

Hear It Is!

Oregon



Winter 2015

Issue 60

You Matter...

*"You might be but one drop in a bigger ocean,
But even that drop causes ripples
Which affect every other drop."*

As we embrace this New Year, Hearing Loss Association of Oregon is excited to announce that our newest edition of **"Facing the Challenge of Hearing Loss – a Survivor's Manual"** is now ready for distribution!

Over the years, 62,000 of these manuals have been printed and distributed throughout Oregon and to other states who've heard about this helpful manual. Think about this! 62,000 manuals have found their way into the hands of people who really needed and benefited from this gem of a resource. Those are quite some ripples!

Our job isn't done yet. This is where you come in. Simply said, we need YOU. We need your DROP. With this new printing of 25,000 more manuals, we continue to have an opportunity to make ripples of change.

Would you be willing to work with us to get these new manuals out into your community? Do you belong to any service clubs, attend church, see a doctor, or take classes at school or a community center? These are a few places where you could ask to place some manuals on their counters or in their waiting rooms.

Leone Miller was the original designer of this Survivor's Manual, and she continues to work with us on this wonderful project. She is helping coordinate the distribution process around Oregon. We need people like you to let us know about your creative ideas for distributing in your area. We'll share those ideas with other folks throughout the state. Contact Leone at vnleone@comcast.net or info@hearinglossOR.org or (541)689-7242.

At your request, we will provide you with a supply of manuals for you to distribute in your community. We'll share your ideas with others around the state, to inspire their ideas. This is not a problem. It's a challenge. Working together we can make a difference!

We're also teaming up with the Lions Clubs throughout Oregon to distribute some of them in their clubs and communities, and we are grateful for this collaboration. With your help, our ripples can continue.

*"Never underestimate the difference
You can make in the lives of others.
Step forward, reach out and help."*

...Every Drop Matters!

From My Lips to Your Ears

Editorial by Chuck Vlcek

We offer condolences to Norma Seely and her family on the passing of her husband Wayne. As noted on page 6, he was treasurer of HLAA-OR and of the Salem chapter and was very active for many years. A more complete obituary will soon be available on HLAA-OR's website.

What about us survivors? There is a new printing of the Survivor's Manual for us, hot off the press. Read about it on page 1, and for good measure, the blurb on page 11.

It sounds like a broken record but there is still a need for volunteers! HLAA-OR is seeking persons to apply for board positions that remain open after the upcoming election in March, or at least join a committee. It is also still looking for a chapter coordinator. There is also an ongoing need to distribute the latest edition of the Survivor's Manuals.

On a matter not directly related to hearing or to hearing loss we note the looming threat of the latest flu epidemic, although Ebola and measles have also been in the news. It has been reported that a mutated strain that has

largely sidestepped the protection afforded by vaccines is also a rather nasty one, especially among older folks. While we would normally encourage folks to attend meetings and socialize, some discretion must be used. When our first line of defense – vaccines – fall a bit short, we need to fall back on the second line, that Q-word, "quarantine".

HLAA, Oregon State Association

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Board members: Vincent Portulano, Karen Brockett, Kathryn Eckhart-Mason, Duane Davis, Karin Smith, John Hood-Fysh, and Past President Bob Russell.

Hear it is! #60, Winter 2015. Published quarterly by the HLAA, Oregon State Association, Inc., 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.

For advertising information and rates, contact Karen Swezey at info@hearinglossOR.org.

Deadline for Spring 2015 edition: March 31, 2015.

Oregon Project Independence, Pilot Expansion Program for In-Home Care

Senior & Disabled Services, a division of Lane Council of Governments, is excited to share they are participating in a State of Oregon pilot program that expands the Oregon Project Independence Program to individuals with disabilities age 19 - 59, whether the disability is permanent or temporary. The program historically has only been available to individuals age 60 or older, or younger adults diagnosed with Alzheimer's disease.

The program provides in-home services to help people stay in their own homes. Services include:

- Housekeeping, up to 15 hours a month
- Personal care assistance (bathing, dressing), up to 10 hours per month
- Assistive technology (medical alert bracelets, medication management devices)
- Durable medical goods

The goal of the program is to promote independent living and reduce the risk for out-of-home placement or hospitalization.

Participants cannot be receiving Medicaid benefits. There are no citizenship requirements. Services are available on a sliding fee scale.

For more information, please contact the Aging and Disability Resource Connection at 541-682-4038; toll free at 800-441-4038; or by email at sds@lane.org <mailto:sds@lane.org>

HLA-OR Quarterly Meeting Dates

The next meeting will be held March 7, 2015 at Albany General Hospital

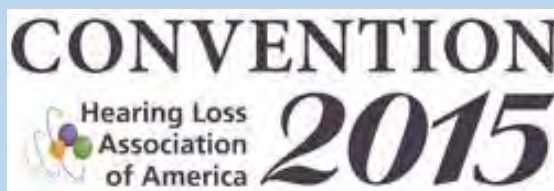
(Room 1AB, 3rd floor). Other meetings in 2015 will be June 6, Sept. 12, and Dec. 5.

To confirm, contact President Clark Anderson at clarkoa@msn.com or leave a message at (541) 736-4804. Guests are invited to attend but should first contact President Clark Anderson.

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June 25 - 28
St. Louis Union Station Hotel
St. Louis, Missouri

Check out the main convention page on <http://www.hearingloss.org/events/convention>

Convention 2015 Registration is Open: Register early for the greatest discounts on registration packages. Early-bird registration prices are good through January 31, 2015. See the **registration page** for all the details.

Convention Hotel: Built in 1894, the St. Louis Union Station, a DoubleTree by Hilton Hotel, was once the busiest and largest train station in the country. Even if you are not a history buff, you will marvel at the attention to detail devoted to the renovation and restoration of this architectural masterpiece. Book early because this block is bound to sell out! [See the Hotel/Travel page for reservation details.](#)

Charles A. Laszlo, Ph.D. will be the keynote speaker for Convention 2015. Charles, the founding president of the Canadian Hard of Hearing Association, will deliver his speech, ***Advances, Obstacles and Solutions in a Changing World*** at the Opening Session on Thursday, June 25, 2015 (5 p.m. – 6:30 p.m.).

Charles Laszlo, Ph.D. is a biomedical engineer with experience both in academe and as an entrepreneur. He is professor emeritus of electrical engineering and past-director of the Institute for Hearing Accessibility Research at the University of British Columbia. He is the co-founder of several companies developing and manufacturing assistive listening devices, heart valves and other cardiovascular devices.

Individual Membership in HLAA is \$35 for 1 year, \$95 for 3 years, or \$140 for 5 years.

One-year membership in HLAA is \$20 for student, \$45 for couple/family, \$50 for 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.
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Within Earshot: News You Need to Know

In Memoriam: Wayne Seely

Wayne Seely, past treasurer for HLAA-OR, passed away on December 12, 2014. He is survived by his wife Norma and several children and grandchildren.

Wayne was born on January 6, 1942 in Greene, New York, and spent most of his life in upstate New York. He moved to Oregon in 2000.

As a young man, Wayne suffered a burst appendix. The medication required to save his life cost him his hearing. Despite his deafness, he was still able to meet his goals. He got a cochlear implant 8 years ago which brought sound back to his life.

He earned a bachelor's degree in education at Oswego College, with a focus on industrial arts. He worked as a vocational rehabilitation counselor for the deaf and joined SHHH (now HLAA) 34 years ago. He served on the HLAA-OR board of directors and acted as Treasurer for several years before his final illness forced him to retire. A scrapbook was presented to him by HLAA-OR board members last spring (see page 3 in the Summer 2014 issue). He was also very active in the Salem chapter, where served as its treasurer. One area of expertise was working with assistive listening devices (ALD), and he helped to set up the loop system used at HLAA-OR board meetings.

The following observations are excerpts from comments from Rev. Richard Davis who presided (with Rev. Maur Horton) over Wayne's memorial service at the Unitarian Universalist Congregation of Salem.

"He worked hard in graduate school preparing to be a vocational rehabilitation counselor for the deaf. It was a good career choice because it gave Wayne joy to be able to help others. Now it's a wonderful thing to like helping others. But it's even more wonderful to be ABLE to help many others, and that's where Wayne, the consummate handyman and the soul of kindness, really excelled. He had "every tool and convenience known to man" (as his son Aaron put it), and he was always willing to put them to good use, fixing whatever needed fixing."

"Wayne, with his hearing loss, was used to the silence. Although this was a hard loss for him, I suspect there were some compensatory gains. I used to observe how focused on people he was when others were speaking – he was an excellent lip reader – so good that many didn't realize he was deaf. The intensity of focus required by lip reading and following ASL communicators probably sharpened his mind and helped him in his meditation practice."

Wayne's family has requested that donations be made in memory of Wayne to Willamette Falls Hospice.

Lions' ROAR Update

In a previous issue of this newsletter, a program designed to help qualified low-income persons obtain hearing aids and audiological fitting services was described. Since then, there have been some changes that make administration of this program more difficult and more restrictive. Efforts are continuing to work around the problems and should be completed within the next two or three months. Further information about this program will be provided in the next issue. Stay tuned.

Coping: How to Co-exist with a Hard of Hearing Person

by Tim and Lesley Bergquist, Lane County Chapter

Tips for HOH person: Understand that your partner probably spends a lot of time with hearing people so it is possible that he/she may forget helpful communication skills once in a while. Try a friendly reminder before declaring war. Pay attention when your partner is talking to you.

Don't expect your partner to be your "hearing aid" – He /she can help out in a difficult situation, but it's your job to do what you can.

If you didn't hear something or it didn't make sense – say something - before you get upset!

Keep your hearing aid by the bed. This is important in case of an emergency – or whenever you want to hear something else in the dark.

Tips for partner: Try to understand what it is like to be hard of hearing. It can be extremely frustrating and irritating. Talk to other HOH people, it always seems different when we hear it from others.

Try wearing ear plugs for a few hours during your day with non-HOH people to give you perspective. Don't take over for your HOH partner, but be willing to assist when asked.

Face your partner when you are talking, you cannot be heard from inside the refrigerator or from the other room. Make sure the conversation has ended before turning away.

Tips for both: Be aware of what makes things easier or more difficult and try to accommodate that. Don't pick the table in the middle of the restaurant when a corner booth is available.

Talk about any problems that come up - nicely. Discuss in advance how you will handle difficult situations - together. Work out some signals to let each other know if help is needed or not.

Turn the captioning on the TV on -all the time - and let the hearing partner set the volume. The HOH partner has her/his own volume control on the hearing aids. Mute the TV during commercials.

Record programs that you like to watch together. This way you can stop and rewind if you miss something instead of asking the hearing partner to repeat it -missing the next 3 lines too.

Turn off background noise when you want to talk.

Use a personal amplifier such as an FM system or Pocket Talker in the car, restaurants and other noisy places. It is worth the cost.

Keep your sense of humor; it does not automatically go away with you or your partner's hearing!



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*Professional certification of hearing loss is required to participate in this free offer. A standard phone line and Internet connection are also required to use this service.

Chapter Capers

Douglas County Chapter: The new business cards have arrived. Attendance at the January meeting was low because two members had scheduling conflicts and a third may have been ill. Chuck Vlcek provided an update on HLAA-OR board activity. President Vincent Portulano continues to recover from a broken wrist and other injuries suffered in a fall from a ladder. He was able to preside over the meeting

Portland Chapter: The chapter's meeting times have changed, starting and ending a half hour earlier than before. Thus the meetings begin at 6:30 p.m. on the third Monday of each month. The January meeting was scheduled to be an open forum discussion New Year's resolutions related to coping with hearing loss.

Salem Chapter: The chapter mourns the loss of Wayne Seely who had served as treasurer. See obit on page 6.

Oregon State Association: Work continues on organizing a workshop on Chapter Development. It will be open to chapter representatives in Oregon and Washington and held in the fall in the Portland metro area. The main speaker will be Ed Ogiba, HLAA Director of Chapter Development. Further information will be provided in the next issue of this newsletter but flyers may be distributed before that time.

What is your chapter doing? Send your story to the editor at cvlcek@centurytel.net See pages 14-15 for contact information for these chapters and events.

CI Corner

Football Madness: Dangerous Decibels

Are you ready for some football? Bring ear plugs.

Home field advantage is the positive psychological effect a team experiences when playing in the familiar surroundings of their own stadium. Seattle Seahawks fans take the notion of home field advantage to a completely different level as they are known to be exceptionally rowdy, earning the title of the 12th man. Meaning their presence and loud participation at games give the team an advantage over the opposing team, as though they have an additional player on the field. CenturyLink Field is notoriously one of the loudest stadiums to hold a sporting event in the world. In September 2013, Seahawks fans set a Guinness World Record for loudest crowd roar during 29-3 victory of the San Francisco 49ers, measuring in at 136.6 decibels. To put things in perspective, a jet engine at 100 ft. away measures approximately 140 decibels! This record was held until September 29, 2014 when fans of the Kansas City Chiefs produced an ear-splitting roar at Arrowhead Stadium of 142.2 decibels.

Unlike other football stadiums that aren't as raucous, CenturyLink Field does not have an enclosed dome. Despite not being fully enclosed, the stadium is designed to trap sound within its walls. Two large canopies cover seventy percent of seats in the stadium. These canopies simultaneously act as umbrellas for spectators during rainy weather, as well as sound reflectors. This, according to the architects of CenturyLink Field, was by design. Furthermore, the parabolic shape of the canopies maximizes reflection of sound back into the stadium. This, however, was a happy coincidence.

While exceptionally loud spectators may give a team an edge over their competitors, it often makes audiologists cringe. Noise levels at sporting events often exceed 100 decibels. It doesn't take much exposure to such noise levels to potentially damage hearing. The good news is there are several options to protect one's hearing. When used properly, over-the-counter ear plugs may provide as much as 30 decibels of hearing protection, and are a low-cost convenient option. For those who regularly attend loud events, one may opt for professional musician's plugs, which provide equal attenuation across all frequencies. These are custom made and require a visit to the audiologist, as an ear mold impression is needed. Another option is noise-reducing ear muffs, which are typically used in industrial settings. Ultimately, the best hearing protection device is the one that is used properly.

- OHSU Cochlear Implant Team (see ad on page 12)

Board Election and Annual Meeting Notice

A brief annual meeting will be conducted during the next regular board meeting on March 7, for the purpose of electing board members. Please note that board members are *required* to be members of the Hearing Loss Association of America. Positions remaining open may be filled by presidential appointment, subject to approval by the board. An Oregon resident who is a member in good standing of the Hearing Loss Association of America (HLAA) or any Oregon chapter of HLAA is automatically a member of HLAA-OR and is eligible to vote. If you are a chapter member you may have already received a ballot. You can obtain a ballot and full biographies via email (info@hearinglossOR.org), or in writing to PO Box 22501 Eugene, OR 97402. Ballots need to be returned by email or postal mail before March 1, 2015 so they can be counted at the Annual Meeting. Ballots may also be brought to the Annual Meeting. Candidates and abbreviated biographies are listed below.

Kathy Eckert-Mason, MS is seeking re-election after serving two terms (six years) on the board. She has over 30 years of experience working in the Field of Disabilities, including work within the Deaf and Hard of Hearing community where she has acted as Specialist for the Office of Vocational Rehabilitation in Salem for the last 15 years.

John Hood-Fysh is also seeking re-election after serving one term on the board. He developed a hearing loss in the late 1980s and has used hearing assistance since the 1990s. He was born in Canada, came to the US in the 1990s to work on the Y2K computer problem, and became a U.S. citizen in August 2008. He is currently working full time as an Outreach Specialist for Caption Call.

Eileen Marma is seeking her first term. She has worn hearing aids since 1996 and has been a member of HLAA and the Linn-Benton chapter for nearly 3 years. She was impressed by the content in the Survivor's Manual, the HLAA-OR newsletter, and the HLAA magazine. She attended the HLAA national conference in Portland in 2013 and the workshop on Advocacy sponsored by the HLAA-OR board last winter. She was instrumental in having a hearing loop installed in her church.

Robert Little is seeking his first term. He was born with a severe hearing loss and received his first body aid at age 6. He took speech therapy during his 12 years of school before attending college. College in those days was "a challenge" because it did not accommodate people with hearing loss very well. After some stops and starts and five majors he finally got a BS in Entomology. Four years ago he retired from management as a Deputy Agriculture Commissioner. He has been a member of SHHH and HLAA for a number of years.

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 an invisible condition, it is often difficult for others to understand.

To help we've created and distributed more than 62,000 copies of our 80+ page booklet "Facing the Challenge of Hearing Loss - A Survivor's Manual" all over Oregon and throughout the United States. Because we continue to get many requests we've decided to print another 25,000 copies to distribute. We've had wonderful comments from hard of hearing consumers and professionals about previous editions and this new edition is 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:

Archer Captioning Dogs for the Deaf C&C Captioning Hearing Associates

LNS Captioning Oregon Academy of Audiology Oregon Court Reporters Association

Oregon Health & Science University Oregon Hearing Society

Oregon Telecommunications Relay Service/SPRINT Pacific Audiology Pro Sound

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, which includes 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 Leone Miller (email preferred - info@hearinglossOR.org) or call (541.689.7242)



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We ask for Your Support!

Please, if you can, support HLAA, Oregon State Association 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:

HLAA, Oregon State Association, PO Box 22501, Eugene, OR 97402

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

Faith Wyckoff Holly Thau Loretta Monaco Cindy Biboux

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Chapters in Oregon

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

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



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

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

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

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

Applications are generally due mid-March each year.

HLAA 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

HLAA of Salem meets the 4th Tuesday each month (except July and August) - 6:00 PM at the Salem Hospital Community Health and Education (Building D), Creekside Overflow Room, 939 Oak Street SE, Salem, OR.

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

HLAA of Portland meets the 3rd Monday each month (except June, July and August) 6:30 PM in the Wistar-Morris Conference Room, at the Good Samaritan Main Hospital Building, 1015 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/

HLAA of Douglas County meets the 4th Monday of each month at 6:30 pm. Location is Mercy Hospital Community Education Room (2nd floor), 2459 Stewart Parkway, Roseburg (adjacent to Office Max).

Contacts: Vincent Portulano, President:
email: HLAADC@outlook.com

Robin Illers, Secretary (541) 580-7180

HLAA 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

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<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: chapters@hearingloss.org
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