

Hear It Is!

Oregon



**Hearing Loss
Association**
of Oregon

Summer 2013

Issue 54

Locals Receive Awards at 2013 HLAA Convention



Leone Miller from the Lane County chapter received HLAA's Community Outreach Award on behalf of the HLAA Oregon State Association for its work on developing and distributing a booklet titled "Facing the Challenge: A Survivor's Manual for Hard of Hearing People". The robust guide started with Leone who created the manual in 1998 to serve Oregonians with hearing loss. Since then, the book has been revised four times and 62,000 copies have been distributed. Working with many other volunteers along the way, Leone succeeded in creating a book that is informative, consumer-friendly, and filled with consumer-tested tips. The original committee consisted of Leone Miller, Karen Swezey, Clark Anderson, Helen Boyd, Jocelyn Cox, and Karin Smith. Leone stated in her acceptance speech that "This wouldn't exist without our chapter and their support."

The award recognizes HLAA organizations that have undertaken projects that serve the surrounding community by teaching others about hearing loss and the communication obstacles that it can create, followed by instruction in sensitivity training.

HLAA's Marcia Dugan Advocacy Award went to John Waldo, Esq. who founded Wash-Cap and OR-CAP. The award was presented for the work that these two organizations did to bring captioning to venues such as movie theaters, plays, and other public areas such as sporting events. This award recognizes the outstanding efforts of an HLAA Chapter or State organization, an individual HLAA member, or a team or committee of members who serve as advocates with decision makers and others about laws and other crucial issues affecting people with hearing loss.

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<http://www.hearingloss.org/content/convention>

From My Lips to Your Ears

Editorial by Chuck Vlcek

The 2013 HLAA national convention in Portland is now history. This issue contains many items related to the convention. Perhaps the most important is the Community Outreach award that Leone Miller and Karen Swezey received, on behalf of HLA-OR, from HLAA for the Survivor's Manual project (page 1). Again, we offer all who worked on this project our congratulations for a job well done.

We also congratulate John Waldo and his supporting cast in receiving another HLAA award for their work in encouraging vendors to caption movies and other events.

Some Oregon folks, including HLAA chapter and state association members made presentations at the convention. Some articles provide a summary of these presentations and links to additional material (pages 5 and 12). Other presentations on implant technology can be found on page 9.

Work continues in planning our own Fall Workshop – see the flyer on page 15. However, registration has been slow, and there won't be much time left to do so by the time you read this. So if you haven't registered, please do so ASAP. Our keynote

speaker is Juliette Sterkens, AuD., national director for Loop America, who will be talking about looping Oregon. She has already made a presentation at the HLAA convention, and an article on her views is on page six.

The human side of hearing loss continues on page 11 in an article by our hard of hearing grandma, Gael Hannan, who wrote the article on page 1 of the last issue. She gave a presentation on "Ear Rage" at the convention and she still has a sense of humor.

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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.

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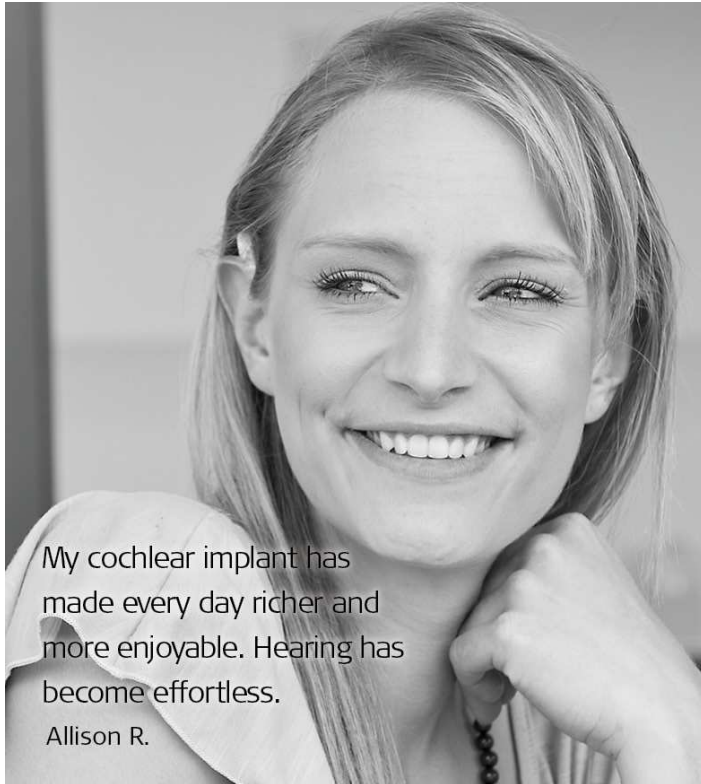
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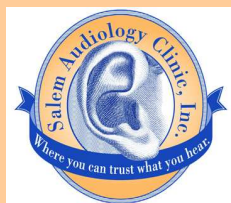


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Hard of Hearing Situations in Hospitals

The Lane County chapter's Health Care Access Committee submitted a report at one of the workshops at the recent HLAA convention in Portland which described the issues that arise when a person with hearing loss is a patient at a hospital. It was presented by Lesley Bergquist, volunteer and hearing loss advocate; SHHH/HLAA member for over 25 years; former board member of HLAA-Lane County, member of the HLAA-LC Hospital Care Access Committee, and HLAA-LC Chapter ALDs Loan Project Coordinator.

A 28-page pdf file (2 megabytes) of the report can be downloaded from the HLAA website at http://hearingloss.org/sites/default/files/docs/Bergquist_thursday.pdf . A summary of this workshop is provided below.

This session was designed for the health care consumer. It is a review of the culmination of several years of work by the HLAA-Lane County Chapter Health Care Access Committee to find ways for people with hearing loss to receive equal access to safe and appropriate care as well as reduce anxiety and uncertainty in medical settings.

As health care consumers with hearing loss, we need to advocate for our needs and the ability to fully understand the medical conditions, treatment options, possible side effects and other consequences of our care choices. Without identifying our hearing loss we can be mistaken as having other medical conditions and treated inappropriately. Hearing loss is invisible and can be perceived as being "unresponsive" or "confused".

Addressing the issue of hearing loss in medical settings required identification of problems and situations as well as documentation of specific instances where problems occurred. A major part of this process was educating the medical community that there is in fact a real, quantifiable need to address communication problems in order to provide appropriate services, diagnosis and treatment. They were also unaware of the legal liabilities involved in addressing 'informed consent' issues complicated by hearing loss.

As a result of the work of the HLAA-LC Chapter, the hospital became aware of the needs of people with communication issues that had not been met. The hospital has completed an extensive process and training to meet these needs. After this workshop, Alicia Beymer presented Implementation of Special Accommodations for Patients with Hearing Loss in Health Care Settings which follows up the consumer actions in this presentation. It addresses how the hospitals developed the process improvement in their hospital and clinic settings as well as an awareness of federal regulations and potential consequences.

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One-year membership in HLAA is \$20 for student, \$45 for couple/family, \$50 for professional.

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PLEASE JOIN TODAY!

Get in the Hearing Loop

Juliette Sterkens, AuD.

Juliette Sterkens is heavily involved with the national advocacy campaign for wider use of hearing loops and is currently on a sabbatical from her private practice to work as the HLAA National Hearing Loop Advocate. She will be the keynote speaker for the upcoming Fall Workshop at Salem on September 21 (see page 15).

Looping America will take a team effort. Manufacturers provide the product. Audiologists evaluate the t-coil performance, demonstrate how the product works, dispense the product, and educate the consumer. The consumer then becomes the torchbearer and we ALL benefit. The efforts of the **Lets Loop America** campaign would best be served by audiologists distinguishing themselves as those who provide patients with *total hearing management versus just dispensing hearing aids*. With this increase in knowledge each practitioner can answer with a resounding “yes” to the question put to us from the joint statement from the American Speech-Hearing-Language Association and the Academy of Dispensing Audiologists about changes in hearing health delivery: *Do you provide treatment for hearing loss that reflects the full scope of practice for audiology?*

Hearing loops overcome reverberation, background noise and distance. Hearing aid users complain that when distance from the speaker exceeds four feet, speech becomes unintelligible. If you are hard of hearing you need assistive technology to overcome distance. With a hearing loop you are hearing directly from the microphone to your ear. It is like I am three inches away, but I'm three inches away from every ear. And it is instant, no delay. There are devices available for those who don't wear hearing aids, or who don't have a t-coil.

Audiologists, providing Hearing Loops are good for business. Nobody ever comes back raving about hearing aids. But everybody comes back raving about hearing loops. Audiologists Bill and Christine Dales of Santa Rosa, CA have looped almost 1900 home TVs in their area over the past nine years. They offer a free loop with the purchase of a hearing aid to all their patients. When you put a loop in their house, they are way more likely to buy their next hearing aid from you. My vision is simply that hearing aids and CIs would come routinely to have doubled functionality. The hearing loop effectively takes the hearing aid microphone and puts it on the podium. Hearing instruments then become wireless speakers for televisions, PA systems, ticket windows, subway booths, and anywhere that sounds need to be communicated. Hearing loops are the missing link to hearing aids. Hearing loops will do for hearing aids what WiFi has done for laptops. I want to make a difference in the life of persons with hearing loss. *As an audiologist I can help only one person at a time, but through these loops I will be helping thousands of folks.*

What is needed now? There is so much to do: first of all we need awareness of all hearing instrument users that if they do not get instruments with t-coils they will be literally left out of the loop! We need trained installers who are willing to work with audiologists, hearing instrument specialists, and local HLAA groups to make hearing loops the standard. We need all dispensers of instruments to become involved as this will make their patients so much happier with their instruments. We also need community awareness. People who operate public places need to understand that hearing aid users are not hearing well for reasons out of the control of the users and venue operators and that hearing loop technology can make a world of difference.

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Within Earshot: News You Need to Know

Seahawk Captioning

In late May officials from the Seattle Seahawks informed Wash-CAP president Dean Olson and John Waldo that the Seahawks and Sounders will provide *scoreboard* captioning beginning this summer.

The Seahawks have previously provided a caption data stream that can be accessed on smart phones, and have also offered some hand-held devices that can be checked out. After several years of experience in Oregon, Washington, and around the country, it became apparent that hand-helds of any nature have some inherent limitations that impede the ability to enjoy the in-stadium experience to the same extent as hearing patrons. The Seahawks were asked to abandon the hand-helds, and go to some sort of scoreboard display.

The stadium has four LED ribbon-boards mounted between the two decks at the four corners of the stadium. Either two or all four of those boards will be used to display the captions, making them visible from any seat in the stadium.

The Seahawks will provide live captioning of all public-address announcements and all song lyrics. There are occasional sound effects used, such as the "war cry" of a seahawk (osprey), and Wash-CAP suggested that, as is the case with television captions, a notation that those sound effects are being broadcast be put in parenthesis.

The Sounders soccer games will be captioned as well, but there is relatively little public-address content at those games. The captioning will begin in the next couple of months, and two or three Sounders games will be captioned, partially as a test-run for the Seahawks captioning, which will begin with the first exhibition game in August.

Lions Hearing Aid Programs

When people are not able to pay the high cost of quality hearing aids – often not covered by insurance – they are left with poor-functioning hearing aids or, even worse, silence.

Lions clubs have worked for many years collecting and recycling hearing aids which could then be provided to qualified individuals at no cost. Now there is another program called the Affordable Hearing Aid Project (AHAP). This program provides low-cost high quality hearing aids as well as services of hearing care professionals to conduct tests, fit the aids, and provide follow-up care.

Lions AHAP (also called Lions ROAR) is distributing three types of affordable hearing aids through a partnership with Rexton, Inc. Rexton provides discounted and in-kind hearing aid contributions. Lions Club International Foundation's partnership with Rexton allows local Lions clubs, districts, and hearing programs to order aids from Lions AHAP.

Local Lions clubs work with individuals to determine their eligibility (based on income) and arrange testing by a partner hearing care professional. The Lions club communicates with Lions AHAP to request and arrange shipping of the hearing aid(s). The selected hearing care professional then ensures proper fit of the aid, and provides follow-up care to make adjustments as needed. Lions AHAP has also established an agreement with HearUSA for audiologists at the company's 170 stores in 10 states to provide fittings and screenings at a negotiated reduced rate.

The AHAP program is only available through local Lions clubs. Individuals may not apply independently to receive a hearing aid.

Tech Topics

CI: Saving Residual Hearing

The 2013 HLAA convention included a presentation on “Technology and Surgical Technique to Save Remaining Hearing for Better Cochlear Implant Performance” by Douglas D. Backous, MD, FACS, neurologist and cochlear implant surgeon at Swedish Medical Center.

The summary states that preservation of the anatomy of the inner ear and of remaining hearing has become a major focus for surgeons and manufacturers of cochlear implants. Preservation of hearing, even in a near-deafened ear, has been shown to improve the sound quality.

The presentation gave a comprehensive review of the changes in surgical technique designed to preserve remaining hearing in the operated ear and outlined the changes in device and electrode designs made to create an improved ability for cochlear implant users to hear.

A 3.85 megabyte pdf file can be downloaded from the following website: www.hearingloss.org/sites/default/files/docs/Backous_saturday.pdf . This document is 36 pages long and contains some good graphics and photos of the structure of the middle and inner ear, along with an explanation of how the surgical strategies work. However, some parts are rather technical and might be a bit hard to follow without the accompanying lecture or prior knowledge of the workings of the inner ear.

Implantable Treatments for Hearing Loss

Another presentation at the 2013 HLAA convention was made on “Implantable Treatments for Different Types of Hearing Loss”. Margaret Dillon, Au.D. and Marcia Adunka, Au.D. were the presenters. Margaret is an audiologist at the University of North Carolina School of Medicine, Department of Otolaryngology – Head and Neck Surgery. Marcia is an audiologist in the Department of Audiology, University of North Carolina Healthcare.

The summary states that treatment options for patients with hearing loss have expanded in the past few years. Various technologies exist that may be beneficial for patients with different types and severity of hearing loss. The diagnostic assessment of hearing and the types of hearing loss was reviewed, as well as potential treatment options. Single-site results from ongoing clinical trials on new technologies, including Electric-Acoustic Stimulation (EAS) and the Vibrant Soundbridge (VSB) were presented.

Download a one-megabyte pdf file from www.hearingloss.org/sites/default/files/docs/Dillon_Adunka_saturday.pdf . It provides an excellent graphic review of the different types of hearing loss and the implantable options for each.

For a review of other convention topics see www.hearingloss.org/content/convention and select “convention archives” from the menu on the left.

Chapter Capers

Salem Chapter: The June meeting was canceled due to low attendance. Next meeting will be a potluck in September.

Benton-Linn County Chapter: John Hood Fysh is now running this chapter. Bob Williams has been bringing his electric piano to their social gatherings.

Portland Chapter: Members have been busy distributing Survivors' Manuals.

Lane County Chapter: Their August newsletter shows a group photo of Oregonians who attended the HLAA Convention, including twelve of their own members. Member Leone Miller received the Community Outreach award on behalf of HLA-OR for the Survivors Manual (see page 1).

Douglas County Chapter: A picnic was held at President Chuck Vlcek's residence at Idleyld Park on August 12. Six persons enjoyed a potluck with a view of the river.

HLA-OR: It will soon make an official change to its name and become HLAA Oregon State Association, as mandated by HLAA.

What is your chapter doing? Send your story to the editor at cvlcek@centurytel.net

See pages 18-19 for contact information for these chapters and events.

CI Corner

For most people with cochlear implants, using the telephone remains a challenge. The telephone is difficult for many CI users because in addition to not being able to use visual facial cues, the telephone has a limited bandwidth of 300-3400 Hz. This cuts out high frequency consonant sounds and makes speech more difficult to understand. Despite these limitations, following the guidelines below may help you to be more successful on the phone:

1. Check the phone: Landline Phones will give the strongest, clearest signal. Try using your T-Coil and turning up the volume on your processor. Speakerphone works well for many people. Check to see if your phone has this feature and give it a try. If you are using a cell phone, not all are compatible with a telecoil. The FCC (Federal Communications Commission) has issued ratings for cell phone compatibility with hearing aids and cochlear implants. Look for a phone with a M3/T3 (good) or M4/T4 (best) rating.

2. Improve the connection: Direct connect using an audio cable from your processor to the phone, or try a new technology, such as a Bluetooth neckloop. A Bluetooth neckloop is available online and can be used with a hearing aid and CI at the same time—thus cutting out background noise during the phone call and delivering the call directly through the hearing device(s). Contact your CI manufacturer to find out which audio cable and Bluetooth neckloop options are compatible with your processor.

3. Practice listening with the telephone: This is important! At first, limit your calls to people who have very familiar voices. Plan the topic of the conversation before making the call, so that you know what to expect. Cochlear Americas has a free online telephone practice program called Telephone with Confidence which has material that changes daily and is open to all CI users. Find it online at: <http://hope.cochlearamerica.com/listening-tools/telephone-training>

For more information about cell phone use with your CI or hearing aid visit the ASHA website: <http://www.asha.org/public/hearing/Hearing-Aids-and-Cell-Phones>. Please send any questions you may have regarding cochlear implants to cochlear@ohsu.edu. - OHSU Cochlear Implant Team

Advice from a Hard of Hearing Grandma

By Gael Hannan, Hearing Health Matters 6/4/2013

They say the best part of being a parent is becoming a grandparent. I'm sure that's true for many people, but as a new grandma I'm still ironing out some of the kinks. (Note: Although my husband and I have only one 17-year-old child together, he is the father of four, one of whom made me an earlier-than-expected grandmother. They call me GG, for Grandma Gael, and we don't use the 'step' word.)

Actually, there's really only one kink: with my severe hearing loss, I have trouble understanding my three year-old grandson, Gage. I can understand his younger brother perfectly – but then, Owen is only eight months old. Held close enough, I can hear any sound from any body part that Owen makes, and his facial expressions are pretty basic.

But Gage – a gorgeous, intelligent, and kinetic being – doesn't stay still long enough for me to successfully speechread him. We live half a continent apart and don't speak often enough for that smooth 'customization' process to take place that allows a person with hearing loss to learn and adapt to another person's speech. So every time Gage and I connect, whether in person or in a live chat through Facetime on iPad, I start the speechreading process over again – IF he sits still long enough.

I know it will eventually work out, just as it did with my own son. When I was expecting Joel, I was nervous about how my hearing loss would affect my child and our relationship. But, like any new mom, I learned on the job and he doesn't (yet) appear to be traumatized by our communication challenges. In fact, he's one of the best speakers and communicators I know.

For any new moms facing similar fears, here's a Q&A of just a little of what I learned about communicating as a hard of hearing mother.

Q: Is my unborn baby making any sounds that I'm not hearing?

A: I don't think so, but of course I'm not the best person to ask, am I? What I *can* say with certainty is that those 40 weeks were the most blessedly silent period of my life. When your baby is born, the noise will start, so enjoy the peace of pregnancy.

Q: How will I hear my baby crying at night?

A: The easiest method, although not necessarily the best, is to have a hearing partner. Don't get me wrong; I'm not suggesting that baby-making-partners should be chosen for their ability to hear well, because there are many things more irksome in a spouse than hearing loss. (Inattentiveness and leaving the toilet seat up jump to mind.) But hearing spouses can be very useful in detecting a baby's cry. They respond by lifting their head off the pillow to confirm that it's the baby and not the cat, then they jab you in the ribs, saying, "*Honey, baby's crying...*"

If you prefer to be awakened by a flashing light rather than a sharp elbow, use a baby monitor, an alerting system or a combination of the two to help you respond to your child. My daughter-in-law uses a video baby monitor, which I could have used years ago when my toddler decided to try climbing out of the crib by himself. I walked in just in time to find him tottering lengthwise along the rail, flying like an airplane, both excited and terrified.

(continued next page)

Q: I have trouble understanding other people's children with their high voices. I'm nervous that I'll have difficulty understanding my own child!

A: While I don't want to trivialize or underestimate the communication challenges that you will most certainly have from time to time, *this is your child* and hearing loss will not prevent the two of you from connecting and communicating. You will always watch the face of your child for the information you can't hear, and your baby will thrive on a parent who is focused and caring. Your daughter will learn how to get your attention. Your son will discover how to communicate what he needs or wants from you. You will understand your child because you love your child and will do what it takes to keep communication flowing both ways.

Please reach out to your local hearing health organization or association such as HLAA or CHHA. I was six months pregnant when I connected with the Canadian Hard of Hearing Association and I received emotional support and practical advice that helped make me a better mom. *For two more good tips see:*

<http://hearinghealthmatters.org/betterhearingconsumer/2013/advice-from-a-hard-of-hearing-grandma/>

Getting the Most from Any Hearing Aid

A workshop at the recent HLAA convention in Portland focused on maximizing the performance of any hearing aid. It was presented by Ron Leavitt, Au.D, an audiologist at the Corvallis Hearing Center, his two assistant audiologists Colette Welch and Nikki Clark, and David Viers who is self-employed as a rehabilitation counselor of the deaf.

It is summarized as follows: "Despite numerous hearing aid advances, Consumer Reports notes that 67% of hearing aids remain incorrectly fit to the individual's hearing loss. This presentation, adapted from the author's presentation at the 2012 Academy of Doctors of Audiology National Conference, provides a checklist that will guide prospective and current hearing aid users in assuring each person gets their money's worth from any hearing aid."

Go to www.hearingloss.org/sites/default/files/docs/Leavitt_saturday.pdf for a downloadable pdf file of the presentation. It is 89 pages long but only 4.4 megabytes.

David Viers, a member of the HLA-OR board of directors, noted that this workshop was very well attended and that the audience was responsive. It included a number of cochlear implant users who had a hearing aid in the opposite ear. One of the main points of the presentation was to emphasize the importance of doing Real Ear measurements when programming a hearing aid and not to trust the hearing aid manufacturer's software to program the hearing aids because studies have shown that all of the manufacturers' programs fall short.

HLA-OR Quarterly Meeting Dates

The next meeting will be held on Sept 21, 2013 immediately following the

Fall Workshop (see page 15). The following meeting will be at Albany on 12/14.

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.



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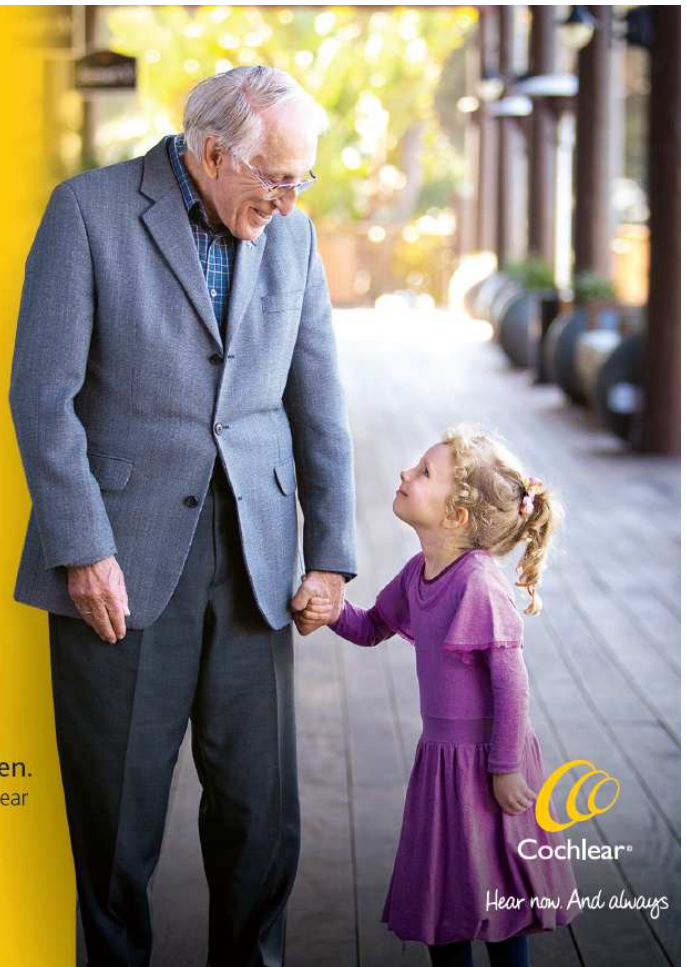
They said nothing
could be done about
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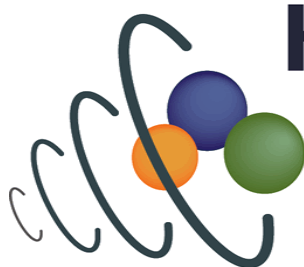
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Amy L. Johnson, AuD, CCCA
Jennifer J. Lane, AuD, CCCA
Devon M. Paldi, MA, CCCA

V/TDD

Cochlear@ohsu.edu

www.ohsu.edu/ent



Hearing Loss Association of Oregon

INVITES YOU TO CHARTING A COURSE TO EMPOWERMENT

Workshops for helping people with hearing loss navigate “life” through self-advocacy and technology.

KEYNOTE SPEAKER: Juliette Sterkens, AuD.

“Getting on the Oregon Trail to Looping”

Cheryl Davis, PhD, - “Empowerment through Self Advocacy”

Kimberly Poage, MS – “Elephant in the Room”

Laurie Brooks of Access Technologies Inc. – Hands on experience of assistive technology used by people with hearing loss

Saturday, Sept. 21st, 2013, 8:30 AM to 3:30 PM

(Registration ~ 8:30-9:15 AM ♦ Workshop starts at 9:15 AM)

Salem Hospital, Community Health Education Center (CHEC)

(Building D), First floor, 939 Oak Street SE, Salem, OR 97301 *space donated by Salem Hospital*



Special Rate on Hotel!!! Best Western Plus- Mill Creek Inn 3125 Ryan Drive SE, Salem Phone: 503/585-3332 Fax: 503/375-9618 \$103.39 plus tax Double Queen.

La Quinta Inn and Suites 890 Hawthorne Ave Southeast Salem Phone: 1-503-391-7000

Fax: 1-503-391-7222 \$79.00 plus tax per night.

Make reservations under Hearing Loss Association of Oregon FALL WORKSHOP rate.

Registration is necessary as seating is limited. The \$15 workshop fee includes beverages and lunch. To register for this workshop, send your \$15 check or money order, made payable to:

Hearing Loss Association of Oregon – Fall Workshop.

Mail to: Hearing Loss Association of Oregon, PO Box 22501, Eugene, OR 97402

Lunch will not be available if registration is received after Friday, September 6th.

NAME
ADDRESS
PHONE NUMBER
EMAIL (if applicable):
ARE YOU INTERESTED IN BEING A VOLUNTEER? <input type="checkbox"/> YES <input type="checkbox"/> NO
❖ If you have dietary restrictions, please contact Mary Fagan at hlasalem@live.com or 503-409-5491.

Dr. Allan S. Mehr
Board Certified Audiologist
Pacific Audiology Center

"I have referred patients of all ages to Dr. Mehr for audiologic services for years. When the time came that I personally needed an evaluation and hearing aids, I became a patient myself. I don't think I can give a higher recommendation".

Michael W. Kelber, MD, FAAFP
Salem Family Physician

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.

120 Ramsgate Square SE
www.pacificaudiology.com
503 364-2828

We ask for Your Support!

Please, if you can, support Hearing Loss Association of Oregon and this newsletter through your donations. 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:

Anne McLaughlin John Jepsen Peg Macko Karen Swezey



**Need
Assistance
to Keep
In Touch?**

TDAP Telecommunication
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Loans adaptive telephone
equipment at no cost to
qualifying Oregonians

OTAP Oregon Telephone
Assistance Program

Reduces monthly
telephone bills for
Oregonians receiving
qualifying benefits

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(800) 648-3458 TTY
(971) 239-5845 Videophone
puc.rspf@state.or.us E-mail

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www.rspf.org

Chapters in Oregon

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

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



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

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

**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 or contact us at **503-838-8444** or e-mail: RRCD@wou.edu.

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) - 6:00 PM at the Salem Hospital Main Campus, Center for Outpatient Medicine, Building C, Conf. Room A, 1st Floor, 875 Oak Street SE, Salem, OR

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 - 6 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: John Hood-Fysh
e-mail: jhood-fysh@wwmore.com
(541) 791-3725 (H) (541)-220-8541 (cell)
818 Broadalbin St. SW
Albany, OR 97321

For an electronic version of this newsletter:

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

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

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

Cathy Sanders
Oregon Chapter Coordinator
e-mail: catsindallas@q.com
(503) 881-1642 (cell) or
(503) 623-4662 (home)
1131 SW Marietta Lane
Dallas, OR 97338
or
Chapter Coordinator
Hearing Loss Assoc. of America
(the National Office)
e-mail: elebarron@hearingloss.org
(301) 657-2248 - voice
(301) 657-2249 - TTY
(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

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Here It Is! Oregon Summer 2013 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 membership fee (see bottom of page 5 for fee schedule).

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

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