



Sound News

May 2013

Volume 26 no 5

Some Shocking Truths About Hearing Loss

gleaned from article *By Gael Hannan*

Hearing loss is one of those gifts that keeps on giving. Once you have it, your hearing loss presents itself to you, every day, in different ways. You never know what you'll be treated to – an uncaptioned TV show, a sales clerk whose lips point to her computer, a conversation with friends that spins out of control into incomprehension.

Regardless of when hearing loss occurs, experiencing one of its *truths* for the first time can be shocking in its unexpectedness, its permanence, and its raw repercussions. We are bewildered at how such a thing could happen to us.

Becoming comfortable in the skin of hearing loss can take time, and through the years I've had some shocking moments. I've long since accepted them, but at some point all of these 'truths' have hit me in the face, hard. And some of them keep coming at you, as if you were a punching bag, over and over again. These may not seem startling to *you*, but if you are hard of hearing or deaf, you may have had your own moments: *"WHY did no one tell me about this? Can living with hearing loss get any worse? Could I pick a different disability, please God?"*

These were some – just some – of my shocking revelations:

Your hearing loss will never go away. You will always have it. Always, forever and ever, amen. And if you don't like it, that's too bad, because it's yours to keep and you can't re-gift it. I was small when I first learned this, but it didn't really hit me until I was a teenager, trying to communicate with mumbling, hormonal boys. Then I realized, *"This hard of hearing thing is not going to be easy."*

Hearing aids do not last forever. Just when you become used to them, attached to them, or even adoring of them, they die. At 20, I was thrilled, over the moon, to get my first hearing aid. It cost \$475 and was my first adult purchase. Some people buy cars or furniture – I invested in a hearing aid, the first of many. It lived for perhaps six or seven years, which I now know is an incredibly long time, but I was expecting much *longer*, 10 or 20 years maybe? I felt betrayed when I had to replace it – because the new one cost a lot more than \$500. It's like your teeth; did *your* parents tell you that around age 50 or so, your childhood cavity fillings would start falling out? **Hearing aids and dental work are both outrageously expensive.** Just saying.

Learning to live well with hearing loss can take a long time. The aural rehabilitation process seems to be on a continual loop, like a movie played over and over. You wonder if the communication success touted by your hearing care professional is just an illusion, because just when you think you've nailed it, a bad hearing day knocks you flat on your butt. It's like golf – hit a brilliant shot in one game, lose 10 balls in the next. But there's good news: in my experience, the *bad* hearing days become fewer – and easier to recover from – when we learn how to kick down those communication barriers.

Every time you get a new hearing aid, it's like the first time. And I don't mean the sweet and wonderful stuff, like falling in love; I mean the extremely loud and annoying stuff. You can hear yourself *breathing* – you can hear people on the other side of the *world* breathing, for heaven's sakes! I had a shock with my most recent set of hearing aids – I *heard* my own tummy rumbling! *OMG, you mean other people have been hearing me do that, all these years?* Having never heard anyone *else's* tummy growling, I didn't realize it was so loud!

Continued on page 2



Are You?

Are you an active member --
The kind that would be missed;
Or are you just contented
that your name is on the list?

When you attend the meetings
Do you mingle with the flock?
Or do you just stay seated
hoping opportunity will knock?

Come to the meetings often--
and help with hand and heart;
Don't just be a member,
But take an active part!

Think the meaning of self-help--
this concept can't be wrong;
Are you an active member?
Or do you just belong?

Anonymous

It's the obstacles in life that
carve out our character," says
Jane Kirkpatrick. "Character
comes from the Greek word 'to
chisel.' It's what's left after
you've been 'gouged out.'"

And then, after a few weeks of breaking in the hearing aids (when sometimes you want to break it in pieces) you realize the sounds are no longer as loud or grating. That's when you panic, convinced that you've become *deaf*, thanks to those damn-loud hearing aids! This happens, they say, because our brain has become used to the signals it receives but....you know....part of me is not 100% convinced.

Your loved ones forget or ignore the new rules of

communication. And often. When your spouse-child-mom-dad-sister -best friend-boss-from-hell takes the introductory (and emotionally-delivered) course on "How to Communicate with a Person Who Has Hearing Loss", he or she may *still* not remember to communicate in an inclusive way. And here's the *real* shocker – neither will you. Let's admit it – who among us hasn't called their partner from another room – who then has the outrageous gall to *answer* you from the other side of the wall!

Hearing loss can turn you into a self-pitying whiner who looks under rocks for evidence of discrimination and bad

behavior. I've been there and done that, at some point. The trick is being able to turn self-pity into acceptance, whining into advocacy and realizing that, while discrimination most definitely exists, what's usually under those rocks is simply the barrier of *ignorance* about hearing loss, which is when we put our self-advocacy into play. Absorbing the shocks of hearing loss takes time and supports – from our hearing care professional, family, other people with hearing loss and consumer organizations. We just have to reach out for them. Life with hearing loss will be better when we do.

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

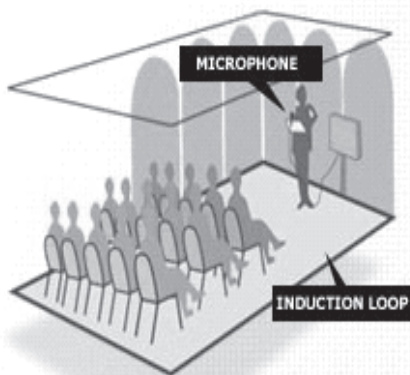
National website: www.hearingloss.org

Oregon website: www.hearinglossOR.org



Hearing Loss Association of America (HLAA) filed comments on February 26, 2013 with the Federal Communications Commission (FCC) in their proceeding on captioned telephones. The FCC alarmed that usage of IP CTS (Internet Protocol Captioned Telephone Services) has risen dramatically. They are concerned that the fund which serves all Telecommunications Relay Services (TRS) will run short this year if they do not do something immediately. HLAA believes the rise in usage of IP CTS is to be expected, in part because the baby boomers are now aging into hearing loss, many of whom could benefit from CTS but also because more and more people with hearing loss are learning about CTS and how it can help them.

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



An induction loop system transmits magnetic energy to telecoil-equipped hearing aids through a wire that surrounds an audience.

Hearing Loops

If you're hearing impaired, with or without hearing devices, it's nearly impossible to hear a sermon, people in a meeting, a play or movie, announcements, or a sales clerk in places with poor acoustics or background noise. Hearing Loops (aka Induction Loops) solve this problem. Unlike FM and Infrared systems that deliver poorer sound quality, cost more, and are rarely used, Hearing Loops provide clear, noise-free sound without wearing an embarrassing neck loop. With an Induction Loop the sound is sent wirelessly into the hearing aid or cochlear device via the Telecoil in the aid.

Loops in Our Area

Vocational Rehabilitation
(meeting room), 541 Willamette,
Eugene, OR 97401, 541-686-7990

Eugene City Hall (McNutt Room),
777 Pearl St., Eugene, OR 97401,
541-682-5010

Coburg Rd Church of Christ, 1005
Coburg Rd., Eugene, OR 97401,
541-344-7752

Hilyard Community Center, 2580
Hilyard Street, Eugene, OR 97405,
541-682-5311

Northwood Christian Church,
2425 Harvest Lane, Springfield,
OR 97477, 541-746-2790

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

Keeping Your Batteries Charged



Information You Can Use

People with good hearing also have a keen sense of touch; people with impaired hearing generally have an impaired sense of touch. When women complain that their men are not really listening to them, there is some truth in that. Studies show that women hear better and they also have a finer sense of touch than men; in short women hear and feel more than men.

In a historic victory for deaf and hard of hearing truckers, the US Dept of Transportation (DOT) announced today, after decades of prohibition, that deaf drivers can operate commercial motor vehicles such as large trucks.

People with migraine have almost twice the risk of developing Idiopathic Sudden Sensorineural Hearing Loss. Even though migraines are a risk factor for sudden sensorineural hearing loss, the condition Sudden Sensorineural Hearing Loss is still a rare disease and its causes may often be unexplained. Some possible causes of sudden hearing loss, such as viral infections, tumors and head trauma.

Americans 65 and over say that hearing impairment affects their quality of life physically and mentally to a greater degree than hypertension, stroke, osteoporosis, sciatica and cancer.

CC Captions Now Provides Range of

Local Captioning company, CC Captions now provides closed captions for video and internet captioning and subtitles. This in addition to their realtime captioning/CART and court reporting services that we are familiar with (for example, CC Reporting has provided realtime captioning of our HLA-Lane meetings, gratis, for years).

The new services allow post production addition of captions or subtitles to video files on DVD, other storage media or on the internet. The latter includes YouTube videos. Anybody who has watched YouTube videos with their "automatic captions" knows that the captions are inaccurate to the point of sometimes being more entertaining than the video, so human-developed captions are greatly needed. Captioning or subtitling of internet videos is particularly relevant since the 21st Century Communications and Video Accessibility Act (CCVA) requires captioning or subtitling of video on the internet by October 8th of this year.

This is No Picnic!
With summer but a couple of months away, well maybe more, we thought it best to let you know that there won't be a picnic this year due to dwindling interest. If you would like a picnic in summer of 2014, please let us know at clarkoa38931@gmail.com.

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); 301-657-224 (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.



OREGON
541-334-3370
330 South Garden Way, Suite 300




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



EHSC
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:

Some Shocking Truths about Hearing Loss	1
Some Shocking Truths about Hearing Loss (cont.)	2
Leone's Lines	2
Keeping Your Batteries Charged	3
Hearing Loops	3
CC Captions	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!

May 9th Meeting

2580 Hilyard
Hilyard Center 7-9 pm

Kevin McCormack
Police Officer from the Eugene Police Dept.

"Police Communication with Deaf and Hard of Hearing"

The presentation will provide examples of typical police/citizen interaction with deaf and hard-of-hearing, and valuable information on how to "help an officer help you."

A question and answer period will follow.

ARE YOU GOING TO THE 2013 CONVENTION AND WILL BE WILLING TO SHARE A

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