**Hearing Health: Personal and Community**

Wednesdays, February 19 – March 26

10:00 to 11:30 – via Zoom & Optional Field Trips

**Come with your curiosity as we explore together**:

* How our ears work, what hearing tests show?
* Personal hearing devices (hearing aids, cochlear implants, personal microphones, personal hearing loop devices)
* Communication access in public spaces – what is required, what is available?
* Telling people your hearing needs and communication needs.
* Advocating for a good communication environment for all.

**Class Process**: We will begin each session sharing our personal experiences related to hearing loss, identifying issues of concern and sharing what we are learning as the class progresses. Sharing supports learning and will be followed by presentations. Only the presentations will be recorded.

**Tentativeschedule**:

February 19 How our ears work – What hearing tests show

February 26 Personal hearing devices -

March 5 Communication Access in public spaces - the Law

March 12 Communication Access – the Technology

March 19 Communication Access – What’s available?

March 26 Next steps: Personal and Community Action

**Recommended books**:

Hear & Beyond: Live Skillfully with Hearing Loss, Shari Eberts & Gael Hannan, 2022

Volume Control: Hearing in a Deafening World, David Owen, 2019

**Resources:**

CSUS - Maryjane Reese Center – Audiology Clinic

Hearing Loss Association of America (HLAA) [www.hearingloss.org](http://www.hearingloss.org)

Hearing Health Foundation - <https://hearinghealthfoundation.org>

Center for Hearing Access - <https://www.hearingloop.org/>

**Co-Leaders**: Anne Geraghty Text at 916 995-6629 Email: ageraghty@comcast.net

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**Optional Field Trips**: To experience an established hearing loop system at Washington Commons Cohousing in West Sacramento; and to the Apple Store in Arden Mall to get a briefing on how Apple technology supports better hearing.