



Canadian Hard of Hearing Association

CHHA B.C. Parents' Branch

July 2011 Newsletter



Family Weekend Camp 2011!!

September 16, 17 & 18 Friday, Saturday, Sunday

Timberline Ranch, Maple Ridge, BC



Join us for this fun weekend
for the whole family!

More info & registration form
inside on page 5&6!



Walk2Hear

This year, there will be a CHHA
Walk2Hear in Vancouver!! We'd love
for you to participate:

Jericho Beach Park area,
Vancouver

Saturday September 24



Check out page 4
for more info!

Spring Workshop Recap

On May 14 we held our annual Spring Workshop at the BC Family Hearing Resource Centre in Surrey. We brought in Dr. Jonathon Dawrant as our featured speaker. Jonathon is a Calgary-based Pediatrician and Endocrinologist with moderate to severe hearing loss. His success in life has been a great inspiration and example for parents, kids and teens. Jonathon's casual presentation was a perfect mix of real-world sharing paired with his medical knowledge. He inspired us all!

Especially special was a new family who attended with their 10 year old son – Daniel. He shared stories of his experiences like only a well adjusted 10 year old could! He had us all laughing with his stories of teachers forgetting to take off their FM when leaving the classroom... Jonathon was quick to tell him "There is FM etiquette, young man!". He asked Jonathon very pointed questions about dealing with living with hearing loss.

Daniel sums up this new experience: "On May 14th I gathered with about 20 other people in the BC Family Hearing Resource Centre to hear Dr. Jonathan Dawrant speak. He talked about the good and the bad of having hearing loss and what it is like growing up with it. I really enjoyed his talk, especially his sound-context-lips diagram explaining the main problems in bad listening situations. Plus, I learned that FM systems are really for keeping you focused over long periods of time, which I never knew before. I totally recommend his talk to everyone. The double chocolate chip cookies and refreshments were also very yummy."

We're convinced this bright young boy will be CHHA president some day! Kudos to his parents, they're doing a wonderful job! DVD's of our Spring Workshop are available for a small donation – contact us if you'd like a copy.

President's Message ...

Summer is here and families will be busy having fun together and maybe going on vacation. Yes, believe it or not, it is Summer. It is sometimes disguised as Spring and sometimes Fall. In the lower mainland you don't tan, but you can rust!

Just a reminder to mark your calendars for Family Weekend coming up September 16th – 18th. You do not want to miss this action packed event! Invite other families with HOH children to come and be part of the fun! If you have some suggestions of what you would like to see at Family Weekend email us at the email address on the back of the newsletter. Please get your registrations in as soon as possible as space is limited. (see more info on page 5 & 6)

Another event CHHA BC Parents would like to get involved in this year is the Walk2Hear walkathon scheduled towards the end of July. Walk2Hear is a national fundraising event organized by the Canadian Hard of Hearing Association (CHHA) in support of nearly 3 million Canadians experiencing some form of hearing loss. Each branch has been asked to organize a walk in their area and we are planning to join with the Vancouver Branch to bring awareness to the public. Registration details-page 4.

One other item I would like to bring your attention to is to seriously consider being on the CHHA BC Parent's Board. *Now don't skip over this and say I don't have time or I live too far away!* With email and conference calling anything is possible! Some of our members have been on the Board for over 10 years and their HOH children are now young adults but they believe in this organization and do not want to see it dissolve. Our branch is one of a kind with a respected reputation among hearing loss professionals and organizations. We need new members with vision to carry on this legacy in support of families with hard of hearing children.

Being on the board is more of a planning and decision making role as opposed to a labour intensive position. We have a very hardworking office manager, Willetta Les who looks after all the administration end of things. The board meets maybe five times per year and much is done over the email as well. It is a great way to get to know other parents and be involved in the future of our hard of hearing children!

CHHA BC Parents Annual General Meeting will be held at the Family Weekend where we will have our Board Elections. We will welcome new members with open arms....and maybe a bribe!!!!!!

Have Fun! Teresa Lonn

We have a new look!
Did you notice we've refreshed our
logo on the cover?



Launching August 1, 2011!

We are currently working on our new
and much improved website!

Features:

- newsletter archives
- download registration & membership forms
- pictures of past events
 - donate online
- send comments/suggestions

Be sure to check our refreshed website
in August: www.CHHAparentst.bc.ca

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Last night at bedtime we were talking about different people we need to remember in our prayers, and our son mentioned a girl about whom they had apparently made an announcement at school. A girl in kindergarten who was "born death," he said. Near as we could figure, he meant someone in kindergarten had had a stillborn sibling. No, it was the kindergartner herself who was "born death" and she was "still death." We were so puzzled! Then he explained, "But to help her not be death, they put eggplants in her ears."

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Hearing Aid Maintenance

Editor's Note: We encourage you to teach your child as early as possible to take care of his/her own hearing aids to develop self care & awareness of how to prevent equipment problems.

Hearing aids, like cars, need regular maintenance to keep them operating at their best. While current models are durable, easy-to-use, and reliable, they are still little machines that need care to provide peak performance. Plus, conditions inside the ear can damage them over time. Ears contain earwax, moisture, dead skin, and oil, which are all detrimental to hearing aids. Here are a few things you can do to keep your hearing aids running smoothly:

- Avoid getting your hearing aids dirty. Always make sure your fingers are dry and clean before handling them. The microphone inlet is only a few tenths of a millimeter wide and can easily become blocked.
- Avoid banging or knocking your hearing aids. Insert and remove them over a soft surface, such as a bed or sofa.
- Protect your hearing instruments from high levels of heat. Do not expose them to direct sunlight at home or in a parked car. Do not leave them near radiators.
- Protect your hearing aids from dampness, which can damage the circuitry. Remove them from your ears before showering, bathing or swimming. Do not leave them in the bathroom. Dry any perspiration inside and around your ears regularly. Store the hearing aid in a drying kit at night with the battery compartments open.
- Keep your hearing instruments out of the reach of pets. Dogs are attracted by the owner's scent and can be irritated by the feedback (whistling) sound that many aids produce when out of ears. The result is often a chewed up hearing instrument. Consult a vet immediately if the battery is ingested by your pet!

Just as you take your car to the mechanic for a preemptive oil change, hearing aids need to be cleaned regularly by a professional, even if they aren't displaying any problems. All hearing aids that go behind the ear also need to have their soft-plastic tubing changed every four or six months because the tubing can harden and eventually crack. Prevention is the key.

Source: http://issuu.com/hearinghealthmagazine/docs/hh_spring2011 By Ross Cushing, Au.D. – director of A&A Hearing Group, Maryland

mark your calendar!

Annual Cochlear Implant

Pack your own lunches, refreshments and lawn chairs.

Surrey – Saturday, July 9, 2011,
11:00 a.m. to 3:30 p.m.

Location: Redwood Park

chha-bc2@telus.net

New website launch!

Check out our new online home at
www.CHHAparents.bc.ca on August 1!

CHHA Parents' Branch FAMILY WEEKEND

See page 5 & 6 for information and registration form.

September 16-18: Friday - Sunday

Timberline Ranch, Maple Ridge

info@CHHAparents.bc.ca

CHHA Walk2Hear Walk-a-thon

Various locations throughout Canada!
Come out and walk in the Vancouver event & help fundraise for the Parents' Branch. See page 4 for registration instructions.

Saturday, September 24 @ 8:30am

Jericho Beach Park area, Vancouver

Info: www.chha.ca/walk2hear/

Peer Support Group

Vancouver Audiology Centre is having an information meeting for parents and hard of hearing children to set up a program. See page 7 for more info.

October 12 @ 6:30-8pm

Vancouver location TBD

Info: Helen Cowan at Helen.cowan@vch.ca
or 604-659-1116.



This year, there will be a CHHA Walk2Hear in Vancouver!! We'd love for you to participate – it's a great opportunity to meet other hard of hearing people, to raise awareness in the community, and to fundraise for our BC Parents' Branch activities.

Where: Jericho Beach Park area, Vancouver



Saturday September 24

Registration starts: 8:30 AM
Official Launch: 9:30 AM
Closing Ceremony: 11:30 AM
We're working on planning a lunch - details to follow this summer!

Registration and pledging are online - see left for instructions...

You can participate in a number of ways:

Register to walk & collect sponsors!

Encourage family and friends to walk with you.

If you cannot walk, you could ask a family member or friend to walk on your behalf.

Volunteer to help with the work which needs to be done in advance of the walk.

Sponsor people who are walking!

Know of a business that could be a corporate sponsor of this exciting event?

Please contact the

CHHA BC Resource Centre.

1-866-888-2442 chha-bc@telus.net

HOW TO REGISTER FOR Walk2Hear

Walk2Hear 2011 website is now open for registration.

1. To register, go to www.chha.ca/walk2hear/
2. Click on the Vancouver Walk2Hear tab
3. Select VANCOUVER BRANCH
4. Click on "Register for the Walk"
5. Register as an individual or as a team, select t-shirt size, Click continue.
6. Fill out the online registration form: You must register as a PARENTS BRANCH walker or team. To do this, when entering your information, please put the Company Name as 'PARENTS' BRANCH'. This will make it easy to recognize that you are walking as part of the Parents; Branch, and will ensure that the money you raise will be allotted to our branch!
7. When the system asks you about the personal Weblink you need to decide what you want to call your personal website for this event. Most people select their names. For example, **jerrysmith**. Don't use caps, #'s or spaces.
8. Click on complete after you enter all the information required.
9. Then you should receive a confirmation **email** with your **WebLink** and a PDF with pledge instructions
10. After you registered we recommend to set up your personal account using the **LOG IN** on the top right of the page. In there you will be able to take advantage of the following features:
 - **Personal Website** - Manage your Personal website settings, your goals, photos and personalize message. *It is important to enter your Goal to activate your personal page.*
 - **Enter Pledges** - You **MUST** enter Pledges received with offline pledge form (checks, cash, etc.) Once this is done you **MUST** send the money (**attached receipt**) to CHHA National in Ottawa
 - **Email Friends** - Email up to 100 friends/family with a link to your website
 - **Instructions** - Pledge event instructions
 - **Review Pledges** - Review your Pledges, and send a personal thank you message to your donors.

For more information, you may contact us or the CHHA BC Resource Centre at 1-866-888-2442.

Family Weekend Camp 2011!!

September 16, 17 & 18 Friday, Saturday, Sunday

Timberline Ranch, Maple Ridge, BC



Join us for this fun weekend for the whole family!

It is our most popular event, with lots of fun activities, time to socialize and make new friends. Accomodations are cabin bunks - the new six-plex is ready, perfect for families!

| swimming | horses | archery | challenge course |

To register, complete the form on the reverse and send to us along with payment before August 27, 2011.

Questions? Contact us: info@CHHAparents.bc.ca

CHHA BC Parents' Branch Family Weekend | September 16, 17 & 18, 2010 | Timberline Ranch
REGISTRATION FORM - deadline August 27, 2011

Mailing Address		City		Postal Code	
Email Address				Phone #	

Last Name	First Name	Check One	Check if you want to participate *	Special diet / allergy info we need to know
		<input type="checkbox"/> Parent <input type="checkbox"/> HoH young adult <input type="checkbox"/> HoH child/teen – Age: _____ <input type="checkbox"/> Hearing child/teen Age: _____	<input type="checkbox"/> Horseback trail riding (age 8+ only) <input type="checkbox"/> Pony ride (age 7 & under only) <input type="checkbox"/> Indoor wall climbing	
		<input type="checkbox"/> Parent <input type="checkbox"/> HoH young adult <input type="checkbox"/> HoH child/teen – Age: _____ <input type="checkbox"/> Hearing child/teen Age: _____	<input type="checkbox"/> Horseback trail riding (age 8+ only) <input type="checkbox"/> Pony ride (age 7 & under only) <input type="checkbox"/> Indoor wall climbing	
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***For horseback riding and indoor wall climbing, we need you to indicate now if you want to participate. These activities require us to have staff available, and we pay extra per person. They are included in your registration fee. Please sign up only if you are certain you will participate.**

*The cost per person **includes two night accommodations, meals and all the activities!**
 These are discounted rates (we subsidize the cost) in order to make the weekend more affordable.*

We will confirm your registration via email.

***You will receive an information package via email by September 10** which will include directions to the Ranch, instructions on what to bring, liability forms, and all other information you need!*

	Your Cost	# people	Total \$
Parents, adults & HoH young adults:	\$135		
Hearing siblings (child/teen):	\$95		
HoH children, teens & young adults in full-time university:	Free!		
FAMILY RATE (includes all family members)	\$325 for the whole family – your best value!		
Total – please send cheque with registration form			

Family Weekend Hours:

Arrival anytime after 7:00pm on Friday September 16 until after lunch (1:00pm) on Sunday, September 18.

Please send your registration form with payment enclosed to:

**CHHA BC Parents' Branch
 c/o 10150 Gillanders Road, Chilliwack, BC V2P 6H4**

Questions? Contact us!

Phone: 604-819-5312 (leave message for Willetta) | info@CHHAparents.bc.ca

Unfortunately, no registrations can be accepted after August 27.

Send in your registration in today!!

You can download additional copies of this form on our website: www.CHHAparents.bc.ca

Vancouver Peer Support

Attention Vancouver Families: Save the date!

Vancouver Community Audiology Centre is collaborating with Vancouver Schools to host an evening to organize a Peer Support program for school-aged children aged 5-11 years with hearing impairment and for their families.

Goal: Find out how to create social networks amongst school-aged children with hearing impairment and their families. We are seeking input and ideas from families about how to do this.

There will be a meeting for parents with a guest speaker, fun activities for the kids and a chance for everyone to meet and mingle. Refreshments will be provided.

Date: October 12, 2011 6:30 – 8 pm

Location: TBA (will be in a central Vancouver location)

If you are interested in receiving more information about this event, please contact Helen Cowan at Helen.cowan@vch.ca or 604-659-1116.

Welcome to Holland

By Emily Perl Kingsley

I am often asked to describe the experience of raising a child with a disability - to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this.....

When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."

"Holland?!?" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of famine and disease. It's just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has windmills....and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned."

And the pain of that will never, ever, ever, ever go away... because the loss of that dream is a very very significant loss. But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland.

2010-11 Board Members

President Teresa Lonn
Vice President Leila Lolua
Secretary Nicole Grazier
Treasurer Lynne Page
Directors at Large Simone Felker
Lisa Woogman
Cathy Higginson

Parent Support Cathy Luther
Tanya Grange

Webmaster Steve Kazemir
Administrator Willetta Les

We operate as a team: working together to bring support to parents of children who are hard of hearing.

We welcome you to attend our next meeting... you won't be asked to commit to a lot of work, we promise! We meet in Surrey 4-5 times per year.

Please contact Willetta at info@chhaparents.bc.ca for info.

MISSION STATEMENT

We are a parent group who are passionate about connecting & supporting families throughout BC who have school-aged children living with hearing loss. Through fun family activities our children develop sustaining friendships as they grow into young adults. We educate and support parents through our newsletters, workshops and other events. As a parent group, we understand the power of meeting with each other.

Email is our most cost-effective way to give you important information on a regular basis...

If you are not receiving our email updates, please send your address to info@CHHAparents.bc.ca. We won't fill your inbox!

If your address changes, please let us know to avoid returned mail.

We love to hear from our families. If you have any suggestions regarding events, newsletters, issues you need help with, etc., please contact us! We welcome submissions for our newsletter.

Contact our administrator Willetta at info@chhaparents.bc.ca or 1-604-819-5312 (leave msg)

Membership is open to any individual or Organization. Annual membership fee is \$30. Membership in the Canadian Hard of Hearing Association entitles you to vote on any CHHA matter, and subscriptions to *LISTEN* magazine, CHHA-BC's newsletter *The Loop* and the Parents' Branch newsletter.



NAME(s) _____ Parent(s) Professional Other

MAILING ADDRESS _____

PHONE _____

EMAIL _____

H of H Child(ren):

Name _____ Birthdate _____

Name _____ Birthdate _____

New Membership (\$30 annually)

Renewal (\$30 annually)

Donation \$ _____

Total Enclosed: \$ _____

Please consider donating to CHHA BC Parents' Branch via United Way – our charity number is 86215 7302 RR0001.

We sincerely thank the Province of B.C. for their funding support for our Newsletter publication and Family Weekend.

Thank you! Your support benefits hard-of-hearing children in BC...

Payable to: CHHA B.C. Parents' Branch – c/o 10150 Gillanders Road; Chilliwack, BC V2P 6H4 - Phone: 604-819-5312