

Hear It Is!

Oregon



**Hearing Loss
Association
of Oregon**

Spring 2011

Issue 45

Walk4Hearing Plans Pick up the Pace

Plans continue to crystallize for Oregon's first Walk4Hearing, scheduled to be held at the World Trade Center in Portland on Saturday, the 17th of September. The Walk4Hearing committee co-chaired by Cathy Sanders and Kathy Eckert-Mason will meet on the second Saturday of each month until then.

Prior to the walk there will be a kickoff party for organizers at the Clackamas Spaghetti Factory on July 23rd from noon until 2:30 p.m. This will provide an opportunity to meet other supporters and team captains and receive Walk materials and training for effective fundraising. Watch for your invitation for more details. If you have any questions, contact us at info@hearinglossOR.org.

Karen Swezey is coordinating corporate sponsorships for the walk. Contact her at the above address if you belong to a corporation that would like to sponsor the walk (or a team) or know about a corporation that might be interested in being a sponsor. This coordination is needed to avoid duplication of effort.

Kathy Eckert-Mason is the coordinator for alliances. An alliance is a 501 c3 nonprofit organization that has an affiliation with persons with hearing loss which raises its own funds for the walk and keeps a portion, usually 40%, which must be spent on things related to hearing loss. The rest of the money goes to HLA-OR and HLAA. Contact Kathy at k_eckertmason@yahoo.com if you want to learn more about how an alliance works, form an alliance, or approach a potential candidate.

We still need volunteers to help with certain tasks to be performed at the Walk itself. Contact us to learn what tasks are still unassigned and to offer your services.

See page 5 for further information on the walk, including additional contact information.

Please order your snazzy and newly updated Survivor's Manual today. Consider giving a copy to a friend or family member to help them understand more about hearing loss and the help that is available. Send \$4 per copy or \$35 for 20 copies to HLA Oregon, PO Box 22501, Eugene, OR 97402

From My Lips to Your Ears

Editorial by Chuck Vlcek

Spring has come but the drip goes on. Maybe you couldn't hear the constant patter of rain, but if you could, you probably got tired of it. You could turn off the sound, but you would rather turn off the rain. Enough already!

Be of good cheer. Stripes of blue are invading the gray skies, and summer, glorious summer, is just around the corner. Also coming up is our first ever Walk4Hearing, and summer brings the kickoff to this event. The walk itself comes as summer wanes, leaving time to raise money or volunteer to help in some way. The lead article on page one and the "flyer" on page 5 gives you the initial information you need.

Spring also brought elections and a new board member. We welcome Liza Knowles aboard and hope she finds ways of contributing that are satisfying to her and useful to others.

Summer brings plays to Ashland, and some of these will be captioned. See page 10 for the latest on OR-CAP's efforts to expand captioning there and at other venues such as theatres.

Some events have too much sound. See "Dangerous Decibels" on page 7 to learn how much is too much. Audiometers, even portable ones, are expensive and mostly designed for professionals. It would be nice if someone would develop and market an inexpensive device with a digital readout, perhaps the size of a pocket camera. Even better would be a device that would also record cumulative exposure, perhaps expressed as a fraction of the maximum daily exposure before hearing damage begins. Such a device might also factor in any ear protection devices

the listener is using. By addressing the issue of hearing loss prevention, HLAA demonstrates that it is for everybody, not just those who already have hearing loss or are in contact with those with hearing loss.

Finally, check page 13 to see what HLAA is doing to make hearing aids affordable for everyone. This information was gleaned from pages 15 and 18 of the May/June issue of Hearing Loss magazine. It should be noted that the Lions clubs in Oregon already have a program of providing recycled and refurbished hearing aids to needy people, relying on donations and (hopefully) grants to cover the cost. Perhaps the Lions could collaborate with HLAA and HearingHealth4U in these noble efforts.

Hearing Loss Association of Oregon

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

For advertising information and rates, contact Karen Swezey at info@hearinglossOR.org.

Deadline for Summer 2011 edition: June 15, 2011.

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Convention 2011 is coming to the nation's capital!
Don't miss Convention 2011,
June 16-19 at the Hyatt Regency Crystal City

[Highlights of the HLAA Convention](#)

Reading the printed version? Just type in www.hearingloss.org and follow the links.

Registration Now Available!

Registration for Convention 2011 and the [2nd International Hearing Loop Conference](#) is now available online. The complete registration form is also available in the November /December issue of Hearing Loss Magazine. You can also take a look at the [Schedule-at-a-Glance](#).

HLA-OR Quarterly Meeting Dates

The next meeting will be held on June 11, 2011 at Albany General Hospital

Future meetings will be at a new location to be announced in the next issue.

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

NOTICE TO AUDIOLOGISTS AND HEARING AID SPECIALISTS

Want to keep your clients happy? Want to make them feel special? Want to help them face the world? What better way than to provide a gift membership to the Hearing Loss Association of America? It's easy. Just go to <http://www.hearingloss.org/> and select Membership from the menu, then Gift Membership (or Benefits opposite Gift Membership) and follow instructions.

PORTLAND



Chances are you, or someone you know, is affected by hearing loss.
It's time to STEP UP!

Saturday, September 17, 2011

Two World Trade Center | 121 SW Salmon Street | Portland, OR

Registration: 9 AM | Walk Starts: 10 AM | 5K (3.1 miles)

Walk Chairs: Cathy Sanders | catsindallas@q.com | Kathy Eckert-Mason | k_eckertmason@yahoo.com

Visit www.walk4hearing.org for more information and to register today!



**Hearing Loss
Association
of America**

The Hearing Loss Association of America (HLAA) is the nation's largest consumer advocacy organization for people with hearing loss and is dedicated to providing information, education, support and advocacy to enable those with hearing loss to live full and productive lives.

Important Notice about our Website and Electronic Newsletter

Those who have opted to read the electronic version rather than have a printed copy mailed to them will receive an e-mail notifying them that a new issue has been posted on the HLA-OR website, along with a link to the specific web page, <http://www.hearinglossor.org/news.htm> . Those who have not yet made the change are encouraged to do so by e-mailing your request to info@hearinglossOR.org



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Within Earshot: News You Need to Know

Dangerous Decibels: Save Your Ears!

What happens to a speaker that is turned up too high? It can get blown out or at least wind up sounding terrible. Fixing it or replacing it can be rather expensive.

What happens to your ears when too much sound is put into them? A blown eardrum is the least of your problems. The delicate hair cells in your cochlea can die, resulting in hearing loss. Technology has given us digital hearing aids and cochlear implants, but these “fixes” are even more expensive than replacing a speaker system. Truly an ounce of prevention is worth a pound of cure.

So how much is too much? It is the cumulative effect of exposure to noise that causes permanent damage. The louder the sound, the less time it takes to result in hearing loss. “Dangerous Decibels” has the answer on the web: <http://www.dangerousdecibels.org/education/information-center/noise-induced-hearing-loss/>. It provides a table of permissible daily exposure time to continuous sound of varying degrees of loudness in dB.

Continuous dB	Exposure Time
85 dB	8 hours
88 dB	4 hours
91 dB	2 hours
94 dB	1 hour
97 dB	30 minutes
100 dB	15 minutes
103 dB	7.5 minutes
106 dB	< 4 minutes
109 dB	< 2 minutes
112 dB	< 1 minute
115 dB	< 30 seconds

The loudness of a sound depends partly on your distance from the source. Doubling your distance reduces the sound by 6 dB. MP3 players can deliver up to 103 dB to someone using headphones or ear buds.

Check the website for more detailed information. While extreme sounds like explosions can result in immediate hearing loss, most of the time the loss is very gradual. If exposed to loud sounds, have your hearing checked often.

Looking for a Compatible Cell Phone?

The bewildering variety of cell phone features and service contracts is challenging even for persons with normal hearing. You need to balance what you need, what you don’t need, and what you can afford or care to spend.

If you wear a hearing aid or cochlear implant, you also need to consider compatibility. Phones have an M rating (for microphone use) and a T rating (for use with a T-switch). A rating of 3 is acceptable, but 4 is better. Thus the best phones have both an M4 and a T4 rating. Not rated? Not compatible.

Cochlear implant processors are more susceptible to interference from cell phones. Flip and clamshell phones are less likely to produce significant interference because the earpiece is further away from components that could cause interference.

In any case “Try before you buy”. Cochlear America has a website that provides additional guidance: <http://products.cochlearamericas.com/support/cochlear-implants/compatible-cell-phones>. Another website called Phonescoop allows you to plug in the features you want or don’t want (be sure to select the compatibility features under “accessibility”) and get a short list of candidates: <http://www.phonescoop.com/phones/finder.php>.

The Implanted Sound of Music

Cochlear implants now perform very well rendering spoken language. Melody perception, however, remains a challenge. But a new system that adapts cellphone sound processing appears to bring cochlear implant technology closer to offering the best of both acoustical worlds: speech and music.

In the current cochlear implant pitch-encoding schemes for rendering melody, the original sound signals are significantly altered. This helps music perception but hurts speech perception. To overcome this, the new approach takes advantage of spectral constancy, which refers to unaltered tone-quality perception. It is achieved by preserving the spatial position voiced sounds occupy in a given timeframe, while altering the timeframe of pitch cycles. This minimizes distortion of the sound signals of both speech and music.

Hearing Assistance Technology comes to Rotary District Conference

April 29th and 30th of this year I attended the annual conference held by Rotary District 5110 in North Bend, Oregon. This year's conference will hold a special place in my memory. I have attended Rotary district conferences in the past, at least eight or nine of them in the eleven years I've been a Rotarian. What made this one memorable and special was that, for the first time, Hearing Assistance Technology (HAT) was made available to attendees.

Thanks to the efforts and teamwork of the Hearing Loss Association of Oregon members, Wayne Seely, Duane Davis, and Oregon Court Reporters Association members Debby Bonds and Mary Fagan, along with the Rotary District 5110 Conference Committee, and the Mill Casino, the plenary sessions and smaller, "breakout sessions" were, accessible to those with hearing loss.

The Salmon room where the Plenary Sessions were held was "hearing looped". A hearing loop magnetically transfers the microphone sound signal to those whose hearing aids or cochlear implants have a tiny, "telecoil" receiver. This transforms the hearing aids into in-the-ear loudspeakers that deliver sound directly to the hearing aid or cochlear implant. It was wonderful to have the voice of the speaker feeding directly into my ear through my hearing aids. Hard of hearing Rotarians and guests who did not have "telecoils" in their hearing aids or who did not wear hearing aids, were able to check out portable receivers equipped with either headsets or ear buds. Hearing Assistance Technology (HAT) in the forms of additional hearing loops and FM systems were also used in the rooms where the break-out sessions were held.



Duane Davis and Karen Brockett chat at the display table.

The "star" of HAT was Communication Access Realtime Translation (CART). A court reporter from Cottage Grove, Oregon volunteered to do realtime captioning for many of the speeches at most Plenary Sessions. Realtime writers or stenographers strive to record, word-for-word, what is being said. At the conference the words of the speakers were projected onto a screen set on a platform off to the side of the main stage. This added another layer that worked to improve understanding. A number of "normal hearing" participants had positive comments and stated that they too used it. CART was valuable to me because even though I used the hearing loop, my ability to understand speech is compromised enough that there are still gaps in what I understand through just listening to speech. CART filled in those gaps for me.

Thanks to the superb efforts of HLA-Oregon and its volunteers, and court reporter Debby Bonds, this Hearing Assistance Technology filled conference also provided a wonderful opportunity for all participants to see its use first hand. I believe that success for getting HAT used in future conferences and other events in Rotary District 5110, will happen sooner when those who do not need it understand its importance to others and see for themselves how it improves and allows for better participation for those, like myself, who live with hearing loss.

Submitted by Karen Brockett

Chapter Capers

Douglas County chapter: Tasha Havens will be helping with the Disability Awareness and Sensitivity Training scheduled for May 12th at the Umpqua Community College. The training is for health care and other professionals and is sponsored by the Umpqua disAbilities Network and the Oregon Health Sciences University.

Salem Chapter: Members explored Salem Hospital's new Health Education Center and their Listen FM system in Jan. They may transfer over from the Rehab Hospital to the new rooms next year in 2012. Currently their date and time is not available to move over this year. Donald Ladd is retiring as secretary after a total of 10 years this year.

New Chapters? Medford is still interested in starting a chapter after February. Newburg is also interested in starting a chapter, expressed by individuals in an assisted living facility there.

HLA-Oregon: The result of the HLA board election was announced at the March meeting. All candidates on the ballot were elected. Liza Knowles is our new board member. Bob Russell, Cathy Sanders, and Cheryl Davis were re-elected.

President Bob Russell, V.P. Cheryl Davis, Secretary Chuck Vlcek, Treasurer Wayne Seely, and Chapter Coordinator Cathy Sanders were all reelected to their respective offices for another year.

What is your chapter doing? Send your story to the editor at cvlcek@centurytel.net.

See pages 14-15 for contact information for these chapters and events.

CI Corner

Recently there was an article online by USA Today about cochlear implants. The link to that article is provided in case it is still available: <http://yourlife.usatoday.com/health/story/2011/04/Cochlear-implants-can-be-magic-device/45987080/1?loc=interstitialskip>

There was an interesting reader comment to this article: "It is a shame that more middle aged & elderly people don't explore this option after losing their hearing. I know so many who have many years of life ahead of them and their hearing aids aren't cutting it. Unfortunately hearing aid dispensers aren't in the business of promoting something they cannot sell and profit from, and doctors perhaps don't know enough about CIs."

If the last statement is true, what should be done about it? Professional audiologists who are not simply hearing aid dispensers should be aware of the implant option if certain criteria are met, some of which cannot be determined by an audiologist alone. However, the audiologist could advise the patient on the steps to take to explore the implant option fully.

Doctors should be educated more on the value of implants, at least enough to know when to refer a patient to an audiologist and/or ENT if the patient is not already seeing one.

Hearing aid dispensers should also be educated about cochlear implants and be prepared to advise the patient and refer him to an audiologist. If the patient's hearing loss is too severe to benefit from a hearing aid, he will not (should not) be buying one, so no business is "lost", and the dispenser will gain good will.

Oregon's First Annual Walk4Hearing

Save the Date – Saturday, Sept. 17, 2011

OR-CAP Update for First Quarter, 2011

After a little more than a year in operation, Oregon Communication Access Project (OR-CAP) has made great strides towards gaining captioning at major Oregon venues. When our project organizations have been approached by OR-CAP all but one have been interested in and agreeable to working toward captioning of events and have followed that inclination with action.

The Portland Center for the Performing Arts (PCPA) will be starting to caption performances in the season that starts in the fall. The first event to be captioned will be *Les Misérables*. Since the old season overlaps the new season, there will be some performances from the old season that will not be captioned but everything from the new season is supposed to have at least one captioned performance, most likely the last performance of each Broadway run. For more information or to reserve tickets for those performances it is best to call 503-248-4335 and be sure to specify seating with access to captions. A calendar of events is shown on the PCPA website: <http://www.pcpa.com/events/index.php>. Note that the performances that are captioned are not noted on this calendar. If there are any further concerns regarding accommodations contact Michele Doumitt: Michele@pcpa.com.

The Oregon Shakespeare Theatre is captioning consecutive day blocks of 3-4 performances in a 3-4 day block of different plays during this season. Tickets in the caption section are \$20 and should be reserved through the box office (541-482-4331, Toll-Free: 800-219-8161). For a schedule of captioned plays, go to: <http://www.osfashland.org/plays/access.aspx#hearing>. For problems regarding problems with accessibility contact Jim Amberg: jima@osfashland.org.

Movie captioning by the three large chains (AMC, Regal and Cinemark) is dependent upon at least two issues: regulatory and theatre conversion to digital projection. With regard to regulations, the Department of Justice (DOJ) recently issued a notice of proposed rule-making which specified, among other things, that movie theatres must caption 50% of showings rather than the general ADA requirement of making offerings fully-accessible unless an undue financial burden can be demonstrated. OR-CAP's counsel, John Waldo, has responded that the ADA criterion should continue to be observed. As yet, the DOJ has not issued final rules.

The three chains are in the process of converting to digital presentation. Once conversion is complete, there is little basis for not providing captioning on the basis of "undue financial burden" since the cost is roughly \$1,200 per theatre for emitters plus the cost of the receiving device, such as rear-window. John has sued the three major chains in Washington, where disability law is more stringent than in Oregon, to get captioned movies and is working in with attorneys who have similar actions in progress in California. If they prevail in their efforts to get movie captioning in Washington and California there is little to prevent similar changes in Oregon.

The Hult Center for the Performing Arts in Eugene has applied for a grant from The Theatre Development Fund (TDF) for captioning the last performance of each Broadway run, the same path that has been taken by PCPA. So far as we know, the infra-red audio system is still not fully operational. For problems regarding captioning contact Jeff Goodyear (Jeff.P.Goodyear@ci.eugene.or.us).

The University of Oregon's Matthew Knight Arena (Matt Court) has been very slow in the development of assistive systems, let alone captions. Early on, and in spite of our clearly stated preference for banner captioning, UO committed to the use of hand-held caption receivers. These hand-held devices were tested at a track meet by members of CAP and of HLA-Lane County in May, 2010, long before Matt Court was completed and found to be inadequate. Accommodations are still very limited. Contact: Mike Duncan (duncan2@uoregon.edu).

For questions, comments or concerns regarding the contents of the Update, please write Clark Anderson at or.cap.comm@gmail.com. For problems related to any of our project organizations, please email the contact given for that organization with a cc to Clark. ED. NOTE: Some topics were shortened to fit this page.

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Sometimes our light goes out; but then is blown into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light and to remember that we can be the light for another.

Albert Schweitzer

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Dr. Mehr has over 27 years experience working with individuals with hearing loss. He has served on the Oregon Speech and Hearing Association and Oregon Academy of Audiology Boards and as chairman of the Oregon Board of Examiners for Speech Pathology and Audiology.

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During these difficult economic times, we are more grateful than ever for your commitment to support Hearing Loss Association of Oregon. With your help, we can continue to reach out and educate Oregonians about hearing loss and the many ways to cope with it. *Knowledge is power.* We love sharing helpful information.

If you have not contributed in the last 12 months and are able to do so, please use the form on the back of the newsletter, and mail your tax-deductible gift to:

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

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

7 Anonymous
Jo D'Antonio
Jean Oliver

Anna Cushman
Karen Jacobsen

Vivian Olheiser
James Chasse

Holly Thou
Bill Ennis



WE'RE HERE TO HELP YOU HEAR



The Bionic Ear Association (BEA), by Advanced Bionics, is a FREE support network for cochlear implant recipients, candidates and their families. Our mission is to improve the quality of life of those impacted by hearing loss by providing valuable information and services related to cochlear implants, including:

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- Publishing a free monthly BEA eNewsletter to keep you up to date and connected to community events

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HLAA Happenings

Making Hearing Aids Affordable: HLAA is soliciting donations to make hearing aids affordable for all Americans. You can make a donation online by visiting www.hearingloss.org. HLAA is also advocating for recognition of hearing loss as a public health issue and for the unbundling of hearing aids and professional services. It supports low cost options for consumers and advocates for insurance coverage and tax relief in the states. This includes support for the Hearing Aid Tax Credit legislation to be reintroduced this year in Congress. It is also creating a consumer feedback page on its website to rate satisfaction with their hearing aids.

HLAA is also partnering with a new non-profit group called HearingHealth4U which was founded by Ray Deardorff. Ray is a hearing health care provider for the past 21 years. HearingHealth4U strives to help people hear better by providing quality used hearing aids at an affordable price. The 2011 National Used Hearing Aid Drive has begun with a goal of reaching 500 people with the "gift of hearing". HLAA is providing a collection box at the HLAA booth at its national convention in Washington, D.C. in June. Acknowledgement of the donation will be provided directly by Hearing-Health4U. For more information visit www.hearinghealth4u.com or call Ray Deardorff at 707-628-6163.

Membership in HLAA is \$20 -- student, \$35 -- individual, \$45 -- couple/family, \$50 -- professional.

Membership includes the award-winning bi-monthly magazine, *Hearing Loss*. Write to HLAA, 7910 Woodmont Ave., Ste. 1200, Bethesda, MD 20814; 301-657-2248 (Voice); 301-657-224 (TTY); 301-913-9413 (Fax) or www.hearingloss.org.
PLEASE JOIN TODAY!

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.

Hearing Loss Association of Central Oregon (HLACO) meets on the 2nd Wednesday of the month (except August) – 6:00PM at the St. Charles Medical Center, 2500 NE Neff Road, Bend, in Conference Room A (by the front entrance).

Contact: Dave Merrifield
1001 SE 15th Street
Bend, OR 97702
e-mail: Seacook286@yahoo.com
(541) 848-2806

No internet access?

Use a computer at school or a library, or ask a friend or relative to download and print information for you.

Everybody *knows* somebody with hearing loss. Please share information about HLA with those you know

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

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

Group of Salem Hearing Loss Assoc. meets the 2nd Wednesday each month (except July and August) - 6:30 PM at the Salem Rehabilitation Hospital – Room 2A (2nd floor) 2561 Center St. NE

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

Hearing Loss Assoc. of Portland & Clackamas County meets the 3rd Tuesday each month (except July and August) - 7 PM at the Northrup Building in the 1st floor conference room - 2282 NW Northrup Street, Portland

Contact: Mark Foster
e-mail: hlaportland@gmail.com
(503) 413-7348 - voice or TTY
PO Box 2112
Portland, OR 97208
www.hearinglossor.org/portland/

Hearing Loss Assoc. of Douglas County meets the 2nd Monday each month - 7 PM at the Mercy Hospital Community Education Room - 2459 Stewart Parkway -Roseburg (between Parkway Pharmacy & OfficeMax)

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

Hearing Loss Assoc. of Linn and Benton Counties meets the 3rd Thursday of each month (except July and August) – 6:30 PM at the Senior Center – 65 “B” Academy Square – Lebanon

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

It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things.

Leonardo da Vinci

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

Cathy Sanders
Oregon Chapter Coordinator
e-mail: catsindallas@q.com
(503) 881-1642 (cell) or
(503) 623-4662 (home)
1131 SW Marietta Lane
Dallas, OR 97338
or
Chapter Coordinator
Hearing Loss Assoc. of America
(the National Office)
e-mail: elebarron@hearingloss.org
(301) 657-2248 - voice
(301) 657-2249 - TTY
(301) 913-9413 - FAX
7910 Woodmont Avenue Suite 1200
Bethesda, MD 20814

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

e-mail: info@hearinglossOR.org



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

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