

Hear it is! Oregon



Hearing Loss Association of Oregon

Summer 2006

Issue 27

New Hearing Loss Association Chapter

A new Hearing Loss Association chapter is about to begin in Lebanon (as in Oregon -- not the Middle East). Bob Williams, Donald and Kathy Ladd are working together to make this latest chapter a reality. Bob has served in the past as State Chapter Coordinator, Vice President of the Salem Chapter and is currently a member of the Board of Directors for Hearing Loss Association of Oregon.

Donald & Kathy are the co-founders of the Salem Chapter. This new chapter will serve the Lebanon-Albany-Corvallis-Sweet Home area as well as the many rural towns and communities in this vicinity.

The first Start-up Meeting will be held on Thursday, September 21 from 6:30-8:30 PM at the Senior Center at 65 "B" Academy Square in Lebanon. Meetings will be held the third Thursday of each month. The Salem Chapter is the sponsoring chapter.

New Name—It is now official!!

The Oregon state association of Hearing Loss Association of America has a new name: **Hearing Loss Association of Oregon**. You will notice that we have the new name and logo sprinkled throughout the Newsletter, giving it a bold, fresh look.

Calling All E-Mail Addresses

If you would like to get timely messages, please join our e-mail contact list. Currently, we have about 40 members on our informational group. To join this group, please contact Karen Swezey at kswezey@efn.org. Send her your OK to add your name and email address to our Contact List.

Editor's NOTE:

Please check out the powerful article on page 6.

A Silent Disability

This is from the HOH-LD News of Larry M. Sivertson, Volume 21, Issue 13 - Subscription address: HOH-LD-News-subscribe@yahoo.com - From the newsroom of the Star Tribune, Minneapolis, Minnesota, Tuesday, September 28, 2004
Donna Halvorsen, Star Tribune Staff Writer

Larry: Know someone who's hiding his hearing loss? Or is withdrawing because it's just too difficult to understand what people are saying? Or maybe you know a family member or friend who just doesn't "get it". Here's a wonderful article that does a great job of revealing some important aspects of hearing loss. Do you know anyone you could share it with?

Donna Carlson avoids using the phone as much as possible, doesn't try to keep up with family conversations and hesitates to speak in group settings. She skips many concerts or other events, chooses restaurant tables where her back is to the wall and prefers driving alone. She also fakes a lot.

Carlson, 71, has a severe hearing loss. So when she was asked to be president of the St. Louis Park Women's Club, she realized that she wouldn't be able to hear people in the back of the room, or even sitting beside her, and certainly not behind her.

"Then I thought, Phyllis McQuaid did it, I can do it," she said.

On Oct. 5 Carlson, McQuaid and three other hearing-impaired women, club members in their 70s, will take their disabilities out of the closet in a Women's Club program, laced with humor, called "Can you hear me now?"

The program will let members know about their new president's disability and what they can do to help her and others who are hearing-impaired. It also will put a

"A Silent Disability" continued on page 3

Hearing Loss in Aging May Not Be Ear Problem; Just an Old Brain - Part 1

This is from the HOH-LD News of Larry M. Sivertson, Volume 22, Issue 10
Subscription address: HOH-LD-News-subscribe@yahoo.com

Larry: I've been pretty involved in the hearing loss world for many years, and this is the first time I've heard anything like this claim - that hearing loss in seniors may be due to the brain, rather than the ears. But note that the article doesn't say this applies to ALL hearing loss in ALL seniors.

This is part one of two parts. This article is reprinted with permission from the Senior Journal. Please visit them at <http://www.SeniorJournal.com>

Losing your hearing as you grow older may not be a problem with your ears. Older people whose ears are in fine shape may have trouble hearing because their brain is aging, conclude researchers who are finding problems in the way our brain processes information as we age.

In addition to earlier findings of a specific type of "timing" problem that limits our hearing as we age, the group is now finding increasing evidence of a "feedback" problem in the brain that diminishes our ability to hear.

This week at the annual meeting of the Association for Research in Otolaryngology in New Orleans, researchers are discussing the results so far of the hunt for genes that play a role in the aging brain's plummeting ability to organize the information our ears record.

"Traditionally, scientists studying hearing problems started looking at the ear," says Robert D. Frisina, Ph.D., professor of Otolaryngology at the University of Rochester Medical Center and an adjunct professor at Rochester

Institute of Technology. "But we are finding patients with normal ears who still have trouble understanding a conversation. There are many people who have good inner ears who just don't hear well. That's because their brains are aging."

The findings come from researchers at the International Center for Hearing and Speech Research (ICHSR), an NIH-funded group of scientists in Rochester, N.Y., that is recognized as a leader in research in age-related hearing loss. The center includes scientists from the National Technical Institute for the Deaf at Rochester Institute of Technology and neuroscientists from the University of Rochester.

Sophisticated tests that measure how well the brain processes information that the ear detects are helping scientists sort out the findings. Normally the brain does a masterful job of filtering, sorting, and making sense of the information that flows through our senses every day - the colors and shapes we see, the textures of the objects we feel, the sounds ranging from the cooing of children to the screech of tires on pavement that we hear morning to night. Our brain stem sorts the bluster of information in ways that make it easy for us to carry on our lives.

Oftentimes it's this ability of the brain, not hearing itself, that is diminished in older people who say they don't "hear" well. The loss is detected most markedly in tests that measure a person's ability to hear a sentence amid a background of babble, much as one might hear at a party while trying to speak to an individual nearby. The recently discovered feedback problem is central to this problem, says Frisina. His team has found that in mice, the brain problems usually precede actual hearing difficulties, and that early problems with the brain's feedback system make the ears more vulnerable to damage - without the brain's filtering capacity, the ears are more likely to be exposed to damaging noise.

The brain's ability to provide proper feedback to the ear, by filtering out unwanted and unnecessary information, declines beginning in our 40s and 50s, Frisina says. Without that filter, a person is quickly overcome by a barrage of information that is difficult to sort. It's a little bit like a computer user who would be overwhelmed by input if the spam filter suddenly failed and all sorts of bogus messages started streaming into the "important documents" folder. When it comes to hearing, the increase in sensory information making its way to the brain actually hurts the person's ability to hear well.

"Hearing Loss in Aging - part 2" continued on page 8

spotlight on hearing loss, which afflicts 28 million people nationwide, including a large number of older people.

These women are all physically active, mentally sharp and willing to tell jokes on themselves. But they say their disability is ignored, and while the five of them might be too scrappy to give up on life, others with hearing loss withdraw because their impairment makes life too difficult.

"I'm not going to quit, but there are a lot of lonely people out there who are simply afraid to go out in society because they can't hear," said McQuaid, 76, a former state legislator, St. Louis Park mayor and school board member who has a severe hearing loss.

They call hearing loss "the silent disability" because, unlike blind people who have white canes, most with hearing loss are noticeable only by their hearing aids, which may be hidden deep in their ear canals.

They may not speak at events or meetings. Or they may bluff their way through, worrying afterwards that they said something inappropriate.

"You nod a lot," said one. "You feel dumb - really dumb," said another.

And that's with hearing aids. Many older people who could benefit from aids don't have them. Of 9 million Americans older than 65 with hearing loss, only 40 percent use hearing aids, according to the National Council on the Aging. Of 10 million people 45 to 64 with hearing loss, only 13 percent have aids. Denial, cost and vanity are among the barriers to hearing aid use, the council found in a large national study.

Cost represents a major issue for some; mid-range hearing aids cost about \$2,000 each, and they have to be replaced every five years or so. Jane Gratton, 75, of Edina, who has had a severe hearing loss for 10 years, said she paid \$6,300 for her two current hearing aids about three years ago.

Few health plans cover hearing aids, but untreated hearing loss in older people "is a serious and prevalent problem," the council said in its report. The study found that people who do not wear hearing aids are likelier to experience depression, anxiety, paranoia and emotional turmoil, but those who do reported better relations with family members, greater independence and better feelings about themselves.

The Hearing M' aids, as the five women call themselves, rehearsed their program at McQuaid's house one recent afternoon. Amid the laughter, they kept coming back to the seriousness of their disability. Life for them is difficult even with hearing aids, they said, partly because of public ignorance about hearing loss, and partly because of people's willingness to suffer silently, a mold they're trying to break.

"I think, as with many disabilities, there is a carryover from the days when people tried to hide their disabilities for fear of the stigma or discrimination," Carlson said.

Joyce Tibbs, 74, an artist and retired teacher, has a moderate hearing loss; she reads lips and has two aids. She tells people who don't want to get hearing aids "that it's nice to hear."

"I'm not ashamed to have them -- they help me," she said. "We depend [more] on our sight and our hearing for our enjoyment in life the older we get."

But it's hard work, and it wears the women out "because you're trying hard to understand and keep up and listen," said Joanne Keedy, 71, whose hearing began deteriorating five years ago. She continues to work part-time as a medical receptionist. Carlson, who worked as a personnel specialist in the St. Louis Park school system for 20 years, said her hearing has declined in the past 35 years. She depends on her residual hearing, hearing aids and lip-reading to hear.

Gratton has a speaker phone, and her husband listens in on her conversations, because she often has trouble hearing. "Some people I can understand, and some people I can't," Gratton said. "People naturally think that if they talk real loud, it'll be better, but it's not necessarily true."

McQuaid first got hearing aids in 1988 when she was elected to the Minnesota Legislature. She had difficulty hearing when she was in large rooms or when legislators spoke without using microphones.

Her hearing has declined increasingly to the point where she's deaf in one ear. She gave up volunteering at an elementary school, and she no longer sings because she can't hear her voice. She still volunteers as a patient representative at Methodist Hospital in St. Louis Park, bowls, plays bridge, delivers Meals on Wheels and is active in her church.

Like the others, McQuaid often shies away from situations where hearing will be difficult, but she went with her daughter Joanne Hinderaker to the opening of the light rail system, and many people sought her out to talk. "Joanne told me what they said," McQuaid said. "She was my interpreter."

McQuaid relies on her dog, Rocky, to tell her when someone's at the front door. "He doesn't hear the phone," she said, then paused and added, "Well, he hears it."

"But he doesn't answer it," one of the women said, finishing the sentence. That left the punch line to Hinderaker, who said, "I just hate it when he doesn't pick up."

Hinderaker, who will moderate the program, became a catalyst for it after she attended a St. Paul workshop to learn how to help her mother. It had a dual message, she said: Hearing-impaired people need to get

"A Silent Disability" continued from page 3

better at telling others what they need, and everyone around them should know how to meet those needs better.

"It was sort of like a news flash to me," she said. She and her seven siblings had been dealing with their mother's hearing loss for years, "but we don't talk about it in that way, how everybody needs to be trained."

It isn't just the hearing-impaired who lose when they withdraw from the world, Hinderaker told the group. "You're talking about a lot of creative energy that the group loses if you don't participate," she said. "It's an increasing problem in your generation and my generation, and none of us get it."



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How to Communicate Successfully with a Hearing Loss

There are lots of articles on this topic but the best tips come from those who have experiences either as the one with a hearing loss or lives/works with someone with a hearing loss. A reader has sent us some ideas, which makes communication more successful. Please send us your ideas to the address listed on the back of this newsletter.

Dianne K Waltrip writes:

DEVELP GOOD HABITS

DO's:

- Get your spouse's attention before you start talking.
- Look at your spouse/listener – she/he maybe a little hard of hearing too.
- Do-by all means-give your attention to what you need to hear. Block out distractions or trivia.

Don't's:

- Cook at the stove with the fan on and your back to your spouse and expect him to be able to talk or listen to you.
- Drop what you are doing to go ask him/her to say it all over again. Most annoying!

IN OTHER WORDS

Both of you need to develop good habits and get rid of the old bad ones. Listen attentively. Admit you have a hearing loss whether you wear "aids" or not. Communication is the name of the game – any game!

Oregon Health & Science University

Department of Otolaryngology/Head and Neck Surgery



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Hearing Loss Tip

To help people want to work with us, we need to be assertive and avoid being aggressive, apologetic, putting ourselves down, being angry, being impolite, being defensive or guilt tripping.

Through the Eyes of Children

By Kathy Viers

While I was in the kitchen, I heard our five-year-old daughter talking. (My husband was reading the newspaper.)

“Daddy.”
“Daddy!”
“Daaaddy! !”
“DADDY! !”

She came into the kitchen.

“Mommy, Daddy won’t listen to me.”

I reminded her daddy can not hear very well so when she wants his attention, she has to tap him on the shoulder.

I watched her walk over to her daddy, swing her arm back and hit him on the shoulder as hard as she could. You should have seen the surprised look on his face! I had to explain to her the difference between a tap and a hit but she definitely got her daddy’s attention.

Our three-year-old is a littler harder to understand but she figured out a way to communicate with her daddy.

“Daddy, I want a (mumble), please.”

“You want a book?”

“I want a (mumble).”

“You want to go outside?”

“No! (Mumble, mumble, mumble).”

“You want a glass of water?”

“No, show you!”

She happily took Daddy’s hand and led him straight to the cookie jar.

(This was written a few years ago. Our daughters are now 12 & 10 years old and have continued to develop the skills needed to communicate successfully with their Dad.)



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I Will Try Again Tomorrow.

My friend, David Hoffman recently wrote, "Being a left hand amputee certainly effects my life but being legally deaf is usually harder. Missing a hand is more obvious, almost like a wheelchair, but deafness does not show. As in most things, no outsider can think of all the hard of hearing/deaf issues. As a person who volunteers a lot I know about the heart, drive, money, time, decisions, stress, sacrifice and joys in sharing information and energy. One in ten people have a hearing problem. It is hidden. Some know it. Most don't."

Lately, I've been wishing someone would invent some sort of light that would glow to indicate when a hard of hearing person was expending energy to hear what is going on. The intensity of that light would grow brighter and brighter as the efforts to hear were intensified. To be honest, some days my light would simply burn out - as I do after trying and trying all day long.

And as we go along in the world doing all we can to be assertive in various situations, we need to realize the struggle to hear takes it's toll. Each time we are faced with a situation that is a struggle for us, we may feel any number of emotions - humiliation, anger, frustration, sadness, discouragement, or something else. Even though we may be assertive and up front about our hearing loss, these emotions remain. We need to recognize how much it takes out of us to be out there day in and day out, admitting our needs out loud and facing obstacles. It isn't easy!

When we want to attend an event and we request an assistive hearing device or computer assisted communication, and the person in charge decides what we have requested is not "appropriate" and that something else will be provided instead without asking our opinion - this is very emotionally impactful. When we

ask someone to repeat what was said and they roll their eyes or their tone of voice tells us we are bothering them, this is like being hit in the stomach - only it hits us in our self esteem.

Each time we try to explain that our ability to hear changes depending on many variables, and the person we are trying to talk with refuses to listen or thinks they can tell us what we can hear - we are being de-valued. When we ask people in meetings to take their hands down from their faces so we can lip read, or to have only one person talk at once - and they remember for only a few minutes or until the next meeting - we need to deal with our feelings about that.

Some days we are stronger than others. We have the courage and strength to keep trying until the situation is straightened out. Other days we may want to simply crawl into bed and pull those covers up over our head. Those are the days when we need to take care of ourselves. Acknowledge that being assertive takes energy and it sometimes takes away from other parts of our life.

We need to surround ourselves with people who understand....people we can share our experiences with, and who will help us remember that life is good and we are worth it. People who can help us by listening and encouraging us.

And then there are simply some people in the world who just "don't get it" - yet. And they won't unless we continue to try to teach them. The fact is that hearing loss is an invisible condition and we can learn how best to cope with it....and then teach the world. Perhaps we simply haven't found the right words to explain.....

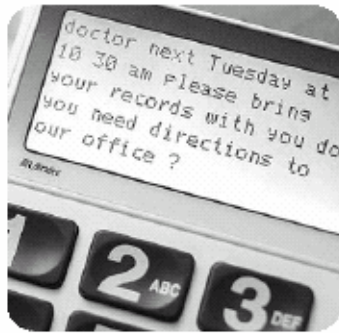
Courage doesn't always roar - sometimes it says quietly, "I will try again tomorrow."

Written by Karen Swezey

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Hearing Loss in Aging May Not Be Ear Problem; Just an Old Brain - Part 2

This is from the HOH-LD News of Larry M. Sivertson, Volume 22, Issue 11
Subscription address: HOH-LD-News-subscribe@yahoogroups.com
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"The number-one hearing complaint among the elderly is that they have trouble hearing speech because of background noise. Someone might hear fine in a quiet environment like their home, but when they go to a restaurant or a meeting or a party, it sounds like chaos to them," Frisina says. "That's partly because the feedback system is failing."

To get to the root of the feedback problem, Frisina's neuroscience team is investigating the possible role of a breakdown in calcium regulation in the brain stem, throwing askew the way nerve cells talk to each other and possibly resulting in a toxic buildup of calcium in some brain cells.

Recently the team used gene-chip activity to chart the activity of more than 22,000 genes in mice, comparing activity levels of genes in young mice and their older counterparts. While dozens of genes in humans and mice are known to contribute to congenital deafness, none has been linked to age-related hearing loss in humans. The latest studies offer several promising leads in genes that affect the functioning of brain chemicals like glutamate and GABA, important neurotransmitters that allow nerve cells in the ear and brain to talk to each other.

The difficulties can isolate people from friends and family, beginning when people first have difficulty with age-related hearing loss in their 50s and 60s.

"This problem is especially tragic because just when people have time to spend with their children and grandchildren, they can't understand what is going on," says Frisina. "They're losing something they had. People respond to this isolation by either clamming up or aggressively dominating conversation." The estrangement can be severe and can even result in depression.

While there is no cure for age-related hearing loss, or presbycusis, some simple steps can lessen its effects. Speaking loudly is an instinctual reaction when talking to a hearing-impaired person, but that won't help when talking to someone with age-related hearing loss. "Speaking slightly slower than usual will help," says Frisina, "as if you were talking to someone who speaks a foreign language."

"Many older people are actually especially sensitive to loud sounds, so the worst thing you can do is raise your voice. What you need to do is look at the person and speak slowly and clearly. Speaking loudly is like turning up the volume on a cheap stereo - it's only going to distort your speech and add to the confusion."

Six years ago the same team of researchers reported finding a closely related brain "timing" problem where people are not as adept as they once were at detecting slight gaps in speech. While the average person can hear sound gaps of about 2 milliseconds apart, someone with a timing problem may be anywhere from 2 to 50 times worse detecting such gaps, which are crucial - though unconscious - for properly hearing consonants and vowels.

"To a person with a timing problem, conversation sounds like everything is spoken through a drainpipe," says James Ison, professor of brain and cognitive science. "One sound leads into the next, smearing words together." For instance, most people know that in the English alphabet, the letter that follows "K" is "L," not "Elamenopee." To a person with a timing problem, short pauses are imperceptible, blurring words together. The problem has the most effect on a listener's ability to hear the first consonant of a word - cat, hat, bat, fat, and rat may sound remarkably similar, for instance.

While most people gradually lose the ability to hear high frequencies as they age, the feedback and timing problems account for many of their complaints about hearing, Frisina says.

"These problems with the aging brain, which nearly everyone experiences, are on top of problems with our ears, which you may or may not have as you get older. For many people, even if they can still hear sounds as they get older, they still lose the ability to hear and understand speech, because of these brain problems," Frisina says.

"Hearing Loss in Aging - part 2" continued on page 9

TIME TO REMEMBER OUR ROOTS . . .

Hearing Loss Association of America (formerly Self Help for Hard of Hearing People ~ SHHH)

From <http://www.hearingloss.org/aboutus/history.asp>
August 1999 (updated February 2006) by Joan Kleinrock

1979 November:

Self Help for Hard of Hearing People, Inc. (SHHH), is founded and incorporated as a non-profit educational membership organization by CIA retiree Howard E. "Rocky" Stone of Potomac, Maryland. The office of SHHH is the family room of the Stone home. Furnishings were donated by ASHA. Funding is donated by the Stone family and personal friends.

A brochure offers membership for \$7.

The Wall Street Journal writes a story on Rocky Stone's career and includes a small paragraph (5%) on the inception of SHHH. One hundred people from all over the world write for information and help with hearing loss.

A small article in Modern Maturity magazine about the new organization for hard of hearing people brings 2,500 letters of interest.

The induction loop is introduced by Rocky Stone in the Washington, D.C. Archdiocese leading to its introduction elsewhere in the metro capital area. Stone is chair of the Washington Committee on Ministry with Persons Who Are Handicapped.

1980

The first 12 page bimonthly SHHH Journal is published in July.

SHHH attracts members from 30 states, Puerto Rico and the District of Columbia and other countries.

SHHH welcomes its first chartered SHHH Chapter in Gainesville, GA.

Stone becomes advisor to the National Institute of Handicapped Research.

Stone testifies before congress on the problems of millions of Americans who are hard of hearing.



Rocky Stone

(History to be continued ...)

"Hearing Loss in Aging" continued from page 8

Frisina and Ison are part of a center that brings together applied research on hearing at RIT with basic neuroscience and aging research from the University of Rochester. ... The center is currently funded by a five-year, \$6.3 million grant from the National Institutes of Health.

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Editor's NOTE: While I respect what these two articles have stated about the aging brain, the majority of people with hearing loss whom I have known appear to have brains that function more than adequately. I suspect the cases laid out in these articles are the exception rather than the norm.

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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:

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Personal experiences and diverse opinions related to hearing loss are welcome for publication, and should be mailed to Hearing Loss Assoc. of Oregon (address above).

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Hearing Loss Association of Oregon

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.

Bend SHHH meets on the 2nd Wednesday of the month – 6:00PM at the St. Charles Medical Center - Rehabilitation Conference Room - Bend

Contact: Cathy Sanders
e-mail: cathys@coril.org
CORIL
PO Box 9425
Bend, OR 97708
(541)388-8103

Central Oregon Coast Hearing Loss Assoc. meets the 4th Tuesday each month – 1:30 PM at the Newport Chamber of Commerce – 555 SW Coast Highway - Newport

Contacts:
Cindy Campbell
e-mail: hgnw@charter.net
(503)922-1961 or
1(877)271-7620 toll free
4202 NE 43rd
Neotsu, OR 97364

Bob Hall
(541)765-3342
1145 SW Walking Wood
Depoe Bay, OR 97341

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
Eugene, OR 97402

Linda Diaz
warmheart2@comcast.net
(541)345-3212

Hearing Loss Assoc. of Clackamas County meets 2nd Tuesday each month - 2PM at the Adult Community Center, 505 G St. - Lake Oswego

Contact: Michael Eury
e-mail: euryman@msn.com (preferred contact)
(503)534-2860 (6-9pm)
5060A Foothill Drive
Lake Oswego, OR 97034

Hearing Loss Assoc. of Portland meets the 3rd Tuesday each month - 7 PM at the Good Samaritan Hospital in the Wistar-Morris Conference Room - NW 22nd & Marshall - Portland

Contact: Mark Foster
e-mail: hey_foster@hotmail.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: Lorene Russell
e-mail: rlrussell@mcsi.net
(541)679-9655
732 Mulberry Lane
Roseburg, OR 97470

NEW!! Hearing Loss Assoc. of Lebanon meets the 3rd Thursday of each month – 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

Hearing Loss Assoc. of Salem the 2nd Wednesday each month - 6:30 PM at the Salem Hospital – Auditorium in the basement- 665 Winter St. SE - Salem

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

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

*Cindy Campbell,
Oregon Chapter Coordinator
e-mail: hqnw@charter.net
(877)271-7620 Toll free or
(503)922-1961
4202 NE 43rd
Neotsu, OR 97364
or
Chapter Coordinator
Hearing Loss Assoc. of America
(the National Office)
e-mail: tbarrient@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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I learned about the newsletter from: _____

Enclosed is my contribution of \$_____ to support the **Hearing Loss Association** outreach programs in Oregon. Contributions will be acknowledged in the next issue.

I wish to remain anonymous.

I cannot contribute but would like to receive the newsletter.

I want to join **Hearing Loss Association of America**, the National Organization. Please enroll me as a member. I'm including my \$25 membership fee.

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

Donations to support **Hearing Loss Association** outreach efforts should be made payable to **Hearing Loss Association of Oregon** and mailed to P.O. Box 22501, Eugene, OR 97402.