



# Heard in Fort Worth

Hearing Loss Association of America – Fort Worth Chapter  
December 2023



**HAAA DECEMBER 9**

## *Holiday Brunch*

*10:00 a.m., not our usual 9:30 snack time*

**Food, Fellowship, and Entertainment  
by the Gold Tone Senior Citizen Show Choir**

Remember to bring the brunch food item you signed up for. If you did not sign up, bring something appropriate for a holiday brunch: casserole, quiche, salad, dessert, drinks, or your favorite. The chapter will provide meat items and coffee. Be sure to join us next Saturday.

We are excited to welcome the Gold Tone Senior Citizen Show Choir for a program of holiday musical favorites, show tunes, and dance numbers. Formed in 1997, the choir is made up members age 55 and over who love to sing and perform.



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**HAAA Fort Worth meets on the second Saturday of each month**

**in the fellowship hall of Central Christian Church, 3205 Hamilton Avenue, Fort Worth, TX 76107.**

**Snacks and mingle at 9:30 a.m. and meeting at 10:00. Please join us, and bring a friend!**

*We offer realtime captioning and assistive listening systems for communication accessibility.*

*Captioning is provided courtesy of Cauthen & Associates Court Reporting and CART Services.*

**35 people attended our November meeting. Let's make it 50 for December.**

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**Photo Credit:** *The photograph of The Fort Worth Herd on our Heard In Fort Worth banner is used by permission of The Fort Worth Herd and its sponsor, the City of Fort Worth Parks and Community Services Department*

# Joyce's Jargon

Happy December to All,

I recently received a letter from HLAA national with the headline "Purpose. Be part of ours." I liked the idea and would encourage you to "Be part of ours - Fort Worth HLAA." I'm sure some of you received it. Why did you come to HLAA for the first time? What makes you come back month after month? For me, it's the support, connection, and purpose. I learn from all of you and the speakers' presentations. I connect because we have a similar need and passion. I have purpose in educating others about hearing loss and its impact.

The letter noted that I have supported HLAA for 10+ years. I didn't realize it had been that long. The chapter needs the support of each of you. If you are able to make a year-end gift to the chapter, it would be so appreciated. We hope you are finding support, connection, and purpose through the chapter. (We are a 501(c)(3) nonprofit organization.)

We look forward to the December 9<sup>th</sup> Holiday Party which will begin at 10:00. The Gold Tone Senior Choir will present a program of holiday music, and we will have brunch and surprises. Please join us!

Blessings,

Joyce Parlin  
Chapter President

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## Heard In Fort Worth

This newsletter is published by the  
**Fort Worth Chapter of the  
Hearing Loss Association of America**  
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**The Hearing Loss Association of America (HLAA)**, founded in 1979 by Howard E. "Rocky" Stone, is the nation's leading organization representing consumers with hearing loss. The mission of HLAA is to open the world of communication to people with hearing loss by providing information, education, support, and advocacy.



Hearing Loss Association of America  
6116 Executive Blvd., Suite 320  
Rockville, MD 20852. 301-657-2248.

*Membership has its benefits. Please join or renew. Go to [www.hearingloss.org](http://www.hearingloss.org) and click on "Membership" to join.*

## November 11 Chapter Meeting Summary:

# Where Hearing Loss and Tinnitus Happen and Why It Matters

Presented by Addison Wilson, Au.D., audiologist at Carson Hearing Care

*Program summary edited by Darlene Liesner from a transcript by caption writer Carrie Gibson, CSR, of Cauthen & Associates, Court Reporting & CART Service*

Addison Wilson, Au.D., received her Bachelor of Science degree in Communication Sciences and Disorders and her Doctorate of Audiology from the University of Oklahoma. She has worked for Carson Hearing Care in Fort Worth for the last year and a half. At the November 11, 2023, chapter meeting, Dr. Wilson explained the ear-brain connection, tinnitus, and HearVu.

Hearing happens in the brain. Keeping the brain active is important. The longer a person goes with hearing loss, the harder it is to use hearing aids and the worse hearing devices will sound. The *eargym.world* smartphone app offers auditory training with games, hearing tests, and hearing loss prevention tips. People can sing together on the Google Meet video-chat platform.

Hearing loss is the third largest public health issue in the U.S. Forty million Americans have hearing loss. Hearing loss is related to: depression, falling, isolation, diabetes, heart disease, fatigue, and kidney disease. The kidneys and ears develop at about five weeks in utero. Congenital hearing loss may also indicate kidney disease. With hearing-loss, the brain is not as active and healthy, which can lead to Alzheimer's and dementia. Get hearing aids and wear them as much as possible.

**The three types of hearing loss** are sensorineural, conductive, and mixed. With **sensorineural hearing loss**, most people generally hear the low pitches better than the high. No antibiotics or surgery can fix sensorineural hearing loss. Hearing aids are the only treatment. Fluid, allergies, wax, or a hole in the eardrum can cause **conductive hearing loss**. Also, the three little bones in the middle ear (ossicles) may stiffen or detach from each other. **Mixed hearing loss** is both a sensorineural and a conductive loss. Generally, patients with conductive or mixed loss are referred to an ear, nose, and throat specialist.

Robin Carson, Au.D., CCC-A, owner of Carson Hearing Care, developed HearVu, an app for the iPad. HearVu brings the paper audiogram to life, so a patient better understands their hearing loss and can better decide about future hearing treatment. HearVu lets a spouse or loved one hear how the patient hears.

At Carson Hearing Care, new patient evaluations are free. Bring in your printed audiogram. Carson will plot it on an iPad for a fee. Carson recommends a baseline audiogram starting at age 55. Traditional Medicare pays for an annual hearing test. A Medicare Advantage plan may cover more audiology services. Carson Hearing Care does not accept Medicaid. Whenever you have a hearing test, request a copy of your audiogram. Have your hearing tested if you have diabetes, noise induced hearing loss, or other medical conditions.

Around 25 million people worldwide have **tinnitus**. Tinnitus (pronounced TIN-uh-tus or tih-NITE-us) is a phantom sound the brain makes up to replace the stimulation it once got from hearing. It may be a high or a low pitch ringing, buzzing, or humming. It can even be music. Everybody is different. Quiet is the enemy of tinnitus. Tinnitus may be of the bothersome or the non-bothersome variety.

Tinnitus happens for three reasons: a breakdown in the auditory pathway, noise induced hearing loss, or medication. Normal cell phones do not cause tinnitus. Tinnitus can be one sided. Tinnitus may develop or worsen over time because you are constantly thinking about your ears. Sometimes the brain gets accustomed to your hearing devices; they may need a boost. Salt, caffeine, alcohol, nicotine, and stress may worsen tinnitus. Tinnitus is attached to the limbic system. The limbic system is that part of the brain involved in behavioral and emotional responses, especially survival: feeding, reproduction, and caring for our young, and fight or flight responses. Tinnitus can lead to suicide. Hearing devices are the first treatment plan for tinnitus. Sound therapy and relaxation techniques may help.

Your hearing devices may have a sound therapy program. If you are not yet wearing devices, you can listen to sound therapy on regular headphones or with a smartphone app. Widex Zen Therapy offers comforting sounds to help you manage your tinnitus. Zen can be activated with the Widex Moment smartphone app.

Oticon hearing aids with Tinnitus SoundSupport play relief sounds like white noise and ocean sounds. Control the sounds in your hearing aids with the Oticon Companion app and the Oticon ON app for iPhone, iPad, and Android. Most of the big six hearing aid manufacturers have sound therapy software that the audiologist can activate.

White or pink noise or nature sounds help the brain habituate to the ringing in your ears so you don't notice it. Sound therapy moves the ringing from a negative to a neutral cycle.

Researchers are looking at the brain of tinnitus sufferers who have died. They are looking at what gets triggered in the brain. They are also looking to regrow damaged hair cells in the cochlea so to give stimulation back to the brain.

Dr. Wilson answered audience questions throughout her presentation.

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*We will acknowledge your donations in each issue of the newsletter.*

*The list is updated monthly.*

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Husband of Dr. Shirley Molenich,**

Given by Stephen J. and Joan S. Boyle, Judith Fitzgerald, Dan White

The Fort Worth Chapter is a 501 (c) (3) nonprofit organization.  
All contributions are tax-deductible.

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Hearing Loss Association of America - Fort Worth Chapter

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Lisa Cauthen



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**Cauthen & Associates, Inc.** is a woman-owned business, founded by Lisa Cauthen in 1998, and incorporated in 1999. Cauthen & Associates has provided the DFW Metroplex with **captioning, communication access real-time translation (CART), and court reporting services** for over 20 years. Cauthen & Associates provides CART services for our meetings

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