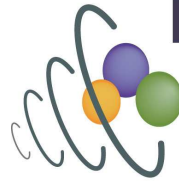


Hear It Is!

Oregon



**Hearing Loss
Association
of Oregon**

Autumn 2012

Issue 51

What is A.T.U.N.E?

No, it is not the sound of your hearing aid whistling. Cindy Campbell explains that **A.T.U.N.E.** is an acronym for

A- Access and Advocacy - Communication access such as CART, ALDs, you may need to participate in workshops and such.

Advocacy - learn to advocate for yourself and have the support of an advocate.

T - Training - learn vocational skills, activities of daily living, better ways to live with hearing loss, etc.

U - Utilize your skills and natural talents

N - Learn how to Navigate the services systems. Information and Referral, help with receiving services from agencies statewide.

E - Educate the world around us about people with hearing loss and our successes and achievements.

First of all, A.T.U.N.E, Inc. is not a Deaf Culture organization. It is designed to serve all people with hearing loss statewide. A.T.U.N.E. Inc. will not be a "Center" in one location that expects people with hearing loss to travel great distances to obtain help. Instead, A.T.U.N.E. Inc. will be a mobile organization going out to the people in their locations.

A.T.U.N.E. Inc. shall be driven by the Hearing Loss Council that will be made up of people from all walks of hearing loss (deaf, hard of hearing, late deafened, senior citizens, deaf-blind, oralists, signers, etc.) and we would like to have 2 delegates from each organization within Oregon (OAD, HLAO, ALDA, DWOW, etc.) as well.

The Council will be run like the United Nations. Each party will have equal say and equal time to express the needs of their group/community. In the past one group or the other felt it was not being heard. We set up the Board to be run by three Board Directors: one specifically for the deaf signers and people who are deaf-blind, one for the hard of hearing and oralists and one for the late deafened and senior citizens. Each Board Director will attend to the specific needs of their group on the Council.

We are partnering with the 7 Centers for Independent Living (plus 3 satellites) to provide service from their locations; this way we don't have to set up our locations of operation from scratch (saving the huge expense of just operating a Center; better used to directly serve people with hearing loss). The Centers have gotten money from Federal and State funds to provide services to ALL people with disabilities. People with hearing loss just haven't taken advantage of this resource that has been available for many years, partly because they don't understand that the Centers are there for them too, and partly because the Centers have not known how to do this. These partnerships with the 7 Centers will make it possible to start quickly as they are already established. We are working on obtaining funding from grants and contracts.

We will be holding several town hall meetings throughout Oregon to learn what needs people with hearing loss have in each location. The needs of those living in rural areas would vary a lot from those in urban locations, so we want to give people in various locations an opportunity to have their voices heard. Three town hall meetings have already been held (October 17th in Salem, October 23rd in Klamath Falls and November 1st in Grants Pass). Town hall meetings will be set up in Bend, Roseburg, Eugene, Ontario and possibly their satellites in Pendleton and The Dalles.

Further information can be found at the following website: www.atuneinc.com.

From My Lips to Your Ears

Editorial by Chuck Vlcek

We offer condolences to those who suffered from Hurricane Sandy or the hybridized version of it. Most of us have at least one friend or relative who lives in its path or at least was passing through at the wrong time. With so much loss of power it becomes difficult to communicate at a time when communication is desperately needed to help cope with the aftermath and to connect with friends and family. Persons with a hearing loss or those trying to contact a person with a hearing loss must find these times especially trying. We look forward to seeing how these folks met this especially challenging situation, hopefully with eventual success. Perhaps the upcoming convention should include a forum on preparing for and coping with a disaster while also coping with hearing loss.

On more mundane matters pertaining specifically to this newsletter, we welcome the contributions of the OHSU audiology staff to the CI Corner column. Audiologist Jessica Eggleston has already sent in four articles, the first of which appears in this issue. The other three pieces will appear in the next three issues. Thus the Corner will have a professional's view of things rather than consumer, at least for the coming year. We appreciate the staff's volunteering time and professional knowledge in providing these articles.

A new section called Tech Topics begins with this issue. News items related to research and

technological advances will be grouped together here. Readers are invited to submit or forward articles to info@hearinglossOR.org. Other short topics will continue to be placed in the Within Earshot page.

Finally, we are considering expanding the newsletter to 20 pages. The cost of adding four pages is modest, but two of them will have to be reserved for advertising to pay for them. We invite the reader's help and suggestions for providing content for the other two pages. Stay tuned.

Hearing Loss Association of Oregon

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Vice President Cheryl Davis
Secretary Chuck Vlcek
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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 Winter 2013 edition: Dec. 31, 2012.



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HLA-OR Quarterly Meeting Dates

The next meeting will be held on December 8, 2012 at Albany General Hospital (Reimer Building). In 2013 meetings will be held on 3/16, 6/15, 9/21, and 12/14.

To confirm, contact President Bob Russell at bhrussell@frontier.com or call him at (503) 614-9730. Guests are invited to attend but should first contact President Bob Russell.

Board Election Notice

Elections will be held in March 2013 for seats on the HLA-OR Board of Directors. We meet each quarter (see schedule above). There may also be committee meetings. A full description of Board duties and activities is provided by the Board Reference Manual at: http://www.hearinglossor.org/HLA-OR_BoardReferenceManual.pdf. Should you be interested in serving on the board or have questions, please contact David Viers, Nominating Committee Chair for 2013, at DSViers@gmail.com no later than December 22, 2012. You should include your biography with any application to be placed on the ballot. Please note that board members are *required* to be members of the Hearing Loss Association of America.



HLAA has announced that Early Bird Registration is now open for its 2013 Convention in Portland. They are now accepting offline registrations and expect online registration to open by early December. Check out the all-new [registration form](#) and more on HLAA's website at www.hearingloss.org. Early-bird registration deadline is January 31, 2013.

Convention Scholarships Available: If you are an HLAA member who has never attended an HLAA Convention, then you are eligible to receive a Convention scholarship. The application/nomination form will be available on HLAA's website by mid-November.

If you are interested in volunteering at Convention 2013 in Portland, HLAA will discount the registration fee for a small number (25) of HLAA members who volunteer for at least eight hours. The Volunteer Registration Form and the Volunteer Sign-Up Form can be accessed on-line through HLA/Portland's website at www.hearingloss.org/Portland. First come, first served so sign up early.

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. **PLEASE JOIN TODAY!**



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Within Earshot: News You Need to Know

Corvallis Library Access

HLA-OR board member Karen Brockett reported on a meeting with Corvallis Library officials to discuss communications access at public meeting areas in the library. For presentations they host, the library is open to providing CART (real-time captioning) services on request, like it does sign language interpreting services. Other organizations that hold presentations at the library will be informed by someone from the library when there is a request for CART and the hosting organization will be referred to a CART provider. Captioner Elizabeth Archer explained how captioning services could be arranged and options for setting it up.

Both Director Carolyn Rawles-Heiser and Adult Services Manager Mary Finnegan seemed enthusiastic about looping the main meeting area but need to look into what is involved and how to finance it. An information sheet about all assistive listening devices (ALDs) including induction loops was given to both the director and the manager. Included was a resource list of businesses within the Willamette Valley that could install a loop system. There was a question about grants for such a project but no one in attendance had any information about sources. Readers having such information should e-mail it to info@hearinglossOR.org.

The availability of accommodations needs to be publicized as well as contact information for those accommodations, preferably by email rather than phone, when announcements of presentations are released to the public.

Other libraries around the state that do not already provide such services are encouraged to contact info@hearinglossOR.org to learn more about procedures for establishing them.

Online Captioning Compliance

YouTube is promoting compliance for the online captioning law that has recently gone into effect. The link below explains the details. In a nutshell YouTube is requesting folks who access an online video on their site posted by a company or organization that should comply with the online captioning law but has posted a video without captioning, to turn that business in. An explanation on how to do this is included in the web link.

<http://gigaom.com/video/youtube-fcc-closed-captions/>

Here is an excellent opportunity for us to let those corporations know that we are keeping tabs and will not let this slide. Please send this link to everyone you know, Hearing, Hard of Hearing, Deaf. We all need to push for this for change to happen!

Oregon Walk4Hearing Postponed

By mutual agreement with HLAA, Oregon's Walk4Hearing is on hold to allow us the opportunity to build our base of volunteers so we can plan and implement our Walks on an ongoing annual basis.

We are looking for volunteers to participate on committees and work groups to help us build membership in HLA of America, HLA Oregon and in chapters throughout Oregon. If you would like more information about ways you can become involved with the Hearing Loss Association, please contact us at info@hearinglossOR.org.

Tech Topics

Hearing Restored to Deaf Gerbils

Research scientists have restored hearing to deaf gerbils by using human stem cells. Results of the work were reported online in the journal *Nature* by a team led by Dr. Marcelo Rivolta of the University of Sheffield in England. Malcom Ritter from the Associated Press subsequently wrote an article on the study which appeared in USA Today online.

The study involved a type of deafness that rarely affects humans (one to fifteen per cent) and human trials are still several years away. However, research using stem cells to cure more common types of deafness is under way although tests with animals have not yet begun.

Analgesic Use and Hearing Loss

A recent study has shown that use of analgesics by women more than once a week increases the risk of hearing loss. An earlier study involving men also showed a risk of hearing loss but the methodology was different, so a comparison between the two studies cannot be made.

The study was described by Jaimie Delassio in an article on www.everydayhealth.com. Researchers at Brigham and Women's Hospital in Boston discovered the association in data collected over 14 years from 62,261 women who participated in the Nurses' Health Study II from 1995 to 2009. During that time 10,012 women reported hearing loss.

Compared to use of common analgesics (ibuprofen or acetaminophen) less than once a week, risk of hearing loss increases steadily with increasing use -- up to 21% higher for use four to five times per week and 24% higher for use six or more times per week.

Brand names for these analgesics include Advil, Midol, and Tylenol. Researchers think they decrease blood flow to the cochlea.

First Human Vestibular Implants

Three patients recently received the first vestibular implants, an artificial version of the vestibular system that helps us keep our balance. Two received their implant at Maastricht University Medical Center in the Netherlands while the third patient was implanted in Hôpitaux Universitaires de Genève, Switzerland. All operations were successfully completed.

The architecture of the vestibular implant is very reminiscent of that of cochlear implants: it has an external part that registers head movements and which can be secured to the head, and an internal part that connects to the nerve ends. The external component contains gyroscopes and accelerometers, and a microprocessor that digests the measurements and transmits results to the internal part which has electrodes that are connected to the vestibular nerve.

The two teams, who are working together, used a slightly different approach: in Maastricht the electrodes were attached within the semicircular channels of the vestibular system, while in Geneva the electrodes were attached outside the vestibular system. All used implants that are prototypes developed by Medel, a well-known manufacturer of cochlear implants.

The implant is being developed primarily for patients with bilateral vestibular areflexia. It is still too early to tell whether the implants work as conceived, something that will only become clear in the coming weeks after the implant has been further fine-tuned. Previous animal studies, however, were successful in restoring balance with similar implants, so results of these first implantations in humans are eagerly anticipated.

This article was written by Wouter Stomp and distributed by Northern Virginia Resource Center for Deaf and Hard of Hearing Persons

Chapter Capers

Salem Chapter: A recent speaker was a marketing director from United Way who had lost her hearing and related her struggles with the ensuing isolation. They were going to have someone from West Salem Lions Club give a talk, and possibly have a Salem hospital dietician talk about cooking later.

Benton-Linn County Chapter: The chapter is moving toward having remote captioning with Elizabeth Archer remaining at Portland. A member is being trained to handle it at the chapter end. They are still working with several hospitals which now have pocket talkers but have yet to loop conversation rooms.

Portland Chapter: The chapter had a question for HLA-OR as to whether there was any policy regarding discussion of hearing aid dispensers and audiologists at a meeting. In a nutshell an open forum is o.k. as long as it is clear that only personal opinions are being expressed and not construed as an endorsement for or against any dispenser or audiologist by the chapter or HLA. They are distributing business cards about their meetings to hearing field professionals.

Central Oregon Chapter: The chapter continues to meet in Bend under the direction of Cliff Tepper whose wife is hard of hearing. They do mostly forums with occasional program speakers.

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

Hello from the Cochlear Implant Team at Oregon Health and Science University! We are very honored and excited to be a part of the HLA-OR newsletter. We look forward to using this column as a forum for sharing information regarding cochlear implants in addition to answering questions some of you may have about the cochlear implant process. We view this opportunity as a great way for us to interact with those of you who may already have a cochlear implant as well as provide information about cochlear implants to the hearing loss community.

For our first article, we thought it would be helpful to share some common troubleshooting tips and general suggestions to try should you experience any problems with your cochlear implant external equipment.

Do you ever find that your cochlear implant processor doesn't sound as clear and crisp as it has previously? Does your processor ever function intermittently? Here are some suggestions to try prior to contacting the cochlear implant manufacturer.

- Change the battery to ensure you're utilizing a fully charged/new battery source
- Replace the microphone cover/s
- Change headpiece/coil with back-up coil
- Change coil cable with back-up coil cable
- Change processor with back-up processor
- Change battery controller/battery pack with back-up battery controller/battery pack

If you have attempted all of these suggestions and are still experiencing equipment malfunction, please contact your cochlear implant manufacturer for further troubleshooting tips: **Advanced Bionics** (866) 431-4977 support@advancedbionics.com, **Cochlear Americas** (800) 523-5798 ext. 8865 customer@cochlear.com, or **Med-El** (888) 633-3524 audiologyus@medel.com

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

Ed. Note: See ad on bottom right of page 11.

How to Approach a Bluff

(from the Chattanooga, Tennessee HLA newsletter)

If you never pretend to hear something when you really don't, you can skip this article. But since most of us fall into this category at one time or another, you'll probably want to read on.

Bluffing is something we all do, consciously or unconsciously; however, it is wise to admit you can no longer understand people and ask for their assistance. Sometimes, the key word is a lack of awareness by the hard of hearing person.

Perhaps the person who has done well with hearing aids for years no longer obtains as much benefit from his old (or even new) aids. Unaware of the problem, this person plods along never suspecting the impact his hearing loss has on others. Kind-hearted folks try to compensate for his difficulties, but what they are really doing is enabling him to be disabled. They don't want to hurt feelings, so they allow incorrect answers, ignore errors, or compensate for him by figuring out what he really means. Then, sometimes, those same people get "fed up" and insist that person "do something about it!" confusing the hard of hearing person even more because he is unaware of the problem to begin with.

Insensitivity occurs when the hard of hearing person simply denies the existence of a known problem, and will not seek help or make changes to correct it. Families and friends must then use a tough love approach to avoid enabling. If the person misunderstands, indicate in a pleasant way that you didn't say "blah!" Do not repeat or rephrase unless asked. Ask, "Would you like me to repeat what I said?" or "Should I repeat it in a different way?" If the person realizes it is okay to ask for such help, he will.

It is also a good idea to have a heart to heart talk to explain how you feel about his hearing difficulties and then allow the person to express his feelings (perhaps of anger or frustration). Remind the person that things can be repeated or rephrased, assure them that you will not be upset by this, then after you've done your best, leave it up to the person to make his own choices.

Remember, it's OUR hearing loss.

Something to think about ...

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Michael W. Kelber, MD, FAAFP
Salem Family Physician

Dr. Mehr has over 32 years experience working with individuals with hearing loss. He started his career as a teacher of deaf children. He taught at schools for the deaf in Oregon, Maine and New York.

After obtaining his doctorate degree in Audiology from Adelphi University, he worked at the New York League for the Hard of Hearing in Manhattan. He was then hired by the Oregon School for the Deaf to supervise their Evaluation Center. He then established Pacific Audiology Center.

He has served on the board of the Oregon Speech and Hearing Association and the Oregon Academy of Audiology. He was appointed by Governor Kitzhaber to serve on the Oregon Board of Examiners for Speech Pathology and Audiology. He became chairman of that board.

120 Ramsgate Square SE
www.pacificaudiology.com
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Thanks for Your Support!

We are grateful for your commitment to support Hearing Loss Association of Oregon. 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.* We love sharing helpful information.

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:

Hearing Loss Association of Oregon, PO Box 22501, Eugene, OR 97402

We thank the following folks who have sent donations since the last issue:

Barbara Nelson

Sunny Schurr

Jo D'Antonio



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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.

HLA of Central Oregon (HLACO) 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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REGIONAL RESOURCE CENTER ON DEAFNESS

The Regional Resource Center on Deafness offers degree programs to prepare professionals to meet the unique communication, rehabilitation, and education needs of individuals who are hard of hearing, deaf, late-deafened, and deaf blind.

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.

Hearing Loss Assoc. 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

Hearing Loss Association of Salem meets the 2nd Wed. each month (except July and August) - 6:30 PM at the Salem Hospital, Building C, Room 1A, 2561 Center St. NE

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

HLA of Portland meets the 3rd Tuesday each month (except June, July and August) - 7 PM in the North-South 1st Floor Conference Room, Building #2 of Legacy Good Samaritan Medical Center, 1040 NW 22nd Ave., Portland 97210

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

HLA of Douglas County meets the 2nd Monday of even-numbered months - 7 PM at the Mercy Hospital Community Education Room, 2459 Stewart Parkway, Roseburg (between Parkway Pharmacy & OfficeMax)

Contact: Chuck Vlcek OR Barb Stoner
e-mail: cvlcek@centurytel.net (541) 496-0060
(541) 496-4541
P.O. Box 175
Idleyld Park OR 97447

Hearing Loss Assoc. 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: Bob Williams
e-mail: robertiw@comcast.net
541) 258-5818
2020 South 12th #111
Lebanon, OR 97355

For an electronic version of this newsletter:

<http://www.hearinglossor.org/news.htm>

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

If you are interested in starting a chapter in your area, contact:

Cathy Sanders
Oregon Chapter Coordinator
e-mail: catsindallas@q.com
(503) 881-1642 (cell) or
(503) 623-4662 (home)
1131 SW Marietta Lane
Dallas, OR 97338

or

Chapter Coordinator
Hearing Loss Assoc. of America
(the National Office}
e-mail: elebarron@hearingloss.org
(301) 657-2248 - voice
(301) 657-2249 - TTY
(301) 913-9413 - FAX
7910 Woodmont Avenue Suite 1200
Bethesda, MD 20814

DISCLAIMER

Opinions expressed in this newsletter are those of the individual author and are not necessarily those of HLA-OR. 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 HLA Oregon at the address listed below. 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.

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ADDRESS SERVICE REQUESTED

Here It Is! Oregon Autumn 2012 Newsletter

I would like to receive (or continue to receive) this newsletter.

Name _____

Phone _____

Organization Name _____

Address _____

City _____ State _____ Zip _____

E-Mail _____ Please send my newsletter via e-mail _____

I learned about the newsletter from: _____

- Enclosed is my contribution of \$ _____ to support the **Hearing Loss Association** outreach programs in Oregon. Contributions will be acknowledged in the next issue.
- I wish to remain anonymous.
- I cannot contribute but would like to receive the newsletter.
- 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 bottom of page 5 for fee schedule).

Or you can sign up online at www.hearinglossOR.org (click membership, then click application)

Hearing Loss Association of Oregon 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 ***Hearing Loss Association of Oregon*** PO Box Box 22501, Eugene, Oregon 97402.