

# Hear it is!

Self Help for Hard of Hearing People of Oregon

**SHHH**

Spring 2004

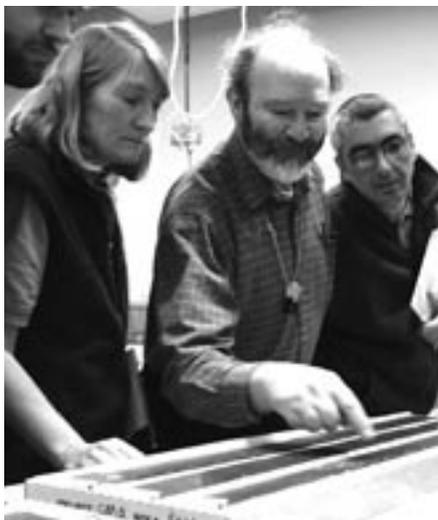
Issue 19

## Hearing in Noise?

### You Bet You Can! Here's How

*Copyright by Neil Bauman*

Editor: You think it's impossible to hear when there's background noise present? Well, Neil Bauman thinks differently, and he's here to tell you about the way that he does it. Many of us find we prefer to use the PockeTalker with our hearing aid telecoil and a neckloop. Try both ways and decide which works best for your hearing loss.



#### **The PockeTalker Pro**

The solution that I personally love is using a small amplifier with a microphone and earphones. The device I use is the PockeTalker Pro. Not only does it give excellent results, it costs just a small fraction of what fancy hearing aids cost, yet works great for me.

When my wife and I go out driving, I would normally have to take my eyes off the road and look at her in order to speechread/understand her. Not a great idea when I am the driver, especially in heavy traffic!

With the PockeTalker Pro, this is no longer a problem. Here's what I do. Before we start, I clip my lapel microphone to the chest strap of my wife's seatbelt, placing it as close to her mouth as possible. (I could just as easily clip it to her sweater or blouse, but the seat belt is more convenient in our car because of the kind of seat belts we have.)

I plug the microphone into the microphone jack on the top of the PockeTalker. I also plug in my binaural earphones

## SHHH Supports Bill H.R.3103 To Provide A Tax Credit for Hearing Aids

U.S. Representative Jim Ryun (R-KS) has introduced H.R.3103, the Hearing Aid Assistance Tax Credit Act, which will provide a tax credit of up to \$500 per device toward the purchase of hearing aids. US Senator Coleman (R-MN) has also introduced Senate Bill 2055, which is a companion bill

The tax credit may be taken by an individual age 55 or older purchasing a hearing aid for their own use, or by a parent purchasing a hearing aid for a dependent child or parent. The tax credit is not refundable and may be used once every five years.

The Bill has no restrictions on which type of hearing aid and professional provider the consumer may select. The credit will apply to any hearing aid that is considered a "qualified hearing aid" under the Federal Food, Drug, and Cosmetic Act.

"This brings national attention to the financial impact that hearing loss has on the individual

*"Hearing" Continued on Page 2*

*"Bill" Continued on Page 2*

## **“Bill” Continued from page 1**

and their family”, stated Dr. Terry Portis, executive director of SHHH. “There is virtually no help today for someone who needs to purchase hearing aids and the out of pocket expenses are getting higher and higher. This legislation is a good step forward in getting financial help to those who need hearing aids.”

H.R. 3103 and Senate Bill 2055 would provide a potential benefit to a population of around 2 million individuals, many of whom cite financial reasons as the primary barrier to treatment, and would be available only once every 5 years. Neither H.R. 3103

*“Bill” Continued on Page 3*

## **“Hearing” Continued from page 1**

(earbuds actually) and adjust the volume for comfort. That is all there is to it! Now I can freely converse with my wife without any trouble.

This system is so sensitive that I only need the volume set on 1 (out of 5). This means I have more than enough reserve power if I should ever need it or if my hearing should get worse. (For the record, I have a severe hearing loss. This gives you a good idea of how powerful and sensitive this system really is.)

We do much the same thing in restaurants. My wife clips the microphone to her sweater a bit to one side so the microphone cord doesn't hang down into her dinner. The microphone cord is 6 feet long so I can easily lay it to one side of the table-well out of the way. (Actually, it is long enough to string under the table if I choose to do that instead.) I put the earbuds into my ears and hear very well. Just like in the car, background noise becomes almost non-existent so I do not have to crank up the volume much.

Not only does the PockeTalker work great in noisy restaurants, it also works great for intimate dinners where you don't want to be overheard. With the PockeTalker I can hear

my wife without her having to shout “sweet nothings” at me (and to half the restaurant as well!) There are two secrets to using ALDs effectively. One is to use dual earphones-one in each ear. This makes a tremendous difference since we have less than perfect discrimination. With two earphones, our understanding goes way up as compared to listening with just one.

An added bonus is that the earphones also cut out some of the car/road/wind noise, but still allow me to hear some environmental sounds. I like to wear unobtrusive earbuds rather than wear headphones. This is my choice. I find them much more comfortable. The other secret to effective ALD use is to place the microphone as close as you can to the lips of the person you want to hear. This allows you to keep the volume down so the microphone won't pick up the more distant background noise.

The PockeTalker is a flexible system. For example, if I wanted to, I could wear my hearing aids, switch them to their telecoils and plug my neckloop into the PockeTalker instead of using the earbuds and hear just as well.

Unfortunately, in my experience, I find that a lot of places where I want to use my telecoils also have a lot of electrical (technically magnetic) interference. This



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1-800-735-1232 (Voice)  
1-800-735-0644 (ASCII)

interference can range from slightly annoying to being so loud as to drown out the speaker! The good news is that interference does not bother the PockeTalker Pro at all. As a result, I can use it with confidence anywhere.

Another neat feature of the PockeTalker is that because it is a “hard-wired” system, no one can listen in on your conversations like they could if you were using an FM or loop system.

**Cost and Availability:** What does a system like this cost? The good news is that the whole system I use lists for only \$206.99—a minuscule 4-7% of the \$3,000.00 to \$5,000.00 a pair of fancy hearing aids would cost me—and it works a whole lot better in the situations I’ve described above.

The system I use includes the PockeTalker Pro (PKT PRO1-0/\$164.50). To this I add dual mono earbuds (EAR 014/\$17.50) and a Tie Clip microphone (Radio Shack part no. 33-3013/\$24.99). If you already have stereo earbuds/earphones that you want to use, you can do so. Instead of buying the EAR 014 earbuds, you just need to get an in-line stereo to mono converter (Radio Shack part no. 274-882/\$3.99).

To learn more about the many features of the PockeTalker Pro, or to order one for yourself and begin communicating with ease, request a catalog from General Technologies (1-800-328-6684) or Hearing Resources (1-800-531-2139). You do not have to put up with not hearing when the noise builds up. With the right technology, you too, like me, can hear better!

Neil Bauman, Ph.D., has successfully coped with a life-long severe hereditary hearing loss. He is a hearing loss coping skills specialist, author and speaker. He is active in SHHH in Pennsylvania where he directs the Center for Hearing Loss Help. Send your questions to him at: [neil@hearinglosshelp.com](mailto:neil@hearinglosshelp.com) or visit his website at: [www.hearinglosshelp.com](http://www.hearinglosshelp.com) and you can find this article on his website at [www.hearinglosshelp.com/PTPro.htm](http://www.hearinglosshelp.com/PTPro.htm).



## **“Bill” Continued from page 2**

nor Senate Bill 2055 is intended to cover the full cost of hearing aids, but will simply provide some measure of financial assistance to the groups who are most in need of these devices but are unable to afford them: those approaching or in retirement, and families with children.

SHHH believes this is a good first step in the process of getting coverage for hearing aids. A tax credit, unlike a tax deduction, is a dollar for dollar amount. More importantly it brings recognition and credibility to hearing aids and their benefits.

### **Who supports this bill?**

This bipartisan initiative is supported by the Hearing Industries Association; Self Help for Hard of Hearing People, Deafness Research Foundation, American Academy of Audiology, American Speech-Language Hearing Association, and International Hearing Society among others.

### **Action Alert for You to Help**

You can help get this bill passed! We need more co-sponsors for Bill H.R. 3103 and Senate Bill 2055. Please contact your senators and representatives and urge them to co-sponsor Bill H.R. 3103 and Senate Bill 2055.

Senator Gordon Smith  
404 Russell Senate Office Building  
Washington, DC 20510-3702  
(202)224-3753

Senator Ron Wyden  
516 Hart Senate Office Building

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**“Bill” Continued from page 3**

Washington, DC 20510  
(202)224-5244

Representative David Wu  
1023 Longworth House Office Building  
Washington, DC 20515  
(202)225-0855

Representative Greg Walden  
1404 Longworth House Office Building  
Washington, DC 20515  
(202)225-4811

Representative Earl Blumenauer  
2446 Rayburn House Office Building  
Washington, DC 20515  
(202)225-4811

Representative Peter DeFazio  
2134 Rayburn House Office Building  
Washington, DC 20515  
(202)225-0032

Representative Darlene Hooley  
2430 Rayburn House Office Building  
Washington, DC 20515  
(202)225-5699

To write your representative, you might follow this suggested format:

The Honorable (full name)  
House of Representatives  
Washington, DC 20515

## ANNOUNCEMENT FOR THE CURRENT CAPTEL USERS:

The CapTel trial completed on January 31, 2004. All old CapTel units MUST be sent back to Ultratec. They are not FCC compliant. The new CapTel units are distributed through the TDAP program. Please contact them for more information on how CapTel trialist may obtain new CapTel units at [damara.paris@state.or.us](mailto:damara.paris@state.or.us) or call 1 800 648 3458 TTY or 1 (800) 848 4442 Voice and ask for Kelli Chrisman.

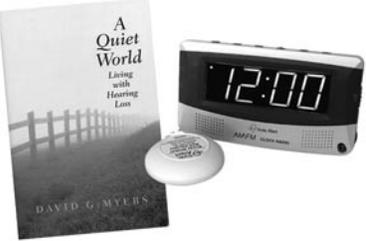
Please be aware that the new CapTel units work with 911.

When you dial 911, the CapTel caption part will automatically shut off and the call will be forwarded to the next most appropriate PSAP (emergency services center) without access to CapTel service. When the 911 operator receives your call, a voice message will be sent out telling the operator that your call is a Voice Carry Over (VCO) call. You will be able to use your voice, but not hear on the headset. Instead, you will need to read the captions, which are typed by the 911 operator. Please contact TDAP if you have any other questions about CapTel and 911.

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Refresher/update workshops are being planned around Oregon. At press time the Eugene workshop was scheduled the Hilyard Community Center, (2580 Hilyard) on Thursday, April 29th from 6 PM to 8 PM. These free workshops will focus on the updated information on CapTel such as new features/services. Also, it will help you understand how to use new phone better especially with new features like 911 access. If you have any question about these workshops, please contact Aparna Lele, Account Manager by email at [aparna.lele@mail.sp rint.com](mailto:aparna.lele@mail.sp rint.com).

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## New Statewide Cochlear Implant Group Forming

Do you have questions about your cochlear implant (CI)? Ever wonder how other CI users make the best use of their CI? Been considering a cochlear implant but want to talk to others who use them? Insurance questions? Don't know who to contact? Interested in the newest updates? **Don't miss this event!!**

**Date: Saturday – May 1, 2004**

**Time: 1:00 to 4:30 PM**

**Location: Eugene Hearing & Speech Center**

**1500 West 12<sup>th</sup> Avenue - Eugene**

**Refreshments will be provided**

This will be our first meeting and we have an exciting program in store for you, with location and topics for future meetings to be determined by what you tell us.

This meeting is for people seeking cochlear implant information for themselves, people who use a cochlear implant, or people just plain interested in the cochlear implant and what it can do. Family and friends are always welcome.

Access for this meeting will be provided by Realtime Captioning and an induction loop system. (Bring your patch cords if you have one.) If you need a different accommodation, please let us know by April 19<sup>th</sup>.

**Please let us know that you plan to attend this meeting, and if you want to be notified of future meetings.** Watch for details about our summer picnic to be held in the northern part of the state.

**RSVP** and questions to:

Karen Swezey – [kswezey@efn.org](mailto:kswezey@efn.org)  
(541/689-7242 v/tty)

Bonne Bandolas – [bonne@pciNW.com](mailto:bonne@pciNW.com)  
(541/689-3701 CapTel or tty)

Cindy Campbell – [cdcampbell@charter.net](mailto:cdcampbell@charter.net)  
(1/877/867/1869 voice)

Nancy Hammons – [HammonsN@aol.com](mailto:HammonsN@aol.com)  
(503/769-3169 tty or CapTel)

We appreciate the support of the cochlear implant manufacturers and service providers to this group.

## “Bill” Continued from page 3

Dear Mr. Last Name:

I support H.R. 3103 (or Senate Bill 2055), the Hearing Aid Assistance Tax Credit Act, and ask that you co-sponsor it.

We need a special tax treatment for hearing aids because Medicare and most insurance providers do not cover them. While 95% of individuals with

hearing loss could be successfully treated with hearing aids, only 22% currently use them. The average out-of-pocket expense for two hearing aids today is over \$2,800 and thousands of people are unable to afford them.

(Use this paragraph to

describe your own experience with hearing aids, why they are so important to you, and the burden the high costs place on you and your family.)

I strongly support this Bill because it would bring the benefit of hearing aids to some people who can benefit from them – those over the age of 55 and dependents.

Please show leadership on this issue and co-sponsor H.R. 3103. Thank you very much.

Your name

To learn more about these bills, go to [www.shhh.org](http://www.shhh.org)



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## **Beyond Hearing Loss Workshop – What a Team!**

We continue to receive enthusiastic feedback from those who attended the February 28<sup>th</sup> “Beyond Hearing Loss Workshop”. We are grateful to the following Sponsors who’s financial support made the workshop possible:

**Oregon Telecommunications Relay Service (Sprint)**  
**Western Regional Outreach Center (WROCC) at Western Oregon University**  
**Central Oregon SHHH Chapter (Bend)**  
**Kenyon Audiology (Bend)**

The personal contribution of skills and time by all the volunteers made this workshop happen, including:

**Bonne Bandolas, Bob Williams, Cathy Sanders, Kathy & Donald Ladd, Karen Swezey - Planning Team**

**Mark Foster – Assistive Listening Device (ALD) Coordinator**  
**David Viers – Meeting Facilitator and ALD’s**

**Peggy Morris, Andrea Olson, Everett Swezey, Andy Evans, Cathy Sanders, Dr. Mitch Turbin, Dr. Cheryl Davis, and Aparna Lele – Presenters**

**Judy Hunter – Realtime Captioner**  
**Kathryne Davis - Sign Language Interpreter**

We hope to see you at our next workshop!

## **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. 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: Jo D’Antonio, Lane County SHHH, Dorothy Fox, Mary Lou Bishop, Joan Rilance, Luther & Doris Miley, Dirk Ten Brinke, Jocelyn Cox, Karen Swezey, Bonne Bandolas, Jim Barrett, Ruth Spielman, C. Dudley Miller, Larry Pagter, Lloyd Rain, Luann Enz, Victor Buenzle, Esther Brown, Evelyn Boyles, CamilleAtherton, Mrs. Berthiel Mayfield, Osa Orshold, John Jepsen, Gloria Scrimger Dorothy Downes, and 5 Anonymous Donors

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



# A Trip to Russia

I have been hearing impaired since I was five years old as a result of high fevers and Rubella measles.

It was frustrating, as a mother of four children, to not be able to understand everyday conversations with my children. Because my hearing loss was so profound, I became dependent on my children to “hear” for me.

In 1996, my youngest daughter, Kari, and her husband Chanucey, went on a two-week mission trip to Russia. When they came back from their trip, Kari told me that she had something that she needed to talk to me about. She said that she wanted to apologize to me.

I was very surprised, and asked Kari to explain what she meant...

Kari said, “Well, Mom, you know that Chauncey and I could not speak the Russian language. So we had to have a Russian interpreter.” Kari continued to explain: “There were a lot times when the interpreter would be speaking to another Russian person, in their native language. I was always curious as to what they were saying to each other. So, I would ask the interpreter what the Russians were saying. The interpreter would answer, “Oh, it’s nothing important, or, I’ll tell you later...”

Kari went on to say that the interpreter did not always respond back to Kari’s inquiry. Kari said that as a result, she and Chauncey felt left out of a lot of conversations with the Russian people.

At this point, Kari started crying, and she said, “Mom, it was then, that I thought of all the times that you felt left out of conversations because you could not hear: I am sorry for those times, Mom.”

My daughter and I continued to talk about my hearing loss and how it affects my life. From that day on, my daughter made every effort to include me in everyday conversations.

Sometimes it takes a “trip to Russia” to open a hearing person’s understanding of how a hearing loss affects a person’s life.

For myself, being hearing impaired, I am forever grateful for those “understandings.” Life has a lot to teach all of us. All it takes is the willingness to understand and communicate to the best of our ability.

## Welcome to our Sponsors!

We are so glad for the sponsors who support the work we do by not only telling their clients about SHHH, but starting with this issue they also support us by purchasing ads in this newsletter. Many THANKS to our sponsors!

### U.S. Department of Transportation

Aviation Consumer Protection Division

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7 a.m. - 11 p.m. EST, daily

**1-800 778-4838 (voice)**

**1-800-455-9880 (TTY)**

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#### 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.

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## Seniors With Hearing Loss Face Discrimination When Trying to Schedule a Cochlear Implant

Are you a Senior on Medicare who has been turned down for a cochlear implant? We want to hear from you! Because of current government regulations, which we believe are unfair and discriminatory, seniors are required to demonstrate a more severe hearing loss than everyone else in order to qualify for a cochlear implant. We are trying to change this. Please email SHHH ([tportis@hearingloss.org](mailto:tportis@hearingloss.org)) so we can hear your story!

## I Can't Get Enough of This!

If you find the information in this newsletter helpful, you should be a member of SHHH and get the "Hearing Loss Journal"! The March/April issue of this magazine is a must read from cover to cover! Articles such as "A Practical Look at Assistive Listening Devices and Systems" tells how to go beyond the hearing aid and discover the hearing help of personal FM, infrared and audio loop technologies. The "Ask the Doctor" section answers questions about dizziness, hearing damage from noise and other concerns. And then there's the article "Independence Through Technology" where the author shares her successes and practical advice for using assistive devices on a daily basis. **If you're not a member – you are missing out!!** Join us today and help make a difference for hard of hearing people. Send your check for \$25 with the coupon on the back of this newsletter indicating it is for membership and soon you'll receive the "Hearing Loss" Journal and other benefits. Check out the SHHH website at [www.hearingloss.org](http://www.hearingloss.org) and the SHHH Oregon website at [www.shhhor.org](http://www.shhhor.org).

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## Dry & Store

We received the following comment from Scott DeRieux who dispenses hearing aids in the Portland area:

"Thanks for keeping up the good work on the *SHHH Hear It is!* newsletter. I always find something useful to share with my clients.

You mentioned the "Dry & Store" product, and suggested removing the hearing aid batteries, before using any dry aid type kit. I have obtained "Dry & Store" brand "Professional Hearing Aid Conditioning System" units for my clients who leave the batteries in with uniformly positive results. The operating instruction booklet that comes with the machine reads;

You may leave the battery in your hearing aid during conditioning, but open the battery door for maximum drying effect. In fact, an independent test by a world leader in batteries has shown that under high humidity conditions, regular use of Dry & Store can increase hearing aid battery life by 10% to 20%."

Scott goes on to say, "Some of my clients who experience extended battery life benefit have suggested that the money saved pays for the cost of desiccant brick replacement."



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

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- Hearing Aids
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- APD Testing
- Vestibular Testing
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**Cochlear Implant Staff**

Sean O. McMenomey, MD, FACS  
Alexander J. Schleuning, II, MD  
Donald S. Plapinger, EdD, CCCA  
Allison H. Zarkos, MA, CCCA

**Audiology Staff**

Amy L. Johnson, MA, CCCA  
Jennifer J. Strode, MS, CCCA

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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

## Being of Service

*Survival is acting in your own self-interest, and there are times when that becomes necessary. Yet there is so much more to life beyond mere survival.*

*True prosperity comes from going beyond your own limited interests. The more you take into account the interests of others, the more prosperous your own life becomes.*

*Prosperity comes not so much from having the right job or having the right contacts. Prosperity comes more from having the genuine desire to be of service.*

*Think of someone whom you consider to be truly and consistently successful. That person has found an effective way to be of service.*

*The more valuable you can make yourself to others, the more value you'll see flowing into your own life. That holds true no matter what your circumstances may be.*

*Go beyond the mere survival dictated by your own narrow self-interests. Fill your moments with service, and you'll fill your life, your world with real richness.*

*Ralph Marston*

## New State Association Board Elected

Besides an excellent series of seminars on 2/28, we elected the following new Board members for the SHHH Oregon State Association:

David Viers – President

Cathy Sanders – Vice President

Bob Russell – Treasurer

Bonne Bandolas – Secretary

Karen Swezey – Immediate Past President

Clark Anderson

Helen Boyd

Andy Evans

Mark Foster

Jim Hamm

Donald & Kathy Ladd

Mitch Turbin

Bob Williams

Our quarterly meetings are open to **YOU**. The next one will be held Saturday, April 10<sup>th</sup> (10:00 a.m. – 4:00 p.m.) at the Albany General Hospital. You are most welcome to attend! If you would like to be notified of future SHHH-OR quarterly meetings, or would like to be involved in some of our projects, contact David Viers at [viers2001@juno.com](mailto:viers2001@juno.com).



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## 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*

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## 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 Cathy Wilson  
e-mail: [pegleg@bakervalley.net](mailto:pegleg@bakervalley.net) (541)524-0453  
(541)524-1630  
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](mailto: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](mailto: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, Andrea Cabral  
e-mail: [vngleone@msn.com](mailto:vngleone@msn.com) e-mail: [angora@comcast.net](mailto:angora@comcast.net)  
(541)744-2994 (541) 345-9432 voice/TTY  
PO Box 22501, Eugene, OR 97402

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**Lowestin (Lake Oswego/West Linn/Tualitan) SHHH meets 2nd Tuesday each month - 2PM at the Adult Community 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 97035

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

Contact: Jim & Marilyn Hamm  
e-mail: [cruzin2the\\_top@aol.com](mailto: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 Marsllall, 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

**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: [lrussell@mcsi.net](mailto:lrussell@mcsi.net)  
(541)679-9655  
732 Mulberry Ln.  
Roseburg, OR 97470

Clark Anderson  
e-mail: [clarkoa@mcsi.net](mailto:clarkoa@mcsi.net)  
(541)957-8245  
570 GardenGrove Dr.  
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](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:**

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

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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*“A true friend knows your weaknesses but shows you your strengths; feels your fears but fortifies your faith; sees your anxieties but frees your spirit; recognizes your disabilities but emphasizes your possibilities.”*

William Arthur Ward

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