

Hear It Is!

Oregon



Hearing Loss
Association
of Oregon

Summer 2012

Issue 50

2013 HLAA Convention to be Held in Portland!

Vicki March, Oregon's delegate to the 2012 HLAA Convention in Providence, RI, had the honor of announcing that the 2013 HLAA Convention would be held at the Convention Center in Portland, Oregon on June 27-30. She made the presentation to the entire convention at the banquet on Friday, June 22 (see photo on right). Travel Portland showed a DVD that displayed the high points of the city and state. Many attendees approached her the next day saying they were excited to be coming to the West Coast.

Of the remainder of her 2012 convention experience, she wrote: "Dr. David Meyers, the father of the looping movement, was the convention's keynote speaker. His passion and knowledge of the subject was quite evident when he spoke of his past accomplishments and future plans. At the convention center many rooms where workshops were held and all main ballrooms were looped and if not, had captioners plus signers if necessary. I came home more convinced than ever that we must loop Oregon.

The main focus of the convention was the many workshops available; the choices so many you almost wished you could be [in] two places at once. I tried to attend workshops with varied subjects."



The workshops were presented by people who are experts in their field of hearing research or those who provided information and held discussion about problems we all face, with suggestions on how to work toward resolution not only in the community but also our personal lives. There were workshops on harnessing group dynamics, an FCC update on their efforts to address disability issues, loneliness related to hearing loss, music listening opportunities for cochlear implant and hearing aid users, chapter growth, and ways to solve problems with communication partners. *Continued on page 4.*

From My Lips to Your Ears

Editorial by Chuck Vlcek

Exciting news indeed! The 2013 HLAA convention will be right here in Oregon, in our fair Rose City, Portland. Our own Vicki March made the announcement and did a marvelous job being Oregon's representative to the 2012 HLAA convention in Providence. She also provided a good report to share with us on the front page.

The coming convention offers us a rare opportunity to show off the natural splendor of Oregon at the best time of the year to be here. But it also provides a challenge and a responsibility to show off our accessibility. We want very much to be part of Loop America, and we want to be able to show off our captioned venues, both movies and live performances. The stories in this and recent issues of the newsletter show how far we have come and also how far we have to go. Public awareness of what is currently available (or soon will be) is becoming the major issue now. It behooves us to take the lead in addressing that issue.

Some vendors have been rather cooperative in making their wares accessible and visible. They may well see this convention as a rare opportunity to show off their community spirit. Others have had to be dragged in, kicking and screaming, or at least dragging their heels. The upcoming convention may or may not motivate them. After all, it is not the Democratic or the Republican National Convention, where the rich

and powerful come to spend their money lavishly.

We are citizens and consumers too. We may not be the "silent majority" but we are a sizeable minority. And if you count our friends and relatives, we may indeed be the majority. And we will not remain quiet. Remember, the squeaky wheel gets the grease!

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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.

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HLAA Convention (*from page 1*)

Vicki noted that the main convention symposium, “How the Brain Makes Sense of the World of Sound”, was informative and interesting to the point that no one left their seat for the entire three-hour presentation. Four researchers from John Hopkins University explained the major properties of auditory processing on the brain’s ability to encode stimuli from simple tones to the elements of human speech and music. They also discussed how the representation of speech within the brain breaks down with sensorineural hearing loss.

At the Sunday breakfast and closing session there were “awards galore”, according to Vicki. “I was happy to accept awards for both Cathy Sanders and Kathy Eckert-Mason of HLA-OR for their hard work in organizing Oregon’s first Walk4Hearing in September 2011 as they were unable to attend.”

Vicki’s final thoughts: “I believe the best part of the experience of attending a hearing loss convention is the chance to relax, let your guard down, and be able to work, socialize, and network with people who share hearing loss and know the drill. The result is a lot of laughter, great camaraderie, and the forming of lifelong friendships.

I am thankful for the opportunity to attend this event and look forward to all of us sharing the same experience with people from all over the world at next year’s convention right here in our own backyard.”

HLA-OR Quarterly Meeting Dates

The next meeting will be held on September 29, 2012 at Albany General Hospital

(Reimer Building). The winter meeting will be held on December 15.

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.

Something to think about ...

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HLAA Happenings

HLAA has received rave reviews about the Research Symposium, *How the Brain Makes Sense of the World of Sound*, presented by medical and research professionals from Johns Hopkins University. The presenters' PowerPoint presentations have now been posted as part of the Friday workshops at the 2012 convention. HLAA is also working to post a video of the symposium as well in the near future. Workshops can be accessed via a menu on the left side of the main convention page, <http://www.hearingloss.org/content/2012-convention> although not all have PowerPoint (or pdf) documents available. Click on "workshop overview" to see a color-coded list of all the workshop topics and determine which ones you are interested in obtaining documents. If you download and save more than a couple of documents you might want to rename the files to reflect the topics.

HLAA is now offering three and five year memberships at a reduced cost. Individual memberships in the United States are \$95 for 3 years and \$140 for five years. HLAA stresses that the rates on the inside card in the July-August issue of the Hearing Loss Magazine are incorrect.

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!**



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Within Earshot: News You Need to Know

Upsetting the CART

Some errors that captioners and CART providers make are a result of mishearing what is said, but many of the errors are actually caused by word boundary problems when the computer software is translating the steno.

Because captioners write syllable by syllable and do not put spaces between the words, something like a "grand parade" may translate as a "grandpa raid." The captioner may have heard it correctly, but when he or she entered the steno, the computer translated it in an incorrect way.

Someone may ask, "Did the men unite against the cause?" A captioner has to be cautious that that does not translate as "Did the menu night against the cause?" Because these two sentences are basically the same phonetically, a captioner somehow has to make the distinction between the "u" sound coming at the end of the word or at the beginning of the word.

Many captioners were not taught a way to differentiate between the two sentences above, and they must come up with their own way to do it. Sometimes captioners realize that there is a word boundary problem only after a sentence has been written and the viewers have already seen the mistake.

Hacking into a Hearing Aid

Some hearing aid users have become hackers. Why? Frustration with hearing aid dealers for not being able to make satisfactory sound adjustments! So the users are hacking into their own hearing aids, tinkering with the sound levels. Audiologists and hearing aid manufacturers caution that this practice may put the hearing aid and/or warranty at risk.

Find Captioned Performances

An increasing number of movies and live performances are being captioned (see page 10 for a related story), but getting detailed information is still problematic. Venues may have the equipment but in most cases it is not well advertised. Also, some performances may be captioned while others are not. Finding out which ones are can be a chore.

Since heaven helps those who help themselves, OR-CAP and HLA-OR are or soon will be using their own websites to provide links to vendors' web pages that provide information on captions, and encourage the vendors to improve their own web information (as well as printed information). Ideally this will provide one-stop shopping for captioned performances.

OR-CAP's website is www.or-cap.org and HLA-OR's is www.hearinglossor.org. In the meantime a search for something like "captioned movies" can yield good results. Be aware that special seating may be required to view the captions. For live performances, a couple of sites are listed below.

<http://www.osfashland.org/plays/access.aspx#hearing> is the website providing a list of captioned performances at the Oregon Shakespeare Festival. The 2012 season is already half over, but there should be something worth watching.

The Portland Center for Performing Arts' site is <http://www.pcpa.com/information/ada-accessibility>. It is rather informative overall as it also includes information about neckloops, seating, etc. but as of late July needs to be updated and have more performances listed. Only two captioned performances were listed: May 27 and August 5. It would still be worthwhile to check this site and see if it has been updated.

If Your Hearing Aid Gets Wet

(From Deafness and Hearing Aids web)

If your [hearing aid](#) gets wet **DON'T PANIC!** Electronics and water are two things that generally don't go well together but all is not lost if your aid does get a soaking. Even hearing aids that have been waterlogged were restored to full working order. However, if it has been exposed to water that was salty or silty, it will probably require professional cleaning and/or repair ASAP.

Things to do if your hearing aid gets wet

1. Remove the aid from the water as quickly as possible – the less water that's in it in the first place, the better chance it has to work again.
2. Turn it off straight away and remove the battery. Throw the battery in the bin. Don't be tempted to wait and see if it comes straight back on – turn it off as soon as possible.
3. Close the battery door, remove the tube (if you have one) and dry gently with a towel. Shake it gently to try and get as much water out as possible.
4. Use a hairdryer or a fan to blow-dry it. It's **very important** not to let the aid get too hot so don't use a hair-dryer on a high-heat – use a low-heat and keep the dryer some distance away from the aid. Excessive heat is **much** worse for electronics than a brief dunk in water. Blow-drying will speed up the dry-out time but you can skip this step if you are worried about the heat or don't have a fan.
5. Leave the aid to dry out. The amount of time to leave it will depend on how wet it was. It may take two days before it completely dries out. Leave it sitting with the battery door open so that as much air as possible can get it. Better still, place it in a dehumidifier pot – this will speed up the dry-out considerably.
6. Once you are happy that the aid is dried, put in a fresh battery and try it out. You can also use one of the cleaning tools you received with your aid to make sure the water has not left any residue behind but be very careful poking tools inside your aid.
7. If the aid still does not work then you can either recharge your dehumidifier pot and leave it a while longer or ask your audiologist to send it back for repair.

What not to do

1. Never put your hearing aid into a microwave or conventional oven. It's too much heat and you'll melt something.
2. Don't just assume it's broken. Give it time to dry and then send it away for repair if you need to.

The important thing to remember is: It is unlikely that you will need to buy a new hearing aid just because it got soaked – electronics are more resilient to water than most people think. Some newer models of hearing aids (and cochlear implant processors) are highly water resistant and can even be immersed to shallow depths for a short period of time.

Chapter Capers

Salem Chapter: As of June 16 they were setting up a table at Open House Access Technologies and were providing a workshop at Beyond Hearing Aids.

Lebanon Chapter: Also called the Benton-Linn (County) chapter, it is doing well and has new people and good attendance.

Lane County Chapter: This chapter is working with Hult Center for Performing Arts to caption more performances. They also helped get captioning at the Olympic Trials in Eugene. The OHSU cochlear implant team came to make a presentation at a recent chapter meeting, drawing 25 new attendees interested in implants. PeaceHealth medical clinics all over the PacNW are implementing the access program for people with hearing loss that was put together by the chapter for all PeaceHealth hospitals in this region.

New chapters? A possible new chapter in the Hillsboro area continues to be on hold until next year as the person organizing it has had to deal with two deaths in the family. At this time there are no further developments elsewhere.

HLA-OR: The board approved the final draft of the Board Reference Manual which has been posted on HLA-OR's website. It includes a list and description of committees (now being updated), useful to persons outside of the board who might want to join a committee. For more info contact info@hearinglossOR.org

CI Corner

The last issue described the initial "turn on" or activation session for a newly implanted patient, and subsequent "mapping" sessions to bring the patient up to speed. The process is somewhat akin to fiddling with the bass, treble, and volume settings on your stereo sound system or home theater. One difference is that the audiologist makes the settings with feedback from the patient, who subsequently has very limited access to make adjustments on his own. The microphone sensitivity on the processor can be adjusted over a range of about 30 dB, and the maximum permissible loudness, or "C" level can be adjusted to some degree across the board. The treble/bass balance cannot be adjusted.

When the processor is turned on for the first time after the initial mapping session, the patient may hear beeping sounds like someone making a call on a touch-tone phone. This appears to be an artifact resulting from the combination of very low "C" levels and higher microphone sensitivity. Raising the C levels ("V" on the processor) should get rid of it or at least make them much less obvious.

As stated before, the early "maps" are biased toward bass sounds. That causes sounds to be muffled, muddy, rumbly, whatever. Someone noted that it sounded like a duck under water. On the other hand, too much treble will make the clatter of silverware, the rustling of paper (or leaves), and the sound of people chewing especially annoying. The tricky part is that "C" levels are set at each individual frequency (or "channel" – one of the 20 individual active electrodes) and the patient has to decide how loud he can tolerate it before he learns how it sounds with all channels working together. The individual C levels can be tweaked after he listens to the final setup on the processor, but sounds in an office setting are not the same as the "real world".

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.

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

Select "Survivor's Manual" from the menu

Coming to a Theater Near You: Captioning

Recently an article by Terianne Petzold appeared in Salem's Statesman Journal which described a new captioning system for digital movies being brought online by Regal Entertainment Group. They had already been showing open captioned movies on a limited basis, which was helpful but greatly restricted choice. Regal is now beginning to use the Sony Entertainment System. Sony created specially designed, lightweight glasses that allow guests to privately view closed-captioned text on both 2-D and 3-D movies. The devices are synchronized with Regal's digital projector systems through a wireless receiver – a box small enough to carry in the palm of your hand.

The accessibility devices are easy to use and can be placed over regular prescription eyewear. Once the featured movie begins, captioned text appears on the screen wherever the glasses are directed. Thus stability of the captions is consistent with movement while watching the movie. This system is likely to be better than the Captiview devices used by Cinemark and planned by AMC which would require looking down to read captions and back up to view the movie screen.

In addition to viewing captioned text, headphones and neckloops can be plugged into the receiver to increase volume for assistive listening. Vision-challenged guests can take advantage of the devices as well, by switching the receiver to an audio channel that provides descriptive audio tracks depicting the action on the screen. It should be noted that AMC and Cinemark will also offer neckloops to use with their Captiview devices.

Hearing-challenged guests can now pick the movies of their choice and approach a guest services desk to request an accessibility device. For the best experience possible, be sure to listen to instructions and ask questions when picking up a device.

So when do we get to try out these new devices? Randy Smith, Senior V.P. Chief Administrative Officer and Counsel for the Regal Entertainment Group, was kind enough to provide HLA-OR with schedules for its theaters in Oregon. He noted that its digitized theaters are being converted across the country and hopes to finish by the end of the first quarter of 2013, but cautioned that it is dependent on timely delivery of equipment from Sony. Once the locations are converted, most if not all features and showtimes will have closed captioned content *when provided by the film studios*. As locations are upgraded, film availability and showtimes will be posted on www.Fandango.com and or <http://www.regmovies.com> just as open captioned showtimes are posted now, except the titles on Fandango will show that "access equipment is available" and it will state "CC" and or "DV" on the Regal site. You can also check out Captionfish: <http://www.captionfish.com/>.

The following 8 theaters have already made the conversion: Lloyd 8 Mall Cinema and Fox Tower 10 in Portland, Movies on TV 16 in Hillsboro, Tigard 11 Cinemas in Tigard, Sherwood 10 in Sherwood, Wilsonville 9 Cinema in Wilsonville, Hilltop 9 Cinema in Oregon City, and Santiam 11 in Salem. Late fall 2012 is the target for Old Mill 16 in Bend and Lancaster 11 in Salem. By winter 2012 Valley River Center 15 in Eugene and Bridgeport 18 in Portland should be done. Five theaters are scheduled for winter 2013: Pioneer Place 6, Division Street 13, and Lloyd Center 10 Cinema in Portland, Albany 7 Cinemas in Albany, and Stark Street 10 in Gresham. Two more come on board in spring 2013 – Evergreen Parkway 13 in Hillsboro and Ninth Street 4 Cinemas in Corvallis. No schedule has been set for the Pilot Butte 6 Theaters in Bend.

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Dr. Mehr has over 32 years experience working with individuals with hearing loss. He started his career as a teacher of deaf children. He taught at schools for the deaf in Oregon, Maine and New York.

After obtaining his doctorate degree in Audiology from Adelphi University, he worked at the New York League for the Hard of Hearing in Manhattan. He was then hired by the Oregon School for the Deaf to supervise their Evaluation Center. He then established Pacific Audiology Center.

He has served on the board of the Oregon Speech and Hearing Association and the Oregon Academy of Audiology. He was appointed by Governor Kitzhaber to serve on the Oregon Board of Examiners for Speech Pathology and Audiology. He became chairman of that board.

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Thanks for Your Support!

We are grateful 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:

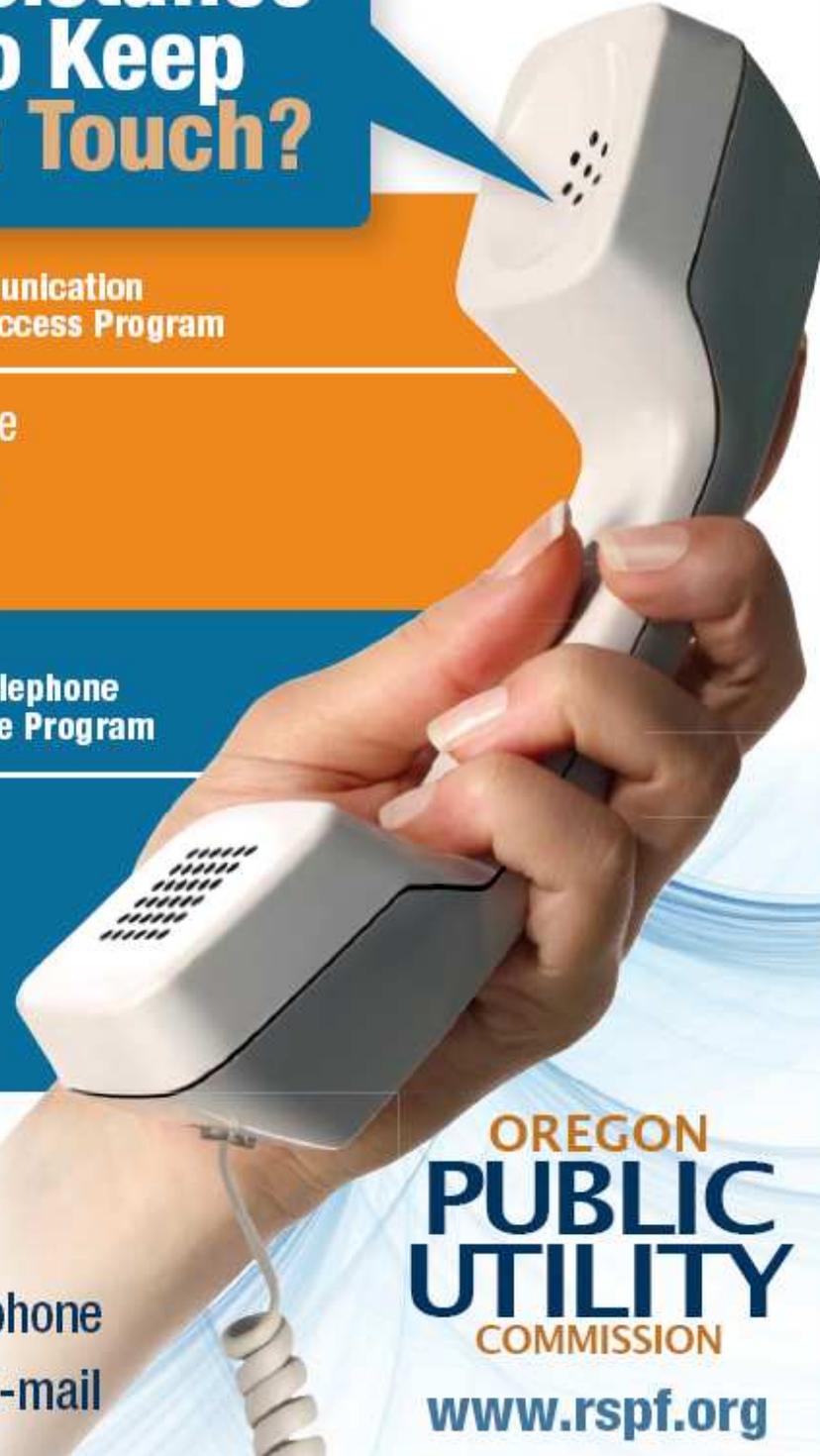
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Chapters in Oregon

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.

HLA of Central Oregon (HLACO) meets on the 2nd Wednesday of the month from 6 to 8 PM at the St. Charles Medical Center, 2500 NE Neff Road, Bend, in Conference Room A (by the front entrance).

Contact: Cliff Tepper
1664 NE Redrose Court
Bend, OR 97701
(541) 390-2174

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Applications are generally due mid-March each year.

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

Hearing Loss Association of Salem meets the 2nd Wed. each month (except July and August) - 6:30 PM at the Salem Hospital, Building C, Room 1A, 2561 Center St. NE

Contact: Mary Fagan
e-mail: hlasalem@live.com
(503) 409-5491
3253 Dallas Hwy NW Salem, OR 97304-4222

HLA of Portland meets the 3rd Tuesday each month (except June, July and August) - 7 PM in the North-South 1st Floor Conference Room, Building #2 of Legacy Good Samaritan Medical Center, 1040 NW 22nd Ave., Portland 97210

Contact Anne McLaughlin (president)
e-mail: hlaportland@gmail.com
PO Box 2112
Portland, OR 97208-2112
www.hearinglossor.org/portland/

HLA of Douglas County meets the 2nd Monday of even-numbered months - 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

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

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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
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