

Hear It Is!

Oregon



Hearing Loss
Association
of Oregon

Summer 2011

Issue 46



Here we go!! Stepping Up for Hearing!!

Oregon's first ever Walk4Hearing is happening on September 17th in Portland starting at 10 AM at the Two World Trade Center (121 SW Salmon Street). See our website www.hearinglossOR.org for directions. It's a beautiful setting along the waterfront. We chose this popular site because of the great scenery and the many people who gather here. We hope those folks will become more aware of hearing loss and the Hearing Loss Association.

We need your help. Would you please sign up to be part of a team or as an individual walker? (There is no fee to register.) Or perhaps you'd like to volunteer the day of the Walk? If you can't be in Portland, you can still support us through your donation. Donate online (see directions below) or mail your checks to: Walk4Hearing, PO Box 22501, Eugene, OR 97402. For additional information, email: info@hearinglossOR.org or call (541)689-7242.

The Walk4Hearing will be 5 kilometers or less depending on how energetic each participant wishes to be. You can stroll leisurely or walk briskly along the waterfront enjoying the beautiful scenery and being a part of this wonderful event. Information about hearing loss will be displayed at tables at the staging area. And there'll be snacks and drinks for everyone. You can take part – the more the better!

If you raise at least \$100 and post it online, you'll get a Walk4Hearing t-shirt. Online donations must be by credit card. Checks and cash that are collected can be turned in at the walk or mailed to the PO Box. The top fundraisers can win a \$200 gift card to Morton's Steakhouse, a \$40 gift card to the Old Spaghetti Factory and other prizes at the Walk.

To access Walk4Hearing online, go to www.Walk4Hearing.org -- you will automatically be redirected to the actual Walk4Hearing home page. Once there, look for a small box (above and to the right of center) labeled Walk4Hearing locations. Click on that, and select Portland from the list that appears. To register, click on "Start a Team", "Join a Team", or "Walk as an Individual", and follow directions.

The Portland page also shows a list of Walk teams and another list of individual walkers – these will be scrolling vertically. Click on "stop" at the bottom of a list to stop the scrolling, and then click on the team or walker you want to get a profile on. At that point you will see a button that will let you make an online donation (credit card only), giving fundraising credit to the walker or team.

Join the fun and help us make our community a better place for people with hearing loss!

Photo: HLAA coordinator Ronnie Adler fields questions from Oregon Walk organizers at the kickoff event.



From My Lips to Your Ears

Editorial by Chuck Vlcek

How do you stay humble when you get an award? Actually it is easy because we now have (*gulp!*) standards to live up to. So it is with this newsletter, which got the State Newsletter award from HLAA (see page 4). The next issues have to be at least as good, or better than the ones that won the award. *That* is a humbling challenge. When Elizabeth LeBarron notified us of the award, I mentioned the history of the newsletter and its contributors. Her response: "It really does take a village, doesn't it?" That it does, and *you*, the readers, are the village. So please contribute or forward an article, or your thoughts and experiences to share with others, and help us live up to these lofty standards of excellence.

Mark Foster, past president of the Portland chapter also won an award, as Outstanding Volunteer by Portland General Electric. He is staying humble. Read his story on page 7.

OR-CAP is making good progress – see page 10. Now comes another challenge, and Karen Swezey is on the soapbox:

"I'm wondering if it might be worthwhile for us to explore how we could further *promote* the captioning that is currently being provided. As I see it, we've pushed for captioning at some venues. They've cooperated to some extent, and now it is up to people who can use the captioning to make use of it. But are they? Many times we have stopped venturing out to movies, live performances, sporting events, etc. because we figure we won't be able to know what is going on. We are not aware when accommodations are being provided that would allow us to be a part of

the action. It will take some continuing encouragement - and even down right *pushing* to get us up out of our chairs, saving our money to buy tickets, and going to activities that we've become accustomed to being left out of. In the meantime, these organizations are investing some money into providing the accommodations and watching to see if there is indeed a demand.

We also need feedback from folks who attempt to see a captioned event. Did they enjoy it? What did they find problematical? Do we need to fine tune the system for accessing the captioned event, etc.? Then we can work with the venues to fine tune their process."

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 Autumn 2011 edition: Sept 30, 2011.

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For questions or comments, contact
the OTRS Account Manager:
damara.g.paris@sprint.com

HLAA Happenings

At the recent HLAA convention in Washington, D.C., this newsletter received the State Newsletter award. Wayne Seely, Treasurer for the Hearing Loss Association of Oregon board of directors was present to receive the award. Editor Chuck Vlcek and Business Editor Karen Swezey are pictured here with the plaque.

Karen Swezey, Chris Pryor, David Viers, and Michael Eury served as editors prior to Chuck taking on that role in 2008. Chuck does the layout work while Karen helps provide articles and proofreads the finished product. She also handles the subscription lists and advertising. Both are current HLA-OR board members and Chuck has been secretary for the last several years.



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!

HLA-OR Quarterly Meeting Dates

The next meeting will be held on October 22, 2011 at Albany General Hospital

Future meetings will 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.

Everybody knows somebody who has a hearing loss!



PORTLAND WALK 4 HEARING™

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**

Distance: 5K (3.1 miles)

**REGISTRATION: 9 AM
WALK STARTS: 10 AM**

For more information:

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

Visit **WWW.WALK4HEARING.ORG** for more information or to register today!



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Within Earshot: News You Need to Know

Improved Acoustic Neuroma Surgery

The University of Michigan newsletter has reported that the UM surgical team is performing highly successful acoustic neuroma surgeries with a high rate of hearing and facial nerve preservation. One patient, who had been told in New York that she'd lose her hearing and balance and should "learn to deal with it", had her surgery done at UM. She was released from the hospital in less than a week with normal hearing in both ears and has returned to her full-time job and other activities, including tennis, working out and dancing.

Dr. Steven Telian and Dr. Gregory Thompson (neurosurgery), used a middle fossa microsurgical approach for resecting her tumor - an approach the Neurotology team typically uses for treatment of smaller acoustic neuromas with excellent residual hearing results. The team has improved upon this technically difficult procedure by increasing the exposure of the floor of the skull and approaching the tumors from above the ear, resulting in an 80 percent success rate for hearing preservation. Prior to coming to U-M the patient had only been offered the conventional translabyrinthine approach, which always results in complete hearing loss in the affected ear.

Outstanding Volunteer Award

Portland General Electric has named Mark Foster from the Portland Chapter of the Hearing Loss Association as one of its Outstanding Volunteers in its newsletter.

Mark has had profound hearing loss since birth. When he was in the fifth grade he got permission from the teacher to stand in front of the class and ask to be treated like everyone else. Today he is president of the Portland chapter, a role he has held since 2003. He mentors those struggling with hearing loss, offering everything from emotional support to resources for the latest assistive-listening technology devices. He has been a member of HLA for 12 years and is now active in organizing the first-ever Walk4Hearing, which will be held on September 17 in downtown Portland. Foster founded the Portland chapter after earning his bachelor's degree and masters degree in business administration. He says that is when he really "got it" that his role needed to be

advocacy. He says that it is critical that individuals with hearing loss know that they are not alone.

Bob Russell, president of the Hearing Loss Association of Oregon, says Foster's leadership has been an inspiration to Portland's hearing loss community. "Those with hearing loss are often concerned about their communication deficits, and it can be a barrier to those who want to become leaders," Russell says. "Mark has demonstrated to others how to overcome those obstacles."

Despite Foster's success, he says life hasn't been easy. He uses a hearing aid in one ear but mostly relies on lip reading. "Regardless of the cause of hearing loss, there is a common struggle," Foster says. "You go through the various stages of grief – denial, anger, and acceptance. I still go through those stages sometimes."

Foster has found strength in being proactive. "My mom taught me to ask for help," he says. "It's amazing how accommodating people can be if I just say something."

It is a lesson Foster has learned at a young age. "I believe a person can choose to be a victim or an advocate," he says. "It is the difference between negativity and hope."



News from the Telecommunication Devices Access Program

On Tuesday June 7, 2011, Governor John Kitzhaber signed Senate Bill 144 into law so that qualifying Oregonians who have a mild or moderate hearing loss can apply for adaptive equipment in order to communicate over the telephone. The enactment of Senate Bill 144 made it possible for nurse practitioners and rehabilitation instructors for the blind to certify a person as having a disability (within the scope of their profession) and needing adaptive telephone equipment from the Telecommunications Devices Access Program (TDAP).

Kelli Chrisman has retired After 34 years with the State of Oregon. Because of Kelli's compassion, dedication and valuable contributions to the deaf and hard of hearing community, she was regarded as the poster image for the TDAP.

TDAP is seeking a person who has a hearing loss to serve a two-year term as a member on their Advisory Committee. They rely on your feedback to help them in their efforts to continually improve their services, especially with the rapid evolution of telecommunications technology. Meetings are held twice a year on the first or second Monday in March and September from 9:00 am to 12:00 pm in the Small Hearings Room on the second floor at the PUC in Salem, OR. American Sign Language interpreters and real-time captioning are available at all meetings. Committee members are reimbursed for mileage and lodging when applicable. For further information on how to apply for this rewarding position, go to <http://www.puc.state.or.us/PUC/rspf/tdapadvisorycommittee.shtml>.

TDAP has expanded their line of adaptive telephone equipment to include amplified cordless phones, high-speed Internet-based captioned telephones and many more devices to meet the telecommunication needs of those with all types of disabilities.

When TDAP receives, processes, and approves applications within 1 to 3 business days, they place an order with their contractors to ship the specific item listed on the form directly to their customers, which takes 5 to 7 business days to arrive. After customers contact them to return or exchange their equipment, they notify the contractor to issue a prepaid UPS return label before shipping a new device, when applicable. The contractors assess the equipment for refurbishment, repair or to determine if it needs to be recycled prior to storing it at their warehouse for the next order. This procedure replaces a cumbersome method of distributing or loaning adaptive telephone equipment. They still maintain a small inventory of most available equipment for customers who visit their office for an exchange, etc. They can offer troubleshooting on the devices, but may refer you to their contractors who have staff with the expertise for complex issues.

TDAP has a colorful new brochure with Mt. Hood in the background. It includes images of available equipment and accessories with a brief description of features for each. The brochure and application is designed to guide customers and their medical professional in the appropriate selection of adaptive telephone equipment as it corresponds to their disability. It can be viewed and printed online at www.rspf.org. They also modified their website and uploaded pictures of available equipment to list additional features along with a specifications sheet for most devices. See TDAP's ad on page 13 for additional contact information on currently available equipment and/or an application.

This article was provided by Jon Cray, TDAP Manager, and Matt Smith, TDAP Specialist, and edited to fit this page.

Chapter Capers

Douglas County chapter: A picnic was held at President Chuck Vlcek's residence in Idleyld Park during the late afternoon of August 8. It was a rare overcast day and rather cool but still pleasant. A representative from Hamilton CapTel was also present to demonstrate their phone captioning service via a computer with internet connections and a browser.

Salem Chapter: Salem's picnic was scheduled for August 10. They will have a representative from Clear Captions speak on Sept. 14.

Portland Chapter: Anne McLaughlin is the new president. Former president Mark Foster was given an Outstanding Volunteer award from Portland General Electric – see page 7 for the whole story. Their picnic was on July 16.

Lane County Chapter: Clear Captions will make its presentation there on Sept. 15. Their newsletter, Sound News, has full front page news covering preparations for the upcoming Walk4Hearing. Several walkers from the chapter have already registered. They are arranging bus transportation to the Walk from Eugene for up to 14 persons.

HLA-Oregon: This newsletter was given the State Newsletter award at the HLAA convention – see page 4 for the story and photo. Preparations continue for the first Walk4Hearing to be held in Oregon. That is front-page news.

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

When is it time to "graduate" from a hearing aid to a cochlear implant? In the previous issue this column noted that proper advice may not be forthcoming from doctors, hearing aid dealers, and some audiologists. That leaves the consumer on his own and often in the dark.

Fortunately, there *is* information out there that the consumer can use. Page 51 of the Survivor's Manual has a section on cochlear implants. It notes that if you have a severe or profound hearing loss and receive minimal benefit from an aid because of the severity of the loss, you should consider an implant, especially if the loss is progressive.

Confirmation of implant candidacy is determined by information gathered by an implant team at an implant center such as OHSU (see their ad on page 11). The FDA has criteria for candidacy based on the degree of hearing loss and speech comprehension (or lack thereof), but these guidelines can change as implant technology continues to improve. The bottom line is whether you are likely to understand speech better with an implant than with a hearing aid. It should also be noted that an implant is designed to kickstart a non-functioning cochlea. If the hearing loss has a different cause, an implant won't help, although there may be other remedies.

There are three implant manufacturers: Cochlear Americas, Advanced Bionics, and Med-El. They have websites that provide information about implants and the procedures for obtaining one. Cochlear has an ad on page 11 and AB has had an ad in previous issues. This topic will be continued in the next issue.

Download your own Survivor's Manual

<http://www.hearingglossor.org/>

Select "Survivor's Manual" from the menu

OR-CAP Update for Second Quarter, 2011

The Portland Center for the Performing Arts has received an Open Captioning accessibility partnership award from Theatre Development Fund (TDF) to support the 2011-2012 Broadway Across America Portland season. TDF will provide its expertise and cover all costs associated with Open Captioning at Sunday evening performances in the coming season. Due to timing of the TDF grant process, and contractual agreements already in place for the 2010-2011 Broadway Across America Portland season, they will not be able to offer Open Captioning at Les Misérables, as we previously anticipated. The first production to offer Open Captioning will be Mamma Mia, Sunday, August 28, 6:30pm performance. The remainder of the season for Open Captioning is listed below.

Mamma Mia!, Sunday, August 28, 2011 at 6:30 pm

Shrek the Musical, Sunday, September 18, 2011 at 6:30 pm

West Side Story, Sunday, January 8, 2012 at 6:30 pm

Beauty and the Beast, Sunday, February 19, 2012 at 6:30 pm

Wicked, Sunday, March 25, 2012 at 6:30 pm

Million Dollar Quartet, Sunday, May 27, 2012 at 6:30 pm

Jersey Boys, Sunday, August 5, 2012 at 6:30 pm

Meanwhile, widespread movie captioning in California came one big step closer to reality in April 2011, when Cinemark announced plans to equip all of its first-run theaters in the state to show closed-captioned movies by June 15 of 2012. Cinemark's decision led to a friendly resolution of the lawsuit filed by two individuals, Linda Drattell and Rick Rutherford, and by the Association of Late-Deafened Adults. John Waldo wrote an article on this development in the California newsletter. Go to www.hearinglossCA.org and scroll down a bit to find the article which is dated May 17. Much of the remaining article dealt with technology and digital vs analog captioning, a topic that was covered in the spring issue of this newsletter.

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 in the spring issue for that organization with a cc to Clark.

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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:

5 Anonymous
Jo D'Antonio

Anna Cushman
Pat Cameron

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Pat Moe

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Having Trouble Or Unable To Communicate By Telephone? TDAP

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E-MAIL: puc.tdap@state.or.us

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Applications
at
www.rspf.org**

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: Seacock286@yahoo.com
(541) 848-2806

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

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Please visit our Web site: www.wou.edu/rrcd or contact us at 503-838-8444 or e-mail: RRCD@wou.edu.

Applications are generally due mid-March each year.

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 meets the 3rd Tuesday each month (except July and August) - 7 PM in Building #2 of Legacy Good Samaritan Medical Center, 1040 NW 22nd Ave. at Marshall St., Portland 97210

Contact Anne McLaughlin (president)
e-mail: hlaportland@gmail.com
PO Box 2112
Portland, OR 97208-2112
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
Idleyld 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

For an electronic version of this newsletter:

<http://www.hearinglossor.org/news.htm>

To subscribe, e-mail info@hearinglossOR.org and we will notify you with the above link when a new issue is available.

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

Hearing Loss Association of Oregon is a 501(c)(3) charity and depends on donations and grants. All personnel are volunteers. Please send your donation to support our efforts to ***Hearing Loss Association of Oregon*** PO Box 22501, Eugene, Oregon 97402.