th</sup> at 7:00 p.m. She will cover DSDHH activities and programs of interest to people with hearing loss. We'll also have a short discussion about the October 9<sup>th</sup> NC Walk4Hearing, and time to answer any questions about hearing loss. We'll send a short reminder with the link to join the Zoom meeting a day or two before the meeting. We do hope you can join us.

**Wake Chapter:** You and anyone interested in hearing loss are welcome to attend the Wake Chapter Zoom program featuring Neil Bauman, Ph.D., who operates the [Center for Hearing Loss Help](#) in Lynden, WA. His topic will be "**Hearing Loss at the Crossroads – Coping with Hearing Loss the Right Way – So Why Do We Keep Doing It All Wrong?**" The program is Thursday, September 15<sup>th</sup>, 7 to 8:30 p.m. Our Zoom meetings are captioned.



# We're a Community

## Join our HLAA Wake Chapter Walk Team

### Sunday, Oct. 9<sup>th</sup>, 2022

#### Where:

WakeMed Soccer Park  
201 Soccer Park Drive  
Cary, NC



#### Schedule:

Registration-11 AM  
Stage Presentation: 12:00  
Walk: 12:15 (5K 3.1 miles)

Join our team—as a walker, donor, or observer—  
come out to join the fun.

[Click HERE to Join our team --- as a walker, donor or observer -- come out to join the fun.](#)

## A Grand Time at the HLAA Convention by Wendy Dembeck

My first HLAA convention, this year at Tampa's beautiful JW Marriott Hotel, is definitely not my last. I came home changed. I am more informed. I am a stronger, more enthusiastic, and vocal advocate. But most importantly, I truly feel a member of a very special and very wonderful community. We all have the same goal—to **communicate** better. We were there to learn how.

Little did I know that I'd also come away more accepting of my hearing loss, less timid in telling others of my hearing loss and how to better our communication, more vocal in requesting the assistance I might need in different circumstances, and also how to use many of the assistive devices already developed or being developed to make my journey through life with hearing loss so much better.



*Wendy Dembeck attended the 2022 Hearing Loss Association of America national convention in June with her husband Rob. Wendy is a member of the HLAA Wake Chapter Board.*

Just look at two of the sessions I attended: *Becoming that Fabulous Person with Hearing Loss* and *The Psychological Nuts and Bolts of How to Form a Resilient Identity*. This one was so riveting, and the audience participation was so strong that we ran overtime enough to be told that the next session needed that room!

In the Exhibitor Hall, I tried out the Olelo Caption Calls for phones. I chuckle to remember as both the demonstrator and I also use AudioStream. Once we were connected on our phones, we couldn't talk to each other! We needed to use the Olelo system.

I was able to meet with the people from MED-EL, people from Beginnings, representatives of the Bluetooth SIG where I saw some of the jaw-dropping, wonderful technological systems that are in the works for us. Unbelievable! So much more.

But most of all, it was the people. No matter where I sat, a conversation would begin about ourselves, what roads we've taken to get here, suggestions whenever a stumbling block was described, and a warmth and understanding that was universal. The presenters mingled with us, knowledgeable people who freely shared themselves. Most importantly, everyone really understood what hearing loss is like. We even took a dinner cruise, and joined tables of people who were no longer strangers by the time we disembarked.

Next year the convention is in New Orleans. Start packing your bags!

I think it's all summed up in convention presenter Gael Hannan's "No-Bluff Pledge":

In my life, I will not bluff!  
I will not pretend to understand  
When I do *not*.  
Instead, I will do all that it takes  
To engage, interact, and communicate.

[GO TO Page 1](#)

## Tech Focus: What You Should Know about Rechargeable Batteries

Many hearing aids and most cochlear implants (CIs) now have an option to use rechargeable batteries instead of standard disposable batteries. Here is some information to help you discuss options with your hearing health provider when you're buying new hearing devices:

- **Charging:** Rechargeable batteries tend to last all day before they need to be charged. Most people charge their batteries while they are sleeping, so they'll have full power in the morning. Batteries can now be left inside the charger without damage. Charging devices vary by manufacturer, and several options might be available. Most are relatively small and sit on your nightstand plugged into the wall. When you travel, you simply unplug it and take it with you. Most can utilize a USB port (like on your computer, in your car or even a portable battery source like a "juice box") instead of a wall socket.... If you unexpectedly run out of power during the day, you simply perform a quick charge for 15 minutes to an hour for additional power. Some newer CIs can even be charged while you are using them!
- **Convenience and Ease of Use:** Children, or adults with poor dexterity and/or vision, tend to find that using rechargeable batteries gives them more independence since they are much easier to deal with. Standard disposable batteries often die at inconvenient times, so you'll need to buy, carry and replace them when the power runs out after a few days to a week. They can be purchased almost anywhere, and you don't have to worry about forgetting to bring their charger while travelling.
- **Battery Lifetime and Runtime from a Full Charge:** Rechargeable batteries tend to last for several hundred charges, so they'll last anywhere from six months to 4-5 years. The fully charged typical runtime (how long the power lasts each day) gradually reduces over time, so after a while the battery will not last all day. How much power you require is based on the type of hearing device, kind of rechargeable battery, and energy requirements needed for your particular hearing loss. People who use wireless features often, like Bluetooth, will require more energy compared to those who don't.
- **Cost:** The price of a rechargeable battery varies depending on the hearing device; it can be hundreds of dollars per battery and may require service fees when replacement is needed. Still, the cost of the original rechargeable aids, charger and replacements might be cheaper than buying disposable batteries.
- **Internal vs. External Design:** Many hearing aids and some CIs have "internal" rechargeable batteries that are sealed into the hearing device. Some CIs, and hearing aids, have "external" rechargeable batteries that easily pop out. These CI users simply remove them from their device each night to charge. It's possible to have two sets of this style, so you can alternate which battery you use each day, while charging the other. External rechargeable batteries can be ordered by your hearing health provider and some you may be able to order from your manufacturer. The advantage of the internal style is the hearing device is often more water resistant, but the disadvantage is when the battery must be replaced, the entire hearing device needs to be shipped to the manufacturer for service. This might be important to consider if you don't have usable hearing or a spare hearing device to use during this process. All disposable batteries, however, are user accessible, and widely available.

### Ask Your Provider about Rechargeable Batteries

- Probable runtime of a new fully charged battery before it must be recharged
- Probable lifetime before replacement is needed
- Replacement cost when runtime between charges becomes inconveniently short
- Replacement Process: Office visit? Downtime if it's back to manufacturer for service?
- Risk of being without power because you forgot your charger or because of replacement service
- Does the rechargeable model I'm considering preclude having a telecoil?

**It's Your Choice:** It comes down to a personal preference. Some people love their **rechargeable** batteries, but others prefer **disposable** batteries. Some CI models let you use either. But the points above can help you choose wisely after considering the conveniences, ease of use, costs and risk. [GO TO Page 1](#)

## Join Our HLAA Wake Chapter Facebook Group

If you are receiving this newsletter, you may also want to [join our HLAA Wake Chapter Facebook Group](#). You'll be able to read posts from other group members or post questions or information about hearing loss. The group is open to anyone interested in hearing loss and is actively managed to keep it focused on hearing loss. If you're not familiar with Facebook and have any questions, you can email [Steve Barber](#) for help.



## Did You Know? Raleigh Little Theatre is Looped

Raleigh Little Theatre's Cantey V. Sutton Theater is looped, so if you've got telecoils, you can just switch to telecoil mode and hear the play better ... you don't have to borrow a receiver, headphones or even a neckloop. If you don't have hearing aids or if you have hearing aids without telecoils, you can ask at the box office for a loan of a Loop Receiver and headphones that may let you hear the play better ... though be advised, some hearing aids for serious losses may cause feedback ... that's another reason that telecoils are a good idea.



## HLAA Wake Chapter Contacts

Steve Latus (President)

Steve Barber (Media)

Janet McGettrick (Member Outreach)

Susan Goldner (Treasurer)

[slatus@comcast.net](mailto:slatus@comcast.net)

[steve.barber@earthlink.net](mailto:steve.barber@earthlink.net)

[jmcgettrick106@gmail.com](mailto:jmcgettrick106@gmail.com) or 919-469-0924

[goldaub1@aol.com](mailto:goldaub1@aol.com)

630 Upchurch St, Apt H  
Apex NC 27502

[GO TO Page 1](#)