

Hear it is!

Self Help for Hard of Hearing People of Oregon

SHHH

Winter 2004

Issue 18

Your Invitation to Attend!

Getting Beyond Hearing Loss – Tools for Coping

Saturday, February 28th

9:30AM to 4:00 p.m.

Santiam Memorial Hospital Auditorium, Stayton

Are those you love telling you that you have selective hearing?

Do they say, "Why don't you turn up your hearing aid?"

Are you frustrated that people mumble all the time and others just don't seem to understand about your hearing loss?

Do you live or work with hard of hearing people and want to know more about the issues they face and how they can cope?

If you have answered 'yes' to any of these questions then here's a free workshop especially for you!

Spend a fun and lively day with us! Not only will you learn *real-life* strategies for living positively with hearing loss, you'll also meet others who understand what's it's like to live with one and learn how they cope.

With you in mind, we've planned a variety of topics, with well-known and knowledgeable speakers that we're sure you'll



Speak Up About Your Needs

(By Leone Miller - Springfield)

Five year old Danielle was ill for several days. Finally her mom took her to the doctor. After a thorough exam, the doctor declared that she had strep and that he would have to give her some shots. Danielle let the doctor and everyone else in the office know that she didn't like that idea one bit and screamed during the shot process. Before they left the office, mom stepped to the counter and took out her checkbook. Danielle was appalled. With tears still running down her red face she shouted, "Are you really going to PAY for THIS?"

Yes, sometimes the very thing we need the most is not only painful, but we have to PAY for it. That makes me chuckle.

It costs something to deal with our hearing loss. It costs time, lots of money, becoming assertive, educating ourselves, seeking out ways to cope (such as SHHH meetings), and perhaps even swallowing some pride. We don't want to appear old, or disabled,

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“Speak Up” Continued from page 1

or incapable, but wearing a hearing aid can make us feel as if that is exactly how others view us. That is where the pain comes in. And we add to the cost when we don't explain.

Actually that is not how others view us. People are often confused as to what to do to help us. They are grateful to have us explain to them what a hearing loss is like. They DO want to help- they just don't know how. Here's some ways you can help them help you:

Explain that you have a hearing loss and that it would be helpful to you if they would speak slowly and clearly - but not to shout.

Try to move to a quiet place so it's easier to hear.

Ask for a clue as to what they are going to talk about.

Use assistive listening devices to help, and explain what they do and how they can use the microphone or other items to help you.

Let them know when you do understand so that they aren't frustrated that you're not responding. Hearing people don't really know if we “get” it or not, if we don't tell them.

Don't bluff.

Remember that you are responsible to make it easier for yourself as well as others.

Education Matters – Please make a gift to SHHH.

“Coping” Continued from page 1

find interesting and helpful. We'll cover some psychological aspects of hearing loss, coping strategies with panel discussion and audience interaction, and the latest on assistive hearing technology - all of which will help in “real life”.



Realtime captioning and assistive listening devices will be provided for all parts of the workshop. *(If other accommodation is needed, please contact us **at least two weeks before the event.** We will do our best to meet your needs.)* Best of all, it's fun and inspiring to

be with and learn from a group of enthusiastic hard of hearing people!

There's no charge *but pre-registration is required as seating is limited.* To register for this workshop, send in your name, address, phone number, email (if applicable) to SHHH Oregon “Getting Beyond Hearing Loss Workshop”, PO Box 22501, Eugene 97401.

Vending machines for beverages & snacks are available at the Hospital. A one-hour lunch will be on your own and a list of nearby restaurants will be provided at the event.

If you plan to stay overnight, the nearby Sunrise Inn (a Best Western hotel) has agreed to offer SHHH-OR folks a 10% discount if you call (503)769-9579 and mention SHHH-OR (limited spaces are available so reserve soon).

*Directions: From Interstate 5 (north or south), Take Highway 22 from I-5 to the Stayton-Sublimity exit. Turn right and go to the traffic light at the top of the hill past Arco & Dairy Queen. Turn left. Drive approximately ¼ of a mile to the **H** sign and turn right. The hospital is at the top of the hill. The auditorium is in the basement. From Central Oregon, turn left onto Cascade Highway. Drive past Arco & Dairy Queen and follow directions above.*

Questions? please contact Bob Williams: Email: robertiw@cablerocket.com or phone (503)769-0259

This event is co-sponsored by SHHH Oregon and the WROCC outreach site at the Regional Resource Center on Deafness at Western Oregon University. Check out our web sites: www.shhhor.org and www.wou.edu/wrocc.

Trouble Finding a Cordless or Cell Phone You Can Use?

Have you shopped for a cordless or cell phone and had trouble finding one that will work with your hearing aid or cochlear implant? You can do something about it!

When you shop for a phone and cannot find a phone that you can use without interference, please file an informal complaint with the Federal Communication Commission (FCC). There just have not been enough complaints filed and the law is enforced via a complaint process. We need 25 complaints to go into the FCC.

To complain you need to do the following. It is very easy to use email. fccinfo@fcc.gov

Provide the following information:

- your name, address, email, phone
- name of manufacturer of phone
- name of carrier of the system you were trying to use
- type of phone and model number
- location where you purchased or tried to purchase phone
- specific problem you encountered e.g. does not work with telecoil; causes interference when held up to ear with hearing aid
- how do you want the problem resolved

There are also problems with cordless phones causing interference. These are wireline phones and are fully covered

by the Hearing Aid Compatibility Law. If you find you cannot use a cordless phone because of interference – many people are finding the digital spread spectrum cordless phones cause interference with their hearing aids, the same applies - email the FCC and file an informal complaint. Use the same information as above.

Speak up!
Together we can make a difference in the world.

Don't Fence Me In

*(As adapted by Helen Boyd
– a CI User since 1991)*

Oh, give me sound, lots of sound

Just to hear from all around

Don't fence me in

Let me hear with my gear

With my new bionic ear

Don't fence me in

Let me be with my friends

In the evening breeze

Listen to the murmur of

the cottonwood trees

Talk to me forever but

I ask you please

Don't fence me in

Just hook me up,

Let me listen with my system

The new fangled bionic ear

How good it feels

Kickin' up my heels

Because now I really hear

I want to hear all the sound

That the world dispenses

Listen to its noises

Joy overcomes pretenses

Won't accept silence

And I can't stand fences

Don't fence me in!



Thanks – We Can't Do It Without Your Help!

It costs approximately \$1900 to print and mail each edition of this newsletter. We are a totally volunteer organization and need your support to continue this newsletter. If you are able, please send a donation of at least \$10 annually. Otherwise, send us what you can or what you think is fair. 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: Jack Nutt, Tom Riddle, Ardis Marshall, Crow and Walterville Granges, Florence Kohout, Marlene Robbins, Jim Goodwin, Barbara Minturn, Palmer & Marion Larson, Kenneth Gray, Charlotte Lee, Ed Watson, Lloyd Sharrard, Jo D'Antonio, Anne McLaughlin, Herberta Chandler, Donna Kelly, BJ McIntosh, Lois Johnson, Barbara Bay, Lane County SHHH, and 3 Anonymous Donors

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

“Sometimes our light goes out but is blown into flame by another human being. Each of us owes deepest thanks to those who have rekindled this light.”

Albert Schweitzer

The CHAAMP Big Hit at SHHH Convention in Atlanta

Atlanta, Georgia, June 2003 - Audex®, Inc. in conjunction with MLT Wireless Group, introduced a new hearing aid mobile phone accessory that was enthusiastically received by the convention attendees. By actually activating the phones on the convention floor, many people were now able to join the millions of other wireless users. According to an article in The Boston Globe, more than 120 million people across the U.S. now carry cellular phones, but one group is struggling to



join the wireless revolution - the 28 million Americans with hearing impairment. CEO Richard Manley notes that, “Cellular phones by design provide much less volume than desk phones, and

their speakers typically create nothing but buzz in hearing aids. We are excited that The CHAAMP™ will help rectify the digital static problem and increase the amplification 30 decibels, offering improved mobile phone accessibility to hearing impaired individuals, as well as to those in harsh listening environments.” Developed by Audex, the CHAAMP™ cellular phone module attaches to certain Nokia cellular phones. The accessory eliminates the interference that some digital cell phones cause in hearing aids. The device is also useful in difficult listening environments, such as construction and transportation, when a cell phone that provides higher speaker and ringing volumes is needed. In addition to its compatibility with hearing aids and cochlear implants, other features of the CHAAMP™ include background noise suppression, a high-quality speaker for improved sound, a recorder function for on-line recording of calls and playback capability, and a flashing light indicator for incoming calls. MLT Wireless Group, located in Portland, Oregon, is the exclusive distributor of Audex products throughout the Northwest. They have helped many customers with their cellular phone needs. For further information, call MLT Wireless Group at 503-608-3952 or toll free at 877-452-0081, or email mltsales@verizon.net.

NCRAR Conference Big Success

On October 8-10, 2003, NCRAR hosted 168 attendees from 28 states plus Denmark, Switzerland, and British Columbia at its inaugural conference, "Auditory Rehabilitation: A Multidimensional Approach". The conference opened with a reception which was attended by conference participants and special guests including representatives from the offices of Senator Ron Wyden, Congressman Earl Blumenauer, Congresswoman Darlene Hooley, and Congressman David Wu, officers of Veteran Service Organizations, and members of the NCRAR National Advisory Board. The reception opened with an official proclamation from Portland Mayor Vera Katz proclaiming **October 8th to 10th Auditory Rehabilitation Days in Portland.**

There followed two days of sessions in which eight internationally respected clinical researchers presented and discussed the latest advances in the field of auditory rehabilitation. In the next issue of the SHHH Newsletter look for a summary of information on telephone use and hearing aids as presented at NCRAR's national conference.

Carolyn Landsverk, M.S.

Education Manager

National Center for Rehabilitative Auditory Research



Mark Ross, Ph.D., David Lilly, Ph.D. and Harry Levitt, Ph.D. answer questions on telephone use and hearing aids at NCRAR conference.

Willing to Share Your Experiences?

We know that 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 contact Karen (email: kswezey@efn.org or PO Box 22501 Eugene, OR 97402).

Drug May Protect Ears From Chemotherapy

Ongoing human clinical trials with sodium thiosulfate are showing great promise in protecting the ears of brain tumor victims from chemotherapy damage to the inner ear.

Up until the trials began, 50% of brain tumor victims who received chemotherapy had severe enough hearing loss to require aids. Now it's 5%.

Trials in children are beginning, and the manufacturer hopes to receive approval by the Food and Drug Administration in two to three years.

(From "On the Level" the newsletter of the Vestibular Disorders Association – Winter 2003. Veda can be reached by email – veda@vestibular.org, phone (800)837-8428 – PO box 4467 Portland, OR 97208-4467 – www.vestibular.org)

Notice of Elections

Voting will take place at the February 28th “Beyond Hearing Aids Event” (see page 1) for the new SHHH-OR Board of Trustees. Everyone is encouraged to attend that meeting, and all SHHH members in Oregon are eligible to vote for Trustees at that meeting.

Trustees are elected and serve a three-year term. Any SHHH member in Oregon can nominate a candidate for any available Trustee position. The Trustees elect the officers each year, usually at the same general meeting. The Trustees and other volunteers form committees as needed to pursue areas of interest all year.

SHHH-OR meetings are normally held quarterly in Albany (near the middle of the state, so it's reasonably convenient to make the meeting). If you'd like to become involved with SHHH-OR please call or email us for more information.

The following people have agreed to have their names placed on the ballot in February:

Clark Anderson (Roseburg)
- Bonne Bandolas (Eugene)
- Helen Boyd (Springfield)
- Andy Evans (Philomath) -
Mark Foster (Portland) - Jim
Hamm (Medford) - Donald
Ladd (Scio) - Kathy Ladd
(Scio) - Bob Russell (Portland)
- Cathy Sanders (Bend) - Karen
Swezey (Eugene) - Mitch
Turbin (Portland) - David
Viers (Portland) - Bob Williams
(Sublimity)

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Community Access Hearing Assistive Technology Program

In April of 2000, the Oregon Hard of Hearing and Deaf Alliance (OHHDA), an advocacy coalition of over 25 public, non-profit and for-profit organizations representing Oregonians with hearing loss, applied for a two year grant with the Meyer Memorial Trust to fund a Hearing Assistance Technology project. The goals of the Community Access Hearing Assistive Technology Program, CAHAT for short, are to enable people with hearing loss to function at parity with hearing people and to improve communication among those with hearing loss through the availability of hearing assistance technology. In October of the same year, the Meyer Memorial Trust approved the grant of \$48,000 “to purchase hearing assistance technology and equipment for statewide distribution.” (*The Meyer Memorial Trust was created by the personal philanthropy of Fred G. Meyer and is in no way connected with Fred Meyer, Inc.*)

CAHAT equipment has now been distributed to 7 sites throughout the State of Oregon. The intent of the program is not to replace the requirements of entities mandated by the Americans with Disabilities Act of 1990 to provide accessibility for hard of hearing and deaf individuals participating in their programs. Rather, the purpose is to make assistive equipment readily available to the general hearing impaired community. There are times, however, when some organizations will be called upon to provide access for events that will have many more hearing impaired participants than they are equipped for. Loan of equipment by the CAHAT program may be approved if it will be available at the time of the event.

The sites and site representatives include:

Oregon Lions Sight & Hearing Foundation, 1410 SW Morrison St., Suite 760, Portland, OR 97205

Site Representative: Sherry Yarger, (503) 827-6952, 1-800-635-4667, sherry.yarger@orlions.org

Southern Oregon Lions Sight & Hearing Center, 228 North Holly Street, Medford, OR 97501

Site Representative: Sherrie Messer, Exec. Dir., (541) 779-3653, (541) 773-5086 TTY, solshc@uci.net

Umpqua Valley disAbilities Network, 419 NE Winchester Street, PO Box 507, Roseburg, OR 97470

Site Representative: Clark Anderson, (541) 957-8245, clarkoa@presys.com

Depoe Bay, Central and North Oregon Coast SHHH, PO

Box 1137, Depoe Bay, OR 97341

Site Representative: Bob Hall, (541) 765-3342,
bhall@oregonvos.net

Crook County Library, 175 NW Meadow Lakes Dr.,
Prineville, OR 97754

Site Representative: Mary Reed, (541) 447-7978,
reedmaryj@earthlink.net

Central Oregon Resources for Independent Living (CORIL),
20436 Clay Pigeon Court, Bend, OR 97708

Site Representative: Cathy Sanders, (541) 388-8103,
costr-l@bendnet.com

Eagle Optical, 3701 Midway Drive, Baker City, OR 97814

Site Representative: Rex Johnson (541) 523-2020,
eagle3@eoni.com

Sites have been given different equipment to house, depending on the needs of the community. Equipment ranges from small and large FM systems, to loop systems, infrared systems, closed captioning equipment used with TV or with a projector and screen, wireless and hard wired mics, lapel mics, mixers, base transmitter, etc.

To ensure a successful event, please reserve the equipment well in advance of your event whenever possible and allow time to visit with your site representative about which equipment would be the most appropriate for your event or meeting. Also allow yourself time to learn how to properly set up and use the equipment prior to your event. Brochures about the program are available at each site.

For more information about the CAHAT program, please contact Sherry Yarger at the Oregon Lions Sight and Hearing Foundation, or contact your nearest site representative.



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.

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If you cannot attend the meeting, but would like to vote, you may request an absentee ballot by writing to Clark Anderson by February 15th (email: Clarkoa@presys.com – or write him at 570 Garden Grove Dr. Roseburg, OR 97470)

If you would like to nominate yourself or someone else just send your recommendation by February 10th to Clark Anderson, Nominating Committee Chair (address above). If you have questions about serving or the elections process, you can also contact Clark.

It is our goal to represent hard of hearing people across Oregon. We would like to have trustees from all chapters as well as those who do not belong to a chapter.

We hope to see you on February 28th!

	<p>Hear Your Calls in Noisy Environments!</p>
	<p>Cellular Phone Not Loud Enough?</p>
<p>The CHAAMP™ May Be Your Answer!</p> <ul style="list-style-type: none"> • Amplified Internal Speaker and Ringer • Hearing Aid and Cochlear Implant Compatible • Eliminates Digital Cellular Interference • Six Minute Recorder Built In • Louder * Clearer * Better Performance 	
	<p>Try the CHAAMP™ and other listening devices for telephones, television, and better hearing in noisy environments</p>
	
<p>Call Now 1-877-452-0081</p>	

SHHH – Opening the World of Communication

Self Help for Hard of Hearing People (SHHH) is the nation's foremost membership and advocacy organization for people with hearing loss. Our clear, straightforward message has changed the lives of thousands of people for over two decades. Hearing loss is a daily challenge you can overcome. You do not have to hide your hearing loss. You do not have to face this challenge alone.

Members receive *Hearing Loss: The Journal of SHHH*, an award winning bimonthly magazine. Topics include important issues such as coping strategies, technological innovations, and public policy. The *Journal* also features articles written by people who have experienced hearing loss.

SHHH is the national voice for the rights and concerns of people who are hard of hearing. SHHH impacts public policy, research direction, product design and innovation, disability rights, and best practices in hearing health. SHHH advocates for improvements in areas such as hearing aid insurance coverage, captioning and hearing aid compatibility of mobile phones and other communication technologies.

Won't you join SHHH today? You can send your membership fee with the form on the back of this newsletter and soon you'll be enjoying the benefits of SHHH membership. You can make a difference through your membership with SHHH.

	<p>OHHSU Department of Otolaryngology/ Head and Neck Surgery</p> <p>Hearing Services</p> <ul style="list-style-type: none"> • Cochlear Implants • Hearing Aids • Hearing Screening • APD Testing • Vestibular Testing • Assistive Listening Devices • Research and Education
<p>Cochlear Implant Staff Sean O. McMenomey, MD, FACS Alexander J. Schleuning, II, MD Donald S. Plapinger, EdD, CCCA Allison H. Zarkos, MA, CCCA</p> <p>Audiology Staff Amy L. Johnson, MA, CCCA Jennifer J. Strode, MS, CCCA</p> <p>Hearing & Vestibular Services 503-494-5171 Cochlear Implant Services 503-494-6258 Sean O. McMenomey, MD, FACS 503-494-8135 Alexander J. Schleuning, II, MD 503-494-0619 V/TDD cochlear@ohsu.edu www.ohsu.edu/ent</p>	

Web Sites for You!

www.hearingloss.org – The new and improved website for SHHH. 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 – Gives a wealth of information on hearing loss.

Hearing.harvard.edu/information/cx26.htm and www.iro.es/cx26deaf.htm – both have information about connexin 26, the most common cause of genetic hearing loss.

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www.cici.org – This non-profit gives support to cochlear implant wearers, their families and professionals.

Cochlear Americas Corp. – www.cochlear.com (has consumer forum) – Manufacturer of cochlear implant technology

Advanced Bionics – www.BionicEar.com – Manufacturer of cochlear implant technology

Medical Electronics Corp. – www.MedEl.com – Manufacturer of cochlear implant technology

And speaking of web sites! Have you checked out www.shhhor.org lately? Our web master supreme, Ken Moore does a great job of keeping our website fresh and up to date. Thank you, Ken, for all your great work!!

Survivor’s Manual Goes to Third Printing

We are pleased to announce that we have raised enough money to be able to reprint SHHH-Oregon’s very popular booklet “Facing the Challenge – A Survivor’s Manual for Hard of Hearing People”. We have distributed more than 15,000 of these Manuals’s and the orders continue to roll in. We started with the original seed money in the form of a challenge grant from Blanche Fischer Foundation and matching funds from the Oregon Lion’s Sight and Hearing Foundation to print the first batch. We have had contributions from many sources for the 2nd and 3rd printings. This time, we were pleased to be awarded a grant from the Woodard Family Foundation, and sponsorships from other organizations that support SHHH.

We want to thank Leone Miller (Springfield), for dreaming up the Survivor’s Manual in the first place and working hard to make it happen. Kathy Kifer (Eugene), our graphics design guru who has worked on all three editions of this Manual and Ken Moore (Aumsville) for adding it to our website and keeping our web site up to date and looking great! What talented people you are! Thank you, Leone, Ken and Kathy!!

Vocational Rehabilitation Counselors, Audiologists, Hearing Aid Specialists and other professionals who work with hard of hearing and late deafened people find these books to be wonderful resources for themselves and their clients. Many people have ordered additional copies to share.

The current edition of the Survivor’s Manual is at www.shhhor.org. And you can order copies by sending \$3 per book or \$25 for each 20 books to SHHH, PO Box 22501, Eugene, OR 97402. If you would like more information, you can contact us at kswezey@efn.org or write to the PO Box.

When the Hearing Aid Whistles

A whistling hearing aid can be very annoying and disturbing. The high-pitched sound is feedback from a hearing aid and you can do something about it.

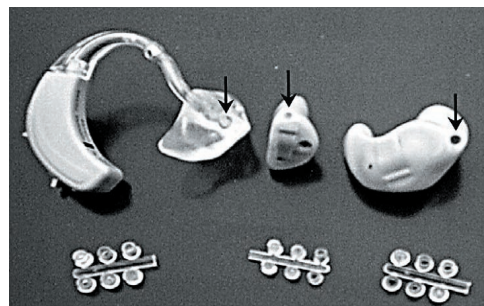
Wax in the ear canal may prevent sound from traveling into the ear. The sound being forced back out of the ear results in the high-pitched whistle. The wax needs to be removed by a physician.

Wearing hearing aids on full volume often creates feedback. Turn down the volume or have the hearing aids checked if you always need high volume to hear properly.

And incorrectly fitted ear mold can cause the hearing aid to make the whistling sound and you need to be se your hearing health care professional to get anew or modified ear mold.

The plastic tubing that joins some hearing s to the ear mold can become hardened and shrink puling on the ear mold so it no longer sits correctly in the ear. This can cause the whistling sound and a new tubing is needed. Tubing should be changed about every six months or when it loses its flexibility.

(Gleaned from the COHEAR News)



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 (541)689-7242
voice/TTY
FAX (541)461-8601
e-mail: kswezey@efn.org

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.

Self-Help 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 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. We have new chapters starting in Astoria, Bend, Baker City, and Depoe Bay right now!

Baker City SHHH meets the 2nd Monday of the month - 4 PM at Community Connections - 2810 Cedar St. - Baker City.

Contact Peggy Benintendi
e-mail: pegleg@bakervalley.net
(541)524-1630
Cathy Wilson
(541)524-0453
2795 E. Street, Baker City, OR 97814

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: csotr-l@bendnet.com
(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 Bob Hall
e-mail: bhall@oregonvos.net
(541)765-3342
PO Box 1137, 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
(541)744-2994
Andrea Cabral
e-mail: angora@comcast.net
(541) 345-9432 voice/TTY
PO Box 22501, Eugene, OR 97402

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

Contact Ed Larson
e-mail: edlarson4@juno.com
(503)620-0437 voice/TTY
18750 Wood Duck Circle, Lake Oswego, OR 97035

Medford Area Chapter - New for You!

Contact: Jim & Marilyn Hamm
e-mail: cruzin2the_top@aol.com
(503)664-0141
PO Box 4666, Medford, OR 97501

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

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

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 Clark Anderson
e-mail: lrussell@mcsi.net e-mail: clarkoa@mcsi.net
(541)679-9655 (541)957-8245
732 Mulberry Ln. 570 GardenGrove Dr.
Roseburg, OR 97470 Roseburg, OR 97470

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

Contact Kathy Ladd
e-mail: 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:

Bob Williams, Oregon
Chapter Coordinator
e-mail: robertiw@cablerocket.com
(503)769-0529
PO Box 317, Sublimity, OR 97385

or

Chapter Coordinator, SHHH National Office
e-mail: national@SHHH.org
(301)657-2248 - voice • (301)657-2249 - TTY • (301)913-9413 - FAX
7910 Woodmont Avenue Suite 1200
Bethesda, MD 20814

“We are living art, created to hang on, stand up, forbear, continue and encourage others.”

Maya Angelou



Self Help for Hard of Hearing People of Oregon

People helping people have a better life through support and education.

<http://www.shhhor.org>



Self Help for Hard of Hearing People of Oregon
 PO Box 22501
 Eugene, OR 97402

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ADDRESS SERVICE REQUESTED

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

Name _____ Phone _____

Organization Name _____

Address _____

City _____ State _____ Zip _____

E-Mail _____

I learned about the newsletter from: _____

- Enclosed is my contribution of \$_____ to support the **SHHH** 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 **SHHH** National. Please enroll me as a member. I'm including my \$25 membership fee. Or you can sign up online at www.shhhor.org (Click membership, click application).

Donations to support **SHHH** outreach efforts in Oregon should be made payable to **SHHH** Oregon and mailed to P.O. Box 22501, Eugene, OR 97402.