

Hear It Is!

OREGON



Spring 2007

Issue 30

HLA-OR Annual Meeting a Big Success!

On March 17, 2007, close to 100 attendees (members and exhibitors) gathered at Umpqua Community College in Roseburg, Oregon, for the fourth annual Hearing Loss Association of Oregon statewide conference. Themed "It's a Jungle Out There! Surviving with Hearing Loss in All Stages of Life," the conference offered a wealth of valuable information.

Presentation topics and guest speakers were as follows:

- **Early Intervention**, courtesy of **Ann Cornely** of the Columbia Regional Program for the Deaf and Hard of Hearing (Portland); a discussion of resources available for parents with hearing-impaired newborns.
- **Post Secondary**, courtesy of **Annette Leonard** of the Western Region Outreach Center and Consortia at Western Oregon University (Monmouth); an overview of access to disability services in college settings.
- **Vocational Rehabilitation**, courtesy of **Sheila Hoover** (Salem), **Melita Green** (Eugene), and **Stephen Sanders** (Portland) of Oregon Vocational Rehabilitation (OVR); a panel discussion about OVR's tools for finding jobs for the hearing impaired.
- **ADA and Hearing Loss**, courtesy of **Charles Davis** of ADA Answers Northwest (Portland); an exploration of the Americans with Disabilities Act (ADA) and services available for those with hearing loss.
- **Fire Safety**, courtesy of **Monte Bryan**, Chief Deputy Marshall of the Roseburg Fire Department.
- **Police and Public Safety**, courtesy of **Ray Rau**, Captain, Department of Public Safety Standards and Training (Salem).
- **Deaf and Hard of Hearing Services**, courtesy of **Bentley Fink** of the Oregon Deaf and Hard of Hearing Services (Salem); a lively presentation about the differences and similarities between the HOH and the deaf, and the assistance available to both.

The stimulating questions fielded to the presenters by our attendees proved that being hard of hearing doesn't mean one is short on words! From probing queries about police officers' communications with the hearing impaired to impassioned thank-yous for vocational rehab assistance, the "audience" was enraptured by the day's events.

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Who says grownups are "too old" to learn?
Some of the attentive attendees at the March 17th
Hearing Loss Association of Oregon annual meeting at
Roseburg's Umpqua Community College.

Photo: Karin Smith

From My Lips to Your Ears

Editorial by Michael Eury

I have a confession to make: I used to fantasize about being Superman.

This goes well beyond the “tie a towel around your neck and hold out your arms like you’re flying” phase that is part of so many childhoods. My fantasy extended—I’m mildly embarrassed to admit—into my early twenties. Spurred on by Christopher Reeve’s realistic cinematic portrayals of comic books’ Man of Steel, I dreamt, wished, and even prayed that I could “be” Superman, zipping across the skies “faster than a speeding bullet,” arriving in the nick of time to help people.

I finally outgrew that fantasy and set my sights on a more attainable goal: working in the comic-book business, specifically for DC Comics, publisher of Superman. After a few years of writing and editing for small publications, in 1989 I was hired as an editor at DC Comics in New York City. I had realized my dream! And I was determined to make DC Comics my home for life, motivated by the rousing words of a wise man who once asserted, “If I can make it there, I’ll make it anywhere.”

Three years later, I skulked out of the Big Apple a broken man, whipped by corporate politics and a hectic, unforgiving metropolitan pace. Or at least that’s what I had convinced myself of. My next job, as an editor at Dark Horse Comics in Milwaukie, Oregon, ended similarly after two years. A brief stint as a freelance writer withered away, and new prospects diminished. Was I cursed? A loser? Maybe I was just a spoiled man-child who’d rather quit than apply himself... Why was I having such a hard time surviving in the workplace in a field where I should have excelled?

Superman has his kryptonite, and my weakness was *hearing loss*. Only back then I wasn’t yet aware of how this creeping menace was conspiring to topple me. It started its insidious mission disguised as an embezzler, secreting away sounds—a consonant here, a coworker’s question there. Over time it mutated into a full-fledged super-villain, wielding “weapons of mass destruction” like progressive hearing loss and tinnitus in its twisted goal of making life difficult for me.

Unfortunately, my hearing wasn’t the only thing I was losing: My self-confidence took a nosedive. I isolated myself from my friends and family. I recoiled from the notion of accepting any new challenge—why bother, I can’t hear. If I don’t try, then I can’t fail, right?

And then I was rescued ... by Superman.

After nearly ten years as a quadriplegic, paralyzed from a freak horseback-riding accident, *Superman* actor Christopher Reeve died in October 2004. Reeve had dedicated his last years to lobbying to find cures for spinal-cord injuries. “You’ll believe a man can fly” touted the tagline for Reeve’s first *Superman* movie in 1978. *That* was special effects. But Reeve *truly* flew as an advocate for others. The man could not breathe without a respirator, yet he rose above his bodily prison to show us all that you don’t have to be “more powerful than a locomotive” to be a Man of Steel.

Chris Reeve was my angel. Upon his passing, I drew inspiration from his amazing life and decided to seek help for my hearing loss by becoming a member of the Hearing Loss Association of America (then Self Help for Hard of Hearing People). Like Reeve, I stopped being the victim and started ... well, being a superman.

You see, super-powers don’t make a superman. A superman is someone who does not give up, no matter the odds.

I’ll bet you’re a superman (or superwoman), too. Maybe you’ve been hard of hearing since birth, or lost your hearing from an illness, or, like me, have a progressive loss. But you’re not letting it beat you. You face each day with unbending resolve. You won’t allow yourself to become invisible or obsolete just because you can’t hear well. And by your positive example and through your partnership with other hearing-impaired people, you become a superman.

I’m proud of you, fellow supermen! Keep flying!

© 2007 Michael Eury.

When he’s not busy with his HLA activities, Hear It Is! editor Michael Eury edits Back Issue, a bimonthly magazine about comic books, and writes books about popular culture—including 2006’s The Krypton Companion, a history of comic books starring ... Superman.

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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 euryman@msn.com.

For advertising information and rates, contact Karen Swezey at kswezey@efn.org.

Deadline for Summer 2007 edition: July 6, 2007.

Convention 2007

HLAA National Convention June 21-24

The Hearing Loss Association of America (HLAA) Convention is a highly interactive and accessible event for all people who are affected by hearing loss. An exciting and educational convention program is being planned for HLAA's 22nd annual convention year. The program includes dynamic speakers, dozens of instructive workshops, and an informative research symposium. Plus, the Convention's Exhibit Hall hosts an array of hearing loss-related products, services, and information, where attendees can enjoy hands-on testing of hearing assistive devices and telecommunication products.

Going to the HLAA Convention? Here's what you need to know:

Dates: Thursday, June 21–Sunday, June 24, 2007

Location: Cox Business Services Convention Center, 1 Myriad Gardens, Oklahoma City, OK 73102

Pre-Registration: You may register online and read more about the convention by visiting www.hearingloss.org/convention. Information about the convention is also available in the current issue of *Hearing Loss* magazine. If you have additional questions about the convention that cannot be answered online, you may email convention@hearingloss.org.

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Managing the Emotional Side of Hearing Loss

by Marc F. Zola, M.Ed., M.F.T.

It doesn't take a lot of effort to notice that we live in a problem-focused world. Any amount of television viewing is certain to bear witness to commercials that identify some human flaw that needs fixing, whether with a new detergent, a new car, or a new TV. It's hard to think of any commercial that has ever trumpeted, "You're doing great ... keep it up, you don't need our product—just thought we'd let you know." It's no wonder "What's wrong?" is a vastly more common interpersonal statement than "What's going right?" While it might sell a lot of soap, when it comes to emotional issues, a problem-focused approach can keep us stuck. This can be illustrated with the oft-cited pink elephant: As you read this sentence, whatever you do, do NOT think of a pink elephant... Pretty darn difficult to avoid thinking of pink pachyderms, isn't it? The same is true for mental health issues. A depressed person who feels hopeless is better off identifying activities that make him feel a bit *more* hopeful rather than coming up with ways to feel *less* hopeless. It seems a simple lesson but hard to put into practice.

When it comes to hearing loss, it is not easy to apply a solution-focused approach. The trauma of the loss itself, the daily effort it takes to hear, and the frustration of dealing with friends and family who may not understand how to be helpful are real problems. That fact is not up for debate. However, one way forward is to learn to notice what is working and what is going right rather than what is NOT working.

Consider "Arthur" and "Donna." Donna's hearing loss has impacted how the couple functions at social gatherings. Arthur typically makes an effort to speak for Donna. He usually answers questions that others direct towards her and believes he is helping to keep her connected at the party. Unfortunately, this has just the opposite effect. Donna feels stigmatized and isolated—as if she can't speak for herself. When they get home, Donna alternately lashes out at Arthur, complaining that he "treats her like a child"; or is stone-cold silent, giving Arthur an unspoken message that he has done something wrong. In both cases, Arthur is confused because he thought he was being helpful and silently begins to resent Donna's "lack of appreciation" for him. Early on in counseling the couple engages in problem-focused conversations of trying to get the other person to stop their undesired behavior. But at this point emotions are so charged that neither Donna nor Arthur can stand to listen to the other's complaints. By now readers of the above pink elephant experiment are keenly aware that there comes a time when trying to NOT focus on something becomes impossible. For this reason, Donna and Arthur are encouraged to avoid talking about problems and to take a solution-focused approach:

THERAPIST:

Donna, can you think of a recent time when you enjoyed going to a party with Arthur?

DONNA:

A whole party? No, I can't.

THERAPIST:

What about a *moment* at a party where Arthur was helpful?

DONNA:

Well, last week, when Sally asked me how the kids were doing, Arthur provided space for me to answer and it kind of sparked a conversation between Sally and me. It feels like I don't talk to a lot of people these days, so it felt really good.

THERAPIST:

So you liked it when Arthur encouraged you to join in the conversation?

DONNA:

Yes. I felt like he really cared about me.

THERAPIST:

Arthur, what's it like to hear Donna say that?

ARTHUR:

You know, I'm kind of shocked. I really had no idea that's what she wanted me to do. I'm glad she told me.

The following solution-focused tips can be gleaned from the above brief vignette of a real case (with names and details changed to protect confidentiality):

- Take time to notice what your spouse/partner, friend, or family member does well. While nobody is 100% perfect, nobody is 100% flawed. Something **MUST** be going right. Like Donna above, sometimes it takes looking for small moments that go well. For example: Let your children or grandchildren know that you really appreciate it when they face towards you and speak clearly. You'll be amazed at how quickly they respond to this positive reinforcement with more helpful behaviors.
- Let the other person know (a) What they did, (b) How it was helpful, and (c) That you'd love it if he/she did it again! Try to resist the urge to tag on any description of what they did NOT do well.
- The same approach can and should be taken by hearing family members. Encourage them to read this article and let them know that you'd like to learn from them what *you* do that is helpful. For example: "Mom, it's really helpful when you turn on your hearing aid when I'm with you. It makes me feel like you really want to listen to me."

Remember, many of us are experts at noticing what is not working. Take time to practice noticing what **IS** working.

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Marc F. Zola, M.Ed., M.F.T. is a family therapist in Eugene who works with individuals, couples, and families struggling to manage the emotional impact of hearing loss. He is a regular Hear It Is! columnist.

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For questions or comments, contact
the OTRS Account Manager:
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HLA-OR Annual Meeting Report continued from page 1

Among the day's activities was the election of new members to the HLA-OR board of directors. With pride we welcome new directors **Michael Eury**, **Stephen Sanders**, and **Chuck Vicek**! And with unending gratitude we say goodbye to our outgoing board members, **Bonne Bandolas**, **Karen Swezey**, and **David Viers**—thank you all for jobs well done!

Hear It Is! wishes to thank the following individuals, without whom the annual meeting could not have occurred:

- sponsors **OTRS/SPRINT**, **Cochlear Americas**, and the **Hearing Loss Association of Oregon**;
- exhibitors **Access Technology Inc.**, **General Technologies**, **Office of Vocational Rehabilitation**, **Oregon Technology Distribution Access Program (TDAP/PUC)**, and **Western Region Outreach Center and Consortia** at Western Oregon University, plus contributor **HLA of Portland**;
- realtime captioner **Elizabeth Archer**;
- **Cynthia Anderson**, for providing ASL interpreters;
- Umpqua Community College's **Barb Stoner**;
- conference chair **Wayne Seely**; conference planners **Mark Foster** and **Alice Pakhtigian**; event organizers **Cindy Campbell**, **Cathy Sanders**, **Karen Swezey**, **David Viers**, and **Chuck Vicek**; as well as all of our **HLA volunteers**;
- emcee **Michael Eury** and his wife, audience microphone "runner" **Rose Rummel-Eury**;
- photographers **Bonne Bandolas**, **Karin Smith**, and **Katlyn Viers**; and
- special thanks to our wonderful supporters and friends who donated door prizes for the event, including **Doris Clark**, **Scot Frink** of Salem Audiology, **General Technologies**, **HLA of Central Oregon**, **HLA of Salem**, **Kathy and Donald Ladd**, and **Andrea Olson**.

Our apologies to any contributor whose name might have been inadvertently omitted.

If you missed this year's meeting or did attend but wish to relive the event, check out our photos elsewhere in this edition. And be sure to plan for next year's annual meeting in March 2008!



As inviting as UCC's fountain was, it was too chilly on this mid-March Saturday for a dip.

Photo: Katlyn Viers



No disorderly conduct anywhere to be found in the registration line!

Photo: Bonne Bandolas



Emcee Michael Eury, a wannabe TV game show host, in his "It's a Jungle Out There!" headwear.

Photo: Bonne Bandolas

photos continued on next page



Annette Leonard (with interpreter) during her Post Secondary presentation.

Photo: Karin Smith



The Cochlear Americas exhibitors' booth.

Photo: Karin Smith



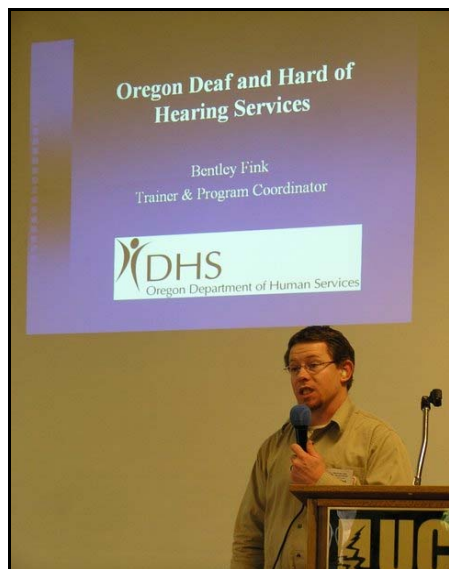
The Vocational Rehabilitation panel was among the day's most popular presentations. Left to right: Stephen Sanders, Melita Green, Sheila Hoover (at podium), and interpreter.

Photo: Karin Smith



Two of the event's hard-working organizers, Mark Foster and Cathy Sanders.

Photo: Karin Smith



The day's last speaker, Bentley Fink of the OR Deaf and HOH Services.

Photo: Bonne Bandolas



Realtime captioner Elizabeth Archer lets her fingers do the talkin'—thanks, Elizabeth!

Photo: Karin Smith

photos continued on page 13

RSPF SEEKS TWO COMMITTEE MEMBERS

The Telecommunication Devices Access Program Advisory Committee
Announces the Availability of:

- ONE CONSUMER SEAT from the Hard of Hearing Community
- ONE CONSUMER SEAT from the Deaf Community

Committee Members advise the Public Utility Commission regarding the Telecommunication Devices Access Program (TDAP), Oregon Telephone Assistance Program (OTAP), and Oregon Telecommunications Relay Service (OTRS). Committee Members provide essential input regarding adaptive equipment and its distribution in addition to matters affecting the telecommunication assistance programs and the disabled and/or low income populations in which they serve.

Mileage is reimbursed when the TDAP Advisory Committee meets quarterly (first or second Monday in March, June, September, and December) from 9 AM to Noon at

Public Utility Commission of Oregon
550 Capitol St., NE
Salem, OR 97301-2551

If you are interested in serving a 4 year term as a volunteer advisory board representative, please submit the following:

1. One letter of interest stating why you would like to serve on the advisory committee.
2. Your resume and relevant background information
3. One or more letters of recommendation from the community you represent

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My Experience with an Amplified Neck Loop

by Kathy Ladd

I have a continual loss of hearing and wear behind the ear digital hearing aids. I have been wearing hearing aids since 1986.

I have a high-frequency hearing loss. Speech-recognition is a huge issue for me, and using the telephone is difficult at best and a nightmare much of the time. Even using the CapTel phone has proven to be a challenge, but it's the best we have at the present time and I am thankful to have it.

One device I've found useful is the neck loop, in conjunction with my CapTel phone, Williams FM system, CD player, and stereo system. The neck loop enables me to hear sound clearer in both ears; however, as many of you know, a lot depends on the strength of the T-coil in your hearing aids.

This past fall my husband and I received cell phones from our daughter. She made sure that mine would work with my hearing aids. I was excited to have a cell phone and hopeful that it would work for me. I have the same issues with the cell phone that I do with the home phone, but was determined to make the best of it. I went on the Internet to the Verizon site to find the neck loop that would work with my LG model UX3450 cell phone. The model listed is Clearsound CLA7. This is an amplified (two AAA batteries) neck loop. When I got the neck loop, the plug didn't fit the phone; the plug was a different shape than the jack hole in the phone. After looking for an adapter and finding there are none available, I decided to trim the rubber on the neck loop jack—which VOIDS the warranty. After modifying the jack, it worked fine.

Using the phone with the amplified neck loop gives me very good

sound in both ears. However, I still struggle with understanding voices. That isn't going to change, but having the phone with the neck loop has made a difference and I continue to use it. Especially when I am traveling alone, it's a good feeling to know if I need help, it's only a phone call away.

For me, the amplified neck loop has been much better than one without amplification. The sound is so much better. I have found many uses for this neck loop, the CapTel Phone, CD player, stereo, FM system, and pocket talker. It required purchasing an adapter since the mini-jack is too small for the standard jacks in these items.

A big plus is the volume control on the neck loop. It's so handy to change the volume on the neck loop rather than the unit you are using or your hearing aid. I also find this helpful in meetings and in events where the speaker or music changes, getting too loud or too soft. Another bonus for the ladies: The neck loop has a plug connector, so just pull it apart to take the neck loop off rather than pulling it over your hair.

One negative finding: Forgot to turn the neck loop off. Dead batteries!

Kathy Ladd is president of HLA of Salem, Oregon.

[Editor's Note: Phones available through the Public Utility Commission's TDAP program have jacks to accommodate neck loops, silhouettes, and head phones. These accessories can be obtained at no charge by contacting the TDAP staff; see TDAP's ad on page 8 for contact information.]

My daughter thought I was losing my mind. I was losing my hearing.

The other day I called my daughter to ask how she's been lately and was frightened to hear, "I've been fainting from stress."

As it turns out I hadn't heard her correctly and what she really said was, "I've been painting, it's a mess."

That was it, I was tired of being frustrated when using the phone. So I called CapTel. It was simple to do and the people were very helpful. Now I have a CapTel phone and I can see every word right on the phone. I won't have to be confused like that ever again.

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Within Earshot: News You Need to Know

Update on Requests for Exemption from Closed Captioning

© 2007 by Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVR)

Another chapter ended in the saga of the requests made to the Federal Communications Commission (FCC) for exemptions from closed captioning for hundreds of TV programs. The last day for comments to be submitted ended on March 27, 2007.

A coalition of national consumer organizations joined to file comments for the 494 petitions for exemption put on public notice in Fall 2006, as well as 36 more put on public notice in early 2007 and another 18 added recently. That's a total of 548 petitions.

Each of the 548 petitions was carefully examined by the staff and volunteers, and then one of four recommendations for action was proposed. These ranged from denial of the exemption request because the petitions didn't demonstrate that captioning would be an "undue burden," to recommending that they be required to begin captioning within three months.

What's next?

The TV programs that requested waivers from closed captioning will have 40 days to reply to the coalition's comments and oppositions. After the 40 days have ended, the FCC will start the process of reviewing these requests, along with all comments and oppositions.

Nutrients May Prevent Noise-Induced Hearing Loss

by Larry Sivertson, 4/7/07

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Soldiers exposed to the deafening din of battle have little defense against hearing loss, and are often reluctant to wear protective gear like ear plugs that could make them less able to react to danger. But what if a nutritious daily "candy bar" could prevent much of that potential damage to their hearing?

In a new study in animals, University of Michigan researchers report that a combination of high doses of vitamins A, C, and E and magnesium, taken one hour before noise exposure and continued as a once-daily treatment for five days, was very effective at preventing permanent noise-induced hearing loss. The animals had prolonged exposure to sounds as loud as a jet engine at take-off at close range.

Clinical trials of a hearing-protection tablet or snack bar

for people could begin soon, and if successful such a product could be available in as little as two years, says Josef M. Miller, Ph.D., the senior author of the study. Miller is a professor in the Department of Otolaryngology at the U-M Medical School, and former director of the U-M Health System's Kresge Hearing Research Institute, where the study was performed.

Convinced by emerging evidence that nutrients can effectively block one major factor in hearing loss after noise trauma—inner ear damage caused by excessive free radical activity—Miller has launched a U-M startup company, OtoMedicine, that is developing the vitamin-and-magnesium formulation.

"These agents have been used for many years, but not for hearing loss," says Miller. "We know they're safe, so that opens the door to push ahead with clinical trials with confidence we're not going to do any harm."

That study suggested a "morning after" treatment that might minimize hearing damage for soldiers, musicians, pilots, construction workers, and others—even if they don't take it until after they experience dangerous noise levels. If effective, such pre- and post-noise treatments could have far-reaching effects.

About 30 million Americans regularly experience hazardous noise levels at work and at home, according to the National Institute on Deafness and Communications Disorders. Hunting, snowmobiling, using machines such as leaf blowers, lawnmowers and power tools, and attending or playing in loud music concerts commonly expose people to dangerous noise levels. Noise levels above 85 decibels damage hearing. About 28 million Americans have some degree of hearing loss. For about a third of them, noise accounts at least in part for their loss.

The U-M study also adds strength to research efforts under way in many research centers to learn how these nutrients might be used to treat many illnesses. "Similar combinations have been very effective in preventing macular degeneration, and many of these agents have been used with Alzheimer's and Parkinson's diseases, stroke-like ischemia, and other conditions that involve neural degeneration," explains Colleen G. Le Prell, Ph.D., the study's lead author and a research investigator at the U-M Kresge Hearing Research Institute.

"You're always hoping as a basic scientist to find a commonality like that, across other disease processes," says Miller.

Cochlear Stem Cells May Lead to Repaired Hearing

HOH-LD-News, April 14, 2007

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Have you ever walked by someone listening to their iPod loud enough for you to recognize the song? Studies have shown noise-induced hearing loss is going to become the next big epidemic affecting our younger generation, though the effects won't show until it is too late to treat. In addition to loud noise, certain cancer drugs or genetic factors can cause hearing loss in humans due to loss or faulty development of the sensory "microphones" (hair cells) inside the ear—the cochlea. Lost hair cells are not replaced and people exposed to these conditions face permanent hearing loss. Identification of the stem cells from the adult cochlea would be a major step forward to develop new therapeutic approaches to hearing loss.



Turn it down!!

Young iPod users who listen to music at high volume levels are, unbeknownst to them, endangering their hearing.

Members of the National Center for Regenerative Medicine research team, Dr. Robert Miller and Dr. Kumar Alagramam, both of Case Western Reserve University School of Medicine, recently published research findings in *Developmental Neuroscience* which suggest new ways of treating hearing loss. These researchers have isolated "cochlear stem cells" located in the inner ear and already primed for development into ear-related tissue due to their proximity to the ear and expression of certain genes necessary for the development of hearing.

"Previous work in our lab with young-adult mouse cochlear tissue showed expression of genes normally found in stem cells and neural progenitors," Dr. Alagramam says. "This led us to hypothesize that cochlea harbors stem cells and neural precursor cells. Our work in collaboration with Miller's lab supports our hypothesis."

They say that in early life, these precursor cells may be able to regenerate hair cells, but their capacity to do so becomes limited as the ear develops and ages. The team's research is a major step in devising a therapy to reverse permanent hearing loss because it may lead to the activation of cochlear stem cells in the inner ear to regenerate new hair cells.

"Clearly we have miles to go before we reach our end goal," remarks Dr. Alagramam, "but the exciting part is now we can test compounds that could promote regeneration of hair cells from these precursor cells in vitro; we can study the genes expressed during the transition from stem cells to hair cells, and we can think of developing strategies for cell replacement, i.e., transplanting these cochlear stem cells into the adult cochlea to affect hair-cell replacement in the mouse, by extension, in humans."

In this paper, Drs. Miller and Alagramam offer further evidence for the existence of cochlear stem cells in the mouse cochlea by confirming the ability to form "stem cell" spheres in culture and by characterizing these cells in terms of neural and hair-cell development using a panel of stem-cell development and hair-cell markers. The formation of spheres from early postnatal cochlear tissues and their expression of a wide range of developmental markers unique to hair cells confirm the possibility that self-supporting hair-cell precursors exist in or can be derived from the postnatal mammalian cochlea.

Currently there are no clinical treatments to repair these hair cells vital to normal hearing. In the United States, 30% of people over the age of 65 have a handicapping hearing loss and one in 500 people become deaf before reaching adulthood. In most cases, the target is the highly specialized hair cells.

Docked inside the spiral duct of the human cochlea are approximately 15,000 hair cells, which are highly specialized neuroepithelial cells that enable us to hear a violin or a whisper. These hair cells differ in length by minuscule amounts and are set in motion by specific frequencies of sound. We hear this sound because this motion induces the hair cell to release an electrical impulse which passes along the auditory nerve to the brain. If the sound is too loud, the hair cells are damaged and no longer send signals to the brain. Severely damaged hair cells do not repair themselves nor do they regenerate naturally.

While further research is necessary, the researchers believe these precursor cells have the potential to regenerate the damaged hair cells and restore normal hearing. The team has already begun animal studies to explore the use of cochlear stem cells in well-established hair-cell ablation models and in deaf mouse mutants with predictable patterns of early hair-cell loss.

This line of research will evaluate the in vivo survival and differentiation of self-renewing cochlear cell populations and potentially lead to new therapies for the numerous individuals that are going to suffer from noise-induced hearing loss in the near future.



Oregon Telephone Assistance Program (OTAP) Application

Online OTAP applications: To print or complete an online application please visit: <http://www.rspf.org>.

The Oregon Telephone Assistance Program (OTAP) can help you with your phone bill. If you have telephone service and receive one of the following qualifying benefits, you can receive the current reduction of up to \$13.50 off your phone bill.

- **Food Stamps**
- **Temporary Aid to Needy Families (TANF)**
- **Supplemental Security Income (SSI)**
- **Certain State Medical Programs or State Medicaid**

The following is a list of residential phone companies that participate in OTAP
There are 3 cellular phone companies that participate ~ they are highlighted and marked with an * below.

ASOTIN	CLEAR CREEK	HOME PHONE CO.	MT. ANGEL	PINE PHONE CO.	ST PAUL
BEAVER CREEK	COLTON	MALHEUR HOME	NEHALEM	PIONEER	STAYTON CO.
CANBY CO-OP	COMSPAN	MIDVALE TEL. EX.	NORTH STATE	QWEST	TRANS CASCADE
CASCADE UTILITIES	EAGLE	MOLALLA	OREGON TEL. CORP.	ROOME TEL COM	VERIZON
CENTURYTEL	GERVAIS	MONITOR	OREGON/IDAHO UTILITIES	SCIO MUTUAL	
CITIZENS/FRONTIER	HELIX	MONROE	PEOPLE'S	SPRINT/EMBARQ	
* WIRELESS TELEPHONE COMPANIES			* EDGE WIRELESS	* UNICEL	* U S CELLULAR

(Cut on dotted line and mail the bottom portion of this application to the PUC)

Oregon Telephone Assistance Program (OTAP) Application – Please WRITE clearly.

If you have a situation that prevents you from providing certain information, please contact OTAP for assistance.

Applicant's First and Last Name (The applicant's name MUST be on the phone bill)	Applicant's Social Security Number	Date of Birth
Applicant's Home Address	City Oregon	Zip
Applicant's Mailing Address (only if different from your home address)	City Oregon	Zip
Applicant's Phone Company (eligible phone company from list above)	Applicant's Phone Number ()	

I want the phone company to reduce my phone bill each month under OTAP. I give PUC permission to verify I receive benefits from a public assistance agency and to share the information on this form with the phone company.

I understand the following:

- OTAP benefits start on the date the PUC approves the signed application.
- OTAP benefits will stop if I no longer receive one of the qualifying benefits. I will call the PUC when I no longer receive the qualifying benefits.
- My name must be on the telephone bill and I must have phone service in order to receive OTAP benefits.
- I need to allow 30-90 days for the phone company to apply the credit to my phone bill.

Applicant's Signature	Date	Is this NEW phone service in the last 60 days? YES <input type="checkbox"/> NO <input type="checkbox"/>
-----------------------	------	--

Do you have questions? Call the PUC at 1-800-848-4442 or 1-800-68-3458 (TTY) [Salem area: 503-373-7171]

Monday - Friday 8 a.m. to 5 p.m.

Email Address: puc.otap@state.or.us

Please Mail Application to: PUC, PO Box 2148, Salem OR 97308

or Fax to: 503-378-6047

PUC Form FM784 (12/01/06) ENG

HLA-OR Annual Meeting photos continued from page 7



(left top) Andrea Olson and David Viers award door prizes, one of which (above) was a beautiful basket loaded with decadent chocolates and other treats, donated by Kathy Ladd (pictured), her husband Donald, and the Salem chapter. (left bottom) Happy to serve—and to have this busy day behind them—are organizers Wayne Seely, Alice Pakhtigian, and HLA-OR state president Cathy Sanders.



REGIONAL RESOURCE CENTER ON DEAFNESS

Professional Preparation Programs

American Sign Language/English Interpreting

Bachelor of Science • Bachelor of Arts

Rehabilitation Counselor Education

Master of Science • Deaf and General Options

Teacher Preparation: Deaf Education

Master of Science

In-Service Training

Western Region Interpreter Education Center
Rehabilitation Counseling with
Deaf and Hard of Hearing Adults
PEPNet-West at WOU

Deaf and hard-of-hearing people and other members of traditionally underrepresented groups are strongly encouraged to apply. Contingent upon continued federal funding, tuition waivers and/or stipends are available.

**WESTERN OREGON
UNIVERSITY**

345 North Monmouth Avenue • Monmouth, Oregon 97361

503-838-8444 (V/TTY)

E-mail: RRCD@wou.edu • www.wou.edu/rrcd

OREGON HEALTH & SCIENCE UNIVERSITY

Department of Otolaryngology/Head and 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 Huyhn, MD, PhD

Cochlear Implant Staff

Donald S. Plapinger, EdD, CCCA
Elyse M. Jameyson, MA, CCCA
Jessica L. Hagan, MA, CCCA

Audiology Staff

Amy L. Johnson, AuD, CCCA
Jennifer J. Lane, AuD, CCCA
Devon M. Baskett, MA, CCCA

V/TDD

cochlear@ohsu.edu
www.ohsu.edu/ent



Hearing Loss Association Chapters in Oregon

Hearing Loss Association (HLA) 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 and tips*
- *An opportunity to make a difference*
- *Diminished feelings of isolation and aloneness*
- *Opportunities to share concerns and hear from others*

The HLA believes 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 Association group has made a major difference in their lives. Your participation benefits not only you, but others who attend as well.

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

Cindy Campbell
Oregon Chapter Coordinator
hqnw@charter.net
877-271-7620 (toll free) or
503-922-1961
4202 NE 43rd
Neotsu, OR 97364

or

Chapter Coordinator
Hearing Loss Association of America (national)
info@hearingloss.org
301-657-2248 (voice)
301-657-2249 (TTY)
301-913-9413 (FAX)
7910 Woodmont Ave., Suite 1200
Bethesda, MD 20814



**Hearing Loss
Association
of Oregon**

Current Oregon chapters and contact parties:

BEND

meets 2nd Wednesday each month at 6:00 PM
St. Charles Medical Center Rehabilitation Conference Room – Bend

Contact:

Cathy Sanders
cathys@coril.org
541-388-8103
c/o CORIL, PO Box 9425, Bend, OR 97708

CENTRAL OREGON COAST

meets 4th Tuesday each month at 1:30 PM
(no meeting in Dec.)
Newport Chamber of Commerce – 555 SW Coast Highway – Newport

Contacts:

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

Bob Hall

541-765-3342
1145 SW Walking Wood, Depoe Bay, OR 97341

CLACKAMAS COUNTY

meets 2nd Tuesday each month at 2:00 PM
(no meetings in July, Aug., and Dec.)
Adult Community Center - 505 G St. – Lake Oswego

Contact:

Michael Eury
euryman@msn.com
503-534-2860 (evenings and weekends)
5060A Foothills Drive, Lake Oswego, OR 97034

CLATSOP COUNTY (new chapter!)

Meets 1st Thursday each month (meeting location to be announced; contact for info)

Contact:

Adrianne Norris
via CapTel: dial 1-877-243-2823 for the Caption Center, and then 503-338-0116 to call her

DOUGLAS COUNTY

meets 2nd Monday each month at 7:00 PM
Mercy Hospital Community Education Room –
2459 Stewart Parkway – Roseburg (between Parkway
Pharmacy and OfficeMax)

Contact:

Lorene Russell
rlrussell@mcsi.net
541-679-9655
732 Mulberry Lane, Roseburg, OR 97470

LANE COUNTY

meets 2nd Thursday each month at 7:00 PM
Hilyard Community Center – 2580 Hilyard Street – Eugene

Contacts:

Andrea Cabral
angora@comcast.net
541-345-9432 voice
PO Box 22501, Eugene, OR 97402

Linda Diaz

warmheart2@comcast.net
541-345-3212

LEBANON

meets 3rd Thursday each month at 6:30 PM
Senior Center – 65 “B” Academy Square – Lebanon

Contact:

Bob Williams
robertiw@comcast.net
541-258-5818
2020 South 12th #111, Lebanon, OR 97355

PORTLAND

meets 3rd Tuesday each month at 7:00 PM
(no meetings in July and Aug.)
Good Samaritan Hospital in the Wistar-Morris Conference
Room – NW 22nd and Marshall – Portland

Contact:

Mark Foster
hey_foster@hotmail.com
503-413-7348 (voice or TTY)
PO Box 2112, Portland, OR 97208
www.hearinglossOR.org/portland/

SALEM

meets 2nd Wednesday each month at 6:30 PM
Salem Rehabilitation Hospital – 2nd Floor Room A –
2561 Center St. NE – Salem

Contacts:

Kathy and Donald Ladd
SHHHSalem@aol.com
503-394-3863
38427 Shelburn Dr., Scio, OR 97374

IMPORTANT NOTICE TO ALL HLA-OR MEMBERS!!

To better serve you and utilize all qualified candidates for the HLA-OR board of directors, a motion was made at the March 17 HLA-OR board meeting to expand the total number of directors to 17.

This will be voted upon at the May 12 board meeting
— but we invite your input!

Please contact your chapter president if you have an opinion on this matter. Thank you!

Thanks - We Can't Do It Without Your Help!

**We need your financial support to
continue this newsletter.**

(Please note: This is different and separate from any local chapter fee you may pay.)

**Using the form on the back of the
newsletter, please mail your
tax-deductible gift to:**



**HLA-Oregon
PO Box 22501
Eugene, OR 97402**

**We thank the following folks who have sent
donations since the last issue:**

- Jane Anderson
- Ruth Arndt
- Victor Buenzle
- Dorothy Holbrook
- Geneane Hunt
- Bill Isadore
- Jo D'Antonio
- Vivian Olheiser
- Martha O'Neal
- Ervin Overland
- Thomas Riddle
- 6 Anonymous Donors

...and a BIG THANK YOU to our SPONSORS!



Hearing Loss Association of Oregon

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Eugene, OR 97402

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ADDRESS SERVICE REQUESTED

Hear It Is! Oregon Spring 2007 Newsletter

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

Name _____

Phone _____

Organization Name _____

Address _____

City _____ State _____ Zip _____

Email _____

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.