

Heard in Fort Worth

Hearing Loss Association of America – Fort Worth Chapter
May 2025

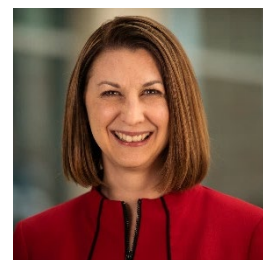
May 10 Program

RESCHEDULED FROM JANUARY

DFW Airport Accessibility Services

Presented by Megan Bozarth Asst. VP of Customer Programs, DFW airport

Megan Bozarth is the Assistant Vice President of Customer Programs for Dallas Fort Worth International Airport. She is an innovative senior aviation professional with 20+ years of distinguished performance, now leading customer experience activities throughout DFW International Airport based on growing customer needs. She oversees the development, execution, and measurement of new customer programs that eliminate stress and friction and create emotional connections with customers based on consumer insights and innovative market trends to provide the best possible experience for DFW customers.



Megan is a graduate of Texas Christian University with a master's degree in business administration.

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 real time captioning and assistive listening systems for communication accessibility.

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

May is Better Hearing Month and Mental Health Awareness Month

In conjunction with these two themes, HLAA is leading a campaign called “Beyond Your Ears.” Throughout the month, HLAA will be raising awareness and addressing the wider impact of hearing loss in the lives of millions of people.

Even a mild hearing loss can significantly affect daily life, employment, social connections, and emotional well-being, often leading to isolation, anxiety, depression, loss of confidence and more. Yet, many people don't get treated. This educational campaign stresses the need for treatment and support to thrive with hearing loss.

Learn more about this campaign on page 3, get involved, and share the information with others.

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,

What a month May is turning out to be. Did you know that May is Older Americans Month, Osteoporosis Awareness Month, Mental Health Awareness Month, and Better Hearing Month. (plus, graduations, Mother's Day, sports playoffs, etc.). I fit in some of those categories. Now what am I going to do to spread the word about Better Hearing Month?

I've gone on to the HLAA website and into the Beyond Your Ears campaign. The page has good information. I was able to link it to my Facebook page to help get the word out. So often people don't grasp the "Beyond Your Ears" part of hearing loss. The campaign highlights the challenges we face with hearing loss that others may not even be aware of. Let's talk about Beyond Our Ears, the emotional side of hearing loss and how we cope. I bet we could learn from each other. Sounds like a program we should investigate.

Joyfully,
Joyce Parlin
Chapter President

Program for June 14

Technology: Beyond Hearing Aids and Implants

Presented by Erineka Alexander, Deaf and Hard of Hearing Technology Specialist

How well do you hear when the speaker is at a distance, when you're in a noisy place, when the doorbell or the alarm clock rings or the smoke alarm goes off? Devices are available for special or difficult situations. Come and learn more about them.

2025 Chapter Board of Directors

President: Joyce Parlin (kjparlin@hotmail.com)
Vice-President: Sharon Huber (hazelle77@yahoo.com)
Secretary: Ann Marie Flint (ann.flint2@icloud.com)
Treasurer: Patricia Hindman (patricia.hindman16@gmail.com)
Newsletter Editor: Dan White (daniel.white761@gmail.com)
Librarian/Historian: Judy Oetting (judyoetting@earthlink.net)
Program Chair: Melissa Forsyth (melissa.forsythe@att.net)
Hospitality: Janice & Delton Parker (jandelparker@att.net)

Heard In Fort Worth

This newsletter is published by the
**Fort Worth Chapter of the
Hearing Loss Association of America**
Website: www.hearinglossfortworth.com
Email: fortworthHLAA@gmail.com
Mailing address: Box 1310, Euless TX 76039
Telephone: 817-966-1947 or 817-228-8041



The Hearing Loss Association of America (HLAA) is the leading voice of the growing number of people with—and at risk of—hearing loss in the U.S. We advocate to increase access to care and treatment, break down stigmas through education and awareness, and empower people with hearing loss through a nationwide community of support. Our work impacts millions, improving the lives of people with hearing loss, and elevating the importance of hearing health and accessible communication, through national legislation and public policy, and a network of chapters, state organizations, and grassroots efforts.



"Beyond Your Ears" Campaign Spotlights Wide-Reaching Impact of Hearing Loss for Millions of People

HLAA raises awareness and encourages support in conjunction with Better Hearing and Mental Health Awareness Months

The Hearing Loss Association of America (HLAA)—the leading voice of the growing number of Americans with, and at risk of, hearing loss—is launching a new campaign to raise awareness of the wide-reaching effects of hearing loss in people's lives.

The "Beyond Your Ears" campaign reminds people that even a mild hearing loss can affect daily life, relationships and emotional well-being. This educational campaign runs in conjunction with **Better**

Hearing Month and Mental Health Awareness Month throughout May, stressing the need for treatment and support to thrive with hearing loss.

"Our hearing is how we connect with the world around us—our relationships, our work and our **social well-being** can all be affected. We want to remind the millions of us who now have hearing loss to get not only treatment for our ears, but also support to stay connected in life," says HLAA Executive Director Barbara Kelley.

HLAA says highlighting the issue is crucial now that **one in seven Americans have hearing loss**, and numbers are rising according to the World Health Organization (WHO).

A clinical psychologist with hearing loss, Alison Freeman, Ph.D., says in a **recent article**, "hearing loss is primarily a communication disability that affects every aspect of personality, mental health and interactions with family, friends, relationships, co-workers and society at large."

Hearing loss can bring hidden struggles, such as:

- **Isolation and loneliness** when conversations feel overwhelming
- **Anxiety and stress** from straining to hear in noisy environments
- **Depression and loss of confidence** due to communication barriers
- **Frustration** with the stigma surrounding hearing aids and assistive technology

HLAA is also hosting a **"Beyond Your Ears" panel discussion webinar** featuring mental health experts and hearing health advocates. The free, captioned webinar will focus on strategies for success with hearing loss on **May 21, 2025, 2-3 p.m. ET**.

REGISTER TODAY at <https://www.hearingloss.org/get-involved/hearingu-webinars>. Scroll down.

To find peers and feel empowered, HLAA also urges people with hearing loss to **get involved**. The 45-year-old organization educates the public about hearing health and advocates for accessible care, treatment and communication, providing a community of support for people with hearing loss throughout the country, including local chapters and events.



March 12 Program Summary:

The #1 Most Modifiable Risk Factor for Dementia

Presenter: Skylar Gentry

*Summarized by Darlene Liesner from the meeting transcript
provided by Carrie Gibson of Cauthen & Associates Court Reporting and CART Services*

At the April 12, 2025, meeting, Skylar Gentry talked about preventing cognitive decline and the correlation between cognitive decline and hearing loss. Skylar is an audiology assistant at Hearing and Brain Centers of America in Weatherford. Other locations are in Granbury and Austin, with one coming soon to Fort Worth.

Skylar has trained and worked under Dr. Keith Darrow, author and Director of Audiology Research at Hearing and Brain Centers of America. Dr. Darrow is a Harvard Medical School and M.I.T. trained Neuroscientist working in audiology.

This presentation is about preventing cognitive decline, the correlation between cognitive decline and hearing loss as well as hearing loss in general. How do we hear? What are the symptoms of hearing loss, and what exactly is tinnitus? I'll also discuss the medical treatment of hearing loss.

HOW WE HEAR: Sound waves enter the outer ear and pass through the tympanic membrane (ear drum). The tympanic membrane is a thin oval membrane separating the outer ear from the middle ear. Sound waves travel from the middle ear to the inner ear. The sound waves stimulate the hair cells in the cochlea and travel into the auditory nerve. The brain interprets the signals as sounds.

Several areas of the brain are activated when we hear language and when we speak. In a perfect ear-to-brain connection, everything is working in harmony. The sound is going through the ears, traveling to the brain. We're understanding each other and conversing with each other.

THE DISCONNECT: With hearing loss there's an ear-to-brain disconnect. The disconnection can cause cerebral atrophy. The brain shrinks as hearing loss gets worse. The brain is not functioning optimally. Hearing loss and tinnitus are progressive degenerative disorders. They continue to get worse. Both can be treated but not cured. Hearing loss makes the brain systems work harder to process sounds when there is a disconnection. That extra work can contribute to cognitive decline.

Tinnitus can be another result of hearing loss. It comes in many different volumes, pitches, and sounds. Think of tinnitus like a "phantom limb syndrome." It's your brain's alarm that something is missing and not working correctly. Reducing tinnitus reduces cognitive decline. Masking, such as listening to ocean waves or a box fan, does not treat the root cause. Find and treat tinnitus early.

OTHER HEARING LOSS RESULTS: Hearing loss has many symptoms. People may say, "If everyone would just stop mumbling." Only a small percentage of people in the world actually mumble. **Reduced hearing clarity** is the issue. Louder does not fix clearer.

Hearing loss combined with background noise makes the brain work very hard to understand. With hearing loss, the brain does not know what to tune in and what to tune out. "She just needs to talk louder." "She talks to me

from another room.” “I need to turn on the TV captions.” Relying on reading people’s lips while they are speaking is another indicator of hearing loss.

After high blood pressure and arthritis, hearing loss is the third leading chronic condition in the U.S., but it is the least treated. One in eight people in the U.S. workforce has hearing loss. Approximately 72 million Americans have some degree of hearing loss. People generally start noticing their hearing loss in their 40s or 50s. The number of people with hearing loss is expected to increase by 30 million in the next forty years. By the time people notice their hearing loss, they are already in cognitive decline.

Each stage of hearing loss increases **the risk of falling**. Falls are the number one injury related death in adults 65 and older. It is often after a traumatic fall that the family gets involved, often resulting in a loss of independence for their loved one. \$18,658 is the average cost for a family member or patient for a fall. By 2030, the cost of fall-related injuries is expected to increase by \$101 billion dollars.

HEARING LOSS AND DEMENTIA: Searching for the right word, trouble remembering names, forgetting why you entered a room are not signs of cognitive decline.

The 2024 update of the Lancet Commission on dementia identified 14 modifiable risk factors - things you can do to prevent dementia and cognitive decline. Treating hearing loss was number one. With each stage of hearing loss, cognitive decline increases.

Socializing with others stimulates the brain and helps reduce dementia risks. Hearing loss can cause social isolation, anxiety, and depression. Dementia is an umbrella term for many different types of cognitive decline. The total lifetime cost for dementia care to family, friends, and the patient is approximately \$400,000. Forty percent of dementia cases are considered preventable.

Start with a knowledgeable hearing health provider. You need to be able to connect with your provider and have realistic expectations. Treating hearing loss is a lifetime journey. Adjusting to hearing aids takes time. The brain is relearning to understand sounds and how to function again. Annual hearing evaluations and screenings are important, because our hearing changes.

Skylar listened to audience member experiences and answered questions.

Is It Really a Risk? Cybersecurity, Accessibility and the Myths That Hold Us Back

HLAA Webinar May 15 @ 2:00 pm - 3:00 pm EDT

REGISTER AT www.hearingloss.org/work

Sign Up for SIARC at UTD

Summer Intensive Auditory Revitalization Conference (SIARC) is a unique opportunity for adults with hearing impairment and their communication partners to strengthen their communication abilities and experience assistive listening technology in real-world scenarios.

SIARC is a week-long program offered for couples who experience challenges associated with hearing loss. Because hearing impairment affects an individual’s communication with others, the conference is specially designed for a participant and his or her communication partner, who may be a spouse, family member, friend or co-worker.

The conference will include group classes about coping with hearing loss, facilitating communication, and technological advances in the hearing industry. Participants will be able to try new digital hearing aids and use various assistive listening devices. Attendees also will receive hearing aid checks and complete audiological evaluations.

Special evening activities will utilize the skills learned and test some of the assistive listening devices in real-life situations. Participants will try out the latest hearing aids and various assistive listening devices in restaurants and other venues. These devices work with hearing aids or cochlear implants.

DATES: July 27 - 31, Sunday noon through Thursday noon, at the University of Texas at Dallas.

For fees, further information, and registration, watch for the May issue of this newsletter or go to www.utdallas.edu/hhlab.



Our yearly hearing accessible event brings together hundreds of people with hearing loss from around the U.S. to learn, discover and connect. Check out the latest technology and hear from health and industry experts during a series of empowering events designed to help you live your best life with hearing loss.

Advance registration available online through May 14.

Go to <https://www.hearingloss.org/get-involved/hlaa-2025-convention/>

Support your Fort Worth chapter

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

The list is updated monthly. 2025 Gifts:

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

Gold: Sharon Huber.

Silver: Anonymous, Patricia Hindman, Dao Ly

Friend: Darlene Liesner

**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: HLAA - Fort Worth Chapter

Bring donations to the monthly meeting or mail to:

HLAA - Fort Worth, PO Box 1310, Euless TX 76039.

Please take special notice of our mailing address.

DO NOT SEND MAIL TO OUR MEETING LOCATION.

Name: _____

Address: _____ City: _____ Zip: _____

Email address: _____

Donation to Fort Worth Chapter \$ _____

Also Support our Newsletter Sponsors listed below.

NEWSLETTER SPONSORS

We are extremely grateful for the financial support we receive for our newsletter from our sponsors. Mention of goods and services does not imply HLAA endorsement, nor should omission suggest disapproval. Advertising rates are \$175 per year for a business card size ad or \$325 for a 2-card size ad.

Kevin Brown

kevin@SouthernStarTechnology.com

214-614-8388

Hearing Loop
Products and
Installation for

- * Homes
- * Churches
- * Classrooms
- * Cars and Buses
- * Meeting Rooms
- * Auditoriums
- * Anywhere people meet



Lisa Cauthen



Cauthen & Associates, Inc.
Court Reporting and CART Services
www.cauthenincc.com

Cell: 817.319.1739
lgcccauthen@yahoo.com

Telephone: 817.735.4442
Fax: 817.615.9100



Heather Dean, Au.D., FAAA, CCC-A
Doctor of Audiology
Board Certified in Audiology

121 NW Ellison St. Ste. 101
Burleson, TX 76028
PH: 817.764.3077
FAX: 817.754.1923

Heather.Dean@BurlesonAudiology.com
www.BurlesonAudiology.com



MELISSA FORSYTHE
REALTOR®

817.994.1788
817.924.4144

melissa.forsythe@cbrealty.com
<http://melissaforsythehomes.com/>
5924 Convoir Dr Ste 420
Fort Worth, TX 76109

COLDWELL BANKER REALTY

Comes by a subsidiary of Anywhere Advisors LLC



Robin Carson, Au.D.
Doctor of Audiology

5104 Camp Bowie Blvd.
Fort Worth, Texas 76107
Tel: 817-737-4327
Fax: 817-737-4328

Find us on

CarsonHearing.com
rcarson@carsonhearing.com

YOUR HEARING, YOUR WAY

One simple visit to an **AudioNova** hearing clinic can not only help get your hearing back, but part of your life back.

AudioNova

5512 Bellaire Drive South, Ste. K
Fort Worth, TX 76109

400 S Henderson Street
Fort Worth, TX 76104

817-546-0514

817-335-2583



**EXPERT HEARING
EVALUATIONS**



**PERSONALIZED
SOLUTIONS**



**RISK-FREE
TRIALS**

Call us today to schedule your
complimentary hearing evaluation
or visit us online at **AudioNova.com**