

Welcome to Better Hearing Australia Canberra Newsletter January 2020

Hearing loss affects people in varying degrees and we hope to be able to support and encourage people on their hearing loss journey. Learning strategies to cope when newly diagnosed, can be very helpful and at BHA, you can talk with people who are hearing impaired, so they will understand some of the feelings you may experience.

Please feel free to contact the Editors:

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Should you have any queries, stories of your navigation on the hearing loss journey or contributions you can make to help enhance the quality of life for we hearing impaired.

Office hours

As Joe has been working two jobs, the office hours have been different through the school holiday period.

As it is now School Term, the office hours are back to normal.

Monday 9- 3.30

Tuesday 9- 3.30

Wednesday 9- 3.30

Please call 62813962

or email: bhacanberra@gmail.com

If there is no response, Contact Carol through her Email: carol.taloni@gmail.com

or Mobile: 0410463761

Rediscovering Music Program is back for 2020

We are very fortunate that the Rediscovering Music Program is going to be continued in 2020, funded by the ACT Government.

Audiologist and Musician, Kristen Sutcliffe, coordinates the musical program with her colleagues from the Canberra Symphony Orchestra. We have all enjoyed some special Tuesday musical afternoons and nights over the past few years. We are extremely lucky to continue this program, which benefits those who are hearing impaired or who have a cochlear implant. The first session is on the 31st March, 2pm- Holder & 5.30pm- Hellenic Club.

Happy New Year Members

We hope everyone has had a great break over the Christmas period. We also hope all of our members have started the new year safely.

The fires have affected a range of different areas around Canberra, we also hope everyone stayed safe in the fire affected areas.

We have received a number of renewed membership forms. Many thanks to those members who have promptly paid for their membership. If you haven't paid or received your membership renewal form, fret not.

Carol and Linda will have forms to complete during the Hearing Loss Management classes. If you do not attend the classes, Joe can email a form directly to you, contact him through bhacanberra@gmail.com.

Hearing Loss Management Classes

Term 1 starts very soon, Carol and Linda will be taking the Hearing Loss Management Classes from February 4th 2020.

Day Classes

at the Grant Cameron Community Centre- Ground Floor Conference Room,

27 Mulley St Holder ACT

(12pm-2pm), (2pm-4pm)

Contact Carol Taloni-

0410463761- carol.taloni@gmail.com

Evening Classes

at Hellenic Club- Delphi room

Matilda St, Phillip ACT

(5.30pm-7pm)

Contact Linda Dwyer-

0417696583- ldwyer@grapevine.com.au

Term 1 Dates:

- 4th February
- 11th February
- 18th February
- 25th February
- 3rd March
- 10th March
- 17th March
- 24th March
- 7th April



Thursday, 5 March 2020
Hellenic Club, Woden
10am - 3pm

FREE ENTRY



Meet professionals from
different hearing and
health organisations



Come along to learn how
to best manage your
hearing loss

HEARING & HEALTH EXPO 2020

Logo and posters designed by:



Alexina Design
23alexwei@gmail.com

ACT Deafness Resource Centre Inc.
02 6287 4393
drcenq@actdrc.org.au
www.actdrc.org.au

Hearing & Health Expo

ACT Deafness Resource Centre are holding a Hearing Expo during Hearing Awareness Week. The Expo will be held on March 5th 2020 at the Hellenic Club in Woden.

BHA Canberra will have a stall, to endorse our services to the general public and the hearing loss community. We will have resources to read and merchandise available to buy. We look forward to seeing you there.

Tinnitus- Workshop

Tuesday the 3rd of March 2020, at 6pm. A workshop organised by Kristen Sutcliffe will be held at the Hellenic Club. "Tinnitus- What is it? How can music help?" This will be presented by Kristen Sutcliffe with Steve Allen on the guitar. More Details to be provided when the workshop has been finalised.

Visual alert for ringing telephone

One of our day class member's husband Werner Padarin has come up with a device to help assist the hearing impaired to know when the phone is ringing through a visual aid. Werner has kindly given his permission to publish his work in our newsletter, as it may help people with a hearing impairment to improve their quality of life. All of the details of the device are attached to the newsletter. For more information please contact Carol Taloni.

BHA Dinner Recap- Carol Taloni

The BHA Annual Dinner was briefly mentioned in the Christmas newsletter. It again was an enjoyable night. The Hellenic Club do a superb job on our behalf to make the night a great success. They provided us with the venue, the equipment required to enable the Captioning, which is expertly done by Polly Templeton. They also put up the Christmas tree and provided expert staff who looked after all our needs. Our thanks to the chef and his staff for a superb meal and providing for the thirteen special meals required.

Heather Irons was presented with a medallion for her fifteen years of membership of BHA Canberra. Heather is the Secretary on the Executive Management Committee and has been a loyal supporter of BHA Canberra for many years.



Thank you to the many people who donated prizes for the raffle, as the raffle table was filled up very quickly.

Since the dinner I have received many comments from those who attended, that they really enjoyed the night. For some of the people who attended the classes, it was the first time they had seen captioning for such an event. This meant that they were able to read, what they might have missed with their hearing loss. They also felt included in the happenings of the night.

Visual Alert for Ringing Telephone

A visual ring alert allows people with a hearing impairment to see that the telephone is ringing. It switches any incandescent lamp on or off in sequence with the telephone ring to show when there is an incoming call.

The device is made (but no longer sold) by Trillium Technology Pty Ltd, it's their model TZVA5. TELSTRA branded models of the same device are presumably still available from TELSTRA. A User Guide can be downloaded from <http://m.trillium.com.au/wp-content/uploads/documents/USER%20GUIDE%20TZVA5.pdf>

The user guide shows how the device is connected to the old conventional landline phone socket, but does not show how to get it all connected now that the NBN has arrived and phonecalls are delivered over the internet rather than via separate "landlines". This note is to show how to connect the TZVA5 if your phone service is delivered over the internet (ie using VoIP or "Voice over Internet Protocol")

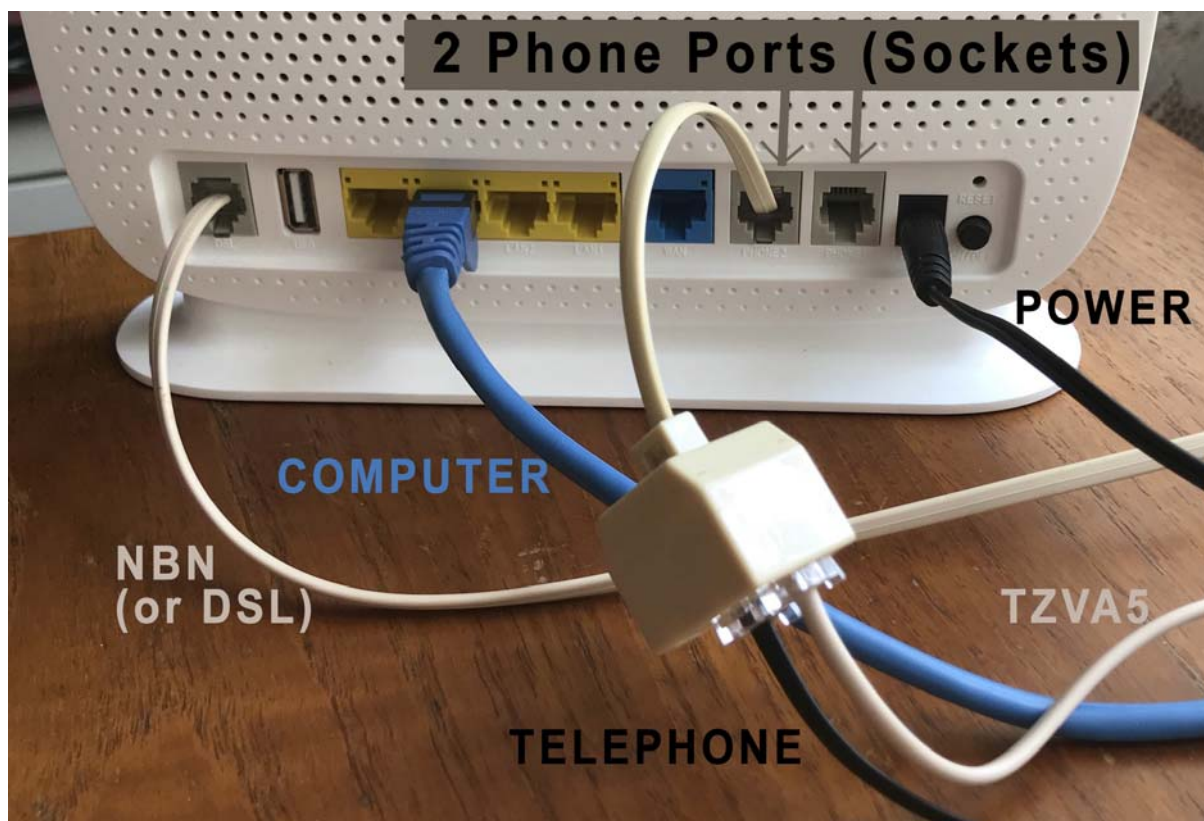
You will probably (* see note below) need a RJ11 Male to Double Female Telephone Double Adapter Cord like the one shown below (cost about \$5 on eBay).



Go to your modem/router that would have been supplied by your internet service provider and look at the back or bottom of it where all the cables are connected.

Identify the cable that leads to your telephone (either a conventional handset or more usually the base station of a cordless phone set). Typically there will be a second socket with the same colour as the socket to which this phone is connected, and it will be empty.

Unplug the phone line and plug the double adapter cord into the SAME socket. Plug the phone line into one of the double adapter sockets and plug the line cord of the TZVA5 into the other socket.



Your modem/router may look different and the colours of the various sockets may be different to those in the photo above - for example, the 2 phone ports on a Technicolor modem/router supplied by iiNet are green.

Plug the TZVA5 into a power point and plug your lamp into the TZVA5. If the lamp has its own switch ensure it's turned ON and that the power point is also turned ON. The light at the side of the TZVA5 should light up green and the lamp should also light up. Now turn the switch on the TZVA5 to OFF. The lamp should turn off, but will now flash when there is an incoming phone call.

(* note) If the second phone socket on the modem/router is empty, you can instead try plugging the TZVA5 line cord directly into that socket and test to see if the light flashes with an incoming call. If that works you're in luck. If it doesn't work, you should be able to log into the modem/router, find your VoIP telephone settings and set your SIP profile to apply to both phone ports (ie ports 1 & 2). Beware, making a wrong change in the settings could lose your phone and or your internet connectivity, though there shouldn't be any permanent damage - you'll just need technical assistance to get it working again. If that sounded too technical, leave your modem router well alone and use the double adapter.