



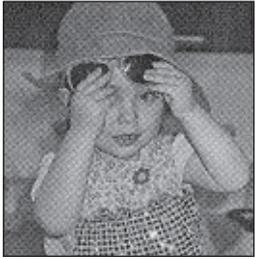
# EAR *talk*

Spring 2005

A newsletter of the International Hearing Foundation Fund of the Minnesota Medical Foundation at the University of Minnesota

International Hearing Foundation  
200 Oak Street S.E., #300  
McNamara Alumni Center  
University of Minnesota Gateway  
Minneapolis, MN 55455-2030  
612-339-2120  
TRP-MMP@prodigy.net  
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## Cued Speech Association Thanks IHF



Children learn a system called "cued speech" that combines sign language and lip-reading at a special camp where professionals help them gain skills, information, and support. In 2004, nearly 150 attended camp, and Co-President of the Cued Speech Association of Minnesota Katherine Burns-Christenson (952-929-3965; e-mail kbc29@aol.com) sent thanks to IHF for our participation. Her photos were heartwarming.



*May is Better  
Hearing Month ...  
The perfect time to  
discover what you may  
have been missing.  
An estimated  
30 million Americans  
suffer some kind of  
hearing loss.  
Get Tested!*

## Local Kids Get Hearing Aids From IHF

*IHF receives many letters from children who have received hearing aids, as well as from their parents. Some letters are shared here:*

Dear Mrs. Paparella,

Our family is so thankful our son Gregory has the advanced digital hearing aid IHF helped us purchase. We see him interacting more calmly with others because he hears what's going on around him so much better, growing up more like other children his age because he can interact more appropriately and on cue. When we shop, Gregory becomes more confident to go and look at something without fearing he'll lose sight of me and not be able to hear where my voice is coming from. We can talk in a normal voice and not have to keep repeating ourselves or raising our voices so when Gregory does hear us he thinks we're upset with him. He can join in a conversation smoothly, without wondering what was said, giving a lost look, or completely ignoring it. His voice is becoming much quieter. We're thankful how Kent Collins slyly asked a resistant Gregory if he'd like to try wearing the hearing aid until after his appointment with Dr. Paparella. Gregory's face lit up as soon as Kent put the hearing aid in. It is wonderful to teach Gregory math or writing or piano and not have him complain about feeling nauseous or dizzy. His homework takes a fraction of the time it used to. God bless all those associated with the IHF and the MN Ear, Head & Neck Clinic.

Sincerely,

*Cindy, George, & Gregory Meyer*



Gregory Meyer is examined by IHF audiologist Kent Collins.

Dear Dr. Paparella and IHF:  
Thank you for your gift to me of hearing. My world has changed because of your help.  
Sincerely,  
T.C. (Age 13)

Dear IHF:  
Thank you for my new hearing aid. It has made me so happy. My hearing aid helped make my life better.  
Love,  
J.G. (Age 10)

Dear Mrs. Paparella,  
We are writing this letter to tell you how much we appreciate your giving a hearing aid when our daughter's was lost. She is so happy now, and hears everyone and can now listen to her music. During the time that she didn't have her aids, she became quieter and more withdrawn. You don't know how much your donation of aids for her means to the entire family. Again we want to thank you for the beautiful gift of hearing. Keep up the good work, and bless all of you.  
Family of D.C.

Stay in touch! Visit:  
[www.ihf-mmf.org](http://www.ihf-mmf.org)  
or e-mail:  
[trp-mmp@prodigy.net](mailto:trp-mmp@prodigy.net)



Vanessa Weinzierl and audiologist Kent Collins.

Dear Mrs. Paparella,  
I want to thank you and IHF for helping me receive hearing aids. I feel so lucky to have found you. I wonder where my life would have taken me, had I not received your help. Thank you from the bottom of my heart.  
P.R. (age 15)

## Hear Ye, Hear Ye...

From IHF President  
Joseph McCarthy

*“Nothing happens unless first a dream.”*

When Dr. Paparella initially presented his concept for a foundation to carry out his vision of service, education, and research, there were some, I’m sure, who were surprised by the scope of his vision and the intensity of his determination to make it happen. Yet, as the poet Carl Sandburg once wrote...“nothing happens unless first a dream.”

Through the years that I have been privileged to participate in the dream that became the International Hearing Foundation, I have been impressed by the number of truly outstanding people who have been involved with the organization as board members, advisory committees, staff, friends, and financial supporters.

The IHF has been especially blessed to have had talented and motivated people available and willing to serve in whatever role they are needed. No one exemplifies this better than IHF’s extraordinarily gifted and energetic Executive Director Treva Paparella, the prime mover behind IHF’s organizational progress. Her planning and administrative talents, her fundraising and people skills are reflected in every IHF success.

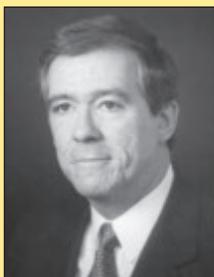
Now mid-course in my term as IHF president, I find it important to applaud all those who have worked so diligently for IHF in the past and those who continue to provide their talents, energies, and financial support. It is also appropriate to contemplate what plateaus and breakthroughs are awaiting IHF’s action in the days and years ahead.

Sandburg also addressed the difficulty of defining specific strategies for future action. We are told he said: “I am an idealist ... I don’t know where I’m going, but I’m on my way.”

Hopefully, the IHF, now in its 20th year, is securely on its way to a third decade of achieving the mission set for it by Dr. Paparella. Many of us while discussing foundation matters with Dr. Paparella, have heard him chuckle as he reiterates his own challenging command: “Ready ... fire ... aim.”

To continue to be ready to “fire and aim,” the IHF must be able to access the financial resources required; successfully seek out and find talented people who are excited about its values and willing to help achieve its goals; obtain the operational support and communications tools needed to accomplish its mission; and retain its motivation to move forward with a committed and determined spirit.

Our IHF destiny is here and now. Help is needed. Come support our efforts. Please call Treva. She is waiting.



—J.M. McCarthy

## New Board Member Joe White

We are pleased to have Joe White join our Board of Directors. Joe is a Principal at Larson, Allen, Weishair and Co., LLP, where he leads the physician-practice area for the Larson-Allen Health Care group. Joe and his wife Jeanne reside in the Highland Park Area of St. Paul and are kept busy raising their three boys, Christian (15), R.J. (14), and Jimmy (10). He is also an adjunct faculty at the University of St. Thomas and at Argosy University, teaching healthcare finance in the Masters in Medical Group Management program, the Physician Leadership College, and the Mini-MBA in Health Care Management.

He brings to IHF unique perspectives and creative ideas and thoughts about fundraising and finance for the organization. Initially drawn to the board because of the professional relationship with MN Ear, Head & Neck Clinic, he has been touched by the compassion and goodwill created by Dr. Paparella and the current board working to help improve the lives of thousands suffering from hearing disorders. Joe adds, “I would like to help IHF build an organization that can continue to serve its mission for generations to come.”



Joe White, new IHF Board Member



## Tony Fazio retires from the IHF Board

After 15 years of service including board president from 1998 to 2000, Tony Fazio retired from the IHF board. Thank you Tony!

### MISSION STATEMENT

The International Hearing Foundation—nonprofit, tax-exempt, and funded solely through donations and fundraising events—has a three-fold mission: **otological service, education, and research**, all areas of great need. Beneficiaries of these charitable endeavors are first local but also international. **The International Hearing Foundation is the only hearing-related association in the world that has an international focus.**

### BOARD OF DIRECTORS

President Joseph McCarthy, Vice-President Henry Kristal, Secretary/Treasurer Michael Paparella M.D., Executive Director Treva Paparella. Board Members: George Adams M.D., Gordon Alexander M.D., Bill & Tani Austin, Dan Barnett Ph.D., Dorothy Dolphin, Oleg Froymovich M.D., Jacqui Gardner, H. Theodore Grindal, Jim Hainlen, Farley Kaufmann, Robert Margolis Ph.D., Stan McDonald, Elizabeth Payne M.D., Pat Schachern, Jim Schilling, Kathy Soderberg, Joe White. Fundraiser: Matt Blair. Medical & Research Advisory Board: Young Bin Choo M.D., NY Eye & Ear Infirmary; David J Lim M.D., House Ear Institute; Anthony J. Maniglia M.D., Case Western Reserve University; Joseph M. Miller Ph.D., Kresge Hearing Institute; Hamed Sajjadi M.D., Stanford University.

## From Dr. Paparella ...

The IHF can be proud of its many accomplishments achieved with relatively modest financial resources. They include clinical research, primarily emanating from the Otopathology Laboratory at the University of Minnesota, which has led to discoveries that resulted in thousands of patients cured of deafness, dizziness (incapacitating vertigo), chronic ear infection, and more.

In addition, service and public service programs have provided grateful indigent children and adults with hearing aids, medical and surgical care, and support groups. International goodwill and relationships have developed by ongoing and successful “missionary” types of programs in many countries including Senegal (Africa), Brazil, and India, for example.

I believe one of the most successful and rewarding IHF programs of which those who support IHF can be especially proud has been its mission in education. Since its founding in 1985, almost 100 post-graduate physicians (MDs who have completed their specialty training) from the United States and many from other countries have, for example, received Fellowship training of one year or more under the auspices of IHF. Approximately one half are IHF research Fellows who spend most of their time in the Otopathology Laboratory, and the other half are Clinical Fellows who emphasize learning opportunities and patient care in the clinic and in the operating rooms of Fairview University Medical Center and related hospitals. Each one has become a distinguished contributor to society and has additionally helped thousands in service, research, and in educating others. In other words, each one serves as a mini-IHF. Many have become leaders, including heads of departments of otolaryngology (ENT), many have become full- or part-time academic faculty, and all have become practitioners in the diagnosis and treatment of patients with many ear diseases.

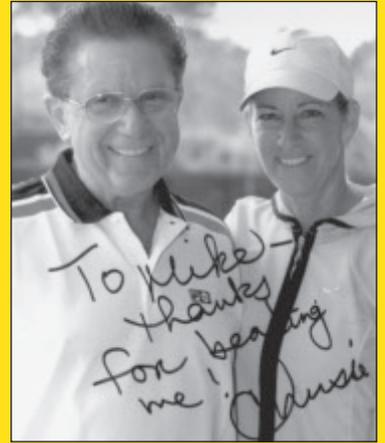
Our past IHF research Fellows have included Fulbright scholars and Rotary Foundation scholars, but most have provided their own financial support for the privilege of studying under IHF, which in turn helps many thousands of patients in Minnesota, the U.S., and other countries, through their contributions to research, education, and patient care.

In this issue we highlight one such IHF past Fellow, Dr. Luiz de Sousa of Brazil. In future publications we will highlight others, so those who care about IHF, its passion, and its missions, will share the immense pride we have for these remarkable individuals, both personal and professional, and as if they were our own sons and daughters. Each one touches others who in turn touch others, which means IHF programs will continue in infinity. Isn't that amazing?



## The Stars are Out!

Many Fellows, during their time studying in Minneapolis, have enjoyed playing tennis with Dr. Paparella, who continues his long-time hobby of tournament play. As a birthday gift, Fellows and students presented him in 2003 with some one-on-one time with tennis champion Chris Evert, and Dr. Paparella spent two days at Evert's Tennis Fantasy Camp in Florida this past



Dr. Paparella and tennis champion Chris Evert.

February, playing and practicing tennis with Ms. Evert. The time was memorable, and Dr. Paparella much appreciated his gift. He writes, “Thanks to all the many IHF Fellows and Pat Schachern for making this a most unforgettable experience. This is a gift I’ll never forget, and yes—I did take two games from her. What a birthday!”



Board members Bill Austin (third from left) and Dr. Paparella (far left) enjoy the company of actor Leslie Nielsen and Bill Mack, renowned Minnesota artist.

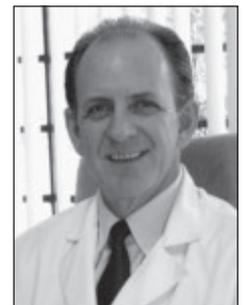
## Letter from Former IHF Fellow Dr. Luiz Carlos Alves de Sousa of Brazil

Being a Fellow under the auspices of IHF and the supervision of such a great professor and human being, our dear Dr. Paparella, was the most important thing in my career, not to mention the happiness of living under his own roof, jogging, and playing tennis with him.

Nowadays, as his former Fellows, we constitute the Association Paparella of Otolaryngology in Brazil, which teaches young doctors, promotes continuing medical education and research, and above all, helps thousands of people in our country.

All these wonderful things we have accomplished are the legacy of a man and a foundation (IHF) who have spread the seed of excellence and charity worldwide.

Sincerely yours,  
*Luiz Carlos Alves de Sousa*



## U of M Med Student Tamra Knutson Receives 2004 Hoff Award

Board President Joe McCarthy and ENT Department Chairman Dr. George Adams presented the IHF's 2004 Eivind Hoff award to U of M medical student Tamra Knutson. Named for a long-time administrator at the U of M medical school, the Hoff Award encourages medical students to enter the field of otolaryngology.

Ms. Knutson writes: "I would like to take this opportunity to express my gratitude for receiving the 2004 Eivind Hoff award and scholarship. My research with Dr. George Adams and Dr. Stephan Pambuccian on molecular analysis [PT-PCR] for residual squamous cell carcinoma nodal disease [in head and neck cancers] following pre-operative chemoradiation or radiation therapy will be submitted to the Middle Section meeting of the Triologic Society. The experience I have gained through

Board President Joe McCarthy (right) and ENT Department Chair Dr. George Adams (left) present IHF's 2004 Eivind Hoff award to U of MN medical student Tamra Knutson.



this research project has not only helped me to become a better scientist, it has also heightened my appreciation for the complexities and controversies within the field of otolaryngology. Thank you for this recognition. It truly is an honor."

## 2004 Paparella Award Goes to Dr. St. Martin



Dr. Oleg Froymovich, member of the Board of IHF, presents IHF's 2004 Paparella Clinical Otolological Research Award to Dr. Michele St. Martin for her work titled, "Deposition Efficiency of Aerosolized Particles in Paranasal Sinuses Before and After Endoscopic Sinus Surgery," in May, 2004.

## Dr. Oktay of IHF Lab Presents Scientific Paper

Dr. F. M. Oktay's paper, "Diabetic Effects in the Inner Ear," was presented via poster at a national scientific meeting. His research, under the direction of lab supervisor Dr. Vladimir Tsuprun and research director Dr. Michael Paparella, studied the effects of type I diabetes mellitus on the cochlear structure and vasculature of human temporal bones. The collection of temporal bones (the inner ear) available for study in the IHF laboratory at the Uof MN is among the largest in the world and provides insight into many ear diseases that cannot be studied in live patients.



Dr. Oktay is an IHF Fellow from Turkey, studying here for two years.

## Millions Go Untreated for Hearing Loss

Nearly nine million households have at least one person completely deaf in one ear, but a third of those people have not sought treatment. Many may have undiagnosed single-sided deafness that may result from a blow to the head, viral infection (measles, chicken pox), tumors on the acoustic nerve, drugs that badly affect hearing, chronic ear infections, or an inadequate ear-canal. There are safe, successful solutions, among which is an implantable bone-conduction hearing aid that may help some who may not even be able to use a hearing aid otherwise.

The FDA recently cleared a 3-part bone-integrated system that delivers natural sound directly through the bone, bypassing the middle and inner ear, through a removable external processor. Its titanium conduit is implanted during a short out-patient procedure, and 18,000 wearers

report unparalleled success, a clear and natural quality to sounds they can now hear much better—even including whispers. Prior to that, they had made significant adjustments to their social and business life, finding even crossing the street or driving a car to be as difficult as participating in business meetings, dinner at busy restaurants, or family gatherings. For more information, contact our IHF online coordinator, [durnilw@aol.com](mailto:durnilw@aol.com).

**Correction:** Online support-group coordinator Casey Durnil was featured in last year's newsletter. His e-mail address was wrong! The correct address is [durnilw@aol.com](mailto:durnilw@aol.com), *not* [durnil@aol.com](mailto:durnil@aol.com).

## IHF Serves Children in Santiago, Chile



Past President of IHF Dr. Robert Margolis displays teaching materials IHF recently presented to the Jorge Otte Gabler School for the Deaf in Santiago, Chile. In previous years, IHF has helped the school install assistive listening equipment in the classrooms, and playground structures for therapeutic movement, and has provided classroom supplies and hearing aids, with the aim of helping the children grow into productive adults.

## Our Mission in Dakar, Senegal Continues to Improve Ear Care

Thanks to IHF in 2004, Dr. Malik Diop, who studied in Minneapolis as an IHF Fellow, can add to his hospital an operating microscope that allows



Operating microscope allows intricate surgery on the middle and inner ear for patients in Dakar.

extremely intricate surgery on the middle and inner ear to be done for patients in Dakar. When Dr. Diop came here to study years ago, he told us that his hospital had so few supplies he wanted to request our used operating gloves (they sterilize and re-use them). Since then, IHF Fellows in Italy, Brazil, and the U.S. have in many years gathered supplies and teams of physicians to go to Dakar to help teach their physicians procedures to improve the hearing and health of the ears of hundreds of patients in the West African country of Senegal. There are only four ear doctors in the country.

## Grants Presented to IHF Labs

Executive Director of IHF Treva Paparella was pleased to accept a large grant from Bill Austin, founder of **Starkey Labs** and the **Starkey Foundation**, which distributes hearing aids to the needy worldwide. Mr. and Mrs. Austin also serve as members of the Board of IHF.



Bill Austin, founder of Starkey Labs and the Starkey Foundation, and IHF Executive Director Treva Paparella.

In addition, a generous donation from **Hubbard Broadcasting** will help sustain the Otopathology Research Laboratories at the University of Minnesota, in which the IHF trains physicians and researchers on diseases of the ear. Those physicians and surgeons come from around the world to study here on fellowships.

## International Fellows Meet at 2005 AAO Meeting, NYC



Former IHF Fellows and academic colleagues from the University of Minnesota including Oleg Froymovich (US, originally from Russia), Neil Sperling (USA), Chris deSouza (India, hidden in back row) Tae Yoon (front row, Korea), Hamed Sajjadi (US, originally from Iran), Dr. Paparella, Sady daCosta (Brazil), Mahesh Bhaya (India), Steve Juhn (US, originally from Korea), and Rick Fox (Canada) enjoyed catching up on news in a break from presenting their research at the AAO meeting. Other Fellows present from Turkey, Chile, Japan, Puerto Rico, England, France, Italy, and Spain are not pictured.

A get-together at the AAO meeting, sponsored by the Starkey Foundation and hosted by Starkey CEO and IHF Board member Bill Austin and Tani Austin of the IHF Board, was held at the Marriott Times Square and happily attended by many IHF Fellows and alumni. Many Fellows, besides serving patients in the countries where they live, also teach in medical schools, passing on to physicians and researchers worldwide the knowledge they gained partially through IHF.



IHF researcher Dr. Kazuyasu Baba from Osaka, Japan, received a certificate of merit, presented at the AAO meeting.

# Marlys Soderberg Support Groups Help Many



## Support group member Jim Hainlen joins IHF Board

If I had thought about it when I was diving in high school, I might have had a hint of the Meniere's disease that would develop years later. I was a member of the diving team and could always do front and back summersault dives, but twisting dives—never. I remember trying to learn a dive with one twist and blacking out during the twist. In the instant I regained consciousness it seemed to me that the swimming pool had turned on its edge and I was falling sideways toward a vertical wall of water. I knew it couldn't be true, so I tucked into a ball and waited to hit something ... the diving board, the water, or the deck. I had no idea where I was headed.

Years later I tell people they only have one way to wake up. I have many! Sometimes I wake up on the ceiling of the room looking down. Other times I wake up on the wall, afraid I will slip to the floor if I move in any direction. Once I awoke and thought someone had cut a hole in the bed and I was looking at the floor. In reality, I was simply on my back looking up. Such are the tricks that Meniere's plays on the mind. What is real does not have to do with reality, but the mind's perception of what is real.

Meniere's is like hitting the trifecta. If you are not dizzy with loss of balance on one day you can try for ringing ears. If it is a good day and the ears aren't ringing you get to go for the fluctuating hearing or fullness in the head. Any way you look at it, you have the possibility of a really good day or the possibility that some part of the brain is getting some bad signals and you will have an off day.

Before January 2001 I had never heard of Meniere's disease. I had been experiencing dizziness, hearing loss, fullness in the head, and tinnitus but I didn't put them together as a cluster of symptoms that added up to a disease. I was always willing to tell myself after an episode passed that it was over and I was done with that and it probably wouldn't come back. Even after hospitalization for tests for stroke and heart attack in 1997 I didn't suspect there was a disease that had a name that incorporated all of the symptoms of Meniere's. I continued to tell myself it was the stress of the job, or anxiety, or the extra work that went with my occupation of teaching music. However, after almost falling into pots of boiling spaghetti noodles that I was cooking for a kid's meal at church the parish nurse gave me an ultimatum. She had worked years before for Dr. Paparella and said, "Either you go, or I drive you to the appointment."

The quick sequence of events that followed might mir-

ror other people's experience with Meniere's disease. First was the relief that I was not going crazy when I described the symptoms to Dr. Paparella. I couldn't go into shopping malls with out losing balance ("shopping center nystagmus," he said). I couldn't use escalators without closing my eyes and holding my wife's shoulder. Listening to loud music and the clapping at a concert assured a 2 a.m. reprise of ear ringing. Actually, it was more like a train engine in the ear and it was often so loud I was sure my wife had to hear it. She didn't!

People who don't have Meniere's disease may look at these symptoms as a casual set of benign symptoms. But my career was teaching music. I was losing hearing in my left ear and couldn't tell who was out of tune in the violin section. I could hear the pitch problems but I had lost the ability to triangulate with both ears and locate the problem. I had to adjust from standing at rehearsals to sitting on a stool because I fell off the conductor's podium into the students on several occasions after becoming dizzy. Hall duty (yes, my friends, teachers still do hall duty) became a nightmare of disorientation because of the chaotic movement and the students' hollering. Often I was

*Continued on p. 8*

## Meniere's & Tinnitus Support Groups

Riverside Park Plaza  
701 25th Ave. S. • Minneapolis  
(East of Fairview-Riverside Hospital)

First Saturdays • 10 a.m. to Noon  
Open to anyone • Free

RIGHT:  
Support group learns about Meniere's disease and tinnitus.



BELOW:  
Arturo Steely, Rose Hulse-Larson, and Jim Hainlen of the support groups.



# 2004 Celebrity Golf Classic Nets \$75,000



First place winners at the 2004 IHF Golf Classic: Left to right, Eric Heltne, Treva Paparella (Executive Director), Robert Grimm, D.D.S., Jantze Haley, Matt Blair (fundraiser for the event) and Dennis Haley, D.D.S.

Call IHF for a brochure or to register for our major annual fundraiser at beautiful Crystal Lake Golf Club. Funds are urgently needed to sustain our programs and research, and we hope to gain \$80,000 in 2005.

The driving range is open at 10:30. At the 11 a.m. buffet lunch we introduce sponsors and celebrities who join us in golfing, lining up at 12:15 for cart assignments. Dinner and a silent auction at 5:30 are followed by awards.

Event sponsors get 40 meals, golf gifts, full signage (12 players for \$10,000 and up). Two-team Corporate Sponsorships are \$5,000 for eight players, 32 meals, signage, photos and gifts. Six golfers on a Premium Sponsorship can participate for \$2,500, four on a



## SAVE THE DATE

13th ANNUAL  
**IHF CELEBRITY GOLF CLASSIC**  
June 20, 2005

**Crystal Lake Golf Club**  
Lakeville, MN



**Mark your calendar & plan on joining us.**

More information forthcoming.

If you have questions, please call  
Treva Paparella at IHF at 612-339-2120

\$1,500 tee-box sponsorship, two on a \$750 Green Sponsorship, and individual golfers get lunch, dinner, photo, and gifts for a \$375 donation to IHF.

## Are you hearing all you should be hearing?

If not, you are like the 30 million Americans who suffer some kind of hearing loss during their lifetime, robbing them of important sounds—the sounds of children's laughter, the sounds of everyday life. It may also cause that person to turn up the TV, constantly ask others to repeat themselves, or not hearing well can just make a person feel isolated or left out. May, Better Hearing Month, is the perfect time to discover what you may have been missing.

## How Loud Is Too Loud?

### Decibel (dB) Levels:

- 20: watch ticking
- 30: whispering in library
- 40: leaves rustling, refrigerator running
- 50: average sounds in home or on a neighborhood street
- 60: normal conversation, birds singing, dishwasher or microwave running
- 70: car running, alarm clock, city traffic
- 80: garbage disposal, vacuum cleaner, outboard motor running
- 85: factory noise, electric shaver, screaming child
- 90: **any prolonged exposure above this level may cause gradual hearing loss**
- 90: passing motorcycle, convertible ride on a freeway
- 100: **no more than 15 min. of unprotected exposure is recommended**
- 100: blow-dryer, diesel truck, subway, helicopter, chainsaw, power tools
- 110: **exposure for more than 1 minute risks permanent hearing loss**
- 110: car horn, snowblower, snowmobiles
- 120: rock concert, propellor plane
- 130: jet engine 100 feet away, emergency siren
- 140: jet take-off, shotgun

**Always wear proper hearing protection when involved in a loud but fun activity.**

### Jim Hainlen joins IHF Board

forced to work my way from my classroom to the office by holding one hand on the wall and guiding myself from locker to locker. A hunched-over, dizzy teacher loses a certain air of authority with contemporary high school students.

February 2001 was when I had endolymphatic sac enhancement surgery. My youngest son says it gave him his dad back. That is also true from my perspective it gave me my family back. However, the symptoms did not disappear, and this past June (2004) I retired from Stillwater High School after 31 years of teaching orchestra. Several articles and a television special (KSTP in St. Paul and Minneapolis) were done on my retirement because of the Meniere's disease. Fortunately, I have moved on to the Meniere's support group and now feel comfortable in talking with other people about the disease. This past December, Treva and Michael Paparella totally surprised me and asked me to serve on the Board of Directors for

the International Hearing Foundation. I accepted and hope to devote time to several special events that will raise money for research and children's hearing aids. In the meantime, I continue to have people call from all over the country about Meniere's disease, and I feel fortunate in being able to assure them that they are not crazy and help is available for treatment and support.

*When you lose your vision, you lose contact with things. When you lose your hearing, you lose contact with people. Hearing is the deepest, most humanizing, philosophical sense man possesses. Deafness means the loss of the most vital stimulus, the sound of the voice that brings language, sets thoughts astir, and keeps us in the intellectual company of man.*  
*-Helen Keller*

### Thank you for listening!

Here is my pledge in support of better hearing!

- \$5.00       \$25.00       \$100.00       \$ Other \_\_\_\_\_
- \$15.00       \$50.00       \$250.00       I need more info.

Credit Card Payment  Mastercard     Visa  
Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Amount \_\_\_\_\_ Signature \_\_\_\_\_

I am interested in information about support groups.  
This gift is made  in memory of  in honor of \_\_\_\_\_

Name \_\_\_\_\_ Day Phone (    ) \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_  
Signature \_\_\_\_\_

Your donation is tax deductible.  
Please make your check payable to:  
International Hearing Foundation  
701 25th Ave. S., Minneapolis, MN 55454  
For further information, please call: 612-339-2120  
TRP-MMP@prodigy.net    www.ihf-mmff.org

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