

# *Hear It Is!*

Oregon



Summer 2014

Issue 58

## **HLAA CONVENTION NOTES**

*Noted by Vicki March, V.P., HLAA-OR*

Even though I'd prefer the HLAA Convention be held in Portland every year, it was nice to head to Austin, the land of you'all (or yaul) to attend this year. Hot and muggy? Yes. Convention and hotel in the same building? Yes. It's always nice to meet old friends from other parts of the country and make some new ones along the way.

To me the most interesting parts are always the Opening Session Speaker and the symposium presentation. This year Richard Einhorn presented "A Life in Music After Hearing Loss." Richard, if you will recall, is the composer, who at the age of 57 lost his hearing nearly destroying his career in music, which is his life. His determination to continue his passion and find ways to do that made for an inspirational presentation and a standing ovation. There was not a dry eye in the house when he played part of his composition "The Silence of Voices" over the original silent movie version of "Joan of Arc." He was just as motivational and inspirational at a workshop he conducted with Juliette Sterkens, our national looping guru. There we heard his recording of subway ticket booth sounds before and after looping, which just made you wonder what the world is waiting for. Hard of hearing people - UNITE!

That evening we were also introduced to the new Executive Director Anna Gilmore Hall and the Chapter Coordinator, Ed Ogiba. Two new fresh faces who have both come on board since the last convention, and who will undoubtedly breathe new life and come up with new ideas to spread the word and gather new members and sponsors so we can, as an organization, do so many more things for the hard of hearing community. Both are down to earth and very approachable.

The technology symposium, attended by all convention goers on Friday morning, was titled "Emerging Technology for People with Hearing Loss." The moderator was the executive director of CEA Foundation, a charitable foundation with the mission of linking seniors and people with disabilities with technology that can enhance their lives. Speakers from AT&T, Etymotic Research, and Panasonic proceeded to boggle our minds with all the possibilities you could ever imagine for now and the future of gadgets to help us cope in the hearing world.

I might add in addition to these speakers the Exhibit Hall had many presenters willing to talk about their products and answer any questions you might have.

*Continued on page 4*

## From My Lips to Your Ears

Editorial by Chuck Vlcek

“Two large Sierra Mists!” “Two large Pepsis!” One order came from my left, the other from my right as I furiously scooped ice prior to pouring the drinks. I was serving (surviving?) for the Lions club at the Douglas County Fair.

Sometimes someone would face me when relaying the order, but sometimes there just wasn't time for that. I had to take the orders over my left shoulder and over my right shoulder. Somehow I muddled through.

How did I manage? I had not one, but two cochlear implants, and I very much appreciated them. I was thinking that this would have been impossible if I were still wearing hearing aids, and very difficult if I was using only one ear. It was still a lot of work, though it was not always this busy.

Not everyone will do that well with cochlear implants. But the point is that with a little technology and a lot of determination, much can be accomplished. That is one reason why we have a hearing loss association, to share these experiences.

That is also why we have a Survivors Manual, to list the resources available to us for overcoming hearing loss. But over time the list becomes obsolete and the manual needs updating. One of those times is fast approaching, but it costs money to do the work and reprinting. Please read the box at the bottom of page 4 asking for sponsors and donors to help foot the bill.

### HLAA, Oregon State Association

#### Officers and Board Members

President .... Clark Anderson  
Vice President .... Vicki March  
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Board members: Vincent Portulano, Karen Brockett, Kathryn Eckhart-Mason, Duane Davis, Karin Smith, John Hood-Fysh, and Past President Bob Russell.

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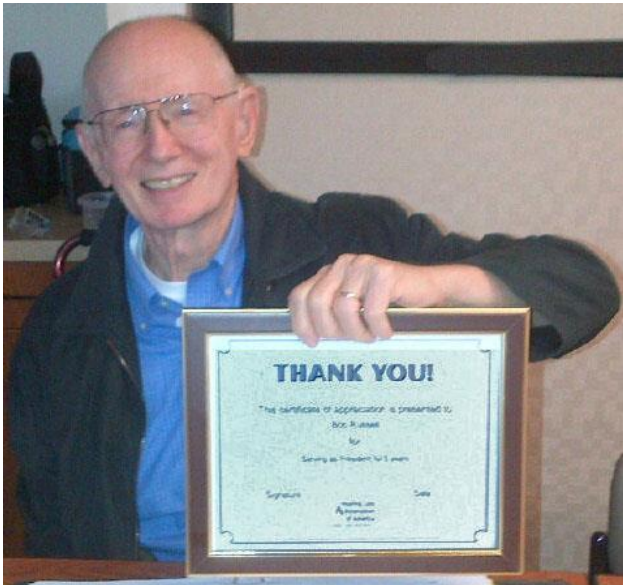
*Hear it is!* will regularly print your hearing loss-related stories – personal experiences, coping strategies, and evaluations of technology are welcomed. Maximum word count is 500 words. Article contributions should be made to the editor at [info@hearinglossOR.org](mailto:info@hearinglossOR.org).

For advertising information and rates, contact Karen Swezey at [info@hearinglossOR.org](mailto:info@hearinglossOR.org).

Deadline for Autumn 2014 edition: September 30, 2014.

## Officers of HLAA-OR Board of Directors Honored

### Past President Bob Russell



The HLAA-OR Board of Directors presented a plaque to Bob Russell upon completion of five years as president. Prior to that he served as treasurer and was on the board for a number of years. Bob also received a fancier plaque from HLAA as Out-Going President. It was presented at the Awards Breakfast at the HLAA convention in Austin. He first joined the Portland chapter (then SHHH) in 1980.

### Outgoing Treasurer Wayne Seely



Wayne Seely poses with incoming treasurer Cathy Sanders while holding a scrapbook presented to him by the HLAA-OR board of directors at its quarterly meeting in June 2014. Wayne has been active in HLAA Oregon (previously SHHH) for more than 34 years. He was first active in New York state in many capacities before moving to Oregon. Both photos were taken by board member Karin Smith.

## Leone Miller Honored by Local Church

Our long time and very active HLA member Leone Miller, who lives in Springfield was recently honored by her church for her dedication to helping people with hearing loss, and to children in particular. After ending her years as World Outreach Chairman at Northwood Christian Church in Springfield, the church agreed to send \$1000 to Camp Taloali in her honor. The camp is located in Stayton and is a nonprofit camp for deaf and hard of hearing youth. (ages 6-18) They serve children primarily from the Pacific Northwest. They offer support for the young people to build character, increase self-esteem, develop leadership and social skills as well as participate in constructive life experiences. It was founded in 1973. They offer 4 camps during the summer. It is paid for through sponsorship and fund raising. There are 15 children from the Eugene/Springfield area who are attending this year's camp. Leone's response was "I'm very grateful for these children to have an opportunity to attend this camp and so appreciate my church for their love and concern."

## Convention notes (from page 1)

Of course, the meat of the convention is the workshops. As Vice President of your state association, I attended mostly State/Chapter Development Workshops, but strayed off a couple of times, specifically to hear our own John Waldo and David Baldrige present on "The Workplace, the Law and Behavioral Strategies for Effective Self-Advocacy." By the way, Dr. Baldrige will be speaking on a similar topic at the HLAA Portland Chapter in November, and I would invite you all to attend, especially if you are still in the workplace.

Hopefully, my attendance as your state delegate was worth the trip and will reap rewards and progress and growth with ideas and suggestions for revitalizing our local chapters and our state association. I have been meeting with other chapter leaders since my return, and we hope some of you would like to get involved as we focus on revitalization, finding a chapter coordinator, and reaching out to Veterans.

The convention ended in a laugh. The speaker for the Fiesta Banquet on Saturday night was motivational speaker and writer Gael Hannon. Turns out she is also a stand-up comic with hearing loss challenges like the rest of us. She combined the two and had us rolling in the aisles and us giving her a standing ovation.

The convention is in St. Louis next year. I would encourage any and all to consider attending. It can't help but inspire you to some kind of action in your area of interest, which in the end is of interest to us all. Start saving your pennies, encourage your chapter to help financially with scholarships, or go as a delegate. See you in St. Louie!

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

**PLEASE JOIN TODAY!**

## Sponsors Needed for Survivor's Manual Reprint

HLA Oregon will soon print another updated edition of our popular Survivor's Manual **Facing the Challenge** – a guide for people with hearing loss and people who care about them. Over 42,000 hearing impaired people and their families have benefited from previous editions of this guide that includes information on assistive technology, helpful websites, coping strategies, and other valuable information. Copies of a previous edition are available for viewing on our website ([www.hearinglossOR.org](http://www.hearinglossOR.org))

Advertising sales help us defray printing and shipping costs. There are a limited number of advertising opportunities available in the new guide. The cost to place an ad will be based on size. If you are interested in supporting this project or have questions, contact Karen Swezey at [kswezey@efn.org](mailto:kswezey@efn.org) or call (541) 689-7242.



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## ***Within Earshot: News You Need to Know***

### **Communication Card**

Many times people with hearing loss or deafness need to ask for an accommodation for effective communication in health care. Here, you can create such a card to use in these times, or in an emergency, to show people and explain the accommodation you prefer for effective communication. You can use the form below to create this emergency card.

Select the appropriate values from the lists. It will create a personalized emergency message to outline what you need. When finished, click on the Create Card button below to create your own emergency card. Print the card and keep it with your other identification cards so that it is easy for you to get to when you need it.

If you are a health care provider, please ask health consumers how they prefer to communicate with you. Become aware of this card and even share this information with others at work. Visit this link for the Accommodation Card:

[http://www.healthbridges.info/?page\\_id=36](http://www.healthbridges.info/?page_id=36)

<http://www.healthbridges.info>

The HealthBridges website offers information about behavioral health services, social services and resources available to persons who are Deaf, DeafBlind or Hard of Hearing.

*Reprinted from Deaf Digest Blue, August 17, 2014.*

### **Captioning Matters!**

A website called "Captioning Matters" has been created and is maintained by the National Court Reporters Association (NCRA). Its purpose is to promote the value of broadcast captioning and CART captioning that is offered by many of NCRA's members.

According to the website, "The Captioning Matters campaign is designed to promote best practices in the realm of broadcast and ADA captioning." This is a grassroots campaign that promotes the value of quality captioning to television stations, content creators, and individuals throughout the country. Organizations and individuals are encouraged to sign onto NCRA's Captioning Matters and express their support of quality captions.

On this website, you will find useful information, articles, and resources about captioning. A very important part of this website is devoted to specifying the best practices that broadcast captioners, captioning companies, content creators, video programming distributors, and consumers of captioning services should follow so that accurate and timely captions may be produced.

You can visit this website and see why "Captioning Matters."

<http://captioningmatters.wordpress.com/>

*Reprinted from Deaf Digest Blue, August 17, 2014. This article is part of a continuing series titled "Comments from a CART operator."*

# Tech Topics

## Looping Events at Florence

By Ken Janowski

When I retired from a career in aerospace engineering in 1998, my wife and I moved to Florence on the Oregon coast, drawn by its beauty, the library, new hospital and the Florence Events Center (FEC). I noted the FEC had hearing assistance in the 460 seat theater but this made little impression at the time. Several years later, now hearing-aid equipped, I asked for details. The infrared system required one-day advanced notice after which I attended a children's musical using the receiver and headphones. The experience proved disappointing. I later tried another IR system at Eugene's Hult Center. The results were even less satisfying.

Then the Register-Guard published an article about hearing loop technology, popular in Europe but relatively unknown here. It required hearing aids with telecoils and as I was unsure of mine, I called my audiologist. She said they were "T-coil" equipped but she had not activated that setting. After a 5-minute office visit, I had active T-coils.

Always the gadget freak, I did some internet searching of hearing loops and ended up buying a clipboard with built-in microphone, loop and electronics. The day it arrived, I took it to a meeting and first experienced the wonder of hearing loop technology. I then bought a small Univox hearing loop amplifier designed for TV listening and wired it up with the same amazing results.

By then, I was an active member of the FEC support organization and launched a personal campaign to get a loop system installed in the theater. My audiologist said she was aware of someone in Eugene who did loops so I contacted them. Their conclusion was the IR system was adequate but if we really wanted to spend the money, we could run a loop around the ceiling that ought to work.

This company does sell neck loops that work with T-coil hearing aids and they suggested the FEC might buy enough neck loops to equip each IR receiver with a loop. So I ordered one for my own use to give it a try. The performance with the IR system was only marginally better than with headphones. Interestingly enough, however, I tried the neck loop with our church system which uses FM technology. Here, I find the performance much better although there is a positional problem in that at some locations, there is an excessive white noise.

Underwhelmed by their lack of enthusiasm, and the less-than-stellar performance of their recommended solution, I backed off a bit and continued to enjoy my own personal loop.

Then, in mid-2012, after another internet search, this time looking for certified induction loop installers in Oregon, I found there were only two (my original contact was not one of them). So I called Pro Sound and Video in Eugene and set up an appointment with installer Anthony March. After lugging a bunch of his equipment into the theater (equipment always impresses a retired engineer), March concluded that installation of a loop encompassing the entire theater seating would be quite straightforward, but at floor level, not around the ceiling.

The system was up and running just prior to last November's opening of the local community theater production of "Sound of Music." During one of the dress rehearsals, I asked one of my fellow actors who I knew had T-coil hearing aids to try that setting while sitting in the theater. The look of amazement on her face was priceless. On opening night, I contacted a few friends with T-coil hearing aids and alerted them of the new system. After the show, their responses were overwhelmingly enthusiastic. *(Continued at bottom of page 10)*

## Chapter Capers

Douglas County Chapter: A picnic was held on August 23 at the home of past president Chuck Vlcek in Idleld Park. Eight persons attended in addition to the host and two others were forced to cancel at the last minute. Work continues on the design of business cards with the chapter logo and other chapter information in front and the back left blank allowing additional information to be penciled in.

Portland Chapter: Anne McLaughlin was reelected as president and Stephen Briar is treasurer. They are in recess until September.

Linn-Benton County Chapter: the chapter is in recess until September. They will work with the new medical school in Lebanon and the new VA home that is being built.

Lane County Chapter: the chapter underwent a revitalization and brainstorming session. They decided that the best way to attract new members is have topics that meet people's needs. This basically comes to the core issues of dealing with hearing loss and developing relationships.

Oregon State Association: The board of directors agreed to focus on revitalization and on outreach to veterans. A workshop on revitalization is in the early stages of planning. See page 10 for details.

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

## CI Corner

*What can you expect if you choose to get a cochlear implant?*

Getting a cochlear implant can be a difficult decision, but it can also be very exciting and potentially life changing. The decision to get a cochlear implant is a commitment to your hearing health. It is much like getting a hip replacement, in that the benefits are not immediate. Following surgery, you will be required to attend many appointments with your Audiologist to ensure that you are hearing optimally. It is important to understand that it may take up to a year after the implant is activated for distinct changes to occur in your ability to communicate. You must remember that your brain has to have time to adapt and relearn how to listen and hear.

How many appointments can you expect should you choose to get an implant? There are eleven over the first year. The first is a cochlear implant evaluation with your audiologist. If approved for surgery, there is a pre-op meeting with your surgeon, followed by the date of the actual surgery and a post-op assessment of the surgical site. Next is initial stimulation with your processor – the first time you will actually hear sound. The processor is reprogrammed at 1 week, 2 weeks, and 1 month afterwards. Testing continues at 3 months, six months, and one year after the initial stimulation. Following your first year, you should return on a yearly basis for programming and testing.

When considering cochlear implantation, there are a few important facts to keep in mind. The benefit from a cochlear implant is not immediate. Improvements occur over a period of months or even years. The amount of benefit seen is often times linked to the amount of work you put in to learning to listen. Benefit can also be affected by the cause of the hearing loss, the length of time you have had hearing loss, and your support system.

Reasonable expectations may include improved detection of environmental sounds and speech, improved speechreading ability, and improved clarity of your voice. How much speech understanding you will have with a cochlear implant is extremely difficult to predict.

We hope you have found this information helpful. Please send any questions you may have regarding cochlear implants to [cochlear@ohsu.edu](mailto:cochlear@ohsu.edu) .

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





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\*Professional certification of hearing loss is required to participate in this free offer. A standard phone line and Internet connection are also required to use this service.

# Workshops in the Works

At its last meeting in June the HLAA-OR Board of Directors continued its discussion on the direction and future of HLAA-OR. There were some continuing projects that were doing well -- this newsletter, the Survivor's Manual, and HLAA-OR's website. It was felt that other projects were needed, but had to be chosen carefully due to limited resources and manpower. A vote was taken of seven candidate topics for future workshops and two stood out from the others. A third topic is waiting in the wings.

One major topic is growing and revitalizing chapters, including the Oregon State Association itself. This is an issue that is not confined to chapters in Oregon but has to be addressed by many chapters nationwide. President Clark Anderson and Treasurer (and former Chapter Coordinator) Cathy Sanders are leading a committee to research this issue and lay the groundwork for a future workshop. It is still in the early planning stages. As part of this planning they will be looking at how other chapters and state associations in HLAA are addressing this issue. Individual chapters in Oregon are being asked what the Oregon State Association can do for them that they could not do by themselves and to consider how the chapters might help serve the state association. Two other related issues are apparent. One is the proliferation of other groups and activities competing for the time and attention of individuals. The other is how the internet affects participation in meetings and activities within a group. These issues are not confined to the hearing loss community but have to be addressed by many organizations such as the Lions club.

The second major topic is serving veterans with hearing loss. Service-related hearing loss constitutes a significant fraction of hearing loss among younger people. That hearing loss compounds problems faced by many veterans in finding civilian employment and assimilating into civilian life in general. Thus HLAA can provide a valuable service in reaching out to these folks. At the same time, veterans with hearing loss who join HLAA can help serve the HLAA community with their organizational skills. Since they are younger folks, they can provide some stability in chapters by being active for a number of years. Vice President Vicki March, Kathy Eckert-Mason, and Karen Brockett will be heading the committee to plan a workshop on this topic.

The third topic is emergency preparedness. Karen Brockett is working with her chapter on this topic while researching what the rest of HLAA is doing. A news item on page six -- communication cards -- addresses this issue in part and is worth reading.

Please e-mail [info@hearinglossOR.org](mailto:info@hearinglossOR.org) to send comments or ask questions. Your e-mail will be forwarded to the appropriate person.

## Looping Events at Florence (*continued from page 7*)

The FEC also purchased several receiver/headphone units that work off the hearing loop for hearing disabled attendees who do not have T-coil hearing aids. In the lobby, the FEC has a "coming attractions" screen which now also shows the theater is equipped with hearing loop technology.

If you want a hearing loop assisted theater experience, take a drive to Florence. Check out coming plays, programs and musical events at <http://www.ci.florence.or.us/eventscenter>. You'll be glad you did.

## HLA-OR Quarterly Meeting Dates

The next meeting will be held on Sept. 27, 2014 at Albany General Hospital (Room 1AB, 3<sup>rd</sup> floor). Dates of future meetings will be announced later.

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

## Chapter Coordinator Wanted

HLAA-OR has a vacancy in the Chapter Coordinator position. Since it is specified in our bylaws, it needs to be filled. According to the bylaws, the Chapter Coordinator is appointed by HLAA-OR to coordinate between it and the HLAA national office and also between it and the individual chapters in Oregon. The coordinator shall be responsible for the general flow of information among all of the Oregon chapters and provide assistance whenever possible to individual members of HLAA who desire to develop chapters, as well as to recognized chapters. The coordinator serves as a member of the HLAA-OR Board of Directors and is on its Executive Committee and has a vote in all matters. However, the coordinator may not serve as an officer in the HLAA-OR Board of Directors.

To volunteer for this position or inquire about chapter matters, please send an e-mail to [info@hearinglossOR.org](mailto:info@hearinglossOR.org) .



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## We ask for Your Support!

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

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

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

**Barbara Nelson    Susan Triplett    Velma Marshall**

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# Chapters in Oregon

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

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



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

**HLAA of Central Oregon (HLAACO) meets on the 2<sup>nd</sup> 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](http://www.wou.edu/rccd) or contact us at **503-838-8444** or e-mail: [RRCD@wou.edu](mailto:RRCD@wou.edu).

*Applications are generally due mid-March each year.*

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

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

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

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

HLAA of Portland meets the 3rd Monday each month (except June, July and August) 7 PM in the Wistar-Morris Conference Room, at the Good Samaritan Main Hospital Building, 1015 NW 22<sup>nd</sup> Ave., Portland 97210

Contact Anne McLaughlin (president)  
e-mail: [hlaportland@gmail.com](mailto:hlaportland@gmail.com)  
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[www.hearinglossor.org/portland/](http://www.hearinglossor.org/portland/)

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

Contacts: Vincent Portulano, President:  
email: [vportulano@hotmail.com](mailto:vportulano@hotmail.com)

Robin Illers, Secretary (541) 580-7180

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

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

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

Cathy Sanders  
Oregon Chapter Coordinator  
e-mail: [catsindallas@q.com](mailto: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: [chapters@hearingloss.org](mailto:chapters@hearingloss.org)  
(301) 657-2248 - voice  
(301) 657-2249 - TTY  
(301) 913-9413 - FAX  
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