



Sound News

June 2013

Volume 26 No 6

Future, hearing aids could be powered by the electrical signals in the cochlea. *Hear it*

The human ear has a specific, biological structure and functions like a natural battery. In the inner ear, there is an ion-filled chamber that produces electricity to drive neural signals. This is part of the process in which the vibrations of the eardrum are converted into electrical signals that the brain can recognize and interpret.

Researchers from MIT and Harvard Medical School have invented devices that can draw power from this natural battery in our inner ear. In the future, hearing aids could be powered by the human body itself.

Guinea pigs were used in their research. Electrodes were planted into the biological batteries in the ears of guinea pigs and connected to low-power electronic devices. The guinea pigs were able to respond normally to hearing tests afterwards and the devices were able to transmit data about chemical conditions within the ear to an external receiver.

Even though the ear's natural battery has the highest voltage of any part of the body, the voltage is still very low. Any device that is plugged into the ear can therefore only harvest a small fraction of its power from this source, or else the ear's ability to communicate with the brain would be disrupted, which would lead to some hearing loss.

The researchers devised a special low-power chip in order to avoid this, which has an ultra low-power radio transmitter. The power circuit in the transmitter still requires a higher voltage than the ear can provide and it requires a kick start before it can become self-sustaining. Even so, the researchers believe that further answers can be found if they are able to tap into the natural power source of the cochlea. The technology of the future could then produce hearing aids that draw their power from the cochlea.

People with Phonophobia fear loud sounds. It is an anxiety disorder, not a hearing disorder.

www.wikipedia.org and www.llaboutcounselling.com

Phonophobia or ligyrophobia is a fear of loud sounds. The name originates from the Greek words for sound and fear. It is not a hearing disorder.

Sudden loud and unexpected sound can cause anxiety attacks in a person who suffers from Phonophobia or one may be fearful of devices that can suddenly emit loud sounds, such as alarms.

Listening to music that starts with a minute of silence and then suddenly goes into loud music would be extremely startling for most people, assuming they had no prior knowledge of the content of it. Being startled is in itself a normal reaction, but the key difference is that people with Phonophobia actively fear such an occurrence.

Watching someone blow up a balloon beyond its normal capacity is often an unsettling, even disturbing thing for a person with Phonophobia to observe, as he or she anticipates a loud sound when the balloon pops.

Phonophobia shares a number of symptoms with other anxiety disorders and may include one or more of the following:

- Desire to flee
- Intense fear of loud sounds
- Excessive Sweating
- Irregular heartbeat
- Nausea or dizziness
- Panic Attack
- Fainting
- Severe mood swing after hearing the loud sound

Exposure therapy and cognitive behavioral therapy are popular treatments and can be used in combination with prescription medication to help reduce anxiety and ease stress. It is not hyperacusis.

Leone's Line



From a strictly mathematical viewpoint—What Equals 100%?

What equals 100% In life?

Here's a little mathematical formula that might help answer these questions:

IF—A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Is represented as:—1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26.

Then—

H-A-R-D-W-O- R- K

$8+1+18+4+23+15+18+11 = 98\%$

K-N-O-W-L-E- D-G-E

$11+14+15+23+12+5+4+7+5 = 96\%$

A-T-T-I-T-U- D-E

$1+20+20+9+20+21+4+5 = 100\%$

All pretty important. Are you giving 100%??

Sudden Hearing Loss Needs Emergency Treatment

Patients whose lives are significantly affected by sudden hearing loss and comorbid tinnitus, often were initially treated with antibiotics for their hearing loss but not given the benefit of a hearing test or professional follow-up care. The saga continues when their aural fullness does not resolve within days to many weeks, and an ENT physician or audiologist eventually sees the patient. By that time, though, the benefits of treatment can be limited or already lost. The functional deficits related to sudden sensorineural hearing loss (SSNHL) are catastrophic. The condition results in severe difficulty localizing sound; hearing from the affected side; and listening to soft voices, with background noise, or in reverberant rooms. Most patients also experience a significant psychological burden of sadness and depression that affects interpersonal relationships, environmental engagement and awareness, and quality of life. For these reasons, SSNHL represents a medical emergency to determine the cause, if possible, and to provide best practices for treatment and management. The condition is also an audiological emergency because the site of the lesion, cause, aural rehabilitation, and management need to be addressed in a timely manner.

<http://tinyurl.com/cd2kr5w>

This is No Picnic!
If you would like a picnic in summer of 2014, please let us know at clarkoa38931@gmail.com.

New Survivor's Manuals —FREE to Anyone. Donations appreciated. Cost to mail copies is \$4 each or 20 for \$35. Send a check made out to HLA, PO Box 22501 Eug, OR 97401

Members: if you have changed your e-mail address please notify Karin Smith of the change karinsm@efn.org

Hearing Loss Assoc.-Lane County, Oregon Information calls are taken by Linda Diaz 790-1290

HLA A is published monthly for members of Hearing Loss Association of Lane County.

Officers

President	Shirley Perry
Vice President	Charles Langdon
Treasurer	Clark Anderson
Secretary	Patty Johns
Meetings/Program Coord.	Donna V & Andrea C
Meeting Rm Setup	Charles Langdon
Database Coordinator	Karen Swezey
Welcoming Coordinator	Charles Langdon
Fundraising Coordinator	Donna Veal
Publicity	Patty Johns
Events Coordinator	Shirley Perry
Newsletter Mailing	Pat Reilly
Past President	Andrea Cabral

Board Members

Clark Anderson	phone: 736-4804	email: clarkoa@msn.com
Andrea Cabral	ph.: 345-9432(V/TTY/Fax)	email: angora@comcast.net
Charles Langdon	ph. 995-6487	email: CHARLES@landgonimplement.com
Donna Veal	phone: 988-1117	email: doveal4@gmail.com
Shirley Perry	phone: 687-0135	email: sugarplum17@comcast.net
Patty Johns	phone: 954-9798	email: pjohns70@gmail.com
Lindsey Yarnell	ph: 485-85214	email: lyarnell@eugenehearingspeec.org

Article Deadline: Second Thursday each month

Newsletter Editor

Leone Miller vngleone@comcast.net

Typesetting & Design

Leone Miller 744-2994

Place an ad

Karen Swezey kswezey@efn.org

National website: www.hearingloss.org

Oregon website: www.hearinglossOR.org



Hult Center information

People with hearing loss can experience the joy of musical theater. Open Captioning is provided for select musical theater performances at the Hult Center. Patrons see, read and follow the dialog of the performance on a screen above the stage, similar to subtitles often seen at an opera.

The upcoming show, Bi-Mart Broadway In Eugene presents: **Buddy: The Buddy Holly Story** on Tuesday, June 4 at 7:30 p.m. will be Open Captioned. Tickets are on sale, \$52.50 - \$32.50.

Doris Towery, Executive Director of Eugene Hearing and Speech Center and sponsor of open-captioning, says, "This is a wonderful addition to the Hult Center, and will enhance the experience for our neighbors with hearing issues."

Prior to the show, there will be a free 1950's theme pre-show party at the Hult Center. Rock it '50s style from 5:15 - 7:15 p.m. Bring back the '50s for a night on the town. Hot rods and fins, poodle skirts and bomber jackets - dress it up and rock n' roll before the show. Hult Café's Malt Shop will be open with special '50s drinks. Outside on the bricks, classic cars will be lined up, shined up, and showin' fine.

For tickets and information: 541-682-5000 or visit: HultCenter.org

*In August OFAM will be captioning one of their **Music Man** performances. *

Re: Senior discounts - all the Resident Companies

Eugene Ballet Co., Eugene Concert Choir, Eugene Opera, Eugene Symphony, Oregon Bach Festival Shedd Institute/Oregon Festival of American Music (OFAM) offer senior discounts to nearly all their performances. Most of the local dance and event presenters do as well, including our largest presenter Broadway In Eugene.

The commercial promoters are less likely, although they often have early bird purchase discounts such as the Michael Jackson HIStory has going right now. Check out www.HultCenter.org anytime.

Some individuals are more susceptible to hearing loss than others www.sunriseseniorliving.com

A study found that a known protein works to protect the ear from permanent noise damage. The protein, called AMPK, spurs a mechanism that helps to protect the sensory cells in the inner ear. These are the cells that are damaged during acoustic noise exposure. Researchers believe their discovery may lead to the development of new strategies for preventing hearing loss, particularly in people with AMPK-gene variations that may make them more vulnerable.

It is hoped the discovery can lead to the development of therapies to treat trauma from noise exposure.

Keeping Your Batteries Charged



Information You Can Use

50 million Americans live with hearing loss...including 60% of our returning veterans...1 in teens. and children.

27 million Americans over 50, including 2/3 of folks over 70 and 15 to 20 % of those who need a hearing aid get one.

Will we be seeing another new technology to watch captions in movie theaters? Unique glasses and ultraviolet light could be the key, according to a video on invisible CAPTIONS.

Captions would be viewed with lightweight, half-frame glasses which can be manufactured at low cost. The business plan includes collaboration with Regal Cinemas in Rochester, New York for testing.

Sound News is a publication of HLA Lane Co and is published monthly. P.O. Box 22501 Eugene OR 97402

**Why YOU need captioning
But don't ask for it**

1. **Lack of knowledge that captioning exists:** Some don't know that their TV has captioning, or what real-time captioning is for meetings.
2. **Uncertainty about where to ask:** Many don't know about agencies, available technologies, or other ways to find captioning.
3. **A desire not to be labeled:** Hearing loss and deafness still carry a stigma.
4. **The need for a buddy, an advocate, or a group:** Finding out about captioning takes a lot of time out of lives,
5. **An assumption that captioning puts the user in the spotlight, and a desire not to stand out:** They are understandably reluctant to call attention to themselves, be different, or "cause trouble."
6. **The fear that captioning will cost too much.**
7. **People with deafness or hearing loss do not always have supportive families.**
8. **Many people say they do not need captioning when in fact they have a hearing loss that effectively cuts off a percentage of comprehension:** They don't know what missing!"
9. **There are so many hassles when asking for it:** There are many complex reasons for the misunderstanding of our differences and abilities.
10. **Unfamiliarity with laws about equal access.** They wonder if the law covers them.
11. **It feels as if one is "taking advantage .** It's a disadvantage not to understand what is being said.
12. **Fear that their request will be ignored, create resentment, or lead to punishment**

*Dr. Loren Storck
Gleaned from Hearing Journal*

Need Help Paying Your Monthly Phone Bill? OTAP

Oregon Telephone Assistance Program (OTAP) may provide a reduction in the monthly telephone bill for Oregonians who receive qualifying benefits.

E-MAIL: puc.otap@state.or.us

PHONE:

(800) 848-4442 - Voice

(800) 648-3458 - TTY

(877) 567-1977 - Fax

(971) 239-5845 - Videophone

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

Having Trouble Or Unable To Communicate By Telephone? TDAP

Telecommunication Devices Access Program (TDAP) loans adaptive telephone equipment at no cost and with no income restrictions to eligible Oregonians who are hearing, cognitive, vision, speech or mobility impaired.

E-MAIL: puc.tdap@state.or.us



**Download or
Complete
Applications
at
www.rspf.org**



**GOV
TODAY**

Membership in HLAA is \$20 student, \$35 individuals, \$45 for couple, \$60 professional. It includes the award-winning bi-monthly magazine, *Hearing Loss*. Write HLAA, 7910 Woodmont Ave., Ste. 1200, Bethesda, MD 20814; 301-657-2248 (Voice); 301-657-2244 (TTY); 301-913-9413 (Fax) or www.hearingloss.org. Get the latest e-news: <http://www.hearingloss.org/membership/>

All ads are subject to review. Preference will be given to advertisers offering goods and services to hard-of-hearing and deaf people. Mention of goods or services in articles or advertisements does not indicate HLA endorsement, nor does exclusion suggest disapproval.



Molly Buckles, MS and Katherine Swem, Au.D
for your hearing health

- Hearing evaluations
- Hearing aid consulting, dispensing and repair
- Testing and treatment of vestibular and balance disorders
- Patients of all ages

Please call for an appointment



PeaceHealth
Medical Group

University District 541-685-1755 • Barger Medical Bldg. 541-242-8300



General Technologies
3806 Security Park Drive
Rancho Cordova, CA 95742
1-800-328-6684



Generous Technologies
SALE: FM Sq Dancing Equipment
4 Receivers + Earphones -- Hear The Caller
\$325.99 (\$9 S&H)

NEW: Pocketalker ULTRA
\$129.99 (\$6 S&H) 20% off

AT&T Ans Mach + Audio Jack Output
(Rated #1 For Clarity)
\$69.99 (\$6 S&H)

Call 1-800-328-6684
E-Mail: Devices4less@Hotmail.com
Web: www.devices4less.com **FREE CATALOG**



HEARING ASSOCIATES
Hear the difference!

Gail H. Leslie, Au. D.
Sandi L. B. Ybarra, Au. D.
Doctors of Audiology

Eugene:
401 E 10th Ave. Suite 110
541-686-3505 (v/tdd)
www.hearingassociates.net

Florence:
1525 12th. Suite 2
541-997-7617 (v)
www.hearingassociates.net

This space could be yours for special personal announcements

(Congratulations/Birthdays/ Memorials, etc.)

Member: \$20 non Member \$30
For 1/4 page size: \$45 member
\$60 non member

Feel Good About Your Hearing

For comprehensive adult and pediatric hearing evaluations, you can depend on our advanced technology and caring professionals. Call to schedule a consultation to learn more about the latest digital hearing aid products.




541-334-3370

330 South Garden Way, Suite 300




Laura Hurn, Au.D., CCC-A
Doctor of Audiology



EUGENE HEARING & SPEECH CENTER

Connecting People Through Communication

- Certified Doctors of Audiology
- Latest hearing aid technology
- Cochlear implant evaluation & mapping
- Serving our community for 55 years



1500 W 12th Ave Eugene OR 541.485.8521 Voice/TTY
www.eugenehearingsspeech.org Find us on Facebook!

Get Connected!

with Oregon Relay



oregonrelay.com



Get and stay connected to family, co-workers, and friends. It has never been easier with Oregon Relay.

Oregon Relay is a free service provided by the Public Utility Commission of Oregon to ensure equal telecommunications access to the telephone service for people who are deaf, hard-of-hearing, deaf-blind and/or who have a speech disability.

To use Oregon Relay, simply dial **7-1-1** to connect with a relay operator. The operator will dial the requested number and relay the conversation between the two callers.

You'll never feel disconnected again!

TTY:

711 or 800.735.2900

Voice:

711 or 800.735.1232

Voice Carry-Over (VCO):

711 or 800.735.3260

Speech-to-Speech:

711 or 877.735.7525

Español:

711 or 800.359.2703

Customer Service:

800.676.3777

877.787.1989 (*Speech-to-Speech*)

800.676.4290 (*Español*)

Oregon Relay:

oregonrelay.com

Oregon CapTel:

oregoncaptel.com

SPEAK, LISTEN AND READ WIRELESSLY!



sprintcaptel.com

Wireless CapTel® by Sprint® is a free app for individuals with hearing loss to place captioned calls on select Android-powered devices.* Wireless CapTel by Sprint delivers word-for-word captions of everything your caller says, while listening and speaking directly to your caller!

App features include:

- Integrated contact list
- Call history
- Font size/color modifications
- Built-in voicemail



Scan to download app or search Wireless CapTel by Sprint in the Android Marketplace.

* App requires an Android-powered device with OS 2.2 or higher.

Need a device? Wireless CapTel by Sprint uses VOIP services to connect your calls. Start saving today by visiting sprintrelaystore.com/wcs

Although CapTel and Wireless CapTel by Sprint can be used for emergency calling, such emergency calling may not function the same as traditional 911/E911 services. By using CapTel and Wireless CapTel by Sprint for emergency calling you agree that Sprint is not responsible for any damages resulting from errors, defects, malfunctions, interruptions or failures in accessing or attempting to access emergency services through CapTel and Wireless CapTel by Sprint whether caused by the negligence of Sprint or otherwise. Wireless CapTel by Sprint is powered by Raketa. ©2012 Sprint. Sprint and the logo are trademarks of Sprint. CapTel is a registered trademark of Ultratec, Inc. Android, Google, the Google logo and Android Market are trademarks of Google Inc. The HTC logo, and HTC EVO are the trademarks of HTC Corporation. Other marks are the property of their respective owners.



Hearing Loss Assoc. of Lane County Chapter Fee and National Membership Form

Please fill out this form /survey & mail to HLA - Lane Co., PO Box 22501, Eugene, OR 97402.

I have enclosed: Chapter fees _____ \$10.00 Chapter Donation of \$ _____
National dues _____ \$35.00 (regular) \$70 _____ (professional)*

Name: _____ E-mail: _____

Preferred phone: _____

Address: _____ City _____ State _____

Occupation (former occupation if retired): _____

Why are you joining us?

What most interests/puzzles you about hearing or hearing devices?

Are you interested in volunteering? What would you like to do?

How did you learn about us _____?

Would you like to be on our email news list: _____ Yes _____ No

*Donations to either the national organization or our local chapter are always welcome and are tax deductible."

Memorial/Honorarium or Special Donations

I enclose a donation of:

____\$10 ____\$20 ____\$50 ____\$ Other

This gift is In Memory of:

In Honor of: _____

____ Birthday ____ Anniversary

____ Holidays ____ Marriage

____ Survivors' Manual ____ Other

Please send notification of this gift to:

Name _____

Address _____

City/State/Zip: _____

This gift is from:

Name: _____

Address: _____

City/State/Zip: _____

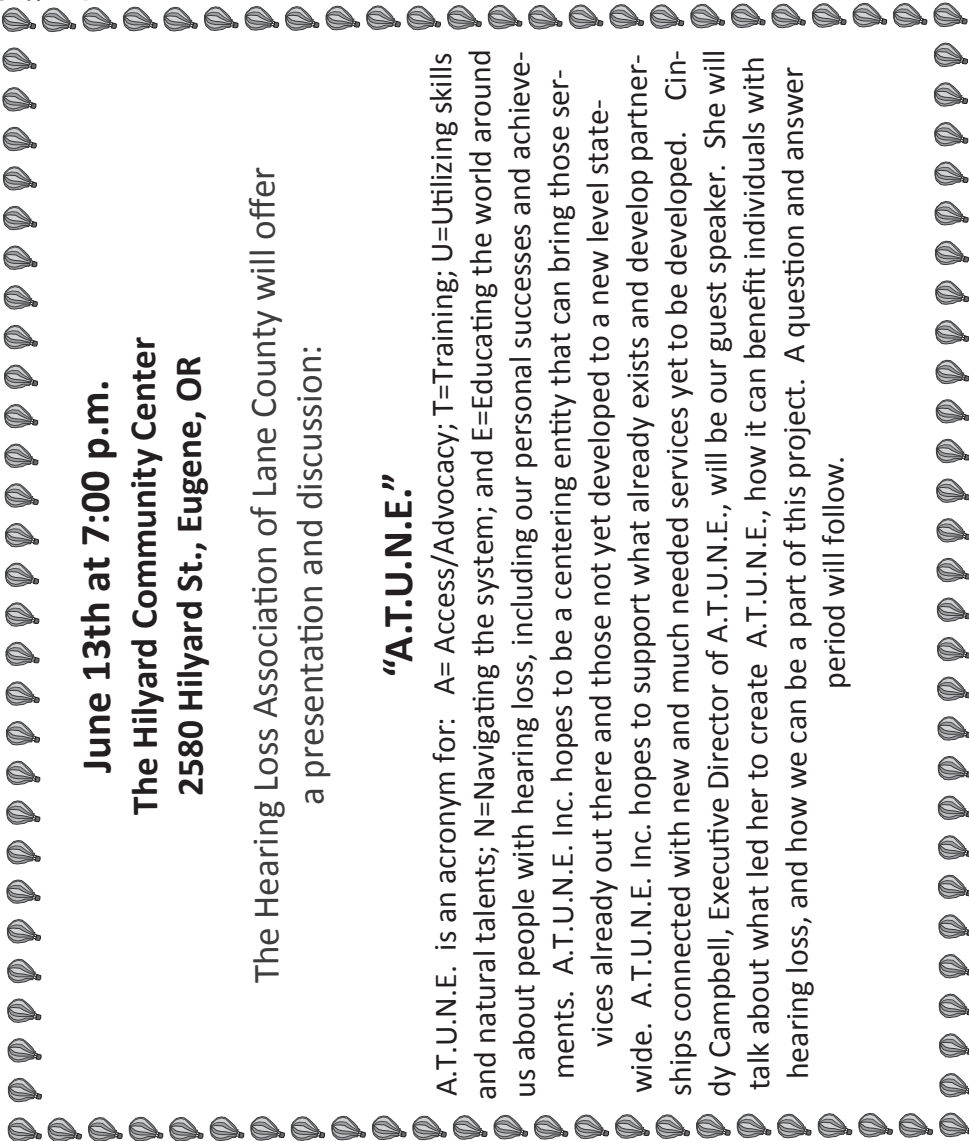
ADDRESS SERVICE REQUESTED

This copy is
free-
please feel
free to take
it.



Inside this issue:	
Future Hearing Aids/ Phonophobia	1
Sudden Hearing Loss Needs Treatment	2
Leone's Lines	2
Keeping Your Batteries Charged	3
Halt Center	3
Why You Need Captioning	4
Meeting Information	8

If the month & year on your mailing label have already passed, it's time to renew your membership! Please use the form on page 6 to pay your dues today!



June 13th at 7:00 p.m.
The Hilyard Community Center
2580 Hilyard St., Eugene, OR

The Hearing Loss Association of Lane County will offer
a presentation and discussion:

"A.T.U.N.E."

A.T.U.N.E. is an acronym for: A= Access/Advocacy; T=Training; U=Utilizing skills and natural talents; N=Navigating the system; and E=Educating the world around us about people with hearing loss, including our personal successes and achievements. A.T.U.N.E. Inc. hopes to be a centering entity that can bring those services already out there and those not yet developed to a new level statewide. A.T.U.N.E. Inc. hopes to support what already exists and develop partnerships connected with new and much needed services yet to be developed. Cindy Campbell, Executive Director of A.T.U.N.E., will be our guest speaker. She will talk about what led her to create A.T.U.N.E., how it can benefit individuals with hearing loss, and how we can be a part of this project. A question and answer period will follow.

Calendar

Board Meeting April 30
Hilyard Community Ctr.
2580 Hilyard St
Eugene

Membership meetings are the 2nd
Thursday of the month. They are
accessible for all degrees of hearing loss
by:
♦ Amplification — Loop assistive
listening system
♦ Real-time captioning by Debby Bonds