

Hear it is!

Self Help for Hard of Hearing People of Oregon

SHHH

Summer 2004

Issue 20

Maximizing our Ability to Hear on the Phone



We receive many inquiries asking how hard of hearing people can hear better over the telephone. We've also heard from our members about special techniques that work well for them. Because it's so important for hard of hearing people to maximize their ability to hear on the telephone, this article discusses options

available to help you, or someone you know with a hearing loss, understand telephone communication as well as possible.

Maximizing Residual Hearing on the Phone versus Relay Services

Probably untold thousands of hard of hearing people are currently not able to communicate well over the telephone that would be able to do so if they were using equipment specifically selected for their hearing devices and/or hearing loss.

Although TTY and VCO relay services are very important telecommunications options, the traditional versions of these relay services cut off access to the other person's voice and are not able to provide complete equivalent access to communication. Many hard of hearing people, using traditional relay services, might actually be able to enjoy richer communication by voice with at least some people if they were to use the right combination of equipment.

Another reason for maximizing partial hearing is that much of the information transmitted by voice is non-verbal---which

What Have You Done for SHHH?

What is your life like because of SHHH? How much does SHHH mean to you? What would you give up to keep SHHH working for you? What would you give in gratitude for who and where you are because of SHHH?

I thought about the people all over the country with whom I have a common bond, whether I see them often, a few times a year or never - people I've never met in places I've never been.

When a friend of mine was visiting recently, a few of us got together for lunch at another friend's apartment. After a while we talked about how this town is more than taxis, restaurants and hotels now. Because we were together in that place, it had become a community.

When you think of it, all of us have community in every place where there is a chapter of SHHH. We have that common bond. When we miss something that is said we know we won't see the rolling eyes and get "Oh, it's not important". We may not know each other but we are not strangers. We can call and say can we get together, I'm here in your town, and I'm surrounded by people who are not hard of hearing. We may not know each other but there is plenty we can

"Maximize" Continued on Page 2

"Done" Continued on Page 3

Setting Up Your Work Space

Move your furniture so you can work without distraction, not be startled by a visitor, and see visual signals. Beth set up the visitor's chair in her office so that people are positioned for her to hear the best. Understanding answering machine messages is difficult. Beth puts this on her answering machine, "Because I am hard of hearing, I need you to speak clearly and state your name and number slowly. If I am not familiar with your name and it is more complicated than my name, it is helpful if you spell it out. Thanks."

"Maximize" Continued from page 1

relay services cannot provide well. Non-verbal information can indicate the speaker's emotional and physical state as well as the person's gender, cultural background, and geographic origin. How a speaker inflects their words also affects the total communication. Even people who have very poor speech discrimination may still be able to hear quite a great deal of non-verbal information. To communicate as well as possible with voice callers, we need to pick up as much auditory information as possible.

If you currently struggle with telephone conversation despite being able to use your residual hearing in other situations, or if you have a sense you might be able to hear better on the phone, I encourage you to give serious thought to trying the variety of options covered in this article. It may be necessary to try different kinds of equipment to learn which method is the best possible solution for you.

The "Painful Mode" of Telephone Communication

Lacking information about better ways to hear telephone discussions, many hard of hearing people hold the phone tightly against their ears to hear as well as possible. We intuitively learn that the closer the phone is held to the eardrum, the louder the sound is. Pressing the phone against the ear also helps block out background noise. However, when the outer ear is squeezed between the skull and the phone for a long time, it can become quite painful to the touch! I experienced this myself because I didn't know better options when I was a hard of hearing child, teenager and young adult.

Choosing Telephone-Compatible Hearing Aid(s)

An alternative to the Painful Mode of Telephone Communication is to purposefully choose hearing aids that work well with telephones. Because regular telephone communication demands the best hearing possible, quite a few knowledgeable hearing aid users put as much or more emphasis on their hearing aid's ability to work well with a telephone as it does in handling face-to-face conversation. I once decided against buying a hearing aid I otherwise liked, because I couldn't use it with the telephone without the remote control.

Interestingly, there are numerous hearing aid brands that are NOT well designed to be used with the telephone. Such hearing aids may generate feedback (whistling sounds) when placed against a phone, lack telecoils, or have poorly implemented telecoils (also called "T-coils", or "T-switches."). (We'll discuss telecoils in more detail very soon.)



Oregon Telecommunications Relay Service (OTRS) Communication Assistants provide a vital link between the hearing people and those who are deaf, hard of hearing or speech disabled.

- Totally confidentiality
- Toll-free access, 24 hours a day, 365 days per year.
- Voice Carry Over (VCO) allows the deaf or hard of hearing to use their own voice
- Hearing Carry Over (HCO) allows the speech disabled to use their own hearing.

All you have to do is dial... 711 or

1-800-725-2900 (TTY)
1-800-735-3260 (VCO)
1-800-735-1232 (Voice)
1-800-735-0644 (ASCII)

Most hearing aids used on the regular microphone setting amplify all sounds in the vicinity, making it more difficult to hear sound from the telephone since room noise is also amplified. Users of telephone-incompatible hearing aids often remove their hearing aid to use the phone, reverting to the Painful Mode of Telephone Communication discussed previously. They also become more likely to lose the hearing aid, put it in a pocket and accidentally run it through the washing machine, or to inadvertently leave the hearing aid squealing on a table within reach of a curious or annoyed pet. This method of using the phone can evolve into the "Extremely Expensive" Mode of Telephone Communication if subsequent replacement of the hearing aid is required.

Well-designed Telecoils

Telecoils are mechanisms designed to pick up inductive (electromagnetic) signals from devices such as telephones. The presence of a telecoil is usually indicated with a "T" on the hearing aid control switch. For example; the three most common controls on a hearing aid are "M," "T," and "O," indicating Microphone (this is the normal "on" position), Telephone (telecoil only) and Off.

Telecoils are incorporated in most Behind-The-Ear (BTE) hearing aids, many In-The-Ear (ITE) hearing aids and some cochlear implant (CI) processors.

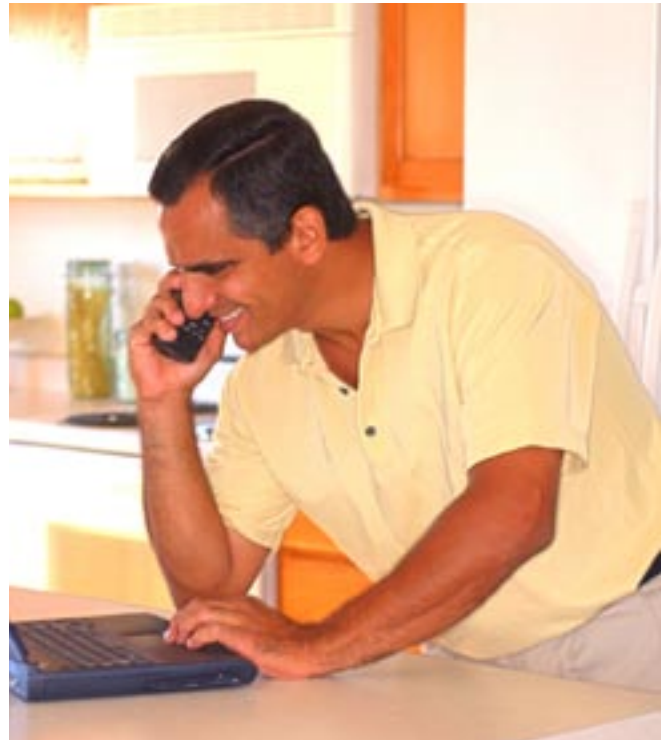
Why are telecoils useful for telephone communication? They:

- Bypass background noise by picking up only the inductive signals from the telephone.
- Prevent acoustic feedback between the hearing aid and the telephone when the T-coil is selected and the microphone is deactivated.
- Allow the hearing aid to be used with the telephone, enhancing the person's ability to hear sounds originating from the phone.
- Allow comfortable use of the handset (users are much less tempted to hold the phone too closely to their outer ear).
- Keep the hearing aids safely in the ear, minimizing the risk of loss and damage indicated previously.
- As a rule of thumb, hard of hearing people need to minimize background noise as much as possible in order to understand speech as well as possible. Hearing aids generally work better when they are not overloaded by environmental noise.
- Nowadays, many telecoils are programmable. However,

"Done" Continued from page 1

talk about - because of SHHH.

SHHH has given me life; the least I can do is give back part of that life. I hope you'll join me in supporting SHHH through your membership and your donations. You can join and/or make a donation by using the form at the back of this newsletter.



Also, please consider becoming an active part of SHHH Oregon. There are so many worthwhile projects that can benefit hard of hearing people, but we need people like YOU to pitch in and do a part. **The next SHHH Oregon Planning Meeting will be held on September 25th in Bend.** If you are interested in attending this meeting or want to know more about how you can be an **active** part of SHHH Oregon, please contact us at kswezey@efn.org – or PO Box 22501 Eugene, OR 97402.

"Maximize" Continued on Page 4



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, Betty Essert, Judy Matsumoto, Sharon Taylor, Berwyn Dodson, Ellen Rice, LNS Captioning, Dorothy Holbrook, Debbie Bull, Bruce Berney, Philip Kemp, James Goodwin, Larry Cash, Marian Putnam, Tamie Hoover, Tom Manning, Ann Cushman, Josephine Bateman, Margery Rinne, Bobbi Jackson, Ruth Arndt, Sylvia Eckles, Edith Campbell, Laura Maeda, Kevin Dehan, E. Gordon, Diane Koosed, 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.

“Maximize” Continued from page 3

don't assume that all telecoils are programmed optimally -- or even activated! Apparently some hearing professionals do not address telecoil issues when they fit hearing aids, or do not activate or program the telecoil, even if it was included in the hearing aid circuit. Thus some people who have telecoils in their hearing aids may not be able to use them without going back to the hearing aid dispenser to get them activated or programmed.

To test whether your telecoil is functioning: Switch to the “T” position on your hearing aid or remote control. Turn your volume control up slowly, and listen to the dial tone of a standard “landline” phone (not a cordless or digital wireless phone). Keeping the handset close to your hearing aid, once your volume is turned up, move the handset at different angles around your hearing aid to see if there is a “sweet spot” (the orientation of the telecoil makes a difference in how well it can pick up the inductive field from the handset). Switch to the microphone setting and do the same thing as above to hear if there is a difference between the two settings. If you don't hear well using the telecoil, it may not have been activated or adequately programmed. Ask your hearing aid dispenser to troubleshoot this.

Avoid using your telecoil next to an activated TV, non-LCD computer monitor, or other sources of electromagnetic interference since the telecoil may pick up this interference, causing you to hear a buzzing noise. If you do hear buzzing noise when using the telephone, move away from or turn off likely sources of electromagnetic interference. If necessary, turn off fluorescent lights as some ballasts cause interference.

Do you have a hearing aid that doesn't appear to have a telecoil in it? It may be possible to add a telecoil in it retroactively. This is not the case for extremely small hearing aids such as completely-in-the-canal (CIC) hearing aids since there is no room to insert a telecoil. Ask your hearing professional if it is possible to add a pre-amplified telecoil, which will match the frequency response of the hearing aid.

Well-operating telecoils offer many other benefits. They can facilitate hearing on the phone with both ears if you have telecoil-equipped hearing devices for each ear. They also are ideal for using assistive listening devices and systems.

Another option for hearing telephone conversations via the hearing aid is:

Direct Audio Input (DAI)

Direct audio input (DAI) refers to the ability of some hearing aids to physically connect with an external audio device. For example, a person with a DAI-capable hearing aid might be able to connect a wire from the hearing aid directly to an

adapter for the telephone, or to an assistive listening device that can also be used with the telephone, such as a miniaturized FM receiver.

(If you are unfamiliar with assistive listening devices, including neckloops, silhouettes, or audio loop systems, please read the overview of assistive listening devices at:

http://hearingloss.org/hat/hearing_assistive_technology_o.html

To see an example of an audio shoe and a miniaturized FM receiver, see the picture of Phonak's FM Receiver beneath an audio shoe or boot:

Some hearing aid users may hear significantly better using DAI than with the hearing aid's telecoil. This may indicate a problem with the hearing aid's telecoil, electromagnetic interference in their environment, or the telecoil-compatibility of the phones used. DAI should match the hearing aid settings precisely as the entire hearing aid circuit is essentially "direct connect." DAI is less convenient and generally more expensive to use than telecoils, but for some people, hearing via DAI may make a critical difference in speech comprehension.

One SHHH member, Steve Barber, who currently prefers using DAI for telephone communication, wrote: "Yes, a telecoil is much cheaper and in most cases easier... but for me, everything must be perfect if I'm going to use a phone ... the variability of the telephone's "hearing aid compatibility" (strength, alignment etc.) and the chance for interference are enough for me that [the] telecoil doesn't make "perfect" enough."

Hearing aids with DAI capability typically have small metal connection points so they can be used with a compatible and proprietary "shoe," "boot," FM receiver, or other accessory, or they may have a small hole or holes to accept a compatible cable or cord directly. Most cochlear implant processors have the same capability to work with cords or accessories. A hearing aid with DAI capability is often (but not always) marked with a very small circle with an arrow pointing at the center of the circle.

If your hearing aid(s) has direct audio input, ask your hearing professional about compatible DAI devices from the hearing aid manufacturer, or check whether the hearing aid manual or the manufacturer's website offers this information. You'll need to know what DAI options are available before you can proceed further, and you may be able to try the DAI accessories on a 30- or 60-day trial basis.

Suppose your hearing aid can use an audio

Interested in the Oregon Cochlear Implant Support Network?

Please contact one of the following people if you want to be notified of future meetings of the Oregon CI Support Network:

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

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

Cindy Campbell cicampbell@earthlink.net (1/877/867/1869 voice)

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

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

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"Maximize" Continued on Page 6




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“Maximize” Continued from page 5

shoe and a compatible DAI cord with a 3.5 mm plug or jack. This could be made to work with a phone coupler.

Because of the direct connection to the hearing aid, DAI accessories need comparatively little power. A phone coupler can be used directly with a DAI cord attached to the hearing aid, although an adapter between two 3.5 mm plugs may be needed. As a precaution against power surges, never use a direct connection to the phone during thunderstorms or other times electrical power may surge, and if using DAI, always make sure the telephone cord is connected to working surge protectors with phone jacks.

Some phones designed for people with hearing loss have audio output jacks. Due to the low power requirements of DAI, before connecting the DAI cord to these audio output jacks, make a point of turning off the amplification and/or setting the volume of the phone on the lowest level. Do not insert a DAI cord into a two-way headset jack; doing so would

mute the handset’s microphone and leave you unable to be heard on the phone.

Built-in FM

Hearing aids with built-in FM reception can generally use an FM transmitter with a phone coupler. One company, Phonak, has developed a special television/telephone accessory, the TelCom, to make it easier for FM users to switch from TV listening to telephone listening. Other phone couplers can be used to enable listening to the telephone via FM. (Note: FM systems can be used for many purposes beyond telephone communication.)

Dana Mulvany, MSW, is the Director of the National Information and Training Center for Hearing Assistive Technology at Self Help for Hard of Hearing People (SHHH), <http://www.hearingloss.org>. Thanks to Ron Vickery, Mark Ross, and Brad Ingrao for their assistance with this article. Editor: Watch our next issue for Part 2 of this article.

Note: Contact the State of Oregon Telecommunication Devices Access Program (TDAP) for information about the free phone equipment they distribute to people who have a severe to profound hearing loss. (800)848-4442 voice – (800)648-3458 TTY – (503)573-7950 FAX.

Online Group for Attorneys and Law Students with Hearing Loss

Editor: One of the very encouraging trends in recent years has been the development of interest groups for people with hearing loss. We have groups for medical professionals, musicians, athletes, etc. Here’s a notice about a group for attorneys and law students with hearing loss.

DeafGA.org (www.deafga.org), an online community of attorneys who are deaf or hard of hearing, has launched a new website for deaf and hard of hearing students who are considering careers in the law. The new site, can be accessed from the DeafGA.org home page or at www.deafga.org/deaflaw. It’s a great location for information on law school, legal careers, and pre-law resources.

Hearing Today & Tomorrow

Saturday, October 9, 2004 - OHSU Portland, Oregon

This FREE one-day hearing health fair is for the public to learn about the hearing issues that concern them. Talks will be presented on topics such as, how we hear, cochlear implants, hearing aids, and more. This year we will feature two panel discussions: one on cochlear implants, the other on living with hearing loss.

Ample time will be set aside during the day for everyone to visit the resource hall, where hearing aid and cochlear implant manufacturers, self-help organizations, service organizations for hard of hearing, etc. will be available to demonstrate their products and give information about their services and their organization.

In October 2003, more than 200 people participated in Oregon's first annual hearing health fair entitled Hearing Today & Tomorrow. Thirty-minute talks on hearing related topics such as tinnitus, cochlear implants, Meniere's disease and more were delivered in the auditorium of the Old Library Building on the OHSU campus. Various technologies were used to make sure that everyone was able to "hear" the talks: sign-language interpreting, real-time captioning, FM transmission from the podium were all in place, plus all attendees received a hard copy summary of each of the talks as part of their fair package.

In addition to talks in the auditorium, participants were able to visit the resource fair next door where two dozen exhibitors displayed their products and services. It was a great place to find out about what's new and what's available.

This year's event will be similar to last year's but with some new features. The panel discussions on cochlear implants vs. hearing aids and issues related to living with hearing loss will be an exciting new feature. Talks will also present some of the current research being done at the Oregon Hearing Research Center at Oregon Health & Science University. **DOOR PRIZES too!**

A detailed brochure will be available at the end of the summer. If you would like to be on the mailing to receive the brochure, please send your name and address to:

Linda Howarth - HTT 2004
Oregon Health & Science University, OHRC
- NRC-04
3181 SW Sam Jackson Park Road, Portland,
OR 97239
Email howarthl@ohsu.edu, phone 503-494-
0670

Calling a CapTel Phone User?

To call someone who uses a CapTel phone, dial 1-877-243-2823 and then the area code and number of the person you are calling after the prompt.

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OHSU Cochlear Implant Picnic

CI Users and Interested People are Invited!

Date: **Sunday, Aug. 22**

Time: **12:00-4:00**

Place: **Blue Lake Park** (Blue Lake Park is off of I-84, exit #14 (Fairview exit). More directions at: www.metro-region.org)

Picnic Area: **12A**

Parking: **\$4/car Reg. Parks Fee**

OHSU will provide children's entertainment, entrees, and beverages. People attending may bring a dish to share. **Please RSVP to:**

OHSU Cochlear Implant Picnic
Attn: Nicole PV01

3181 SW Sam Jackson Park Rd.

Portland, OR 97201-3098

503-494-6258

503-494-1772 FAX

email: cochlear@ohsu.edu

Sponsored by Advanced Bionics

Tips for Hard of Hearing People in the Workplace

(by Cheryl Heppner)

Editor: Here's another article that tells you how much better your life will be if you take charge of your hearing loss. The article is Cheryl Heppner's report on Beth Wilson's workshop at the SHHH Convention.

At Meetings

Speak up about the seating arrangements. Tell people that you need to be seated away from the noise of the projector and where there is no light glaring in your eyes. Tell people that you need the lights up and ask who is speaking.

When there is someone who is difficult for you to hear, ask them to sit closer. Ask that the main speaker sit closer. Set up rules of conduct and ask speakers to identify themselves, talk one at a time, use the microphone, etc. Beth makes it humorous to lay down the rules, saying something like "let me explain how you hearing people are to behave." In the case of a dead hearing aid battery, she says, "wait...power outage" and everyone pauses while she puts in another.

One of the audience asked Beth if anyone has ever complained about the rules. She answered that the rules benefit everybody and people actually tell her that meetings go smoother when she's there.

Ask before you go to a meeting so you have the right expectation and know what accommodations you will need. How many people will be speaking? How close will I be able to sit? Will any videos be shown? Is the format lecture, discussion, or something else?

Beth recommends using the Americans with Disabilities Act as a tool, not a weapon, unless you are under attack. Explain how some accommodation will help you do the job the same as others, improve productivity, etc.

Accommodations

Technology can be your best line of defense. FM systems coupled with hearing aids, such as the Phonak Microlink or Oticon Lexis are a big help in group situations and noisy settings. If you don't have such a system, directional mics run about \$1,000-2,000. Examples are Link-It (www.etymotic.com) or D-Hear (www.isl.stanford.edu/~widrow).

Personal amplifications are also helpful. There are a number of companies with hand-held microphones that connect with an ear piece or



OHSU Department of Otolaryngology/
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"Tips" Continued on Page 9



**2004 SPECIAL FRIEND AWARD
TO CHERYL D. DAVIS, Ph.D.**

It is with great pleasure that I present the *Special Friend of Hard of Hearing People Award* to Cheryl Davis. This award is given to those people who have worked diligently over time to improve the quality of lives of people with hearing loss.

Cheryl is not only a well-respected dynamic and effective professional in her field with impressive credentials, but also an incredible human being and presence.

The Western Oregon Regional Resource Center, that she directs, is a model of its type. Through her influence and innovative programs she took a formerly regional and Deaf based facility and transformed it into a nationally valued program, training consumers and service providers in the full range of assistive technology.

Cheryl came from a strong background in Deaf rehabilitation and interpreting services. On learning from SHHH leaders in Oregon of the lack of understanding about people who are hard of hearing and late deafened, Cheryl quickly moved to learn all she could about this population. She brought her zest and commitment to fill a void by introducing sorely lacking services.

Through her passionate desire to empower people she has become a true and powerful ally of SHHH and people who are hard of hearing. Her creative, entertaining, and informative trainings on assistive technology are legendary and SHHH members greatly benefit when she volunteers her time and expertise at the SHHH Hearing Assistive Technology trainings we conduct around the country.

All those who come into contact with Cheryl admire, respect and love her.

Cheryl, thank you from SHHH and all your friends in Oregon!!

**“Tips” Continued from
page 8**

audio loop. These are portable, easy to use, and can move from speaker to speaker quickly. Cost is \$100-200. FM equipment uses FM signals, a microphone near a speaker, and a wireless receiver. They can be used outside. Beth uses one called the Easy Listener”. She doesn’t ask people to use them. Instead she says, “I need you to wear this,” which doesn’t give them the option of saying no. FM systems can be used outdoors and run \$500-800.

Infrared equipment uses infrared light signals, a microphone near the speaker connected to an infrared transmitter, and a wireless receiver (earpiece or loop). Personal systems cost about \$200 and large systems cost \$1,000 and up.

Inductive loops run from \$300-\$1,000. A magnetic field is established to transmit the signal. You receive the signal through a telecoil switch in your hearing aid, or a personal loop.

Sign language interpreters and CART cost from \$50-150 per hour. Beth says to view them as “a ramp with installment payments”. Make sure your company pays for interpreters or CART from human resources or other budget. It’s not fair to have to ask the person responsible for your raise to have these provided.

Remote options are growing and may bring a lot of promise in the future with relay services such as video relay, CapTel, and remote captioning and interpreters. -- Cheryl Heppner

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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
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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 (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
(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: bhpalx2@centurytel.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 e-mail: angora@comcast.net
(541)744-2994 (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 Betty Gallucci
e-mail: 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
(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 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
e-mail: lrussell@mcsi.net
(541)679-9655
732 Mulberry Ln.
Roseburg, OR 97470

Clark Anderson
e-mail: 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
(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

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