



# CHAPTER NEWS AND NOTES

## January 2011

### CHAPTER MEETINGS

HEAR Center, 9:30 am to 12 pm or 1pm\*  
301 E Del Mar Blvd, Pasadena

All meetings captioned and free of charge

\*To allow for discussion time, meetings with guest speakers may go until 1pm

#### Saturday, January 22 NEW YEAR/NEW GOALS

Moderated by SC member and therapist Dana Sunderland, this session will focus on personal and chapter goals for the new year.

Bring your ideas to help make 2011 another great year for HLA-LA.

Note: This meeting ends at noon. SC meeting will follow; all are welcome.

#### February 26: Ménière's Disease

Dr. Friedman from House Ear Institute will discuss this disorder of the inner ear, characterized by fluctuating hearing loss and episodes of vertigo.

#### March 26: "Mixed" Couples

Panel discussion focusing on the relationships between hearing and deaf/HOH partners.

#### April 23: Financial Counseling

Participate in a financial training session led by a representative from Money Management Inc., a non-profit organization dedicated to improving lives through financial education. They have ample experience working with disabled individuals.

#### December Recap:

Instead of a meeting, we spent a fun and festive evening at Grace Tiessen's home for our annual holiday party... a perfect way to end another wonderful year being part of HLA-LA. Huge thanks again to Grace for hosting us!

**WE MEET THE 4th SATURDAY OF THE MONTH** (except May, Nov. & Dec.) at the HEAR CENTER, 301 E. Del Mar Blvd, Pasadena 91101 9:30 am to 12 or 1pm\* (9:30-10am is social time; Meetings start promptly at 10am)  
\*Meetings with guest speakers may go to 1pm.

VISIT OUR WEBSITE [www.hla-la.org](http://www.hla-la.org) AND JOIN OUR EMAIL LIST, [hla-la@yahoogroups.com](mailto:hla-la@yahoogroups.com)

FOR FURTHER INFO, CONTACT KATHERINE: [Kat.Burns@gmail.com](mailto:Kat.Burns@gmail.com) OR DANA: [Dana1633@ca.rr.com](mailto:Dana1633@ca.rr.com)

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NEWSLETTER EDITOR: LISA YUAN

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### Happy New Year, HLA-LA!

It's time to look ahead to another year of great meetings, social activities and more. This year, we hope to dedicate more energy to fundraising. Besides our annual garage sale in the spring and the HLA Walk4Hearing in June, we're setting our sights on planning a larger scale fundraiser by year's end. It's already looking like a busy year for our chapter, and we'd love your input to make it the best it can be! If you'd like to get involved, or have ideas for meetings, events, outreach or fundraising, please let us know at January's meeting, on the Yahoo message board, or by contacting any member of the Steering Committee. Here's to a fabulous 2011!

### Super Bowl Potluck Party, Sunday, February 6, 2pm

Kickoff time is 3pm, but we'll get the party started at 2pm. Heather (and her adorable daughter Janis) are graciously hosting us at their Woodland Hills home. Whether or not you like football, you're in for a great time. Please bring a dish, snacks or drinks to share. Volunteers are needed as well! Contact Stephanie ([stephanie.stansell@yahoo.com](mailto:stephanie.stansell@yahoo.com)) if you can come early to help set up or stay late for clean up. 22649 Collins St, Woodland Hills, CA 91367, just off the 101 freeway.

### 2011 Walk4Hearing Kickoff Meeting, February 10, 6-8pm

This year's Walk4Hearing will take place on June 5 in Southern California, and planning is now in the works. This is a major fundraiser for HLA and a great way to raise awareness for hearing loss. Learn about volunteer opportunities by attending the Informational Meeting on Thursday evening, February 10. Ronnie Adler from National will chair this event, held at the HEAR Center, 301 East Del Mar Blvd., Pasadena. Captioning and dinner provided by National.

\*Note: If you plan to attend, please RSVP to Ronnie as soon as possible at: [RADler@hearingloss.org](mailto:RADler@hearingloss.org) so that she can get a head count for printed materials and food.

### HLAA Convention 2011, June 16-19, Washington DC

Registration is now open! HLA members and first-time convention attendees receive a discount, and vets with hearing loss who have served in Iraq or Afghanistan can attend for free. Check out [www.hearingloss.org/convention/](http://www.hearingloss.org/convention/) for registration, scheduling, workshop and travel info. And, if you need extra incentive to register, why not go to support our local talent? We're thrilled that our own Malik El-Amin, HLA-LA steering committee member, will be presenting a workshop on career advancement (geared towards young adults). Other SoCal HLA members who will be presenting workshops are Rhianon Gutierrez and Dr. Alison Freeman. Congratulations to them all!

### HLA-Santa Barbara Moves to Saturday Meetings

Plan a weekend getaway while supporting our SB friends! HLA-SB now meets on the second Saturday each month, 11am-1:00 pm, Wood Glen Hall, 3010 Foothill Rd, Santa Barbara. Contact Claudia: [czog16@gmail.com](mailto:czog16@gmail.com) or Bonnie: [adams@silcom.com](mailto:adams@silcom.com) for more info.

### Ahmanson Theatre Open-Captioned Shows

Feb. 26: *33 Variations* • May 28: *God of Carnage* • July 23: *Les Misérables*  
All performances on Saturdays at 2pm. [www.centertheatregroup.org/projectdate](http://www.centertheatregroup.org/projectdate)  
213.628.2772, 213.690.4017 (TTY), 135 N. Grand Ave, downtown Los Angeles

### Tip of the Month (words of wisdom found on our message board!)

Getting people to understand our hearing loss is something we all struggle with. How many times have you told someone you're "hard of hearing," only to get a response like "So am I!", followed by an inappropriate chuckle? People just don't seem to understand. However, if you tell people you're "deaf" or "partially deaf," they're more apt to get it and take you seriously. Sometimes, just one word can make a huge difference in getting your message across!



### HAPPY FEBRUARY BIRTHDAYS!

2/3: Samantha WuXi Kaplan (Mike & Alicia's daughter turns 4!);  
2/17: Gus Barden (Chloé's son turns 8); 2/23: Bette Ann Poska;  
2/27: Aidan Stern (Val & Willy's daughter turns 6!); 2/28: Michael Thal