



Sound News

July 2013

Volume 26 No 7

How to talk to loved ones about hearing loss

Healthy Hearing

Hearing problems can make it challenging to live your daily life. It may be hard to have conversations with friends, family and coworkers, and can even cause embarrassment and frustration. For some, hearing loss can even be dangerous if it becomes difficult to hear alarms or other warning signals. While it may seem obvious to seek medical attention for hearing loss, many people wait years before getting hearing aids. Here are a few ways to take charge if a loved one is suffering from hearing loss:

Small steps

The first time you have a conversation with a loved one about hearing loss, chances are they will not immediately respond by seeing a hearing practitioner. They may be experiencing denial or believe that their issue does not require attention.

Begin by creating awareness about the ailment and having conversations about symptoms and solutions, they can become more comfortable with what is going on and what needs to happen.

Ask them about what instances cause them the most trouble: Talking on the telephone,

watching television, how their hearing fails when there is background noise. Allowing them to realize on their own that hearing loss is affecting various aspects of their life can be very motivating.

Don't chastise them

Use the word 'I.' If you are referring to 'their' problem, it can come off as distressing and it increases the chance that someone will shut down and refuse help. Have a conversation with your loved one about how the issue is affecting you and other family members, but do this in a way that won't cause them to become defensive. For example, show your concern about them enjoying a child or grandchild's company before they get too old.

Create positivity

Many people have negative feelings toward hearing aids, but you can create awareness and bring positivity to the situation. For example, you can tell a story about a close friend, relative or coworker who has had a great experience with hearing aids. Better yet, ask that individual to have a conversation with

your loved one that is suffering.

Being able to hear well has been shown to decrease dementia and brain atrophy and relieve symptoms of depression and isolation. Talk to your loved ones about the things they will gain with help from a hearing device.

Encourage them to be proactive

During your conversation with a loved one about hearing loss, talk about all the things he or she can enjoy to the fullest with the help of hearing aids. Discuss hearing nutrition, new technologies and community-oriented engagement with your loved one as well. The more they learn about hearing aids, the more comfortable they may be with seeing a hearing aid professional.



Leone's Line



What are you thankful for?

What is right about your life?

Be sincerely grateful. Then think about what your brighter and better future looks like.

What do you hope for? Trust it is happening. Get excited. We often think that we'll get excited about life when we have a life that is exciting but actually it works just the opposite. When we get excited about life is when we will get a life that is exciting.

Jon Gordon

I'm so grateful to all of you at HLA Lane Co who have allowed me to be a part of your group and supported me for so many years. When I first suggested the Survivors Manual many thought it wasn't needed but supported me in getting it done. Thank you for your support in allowing me to go to the National Convention to be there when the award was given to HLA OR.

Award for Survivor's Manual

The Hearing Loss Association of America, Oregon State Association was selected to receive the **HCAA Community Outreach Award for 2013**, for producing the "Facing the Challenge: A Survivor's Manual for Hard of Hearing People."

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

For those who don't know: This was originally a project from our own Lane County Chapter and grew so large that the state organization is now involved. We've printed 62,000 so far and they've gone all over the US!! The original committee was Leone Miller, Karen Swezey, Clark Anderson, Helen Boyd, Jocelyn Cox and Karin Smith.

Nothing is impossible!!
The word itself says

I'm possible

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.

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Place an ad

Karen Swezey kswezey@efn.org

National website: www.hearingloss.org

Oregon website: www.hearinglossOR.org



Out & About

Congratulations to: Leslie Bergquist's husband **Tim Bergquist** who received "Teacher of the Year" award at NWCC
Our Chapter attendees at the convention:

Leone Miller
Karen Swezey
Bonne Bandolas
Helen Boyd
Linda Brochard
Charles Langdon
Clark Anderson
Shirley Perry
Tiny Ramp
Donna Veal
Tim Bergquist
Lesley Bergquist
Andrea Cabral
Susan Denning
Linda Diaz
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*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.

Commercial promoters are less likely, but they often have early bird purchase discounts such as the Michael Jackson HIStory has going right now. Check out www.HultCenter.org<<http://www.HultCenter.org>> anytime.

OR-CAP

The Oregon Communication Access Project (OR-CAP) invites you to join the organization's board of directors. The OR-CAP board is composed of activist members who are committed to achieving ADA compliance for those who have a handicapping hearing loss, largely through the institution of captioning systems. Our work benefits the Hard of Hearing and Deaf communities but also many people without a hearing loss benefit as well, particularly in noisy environments like sports stadiums and auditoriums.

The Board is working, or has worked, with the Oregon Shakespeare Festival, the University of Oregon and Oregon State University, the Rose Garden, Portland Center for the Performing Arts and the Hult Center. We were instrumental in getting the major movie chains to institute captioning as they convert to digital projection.

We invite application for the Board. Applicants need not have a hearing loss, although at least two-fifths of the Board must have a hearing loss that affects their ability to fully enjoy or participate in public life. An application can be obtained at the email address below and should be returned by email to the same address or by postal mail to OR-CAP, PO Box 22501, Eugene, OR 97402. Clark Anderson: Vice-President OR-CAP phone: 736-4804 e-mail: clarkoa@msn.com

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Keeping Your Batteries Charged



Information You Can Use

A woman has started a new online service called deafReview." It invites people to review businesses related to how they conduct themselves with deaf and HOH customers and clients. It's available in about 8 cities around the US at the moment.

The article can be found at: http://seattletimes.com/html/buesstechnoogy/2021013935_deafreviewxml.html

You can find the site itself at: www.deafreview.com

All American Hearing's owner, Jeff Longtain, has generously offered to provide hearing exams and brand new hearing aids to pre-qualified individuals identified through the **Oregon Lions Sight & Hearing Foundation's hearing program** completely **free of charge!**

This is yet another program geared to help clubs save money and reach more people in need! The program details are currently being developed with a possible launch date of July 1

People suffering from high blood pressure could also suffer from hearing loss as a result of their medical condition. However, if high blood pressure, also known as hypertension, is controlled with the right medication, an additional loss of hearing can be prevented.

Partnership Award to our Members

The Eugene Police Department has presented an award in recognition of exceptional and outstanding contributions made to provide the highest level of service to individuals with disabilities in Lane County.

The partnership award went to the communications Supervisor Marie Longworth, Communications Specialist Marcia Pendleton and the **Community Committee Members: Karin Smith, Andrea Cabral and Bonne Bandolas** for their work on the Central Lane Telecommunications Devices for



the Hearing Challenged Team. Work includes updating and developing TTY policies, procedures, and training to maintain a high level of access for 9-1-1 and telephone emergency services for individuals with disabilities.

TTY Team management successfully coordinates meetings, training sessions, refresher training, testing sessions, agendas as well as tools and equipment needed for the TTY team to perform their duties

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.

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(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



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/>

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Laura Hurn, Au.D., CCC-A
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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:

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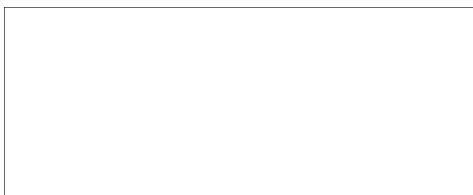
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If the month & year on your mailing label have already passed, it's time to renew your membership! Please use the form on page 6 to pay your dues today!

July 11th at 7:00 p.m.

**The Hilyard Community Center
2580 Hilyard St., Eugene, OR**

Ice Cream Social

Plus: the Movie:

"I See The Crowd Roar."

This is an Inspirational true story of William "Dummy" Hoy, the first deaf player in major league baseball, who achieved things unthinkable in a time and place of great prejudice. This is an awesome and inspiring story. A must see.

Calendar

Board Meeting July 2
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