

Sound News

January 2014

Volume 27 No 1

Don't Hate Me Because I Can't Hear You

Kristen Hansen Brakeman

We can do your earwig pest cow," the nurse said. "What?" I asked. "I said, 'We can do your hearing test now.'"

Uh-oh Over the last few years, I've noticed my hearing is starting to go. I'm constantly asking people to repeat themselves. At restaurants, I have to lean in and strain to decipher the conversation, and at home, my kids regularly tease me about my hearing. So, it was no surprise when, after finally working up the nerve to get a hearing test, the results were grim. Part way through the test, the audiologist stopped, looked at me as if I only had months to live, and said, "You have a significant hearing loss, and it's likely degenerative, so you should start wearing hearing aids now."

I was shocked; blindsided by the news. Even though I had long suspected I had a hearing problem, for some reason, having it confirmed made it so much worse. Apparently I had inherited my mom's cookie-bite patterned loss, so named because it affects the mid-range of hearing where most human conversation takes place, and unfortunately, one of the most difficult types to treat.

After a childhood spent teasing my mom about being hard-of-hearing, I knew the future that lay before me. As a kid, I would often act as my mom's interpreter so I saw first-hand how people with hearing loss are treated. Even when told about my mom's impairment, salespeople or waiters would still act impatient or even downright rude. I've seen doctors and nurses talk down to her like she's a child, and now that her hearing is almost completely gone, they assume she's senile as well. Thankfully, she's still sharp as a tack.

I barely listened as the doctor went on about the various hearing aid options, extolling the virtues of the new technologies. She even went so far as to describe the newer models as being downright sexy. Really? Are they part of Victoria's Secrets' new Sexy Support Hose and Hearing Aid line?

Armed with brochures, I negotiated my way through the sea of walkers and wheelchairs in the waiting room, smiling kindly at the elderly patients as I left. *These are my people now*, I thought. But I don't want them to be my people. I'm not ready. I don't want to wear hearing aids. I don't want to have to take them out to swim or shower, or worry about getting them caught in my glasses, or have to buy and change batteries every month. And I certainly don't want another thing that makes me feel old.

I let the idea sink in for a while, then after a few weeks I hosted a dinner party and broke my news to our friends. I waited for their consoling words. I waited even longer for pity. But none came. Instead, for a solid hour my dinner guests teased me with every hearing and age joke they could think of. "What's that you say, Grandma?" "I can't get this spot out. Yes, it sure is hot out!" Ha. Ha. Ha.

I played along, always the good sport, but afterwards I was hurt and, I'll admit, a little angry. Why is losing your hearing funny? Why is it treated so differently from other disabilities? We don't laugh at people who are missing a leg or tease someone for being in a wheelchair. No one is rude or impatient with the blind, "Hey mister, watch where you're sticking that white cane already."

Maybe people assume hearing loss is just a minor indignity of age, on par with getting reading glasses, or perhaps because one can't tell what the hearing-impaired are missing, it's easy to get frustrated with them, and harder to be sympathetic.

After our dinner party, it took a few months for my bruised ego to recover -- 12, to be exact. Then, after reading new research about how untreated hearing loss can lead to loss of cognitive function and depression, and learning that hearing aids can actually preserve speech recognition, I realized it was time to take action and stop the self-pity. I had to get over myself and just "own it" already. So, I went back to the audiologist, and finally placed the order. Not for a subtle, hair-matching one either. I figured if I'm gonna do this thing, I'm not gonna hide it. I ordered the bright pink.

Leone's Line



Law of the Garbage Truck

Many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so ... Love the people who treat you right.

Pray for the ones who don't.

Life is ten percent what you make it and ninety percent how you take it!

Have a garbage-free day!

Famous Athletes With Hearing Loss

Having hearing loss makes a lot of things difficult for many people. However, there are some amazing athletes who have made it all the way to the big leagues by not letting their hearing loss hold them back. Many are enhancing the sports they are in as well - after all, it was a deaf football player who invented the modern huddle way back in 1894, as the story goes.

One of the most well-known professional athletes with hearing loss today is **Derrick Coleman**, who played college football at UCLA before being signed to the Seattle Seahawks in 2013 as a fullback. Coleman began to lose his hearing when he was three years old, though no one really knew why. He's not completely deaf, but he uses hearing aids. To keep them in his ears on the field, Coleman wears two skullcaps, and he always checks or changes his hearing aid batteries before a game. Coleman is nonchalant about his hearing loss, and says it can even be a benefit on the field many times:

"I don't ever use it as an excuse," Coleman said. "When it gets loud I feel like I have the advantage. I can tune that out." Coleman said that his hearing loss doesn't make things much more difficult for him or his teammates and coaches.

Other athletes with hearing loss:

Coleman is only the third in the NFL to be deaf or hard of hearing.

- **Lance Allred**, a one-time Cleveland Cavaliers NBA player is currently playing in professional leagues abroad and has written an autobiography on his life growing up deaf
- **The Silent Warrior**, a professional wrestler in the U.S. who founded the Deaf Wrestling Alliance
- **Ashley Fiolek**, a profoundly deaf motocross racer who uses ASL and uses the vibrations in her bike to help her know when to switch gears
- **Jim Kyte**, the first and - so far - only legally deaf hockey player in the NHL, who played until 1997

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	
Treasurer	Clark Anderson
Secretary	Patty Johns
Meetings/Program Coord.	Donna V & Andrea C
Meeting Rm Setup	
Database Coordinator	Karen Swezey
Welcoming Coordinator	
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 :
Donna Veal	phone: 988-1117	email: doveal4@gmail.com
Shirley Perry	phone: 687-0135	
	email: sugarplum17@comcast.net	
Patty Johns	phone: 954-9798	email: pjjohns70@gmail.co
Lindsey Yarnell	ph: 485-8521	
	email: lyarnell@eugenehearingspeech.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



Out & About

Congratulations to **Pat Reilly** who was named volunteer of the month for the Lane County area in Nov, and was featured in the Eugene Register Guard. This recognition is very deserved.

Pat volunteers many hours for several organizations, including HLA. We depend on Pat to fold and label our newsletters, and then deliver them to the Post Office in a timely manner.

Thanks Pat for all you do! We're proud!!

The Survivor's Manual Makes a Difference with YOUR Help

Our Book - Facing the Challenge a Survivor's Manual for Hard of Hearing people.

How about helping other look in the right place? Someone helped you at one time. It's your turn to help others. Provide copies to your doctor, your beautician, your church, your pharmacy, your audiologist. Get these books to people. It's your privilege and responsibility.

Check with your HLA chapter or with Karen Swezey about getting books. They are packaged 100 to a box. Your chapter should always have books available.

**THE OTHER RIGHT PLACE IS YOUR CHAPTER MEETINGS.
INVITE OTHERS TO COME AND LEARN. GIVE OUT**

Thank you to Dale Morris for his donation to our chapter.

**A memorial donation of \$20.00 was made in the name of
Michael Blackburn**

**New Survivor's Manuals –FREE to Anyone.
Donations appreciated. Cost to mail copies is
\$4 each or 20 for \$35
PO Box 22501 Eug, OR 97402**

Sound News is a publication of
HLA Lane Co and is published
monthly.

P.O. Box 22501
Eugene OR 97402

**The Lane County chapter has an
active website
www.hearinglosslane.org,
Now you can find answers to all
the Chapter questions.**

Keeping Your Batteries Charged



Information You Can Use

We may be getting close to the tipping point where people start to understand the importance of captioning. I've said for some time that 50 years ago, nobody thought about wheelchair ramps, it just didn't happen. Now, nobody thinks about wheelchair ramps, it happens automatically. We are at the stage where people are thinking about captioning. Now we have to get to the point where nobody thinks about it anymore, but just does it.

John Waldo

A number of insurance plans in D.C. that cover elective abortion don't cover things such as hearing aids, routine foot-care, and routine eye-care. For instance, CD BChoice HSA Br 6000 includes elective-abortion coverage but excludes coverage for hearing aids, infertility treatment, and routine foot-care.

Among post-9/11-troops, 414,000 have returned home with auditory injuries, including hearing loss, tinnitus, or ringing in the ears. These hearing injuries are the most common disability among veterans. Blast injuries from explosive devices in the post-9/11 wars have caused hearing problems to many veterans. Loud noises from trucks, helicopters, machine-gun bursts, artillery fire, and blast pressures, can cause hearing injuries to military personnel. Very few veterans seek medical attention for their hearing loss.

Make Your Own Hospital Kit Documents You Can Download

- 1 – **Kit Contents** and Instructions
 - 2 – **Patient Brochure:** Tips to help if you have trouble hearing. Our double-sided brochure.
 - 3 – **Medical ID Settings:** front personal settings, back tips to help in medical settings.
 - 4 – **Doctor/Dentist Tips:** What your doctor and dentist can do to improve your care.
 - 5 – **“Face Me” Badge:** Fasten to your pillow or gown with an I.D. strap clip or a large safety pin. Helpful when traveling.
 - 6 – **International Symbol Sign:** Fill your personal needs; such as “write out instructions” or “I need my glasses and hearing aids.” Hang in an obvious place on your IV pole
 - 7 – **HOH Label in Black | HOH Label in Blue:** International Hearing Loss labels.
 - 8 – **HA-CI info cards:** Hearing aid/cochlear implant information card. Green paper for visibility. Fill out the information so someone else can put your devices on you if you are not able to.
 - 9 – **Tips Sign:** 8 ½” sign of tips to help with communication. Print on pink paper.
 - 10 – **Tips Cards:** Hand out as a friendly reminder to those that you need to communicate with.
- Other useful items:**
- A denture box and a quart size ziplock bag with a pin to contain hearing aids when not being worn. Hospitals can usually provide these.
 - Pencil and note pad
 - A small flash light
 - Extra hearing aid batteries
 - Your personal communication equipment; PockeTalker, FM system – well marked with your name.
 - A large ziplock bag or file box to place all of your kit items in.
 -

Check this out at:
[www/hearinglosslane.org](http://www.hearinglosslane.org)

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



Membership in HLAA is \$20 student, \$35 individuals, \$45 for couple/family, \$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/Sen.asp>.

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.

For *Your*
hearing
health



THE RIGHT CARE. RIGHT HERE.

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

*Above: Molly Buckles, MS
and Katherine Swem, Au.D*

University District
458-205-6500

Barger Medical Bldg.
541-242-8300



**PeaceHealth
Medical Group**



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



**HEARING
ASSOCIATES**

Hearing is believing

*Members of American Academy
of Audiology and Academy of
Doctors of Audiology*

EUGENE 541.686.3505

FLORENCE 541.997.7617

Gail H. Leslie, Au.D.
Doctor of Audiology
dr.leslie@hearingassociates.net

Sandi L.B. Ybarra, Au.D.
Doctor of Audiology
dr.ybarra@hearingassociates.net

Brad Smith, Au.D.
Doctor of Audiology
dr.smith@hearingassociates.net

www.hearingassociates.net



**Our chapter vice president,
Charles Langdon
passed away on Dec. 18.**

**We will greatly miss him. He
was always here early, getting
things ready, a smile on his
face and ready to do
whatever needed to be done.
He was greatly loved.**

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.



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

OREGON

541-334-3370

330 South
Garden Way,
Suite 300

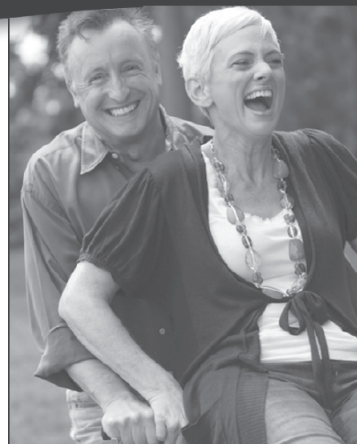
**MEDICAL
GROUP**



EUGENE HEARING & SPEECH CENTER

*Connecting People
Through Communication*

- **Certified Doctors of Audiology**
- **Latest hearing aid technology**
- **Cochlear implant evaluation & mapping**
- **Serving our community for 57 years**



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



OREGON
TELECOMMUNICATIONS
RELAY SERVICE



RELAYTIONSHIPS

Have a loved one, friend or co-worker you want to call today?

You can with Oregon Relay Service.

Making a call will never be difficult again!



deaf



hard-of-hearing



deaf-blind



speech-disabled



hearing

- **TTY:**
7-1-1 or 800-735-2900
- **Voice:**
7-1-1 or 800-735-1232
- **Espanol:**
7-1-1 or 800-359-2703
- **ASCII:**
7-1-1 or 800-735-0644
- **Voice Carry-Over:**
7-1-1 or 800-735-3260

- **Speech-to-Speech:**
7-1-1 or 877-735-7525
- **900 Services:**
900-230-3325
- **Customer Service:**
800-735-2900
877-787-1989 (Speech-disabled only)
- **Servicio al cliente en Español:**
800-676-4290
- **Websites:**
www.oregonrelay.com
www.oregoncapitel.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 _____ Zip _____

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

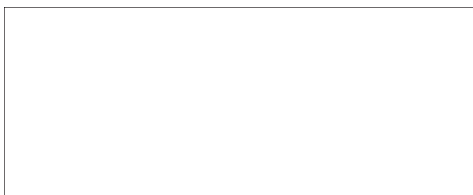
City/State/Zip:

ADDRESS SERVICE REQUESTED

Inside this issue:

Don't Hate Me Because I Can't Hear You	1
Famous Athletes with Hearing Loss	2
Leone's Lines	2
Keeping Your Batteries Charged	3
Survivor's Manual	3
Make Your Hospital Kit	4
Meeting Information	8

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



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

Hearing Loss Association of America

Lane County Oregon Chapter

Hilyard Community Center, 2580 Hilyard St.,

Eugene, OR

January 9, 2014 7:00 pm

Annual Budget report and Elections.

There are three vacant Board Member positions that need to be filled. At the current time Clark Anderson is the only name on the ballot.

We will show a brief video: "HLAA – Teamwork for Hearing Loss Awareness" after which three panel members will discuss "What HLA can do for You."

There will be a Question and Answer period.

Calendar

Board Meeting Jan. 7
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