



WIRED FOR SOUND

The newsletter of the Hearing Loss Association of America, Albuquerque Chapter

Apps—Aug!

Ann Thomas, AThomas@hearinglossdv.org

Are you feeling overwhelmed by your smartphone? Do you hear people say how wonderful they are, but you aren't quite sure how to use your phone or what apps are?

Smartphones can be a boon for people with hearing loss. For that to happen, we must know how to use our smartphones. We need to know how to find, download, install and use apps, and also activate the accessibility features on our phones.

There are two different smartphone systems: IOS (Apple) and Android. They each have accessibility features, including being notified of phone calls by your phone flashing a light, mono audio and noise cancellation, connecting to Made for iPhone (MFI) hearing aids, captions, and sound recognition.

Apps are found in the IOS App Store and Android Google Play Store. The App Store and Google Play Store apps are loaded on their respective smartphones by default.

How do you find the App Store and Google Play Store icons?

You need to look for this icon for the App Store:

, and this icon for the Google Play Store: .



You can find directions about how to use the App Store and Play Store here:

<https://support.apple.com/en-gb/guide/iphone/iphc90580097/ios>

<https://support.google.com/android/answer/9457058?hl=en>

You may be wondering what apps you might benefit from. The first one you might want to look for is an app that captions your smartphone calls. Two of the most popular are InnoCaption and Olelo by Sorenson (CaptionCall). You can forward your cellphone number to either of these apps, so you don't need to give people a new number to use the app.

Next, you might want to check out a speech-to-text app like Ava, Live Transcribe for Android only, Otter, Voice Dictation Speechy, and the new kid on the block, Apple Live Caption. These apps are beneficial anytime you are having trouble understanding speech.

Some other apps you could benefit from are your hearing instrument (hearing aid, cochlear implant or bone conductive device) remote control app, Google Maps knowB4 you go for hearing loops or locating a quiet restaurant using Sound Print, to name a few.

New apps are being developed every day. Let me know if you find one you especially like.

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HEARING LOSS ASSOCIATION OF AMERICA
ALBUQUERQUE CHAPTER
Providing support and advocacy for
people with hearing loss

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[Hearing Loss Association of America](http://hearinglossabq.org)
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The Albuquerque HLA Chapter is
affiliated with the



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6116 Executive Blvd., Suite 320
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20 Jan Meeting 10:00 AM To Noon—**on Zoom**

Hearing Loss and Balance

How many of us have known family, friends, etc who suffer from dizziness and hearing loss? This comes under a category called “vestibular” issues. The connection between vestibular issues and hearing loss can leave a patient feeling there are no solutions to their dizziness. That’s where our January speaker can help shed some light on what solutions there are for rehabilitation with vertigo, regardless of the cause.

Please welcome Morgan Fry, Doctor of Physical Therapy with a Neurologic Specialist Certification (NSC). Morgan will share with us some of the physiology of the connection between hearing loss and vertigo, but more importantly, why this isn’t a life sentence with dizziness that limits our lives.



The HLA ABQ Chapter could use some help to resume hybrid meetings (for example, with hospitality), as well as some new blood. You already know our dedication to providing the best information, advocacy, education and support for people with hearing loss. You can ease your way into volunteering and learn how this works. Just email one of the board members (listed on the left). You may also use the chapter email: HLAAbq@gmail.com.

A Letter to the Editor

Carol Slaney, HLAA Albuquerque member

I noticed last time you included information from the Commission for Deaf and Hard of Hearing, and I would also like to see the following information shared with our membership. I have had a number of people ask me how to see OPEN CAPTIONED Movies and where to find the information. Some people are not comfortable with borrowing the devices that vary in theaters in order to see captions so some would prefer this type of movie but they need to know where they are and when they are.

I copied this from the Commission Newsletter:

Open Captioned Movies in New Mexico

There are four theaters that regularly offer Open Captioned movies in New Mexico. We share information on our social media pages about the movies when it is available. Find all the details on the respective websites of the theaters:

Violet Crown Santa Fe: <https://santafe.violet-crown.com/>

AMC Classic Albuquerque 12: www.amctheatres.com/movie-theatres/albuquerque-nm/amc-classic-albuquerque-12

Cineport 10 Las Cruces: www.allentheatresinc.com/theater/cineport_10

Telshor 12 in Las Cruces: www.allentheatresinc.com/theater/telshor_12/

Carol Slaney

Worthy of Note:

Bridging the Gap

The latest edition of Hearing Life Magazine focuses on inclusion in hearing health. Read about the creative outreach some audiologists are using to reach diverse communities across the nation. Be inspired by stories of people giving back to create better futures for others with hearing loss. Learn how HLAA is elevating the issue of hearing loss in all the right places. Plus, get the latest chapter news, book reviews and learn how you can get involved in the HLAA nationwide community of support.

If you are an HLAA member, you can read the magazine at <https://hlaa.ygsclibook.com/pubs/hearing-life/2023/fall-2023/live/index.html#p=1>

Smith's Community Rewards Shop at Smith's with their Rewards card, and Smith's will make a donation to HLAA Albuquerque chapter. You get your usual rewards points.

1-800-444-8081, opt. 3 to sign up or re-enroll. The HLAAAbq NPO number for Smith's is **NC419**.

Brain Changes in Patients With Hearing Loss

By conducting hearing tests and magnetic resonance imaging (MRI) scans, the researchers observed micro-structural differences in certain areas of the brain among participants with hearing loss.

Their findings indicated that individuals with hearing issues displayed distinct variations in brain regions linked to auditory processing, speech and language comprehension, and executive function.

"These results suggest that hearing impairment may lead to changes in brain areas related to processing of sounds, as well as in areas of the brain that are related to attention. The extra effort involved with trying to understand sounds may produce changes in the brain that lead to increased

risk of dementia. If so, interventions that help reduce the cognitive effort required to understand speech—such as the use of subtitles on television and movies, live captioning or speech-to-text apps, hearing aids, and visiting with people in quiet environments instead of noisy spaces—could be impor-

tant for protecting the brain and reduce the risk of dementia.”

—Linda K. McEvoy, Ph.D., Principal Investigator

See the full article at <https://hearinghealthmatters.org/hearing-news-watch/2023/hearing-loss-dementia-brain-change/>

Loop People, Loop Places

Ginevra Ralph

What's wrong [and right] with THIS picture?

Following up on last month's article about taking charge of one's own ability to hear in different and often challenging circumstances, let's analyze both what is right and what is “wrong” with this lovely holiday dinner table. Anne, who is experimenting with her portable loop, set the table with her loop at one end and the plug-in, auxiliary microphone at the other end. What's “right” is that she used her loop, took charge of where she sat and positioned it next to her. The internal microphone picked up the voices of those near her. What's



“wrong” was that, predictably, the second mic simultaneously picked up all the other conversations at the far end! What is also “right” is that Anne then switched off the far mic and just maintained

conversation using the loop at her own end. Just like we all would do at a long dinner table!

What is also “right” was what she learned from this. Soon afterwards, Anne was in a meeting at a long table where she couldn't hear the folks at the far end. She again set up her loop with both mics on. She could understand everyone because in a meeting format people tend to take turns rather than having several cross-conversations. As you think about all the assistive

listening systems available, be sure you stay aware of the importance of the microphones and what sound they are positioned to pick up.

A recent federal government report was critical of the driving skills of people who are HoH. The report stated that folks who are HoH tended to get confused easily when driving, which caused them to lose their sense of direction. As a result, they tended to get hopelessly lost.

Some HoH folks took it as unfounded criticism. In New York City, they appointed a committee to drive to Washington to protest the conclusions of the report to the federal agency that issued the slanderous report.

When last heard from, the group of protesters was halfway to Seattle, Washington.



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The Hearing Loss Association of America is a volunteer association of Hard of Hearing people, their relatives and friends. It is a non-profit, non-sectarian educational organization devoted to the welfare and interest of those who cannot hear well. Membership in the national organization is by annual dues, which are separate from the annual Chapter fee paid to your local chapter. National membership includes a subscription to the bimonthly publication Hearing Life.



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