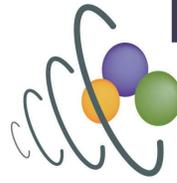


# ***Hear It Is!***

***Oregon***



**Hearing Loss  
Association  
of Oregon**

Winter 2011

Issue 44

## **Hear Ye! Hear Ye!!**

Imagine attending a church service or other public meeting, and not being able to hear what leaders or other participants are saying. Public gatherings and meetings can be frustrating for people who wear hearing aids or cochlear implants, and for those who won't admit their loss and thus don't have hearing aids. This shouldn't be. Affordable technology exists to make public spaces such as churches user-friendly for hard of hearing people. When people cannot hear in church, they often decide to stay home and watch captioned services on TV. Or they opt not to attend a class or meeting because they feel left out.

The simplest solution is to make the meeting room or sanctuary accessible.

- Padded seating, carpeting and drapes all help with acoustics.
- Seating arrangements are crucial to facilitate speech reading, bonding and audience participation. The hard of hearing person should sit close to the presenter or leader in order to hear better and see the faces of those speaking. Too much distance from the speaker makes it hard to hear or lip read.
- In meeting or class rooms, a quiet room with small groups where you can be seated around a table or in a half moon style is helpful. For a little larger group try for a "V shape" with the presenter at the tip.
- Give as much visual information as possible. An overhead projector can provide sermon notes, words to the songs, and other pertinent information. The printed bulletin should list each aspect of the service plus anything that might get announced and provide sermon notes.
- A sermon or lesson outline loaded on a computer prior to delivery can be projected on a large screen during the service or class.
- A white board and/or hand outs are helpful.
- Always face the audience when speaking – not the screen or chalkboard.
- A well lighted room without shadows is also helpful for lip reading. And keep facial hair to a minimum around the mouth to allow for lip reading.
- Speak clearly and slowly. A personal amplifier sometimes known as a "PockeTalker" can help the hard of hearing person if each person speaking uses the mic.
- Use only captioned DVD's and VCR tapes. Let vendors know this is a high priority.

*[ continued on page 5 ]*

# From My Lips to Your Ears

Editorial by Chuck Vlcek

At a recent Sunday service, my pastor spoke of the plight of a leper asking to be healed. In those days lepers suffered a variety of more or less related skin diseases, not just Hansen's disease that we call leprosy today. Some of the diseases suffered by ancient lepers were highly contagious and lepers had to cry out, "Unclean! Unclean!", to warn others away from them. This is a form of self-quarantine, and they were truly untouchable.

After the service my pastor and I discussed the matter and the subject of healing in general. I noted that while I had not been "cured" of my hearing loss, I did get two cochlear implants which gave me nearly full hearing function. He remembered the extreme difficulty I had in participating in anything just before my first implant, even with two powerful hearing aids. Then he made an interesting observation: the leper was untouchable, but he could still communicate and participate. In my own way I was as isolated as the leper was, perhaps more so.

The lead article in this issue describes how churches and other public venues can ease the plight of these social lepers, short of actual healing. It is a must-read. But while it mentions that some accommodations will help those who are still in denial about their hearing loss and do not wear aids, such people will benefit far more if they will admit their condition and utilize what is available to them. The lepers in scripture had to ask to be healed, in faith. Likewise, the hearing-impaired need to ask, and they will receive.

Technology continues to evolve, and while some communication technology is specifically designed to help the hearing impaired, others were designed for the general public, sometimes in ways that did not help

the hearing impaired. So it is with telephones. Fifty years ago, persons using a T-switch on the hearing aid could pick up the sound via telecoil. Then design "improvements" made the T-switch useless. Legislation was passed to require public telephones to be compatible with the T-switch. The explosion of cell phones rendered public phones obsolete (just try finding one that works). In addition, the digital signals caused interference, especially with cochlear implant processors. A subset of these phones are designed to be user friendly for the hearing-impaired but cell phones in general are often tied to cell service contracts that are confusing and might be undesirable (see Survey, page 8). The whole situation is in a constant state of flux. So what is a hearing impaired person to do? That is and should be the subject of a future article. Stay tuned.

## Hearing Loss Association of Oregon

### Officers and Board Members

President .... Bob Russell  
Vice President .... Cheryl Davis  
Recording Secretary .... Chuck Vlcek  
Treasurer .... Wayne Seely

Board members: David Viers, Karin Smith, Cindy Campbell, Karen Swezey, Cathy Sanders, Bob Williams, Kathryn Eckhart, Anthony Montoya, Leela Davis, Duane Davis, and Sylvia Eckles

*Hear it is!* #44, Winter 2011. Published quarterly by the Hearing Loss Association of Oregon, PO Box 22501, Eugene, OR 97402. Chuck Vlcek, Editor; and Karen Swezey, Business Editor.

*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](mailto:info@hearinglossOR.org).

For advertising information and rates, contact Karen Swezey at [info@hearinglossOR.org](mailto:info@hearinglossOR.org).

Deadline for Spring 2011 edition: March 15, 2011.

# Relaytionships

Have a loved one, friend or co-worker  
you want to call today?



*You can, with Oregon Telecommunications Relay Service.  
Making a call will never be difficult again!*

TTY: 711 or 1.800.735.2900    ASCII: 1.800.735.0644  
Voice: 711 or 1.800.735.1232    español: 1.800.735.3896  
VCO: 1.800.735.3260    STS: 1.877.735.7525  
900 Services: 1.900.568.3323    [www.rspf.org](http://www.rspf.org)

Customer Service in English: 1.800.676.3777  
Servicio al cliente en español: 1.800.676.4290



For questions or comments, contact  
the OTRS Account Manager:  
[damara.g.paris@sprint.com](mailto:damara.g.paris@sprint.com)



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

## Highlights of the HLAA Convention

*Reading the printed version? Just type in [www.hearingloss.org](http://www.hearingloss.org) and follow the links.*

## Registration Now Available!

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

## HLA-OR Quarterly Meeting Dates

March 12, 2011

June 11, 2011

October 8, 2011

To confirm, contact President Bob Russell at [bhrussell@frontier.com](mailto:bhrussell@frontier.com) or call him at (503) 614-9730. Meetings will be held at Albany General Hospital. Guests are invited to attend but should first contact President Bob Russell.

## NOTICE TO AUDIOLOGISTS AND HEARING AID SPECIALISTS

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

## Hear ye! Hear ye!! *(from page 1)*

It is important to train leaders, staff and all presenters how to use the microphone.

- Learn to consistently condense and repeat audience questions and comments.
- Repeat Bible text (Book, Chapter and Verse)
- Consistently hold the mic close - but don't cover the mouth. Often people don't speak up, or move the mic to their height to allow the sound to get picked up. Softly spoken prayers, comments or readings will not be heard by participants.
- Adjust the height of the microphone stem to maximize effective usage and to accommodate variations in speaker height.
- Song leaders can post all song numbers and repeat them verbally, and indicate which song verse is being sung next by raising 1, 2, 3 or 4 fingers as they are sung.

Assistive Listening Systems can be a great help in auditoriums and classrooms. Be sure to post a sign and make note in the program about where to check them out and how to use the system.

The batteries need to be checked regularly to be sure they are charged and functioning properly. Headphones are less expensive but they don't work well for people wearing hearing aids or who have a cochlear implant because they only increase the volume of sound. Headphones can cause a person to feel that they are "standing out" and find that embarrassing. Smaller earbuds are less obvious.

Assistive Listening Device (ALD's) can be connected to the public address system and people can tap into the system by using a receiver with a neckloop and turning on their telecoil (aka T-coil) on their hearing aids or cochlear implants. Or they can use a receiver with an earbud if they don't have a telecoil. ALD's are money well spent. A lot of people are excited to be able to finally hear what is being said without being embarrassed. If receivers are loaned out, hold drivers licenses until they are returned.

These simple suggestions will make a big difference in how well people can participate in various meetings.

We encourage you to speak up and let your needs be known. There are other hard of hearing people who will be grateful that you are advocating for their needs as well as your own.

### **Important Notice about our Website and Electronic Newsletter**

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



[www.oregoncaptel.com](http://www.oregoncaptel.com)



[www.sprintcaptel.com](http://www.sprintcaptel.com)

*Difficulty hearing  
over the phone?*

*We have solutions for you!*

*CapTel<sup>®</sup>*

*"At last, I can  
LISTEN and READ."*

*WebCapTel<sup>®</sup>*

*"It's so good not to  
miss a single word  
again in my phone  
conversations."*



CapTel and WebCapTel  
are trademarks of Ultratec, Inc.

## ***Within Earshot: News You Need to Know***

### **Survivor's Manual: Hot Off the Press!**

Hearing loss can be traumatic and affects not only the person with the hearing loss but our family, friends and others we come in contact with in our day to day life. It affects our relationships, our ability to be employed, our social life, and our physical and mental health. Because it is invisible, hearing loss is hard for others to understand.

To help we've created and distributed more than 42,000 copies of our 70+ page booklet, "Facing the Challenge: A Survivor's Guide for Hard of Hearing People" all over Oregon. Because we continue to get many requests we've decided to print another 20,000 copies to distribute. We've had wonderful comments from hard of hearing consumers and professionals about previous editions and this new edition will be better than ever!

We are grateful to the following sponsors who have purchased ads in the new edition of this popular and educational book to help us pay for printing and distribution of 20,000 more copies:

Archer Captioning  
Cochlear Americas  
Eugene Hearing and Speech Center  
Hearing Associates  
LNS Captioning  
Dr. Allan Mehr  
Oregon Academy of Audiology  
Oregon Court Reporters Association  
Oregon Health & Science University  
Oregon Hearing Society  
Oregon Telecommunications Relay Service/SPRINT  
Salem Audiology  
Telecommunication Devices Access Program  
Western Oregon Regional Resource Center on Deafness

Distributing Survivor's Manuals in your office is a great way to help your patients or clients by linking them to additional education and resources. The cost is only \$4 each or \$35 for 20 books, including postage and handling.

If you'd like to order one or more copies of the "Survivor's Manual" send your check to Hearing Loss Association of Oregon (PO BOX 22501 Eugene, OR 97402). We'll get them to you right away. Questions? Contact Karen Swezey (email preferred - [info@hearinglossOR.org](mailto:info@hearinglossOR.org)) or call (541.689.7242).

### **HLA-OR Board News**

You are invited to attend the next Annual Meeting which will be held at Albany General Hospital on March 12<sup>th</sup>, beginning at 10:00 am. There will be no workshop associated with the Annual Meeting this year. The primary business of the Annual Meeting is to elect board members. Everyone who is a member in good standing of the Hearing Loss Association of America (HLAA) is automatically a member of the Hearing Loss Association of Oregon and is eligible to vote. You may vote by e-mail ([info@hearinglossOR.org](mailto:info@hearinglossOR.org)) or by US mail (PO Box 22501 Eugene, OR 97402) before March 10<sup>th</sup>. Ballots will be counted at the Annual Meeting. A short board meeting consisting of new and returning board members will follow the Annual Meeting to elect officers.

Note: Our regular quarterly meetings are open to the public. And you do not need to be an elected Board member to participate on a committee. We hope you'll consider becoming an active member of HLA Oregon. Please send any comments or questions to [info@hearinglossOR.org](mailto:info@hearinglossOR.org).

### **Compatible cordless phones**

Not to be confused with cell phones, cordless phones have a wireless link to a base unit in the home. Because the link has become digital, cordless phones have the same interference issues as cell phones do. Manufacturers and technicians have worked together to make some of these phones user friendly to those wearing hearing aids and cochlear implant processors. Some of these phones are now being tested, and some do have promise. In addition, a new class of phones, which has something called "Dect 6.0", operate at a frequency of 1.8 GHz, which is not presently used by any other device. That avoids interference between it and other items such as Wi-Fi and computer equipment. However, a DSL filter is still needed for the base connection to the phone line if a DSL connection is being used. These phones are also designed to work with telecoils, but the T-switch can still pick up interference from microwave ovens, compact fluorescent bulbs, and dimmer switches.

## **More Earshots**

### **Walk4Hearing Update**

A meeting was held at the World Trade Center in Portland on February 12 to plan for Oregon's first Walk4Hearing. The walk will be held on the river front at the World Trade Center on Saturday, September 17, 2011. The planning session was led by Ronnie Adler and Rebecca Lander who are walk organizers from HLA of America. It was attended by about a dozen interested HLA members from around Oregon, including Walk4Hearing committee co-chairs Cathy Sanders and Kathy Eckhart-Mason.

Many questions were asked as the Oregonians learned how the various facets of the walk were organized. A kickoff event will be scheduled in the Portland area sometime in late July or early August, and work is being done to secure a specific date and location. The deadline for corporate Sponsorships is about 3 weeks before the kickoff. Contributions can be made by sponsoring Walk teams and individuals after that time but perks associated with the larger organization Sponsorships (such as company logo on T-shirts) need to be set up earlier.

Karen Swezey will coordinate the effort to solicit corporate Sponsorships. She should be contacted first to avoid duplication of effort. Her e-mail address is [info@hearinglossOR.org](mailto:info@hearinglossOR.org). Materials relating to both corporate and team sponsorships will be distributed during the spring and summer.

Additional information about the walk can be found on the HLAA website. Just begin with [www.walk4hearing.org](http://www.walk4hearing.org) then click on "register" which will bring up a menu of 23 walk sites around the country. Select "Portland" from that list and you will find the information you need. You may register to form a team, join a team, or walk as an individual. When you do so, you will obtain a user-id and password that you will use in future logins.

### **Cell Phone Survey Results**

HLAA filed comments with Federal Communications Commission (FCC) regarding their 2010 Review of Hearing Aid Compatibility Regulations. We based our comments largely on the results of a recent survey on hearing aid compatible (HAC) cell phones.

In January, 2011, HLAA invited people to take our HAC Cell Phone Survey. We were looking for information about the experiences of people with hearing loss when they are searching for, purchasing and using a hearing aid compatible (HAC) cell phone. Although the survey was only open for 11 days, we received a huge response: 728 people completed that survey.

We were surprised by the results of the survey. For quite a while we have not received many complaints or concerns from constituents, unlike a few years ago. Our assumption was that all was well with cell phone usage. The survey shows otherwise and this was reported to the FCC.

Thanks are due to Gallaudet RERC's Linda Kosma-Spytek, who provided technical assistance with the survey development and data analysis.

Thanks are also due to all those people who took the time to take the survey. Your comments helped us keep the FCC informed.

The survey results are posted on a website as a 36-page pdf document (900 kilobytes): [http://www.hearingloss.org/advocacy/pdfs/HLAA\\_Comments\\_2010Review\\_HAC\\_Regulations\\_web.pdf](http://www.hearingloss.org/advocacy/pdfs/HLAA_Comments_2010Review_HAC_Regulations_web.pdf). You might try to type just the first part of the address and navigate.

**From [www.hearingloss.org](http://www.hearingloss.org) February 17, 2011**

## Chapter Capers

Lebanon chapter: It is now an official chapter and members can now get \$10 rebates off their dues. Cathy Sanders will be speaking at the February meeting about the Walk4Hearing.

Douglas County chapter: The February meeting will be on Valentines Day, so heart-shaped cookies are in order. Chuck Vlcek will discuss the Walk4Hearing.

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

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

HLA-Oregon: A Walk4Hearing oganizational meeting was held Feb. 12 at the World Trade Center in Portland. See page 8 for a report. Additional information will be provided in the spring issue of Hear It Is.

HLA-Oregon is in the process of retrieving a cache of community assistive devices (CAHAT) from a storage facility maintained by the Oregon Dept. of Human Services, where it had been languishing unused. Stay tuned.

*What is your chapter doing? Send your story to the editor at [cvlcek@centurytel.net](mailto:cvlcek@centurytel.net) .*

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

## CI Corner

You have a cochlear implant or two and you have been in an auto accident. The impact has knocked your processor(s) off your ear(s). You are conscious but in a fog. You have injuries that may or may not be life-threatening. The ambulance arrives and you are soon on your way to the hospital. The EMTs evaluating your condition do not see the medical card that came with your implant. At the hospital it is determined that an MRI is needed to evaluate your condition further. Now what?

Some CI users have already considered scenarios like this involving a medical emergency. They are wearing Medic Alert bracelets. One user has two such bracelets with these inscriptions: DEAF, COCHLEAR IMPLANT, NO MRI, and the 800# for the manufacturer, in this case Cochlear Americas.

It should be noted that some implants have removeable magnets that will permit limited MRI after removal. Consultation with the manufacturer will eventually result in the proper procedures being followed.

Hearing aid users will also benefit from the use of Medic Alert bracelets, although the use of an MRI is not likely to be an issue. It is very helpful to know that communication issues may be due to hearing loss and not entirely to injury or other medical conditions, and that a way to communicate can be established.

Medic alert bracelets can be purchased at most pharmacies. Local engravers can put whatever information desired on the bracelet. The price ranges from around \$7 to around \$24, so shopping around may save money.

**Oregon's First Annual Walk4Hearing**

**Save the Date – Saturday, Sept. 17, 2011**

## Working Together to Improve Air Travel for Passengers with Disabilities

Hearing Loss Association participated in the US Department of Transportation's (DOT) forum on the Air Carrier Access Act (ACAA), "Working Together to Improve Air Travel for Passengers with Disabilities" January 11, 2011. We joined members of the disability community, the domestic and foreign airline representatives, and staff from DOT, the Federal Aviation Administration (FAA), the Transportation Security Administration (TSA), the US Department of Justice. In short, the room was filled with people interested in access to air travel for people with disabilities taking time out of their busy schedules for the two-day forum.

HLAA had been asked by DOT to join in a panel discussion of access issues for people with different disabilities. In addition to HLAA, representatives from the Association of Blind Citizens, the Coalition of Assistance Dog Organizations, Paralyzed Veterans of America and the Albert Einstein Medical Center provided information on air access issues.

It's true that people with hearing loss have seen some improvements over the last few years. Some airlines are providing more visual display of information at the gate. In newer planes, we are beginning to see visual display showing not only seat belt use, but when to shut down your electronics. That's great – it takes the guesswork out of figuring out when to shut off that cell phone. Not only that, we are beginning to see on some International flights seat-back access to movies with a choice of captioning for some airlines (yea, British Airways!) And of course when emergency information is provided on a video, that video is required to be captioned. So, yes, there is some improved access for people with hearing loss.

But we still have a long way to go. HLAA strongly objects to rules that require self-identification of individuals with hearing loss at every point in the process. We object to self identification not only because it puts the onus on the individual to declare their hearing loss (will that businessman who's been hiding his hearing loss for years really self-identify?), but because it doesn't work. I have identified myself on numerous flights and at the gates (I have yet to find anyone to self-identify to at the baggage carousel). Not once has staff come to me to ensure I understood announcements at the gate. Not once on the flight has each and every announcement been made accessible to me. And once, when I boarded and requested that announcements be made accessible to me, a very nice and very concerned flight attendant returned with a copy of the flight emergency information – in Braille.

OK, so what do we want? HLAA's position is that all audible announcements should be accessible via text – and not just canned announcements, but live announcements - at the gate, on the aircraft, and at the baggage area. In areas that can be looped, looping should be provided. In addition, when an airline provides videos, there should be an option to caption those videos. We know it can be done. The technology is there. It's time for the air carriers to step up to the plate.

We also believe that better and more on-point training should be provided to airline staff. We have received reports that current training does a good job of informing staff about the law, but does less well letting them know how to interact with people with different disabilities. We can see that. Air carriers need to do better to ensure that everyone gets the training they need to provide better access to people with disabilities.

At DOT's forum, it was emphasized that consumers need to send complaints in – or things won't change. DOT says they receive very few complaints from people with hearing loss. You and I may talk about it, but we aren't sending our complaints to the people who need to hear about it. We must take responsibility ourselves and file those complaints. To let DOT and the airlines how they can do better, you need to let them know what happened. But you need to be very clear about your complaint.

**Air travel complaints: *Be specific!* Include: Your name, Your contact information (including either email address or phone), Airline, Flight Date, Flight Itinerary (destination cities and flight number), and Description of the problem.**

Hear now. And always  
Our lifetime commitment to you.

Brought to you by Cochlear™

Nucleus<sup>5</sup> Baha<sup>3</sup>



## Open the doors to the world of sound

For more than 27 years, Cochlear, the world leader in implantable hearing solutions, has offered innovative technologies that can help those with severe to profound hearing loss, single-sided deafness or conductive hearing loss. Learn more about the Cochlear Nucleus® 5 and the Cochlear Baha® 3 Systems.

Call or visit our website to learn more.

Cochlear Americas  
Toll Free: 1 800 523 5798

[www.CochlearAmericas.com](http://www.CochlearAmericas.com)  
[www.CochlearCommunity.com](http://www.CochlearCommunity.com)

© 2010 Cochlear Americas



"Commitment isn't something that happens to us. It's something that happens because of us, because of a decision we make. When we commit to a person, a task, and to God, we pledge to show up and do our part, no matter what. How will you demonstrate commitment today?" - Rev. Mary Manin Morrissey

WESTERN OREGON  
UNIVERSITY

### REGIONAL RESOURCE CENTER ON DEAFNESS

The Regional Resource Center on Deafness offers degree programs to prepare professionals to meet the unique communication, rehabilitation, and education needs of individuals who are hard of hearing, deaf, late-deafened, and deaf blind.

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

*Applications are generally due mid-March each year.*

### OREGON HEALTH & SCIENCE UNIVERSITY Department of Otolaryngology / Head & Neck Surgery

#### HEARING SERVICES

- Cochlear Implants
- Hearing Aids
- Hearing Screening
- Baha Implants
- Vestibular Testing
- Assistive Listening Devices
- Research and Education
- Aural Rehabilitation

HEARING, VESTIBULAR AND COCHLEAR IMPLANT SERVICES 503-494-5171

Sean O. McMenomey, MD, FACS 503-494-8135  
Anh T. Nguyen – Huynh, MD, PhD  
Frank Warren, MD

Cochlear Implant Staff      Audiology Staff

Donald S. Plapinger, EdD, CCCA      Amy L. Johnson, AuD, CCCA  
Brooke E. Akright, AuD, CCCA      Jennifer J. Lane, AuD, CCCA  
Jessica L. Hagan, MA, CCCA      Devon M. Paldi, MA, CCCA  
Carri Lakin, AuD, CCCA

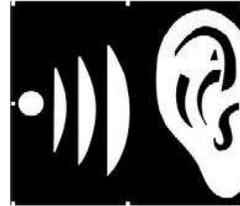
V/TDD  
[Cochlear@ohsu.edu](mailto:Cochlear@ohsu.edu)  
[www.ohsu.edu/ent](http://www.ohsu.edu/ent)

# 10 REASONS

1. Dr. Mehr is the most experienced doctoral-level audiologist in the Salem area.
2. Pacific Audiology Center is a state-of-the-art diagnostic audiological facility.
3. All of your hearing testing and fitting will be conducted personally by Dr. Mehr.
4. Our hearing aid prices are the same everyday. There are no special sales, "this week only" schemes, coupons or gimmicks.
5. The results of your comprehensive hearing evaluation will be explained in detail, and we will provide you with a complete printout of those results.
6. The benefits or lack of benefits of hearing aids for your personal hearing needs will be explained in detail.
7. Even if you are a candidate for hearing aids, you will never be told you have to purchase one. (Hearing aids are only of benefit if you are ready to use them)
8. We carry a complete array of assistive listening devices (i.e. bluetooth for cell phones, amplified phones, TV listing systems, etc.). Come see our new store.
9. Professional treatment, prompt care, personal attention and still hearing aid prices consistent with that offered by the Big Box outlets.
10. We offer a 12 month no interest and a 5 year low interest payment plan to qualified buyers.

*Why you should trust Dr. Allan Mehr with all of your Hearing Health*

**Dr. Allan S. Mehr**  
**Board Certified in Audiology**



**Pacific Audiology Center**  
120 Ramsgate Square SE  
(Off Liberty just south of Madronna)  
[www.pacificaudiology.com](http://www.pacificaudiology.com)

**503-364-2828**

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

*We provide the same or better discounts found in all insurance benefit programs, including:*

**Blue Cross • Secure Horizons • Lifewise**

141273

## Thanks for Your Support!

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:

6 Anonymous  
Jo D'Antonio  
Susan Triplett

Marilyn Treiman  
Joan Siegienski  
Thomas Sanders

Vivian Olheiser  
Luann Enz

Patricia Moe  
J. Paul Rowan



## WE'RE HERE TO HELP YOU HEAR



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

- Connecting you with a mentor, a cochlear implant recipient, who helps you navigate the CI process
- Welcoming you to the practice listening activities and exercises in The Listening Room
- Providing technical and personalized support throughout your hearing journey
- Publishing a free monthly BEA eNewsletter to keep you up to date and connected to community events

Get Connected. Contact the BEA Today. Call **866.844.HEAR (4327)** or visit us online at [www.BionicEar.com](http://www.BionicEar.com).

## HLAA Happenings

*What has HLAA done for you lately?* Here is a partial list: • Produced seven captioned videos on Hearing Loss 101 to encourage people to seek help for their hearing loss. We partnered with Knowlera Media, Inc., to produce the videos which are posted on You Tube, [www.monkeysee.com](http://www.monkeysee.com), and on [www.hearingloss.org](http://www.hearingloss.org). With funding from the Better Hearing Institute, the DVDs are available free on request from HLAA for anyone who wants to show them in their waiting rooms, at HLAA chapter and state events, or for other educational uses.

• Developed a new informational Wiki for parents of children with hearing loss. The goal of the site is to empower parents of children who are hard of hearing and deaf by providing the resources necessary for them to make informed decisions about their children's hearing loss. [www.kidsandhearingloss.org](http://www.kidsandhearingloss.org)

• Partnered with the American Academy of Audiology on the "Get in the Hearing Loop" project to increase usage of technology beyond the hearing aid that benefits people with hearing loss. With funding from two family foundations, we are developing educational materials on telecoils, assistive technology and how to advocate for them in local communities.

• Secured funding to hold the 2nd International Hearing Loop Conference overlapping with the Hearing Loss Association of America 2011 Convention in June

**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](http://www.hearingloss.org).  
**PLEASE JOIN TODAY!**

# Chapters in Oregon

Local chapter meetings are open to all. Family, friends, and professionals are encouraged to attend and become involved. Through chapter meetings and newsletters you'll find:

- *Insights into effectively living with hearing loss*
- *Support/Referrals/Information*
- *Information about the latest technology*
- *Coping strategies & tips*
- *An opportunity to make a difference*
- *Diminished feelings of isolation and aloneness*
- *Opportunities to share concerns and hear from others*



We believe in education - for those who hear well and those who cannot - so that both may understand the causes, challenges and possible remedies for hearing loss. At our meetings, you'll find a comfortable place where hearing loss is accepted and not a problem. Many people report that being a part of a Hearing Loss Assoc. group has made a major difference in their lives. Your participation benefits not only you, but others who attend as well. Following is a list of the current chapters and contact people in Oregon.

**Hearing Loss Association of Central Oregon (HLACO) meets on the 2<sup>nd</sup> 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 15<sup>th</sup> Street  
Bend, OR 97702  
e-mail: [Seacook286@yahoo.com](mailto:Seacook286@yahoo.com)  
(541) 848-2806

## No internet access?

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

## Denial is for crocodiles!

**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](mailto:angora@comcast.net)  
(541) 345-9432 voice  
PO Box 22501 OR Clark Anderson  
Eugene, OR 97402 e-mail: [clarkoa@msn.com](mailto:clarkoa@msn.com)

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

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

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

Contact: Mark Foster  
e-mail: [hlaportland@gmail.com](mailto:hlaportland@gmail.com)  
(503) 413-7348 - voice or TTY  
PO Box 2112  
Portland, OR 97208  
[www.hearinglossor.org/portland/](http://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](mailto:cvlcek@centurytel.net) (541) 496-0060  
(541) 496-4541  
P.O. Box 175  
Idlelyd Park OR 97447

**Hearing Loss Assoc. of Linn and Benton Counties meets the 3<sup>rd</sup> 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](mailto:robertiw@comcast.net)  
541) 258-5818  
2020 South 12<sup>th</sup> #111  
Lebanon, OR 97355

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

Leonardo da Vinci

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

Cathy Sanders  
Oregon Chapter Coordinator  
e-mail: [catsindallas@q.com](mailto: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](mailto:elebarron@hearingloss.org)  
(301) 657-2248 - voice  
(301) 657-2249 - TTY  
(301) 913-9413 - FAX  
7910 Woodmont Avenue Suite 1200  
Bethesda, MD 20814

## DISCLAIMER

*Opinions expressed in this newsletter are those of the individual author and are not necessarily those of HLA-OR. Mention of products and services does not mean endorsement, nor should exclusion indicate disapproval. Personal experiences and diverse opinions related to hearing loss are welcome for publication, and should be mailed to HLA Oregon at the address listed below. Unless otherwise noted, readers interested in duplicating or distributing any or all material found in the “Hear It Is!” have our permission to do so. Please credit the source when using such material.*

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

**e-mail: [info@hearinglossOR.org](mailto:info@hearinglossOR.org)**



**Hearing Loss  
Association**  
of Oregon

PO Box 22501  
Eugene, OR 97402

NONPROFIT  
US POSTAGE  
**PAID**  
EUGENE OR  
PERMIT NO 471

**ADDRESS SERVICE REQUESTED**

**Here It Is! Oregon Winter 2011 Newsletter**

*I would like to receive (or continue to receive) this newsletter.*

Name \_\_\_\_\_

Phone \_\_\_\_\_

Organization Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_  Please send my newsletter via e-mail \_\_\_\_\_

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 \$35 membership fee.

Or you can sign up online at [www.hearinglossOR.org](http://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 Box 22501, Eugene, Oregon 97402.