

Connecting the Unconnected

Phil Harper explains the work of Conexu Foundation

Conexu Foundation is a not-for-profit organisation that aims to improve the connectedness of Deaf, hard of hearing and speech-impaired Australians.



Phil is the Community Liaison Manager at Conexu Foundation. Access to fast broadband, says Phil, is imperative for these Australians because a critical part of their access to the wider community is communication. And he should know: Phil is also Deaf.

Five years ago, Conexu Foundation was established in response to demand for greater access to technology, beyond what was available through the National Relay Service.

“Conexu Foundation was set up to support Deaf, hard of hearing and speech-impaired people with finding accessible solutions to communication gaps within the community or in services,” explains Phil.

Some of the ways Conexu Foundation does this is by identifying or developing technology that can help overcome obstacles preventing members of the community from participating in everyday life.

“That’s basically what we do: we look for solutions that bridge those barriers or create them ourselves. We find what’s out there, or create technology

ourselves through apps or a website.”

Examples of their important work are:

OPENACCESS—a Face to Face app which provides a tool to learn Auslan. “OpenAccess Face to Face is where we’re supporting access to [Australian Sign Language] communication and has over 900 different signs,” says Phil. The app allows people of any age—whether school children, mums and dads, adults or service providers—to use the app for communication support and learning.

OPENACCESS TOUR—this app enables users to have “the full experience at museums, galleries, and other cultural venues” (something the rest of us may take for granted) by copying the scripts of guided tours and turning them into Auslan, captioning and audio, audio description and even other languages. We have helped over 50 permanent and temporary exhibitions across Australia become accessible.”

OPENACCESS CHAT—“This app supports the Deaf or hard of hearing who meet a hearing person at a public place for a social chat. Sometimes it may be noisy or the person they’re talking to is hard to understand, or the information they want to get is critical. So, a chat app is text typing and speech-to-text that you can have a conversation and you can even use it with a few people all connected to the app at the same time,” says Phil.

Editor's Note: The Foundation also maintains a website with information on communication technologies at www.techfinder.org.au

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Advanced Bionics launches new CI product



Cochlear Implant Tips for backpacker travel



Hearing Tips to help tune into TV



It's time to take charge of how hearing loss is spoken about



Welcome members to our mid-year edition of CHORUS.

There has been a lot of debate over the pros and cons of which insurance companies offer the best deals. Shirley, the club secretary and myself, found it difficult to sort out which insurance

companies cover implant processors and what restrictions they have, so if any members have any positive proof of an insurance companies' coverage of processors and would like to share it with us, we will create a folder for insurance which can be shared with members requiring insurance information. Nearly all insurance companies will add the processor/s to your home and contents package. You just need to enquire with them.

Shirley, and I plus four other cochlear implant recipients were invited to give our input into what we thought about certain facts in the research of the new cochlear implant processor. We were shown new ideas for various updates and also tested to check our response. It was very interesting seeing the background work that goes into the development of a new processor.

The raffle ticket sales were above expectations and I thank members and their friends for supporting the Annual Raffle. The raffle will be drawn at the August committee meeting, and the winners will be notified as soon as possible.

The new booklet that Penny and Josephine are putting together about exploring all that a cochlear implant can

offer, and getting an implant, is nearing completion and we hope to launch this new booklet later in the year.

There is another important initiative CICADA members can get involved with and that is the nomination for Cochlear Implant Recipient of the Year. If you know a person you feel is a worthy recipient for the award, please forward their name with a short story on why you think your nominee should win the award. The winner will be announced at our Christmas Party on 24 November. The criteria and Nomination Form is on the website.

We have had an increase in membership and I would like to thank the Gold Coast, Sunshine Coast and Fraser Coast branches for the increasing member numbers. For those who have not renewed, their details will be removed from the records. A little story from a member who left his iPad at home and went on a trip to the USA and realised that the renewal subscription had been forgotten and so emailed Shirley to organise payment. Our secretary quickly replied no problem but seeing you are in the US we will require the payment in \$US-resulting in a small profit to CICADA Queensland due to the exchange rate!

Another issue has risen about members photos being published in the CHORUS magazine, Facebook or other publications. If a member wishes not to have their photo published there is a form on the CICADA Queensland website. All you need to do is fill it in and email to the Secretary, who will update the records accordingly.

Till next time,

Stephen Willis
President



REGULARS

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Advanced Bionics Launch New Product



On 18 April at the Urban Hotel, Brisbane Advanced Bionics (AB) launched the first of their new products in Australia, the HiRes Ultra Cochlear Implant. The launch event was also a celebration of AB's 25th birthday.

The manager of AB Australia, Jade Parr, shared the history of the company's 25 years of service. AB started as an American manufacturer of the cochlear implant (CI) device and specialising of same, not the middle ear or any other device. In 2009, they were acquired by Sonova, and partnered with the hearing aid manufacturer Phonak. Jade explained how the design and shape was changed over the years and then introduced the new implant product. Sixty-eight years of experience was brought together with AB technology to make a brand new device that no-one had ever done before. A CI that has all the features available in the hearing aid, thus bringing the two worlds together in the Naida CI. The Naida processor starts at 70 decibel level. The 90 level has been introduced as well—bimodal and CROS.

Arlene Scarman, APAC Education and Training Manager for Advanced Bionics, explained the differences of the new implant with the main change being the thinner profile of the implant itself. Another change is the shape of the receiver stimulator, which used to be more rounded. Arlene described changes that have been made including the MRI condition; insertion techniques, and

two new unique instruments. Recipients that have the 90K Advantage implant as well as the Ultra implant can access future changes without changing the implant, as all the changes will be accessible via the sound processor. The new device as presented is much easier and quicker to insert, with less time spent in surgery.

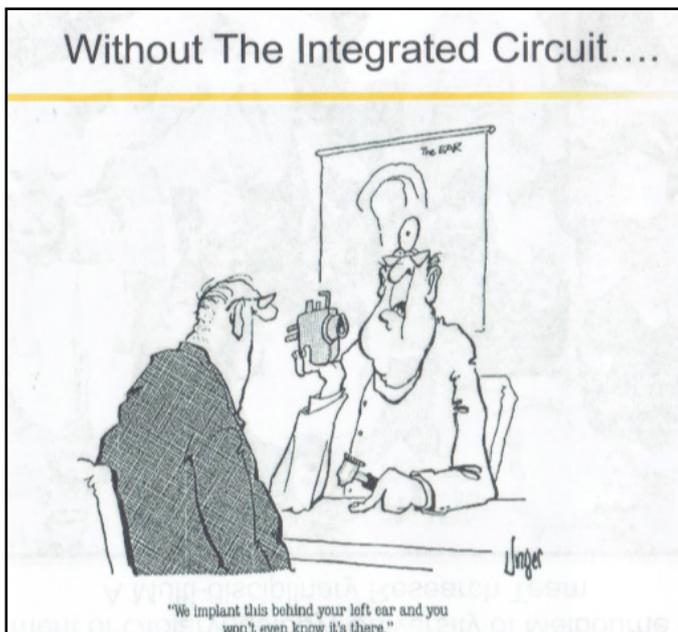
Dr Neeff, a special guest from New Zealand, spoke about the varying outcomes of his patients of all ages with the AB implant. He also spoke of the criteria in place in New Zealand and that most implants are publicly funded through the Ministry of Health, and how for the most part, people have to fund the \$25,000 cost of the implant themselves, particularly adults. Accident Compensation Committee as it is known in New Zealand, can often pay for the procedure if the patient meets the criteria.

Ajimsha KM, APAC Clinical Manager for Advanced Bionics, then explained how the partnership between Phonak and Sonova led to the two technologies being merged together, thus having a hearing aid designed to work with an AB cochlear implant. Ajimsha introduced the Naida CI Electric Acoustic Solution where high frequencies are provided by the CI and low frequencies are amplified by the Naida CI Q90 Acoustic Earhook, much like a hearing aid. This is ideal for patients with residual hearing following cochlear implant surgery. However if a patient's hearing worsens, the Naida CI Q90 Acoustic Earhook can be removed and the Naida CI Q90 sound processor can be used like a traditional CI system.

Another great improvement is access to the MRI system. With the AB implant it is possible to do an MRI up to 1.5 Tesla without removing the magnet, with the bandaging protocol used. This means the magnet can stay in place. It is possible to do an MRI increasing the Tesla strength to 3.0 but the magnet has to be removed.

The evening concluded with food and networking by the attendees.

For further information contact Advanced Bionics Australia on 02 8858 1600 or email CustomerService.au@AdvancedBionics.com.



Reproduced with permission from Cochlear Ltd @ 2018

OUT & About...

On 16 May a small group of 'CICADIANS' toured the Griffith Film School and learnt about the 6 stages of film-making involved for students completing a 3 year bachelor degree course in Film and Screen Media Production.

The Griffith Film School was established in 2004 at Queensland College of Art in Southbank. The school is housed in a building considered so historic that when earmarked for demolition the local residents successfully campaigned for its preservation.

Inaugural Technology Expo

On May 17, President Steve Willis and Secretary Shirley Edwards visited the inaugural Technology Expo at Myriad Garage, Exhibition Convention Centre.

They toured the displays and made friends with a friendly robot who conversed in a robotic fashion. Shirley and Steve picked up on a lot of ideas and information that could benefit CICADA Queensland.

They also visited the Audeara Display, and learnt about the latest updates to the headphones and its continuing success. The headphones will be marketed overseas as a sign of confidence in the product.

The School now has the highest number of enrolments of any film school nationally and is one of three full members of the prestigious International Association of Film and Television Schools in the country.

Many short films and movies completed at this school have been selected to be shown at Festivals all over the world, and have won Awards. For the first time this year Queensland now has an Acting School to compliment the Film School.

While there, Shirley tested the headphones in their soundproof booth with mixed results, while Steve got his headphones adjusted.

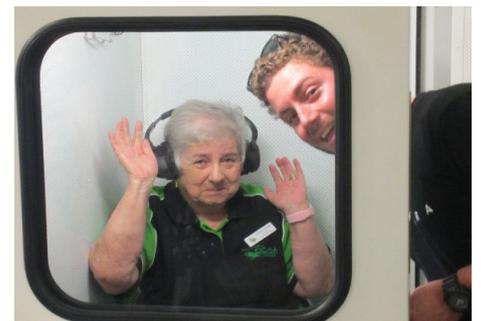
There is a choice of three colours with the headphones—grey, white and black. If you would like to trial these headphones, testing is available at any Attune Clinic (with whom Audeara has a business relationship). Contact your nearest Attune Clinic for an appointment.

Alternatively contact CICADA Queensland and we can assist with acquiring a set.

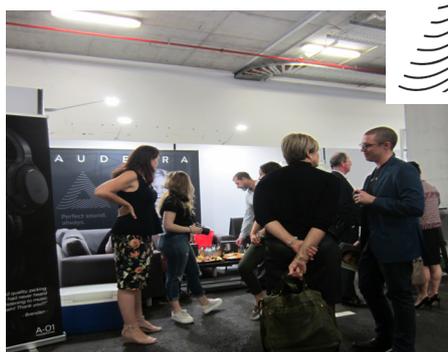


Griffith Film School

The School has earmarked our organisation as the worthy subject of a documentary project by the students, which will take place sometime next year. Stay tuned for development in future issues!



Audeara A-01 headphones colour range.



Connecting Up Conference

In early May CICADA Queensland Secretary Shirley Edwards and Magazine Editor Josie McMahon attended the Connecting Up conference at the Hilton Hotel. The conference was a forum on how to utilize social media and online platforms to help grow organisations in the not-for-profit (NFP) sector. The success stories of several NFPs was showcased, most notably that of Orange Sky Laundry.

The founders of Orange Sky Laundry



established a world-first, free mobile laundry service for people experiencing homelessness. In the early days Nic Marchesi and Lucas Patchett between them stumbled on something much bigger and more significant than the service itself—the power of a conversation to connect a community. Now there are more than 1000 volunteers with 24 laundry, shower and hybrid vans are in operation in 170 service locations across the country. Nic and Lucas were named 2016 Young Australians of the Year.

Workshops at the conference explored IT Strategy Mentoring, Crowdfunding Mentoring, Cloud computing, social media platforms and many more. Shirley attended the Grants masterclass on how to write and submit winning grants; while Josie learnt the inside out of Social Media and the ways it can be used to further increase CICADA



Queensland's profile in the hearing care sector.

A highlight at the conference was the opening address by Tim Costello of World Vision on ethical issues wrought by the digital revolution. Shirley and Josie are pictured with Tim above.

The conference closed with the drawing of many raffle prizes, and a promise of an even bigger and better conference next time round.

Be Heard campaign continues to be a success

Thirty Be Heard Champions will keep the safe communication message alive across Redland Hospital and Wynnum-Manly Community Health Centre as the project shifts gear into its next phase.

Project Coordinator Sam Duffner said many Champions had put their hand up for the job because they lived with hearing loss themselves or had family or friends who were either Deaf or hard of hearing.

She said all the new Champions wanted to make a real difference and to ensure that Redland Hospital's Deaf or hard of hearing patients received the best, highest standard of care possible.

“We are going to keep the momentum going with the project that our



consumers and steering committee have worked so hard to get off the ground.”

Allied Health Director Gail Gordon said it had been exciting to see the voices of the Hospital's consumers be clearly heard and strategies put in place to meet the needs expressed by them.

She said now it was the Champions' role to increase awareness of the needs

of Deaf and hard of hearing patients amongst staff across the facility and assist in finding solutions to problems around communicating effectively and safely.

Nursing Director Katie Jefford said she was extremely proud of all the work that had been done to create a sustainable model that could be imbedded in to everyday practice.

Source: <http://bit.ly/2AoQiTe>

Top 15 Cochlear Implant essentials for the long-distance backpacker

Below is a list of essentials to take when going on a backpacker tour.

MAP COPY: Bring a MAP that you are comfortable with should you need to visit a nearby cochlear implant centre.

KEY EMAIL CONTACTS: Check websites of different cochlear companies for the contact details of cochlear implant centres in the countries you plan to visit.

CARD CONFIRMATION: Bring a patient validation card confirming your status as a cochlear implant recipient. This is downloadable from manufacturer websites. If your implant is a Cochlear model you can sign up with Cochlear as a family member and they will provide a flexible card which fits in the wallet.

HOLIDAY LOANER SCHEME: Cochlear runs a scheme called 'Hear, there and everywhere'—annual cover plans designed for those who travel often or those going on a single trip. This provides a full backup plan in which you can have a backup processor ready before you leave home. If your processor gets lost or damaged, they will ship a temporary replacement out as a priority. Be aware that

a courier cannot always deliver to remote countries.

COCHLEAR WIRELESS MINI MICROPHONE: This is useful while travelling for four reasons:

Listen to music—plug audio jack into iPod classic and then into the wireless microphone socket. Then push the processor button to sync with the microphone and listen to travelling tunes.

Chat over Skype—plug audio jack into the laptop and load up Skype.

Catch up on movies and TV shows—connect the mini mic to a laptop or tablet.

Meet locals and other travellers—

ask people to clip on the mini mic for a more relaxed conversation.

PORTABLE BATTERY PACK: This provides convenient mobile charging for rechargeable mini microphones whose battery life is short. It can also be used to charge other essentials such as a mobile phone, iPod and Kindle.

EAR GEAR PROCESSOR PROTECTION: Some climates are hot and humid and sweating is normal. Ear Gear protects your processor from dirt, sweat and accidental loss. It is not waterproof, but the double wall nylon-spandex blend is both washable and durable.

DRY AND STORE UNIT AND DRY BRICKS: To use every night to combat moisture and use. Every two months replace the dry brick in the unit. Helps maintain processor performance, reduce repair and provide better sound quality.

SPARE COIL CABLE: Always carry a spare as a backup as coil cables can ail.

RECHARGEABLE BATTERIES AND BATTERY CHARGER: There are only so many batteries you can carry in a backpack. Rechargeable batteries are less damaging and safer.

NUCLEUS 6 SNUGFIT: The upper and lower ear hooks adjust for a more secure fit, so that when travelling the processor wouldn't fall off. Particularly useful when participating in more strenuous activities such as hiking.

MICROPHONE PROTECTORS: They need to be changed every 3 months or sooner. Consider how many you need to take before travelling.

AQUA PLUS: Place the silicon coating over processor and change the coil. This makes the processor waterproof for swimming and hearing at the same time.

STORAGE CASE: Use to pack compact equipment like aqua plus, rechargeable batteries, spare coil cables & microphone protectors.

For further information visit source at: <http://bit.ly/2yFA0Vk>





Your Say...

Delphine shares her journey.

My name is Delphine Volp (Del by choice). I'm now 60 years young, married to my husband Rob for almost 43 years. We have 3 children and 8 wonderful Grandchildren. Family means everything to me. We have been a family of enjoying and playing and singing music for as long as I can remember. My oldest granddaughter is 15 and a very talented singer, guitarist, song writer and dancer. Another couple of our granddaughters sing and dance. Our grandsons play sport. They all have interesting lives and I relish hearing all about them.

Rob and I have owned businesses for 30 years and pride ourselves in being positive thinkers (Rob is better at this than I am and is my driving force). Our philosophy is: IT IS WHAT IT IS, NOW LET'S WORK ON THE SOLUTION.

This leads me to my experience with hearing loss. More than 10 years ago that we noticed my hearing was not what it used to be in my right ear. I coped by burying my head in the sand rather than deal with it. Then about 5 years ago, my hearing was suddenly mostly gone in my left ear. My right ear now became my good ear. Again I buried my head in the

sand until one day, walking my very excited grandchildren home from school, I struggled to hear what one of them was saying about his day. I asked him to wait until we got home so that I could hear him better. This was the moment when I realised that unless I did something about my failing hearing I was going to miss out on too many family moments.

It was a time of hearing assessments and consultations with an ENT Specialist Surgeon, and then the decision made to have bilateral bone conductors implanted in May 2014. These worked well but only for about 18 months (we expected at least 5 years). By then the hearing in my right ear (which testing showed as reaching a stable level), deteriorated further. So after more tests and decisions, I was implanted in August 2016 with a cochlear implant on my left side, with no support for my right ear. The bone conductor was no longer useful and we didn't think a hearing aid would work either.

Three weeks after surgery I was diagnosed with an infection at the implant site. By this time, I had been activated with fantastic results for speech and sentence recognition. I took oral antibiotics for the infection. Having a cochlear implant gave me back my hearing, so I stayed on antibiotics for several months. It was decided late December 2016 that for the infection to fully heal the implant had to be removed for at least a couple of months. I was devastated at this inevitable news and grieved the loss of the implant because I was going to be deaf again until reimplantation.

During mid-January 2017 the implant was removed. I was deaf again and communicated by text messages with Rob and those sitting by my

bedside. My doctors and nursing staff wrote notes to me—and I couldn't read my doctors handwriting!

After three days of this my Audiologist tried a hearing aid in my right ear to see if I could get some hearing while waiting for the infection to heal and the new implant. IT WORKED!!!! I got minimal hearing along with my limited lip reading ability, and I felt part of the world again.

This set off a chain of events to research which new implant and hearing aid partnered together well for me. So I arranged to join the Advanced Bionics cochlear community with a Phonak hearing aid. The new implant went in early October 2017, and was activated after 3 weeks with great speech and sentence recognition. The hearing aid was activated two weeks afterwards. Further testing showed that I had 98% Speech and sentence recognition. With the help of my Compilot and TV link I can have phone conversations, watch the TV without subtitles AND appreciate and understand Music again. I have had phone conversations with the phone on speaker, and listen to music in my car through the speakers.

It's been an interesting journey to say the least, but, I'm ever so grateful to ALL involved in my ongoing journey. I've worked hard—nothing great comes without hard work. I've had wonderful support from Rob and my family. My friends and associates have all been wonderful. And my medical team are the best.

There is so much more to my story, but the most important thing I'd like to share is:

IF YOUR ATTITUDE IS POSITIVE, YOUR RESULTS BE POSITIVE.

Continued from page 1

It's innovative ideas like these that is all in a day's work for Phil. Working closely with the community, businesses and organisations, he provides awareness about technology and accessibility, advocates for more of it, and collaborates on ideas for future solutions.

His day can involve running community accessible-technology workshops in metro and regional areas, and visiting schools to teach the Deaf and hard of hearing students how to use apps and websites.

"Some of our apps support language and literacy development, speech, signing awareness, signing skills, supporting students and their families with better communication, their peer friends and so on. So, the apps are critical for opening doors and growing the ability of teachers and students to learn and educate."

Phil works flexibly from home, making the most of his residential service over the nbn™ broadband access network to make video calls. While a shaky connection can get on even the most patient person's nerves, a video chat without constant buffering is imperative for those relying on the visual side of communication to have a conversation.

"At home, [I have a] better internet connection through the nbn™ access network than I have at work, so I take advantage of that," says Phil. "When I'm talking with other people, I need to sign and chat with them and I want good quality, fluid communication, not something that stops and we have to wait."

"I also use nbn™ for downloading or uploading videos filmed for the Tours app: filming people who are doing

translation work. I often upload them here instead of at work, because I don't have the same level of service at work."

Phil says having his internet service over the nbn™ access network "at home is good because it means that I can work from home and it saves on travelling time. So I'm lucky. It's good that I can easily shift from the office to home."

Phil's commitment and passion for his work is abundantly clear, but he's also aware of the need for balance. The opportunity to work from home means Phil can juggle the intensity of work with needed downtime.

I've been doing [this work] for many years [and I have a] very strong commitment to supporting community access. Work is critical—but we make sure we have our own personal time, using video chat technology to talk with friends from overseas."

He used video to stay in touch with home during a recent visit overseas. "Every day, I'd talk to my wife, Carla, through video: chat, FaceTime and so on. That was critical for me to still feel connected to here."

On a recent work trip to America

Phil was able to showcase the work of Conexu Foundation, making the time away from his family worthwhile.

"I've just returned from a conference in San Diego run by California State University, Northridge. Every year, they have an accessibility and technology conference for people with disabilities. That conference was an opportunity to share a project we did over the last 10 months with the Australian Deaf Games organising committee to help the host cities, Albury and Wodonga, make sure they were ready, accessible and comfortable with over 800 Deaf and hard of hearing people going there for a sports event over an eight-day period.

"We researched how we could support cities, communities, councils and service providers like the airport, visitor information centres, restaurants and so on—to have apps or just tools where they are better prepared and aware of when Deaf people come and use their services. So we documented that journey and the conference was an opportunity to share that information."

What's next for Conexu? The foundation is always on the lookout for new ideas and ways to improve the lives ▶▶



of its community members.

“We’ve had interest from overseas in the work that we do, so we’re exploring that. Again, finding existing barriers and exploring solutions, whether it’s a combination of mainstream [solutions] plus ours, or just ours. [We’re] always looking for ways to improve access.”

Asked if there’s anything he’d like the rest of Australia to know about the Deaf and hard of hearing community, Phil jokes: “How much time do you have?” And then he’s serious.

“Deaf and hard of hearing people are just like anyone else. It’s not obvious that I’m Deaf and so often we’re sort of hidden a little bit. So, the critical part of our access to the

community is communication. I think the more awareness and appreciation people have for the need for greater inclusion in whatever way, whether it’s interpreters, captions, or just a better understanding and good attitude—helps build that bridge and helps make our lives better for greater participation and equality. It would be good if more people are doing positive and inclusive things in that space.”

Bringing it back to that need for fast broadband, Phil adds, “It’s critical that NBN Co works with the [Deaf] community to make sure their access is good.”

Sharing similar organisational goals to help bridge the digital (NBN Co) and communication (Conexu) divides together, we’re set to make a real



difference to the lives of Australians. And that’s what it’s all about. ●

Editor’s Note: CICADA Queensland recently hosted an event on 1 May at the Ship Inn where Phil as Guest Speaker explained the latest technological developments to a very enthusiastic audience.

Did you know...

The Cochlear Implant Telephone Adaptor has been designed to help CI recipients use a standard telephone handset. The adaptor gives a direct connection from your sound processor to the telephone.

This device can help cut out background noise and interference and is modelled to suit body-worn sound processors and behind-the-ear sound processors

Please consult your audiologist or your Cochlear Implant Clinic for advice on which telephone adaptor will suit your Cochlear Implant.



In June, eHealth hosted a three day Hackathon whereas over 20 teams got together to solve problems in the health industry today. The auditory training app, Hearoes, focused on accessible rehabilitation for those with hearing loss. After three days, we presented our concept at the eHealth Expo 2018 and are thrilled to announce that we were awarded the top prize from the judges. We’re looking forward to working together to implement some of these features into Hearoes over the coming weeks. In the meantime, we would love your feedback on how we can improve and make learning new sounds fun and engaging for you. Hearoes can be downloaded for iOS and Android by searching "Games4Hearoes" in the app store.

Hearing Tips to help tune into TV

Tired of struggling to hear the TV? Here are some tips on how making simple changes can help solve the problem...

Apart from hearing loss, the biggest factor in not being able to hear the TV properly is the acoustic setup of the room your TV is in.

High ceilings, tiles, concrete or polished wooden floors can make sounds echo or reverberate. The more echo there is in a room, the worse sound will appear when it reaches your ear from the TV. In bad situations, even people with normal hearing can have trouble understanding what's being said on the TV.

Surprisingly, newer TVs can make the situation worse. The default sound settings and the thin design of the new flat screens can affect the sound negatively. The default sound settings on new televisions are set to provide a surround sound experience like in a movie cinema. To do this, the graphic equaliser is set to emphasise the bass frequencies. These are the pitches where all the music and background noises such as explosions, car engines, trains, the roar of jet engines are.

Most speech sounds sit in the mid to high frequency areas, which are not presented well by default settings



on surround sound systems. The frequencies that are most susceptible to echoing are the mid and high frequencies. High pitched sounds rebound off objects, which means the music and background noise sound great because the low-frequency signal reaching the ear is quite pure. Once we get to the mid and high-pitched speech sounds they sound terrible as they are bouncing all through the room before getting to your ear.

Add some hearing loss on top of this and it may be almost impossible to watch a movie. Changing the acoustics of the room will make a big difference to your TV sound.

Having carpeted floors, soft furnishings or even hanging a rug on the wall will

soak up sound and stop high frequencies bouncing around and distorting what you hear. If you do have hard floors, lay a rug between the television set and the viewing chair to stop the echo from the floor.

You should also change the sound settings on the TV or surround sound system. By reducing bass and increasing the treble you'll decrease the background noise and music and increase the volume of speech.

If you do have a hearing loss, connecting to a TV streamer wirelessly to your hearing aids or cochlear implant will make a world of difference. It's also a good idea to discuss these and other solutions with a qualified audiologist.

Source: Grant Collins Principal audiologist at Clarity Hearing Solutions. Your Time magazine May 2018

Captioning Champions!

On Saturday 2 June, about 30 people attended two screenings of Australian Movies at the Redlands Performing Arts Centre (RPAC)—Rabbit-Proof Fence and Ten Canoes. This is the first time that open captioned movies have been shown at this venue.

A day was made of the captioned entertainment with a late lunch between screenings at a nearby

restaurant. Another two captioned screenings of Australian movies will air in August and September. Don't miss out!



Other captioning friendly venues:

- » Queensland Xrays, Capalaba
- » Four sisters on Lang cafe, Milton
- » Gallery of Modern Art, Southbank
- » Blue Room Cinebar

Member's Musings

On July 21st for the first time CICADA Queensland held a Christmas in July event at the Cooroy RSL which was attended by up to 30 people. This event was co-hosted by the Sunshine and Fraser Coast branches. A bus was hired for the occasion and this quickly filled up. Joining in the festivities were a few from Brisbane that made the trek up there. The occasion was an opportunity for everyone to mix and meet, and the large Sunshine Coast

contingent lived up to their reputation as regular raffle prize winners! It was also the first time diversity with different models of cochlear implant processors was on display, from a Freedom processor with a Kanso and N6, bilateral N7's and N6's and also a first, a lady with the Advanced Bionic implant, so there was a lot of swapping of stories. A humorous moment was a question about a 1960's popular Soap, followed by a question on who was

the most popular and nasty actor on the show, and that that person was in attendance at the function—one guessed right—JR from the Fraser Coast!!! But the Sunshine Coast was not to be outdone, as they have a JR too! It was a lot of fun, and everyone enjoyed themselves. A great day out.



This mag that is not a bag, and is not a fag or a dag, certainly not a gag, and not being a hag, but in our terms certainly a jag, that it doesn't lag and doesn't nag, and is a local rag that doesn't sag and it is something you can tag but not wag... cripes...

Sent in by anonymous member

A member created this beautiful cicada mosaic... a wonderful celebration of the joys of nature sounds!

Sent in by anonymous member



A previous CI recipient of the Year (2014) Jillian Ash has graduated with a Doctorate in Sociology and International Development from the University of Queensland. On graduating, Jillian acknowledged the profound support she received from her parents, therapists at Hear and Say, teachers and friends. Without this support she would not have been able to reach some of her personal goals. Congratulations Jillian!

Source: <https://www.hearandsay.com.au/jillians-story/>



Updates...



Angela Killeen from Oxenford makes custom hand made tie headbands for holding cochlear implant processors securely in place. They have several dozen products in stock priced from \$10 to \$20 in the Accessories category. There is a great range of colours, sizes and cosmetic-type bands for both children and adults.

Orders can be made from the Geniebands Facebook page or online store at <https://www.ecwid.com/store/store9936095/>.

Geniebands tie bands costs \$17 each and Neoprene swimming bands costs \$22 each (not including postage).

When placing an order, advise if bi or unilateral and preference for either front or back tie style. Providing a rough head measurement of the child's head will help with sizing.

Source: [Geniebands Facebook page](#)

Bananas can protect against hearing loss, new research shows

Emerging research shows key nutrients—including the potassium in bananas—can protect against age and environmental hearing loss while zinc protects against tinnitus.

“Studies show that nutritional deficiency is becoming an emerging causative factor in hearing loss,” said Adelaide audiologist Frances Aglipay.

“Potassium is very important in the functioning of the inner ear and plays an important role in converting sounds into signals that the nervous system can recognise.

“It doesn’t mean that if you eat a lot of bananas, which are rich in potassium, it would cure the hearing loss but it can help maintain the optimum level of potassium to preserve the hearing.”

In addition to potassium, nutrients including zinc, magnesium, vitamin B12 and folic acid are important to preserving good hearing.

The inner ear contains the highest

concentration of zinc of any organ and studies show a link between zinc deficiency and tinnitus, constant ringing or buzzing in the ear.

A reported 15 per cent of the population suffer from constant tinnitus while 30 per cent experience tinnitus at some stage of their lives.

“(Tinnitus) can cause a lot of stress in their life, there are many ways to manage the tinnitus and one of them is to maintain a healthy diet,” said Ms Aglipay.

The mineral magnesium, found in vegetables, nuts, seeds and legumes, has been found to protect ears against noise-induced hearing loss, from operating loud machinery or listening



to loud music.

“It tends to shelter the delicate inner hair cell from damage,” said Ms Aglipay.

“Hearing loss increases with age, 29.5 per cent of Australian between the age of 51-60 years old are affected with hearing loss and this rises to 58.4 percent for 61-70 years old,” said Ms Aglipay.

Source: <https://ab.co/2AgLnUz>

Time to change the Language of Hearing Loss

SHHH Australia Inc in partnership with the IDA Institute in Denmark has launched The Language Project which is addressing the way we talk about hearing health both in the hearing healthcare sector and in the general public.

Why does the language need to change?

Expressions such as “normal hearing” imply that hearing loss makes you abnormal, or at a deficit for not having typical hearing. Likewise the term “hearing test” sounds like something you can fail. People often make jokes about hearing loss in ways that they would never joke about other health conditions.

This stigma negatively affects people with hearing loss and may also discourage them from seeking the hearing care they need.

The Ida Language Project is aimed at changing the language we use to talk about hearing loss. The project seeks to identify –

- » What changes are needed in the language that surrounds hearing health?
- » Why are these changes important?
- » What are potential alternatives?

3 generations of a family with cochlear implants: Over the last 9 years, one family has received the gift of hearing three times. View the full story at: <http://bit.ly/2Ajbomd>



The project seeks to boost awareness, inspire reflection and ultimately lead to a positive change in the language of hearing health used by the hearing healthcare community and the general public.

Get involved and have YOUR say. Help us identify examples of language surrounding hearing health that needs to be changed and offer potential alternatives. Jot down your thoughts and ask friends, family & community members to brainstorm with you so that we can get this rolling!

Take action—please send your input to SHHH at shhh@netspace.net.au or to Ellen Pucke at elpu@idainstitute.dk

Source: <http://bit.ly/2OTL4CI>

5 Best Android Apps for downloading subtitles: The following link provides information on apps which enable subtitles on your iPhone/Android and iPad/Tablet: <https://techwiser.com/android-apps-to-download-subtitles/>



New Notetaking Service

Conversor NTE of Woking has launched a new App called Notetalker to help students at University listen and understand their lecturers without having to scribble notes.

Notetalker uploads the recording to a remote notetaking service which sends a transcription of the lecture back to the student. Turnaround times are between two and three days. The service can be subscribed to by the student or their University and replaces the traditional in-class notetaker. Payment made is for the length of the recording.

Several top London Universities are using or trialling the service. Jeremy Brassington, Managing Director of Conversor, said “This will revolutionise notetaking for students with hearing loss. The notes can be discreetly made without the stigma of an in-class notetaker sitting alongside the student in class”. For more information contact info@notetalker.com or visit www.notetalker.com/note-taking

Source: Hearing Times Editor 26 January 2017

MONTHLY MEET-UPS

Southside

Flying Pepper, 120 Kate Circuit, Rochedale
Next held **24 August** from 10am - 12noon
Contact Shirley on secretary@cicadaqld.com.au

Northside

Dragonfly Cafe, 1657 Gympie Road, Carseldine
Next held **4 September** from 10am - 12noon
Contact Gail on gail046@hotmail.com

Fraser Coast

Hervey Bay Library on the 1st Saturday of the month
from 1.30pm onwards.

Gold Coast

Able Centre, 13 Sykes Court, Southport on the
1st Wednesday of the month from 10am - 12noon.

Sunshine Coast

Sunshine Castle on the last Tuesday of the month
from 10am - 12noon.

Logan Hearing Support Group

Logan North Library on the 1st Saturday of the month
from 9am - 12noon.

IMPORTANT CONTACTS

Attune Hearing

P: 07 3837 0400
E: implant@attune.com.au

Australian Hearing

P: 1800 131 339
E: cisupport@hearing.com.au

Cochlear Direct

P: 1800 620 929
E: customerservice@cochlear.com

Helen Court Neurosensory Unit

Buderim Private Hospital

P: 07 5444 3233
E: buderim@nsu.com.au

Mater Cochlear Implant Clinic

P: 07 3163 8743
E: cochlear@mater.org.au

Royal Brisbane & Women's Hospital Audiology Clinic

P: 07 3646 1700
E: Audiology_RBWH@health.qld.gov.au

STATE COCHLEAR IMPLANT ASSOCIATIONS

CICADA Queensland

Secretary: Shirley Edwards
Captel: 07 3824 5003 SMS: 0499 213 561
E: secretary@cicadaqld.com.au

CICADA Qld Fraser Coast Branch

Representative: Judy Raxworthy
SMS: 0490 188 903
E: judyrax48@gmail.com

CICADA Qld Gold Coast Branch

Representative: Kevin Hobbs
E: obbsie@gmail.com or
cicadagoldcoast@gmail.com

CICADA Qld Sunshine Coast Branch

Representative: Penny Phillips
SMS: 0421 328 909
E: pennyphillips1@bigpond.com

CICADA Australia, Inc.

FB: Cicada Australia Inc.
Secretary: Judy Cassell
F: 02 9440 3079
E: jcassell6@bigpond.com

CICADA SA, Inc.

President: Julie LePage
E: jle20811@bigpond.net.au
Volunteer Coordinator: Jeff Wishart
P: 08 8264 8468
E: jwishart@bigpond.net.au

CICADA Club WA Inc.

Every 3rd Wed at Perth City Hospital
Contact: Enid Chapman
E: eknit57@hotmail.com
P: 08 9401 8164 SMS: 0433 548 632

CICADA Northern Territory

FB: CICADA Northern Territory
Coordinator: Chris Blackham-Davison
SMS: 0427 897 170
E: deafncrazy@gmail.com

BHA Logan Hearing Support Group

Contact: Peter Massey
SMS: 0423 025 501
E: pfm.sandy@gmail.com

Hearing with ...



CICADA
Queensland



CICADA Queensland is on Facebook!

Visit our page to read posts and updates on the latest CI technology, reviews and news.

Be sure to use the keywords of *CICADA Queensland* when searching for our FB page.

Alternatively, you can visit our website at www.cicadaqld.com.au

Hearing with ...



VISION & MISSION STATEMENT:

Our mission is to provide advice, support and opportunities for social engagement in a community, to people with or considering cochlear implants, and their friends and families. Our vision is that all Queenslanders with or considering cochlear implants are supported and informed in their decisions.

BEQUESTS:

If you wish to make a bequest to CICADA Queensland, contact our Secretary on secretary@cicadaqld.com.au

The EARS Have It...

When you complain that people turn on deaf ears.

When you compliment them, they're all ears.

When you whisper something, they look out for prying ears.

And when you gossip, be careful for the walls have ears.

- Anthony T. Hincks

Taken from www.goodreads.com/quotes/tag/ears

Join us as a Friend of CICADA Queensland!

Annual membership is \$20 per person and \$30 per family from July to June of the current year. If joining after December of the current financial year, membership for the rest of the year is \$10.

This fee includes the quarterly CICADA CHORUS magazine.

Our Membership Form is available on our [Forms](#) webpage.

Battery Service and Merchandise Order

CICADA Queensland also provides a cochlear implant battery service and sells customised shirts and caps displaying our logo. The merchandise is available in a variety of different colours and sizes. Prices are:



60 iCellTech 675 batteries (10 packs).....	\$35.00 plus postage
Cap with logo.....	\$14.50 plus postage
Shirt with logo.....	\$28.00 plus postage

Order forms are available from our [Forms](#) webpage.



If paying by cheque or money order, please make payable to CICADA Queensland and send with the order form/s to Shirley Edwards, Secretary, CICADA Queensland, 85 Crotona Road, Capalaba 4157.

Our bank account details: Heritage Bank, CICADA Queensland, Account No. 10416358, BSB 638-070.

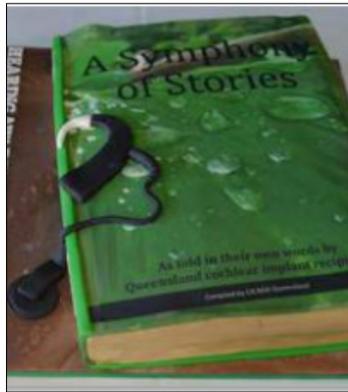
Please use your surname as a reference for who the payment is from.

For the mag that doesn't lag...

Please make all submissions for next edition of CICADA CHORUS by 17 November. A word limit of 600 words applies.

Printed for CICADA Queensland by





What can CICADA Queensland offer?

Independent information on all your hearing technology options at www.cicadaqld.com.au



An affordable battery service for your cochlear implant processor

An avenue to discuss your circumstances with others who have been through similar experiences



Regular social events throughout the year



(Cochlear Implant Club and Advisory Association Queensland)

An independent referral service and ongoing support

An information packed quarterly CICADA CHORUS magazine