

# Hear it is!

Self Help for Hard of Hearing People of Oregon



Fall 2005

Issue 24

## What I Did This Summer (and Spring)

by David Viers

“An appropriate title because several things have recently occurred, which might be of interest to our readers and has kept me quite busy and active.”

### SHHH Convention

My attending the National SHHH Convention in Washington, D.C. in June was once again a great experience. The good news is this was the 20<sup>th</sup> SHHH National Convention, celebrating SHHH's 25<sup>th</sup> anniversary – and it was held a few miles from the national offices of SHHH. The bad news is I believe this was the first Convention that did not have the presence of SHHH's founder, Rocky Stone, who passed away in August of last year – his presence was missed.



But despite this, it was an excellent Convention with well over a thousand people attending. For beginners and experienced attendees alike, there were excellent workshops where one could increase one's knowledge about a variety of topics. Since this was at least my 10<sup>th</sup> Convention, I spent a large part of my time in the Exhibit Hall where there always seems to be new and fascinating information and equipment about which to learn. To mention a couple of the items I found to be of special interest:

- A small battery-run portable vibrating alarm clock that could be clipped to one's pillow or night clothes (if one wears such) – great for travel. [I got a full-sized A/C-powered unit at the 2002 Convention in Seattle.]

## New Products and Emerging Technology

Recently, Annette Leonard, Project Coordinator of the WROCC Outreach Center at Western Oregon University had the opportunity to attend both the NTID Instructional Technology Symposium (June 26 – 30) in Rochester, New York and the SHHH National Convention (June 30 – July 3) in Washington, DC. She wrote this bonus edition of the WROCC at WOU newsletter:

“Attending sessions at both conferences and wandering through the exhibit hall at SHHH, I made note of a few interesting products and emerging technologies. Please enjoy my “Best and the Brightest” picks from the two conferences:

1) ELI - Displayed at the Starkey booth, this new device (about the size of a Visa logo on a credit card and weighing only 5.2 grams) called ELI, is one of the most interesting and potentially useful devices I encountered. For hearing aid users ELI plugs into the DAI (direct audio input) boot of a behind-the-ear hearing aid or an adapted neck loop and receives Bluetooth audio transmissions from other Bluetooth enabled devices. Perhaps most significantly, with a Bluetooth-enabled digital cell phone, ELI can be used as a wireless, hands-free head set (there is a small microphone on the end of it) and have conversations while wearing your hearing aid without having to use the telecoil. ELI boasts that the device “will solve virtually

“Summer” continued on page 2

“Technology” continued on page 5

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## Thanks – We Can’t Do It Without Your Help!

We need your support to continue this newsletter. Please note: This is different and separate from any local chapter fee you may pay.

We thank the following folks who have sent donations since the last issue: Lorraine Aydelott, Sylvia Eckles, Lloyd Bissell, Lane County SHHH, Lorraine Ubaldi, Lorena McLean, Jo D’Antonio, Luann Enz, Beverly Whitmore, Howard Saucy, Vivian Olheiser, Loretta Theriault, Mary Bryce, Pat Powell Albertson and 5 Anonymous Donors.

*Mail your tax-deductible gift to SHHHOR PO Box 22501, Eugene, OR 97402 using the form on the back of the newsletter.*

### In Memory of Chris Butler

We were saddened to learn of the passing of our SHHH member Chris Butler of the Lincoln City area who was just 22 when he died of an epileptic seizure. Chris was very proud to be a member of SHHH. His family has asked that donations be made in memory of Chris to help the Lincoln County School District purchase Assistive Hearing Devices. Please make your check to Christopher C. Butler Memorial Fund at West Coast Bank - 4157 NW Highway 101 - Suite 135, Lincoln City, OR 97367.

## “Summer” continued from page 1

- A self-sticking thingamajig, which is attached to one’s cell phone so it is much less likely to slide on a table or fall out of its “holster” – this was a freebie being given away by the Samsung Fun Club. I think these are called “egrips”.
- Other interesting items are mentioned in the article entitled: “New Products and Emerging Technology” (see page 1).

A rather unique feature of this particular Convention was the “Auction” (raffle would perhaps be a better word) that was held. This fun and interesting fund-raising event gave members, chapters and state associations an opportunity to support the National organization by contributing items to be raffled off. The Convention attendees then participated by buying tickets and putting them into boxes attached to the various items. My “donation” (that is to say, purchase) of \$50 worth of tickets enabled me to walk away with a very attractive quilt which was one of the items I had bid upon and the only thing I won (see picture on page 1).

But certainly one of the biggest attractions for me has to be the people at these Conventions. The list extends from the consumer-attendees to the National staff to the volunteers to the Exhibitors and Presenters. They are almost without exception a great group. If you have never attended a SHHH convention, I recommend attending one soon. Not only is this a wonderful, educational experience but you get to travel to different locations. The next one is scheduled to be in Orlando, Florida.

### Legislation

This spring, there were several bills introduced to the Oregon legislature of interest to persons with hearing loss. I would briefly like to discuss only one of these – which happened to be successful. The bill was HB3230. The key elements, from the perspective of this hard of hearing person: (a) the Deaf and Hard of Hearing Access Program (DHHAP) was moved out from under the Oregon Disabilities Commission (where it had been placed many years ago) to its new home under the Department of Human Services (DHS); (b) it was also renamed Oregon Deaf and Hard of Hearing Services (ODHHS); (c) the Advisory Committee (A/C) was also written into the bill – so now it is an official body as opposed to the informal status it previously had. But what stands out for me about the effort to pass this bill was the huge cooperation that was exercised by Hard of Hearing, Deaf, and Hearing people; also, this cooperation extended to those from consumer organizations (such as SHHH-OR and OAD), legislators, and to people within state agencies (DHS, for one). The effort to pass this bill extended over many months; it was passed by the Legislature just before the end of its session and signed into law by the Governor on August 1<sup>st</sup>.

I am hopeful this is only the beginning of this cooperative effort and the future holds more of the same. Plans are in progress even as I write this to work for additional legislation to be introduced during the next legislative session (2007).

## **New Temporary Newsletter Editor and Lay-out Artist**

After many years of creating this wonderful, successful and informative publication, our Editor, Karen Swezey who has done a fantastic job, needed to downsize her numerous volunteer responsibilities. She will continue to be this newsletter's advisor and main contact with its advertisers. But the actual editor function needed a new person(s). What happened was kind of like what happens in the military: when asked for volunteers, the last man to take a giant step backward is the one who is nominated. In this case that was me (just kidding – I think). I did tell Karen I would try my hand at this until a permanent replacement was found. Not being one to hog the glory, I volunteered my wife, Kathy, to do the lay-out work. This is our first issue – could be our last as well, depending upon the number of protest letters we receive. Kidding aside, we are continuing our search for a person or two to take on this important form of communication, which keeps our SHHHOR members informed. The commitment is for 4 issues a year – Summer, Fall, Winter, Spring. If you have experience or a willingness to learn new things, joining our team would be appreciated. Much of what we do is through e-mail so your location throughout the State is not important. In fact, Kathy and I live in Vancouver, Washington with Karen in Eugene, Oregon. Another of our needs is for writers.

## **Conclusion**

As you can see, it has been a busy summer! Oh yes! Please send your newsletter articles to me.

Email: [Viers2001@juno.com](mailto:Viers2001@juno.com)

Mail: 17503 NE 7<sup>th</sup> St., Vancouver, WA 98684



## **Wanted! Working Assistive Devices**

Sometimes we get calls about what to do with assistive listening devices (ALDs) when someone purchases new equipment or passes on. We gladly accept donations of used assistive devices in good working order, and we'll provide a letter of receipt for tax purposes. We use these devices for demonstration purposes and to help people in need. If you would like to donate for this purpose, contact:

**Karen Swezey**  
[kswezey@efn.org](mailto:kswezey@efn.org)  
**541-689-7242 V/TTY**



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(ASCI)	1-800-735-0644		

To connect with Captioned Telephone (CapTel) users, dial 1-877-243-2843

For CapTel Customer Service dial 1-888-269-7477

Oregonians with a hearing, speech or mobility disability who are not able to use standard phones may qualify for a phone that meet their needs. Call Telecommunications Devices Access Program (TDAP) at 1-800-848-4442 Voice or 1-800-648-3458 TTY.

## Can't Afford Hearing Aids? Here's Good News!



How To Get Help



The Northwest Lions Foundation for Sight & Hearing (NLFSH) in Seattle, Washington has announced the formation of AUDIENT, the Alliance for Accessible Hearing Care, for low income populations who struggle with the current cost of hearing care. NLFSH will manage the AUDIENT Alliance process as a third party administrator by performing income qualification, fund collecting, and obtaining high quality digital hearing aids.

AUDIENT offers hearing health care professionals a process that helps to alleviate the barriers encountered through high costs of administration for people with low incomes. Through the collaborative efforts of hearing instrument and earmold manufacturers, and licensed hearing health care providers, AUDIENT offers a way for low income families to afford hearing technology.

AUDIENT will meet the needs of the professionals who wish to provide access to quality hearing health care for these low income families.

Under the program, patients receive an audiological exam and their test results are explained to them. Then, if they are candidates for amplification, they are fitted with digital behind-the-ear hearing aids from a participating manufacturer. In addition to the hearing aids, patients receive custom ear molds, follow-up visits, a 30 day trial period, and a 1-year manufacturer's warranty.

The costs for products and services will be the same for all patients, and all providers. The provider will be reimbursed a maximum flat fee of \$280 for monaural and \$350 for binaural fittings for these services. The total cost to the patient for the hearing aids, ear molds, shipping and handling, will be \$319 for digital BTE devices with volume control, and \$345 for the upgraded power or directional microphone version. The hearing aid includes a telecoil feature.

The AUDIENT process, products and services are only available to low income patients who qualify. Income qualification for participation in the Audient process will be set at 250% of the federal guideline. Today, for a family of one, the household income maximum would calculate at \$23,500 annually and another \$7950 for each additional family member.

To learn more contact: [www.audientalliance.org](http://www.audientalliance.org) (website) or [info@audientalliance.org](mailto:info@audientalliance.org) (email) or call 877-283-4368 (voice)

*Editor: The Lions Clubs will provide free refurbished hearing aids. Contact your local Lions Club. You may also donate used hearing aids to the Lions.*

**OHSU** Department of Otolaryngology/  
Head and Neck Surgery

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## “Technology” continued from page 1

all of the problems that hearing aid wearers typically encounter with telephones, including acoustic feedback, insufficient volume, noise from other electrical sources and digital cell phone interference.” While facilitating cell phone for hard of hearing people is important, one can also use ELI to listen to music or audio books from a PDA, computer or other Bluetooth device. Bluetooth allows for close-range, wireless audio transmission. Because the signal is digital, Bluetooth devices are not subject to signal degradation that can occur with FM or inductive transmission. The ELI unit comes with a charger for its rechargeable lithium-ion-polymer battery. For more information and to see pictures of the device, visit their website <http://www.elihearing.com/>. At the SHHH Convention, the unit was being sold for \$299. If you are interested in purchasing an ELI unit, contact your local hearing instrument professional.

2) NOAA Weather Radio (NWR) - OAA National Weather Service (NWS) watches have lives by notifying imminent dangers tornados, and However, hearing loss are the voice broadcast warnings on the Emergency Alert warnings and saved countless the public of such as hurricanes, earthquakes. individuals with not able to access emergency NWR, or System (EAS). To address the needs of hard of hearing and deaf people, special radio receivers have been developed to provide visual and tactile alerting systems for receiving up-to-the-minute emergency warning broadcasts for national and local, weather and non-weather (All-Hazards) life threatening events. The industry standard for these devices is certified by the Consumer Electronics Association under the name Public Alert™. These devices range in size, features and price. The least expensive of these devices start at around \$50. For more information, specifications and answers to frequently asked questions visit: [http://www.nws.noaa.gov/nwr/special\\_need.htm](http://www.nws.noaa.gov/nwr/special_need.htm).



3) SafeAwake - This safety device is being created to address the fact that beeping and flashing smoke detectors often do not awaken deaf and hard of hearing individuals if a fire alarm is tripped in the night. The SafeAwake, activated by the sound of a standard audible home smoke detector sends a signal to an intermittent bed shaker to alert a sleeping person to the emergency. The safe awake has a battery backup. There is a flashing light to supplement the bed shaker, and it can be integrated with an alarm clock for both scheduled and emergency waking. Based on the results of a NIH sponsored study, strobe light smoke detectors are only 55% effective in

hearing individuals. The intermittent bed shaker used in the SafeAwake awakened 100% of the subjects tested. Still in the research and development phase, SafeAwake is expected to be on the market in early 2006. The retail price will be about \$50. For more information, send an email to [info@safeawake.com](mailto:info@safeawake.com).

4) Speak ‘n Read - While I did not see this product or a demonstration of its capabilities, it was mentioned in sessions I attended at both the NTID Symposium and the SHHH Convention. The Speak ‘n Read offers deaf and hard of hearing users the promise of real-time, automatic speech recognition in a portable format. The idea is that microphones, specifically selected for the setting (ie: lapel, shotgun, tripod, etc.) are worn or held by the user; as someone speaks, her/his words are picked up by the microphone, processed with voice recognition software, run through a proprietary artificial intelligence program and then the speaker’s words appear on the screen of a small hand held computer. WOW!

One of the product developers told me that they “have reduced voice training down from 40 hours to about half an hour to a couple of hours depending on the voice. At this level we get about 80% accuracy. Then our artificial intelligence takes over and, with use, it learns and the accuracy goes up near 100%.” He went on to remind me that “Even non deaf people occasionally miss words.” The software and processing require a lot of power in a very small computer. At this point, the hand held computers used with the product are either the Sony Vaio U71, U50 or the the OQO 01. The product retails for \$4500 to \$5500. For more information about the Speak ‘n Read or to find local distributors, visit their website <http://www.medbio.com/>.

A web version of this newsletter is posted on WOU’s web site: [http://www.wou.edu/education/sped/wrocc/news\\_tech0605.htm](http://www.wou.edu/education/sped/wrocc/news_tech0605.htm)

## Stress Management (Plus Tidbits)

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Responses called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it."

"If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can. Relax; pick them up later after you've rested. Life is short. Enjoy it!"

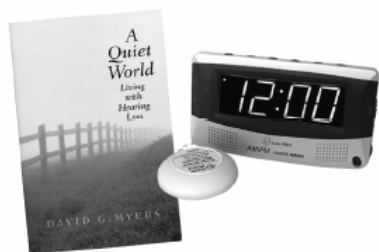
### Telecoil Tidbits

- When shopping for hearing aids, buy a brand with strong telecoils, and get them in both hearing aids.
- If your telecoils are weak, they can be adjusted by your dispenser, independently of the volume, as long as they are programmable. They do NOT need to be digital to have this flexibility.
- Telecoils can often be retrofitted (depending on the size and age of the hearing aid).

### Your One-Stop Shopping Source

- alarm clocks with bed vibrators
- amplified telephones
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- personal sound amplifiers
- TV listening devices
- books and videos on hearing loss

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- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Drive carefully. It's not only cars that can be recalled by their maker.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to serve as a warning to others.
- You may be only one person in the world, but you may also be the world to one person.
- We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.



## A Response to Hurricane Katrina

We know that Hurricane Katrina is the worst natural disaster to ever strike our country. The scale and scope of human suffering, of disrupted and destroyed lives, is almost beyond comprehension.

Over Labor Day weekend I began to get emails from our members in Texas who were helping people in the shelters in Houston, Dallas and San Antonio. People like Tommie Wells, Teri Wathen, Max McCarthy and Barbara Hunter were buying items like hearing aid batteries out of their own pocket to help hard of hearing people.

After dozens of emails and calls, SHHH had established the Heart2Care program within 72 hours. Our landlord here in the Washington, D.C. area donated space for us to collect and distribute supplies such as Dri-Aid kits, pocket talkers, cochlear implant and hearing aid batteries, and even new or reconditioned hearing aids.

Companies, organizations and people have stepped forward to give of their time and resources. The American Academy of Audiology, under the leadership of Laura Doyle and Gail Whitlaw, has strongly supported Hear2Care and helped to establish a network of volunteer audiologists. They will help operate two mobile hearing care stations. At these stations people whose hearing aids have been damaged or destroyed can have them repaired or replaced at no charge. We also have begun to receive requests for amplified phones and other assistive technology from people living in shelters and other temporary housing facilities.

### How can you help?

First, visit the website ([www.Hear2Care.com](http://www.Hear2Care.com)) to find out more information. Tell your family and friends about this unique opportunity to help people with hearing loss. Please consider a donation to help offset the costs that we are incurring as we reach out and help hard of hearing people who are being housed all over the country. In the last week I have seen a miracle of cooperation, coordination and support as Hear2Care has formed. Individual volunteers and donors, large and small companies, local and national organizations have come together to create something special. May this extraordinary effort help ease some of the suffering we have seen in recent days.

*Reprinted from SHHH e-news, September 12, 2005,  
posted by Dr. Terry Portis, Director*

## Far and wide

The positive actions you take do not stop with you. Many of them go on and on, far beyond you, to people and places you will never know about. The value you create does not end with you. It sets the stage for more positive value, and then for even more value on top of that.

Somewhere today, someone's life has just been made better because of a positive action you have taken in the past. In some way today, the world is becoming a better place because of something you did, weeks, months or even years ago.

You can never know or control how far and wide your actions will extend. You can, however, control the nature of those actions. The more love, kindness and thoughtfulness you put into your actions, the more positively those actions will multiply and radiate out into the world. Put the best of yourself into all you do, and your own unique value will be spread far and wide.

The influence you have on life is immensely greater than it may appear on the surface. Live each moment with goodness, truth and integrity, and in more ways than you can possibly know, you'll be making the world a better place.

Ralph Marston

### ***Willing to Share Your Experiences?***

We know working with a hearing loss can be a challenge. Would you be willing to share your hearing loss related work experiences with our readers? We'd like to hear from you.

Please send them to **David Viers**  
**17503 NE 7th Street**  
**Vancouver, WA 98684**  
**e-mail: [viers2001@juno.com](mailto:viers2001@juno.com)**

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## Fact: Today, it's a better world for people with hearing loss.

And consumer advocacy organizations like SHHH are part of the reason why.

Only a few decades ago, people with hearing loss were denied basic rights that we often take for granted today. Our employment options were very limited, and we had few legal protections. We could not make phone calls independently. Some of us were not allowed to drive. We could not enjoy simple entertainment like movies and TV. Travel was much more confusing and frightening than it is today. News and emergency information were not made accessible to us.

**Thanks to the consumer INFORMATION, support and ADVOCACY provided by organizations like SHHH, life in 2005 is much improved for people with hearing loss.**

Our **strength** is the strength of thousands of people joining together as a **single voice** to support each other and create change. Your **involvement** helps us change laws and improve lives. And we still have a long way to go.

Your membership matters. Your donations matter.

[www.hearingloss.org](http://www.hearingloss.org)

Whether you're a long-time SHHH supporter or giving for the first time this year, **thank you** for your gift that helps us **inform**, educate, support and **advocate** for people with hearing loss.

*Please use the form on the back of this newsletter to respond.*

## A Prayer for One Who is Going Deaf

O God,  
The trouble about being deaf is that most people find deaf folks a nuisance. They sympathize with people who are blind and lame. But they get irritated and annoyed with people who are deaf.  
And the result of this is  
That deaf people are apt to avoid company.  
And get more lonely,  
And more and more shut in.  
Help me now that my hearing has begun to go.  
Help me face the situation and realize  
There is no good way to hide it.  
Trying will only make matters worse.  
Help me be grateful for all that can be done for people like me.  
If I have to wear a hearing aid, help me  
To do so naturally, and not be embarrassed.  
Give me the perseverance not to let this trouble get me down.  
Don't let it cut me off from others.  
And help me to remember, Lord, whatever happens,  
Nothing can stop me from hearing your voice.

*(written by Charles E. Conn (hearing loss from WWII - 2005 Cochlear Implant Recipient)*

### ***Be an ACTIVE part of SHHH***

It's nice to be needed, and so you know why?  
We must all depend on the other guy,  
You can work on a project, right down to the bone,  
But you certainly can't get it done all alone.  
If every member realized this obvious fact,  
And elected right then to get into the act,  
What a super-accomplishing Club this would be,  
With me helping you and you helping me.  
or contact your local SHHH Chapter found on pages 10 & 11.



## Web Sites for You!

### [www.hearingloss.org](http://www.hearingloss.org)

- Check it out! Lots of good information here! Find articles on Hearing Assistive Technology Overview, What Do SHHH Members Say About Hearing Aids and Cochlear Implants, How Do I Select a Hearing Aid, Peer support, Self Acceptance and Good Communication, and more!

### [www.listen-up.org](http://www.listen-up.org)

- Gives a wealth of information on hearing loss.

### [www.cici.org](http://www.cici.org)

- Non-profit gives support to cochlear implant wearers, their families and professionals.

### **Cochlear Americas Corp.** – [www.cochlear.com](http://www.cochlear.com)

- Manufacturer of cochlear implant technology

### **Advanced Bionics** – [www.BionicEar.com](http://www.BionicEar.com)

- Manufacturer of cochlear implant technology

### **Medical Electronics Corp.** - [www.MedEl.com](http://www.MedEl.com)

- Manufacturer of cochlear implant technology

***And speaking of web sites! Have you checked out [www.shhhor.org](http://www.shhhor.org) lately?***



## REGIONAL RESOURCE CENTER ON DEAFNESS PROFESSIONAL PREPARATION PROGRAMS

### **American Sign Language/ English Interpreting**

Bachelor of Science • Bachelor of Arts

### **Rehabilitation Counselor Education** Master of Science • Deaf and General Options

### **Teacher Preparation: Deaf Education** Master of Science

### **In-Service Training**

Region X Interpreter Education Center  
Rehabilitation Counseling with Deaf and  
Hard of Hearing Adults  
WROCC at WOU (a PEPNet Outreach Site)

Deaf and hard-of-hearing people and other members of traditionally underrepresented groups are strongly encouraged to apply. Contingent upon continued federal funding, tuition waivers and/or stipends are available.

### **WESTERN OREGON UNIVERSITY**

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## SHHH Speaks Up

Terry Portis gave input to the U.S. Access Board in July 2005 in Washington, DC. The Access Board was seeking comment on topics or issues that the Board should address in the future.

Two key SHHH recommendations were that the Access Board take a leadership role in making sure that fire alarms are really effective and safe for people with hearing loss and the need for further research on assistive listening systems - particularly in the area of optimal microphone set-up.

Another example of how SHHH is the nation's voice for people with hearing loss. If you are not already a member, please join today, using the form on the back of this newsletter.

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# Self-Help Chapters in Oregon

## Who We Are

*"Hear It Is! Oregon is published quarterly. There is no subscription fee currently required, but we depend on your contributions and we request that you notify us annually if you wish to continue to receive this newsletter. We would like all hard of hearing people to receive it regardless of ability to pay. If you wish to be added to the mailing list or continue to receive this newsletter, please fill out the coupon on the back page and return it to us. If you have responded in the last 12 months, you will continue to receive it and do not need to respond again. We welcome your articles, notices about events, donations, and other items that will be of interest to hard of hearing people. Please send your items to:*

SHHH of Oregon  
PO Box 22501  
Eugene, OR 97402  
Phone (360)896-8117  
e-mail: viers2001@juno.com

*Opinions expressed in this newsletter are those of the individual author and are not necessarily those of SHHH. Mention of products and services does not mean endorsement, nor should exclusion indicate disapproval. Personal experiences and diverse opinions related to hearing loss are welcome for publication, and should be mailed to SHHH Oregon (address above). Unless otherwise noted, readers interested in duplicating or distributing any or all material found in the "Hear It Is!" have our permission to do so. Please credit the source when using such material.*

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 SHHH 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.

### **Bend SHHH meets on the 2nd Wednesday of the month - 6 PM at the St. Charles Medical Center - Rehabilitation Conference Room.**

Contact Cathy Sanders  
e-mail: [cathys@coril.org](mailto:cathys@coril.org)  
(541)388-8103  
CORIL  
PO Box 9425, Bend, OR 97708

### **SHHH - Central Oregon Coast meets the 4th Tuesday each month - 1:30 PM at the Newport Chamber of Commerce, 555 SW Coast Highway, Newport**

Contact Cindy Campbell  
e-mail: [cicampbell@earthlink.net](mailto:cicampbell@earthlink.net)  
(541)998-8245 or (877)867-1896  
4202 NE 43rd, Neotsu, OR 97364

Bob Hall  
[bhpalx2@centurytel.net](mailto:bhpalx2@centurytel.net)  
(541)765-3342  
1145 SW Walking Wood,  
Depoe Bay, OR 97341

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

Contact Leone Miller,  
e-mail: [vngleone@msn.com](mailto:vngleone@msn.com)  
(541)744-2994  
PO Box 22501, Eugene, OR 97402

Andrea Cabral  
e-mail: [angora@comcast.net](mailto:angora@comcast.net)  
(541) 345-9432 voice/TTY

### **Lowestin (Lake Oswego/West Linn/Tualitan) SHHH meets 2nd Tuesday each month - 2PM at the Adult Comm. Center - 505 G St., Lake Oswego.**

Contact Betty Gallucci  
e-mail: [bettylakegrove2002@yahoo.com](mailto:bettylakegrove2002@yahoo.com)  
(503)636-6933 voice  
5211 Madrona, Lake Oswego, OR

**Medford Area Chapter - New for You!**

Contact: Jim & Marilyn Hamm  
(503)664-0141  
PO Box 5574, Central Point, OR 97502

**Portland SHHH meets the 3rd Tuesday each month - 7 PM at the Good Samaritan Hospital, Wistar-Morris Conference Room - NW 22nd and Marlsall, Portland**

Contact: Mark Foster  
e-mail: [hey\\_foster@hotmail.com](mailto:hey_foster@hotmail.com) Web: [www.shhhor.org/portland/](http://www.shhhor.org/portland/)  
(503)413-7348 - voice/TTY  
PO Box 2112, Portland, OR 97208

**NEW!!! Redmond Area Chapter meets the 4th Tuesday of each month - 6:30 PM at the Redmond Library, 827 SW Deschutes Ave., Redmond**

Contact: C.J. Bennett  
e-mail: [cben13@ixprwes.com](mailto:cben13@ixprwes.com)

**Roseburg SHHH meets the 2nd Monday each month - 7 PM at the Mercy Hospital Community Education Room - 2459 Stewart Parkway, Roseburg. (Between Parkway Pharmacy & Office Max)**

Contact: Lorene Russell  
e-mail: [rlrussell@mcsi.net](mailto:rlrussell@mcsi.net)  
(541)679-9655  
732 Mulberry Ln.  
Roseburg, OR 97470

**Salem SHHH meets the 2nd Wednesday each month - 6:30 PM at the Salem Hospital Auditorium (in the basement) - 665 Winter Street SE, Salem.**

Contact Kathy Ladd  
e-mail: [SHHHSalem@aol.com](mailto:SHHHSalem@aol.com)  
(503)394-3863  
38427 Shelburn Dr., Scio, OR 97374

***If you are interested in being a part of a chapter in your area, contact:***

*Bonne Bandolas, Oregon  
Chapter Coordinator  
e-mail: [oregonchapters@pcinw.com](mailto:oregonchapters@pcinw.com)  
For CapTel calls dial 1(877)243-2823 then (541)689-3701#  
For TTY or FAX (541)689-3701  
PO Box 22501, Eugene, OR 97402  
or  
Chapter Coordinator, SHHH National Office  
e-mail: [national@SHHH.org](mailto:national@SHHH.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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