



ALDA Boston – P.O. Box 600622 – Newtonville, MA 02460

Website: www.aldaboston.org

ALDAgram – May 2019

May is Better Hearing and Speech Month. What are you doing to take care of your hearing? Are there any tips that you'd like to share with ALDA members? Any devices you are using to increase your ability to hear? We'd love to hear from you. The winners will get an extra dessert at the 4th of July barbecue.

According to the National Institute on Deafness and Other Communication Disorders (NIDCD), "Although hearing aids and other assistive devices can improve quality of life, only about one in four adults (age 20 and over) who could benefit from hearing aids has ever used them." Clearly, more advocacy needs to be done to increase that population.



Upcoming ALDA Boston Events



The annual **ALDA 4th of July picnic and barbecue** will take place on **Saturday, June 29** at the Perkins' home in Westborough. Look for the flyer, which will be sent out shortly.

Steven Florio, the new Commissioner of the Mass Commission for the Deaf and Hard of Hearing (MCDHH), will be speaking to ALDA Boston members at the Lexington library on **Saturday, October 26**. Although October is a long way away, please mark your calendar now.

Other Events of Interest

The next meeting of Hear@Boston will be on **Saturday, June 1** from 2:00 – 4:00 at the Watertown Library. Using Hearing Assistive Technology in Difficult Listening Situations is the title of Andrea Kaneb's presentation.

Museum of Fine Arts Accessible Guided Tours

Bellow are some photos from the exquisite Art in Bloom tour that was held in April. Many thanks to Carol Agate for the photos.



If you miss the Frida Kahlo tour, the next accessible tour will be *Toulouse-Lautrec and the Stars of Paris* on Saturday, June 15. Watch for registration details on May 27.

Accessible Theater – May, June and July



American Repertory Theater, Cambridge

Femfinite: The Femme Show

ASL Interpreted: Friday, May 31 at 8pm

We Live in Cairo

Open Captioned: Saturday, June 8 at 2pm and Thursday, June 13 at 7:30 pm

ASL Interpreted: Sunday, June 9 at 2 pm and Wednesday, June 12 at 7:30 pm

Huntington Theater, Boston

For more information, call Meg O'Brien at 617-273-1558 or email mobrien@huntingtontheatre.org

Indecent

ASL Interpreted: May 24 at 8 pm

Yerma

ASL Interpreted: June 21 at 8 pm

Open Captioned: Sunday, June 23 at 7 pm and Tuesday, June 25 at 7:30.

Boston Opera House, Boston

For more information, go to: <https://www.bostonoperahouse.com/accessibility/>

Miss Saigon

Open Captioned: Saturday, June 15 at 2pm

ASL Performance: Saturday, June 22 at 2 pm

Dear Evan Hansen

Open Captioned: Saturday, July 13 at 2pm and Saturday July 27 at 2 pm

ASL Interpreted: July 27, 2019 at 2pm and August 3 at 2 pm

New Repertory Theatre, Watertown

All performances in the Mainstage theater are looped. HLAA and ALDA members may use the code Audio 18 to get a discount.

Becoming Dr. Ruth will end on May 19. Don't miss a superb performance by Anne O'Sullivan!



News of Note:



Valarie Roe Burrows alerted us to an excellent article titled “Is Noise Pollution the Next Big Public-Health Crisis,” written by David Owen and published in *The New Yorker* on May 6. To read the article, go to <https://www.newyorker.com/magazine/2019/05/13/is-noise-pollution-the-next-big-public-health-crisis> “Research shows that loud sound can have a significant impact on human health, as well as doing devastating damage to ecosystems.”

Also read about **auditory fatigue** in “Are You Too Tired to Hear Well” by Gael Hannan in *Hearing Health Matters* on May 14. Hannan writes, “Ask almost any person with hearing loss and they will tell you (and if they don’t, *I’m* telling you *now*):

1. It takes energy to hear.
2. Energy drains when you’re focusing on hearing and speechreading and understanding for long periods of time. There’s even a term for this: auditory fatigue.
3. Using hearing technology *reduces* the stress and energy commitment involved in listening and hearing.
4. At the end of a long day, many people with hearing loss tear off their hearing aid(s) or cochlear implant sound processor(s) for some peace and (guaranteed) quiet. Others hang in to the bitter end, aka bedtime.

We need energy to start our hearing-day and we may not have much left at the end of it.... When we avoid some activities such as social events, it’s often because we simply don’t have the energy or the focus needed to hear when playing cards with friends or going out for a restaurant dinner. Noisy environments sap even more of our mental strength, as we try to speechread and follow conversations in a contest that we are doomed to lose.”

HAPPINESS IS



...a BBQ with
dear friends.

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