

Hearing aid use by elderly associated with improved cognitive function

A study conducted by researchers at Columbia University Medical Center found that older adults who used a hearing aid performed significantly better on cognitive tests than those who did not use a hearing aid, despite having poorer hearing.

The study was published online in the American Journal of Geriatric Psychiatry.

The researchers also found that cognitive function was directly related to hearing ability in participants who did not use a hearing aid. ■

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Birds, concerts, splashing –

Musical Sounds of Spring



Music has the power to motivate, move and inspire. From Mozart to Bob Marley, its emotive qualities enhance our health and well being. But can music heal mental and physical suffering or help people with hearing loss listen better?

A growing body of research suggests music can heal. According to studies mentioned in an article on the Harvard Medical School website, music has been shown to:

- improve our experience of invasive medical procedures
- restore lost speech in people recovering from a stroke or traumatic brain injury
- reduce the unpleasant side-effects of cancer therapy
- aid pain relief – ranging from acute to chronic pain
- improve the quality of life for dementia patients.

This has led to an increased interest and participation in music therapy.

What is music therapy?

Music therapy uses music to trigger emotional responses to relax or stimulate people or to help them communicate or heal. It is usually facilitated by registered music therapists. Research has shown it has positive effects on people with autism, stroke complications, dementia, depression and painful health problems. People involved in musical activities also appear to preserve speech listening skills better than others. Activities can involve singing, dancing, playing instruments, composing, and creating.

To hear conversations well in loud, busy places, it helps if you identify sound sources. Socially, it's also important to understand



I'm All Ears ...

Editorial by Jeanne Fenimore Levy

Jeanne is a Hillsboro, Ore., resident who lost a significant portion of her hearing in the 1970s and despaired for her future. Hearing aids helped, though, and eventually she realized that coping with hearing loss was possible and, in fact, the only way to go.

To those of us with a hearing loss, it sometimes seems we must be “all ears” all the time. So relax for a moment and just use your eyes.

Hello! With this spring issue, I will take over the editorial and publishing duties of Hear It Is! A huge thank you goes to Chuck Vlcek for his 14 years of work. (Related article on page 7.)

I have received Hear It Is! for quite a few years and recently I read Chuck’s editorial in which he notified the membership of his intention to make the winter issue his last one.

I enjoy volunteering, and felt I might be able to help others in the same way supporters of the publication had helped me. And perhaps I

felt that after all of his work, Chuck deserved some time to do other things.

So, here I am. I live in Hillsboro, Ore., where I was born, but I have been a few other places. Paris, Italy, New Mexico ... I enjoy traveling and I bless my hearing aids every day for the way they help me live life.

I also like walking trails in the natural areas of Oregon. We have several wetlands nearby and viewing the birds and other wildlife is refreshing to the soul ... and the ears.

Please note the updated HLA A membership fees on page 4. Joining and supporting the organization is one of the best ways to ensure the continued presence of a valued resource. It’s a resource that will reach out to help those affected by hearing loss and make sure they get all the facts they will need to understand that loss and find ways to help themselves.

And please check out the article by Shari Eberts on page 12. I have already downloaded the app she talks about. I hope to make good use of it. I don’t know what I’d do without captions on Netflix. (Well, watch less TV, I guess!)

SAVE THE DATE, Nov. 2 in Albany for the Living Well With Hearing Loss, with Sam Trychin and Dana Mulvany. See page 9.

See you again this summer. Contact me by emailing femminismo@gmail.com. Thanks! ■

HLAA, Oregon State Association OFFICERS & BOARD MEMBERS

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HEAR IT IS! #77

Published quarterly by the HLA A, Oregon State Association, Inc., P.O. Box 22501, Eugene, OR 97402.

Jeanne Levy, editor; and Eileen Marma, 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 Eileen Marma at info@hearinglossOR.org.

Deadline for Summer 2019 edition: June 30, 2019.

Website: <https://www.hlaa-or.org/>. ■

Music therapy,

continued from page 1

the emotional state of the speaker, which is conveyed by pitch, tone and rhythm – also known as prosody.* All these nuances contribute to hearing and understanding speech well in social spaces and gatherings. Combining auditory rehabilitation, cognitive training, and music therapy can help a person with hearing loss achieve this goal.

Evidence music therapy boosts hearing

The relationship between music therapy and hearing loss is less well known. However, a study by HEARing CRC Member Chi Yhun Lo, at Macquarie University's Department of Linguistics (Sydney), has made some fascinating findings.

"We wanted to see if music training benefits not just musical skills, but also speech perception and social participation," explains Chi, an audio engineer. His passion for music grew from working with the children's band, the Hooley Dooleys.

Chi launched a free, 12-week music therapy program for children with hearing loss with Nordoff-Robbins Music Therapy Australia, a not-for-profit organization based at Western Sydney University. Seventeen children using hearing aids or cochlear implants, aged six-nine years, attended the sessions at Macquarie's speech and hearing clinic.

His sessions involve weekly, face-to-face group music therapy sessions, homework with musical apps three times a week and test sessions tracking the children's reactions to music and their speech perception abilities.

"After 12 weeks of music training, the children's speech-in-noise perception was improved by more than two decibels and their emotional prosody improved by more than 10 percent," explained Chi.

This resonates with a recent Canadian study of six to 15-year-olds that supports the relationship between instrumental music training and improved speech prosody perception. It recommends using music training to support

**prosody:* the patterns of stress and intonation in a language



PHOTO BY HEADWAY ON UNSPLASH

Upcoming HLAA board meetings

The next quarterly HLAA-OR board meeting will be held July 13, 2019, at 10 a.m. at Albany General Hospital (Reimar Building). One other meeting date in 2019 is October 5. Guests and persons wishing to confirm should contact President John Hood-Fysh at jhood-fysh@wwmore.com or leave a message at 541/736-4804.

auditory rehabilitation after receiving cochlear implants.

In earlier research, Chi discovered that adults with cochlear implants – who had once had normal hearing – were able to improve their ability to identify questions or statements after learning basic musical skills.

"I was looking at whether people could improve prosody, specifically being able to distinguish between questions and statements – where a question will have a rising intonation and a statement sounds flat or falls a bit," explained Chi.

Parents involved in the children's program sing its praises for the way it builds confidence, creativity, identity, and listening skills. The children light up in classes.

"I open the door to the clinic and the kids wave to me and run straight to the music room," says Chi. "We try to leverage emotion and joy because when kids enjoy something they just learn it better."

Music as medicine

Music therapy struck a positive chord with schoolboy James Barker whose hearing issues improved after taking part in weekly sessions.

James, eight, became profoundly deaf with sensorineural hearing loss after contracting pneumococcal meningitis at the age of eight months. He wears cochlear implants and attends a mainstream primary school. A microphone and sound technology boosts his hearing.

His mother heard about the music classes and applied after James and his twin brother Thomas began learning instruments. "The twins had started in the school choir and were learning the clarinet and the trumpet, so the timing couldn't have been better," said his mother. She adds the benefits of the program, a Macquarie University study, have been three-fold. They have boosted James' confidence, his ability to identify certain tunes, and hear what people are saying in noisy situations.

"I definitely think that James' speech perception has improved. He's saying, 'Pardon?' and, 'Could you repeat that please?' much less often. He is quicker to pick out tunes on the radio and has more melody to his voice. The progress he has made in just three months is very impressive," she says. ■

HEARING LOSS ASSOCIATION OF AMERICA – MEMBERSHIP

HLAA is one organization – national office, state offices and associations, and HLAA chapters – all working to open the world of communication to people with hearing loss through information, education, support and advocacy.

HLAA offers the most comprehensive array of local and national resources that help people live successfully with their hearing loss.

Membership in HLAA for an individual is \$35 per year. The cost for a couple/family is \$45. Professionals pay \$60, libraries or nonprofits, \$50. Membership includes the award-winning bimonthly magazine, *Hearing Life*.

Write to HLAA, 7910 Woodmont Ave., Ste. 1200, Bethesda, MD 20814. Or you may call 301/657-2248 (voice), 301/913-9413 (fax) or online at www.hearingloss.org. Please join today.



Photo by Alireza Attari on Unsplash



Photo: JD Mason

MAY - BETTER HEARING MONTH

Five tips for preserving your hearing

From ENT website

Turn it down—Set your volume limit on your device so you're listening at no louder than 70 percent of the possible volume.

Turn it off — Hearing damage occurs at loud volumes for long periods of time. You can use the 60/60 rule: listen at 60 percent volume for 60 minutes, then take a break for 30 minutes or more to allow your ears to rest and recover.

Choose over-the-ear headphones over earbuds — Earbuds can be up to nine decibels louder than over-the-ear headphones. That would reduce your safe listening time from two hours to 15 minutes if you were listening at 91 decibels!

Choose noise-cancelling headphones—This is particularly important if you like listening to your device(s) in noisy environments, like busy city streets. Without realizing it, you will dial up the volume in your earbuds to overcome the noise around you.

It's all about that bass — If you're a big fan of the deep vibration and "head-banging" effect of music, use the equalizer on your device to turn up the bass. Even by turning down the volume, you'll still get the feeling that pleases you.

That said, safe hearing levels are all based on older research. We used to think that muffled hearing and tinnitus (ringing in the ears) that we experienced after a great concert or club was just temporary hearing loss from loud music.

We now know that even a limited amount of noise exposure can cause permanent damage to delicate ribbons between the hair cells in our ears. The damage only becomes obvious a decade or two later when we start having trouble hearing conversations with noise in the background.

Also: Don't use earbuds or headphones while walking, biking, or driving. Enjoy your surroundings! But if you must, use only one earbud or headphone at a time. Or, you can get a bone conduction headset that sits behind your ears, so you can hear music and still be alert to all that's around you. ■

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Time, ingenuity brings newer technology

-From Audicus Hearing Aids

1900-1920s - Telephone Age

At the beginning of the 20th century, with the advent of the carbon microphone — a type of microphone with a transducer that converts sound to an electrical audio signal — sound was reproduced by using sound waves to compress carbon against a diaphragm. As such, these carbon models were ineffective for serious hearing loss.

1920-40s: Vacuum Tube Age

The first vacuum-tube hearing aid was patented by a Naval engineer, Earl Hanson, in 1920. It was called the Vactuphone and used the telephone transmitter to turn speech into electrical signals. After the signal was converted, it would be amplified when it



moved to the receiver.

The hearing aid weighed seven pounds, which made it light enough to be carried. This hearing aid technology was able to address more severe hearing loss. However, they required two

batteries, so costs were rather high at the time. Vacuum tubes became smaller but remained awkward over the next decade, until transistors appeared.

1950s-80s: Transistor Age

The introduction of transistors was a massive step forward, allowing for the production of far more portable hearing aids. Transistors were created to replace vacuum tubes; they were small, required less battery power and had less distortion and heat than their predecessor. The prototypes for today's Behind and In the Ear (BTE/ITE) arrived on the market, containing analog technology. While analog hearing aid technology allowed for far more comfort, discreetness and sound quality, their ability to filter noise and speech was quite limited. Analog hearing aids can still be found to the present day.

1980-2000s: The Digital Age

By the time the 1980s rolled around, companies started introducing digital signal processors (DSPs) into their hearing aid designs. The form factor shrank substantially and the proliferation of channels and bands allowed for vastly more granular sound filtering and amplification. DSPs are the cornerstone of

today's hearing aids, making up the vast majority of sales in the US.

Future: Convergence?

The future of the hearing aid timeline looks bright and fascinating: the introduction of wireless technology and Bluetooth will allow users to link up with technology in their surroundings (cellphones, HiFi, TVs, etc.). Some ultra modern designs today allow a pair of hearing aids to communicate wirelessly with each other (left and right ear), providing ever more precise sounds.

Users will hopefully be able to control and fine tune their hearing aids themselves. Advancement in genetics and medicine might one day even correct nerve damage and thus alleviate hearing loss completely.

Very importantly, hearing technology will hopefully also become more accessible and affordable as we progress in the hearing aid timeline.

As of today, virtually all hearing aids are produced with digital microchips and microprocessors. This technology means hearing aids are of the smallest, sleekest, most powerful design ever ... a result of two millennia of ingenuity!



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brave enough to ask for it.

After 14 years Vlcek bids farewell to editing, minutes

Chuck (Charles) Vlcek retired after 14 years as HLLA-OR newsletter editor and board secretary.

Vlcek was given a recognition plaque at the April 6 meeting as thanks for his longterm dedication and professional services. He was also presented with a weather radio, since he is both a retired meteorologist and currently a storm chaser. The radio

may not help him locate a tornado in Kansas but will help him get out of the way of storms near home.

Chuck also had an unacknowledged role, and that was to remind us when we were not following the bylaws thus keeping us on the straight and narrow.

Thanks, Chuck!



At far left Chuck Vlcek displays his recognition plaque for 14 years of service to HLLA-OR. Near left, Clark Anderson presents a short speech as Vlcek displays another plaque.



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HAAA - Oregon CHAPTER CAPERS

PORTLAND

Our monthly chapter meetings are 10 a.m. on the third Saturday each month. They are open forums where attendees can discuss the topics that impact them, including supports around hearing aids and cochlear implants, assistive technology, advocacy, and communication.

Our meetings are open to anyone affected by hearing loss -- their own or that of a loved one. Attendees are encouraged to bring any assistive technology that they use to share with the group. Look forward to seeing you!

We meet monthly, September through May, at Legacy Good Samaritan Medical Center, NW 22nd at Marshall Street. Currently, meetings are in the 2nd floor Conference Room in Building 2, 1040 NW 22nd Avenue. The meeting room sometimes chang-

es, so be sure to get on our email list to be notified each month in case there is a change.

Contact Anne McLaughlin or Mark Foster at HLAPortland@gmail.com.

LINN-BENTON COUNTIES CHAPTER

In January our program was A Life Without Limits: AG Bell in Oregon. Janet Weil, President of the AG Bell Foundation for the Deaf and Hard of Hearing in Oregon, discussed a brief history of, the many accomplishments of, and the view to the future that the international organization has for people of all ages living with hearing loss, their families, and the hearing professionals who understand the technology and the strategies for listening and talking in our beautiful, noisy world. Janet talked about the current activities and outlook for their

newly revitalized Oregon chapter. In addition, the evening's co-presenter, Salome Malos, introduced us to Hands & Voices, a non-profit, parent-driven organization dedicated to supporting families of children who are deaf or hard of hearing.

February's weather caused us to cancel that month's meeting, but we were fortunately able to reschedule the presenter for our March meeting. Kevin Roebke, Oregon Public Utilities Commission Outreach Coordinator, presented information about the Telecommunications Devices Access Program (TDAP) and brought samples of equipment that is available to be loaned at no cost to qualified Oregon residents who have difficulty communicating on the phone.



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Theaters show love for hard of hearing with some extraordinary glasses

— by Shannon Rose



For many with progressive hearing loss, there is a certain nostalgia associated with a trip to the movies. The dark theater, the giant tub of popcorn, and the amazing sound system set the scene for the ultimate movie watching experience. Unfortunately, that same seat-vibrating audio makes it a challenge for those of us with hearing loss to follow the dialogue.

Thanks to Sony's Entertainment Access Glasses, frustrating movie theater experiences may be a thing of the past.

The futuristic-looking glasses, which have a cord that connects to a small receiver, project captions pri-

vately in front of the viewer. The brightness, projection distance, and even the language can be set by the user.

The glasses are roomy enough to fit over a viewer's eyeglasses and they even support 3D to give the full movie-going experience without the need for 3D glasses.

The experience of wearing the glasses takes a little getting used to. The frames can be adjusted to account for preferred head tilt, which allows users to lay back and enjoy the show without having the captions projected onto the ceiling.

Because the projectors are built into the glasses themselves, the captions move

with the viewer's head.

Captions are displayed in real time, without the familiar lag that's so common in television captions.

Sony's Entertainment Access Glasses are available at many theaters, including Regal Cinemas, whose CEO's son is deaf.

To try out the glasses, plan to arrive a few minutes early and ask at the box office or snack counter. They are available at no additional charge.

Shannon is a Hillsboro real estate agent, local school supporter, and a skilled home remodeling do-it-yourselfer.

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When aids get wet

You step into the shower, looking forward to a cleansing bath in the pleasant, hot water, when you suddenly realize something is wrong. The noise of the water falling is pretty loud!

Oops!

Remove the aid from the water as quickly as possible — the less water that’s in it in the first place, the better chance it has to work again.

Turn it off right away and remove the battery. Discard the battery. Don’t be tempted to wait and see if it comes back on — turn it off as soon as possible.

Close the battery door, remove the tube (if you have one), and dry gently with a towel. Shake it gently to try and get as much water out as possible.

Use a hairdryer or fan to blow-dry it. Don’t let the aid get too hot — use low-heat and keep the dryer some distance away from the aid.

Excessive heat is much worse

for electronics than a brief dunk in water. Blow-drying will speed up the drying, but you can skip this step if you are worried about the heat or don’t have a fan.

Let the aid dry out. The time it takes will depend on how wet it was. Leave the battery door open so it has as much air as possible. Better still, place it in a dehumidifier pot — this will speed up the dry-out considerably.

Once you are happy that the aid is dried, put in a fresh battery and try it out. You can also use one of the cleaning tools you got with your aid to make sure the water has not left any residue behind. Be very careful poking tools inside the aid.

If the aid still does not work then you can either recharge your dehumidifier pot and leave it a while longer or ask your audiologist to send it back for repair. ■

Our wish for you: Don’t miss a single one of life’s moments.

If you found value in this publication, gained insight, or found a new resource for yourself or another, please make a donation to support this newsletter.

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

HCAA, Oregon State Association, P.O. Box 22501, Eugene, OR 97402.

Thank you!



John-Mark Smith - Unsplash

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.

Below are some of the current chapters and contact people in Oregon.

HLAA of Portland meets the third Saturday each month (except June, July, and August) at 10 a.m. in Building 2, 2nd floor, on the Legacy Good Samaritan Campus, 1040 NW 22nd Ave. (at Marshall), Portland 97210. Contact Anne McLaughlin; email: hlaportland@gmail.com. Write P.O. Box 2112, Portland, OR 97208-2112; hearinglossor.org/portland/

HLAA of Lane County meets quarterly: second Thursday in March, June, Sept., and Dec., at 7 p.m. at the Hilyard Community Center, 2580 Hilyard St., Eugene. Contacts: Andrea Cabral; email: angora@comcast.net; 541/345-9432, voice. Mail: P.O. Box 22501, Eugene, OR 97402 Clark Anderson; email: clarkoa@msn.com

HLAA of Douglas County meets the third Tuesday each month at 6:30 p.m. at Westside Christian Church, 2712 W. Harvard Ave., Roseburg, Oregon. Contacts: Vincent Portulano, president, email: HLAADC@outlook.com; or Ann Havens, secretary, 541/673-3119.

HLAA of Linn and Benton counties meets the last Wednesday each month (except June, July, & Dec.) at 6:30 p.m. at the Reimar Building, next to Albany General Hospital, 1085 6th Ave. SW, Albany, OR 97321. Contact: John Hood-Fysh, email: jhood-fysh@wwmore.com; 541/220-8541 (cell – call or text), 818 Broadalbin St. SW, Albany, OR 97321.

Notice:

Oregon's Senate Bill 1033 provides for “an option to include information on the registration card that the registered owner, or a person who may operate the vehicle, is deaf or hard of hearing.” In the Joint Committee on Transportation, the co-chairs agreed to put this bill on the committee schedule for a public hearing May 6. To learn more: Senate Bill 1033: <https://olis.leg.state.or.us/liz/2019R1/Measures/Overview/SB1033>. To read the actual Bill document, please visit: <https://olis.leg.state.or.us/liz/2019R1/Downloads/MeasureDocument/SB1033/Introduced>.

The Next Best Thing in 'Speech to Text' Apps - by Shari Eberts

<https://livingwithhearingloss.com/2019/04/02/the-next-best-thing-in-speech-to-text-apps/>

Shari an active hearing health advocate and writes frequently on related topics on her blog and elsewhere. She also serves on the Board of Trustees of Hearing Loss Association of America. You can share your comments and suggestions with her on her blog or reach her at shari@livingwithhearingloss.com.



I love captions and look for them everywhere I go — even when they are not there. Last week at my daughter's high school play, my eyes would involuntarily slide to the side looking for the caption screen anytime I missed some of the dialogue. The play was not captioned, but my reflex to look for the text anyway made me laugh.

So when I read about the new Google Live Transcribe app (available only on Android, so far) I was eager to try it. I have tested other speech to text apps over the years, but none had really done the trick — the accuracy was typically poor and the timing was stilted. Still, these apps are sometimes better than nothing and usually good for a laugh or two when the captions really miss the mark.

As a participant in Google's Accessibility Trusted Tester program, I received a Google Pixel Slate to use for upcoming product assessments. It is my first Android device and allowed me to take Live Transcribe out for a test run.

For the record, I was not a Trusted Tester when Live Transcribe was being developed or I would not be able to write about it. Trusted Tester activities are covered under a strict confidentiality agreement — rightly so. If you are interested in becoming a Trusted Tester, you can learn

more and apply here. It is currently only available for people in the United States.

Live Transcribe did well in my test

I tried the Live Transcribe app at a recent board meeting and I was amazed at the results. During the full day of discussions, the app was able to accurately pick up dialogue from across the crowded table. The captions appeared in real time, so it was easy to follow the conversation. It only fell down when the speaker had an accent. Surprisingly, the captions from Live Transcribe were sometimes more accurate and timely than those from the CART provider.

Live Transcribe is still in beta testing, so there are a number of items that could be improved. First, the text appears in one long stream of words. It does not label different speakers or add any line breaks to indicate when a new person talks. This makes it difficult to quickly scan through the text to find the word or phrase you missed.

Hopefully this feature will be added to future versions. Secondly, it is only available for Android devices, but this may change once things are perfected.

Despite its flaws, Live Transcribe is the most accurate and timely speech-to-text app I have ever used.

I am eager to see how it contin-

ues to develop. The application would be life changing for people with hearing loss, providing captioning services at will, but also for those who need translation services. According to Google's website, "Live Transcribe is available in over 70 languages and dialects. It also enables two-way conversation via a type-back keyboard for users who can't or don't want to speak, and connects with external microphones to improve transcription accuracy."

As an experiment, I read this post into the transcriber. I got some errors, and the punctuation was wrong, but the overall accuracy is quite good. It is likely to only get better.

• Editor's Note:

I downloaded the LiveTranscribe app onto my Android phone (photo below) and was amazed at the quality! I can picture it working well in noisy restaurants when you're trying to hear the waiter recite the specials. Plus, then you'd have your own menu.



Assistive devices are available for rent from HLAA-OR. Portable room loops, FM systems, and more. For more information and prices, contact: info@hearinglossor.org

Behind all this, some great happiness is hiding.

— Yehuda Amichai



NEED HELP FINANCING HEARING AIDS?

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Contact Eileen Marma at
info@hearinglossOR.org.

DISCLAIMER

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ADVOCATING FOR YOURSELF



Sharon McCutcheon - for Unsplash

Do you know what to do and how to advocate for yourself in a medical setting? The HLAA hospital kit can help. It contains signs and information to help you make your needs known.

The kit can be mailed to you for \$4. Send your check and request to Hearing Loss Association of Oregon (HLAA-OR), P.O. Box 22501, Eugene, OR 97402.

The association also produces an award-winning publication, the Survivors Manual. Faced with hearing loss, trying to understand what is happening — and figuring out what might be helpful — can be very stressful. The purpose of the Survivor's Manual is to answer the questions and provide a resource to get answers and help. The manual is \$4, or you may download it for free from our website. (See “resources.”)

To request our newsletter or make inquiries email info@HearingLossOR.org (preferred) or call 541/220-8541

Pardon? What did you say?

Hearing loss happens slowly — especially the loss related to age. People don't always notice it until little things start happening: a family member complains the TV is too loud or they feel they are always behind in the conversation. For some, the first real symptom comes with tinnitus or ringing in the ears. By this time the loss is already affecting your life.

They pass the hearing loss buck. It's not them; it's that outdated television set. Or it's the spouse who is always mumbling. It just doesn't occur to most people that they have a hearing problem. If it's always been good, why would you suddenly think it is failing?

During your last check-up, the doctor didn't say anything to you about hearing loss, so it must not exist. But even the best doctor can miss a hearing problem unless he or she knows to look for it.

“Well, no one complains about my hearing.”

Maybe you just didn't hear them. Most of the time the people in your life will recognize your hearing loss before you do. It may take time for your family to notice and say something. A spouse aging along with you may have their own hearing struggle going on.

It's very common for hearing loss to affect high frequency sounds only, so it can seem to come and go. That's a common reason many people with hearing loss put the blame on the speaker. You seem to hear everything else just fine. You blame the mumbling as opposed to noticing your hearing loss.

What to do? Ask your doctor next time you have a physical if you might have hearing loss or go ahead and make an appointment to double check.

The next step will be a professional hearing test with an audiologist to see the extent of your loss and to find solutions to fix the problem. Hearing aids can be a real life-changer for people who have been denying their hearing loss for way too long.

A flyer for an 'Open House' event for MED-EL at OHSU-Portland, OR. The top half features a photograph of two women sitting on a bench outdoors, talking. Below the photo is the text 'OPEN HOUSE' in large white letters, with 'MED-EL' and 'OHSU- Portland, OR' in smaller text. The bottom half of the flyer is red and contains white text detailing the event dates and times: June 28, 2019 | 10:00 a.m. - 1:00 p.m., July 26, 2019 | 10:00 a.m. - 1:00 p.m., August 16, 2019 | 10:00 a.m. - 1:00 p.m., September 27, 2019 | 10:00 a.m. - 1:00 p.m., and October 25, 2019 | 10:00 a.m. - 1:00 p.m. It also provides the address: OHSU- Otolaryngology Clinic, 3181 SW Sam Jackson Park Rd., Suite 250, Portland, OR 97239. At the bottom, it asks for RSVPs and provides contact information for Lyra Repplinger.



The George Eastman Museum is a nearby educational institution with a mission to provide leadership in the field of photography and cinema. Read more about the historic mansion and gardens at eastman.org. *Tours are not part of the convention package.*



Being this close to Niagara Falls who can resist a side trip? Tours can be arranged, but are not part of the convention package. Visit the HLAA convention website for more information.



HLAA 2019 CONVENTION ROCHESTER, NY - JUNE 20-23

Join us for an experience to remember where you will meet other people with hearing loss, learn in the most communication accessible environment and enjoy the sights of Rochester: a world of art, theater, music, photography, history, nature and play! Registration is open!



Rebecca Alexander, Keynote Speaker
Breathe In Peace, Breathe Out Fear:
A Mantra for Self-Acceptance
Opening Session, Thursday, June 20 at 9 a.m.

As a teenager, Rebecca learned that by the age of 30 she would be completely blind and deaf due to a rare genetic disorder. How did a diagnosis like this motivate Rebecca not simply to survive but to thrive in the face of unimaginable loss? She will share her deeply moving journey of loss, resilience, perseverance, and self-acceptance.



P.O. BOX 22501
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Hear it is! Oregon Spring 2019 newsletter

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- [] I want to join **Hearing Loss Association of America**, the National Organization. Please enroll me as a member. I'm including my membership fee (see page 4 for fee schedule).

Or you can sign up online at www.hearinglossOR.org. Click "membership," then "application."

Hearing Loss Association of America, Oregon State Association, Inc. is a 501(c)(3) charity and depends on donations and grants. All personnel are volunteers. Please send your donation to support our efforts to HLAA, Oregon State Association, P.O. Box 22501, Eugene, OR 97402.