



# Heard in Fort Worth

Hearing Loss Association of America – Fort Worth Chapter  
May 2024

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## ***MAY IS BETTER HEARING MONTH***

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May 11 Program:

### **Harmful or Helpful?**

**Medications, Supplements, and Your Ears**

**Presented by Marylyn Koble, M.S.**

You see a product on the store shelf or the internet that advertises help for your hearing or a cure for tinnitus. Will it work for you? Should you try it? The worst that can happen is you'll waste a little money, right? Come learn the research behind how medications and supplements can impact the health of your ears. This updated talk will include a discussion of the role of CBD and essential oils in ear health.

Marylyn Koble graduated cum laude from Texas Christian University with a bachelor's degree in Speech-Language Pathology. She received her master's degree in audiology from the University of North Texas. Marylyn's 25-year career has been spent in several ENT practices as well as several private practices. She opened her own practice, Koble Hearing, in 2016, to provide **in-home hearing healthcare** and purchased Audiology Associates of Arlington in August 2018. The two practices were combined under one name, Audiology Associates of DFW, in 2020.

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#### **HLAA - 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.*

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**June 8 Program:**

**Kelly Krug, Advanced Bionics cochlear implant consumer specialist,  
will speak on the basics of the Advanced Bionics cochlear implant system,  
highlighting some of its unique features.**

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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

Good Day to All,

As I write this month, the programs for the year are coming together. I'm excited about the speakers and topics we have lined up. **May** - Ototoxicity; **June** - Cochlear Implants; **July**- report from national HLAA convention; **August** - still open; **September** - Brain health and hearing; **October** - Tinnitus. **November** - still open; **December** - Annual Holiday Party. We have ideas for the open months, but not all contacts have been made. I hope these are topics of interest to you.

The hearing loss field is full of challenges, changes, research, and new technologies. I'm looking forward to being in Arizona for the national convention and meeting with other chapters for more ideas on programs, funding, and advocacy. Thank you for your ongoing support of our local Fort Worth chapter. I will be delighted to represent the chapter.

Joyfully,

Joyce Parlin  
Chapter President

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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.

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## Heard In Fort Worth

This newsletter is published by the  
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Hearing Loss Association of America**  
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*Membership has its benefits. Please join or renew. Go to [www.hearingloss.org](http://www.hearingloss.org) and click on "Membership" to join.*

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## Seniorific News Highlights Hearing Loss

"What to know about age-related hearing loss" covers the entire front page of the free newspaper *Seniorific News* for this month. The paper is distributed free at senior centers, medical offices, and other locations. The article is a reprint from the National Institutes of Health. It's quite informative and comprehensive. Share it with your friends and family.

# April 13 Meeting Summary

## Introduction to Lip Reading

Presented by Judy Oetting, speech pathologist

from the meeting transcript by  
Carrie Gibson, CSR, of Cauthen & Associates, Court Reporting & CART Service



A speech pathologist with an M.S. degree, Judy Oetting has taught lipreading classes occasionally over the years. Using visual cues to understand speech is a three-fold process: lipreading, speechreading, and sweep reading.

When **lipreading**, the listener focuses on the speaker's lips, teeth, and tongue. Unfortunately, only 25 to 30 percent of sounds in the English language are easily visible on the lips. Judy had the audience place our finger on our voice box, say the sound "E-E-E," and feeling our voice box vibrate.

**Speechreading** is more than identifying the sounds on a person's lips. The listener focuses on non-verbal cues such as facial expression, gestures, body language, and tone of voice. Lip reading a spouse or a familiar person is easier. The listener knows the speaker's vocabulary, expressions, and timing.

Audience member Patricia Hindman noted that people with profound hearing loss are better lip readers because they rely so heavily on lipreading. Judy added that children with hearing loss whose hearing worsens over time become good lip readers.

**Sweep reading** is a process. Sweep reading is getting the general idea of what the person is saying. It is also rejecting words or ideas that don't fit the context of the conversation. Good lip readers are intuitive. Lipreading takes concentration, controlled attention to minor details, and imaginative capability. Context clues help. Understanding one word in a sentence helps the listener figure out some of the other words in the sentence.

Everyone received a paper handout with pictures and a small mirror. One picture showed the mouth, lips, and tongue making the "S," "Z," and soft "C" sounds. The next showed making the "TH" sound. The third picture showed making the "F," "V," and "Ph" sounds. We looked in the mirror, said "Sue," "zoo," "circle," and so on. We got the feel of someone speaking to us.

For lipreading practice, Judy and a few audience members mouthed short sentences - some at a normal volume and some silently. The audience had to count, for example, the number of "S" sounds in the sentence. The exercises helped train our eyes to what to look for. We practiced catching specific sounds, especially the first sound of a word. We honed our concentration skills.

Not hearing environmental sounds can cause stress and tension. Environmental sounds give clues as to what is happening. A visual smoke detector and other alerting devices can help.

For someone with hearing loss, communication can be exhausting because of the concentration, focus, and processing needed every time someone speaks to you. Remember to give yourself rest periods.

Everyone learned something and had fun participating in the hands-on activities.



# A Mom's Experience with her Child's Hearing Loss



The Rodriguez family

Sometimes you don't want your mother's intuition to be correct. That was my thought the day I heard the doctor say, "You were right—Olivia has bilateral hearing loss, and it's permanent. She'll need to wear hearing aids."

Those words rang in my ears for weeks, even months later. Even though I had known deep down that my concerns were warranted, hearing the confirmation out loud was difficult to process. My brain started swirling with questions. Was it something I could have prevented? Will it get worse? Was it from the chronic ear infections she had? What will the diagnosis mean for Olivia's future?

Olivia's formal diagnosis of sensorineural hearing loss came on June 1, 2023, just a week before she turned six. She had been heavily into gymnastics and was just finishing kindergarten—her first year in a dual immersion program, learning Spanish.

## Signs of a Problem

By the end of the school year, there were many concerns that I couldn't dismiss. Frequent ear infections and often having to repeat ourselves when speaking to Olivia. Her iPad volume was always up full blast, with us asking her to turn it down.

When I volunteered in her classroom, I noticed her closely watching classmates to follow along and stay on task. I wasn't sure if this was from learning a new language or not being able to hear instructions.

Eventually our ENT agreed to a hearing test. She missed responding to a few of the beeps, but the audiologist said, "it's very common at this age." I found myself in a similar position to many other parents—insisting that my child be tested further and resisting a professional's advice to wait and see. I trusted my intuition that something was wrong.

## Diagnosis and the Road to Acceptance

When we got the definitive news of Olivia's hearing loss, I cried on the way home and again when I told my husband. A few days later, I casually mentioned to her that just like some people wear glasses to see better, others wear hearing aids to hear better. I told her that the doctor said she needs to wear hearing aids and I showed her some photos of other kids wearing them.

She asked me if she'd have to wear them only for a day. I told her no. She asked, "two days?" Her eyes welled up with tears, and I didn't have the heart to tell her yet that she was going to need them daily. I gave her a hug, and we cried a lot over the next several days. She asked hard questions like, "Why me?" and confided she was worried about the kids at school making fun of her. She vowed to wear her hair down every day to cover them up. Her confidence was depleted.

Knowing your child is going through something so emotional and not knowing how to help them is very difficult. I threw myself into searching for resources. As so many parents in this position do, I dug deep into the internet to learn all I could about her new diagnosis, and how I could help her live her best life.

**Read the rest of the story.** Go to: <https://www.hearingloss.org/finding-hope-one-step-at-a-time/>.

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Join the HCAA Hearing Loss Challenge at  
<https://www.hearingloss.org/better-hearing-month-2024/>

## Support your Fort Worth chapter

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

### The list is updated monthly. 2024 Gifts:

**Platinum** = \$400+; **Gold** = \$200 to \$399; **Silver** = \$100 to \$199;  
**Bronze** = \$50 to \$99; **Friends** = Up to \$49

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**Silver:** Patricia Hindman, Sharon Huber, Leslie Kilton, Joyce Parlin

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 Husband of Dr. Shirley Molenich,  
 Given by Dr. Marie Kelly**

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

Hearing Loss Association of America - Fort Worth Chapter

### 2024 CHAPTER DONATION FORM

Make checks payable to: **HCAA - Fort Worth Chapter**

Bring donations to the monthly meeting or mail to: HCAA - Fort Worth, PO Box 1310, Euless TX 76039.

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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. It provides CART services for our meetings

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