



**Western Colorado Chapter
Hearing Loss Association of America Presents
Free Monthly Meeting
Saturday, April 6, 2019**

**Building Resiliency and
Increasing Well-being**

Amy Gallagher, Psy.D., Licensed Psychologist

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, or significant sources of stress. Most people generally adapt well over time to life-changing situations and stressful conditions. What enables them to do so? This program will focus on the steps and strategies anyone can take to improve their well-being and happiness by focusing on individual's unique character strengths.

Amy Gallagher, Psy.D., Licensed Psychologist, is the Vice President of Whole Health, LLC, a subsidiary of Mind Springs Health, Inc. in Grand Junction, CO. As Vice President, she is responsible for training and supervising a multi-county team of Community Health Workers and with building strong relationships between the payer plan, medical offices, and other agencies. Previously, she directed an APPIC-membered, pre-doctoral psychology internship program. Her research interests include integrated care initiatives, health care reform, affective supervision and consultation, resiliency, and positive psychology.

People of all ages and all types of hearing loss are welcome!

This free meeting will be accessible to people with all types of hearing loss. We will offer captioning, ASL Interpretation, and an induction loop system. Family member and friends are invited to attend this special meeting! Refreshments will be served. RSVPs are not required, but are welcome. Attendees are encouraged to take the character strengths survey at <https://www.viacharacter.org>

**Saturday, April 6, 2019
10:30 am - 12:30 pm
Center for Independence
740 Gunnison Avenue
Grand Junction, CO 81501**

**For questions or further information contact:
Amy Beckett: HLAAWCO@gmail.com Or 970-241-2592**

More about the Hearing Loss Association of America: www.hearingloss.org

More about the Western Colorado Chapter: www.hearinglosswco.org

More about the Center for Independence: www.cfigj.org

More about the Rural Interpreting Services Project (RISP): <https://ccdhh.com/index.php/risp/>

More about Mind Springs Health: www.mindspringshealth.org



MARK YOUR CALENDAR FOR UPCOMING HLAA WCO MEETINGS!
People of all ages and all types of hearing loss are welcome!
All meetings are free to members and non-members, including family and friends.
Meetings are the first Saturday of the month, 10:30 – 12:30
(No meeting in June, July or August)
Center for Independence, 740 Gunnison Avenue, Grand Junction
Contact Amy Beckett: HLAAWCO@gmail.com or 970-241-2592

Upcoming Events - Mark your calendar so you don't miss a thing! Dates are listed below. If you have an idea or request for a program, or if you would like to make a presentation, please contact HLAAWCO@gmail.com.

May 4, 2019: Program is under development.

Save the date! HLAA2019 National Convention

The next national convention is June 20 - 23, 2019, in Rochester, New York! The convention hotel and meeting space are the Hyatt Regency Rochester and the Riverside Convention Center. To register: <https://www.hearingloss.org/programs-events/convention/registration/>

Educational workshops will be categorized in the following tracks:

- Advocacy
- Hearing Assistive Technology
- Genetics & Hearing Loss
- Lifestyle

Colorado Walk4Hearing 2019

The Hearing Loss Association of America (HLAA) Walk4Hearing is the largest walk for hearing loss awareness in the country. Every spring and fall thousands of walkers form teams and walk in their communities to increase public awareness about hearing loss and raise funds for programs and services. HLAA depends on generous volunteers to raise funds, generate enthusiasm and awareness at each of the Walk4Hearing sites.

The Colorado walk is Sunday, June 9, 2019, at Clement Park, 7306 W Bowles Ave, Shelters M and N, Littleton, CO. Sign up at www.walk4hearing.org.

March Meeting Summary

We welcomed Pamela Kreps, BC-HIS and owner of Pinnacle Hearing Aid Center, at our March meeting. Pam gave an interesting presentation about the most recent updates to technology in hearing aids. She gave details about two brands of hearing aids that she is most familiar with, but pointed out that most all hearing aid manufacturers are providing similar features. Hearing aids continue to become smaller with enhanced features such as directional microphones and other features to help with hearing in noise. Most hearing aids can be paired with a cellular phone allowing the users to maintain their own settings. Battery size and battery charging features have been improved. She even talked about hearing aids having language translation built in! Pam's presentation can be found on our website:

<https://hearinglosswco.org/2019/02/20/march-2019-newsletter/>

Do you have a story to tell?

The chapter is always looking for speakers, web content, and newsletter articles. If you want to share your story about living with hearing loss, please contact us at our email or website: www.hearinglossWCO.org or HLAAWCO@gmail.com

Webinars available through the National HLAA office!

At our January and February chapter meetings we watched webinars from the National HLAA website. Every month, the National office hosts a live webinar with a guest speaker that is recorded for playback. The webinars the Chapter has watched have been interesting and generated some great discussion.

You can watch these webinars from your home computer by going to this link and selecting the webinar you want to watch. All of the webinars are captioned so you don't miss a thing!
<https://www.hearingloss.org/programs-events/webinars/schedule-recordings/>

HLAA Celebrates 40 years!

In November 1979, Self Help for Hard of Hearing People, Inc. or SHHH (previous name for HLAA) is founded and incorporated as a non-profit educational membership organization by CIA retiree Howard E. "Rocky" Stone of Bethesda, Maryland. The office of SHHH is the family room of the Stone home. Furnishings were donated by ASHA. Funding is donated by the Stone family and personal friends. The Wall Street Journal wrote a story on Rocky Stone's career that included a small paragraph about the inception of SHHH. One hundred people from all over the world wrote for information and help with hearing loss. Another small article in Modern Maturity magazine about the new organization for hard of hearing people brought 2,500 letters of interest. HLAA remains true to Rocky's vision: HLAA strives to give people the tools they need to live more successfully with hearing loss and to show them they do not have to face hearing loss alone.

If you are not already a member, please consider joining. HLAA Leaders are passionate about staying true to the mission of providing information, education, support and advocacy to people with hearing loss. They do this through a variety of means, including Hearing Life magazine, the Walk4Hearing, the HLAA annual convention, the network of HLAA Chapters and the many advocacy efforts they are involved in. In addition, they strive to provide value to the members to help them get the most out of their membership and dedication to HLAA. Go to www.hearingloss.org for more information.

Colorado Sprint Relay Sponsorship for the Western Colorado Newsletter

Many thanks to Spring Relay for sponsoring the publication of the Western Colorado HLAA newsletter. Their generous gift of \$2,000 will allow the chapter to expand its reach to people with hearing loss in western Colorado.

One of the services that Sprint Relay Provides is Captioned Telephone Service. This service allows you to answer your calls with confidence and allows you to LISTEN and READ captions of everything your caller says during your phone conversations. Don't miss another word! For most individuals, the phones are provided at no charge.

Another service is Relay Conference Captioning (RCC). This is a free service available for Deaf and Hard of Hearing residents of Colorado, and allows these individuals to participate in meetings (in-person or remote), phone calls, videoconferences and multi-party teleconference calls. All you need is a phone and a connection to a website.

Production of this newsletter is sponsored by Sprint Relay.

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Relay Conference Captioning (RCC)

A free service for Colorado residents who are Deaf or Hard of Hearing to actively participate in meetings!

To learn more, visit
ColoradoRCC.com



For more information, check out our website at www.hearinglossco.org

We are also on Facebook!
<https://www.facebook.com/HLAAWCO/>

Also check out the national website:
www.hearingloss.org

Hearing Loss Association of America
Western Colorado Chapter
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