



2021 Walk4Hearing Surpasses \$1 Million

A special thank you to our top teams and fundraisers for leading the way with their efforts. These contributions help to provide resources and services to people with hearing loss nationally and in local communities.

Congratulations to Our Top 10 Teams

Name	Walk Location	Raised
Team Kiki	Pennsylvania	\$40,735
Walk New York!	New York City	\$24,466
Team Jessica	Westchester/ Rockland	\$17,721
Team Nikki	New York City	\$16,534
Texas Hearing Institute	Houston	\$16,475
Chesco Striders	Pennsylvania	\$12,305
Bailey's Besties	Pennsylvania	\$10,895
Avery's A-Team	Houston	\$ 9,700
Team Avery	Bay Area	\$ 7,893
Reach for the Stars	North Carolina	\$ 6,935

Hats Off to Our Top 10 Fundraisers

Name	Walk Location	Raised
Kierstyn Kuehnle	Pennsylvania	\$40,435
Jessica Nin	Westchester/ Rockland	\$17,622
David Kramer	New York City	\$16,434
Anne Pope	New York City	\$10,120
Kaleigh Meighen	Houston	\$ 9,600
Edwin Paschall	Pennsylvania	\$ 6,845
Ira Rubenstein	Washington DC	\$ 6,381
Avery Shular	Bay Area	\$ 6,328
Monica Preuss	Chicago	\$ 6,146
Benjamin Tashner	Milwaukee	\$ 6,135

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Arizona Walk4Hearing

2022 Fall Walk4Hearing

September 18	New York City
September 24	Buffalo and Chicago
October 2	New England
October 8	Houston and Kentucky
October 9	New Jersey and North Carolina
October 15	Washington DC
October 16	Pennsylvania
November 5	Arizona and San Diego

Learn more and register at walk4hearing.org.

Contact us at
walk4hearing@hearingloss.org
to learn more on how to
Step Up for Hearing Health!

LeighAnna's Hedgehogs Continue to Inspire

LeighAnna Thompson has worn hearing aids since she was three months old. Her family was introduced to Walk4Hearing when LeighAnna attended Central Institute for the Deaf in St. Louis. When the Thompsons moved to the Washington DC area, they started their own team and named it after LeighAnna's favorite thing in the world.

Although LeighAnna's hearing aids are covered by insurance, many are not so lucky. The Thompsons have gone to work to help families who need assistance. This year they raised \$5,000 and the company at which LeighAnna's mom works matched every donation made to the team.



LeighAnna's Hedgehogs at the Washington DC Walk4Hearing

Young Professional Steps Up for Hearing Health

BY KELLY BRUGGEMAN

As a former college athlete in my late 20s, hearing loss was not on my radar. Once the pandemic hit, people started wearing masks, and I transitioned to remote work, I realized how much I was struggling to hear and understand conversations.

Being diagnosed with bilateral hearing loss was difficult for me in the beginning. Hearing loss is not easy at any age, but it was especially challenging as a young, active adult.

I resisted seeking help and getting hearing aids and when I did finally give in, I was very self-conscious. I was also overwhelmed with all the new sounds and noise. Adapting to wearing them took time and patience, but I am so glad I worked through the adjustment period. The positive impact they have had on my life made it all worthwhile.

One of the things that helped me the most was joining HLAA. There was comfort for me in connecting with others who have also experienced hearing loss and could relate to my journey. The HLAA Royal Oak Chapter, in Michigan, has been a wonderful resource for me in navigating life with hearing loss both personally and professionally. They have been particularly helpful with recommending equipment and technology to help me in the workplace.

My audiologist, Hollis, has also played a big role in helping me adapt. She has equipped me with the latest and greatest technology, always takes the time to address my needs and concerns and has encouraged me endlessly along the way.

My hearing aids have changed my life for the better. Looking back now I realize I waited much longer than I should have. My advice to anyone who is hesitant about getting their hearing checked or worried about the stigma behind it is to be brave! Take it one step at a time and surround yourself with people who will support you throughout the process. There is an army of people behind you who want to help, but you must be willing to take that first step. Your life will improve in ways you don't expect and you will be glad you did it. You've got this! **HL**

