

Hear it is!

Self Help for Hard of Hearing People of Oregon



Winter 2006

Issue 25

Please Plan to Attend SHHH-OR Annual Meeting



What Planet Are You From? Exploring Relationships Impacted By Hearing Loss

Saturday, March 18th, 2006
9:00 AM to 4:30 PM

Salem Hospital Auditorium
665 Winter Street SE - Salem

**Pre-Registration required no later than
February 28th, 2006.**

We are hosting our 3rd annual statewide conference for hard of hearing and late deafened people. The title, "What Planet Are You From?", is a spoof of Dr. John Gray's "Men Are From Mars and Women Are From Venus" series.

"SHHH-OR Meeting" continued on page 4

Nominations Needed

On March 18, 2006, SHHH of Oregon (SHHH-OR) will be having its annual meeting at Salem Hospital. The SHHH-OR Bylaws call for 1/3 of the 13 Board member positions to be up for reelection. This allows for staggered terms so there will (hopefully) never be a completely inexperienced Board.

Consequently, we are searching for prospective candidates to the 4 positions that will soon be open. If you are interested, or know someone you think would be interested in serving on the Board of Directors of SHHH-OR, please send a letter of interest to:

Alice Pakhtigian 28550 Ashland Drive, Apt 64
Wilsonville, OR 97070 Email: apakhtig@hotmail.com

SHHH Changes its Name to the Hearing Loss Association of America

Bethesda, Maryland: The Board of Trustees of Self Help for Hard of Hearing People (SHHH) voted to change the name of the organization to the **Hearing Loss Association of America** on November 6, 2005 during their fall meeting.

Terry D. Portis, Ed. D., executive director of SHHH states, "SHHH needs to position itself to meet the needs of a new generation of people with hearing loss while continuing to serve the constituents who rely on us today. I believe that by updating our name and image we will be better able to communicate our message and fulfill our mission. SHHH expects to complete the transition to the Hearing Loss Association of America in March 2006."

According to recent research conducted by Sergei Kochkin, Ph.D., the population of people in the United States with hearing loss has grown from an estimated 28 million in 1989 to over 31 million in 2004, and is anticipated to grow by a third in less than a generation, to 40 million people.

"SHHH Changes Name" continued on page 6

Medicare Covers Cochlear Implants and Batteries

Medicare covers cochlear implants providing you meet Medicare coverage guidelines for candidacy. Your cochlear implant audiologist and physician can help determine if you are a candidate for Medicare coverage. The criteria can and does change from time to time. If you have been or are found not to be an implant candidate, you may want to check back with the implant center each year to see whether the criteria, or your hearing loss has changed.

Currently, for adults (18 or older), criteria for Medicare coverage is:

- severe-to-profound hearing loss in both ears
- Pre or postlinguistic onset of hearing loss
- 40% or less word correct score on a sentence identification test. The test must be done in the patient's best aided condition via CD presentation. (This test is different than the speech discrimination tests that are often used when testing for a hearing aid fitting.)

If you are eligible for Medicaid, it's best to check with your cochlear implant center to determine Medicaid coverage guidelines. Oregon Health Plan does cover cochlear implants.

It Works for Me!

By David Viers

At a recent meeting of the Portland Chapter, members brought in devices and gadgets that they use to make their lives as persons with hearing loss a bit easier.

I had 2 areas that I talked about that might be of some interest to others:

- A. For use in the car, I use a combination of a neckloop (in conjunction with the T-switches of my hearing aids) and some very inexpensive equipment from Radio Shack: a Archer Mini-Amplifier (about \$13) and a microphone normally used in conjunction with a tape recorder (around \$5). By plugging the microphone and the neckloop into the Amplifier, and using the T-switch setting of my hearing aids, I am able to block out most of the road noise and hear the voice of my driving partner (in most cases my wife) much better. I added 2 things to this system that increased its effectiveness: 1) a 12-volt to 9-volt DC converter that allows me to use the car battery as opposed to the 9-volt battery that the Amplifier normally requires; and 2) a key chain ring that has a clip for attaching to one's belt – but the ring is used to hold the microphone and the clip is used to hook onto the seat belt thereby allowing for hands free operation by my wife.
- B. For waking in the morning, I use a clock with a shake-awake vibrator that does a good job. I have heard of some people putting the vibrator under their pillow (where the wires are susceptible to damage and the device is easily dislodged) or between the mattress pad and the bottom sheet. However, I place my device between the mattress and the box springs – it still wakes me (probably in a more gentle fashion) and is even less prone to breakage. Before I got this nifty device, and when I was single, I was able to use a radio clock alarm with the radio set to go off at its highest volume. This obviously would not work for someone with a profound hearing loss, but should for most people with anything up to a very severe loss.

Twice As Much....

There is an easy way that you may be able to double your donations to SHHH. Many corporations and small businesses will match employees' and retirees' contributions to non-profit organizations. Check with your employer to see if the company has a matching gifts program. If they do, then you need to obtain the matching gift form from them whenever you are sending in a donation to SHHH. Fill out the donor portion of the form and mail it in along with the donation. We will fill out our portion of the form and send it to the company, and they will mail us a check to match the amount of your donation. In this way, you will know that your donation is going twice as far to help us reach out to and educate hard of hearing people and those who care about them.

Captioning 1 - Broadcast and Cable

Resource: the NAD (National Association of the Deaf)
Website <http://www.nad.org/broadcastcable>
Under FCC rules, broadcasters must provide more and more hours of television captioning, under a strict schedule. The rules do not require specific programs to be captioned. The rules require a broadcaster to caption minimum percentages of all of their broadcasts, when looked at over a calendar quarter. Under the Telecommunications Act of 1996 (PL 104-104), virtually all new broadcast, satellite and cable programming must be captioned by January 1, 2006. The Federal Communications Commission (FCC) calls for a minimum percentage of both "new" (first shown on or after January 1, 1998) and "old" (earlier) programming to be captioned according to a schedule. For specific information and for procedures for filing a complaint, see:
www.fcc.gov/cgb/consumerfacts/closedcaption.html
In general broadcasters must meet the following schedule for captioning of "new programming":

- 450 hours per calendar quarter (25%), beginning Jan. 1, 2000
- 900 hours per calendar quarter (50%), beginning Jan. 1, 2002
- 1350 hours per calendar quarter (75%), beginning Jan. 1, 2004
- 100 % of new programming must be captioned, beginning Jan. 1, 2006.

In addition, the FCC rules also require video programming distributors to make ALL emergency information that it broadcasts accessible to persons who are deaf or hard of hearing. If emergency information is provided aurally, the information also must be provided in a visual format. For more information, see the FCC's Consumer Fact Sheet at:
www.fcc.gov/cgb/consumerfacts/emergencyvideo.html.
The FCC Order is available at:
www.fcc.gov/bureaus/cable/orders/2000/fcc00136.doc
advertisement or other program is usually a very small percentage of the overall costs of production.

There are some exceptions in the FCC rules. For example, commercial advertisements that are less than five minutes long are not subject to the law. Nor are programs that consist mainly for non-vocal music, such as a televised symphony or ballet performance. Programs shown on new networks are exempt for the first four years of the network's operation. Networks that have a very low income are also exempt.

However, the NAD strongly urges ALL advertisers and programmers to caption their programs voluntarily. There is no good reason not to reach out to the deaf and hard of hearing audience, especially since the cost of captioning an advertisement or other program is usually a very small percentage of the overall costs of production.

Complaints about non-captioning or poor captioning of video broadcasts programming must be sent to the video program distributor, usually your local television station, satellite service, or your cable operator. Give the name of the program, the date you tried to watch it, the network/channel you were watching, and, if you know it, the producer/distributor name, as well as your own name and address and contact information. Tell the distributor that it is violating the closed caption rule, 49 C.F.R. §79.1. If the distributor cannot solve the problem, complaints may then be sent to:

Federal Communications Commission
445 12th Street SW
Washington, DC 20554

If you complain about captioning, be sure to keep a copy of all your letters, e-mails, phone calls and communications with the broadcaster and the FCC. The NAD has prepared more information about how to file a complaint.

You can also get information about filing a complaint from the Disability Rights Office at the FCC at access@fcc.gov, or by calling 1-888-CALL-FCC (1-888-225-5322) voice or 1-888-TELL-FCC (1-888-225-5322) TTY.



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

We need your support to continue this newsletter. Please note: This is different and separate from any local chapter fee you may pay.

We thank the following folks who have sent donations since the last issue: Sid Lezak, Jack Nutt, Walterville Grange, Lorena McLean, Jo D'Antonio, Banjo and Bonne Bandolas, Anne McLaughlin, Dean & Edith Campbell, Debbie Dole, Charles Berg, Margaret Whalen, Suzanne Gott, John Jepsen, Sid Lezak, Tom Manning, Jocelyn Cox, Sandy Leonard, Pearl Ramseth, Earl Overland, Bonnie Kingsley Joan Rilance, Cindy & Gene Biboux, Andrea and Gordy Cabral, Karen and Swezey, and 5 Anonymous Donors.

Mail your tax-deductible gift to SHHHOR PO Box 22501, Eugene, OR 97402 using the form on the back of the newsletter.

"SHHH-OR Meeting" continued from page 1

Key highlights:

- ◆ Jacqui Metzger, MSW, LICSW, a psychotherapist from Seattle will be leading our exploration on how hearing loss affects the dynamics of relationships, including family, spouses, work, dating, etc.
- ◆ Scott Frink from Salem Audiology Clinic will discuss hearing aid technology
- ◆ Dr. Donald Plapinger, Ed.D, CCC-A, Director of Audiology Services at Oregon Health Sciences University, will discuss cochlear implant technology.

Spend a fun and lively day with us! Not only will you learn "real life" strategies for living positively with hearing loss, you'll also meet others who understand what it's like to live with one and learn how they cope.

You may even win a door prize!

Realtime captioning and assistive listening devices will be provided for all parts of the workshop. *(If other accommodations are needed, please contact us by March 4th. We will do our best to meet your needs.)* Best of all, its fun and inspiring to be with and learn from a group of enthusiastic hard of hearing people!

Pre-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 **NO LATER THAN FEBRUARY 28TH**, made payable to "SHHH Oregon" along with the registration cut-out form

(SEE PAGE 5).

(Stipends are available if needed.)

Would You Like To Be a Member of the

Relationships Panel? This will be your "15 minutes of fame" opportunity to share your experience with the audience and be famous!

Questions? Contact the Co-chairs:

Mark Foster - (preferred) hey_foster@hotmail.com or call: (503) 464-7387

Alice Pakhtigian – (preferred) apakhtig@hotmail.com or call: (503) 682-6998

Directions: From Interstate 5 (north or south), take Detroit Lake/Stayton Highway 22 Exit and go West on Mission towards Salem. Follow the blue "H" signs to the Salem hospital, approx. 4 miles, turn right on "Winter" Street. Parking structure is on your right, across the street from main hospital entrance. Meeting is in the Hospital Auditorium in the basement of the main hospital building.

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

Region X Interpreter Education Center
Rehabilitation Counseling with Deaf and
Hard of Hearing Adults
WROCC at WOU (a PEPNet Outreach Site)

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

Self Help for Hard of Hearing People of Oregon

Invites You To The 3rd Annual Conference



Exploring Relationships Impacted By Hearing Loss

Saturday, March 18th, 2006, 9:00 AM to 4:30 PM
(Registration from 9:00-9:30 AM; Workshop starts at 9:30 AM)

Salem Hospital Auditorium
665 Winter Street SE – Salem

- ◆ Explore how hearing loss affects the dynamics of relationships, including family, spouses, work, dating, etc.
- ◆ Learn the latest on hearing aid and cochlear implant technology

Questions? Contact:

Mark Foster: hey_foster@hotmail.com or (503) 464-7387
Alice Pakhtigian: apakhtig@hotmail.com or (503) 682-6998

Clip and Send

Pre-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 **NO LATER THAN FEBRUARY 28TH**, made payable to "SHHH Oregon":

SHHH Annual Conference, 28550 Ashland Dr, Apt 64, Wilsonville, OR 97070

NAME _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____ **PHONE** _____

EMAIL (if applicable) _____

Are you interested in being on Relationships Panel? Yes No

“SHHH Changes Name” continued from page 6

Richard Meyer, president of the SHHH Board of Trustees states, “This strategic decision is a significant milestone in SHHH’s 25 year history. While remaining committed to the vision of founder Rocky Stone, SHHH is evolving to best meet the needs of people with hearing loss today and in the future, continuing to be a pioneer in advocacy and support for consumers with hearing loss.”

Editor’s note: Watch for our new logo and other related changes coming soon.

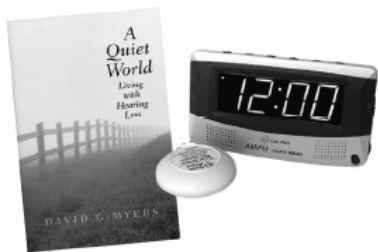


Hearing Loss Association of America Convention
June 29th—July 2nd
www.hearingloss.org

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Solutions for Better Hearing: A Resource Fair

co-sponsored by the Clackamas Hearing Loss Association (formerly the Lowestin Self Help for Hard of Hearing People) and the Lake Oswego Adult Community Center.

This free event will be held on Tuesday, March 14, 2006 from 1:00 PM to 3:00 PM at the Adult Community Center, 505 G Avenue, Lake Oswego, Oregon.

It is designed to acquaint the community with information about living with hearing loss and resources available to those who are hearing impaired. 2005’s inaugural Resource Fair was a resounding success, attracting well over 100 attendees. This year’s event will be opened by Michael Eury of the Clackamas Hearing Loss Association and his brief remarks titled “Overcoming the Stigma of Hearing Loss.”

Exhibitors include Sonus Sounds of Life, Oregon Lions Sight & Hearing Foundation, National Center for Rehabilitative Auditory Research, LNS Captioning, Corvallis Hearing & Speech Center, OHSU Tinnitus Clinic, and Self Help for Hard of Hearing People of Oregon. This program is live-captioned. Free refreshments will be served.



Oregon Telecommunications Relay Service (OTRS) provides a vital link between hearing people and those who are deaf, hard of hearing or speech disabled.

- Totally confidential
- Toll-free access, 24 hours a day, 365 days per year
- Voice Carry Over (VCO) allows the deaf or hard of hearing to use their own voice
- Hearing Carry Over (HCO) allows the speech disabled to use their own hearing

All you have to do is dial 711 or:

(TTY) 1-800-735-2900	(Spanish) 1-800-735-3896
(VCO) 1-800-735-3260	(900 Services) 1-900-568-3323
(Voice) 1-800-735-1232	(Customer Service) 1-800-676-3777
(ASCI) 1-800-735-0644	

To connect with Captioned Telephone (CapTel) users, dial 1-877-243-2843

For CapTel Customer Service dial 1-888-269-7477

Oregonians with a hearing, speech or mobility disability who are not able to use standard phones may qualify for a phone that meet their needs. Call Telecommunications Devices Access Program (TDAP) at 1-800-848-4442 Voice or 1-800-648-3458 TTY.

Captioning 2 - How to File a Captioning Complaint

Resource: the NAD (National Association of the Deaf)
Website <http://www.nad.org/captioningcomplaint>

Do you have complaints about television captioning?

Many deaf or hard of hearing people contact the NAD with complaints about television captioning. Most of the complaints are about garbled captions, full of errors and incorrect words.

Other complaints are:

- captions that disappear in the middle or toward the end of a program.
- captions that appear on some channels but not on others.
- captions that appear on a show when it is broadcast, but not on a re-run.
- captions that are covered up by weather information or other emergency messages.
- lack of captions about weather information and other emergency messages.
- networks that do not provide enough captioning.

Deaf or hard of hearing consumers need to be aggressive about making sure that captions appear on television programming.

The NAD urges consumers to contact television programmers about specific captioning problems. Consumers should file complaints with the FCC if the problems are not resolved.

It is not hard to file a captioning complaint. You should contact your program provider, telling them exactly what the problem is. Send a copy of your complaint to the FCC. Some problems can be fixed easily. If the broadcaster does not fix your problem, or if you are not satisfied with what they tell you, you can file a formal complaint with the FCC. Here's how to do it:

1. As soon as you have a complaint about captioning, contact your video programming provider, in writing. You can find the address of your cable company or satellite company on your bill. You can find the address of a local television station by looking in the telephone directory under their call letters (for example, WJLA-TV).
2. What your letter should say:
Explain exactly what is wrong with the captioning.
For example:
 - There were no captions.
 - There were no captions for this show on channel X, even though there were captions for the same show on channel Y.
 - The captions disappeared for the last five minutes of the show.

- The captions were blocked by an emergency message
- An emergency message was blocked by the captions
- The captions were garbled and you could not understand them.
- Tell them the date, time, program and channel you were watching.

Say that this problem is a violation of FCC rule 47 CFR §79.1. If it is a problem with an emergency caption, then say that this is a violation of FCC rule 47 CFR §79.2. Tell them your name and how to contact you (address, phone, email, fax).

1. It is also a good idea to send a copy of the same complaint to the network that produces the program. For example, if you are not getting captions from your local CBS or ABC affiliate, you can also send a copy to the national CBS or ABC network. It is possible that the problem is with the network, rather than your local station, the cable company or the satellite company.
2. Keep any responses you get from the company. They may tell you to contact another company that actually produces the program. If they do this, they must forward your complaint themselves, or give you the address of the other company. The company must respond to you within 45 days of your complaint, or within 45 days of the end of the calendar quarter in which the violation occurs, whichever is later.
3. If you are not satisfied with their response, or if they do not respond to you, then you have 30

“Captioning 2” continued on page 8

Fact: Today, it's a better world for people with hearing loss.

And consumer advocacy organizations like SHHH are part of the reason why.

Only a few decades ago, people with hearing loss were denied basic rights that we often take for granted today. Our employment options were very limited, and we had few legal protections. We could not make phone calls independently. Some of us were not allowed to drive. We could not enjoy simple entertainment like movies and TV. Travel was much more confusing and frightening than it is today. News and emergency information were not made accessible to us.

Thanks to the consumer INFORMATION, support and ADVOCACY provided by organizations like SHHH, life in 2005 is much improved for people with hearing loss.

Our **strength** is the strength of thousands of people joining together as a **single voice** to support each other and create change. Your **involvement** helps us change laws and improve lives. And we still have a long way to go.

Your membership matters.
Your donations matter.

www.hearingloss.org

Whether you're a long-time SHHH supporter or giving for the first time this year, **thank you** for your gift that helps us **inform**, educate, support and **advocate** for people with hearing loss.

Please use the form on the back of this newsletter to respond.

"Captioning 2" continued from page 7

days to send a copy to the national CBS or ABC network. It is possible that the problem is with the network, rather than your local station, the cable company or the satellite company.

4. Keep any responses you get from the company. They may tell you to contact another company that actually produces the program. If they do this, they must forward your complaint themselves, or give you the address of the other company. The company must respond to you within 45 days of your complaint, or within 45 days of the end of the calendar quarter in which the violation occurs, whichever is later.
5. If you are not satisfied with their response, or if they do not respond to you, then you have 30 days to send a formal complaint to the FCC at this address:
Federal Communications Commission
445 12th Street SW, Room 6C-447
Washington, DC 20554
Send three copies of your complaint to the FCC, and one copy to the company.
Tell the FCC what your complaint is about.
Attach a copy of your initial letter(s) to the company, and any response you received from the company.
Include a statement that you have sent a copy of the formal complaint to the company.

The company must respond to the FCC within 15 days, with a copy to you. The FCC may tell you that there is nothing they can do, because the problem is not a violation of the FCC rules. For example, FCC rules do not require perfect spelling or accurate words on the captions. FCC rules do not require all programs to be captioned. The NAD believes that it is important for deaf or hard of hearing people to file these complaints anyway, so that the FCC will see what kind of problems deaf audiences have with captioning.

There are strict timelines and deadlines for you to file complaints and for the company to respond. However, if you contact the company and the FCC quickly, there should be no problem. For information about the specific deadlines and how they apply to your complaint, contact the FCC directly or consult with the NAD Law Center, NADlaw@nad.org.

Editor's Note: Although this came from the National Association of the Deaf, I believe SHHH is of a like mind.



Dogs for the Deaf

Dogs for the Deaf (DFD) has been making miracles happen for almost 30 years. Based in southern Oregon, DFD rescues dogs from shelters and trains them to serve as the ears of people who are deaf or hard of hearing.

The dogs are trained to listen for household sounds such as smoke alarms, door bells, baby cries, alarm clocks, oven buzzers, and someone calling the person's name. When the dog hears a sound, it runs to the person, puts one or both front paws on the person's leg, and then leads the person to the source of the sound. In this way, the person is aware of things going on around him/her and is able to lead a more secure and independent life.

People applying for a Hearing Dog, must complete an application and be interviewed by a DFD staff member or volunteer. Applications are screened carefully to make sure that a Hearing Dog for the Applicants remember that dogs, they need for and their needs to be with regular There is a lot responsibility having a Dog, but DFD say that the more than work involved.



is the right option applicant. must these are to be cared training reinforced practice. of involved in Hearing graduates rewards are worth the

With a Hearing Dog nearby, the person can now relax, go to sleep, or get involved in a project, movie, or book and know that if something happens the dog will alert him/her. The person who is deaf or hard of hearing no longer has to be constantly "on guard," checking and looking to see what is happening around him/her. Family members also feel more comfortable leaving the person who is deaf alone because they know that the dog is there is alert the person in the event of an emergency.

The dogs are placed at no charge other than an initial \$25 application fee. Once the application is approved, the person is asked to send in a \$100 REFUNDABLE deposit. After the person and dog have been together for a year, the person gets the deposit back.

DFD is a non profit organization and is totally funded by donations from individuals, service clubs, and businesses all across the country. DFD receives no government funding.

To apply for a dog, make a donation, or check out more information, visit the DFD website www.dogsforthe deaf.org or call 541-826-9220.



OHSU Department of Otolaryngology/
Head and Neck Surgery

Hearing Services

- Cochlear Implants
- Hearing Aids
- Hearing Screening
- APD Testing
- Vestibular Testing
- Assistive Listening Devices
- Research and Education

Cochlear Implant Staff

Sean O. McMenomey, MD, FACS
Alexander J. Schleuning, II, MD
Donald S. Plapinger, EdD, CCCA
Allison H. Zarkos, MA, CCCA

Audiology Staff

Amy L. Johnson, MA, CCCA
Jennifer J. Strode, MS, CCCA

Hearing & Vestibular Services 503-494-5171
Cochlear Implant Services 503-494-6258

Sean O. McMenomey, MD, FACS 503-494-8135
Alexander J. Schleuning, II, MD 503-494-0619

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

Who We Are

"Hear It Is! Oregon is published quarterly. There is no subscription fee currently required, but we depend on your contributions and we request that you notify us annually if you wish to continue to receive this newsletter. We would like all hard of hearing people to receive it regardless of ability to pay. *If you wish to be added to the mailing list or continue to receive this newsletter, please fill out the coupon on the back page and return it to us. If you have responded in the last 12 months, you will continue to receive it and do not need to respond again.* We welcome your articles, notices about events, donations, and other items that will be of interest to hard of hearing people. Please send your items to:

SHHH of Oregon
PO Box 22501
Eugene, OR 97402
Phone (360)896-8117
e-mail: viers2001@juno.com

Opinions expressed in this newsletter are those of the individual author and are not necessarily those of SHHH. 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 SHHH Oregon (address above). 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.



Self-Help 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 SHHH 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.

Bend SHHH meets on the 2nd Wednesday of the month - 6 PM at the St. Charles Medical Center - Rehabilitation Conference Room.

Contact Cathy Sanders
e-mail: cathys@coril.org
(541)388-8103
CORIL
PO Box 9425, Bend, OR 97708

SHHH - Central Oregon Coast meets the 4th Tuesday each month - 1:30 PM at the Newport Chamber of Commerce, 555 SW Coast Highway, Newport

Contact Cindy Campbell
e-mail: cicampbell@earthlink.net
(541)998-8245 or (877)867-1896
4202 NE 43rd, Neotsu, OR 97364

Bob Hall
bhpalx2@centurytel.net
(541)765-3342
1145 SW Walking Wood,
Depoe Bay, OR 97341

Lane County SHHH meets 2nd Thursday each month - 7 PM at the Hilyard Community Center, 2580 Hilyard Street, Eugene.

Contact Leone Miller,
e-mail: vngleone@msn.com
(541)744-2994
PO Box 22501, Eugene, OR 97402

Andrea Cabral
e-mail: angora@comcast.net
(541) 345-9432 voice/TTY

Lowestin (Lake Oswego/West Linn/Tualitan) SHHH meets 2nd Tuesday each month - 2PM at the Adult Comm. Center - 505 G St., Lake Oswego.

Contact Betty Gallucci
e-mail: bettylakegrove2002@yahoo.com
(503)636-6933 voice
5211 Madrona, Lake Oswego, OR

Portland SHHH meets the 3rd Tuesday each month - 7 PM at the Good Samaritan Hospital, Wistar-Morris Conference Room - NW 22nd and Marsllall, Portland

Contact: Mark Foster

e-mail: hey_foster@hotmail.com Web: www.shhhor.org/portland/

(503)413-7348 - voice/TTY

PO Box 2112, Portland, OR 97208

Roseburg SHHH meets the 2nd Monday each month - 7 PM at the Mercy Hospital Community Education Room - 2459 Stewart Parkway, Roseburg. (Between Parkway Pharmacy & Office Max)

Contact: Lorene Russell

e-mail: rlrussell@mcsi.net

(541)679-9655

732 Mulberry Ln.

Roseburg, OR 97470

Salem SHHH meets the 2nd Wednesday each month - 6:30 PM at the Salem Hospital Auditorium (in the basement) - 665 Winter Street SE, Salem.

Contact Kathy Ladd

e-mail: SHHHSalem@aol.com

(503)394-3863

38427 Shelburn Dr., Scio, OR 97374

If you are interested in being a part of a chapter in your area, contact:

Bonne Bandolas, Oregon

Chapter Coordinator

e-mail: oregonchapters@pcinw.com

For CapTel calls dial 1(877)243-2823 then (541)689-3701#

For TTY or FAX (541)689-3701

PO Box 22501, Eugene, OR 97402

or

Chapter Coordinator, SHHH National Office

e-mail: national@SHHH.org

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7910 Woodmont Avenue Suite 1200

Bethesda, MD 20814

Watch for the Oregon Lions Sight and Hearing Foundation to be listed on the Charity Checkoff section of the 2005 Oregon State Tax Return. You can help them to continue providing services which assist low income hearing impaired individuals to obtain audiological exams and hearing aids **by entering #014 on your state tax form and designating all or a portion of your refund.**

Please visit their website at www.orlions.org for more information about their programs and services.

Celebrate...

A birthday, anniversary or special occasion by making a donation to SHHH Oregon. The perfect gift for the person who has everything while being tax deductible to boot!

Thank You Sponsors!

We are so glad for the sponsors who support the work we do by not only telling their clients about SHHH, they also support us by purchasing ads in this newsletter. Many THANKS to our sponsors!



SHHH

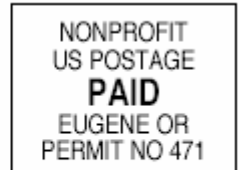
Self Help for Hard of Hearing People of Oregon

People helping people have a better life through support and education.

<http://www.shhhor.org>



Self Help for Hard of Hearing People of Oregon
 PO Box 22501
 Eugene, OR 97402



ADDRESS SERVICE REQUESTED

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

Name _____ Phone _____

Organization Name _____

Address _____

City _____ State _____ Zip _____

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I learned about the newsletter from: _____

Enclosed is my contribution of \$_____ to support the **SHHH** 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 **SHHH** National. Please enroll me as a member. I'm including my \$25 membership fee. Or you can sign up online at www.shhhor.org (Click membership, click application).

Donations to support **SHHH** outreach efforts in Oregon should be made payable to **SHHH** Oregon and mailed to P.O. Box 22501, Eugene, OR 97402.