



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

Website: [www.aldaboston.org](http://www.aldaboston.org)

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### ALDAgram – March 2020

Those of us who attended the Chocolate Madness at the Lexington library on Saturday, February 8, were fortunate to hear Jonathan O’Dell, Assistive Technology and Training Specialist at the Massachusetts Commission for the Deaf and Hard of Hearing. We learned about CATT, the Communication Access, Training and Technology Services that MCDHH provides. Whew! I’m exhausted just listening to all the services that Jonathan and his small staff advocate for. Jonathan is holding a copy of “A Modern Guide to Hearing Loss for the Deaf and Hard of Hearing” that was published just last year. (An earlier guide was written by ALDA Boston Board member Karen Rockow.) Universal Access is one of the visions of MCDHH, while it advocates for improved services, improved accessibility, and emergency management.



If you haven’t renewed your ALDA Boston dues yet, please send your dues (\$20) to the ALDA Boston Post Office, P.O. Box 600622, Newtonville, MA.

### Call for Nominations for the ALDA Boston Board

Don’t forget to send in your short biographical sketch of yourself and why you want to be on the ALDA Boston Board. Submissions should be 200 words or less. Submissions by email should be sent to Louis Sakin <[louissakin@aol.com](mailto:louissakin@aol.com)> or by regular mail to the ALDA Boston post office box. Nominations must be received by Monday, March 30



## Upcoming ALDA Events



“The process of acquiring a hearing aid from start to finish” will be presented by Jessica Randazzo, MEEI Audiologist, on **Saturday, April 18**, at the McAuliffe Framingham Library. April 18 is also the date of ALDA Boston’s Annual Meeting and Election of Officers and ALDA Boston’s 31<sup>st</sup> Anniversary. We’ve come a long way, baby!

## Other Events of Interest

Med-El Meet Up in Epping NH on Sunday, March 15 from 1:00 -3:00. Verdant Pastures-Epping Community Theatre, 38 Ladds Lane, Epping, NH 03042. Contact Taylor Sands at [Engagement.EventsUS@medel.com](mailto:Engagement.EventsUS@medel.com). Registration deadline is March 12.

The next HLAA Boston chapter meeting will be on Saturday, March 21 from 2-4 pm at the Watertown Public library, 123 Main Street. Company reps from Advanced Bionics, Cochlear, and Med-El will tell about their products and answer questions. For more information, contact Sue Schy at [sueschy@gmail.com](mailto:sueschy@gmail.com)

HLAA Central will also have an informative program from 2 – 4 on Saturday, March 21: "Beyond My Hearing Aid or Cochlear Implant." This will be an informal rap session where participants can learn from each other. The session will be held at the Northborough Library. For more information, contact Margaret Myatt at [Mmyatto01757@gmail.com](mailto:Mmyatto01757@gmail.com)



### **Museum of Fine Arts Accessible Guided Tours**

The MFA’s 150th Anniversary is this year, and Karen is preparing a wonderful tour for us on **Sunday, April 19**. Details will be sent on March 23.

## Accessible Theater, March - May

### American Repertory Theater, Cambridge

1776

ASL Interpreted: June 24 at 7:30PM and June 28 at 2PM

Open Captioned: June 25 at 7:30PM and June 27 at 2PM



### Citizen Bank Opera House, Boston

*The Band's Visit*

ASL Interpreted: April 4 at 2:00 pm

Open Captioned: March 28 at 2:00 pm

### Huntington Theater, Boston

*Our Daughters, Like Pillars*

ASL Interpreted: April 17 at 8:00 pm

Open Captioned: March 31 at 7:30 pm; April 8 at 2:00 pm

*The Bluest Eye*

ASL Interpreted: May 8 at 8:00 pm

Open Captioned: May 5 at 7:30 pm; May 13 at 2 pm

### Merrimack Repertory Theater, Lowell, MA

Open captioned performances are on third Sundays at the 2 PM matinee of each play. Call the Box Office at 978-654-4678 when booking your tickets and mention your interest in open captioning.

*Erma Bombeck: At Wit's End*, May 17 at 2:00 pm

### New Repertory Theatre, Watertown

All performances in the Mainstage theater are looped. HLAA/ALDA members may use discount code Audio 19 for 15% off individual performances. For more information and a full schedule of performances, go to [www.newrep.org/2019-2020-season/](http://www.newrep.org/2019-2020-season/) You may also take advantage of the open-captioned section of the theater for a performance of

*Lady Day at Emerson's Bar and Grill*, Saturday. April 11 at 3PM

*August Wilson's Fences*, Saturday, May 9 at 3PM

### Trinity Repertory Theatre, Providence, RI

American Sign Language interpretation is available by request for certain performances with 6 weeks advance notice. Please contact Jordan Butterfield at (401) 453-9214 or [jbutterfield@trinityrep.com](mailto:jbutterfield@trinityrep.com) for more information. Open Captioned performances are as follows:

*A Tale of Two Cities*: March 4 at 2pm and 7:30 pm

*Sweat*: March 5 at 2pm; March 15 at 2 pm and 7:30 pm

## News of Note



Gracia Lam

Two recent articles on hearing loss and dementia are worth reading. The first, written by Jane Brody and published in *The New York Times* on December 30, is titled “For Better Brain Health, Preserve Your Hearing.” According to the article, “hearing loss is the largest modifiable risk factor for developing dementia, exceeding that of smoking, high blood pressure, lack of exercise and social isolation.” Read the article at <https://www.nytimes.com/2019/12/30/well/live/brain-health-hearing-dementia-alzheimers.html?action>

The second article, sent in by our ever-resourceful Valarie Roe Burrows, titled “Can Hearing Aids Help Prevent Dementia?” was published in *The New York Times Magazine* on February 20. The article references a study published in the journal *JAMA Otolaryngology — Head and Neck Surgery*. Justin Golub, M.D., the study’s lead author believes that we need to change how we think about the relationship between hearing and health. “We always frame it as a disability,” he says. “But I like the idea of hearing fitness. Better hearing is better for you and better for your mind. If you tell a college student, ‘Don’t blast your ears with loud noise because when you’re 70 and you have a lot of hearing loss, you’re at an increased risk of dementia,’ they’re not going to care about that. But if you say, ‘Hey, hearing is good for your brain, the more hearing you have is better,’ that has immediate implications.” Read the article at <https://www.nytimes.com/2020/02/20/magazine/hearing-loss-dementia-alzheimers.html?referringSource=articleShare>



Sunday, March 8, 2020

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