

Hear It Is!

Oregon



Winter 2016

Issue 64

Lions Clubs Provide a Gift of Hearing

Sue and Ken King, co-chairs of Roseburg Lions' Sight and Hearing Committee, spent Dec. 12 at Roseburg's Community Cancer Center with Dr. Todd Landsberg to assist people needing hearing help. They served people previously screened to qualify for hearing aids under the Lions ROAR program. It was truly a Christmastime event. Four local clubs participated: Roseburg Lions, Umpqua Lions, Sutherlin Lions, and Myrtle Creek Lions. They witnessed several miracles of enhanced hearing. The 12 recipients laughed, cried, and were otherwise ecstatic with their new hearing ability.

The Oregon Lions Sight and Hearing Foundation provided new hearing aids through Starkey Hearing Technologies. Dr. Landsberg, an audiologist and a former HLAA-OR board member, donated his time and skills to test each client's hearing and then fit them and taught them how to use and care for the hearing aids. It cost each person \$25.00. The scheduling was handled by Melinda Rhodes of the Oregon Lions Sight and Hearing Foundation. Tammy Hagedorn, executive director of the Cancer Center and a member of the Roseburg Lions club, provided for the use of the building and Angeline Freeman opened and closed the building. It will result in a new way to help the hearing impaired that cannot otherwise afford to hear. This was a great Christmas present for those 12 people!

Update: the ROAR program has changed slightly for the remainder of the fiscal year - the clients are now asked to pay for their brand new Starkey hearing aids themselves, which are \$125 each. The Roseburg Lions Club has agreed to pay that fee for their 5 new clients who participated in the *Roarmobile* event on Feb. 27, at the Roseburg Cancer Center. In addition, two clients came in for follow-up appointments.

The new Starkey brand hearing aids OLSHF provides are the Aries model, which came out in 2014. They are a good product for people who have mild to moderate hearing loss, so they can help with a very wide range of individuals. They have a volume control, a T-coil, and a 1 year warranty, which is very desirable. That warranty covers lost aids as well as damaged aids.

To learn more about the Lions ROAR program or to see if you might qualify to receive a hearing aid under that program, contact your nearest local Lions club.

From My Lips to Your Ears

Editorial by Chuck Vlcek

Readers may notice that it is election time again. Not just the ones that forever fill the TV news channels, but the little one on the HLAA-OR board of directors. Currently there are nine board members and if the two candidates are approved, there will still be nine. That is sort of o.k. but the bylaws require a minimum of six and permit up to 17.

Now one could say that too many cooks spoil the broth and we do not really need 17. It is also true that one could serve on a committee without being a board member. That said, the board would probably function better with more active members on it.

One of the proposed changes in the bylaws will permit the president to make a temporary appointment to an unfilled position on the board (subject to board approval), ending with the next election, at which time the appointee could run for a regular three year term. Thus persons interested in serving may contact HLAA-OR at any time of the

year and seek an appointment. Just send an e-mail to info@hearinglossOR.org.

We hope that the chapter building workshop tentatively rescheduled for next spring will strengthen chapters and HLAA-OR as well. In the meantime, keep up the good work.

HLAA, Oregon State Association

Officers and Board Members

President Clark Anderson
Vice President Eileen Marma
Secretary Chuck Vlcek
Treasurer Cathy Sanders

Board members: Vincent Portulano, Richard Little, Kathryn Eckert-Mason, Duane Davis, and John Hood-Fysh.

Hear it is! #64, Winter 2016. Published quarterly by the HLAA, Oregon State Association, Inc., PO Box 22501, Eugene, OR 97402. Chuck Vlcek, Editor; and Karen Swezey, Business Editor.

Hear it is! will regularly print your hearing loss-related stories – personal experiences, coping strategies, and evaluations of technology are welcomed. Maximum word count is 500 words. Article contributions should be made to the editor at info@hearinglossOR.org.

For advertising information and rates, contact Karen Swezey at info@hearinglossOR.org.

Deadline for Spring 2016 edition: March 31, 2016.

Board Election and Annual Meeting Notice

A brief annual meeting will be conducted during the next regular board meeting on April 9, for the purpose of electing board members. Please note that board members are *required* to be members of the Hearing Loss Association of America. Positions remaining open may be filled by presidential appointment, subject to approval by the board. An Oregon resident who is a member in good standing of the Hearing Loss Association of America (HLAA) or any Oregon chapter of HLAA is automatically a member of HLAA-OR and is eligible to vote. If you are a chapter member you may have already received a ballot. You can obtain a ballot and full biographies via email (info@hearinglossOR.org), or in writing to PO Box 22501 Eugene, OR 97402. Ballots need to be returned by email or postal mail before April 1, 2016 so they can be counted at the Annual Meeting. Ballots may also be brought to the Annual Meeting. Candidates and abbreviated biographies are listed below.

Tashiko “Tashi” Weinstein is a board member of the Lane County chapter. She was born in Eugene and was raised there and also in Salem. She was diagnosed with hearing loss at age 12 but may have had it much earlier. She has been in 3 or 4 different colleges since 2009 and is currently a part time student at Chemeketa Community College in Salem, and plans to attend the Oregon State Horticulture Program. She has spent the last six years working in student government and students clubs as well as advocating for a diverse group of people including people with disabilities. One of her main reasons for joining Hearing Loss Association of Lane County is to be a role model and advocate for young adults and young children as well as being an informational tool for Parents of Children with Hearing Loss to access. She is the first ever to be appointed as the community outreach and engagement coordinator of HLA-LC. Her goal as the new Community Outreach and Engagement Coordinator is to reach out to local organizations and schools to let them about HLAA and hopefully recruit new members both young and old to join HLAA.

Chuck Vicek is currently Secretary of the HLAA-OR board of directors and editor of this newsletter. He is seeking his fifth 3-year term on the board. He was born with a severe bilateral hearing loss due to prenatal rubella, wore one hearing aid from age 4 to 36 when he added a second hearing aid. He “graduated” to cochlear implants in 2003 (right ear) and 2008 (left ear). He has been involved with hearing loss groups since 1975.

HLAA-OR Quarterly Meeting Dates

The next meeting will be held April 9, 2016 at Albany General Hospital (Room 1AB, 3rd floor). *The Annual Meeting will also be held at this time.*

Other meetings in 2016 will be held July 9 and Oct. 1.

To confirm, contact President Clark Anderson at clarkoa@msn.com or leave a message at (541) 736-4804. Guests are invited to attend but should first contact President Clark Anderson.



Check out the main convention page on <http://www.hearingloss.org/content/convention>

June 23 – 26, 2016
Washington Hilton
1919 Connecticut Avenue, N.W.
Washington, D.C. 20009

Convention 2016 Registration will be Open: In keeping with tradition, early-bird registration will open no later than October and will provide discounted registration rates through January 31, 2016. Increased rates will begin February 1 and continue through May 31 when pre-convention registration closes. On-site registration will be available.

Individual Membership in HLAA is \$35 for 1 year, \$95 for 3 years, or \$140 for 5 years.

One-year membership in HLAA is \$20 for student, \$45 for couple/family, \$50 for professional.

Membership includes the award-winning bi-monthly magazine, *Hearing Loss*. Write to HLAA, 7910 Woodmont Ave., Ste. 1200, Bethesda, MD 20814; 301-657-2248 (Voice); 301-657-224 (TTY); 301-913-9413 (Fax) or www.hearingloss.org.
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Within Earshot: News You Need to Know

TV Captions Recap

David Viers, a former HLAA-OR board member, will do a presentation at the HLAA Convention in Washington, D.C. on the process that was used to accomplish the recent passage of the Portland Captioning ordinance. The ordinance required TVs in public places to have captions turned on full time if they were capable of doing so, and was supported by HLAA-OR, OR-CAP, and other organizations and people. HLAA has scheduled the presentation to occur on Saturday, June 25th from 9:45 to 10:45 AM.

A new website has been developed to serve as a resource to businesses, consumers (i.e. users of captions), and the general public: <http://www.captionsonnow.net>.

Pending Bylaw Changes

The HLAA-OR board of directors has approved a proposal to make several changes to the HLAA-OR bylaws. These proposed changes must be submitted to the HLAA-OR membership for comments and ratified by the board at its next meeting before they can take effect.

The changes are mainly modifications of election procedures and clarification on the exact start and end times of a board member's term of office. One of the more significant changes occur when there are fewer candidates for board positions than the number of positions open. In that case the board may propose to approve the candidates without formal balloting. That situation is likely to occur over the next several years, but the change will not be ratified in time to affect this year's election.

HLAA-OR Has a New Website!

After much work by David Viers, John Hood-Fysh and others, HLAA-OR has a new website up and running, using Weebly software. It has the highly intuitive domain name www.HLAA-OR.org. Check it out! The home page has a menu on top to link to other pages. Mousing over some of the top menu items will reveal a drop-down menu for additional pages. For example, you can mouse over "resources" and find "newsletter" below, which will provide links to pdf files of previous issues dating back to 2006. Only the Portland chapter is on board under "Chapters". Other chapters are invited to submit one or more pages of information about themselves. John Hood-Fysh is in charge of the website. His contact information is on the webpage.

HLAA Webinars – Past and Present

HLAA has conducted webinars on various topics from time to time. If you would like to participate in one, just go to their website at www.hearingloss.org and select "Online Community", then "Webinars". That page will give you instructions on how to join one and a link to get you started. From there you can select "Schedule" to see what is coming up, or "Transcripts/Replay" to review past webinars. The replay is useful when you cannot participate in one real-time for any reason. Powerpoint presentations are downloadable as pdf files. Some webinars are "product/service showcase", meaning that a specific new product or service is being described. HLAA disclaims any endorsement of any product or service.

HLAA Hires New Director of Chapter Development

The Hearing Loss Association of America (HLAA), the nation's leading organization representing people with hearing loss, has recently hired Valerie Stafford-Mallis, who joins HLAA as the director of chapter development. In this role Valerie will be responsible for providing the leaders of HLAA Chapters with the direction they need to effectively deliver the HLAA mission to their members and respective communities.

"As a person who lost my hearing during my working years, I have experienced firsthand the struggles faced by people with hearing loss to maintain employment, independence and full participation in public life," said Valerie. "HLAA changed my life. I fully support HLAA's mission to open the world of communication to persons with hearing loss. I believe the local chapters and the state organizations are the foundation of the information, education, support and advocacy that HLAA offers. I pledge to use my knowledge, skills and abilities gained from working in the public and private sectors to provide the leaders of HLAA Chapters with tools and support they can use in delivering this mission. Together we can make it happen."

In her new role, Valerie will serve as the primary link between HLAA's resources at the national office and chapter leader needs. Her primary focus will be to help leaders sustain healthy chapters while growing HLAA memberships. She will help those who want to start new chapters and provide leadership training, online resources, and programs geared to chapter members and the local community's needs.

Prior to joining HLAA, Valerie was the business development manager for Alternative Communication Services (ACS), LLC. She recently served on the HLAA Board of Trustees, is a member of the HLAA Sarasota/Manatee Chapter, and has been a major supporter of the HLAA Walk4Hearing. She is also a member of the Association of Late-Deafened Adults and has served on the ethics committee of the National Court Reporters' Association (NCRA). She earned her MBA degree from Webster College and lives in the Tampa Bay, Florida area with her husband Sam.

Valerie Stafford-Mallis can be reached at vstafford-mallis@hearingloss.org.

Chapter Building Workshop Update: the workshop scheduled for last October was canceled due to the resignation of Ed Ogiba, the previous director of chapter development who was supposed to lead the workshop. Now that we have a new director, chapters in Oregon and Washington are in the early stages of planning a joint workshop to be held sometime in March or April 2017. Stay tuned.



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*Patients with a SYNCHRONY Cochlear Implant may be safely scanned with 1.5T and 3.0T MRI under the conditions detailed in the instructions for use. For information on potential risks and contraindications relating to implantation, please visit www.medel.com/us/isi-cochlear-implant-systems



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Professional certification of hearing loss required to participate in this program. A standard phone line and Internet connection are also required. The free phone offer includes free delivery, installation and in-home training by a friendly CaptionCall Trainer.

Chapter Capers

Douglas County Chapter: Frank and Dolores Elias provided an excellent meal at their home on December 19. A white elephant exchanged took place afterwards. A regular meeting was held in January, and the February meeting was postponed from the 22nd to the 29th. The Toastmasters club will attend the March meeting to demonstrate speaking skills and recruit new members.

Portland Chapter: The chapter invited Dr. Eric Frederick, a local audiologist, to attend and ask the attendees what information they felt they were not receiving during their appointments with audiologists and other hearing care providers.

In the future they will meet at the second floor conference room of "Building 2", at 1040 NW 22nd at Marshall. See page 15 for contact information.

What is your chapter doing? Send your story to the editor at cvlcek@centurytel.net See pages 14-15 for contact information for these chapters and events.



CI Corner

Maintaining Your CI Processor

Maintenance with a cochlear implant (CI) typically begins after the first year of implantation. In the maintenance phase follow-up is often as infrequent as once a year, but why is it needed at all?

The first part of that answer is biologic. The implant itself is resting in tissue and fluid within the cochlea and is subject to biological changes which may affect its connection to the auditory nerve, resulting in some less noticeable performance problems such as overdriving the implant (which can mean poorer battery life), as well as a degraded auditory signal.

At the annual appointment your audiologist can identify these changes through an "impedance check" in the CI software. This check evaluates the status of the electrodes and lets the audiologist know if programming changes are warranted. Your audiologist can also pinpoint changes through functional testing in the booth. Your aided audiogram can indicate whether more volume is needed to hear quiet speech sounds: as the implant settles in the tissue it may require greater levels of stimulation for more optimal hearing. This may go unnoticed by the CI user but adjustments can improve sound quality and speech understanding.

Finally, the annual follow-up appointment is a good time to learn about the newest technological updates. A few recent updates worth mentioning are the addition of wireless accessories (remote microphones, Bluetooth phone accessories, TV streamers), as well as waterproof accessories, and hearing aid compatibility. And don't forget: processor upgrades occur ~5 years so remember to ask your audiologist if you are eligible for an upgrade.

We hope you have found this information helpful. Please send any questions you may have regarding cochlear implants to cochlear@ohsu.edu.

- OHSU Cochlear Implant Team (see ad on page 12)



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Check out our *new* website: www.HLAA-OR.org

Volunteers Needed for Bilateral Hearing Research at OHSU

There are four separate but related hearing research projects going on at OHSU and volunteers are needed to participate. They are for adults wearing two cochlear implants (CI), a CI in one ear and a hearing aid in the other, two hearing aids, and children wearing any device in each ear. Volunteers will be compensated for their time and travel expenses.

The study is in Lina Reiss's Cochlear Implant and Hearing Aid Research Laboratory in the Department of Otolaryngology at the Oregon Health & Science University (OHSU). This National Institutes of Health funded research project is aimed to improve our knowledge of how to improve listening with cochlear implants and hearing aids. You will be asked to listen to sounds and words, and respond by pressing the appropriate button on a computer touch screen. The time needed to complete the study is a total of 8-12 hours, divided into two to four sessions (2-4 hours/session). In addition, you will receive \$25/hour for your time and compensation for travel mileage and parking. The principal investigator is Lina A.J. Reiss, Ph.D., Assistant Professor of Otolaryngology. Her e-mail address is reiss@ohsu.edu and her phone number is (503) 494-2917. Other details for each project are listed below.

Bilateral CI: Subjects must be adults over 17 years of age and wear bilateral cochlear implants from Cochlear or MED-EL. You may also contact Yonghee Oh, Ph.D., Postdoctoral Fellow, Dept. of Otolaryngology at oyo@ohsu.edu or call (503) 494-5868.

Bimodal CI: Subjects must be adults over 17 years of age and wear a cochlear implant from Cochlear or MED-EL in one ear and a hearing aid in the other ear. Contact Dr. Reiss or Dr. Oh.

Hearing aids: Subjects must be adults over 17 years of age and have moderate to profound (40-90 dB) hearing loss in both ears. Candidacy for this study will be determined by reviewing an audiogram completed within one year or through a hearing test completed at the research study visit. Compensation is \$15/hour plus travel mileage and parking. Contact Dr. Reiss.

Children: Subjects must be between 6 and 9 years of age with moderate to profound sensorineural hearing loss in both ears and wear hearing aids in both ears, cochlear implants in both ears, or a CI in one ear and a hearing aid in the other. Subjects will be evaluated annually during development, with repeat testing once a year for up to five years. The time commitment each year is a total of 6-8 hours, which can be divided into shorter sessions. Compensation will be provided for the child's time (\$25/hour), transportation costs (\$0.25/mile), and parking. For out-of-town guests, they can coordinate research sessions with future clinic appointments, and pay for airfare and lodging if necessary. Contact Dr. Reiss or Gem Stark (starkg@ohsu.edu or call 503-494-2996).

Check out their website: <http://www.ohsu.edu/cihalab>



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Cochlear@ohsu.edu
www.ohsu.edu/ent

We ask for Your Support!

Please support HLAA, Oregon State Association and this newsletter through your donations. With your help, we can continue to reach out and educate Oregonians about hearing loss and the many ways to cope with it. *Knowledge is power.*

If you have not contributed in the last 12 months and are able to do so, please use the form on the back of the newsletter, and mail your tax-deductible gift to:

HLAA, Oregon State Association, PO Box 22501, Eugene, OR 97402

We thank the donors who have contributed since the last issue:

Susan Triplett and Joni Rio



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Chapters in Oregon

Local chapter meetings are open to all. Family, friends, and professionals are encouraged to attend and become involved. Through chapter meetings and newsletters you'll find:

- *Insights into effectively living with hearing loss*
- *Support/Referrals/Information*
- *Information about the latest technology*
- *Coping strategies & tips*
- *An opportunity to make a difference*
- *Diminished feelings of isolation and aloneness*
- *Opportunities to share concerns and hear from others*



We believe in education - for those who hear well and those who cannot - so that both may understand the causes, challenges and possible remedies for hearing loss. At our meetings, you'll find a comfortable place where hearing loss is accepted and not a problem. Many people report that being a part of a Hearing Loss Assoc. group has made a major difference in their lives. Your participation benefits not only you, but others who attend as well. Following is a list of the current chapters and contact people in Oregon.

HLAA of Central Oregon (HLAACO) meets on the 2nd Wednesday of the month from 6 to 8 PM at the St. Charles Medical Center, 2500 NE Neff Road, Bend, in Conference Room A (by the front entrance).

Contact: Cliff Tepper
1664 NE Redrose Court
Bend, OR 97701
(541) 390-2174

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Please visit our Web site: www.wou.edu/rccd or contact us at 503-838-8444 or e-mail: RRCD@wou.edu.

Applications are generally due mid-March each year.

HLAA of Lane County meets 2nd Thursday each month - 7 PM at the Hilyard Community Center, 2580 Hilyard Street - Eugene.

Contacts: Andrea Cabral
e-mail: angora@comcast.net
(541) 345-9432 voice
PO Box 22501 OR Clark Anderson
Eugene, OR 97402 e-mail: clarkoa@msn.com

HLAA of Salem meets the 4th Tuesday each month (except July and August) - 6:00 PM at the Salem Hospital Community Health and Education (Building D), Creekside Overflow Room, 939 Oak Street SE, Salem, OR.

Contact: Mary Fagan
e-mail: hasalem@live.com
(503) 409-5491
3253 Dallas Hwy NW Salem, OR 97304-4222

HLAA of Portland meets the 3rd Monday each month (except June, July and August) 6:30 PM in "Building 2", 2nd floor, on the Legacy Good Samaritan Campus, 1040 NW 22nd Ave. (at Marshall), Portland 97210

Contact Anne McLaughlin (president)
e-mail: hlaportland@gmail.com
PO Box 2112
Portland, OR 97208-2112
www.hearinglossor.org/portland/

HLAA of Douglas County meets the 4th Monday of each month at 6:30 pm. Location is Mercy Hospital Community Education Room (2nd floor), 2459 Stewart Parkway, Roseburg.

Contacts: Vincent Portulano, President:
email: HLAADC@outlook.com

Robin Illers, Secretary (541) 580-7180

HLAA of Linn and Benton Counties meets the 3rd Thursday of each month (except July and August) – 6:30 PM at the Senior Center – 65 "B" Academy Square – Lebanon

Contact: John Hood-Fysh
e-mail: jhood-fysh@wwmore.com
(541) 791-3725 (H) (541)-220-8541 (cell)
818 Broadalbin St. SW
Albany, OR 97321

For an electronic version of this newsletter:

<http://www.hlaa-or.org>

Click on "Resources", then "Newsletter". To subscribe, e-mail info@hearinglossOR.org and we will notify you with the above link when a new issue is available.

Chapter coordinator contacts:

Oregon: Richard Little

e-mail: Richard16@comcast.net
(541) 223-8810 (cell text only) or
(541) 818-0003 (home)
PO Box 215, Sweet Home, OR 97386

Oregon: Vincent Portulano

e-mail: vportulano@hotmail.com
15491 Highway 99, Oakland, OR 97462

HLAA:

e-mail: chapters@hearingloss.org
(301) 657-2248 - voice
(301) 657-2249 - TTY
(301) 913-9413 - FAX
7910 Woodmont Avenue Suite 1200
Bethesda, MD 20814

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