

# Sound News

July 2014

Volume 27 number 7

## Hearing Health Foundation Research Plan to Regenerate Hair Cells

### Phase I – Years 1-5 – Discovery Research

Phase I will examine which genes, or which series of genes, trigger the natural regeneration of hair cells in animals such as birds and zebrafish. This phase will also examine which genes in mammals prevent the natural regeneration of hair cells. Finally, Phase I will determine the types of cells in mammals' ears that could serve as available targets for regeneration therapies.

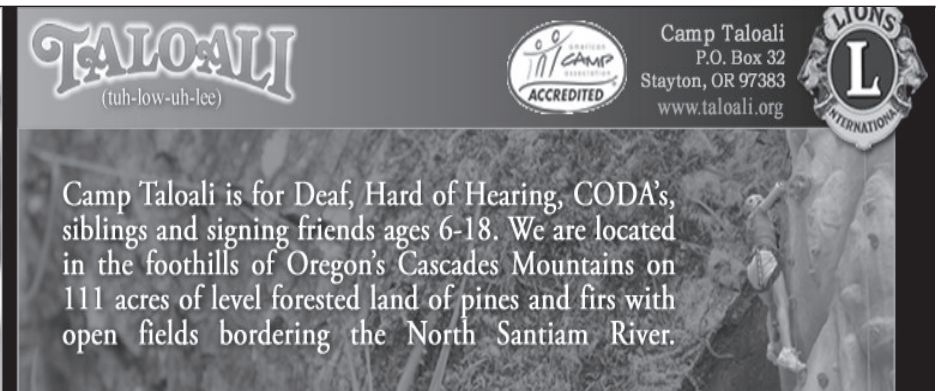
### Phase II – Years 3-8 – Pathway Validation

Phase II starts with the residual cells that remain in a mammal's inner ear after hearing loss and uses the genes identified in Phase I to trigger hair cell regeneration.


### Phase III – Years 8-10 – Develop Therapies and Treatment Options


In Phase III, the HRP Consortium will partner with a pharmaceutical or other company to develop drugs that mimic the identified genes, resulting in a regenerative therapy.

**A CURE IS POSSIBLE IN 10  
YEARS!!**



**TALOALI**  
(tuh-low-uh-lee)

 **CAMP TALOALI**  
P.O. Box 32  
Stayton, OR 97383  
www.taloali.org



Camp Taloali is for Deaf, Hard of Hearing, CODA's, siblings and signing friends ages 6-18. We are located in the foothills of Oregon's Cascades Mountains on 111 acres of level forested land of pines and firs with open fields bordering the North Santiam River.

### Recognition Richly Deserved, Leone!

Our long time and very active HLA member Leone Miller, who lives in Springfield was recently honored by her church for her dedication to helping people with hearing loss, and to children in particular.

Leone began teaching 3rd and 4th grade kids when she was 20 years old. Over the years she was the director of many vacation bible schools, and supervised the Hosanna's Day Care Center. She and her husband Al were instrumental in starting the Hosanna Children's Center which is now a part of Scar Jasper Mountain - a safe house for children.

Leone helped us create the award winning Survivors Manuals that have been distributed to more than 62,000 people all over Oregon and parts of the US and Canada.

*Camp Taloali is located in Stayton and is a non profit camp for deaf & hard of hearing youth. (age 6-18) They serve children primarily from the Pacific Northwest. They offer support for the young people to build character, increase self-esteem, develop leadership and social skills as well as participate in constructive life experiences. It was founded in 1973.*

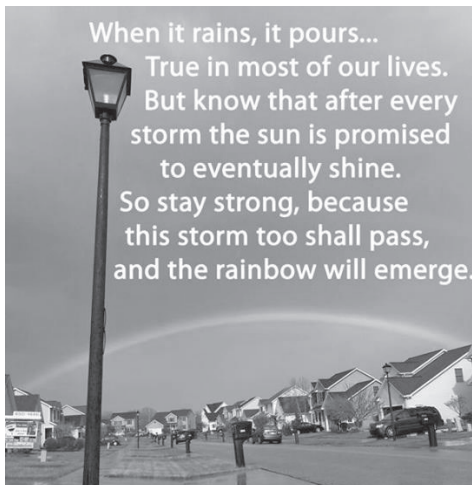
*They offer 4 camps during the summer. It is paid for through sponsorship and fund raising.*

*There are 15 children from the Eugene/Springfield area who will attend this year's camp.*

After ending her years as World Outreach Chairman at Northwood Christian Church in Springfield, the church agreed to send \$1000 to this camp to honor her service to the ministry and her dedication to those with hearing problems.

Leone shared this comment with us, "I'm very grateful for these children to have an opportunity to attend this camp and so appreciate my church for their love and concern."

And we appreciate you, Leone. (article by Karen Swezey)



It's so hard to "hang in there" when we feel left out and inadequate because of our hearing loss. So many exciting things are coming to pass these days...who knows when we'll hear perfectly again!

Technology, implants, new aids—wow, genes to regrow hair cells. Some of us will live long enough to see this.

## Hearing aid dos and don'ts for the summer

Heat is not your hearing aid's friend and can do some serious damage if you're not following proper maintenance procedures.

**Don't:** Leave your hearing aids in direct sunlight or in extreme heat, like inside your car.

**Do:** Store your hearing aid and hearing aid batteries in a cool, dry place. Excessive heat can damage the delicate elements of your aid, shortening its life. This damage is caused not only by the heat itself, but by the moisture that can develop inside the hearing aid as it endures severe temperature changes, like going from a cool, air-conditioned living room to the balmy heat of the backyard. The outer casing is made of plastic, and can melt in high temps.

**Don't:** Allow bacteria or fungi to grow on your hearing aid. Keep disinfectant towelettes handy to clean your hearing aids regularly. The hot, humid weather is ideal for germs, bacteria and fungi to grow and thrive,.

**Don't:** Wear water-resistant hearing aids in the water.

**Do:** Your hearing aid won't be able to withstand water unless it is a proper waterproof hearing aid. Water-resistant hearing aids and hearing aid accessories are available, but only help protect against minor water intrusions like splashes, rain, or moisture accumulation.

**Don't:** Ruin your vacation by forgetting one of your hearing aid accessories.

**Do:** Pack back-up supplies, like batteries and tubes. Make a checklist .

**Don't:** Take your hearing aid out or turn it off while going through airport security or while in flight.

**Do:** Keep them on for important safety and security instructions from airport officials. Some hearing aids can set off airport security scanners, but you can alert the officials to your hearing aid ahead of time verbally, or by downloading an official TSA Notification Card that provides you with a little discretion in communicating your disability to security officials. Your hearing aid is also exempt from the no-electronic-devices policy on board the plane, so you are free to enjoy that in-flight movie.

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

Annual chapter fee of \$10.00 can be mailed to HLA-LCO Inc. PO Box 22501, Eugene, OR 97402

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**Place an ad** Karen Swezey [kswezey@efn.org](mailto:kswezey@efn.org)

**National website:** [www.hearingloss.org](http://www.hearingloss.org)  
**Oregon website:** [www.hearinglossOR.org](http://www.hearinglossOR.org)



## Out & About

Thank you to **Shirley Perry , Michael Rodeen & Ken Long** for their donations to our chapter.

**Have you ever watched a dog chase it's tail?** It really wants to get a hold of that tail but just can't figure out how! Do you remember when you started going in circles looking for something (anything) to help you deal with your hearing loss and you just couldn't get a hold of it of it? What a gift it would have been to have a book like the Survivors Manual (Facing the Challenge) to help you in your time of need. Bet you still have to look up things in that book now and then.

We have a committee working to update and reissue the 4th edition of our Manual. It's a lot of work getting it all organized and off to the printers and then into the hands of the people who NEED to have it. We've printed 62,000 and distributed them over the years and now we're ready to do another 20,000. We are getting sponsors and financing in place. We're looking into providing plastic brochure holders with info. for places who will put them out.

I always have manuals in my car trunk. I have a pharmacy in Eug who distribute 15 books a month. I took 20 to my doctor. I'm the hearing ministry at my church. I just did a workshop about hearing loss for churches. I'll go any-where!! I just ask. All they can say is "NO". (honest that doesn't hurt a bit!)

Do you know the hardest part of all of this? Getting the books out!!! How in the world can we distribute them ? I want you and NEED your help TO GET THESE TO AUDIOLOGISTS, DISPENSERS, PHARMACIES, DOCTORS, CHURCHES, SCHOOLS, ORGANIZATIONS Send me an mail and let me know you will help to do this. We need people in every one of our chapters and all of our chapters members to make this happen. People who would inspire their members to help out.

We need commitment to get books to everyone we can think of: Churches are desperate to help their people to hear .So are any organization: Lions, Kiwanis, Rotary, etc. Do you belong to a church? a club? Would you be willing to ask people to put books out on their business counters?

I'm talking about a REAL commitment. People who will contact me periodically and tell me what they are accomplishing. People who will come up with creative ideas and let me know so I can share them with others. Are you that person? Will you help with this? The SM is the most important piece of information we can give to people.

I 'LL PROVIDE YOU WITH AS MUCH INFORMATION AND ENCOURAGEMENT AS I CAN. THIS IS NOT A PROBLEM-IT'S CHALLENGE. ARE YOU UP TO THAT CHALLENGE? email me NOW so we have time to organize. Each chapter I expect you to have a contact person! Thanks ahead of time of caring.

**Leone Miller vngleone@comcast.net**

# Keeping Your Batteries Charged



## Information You Can Use

More than five million American school children are suffering from different types of hearing problems. According to a from the Vanderbilt Ctr. Of Otolaryngology and Communication Sciences, 11.3 % of American children of school age suffer from various types of hearing loss.

The Massachusetts Institute of Technology (MIT) is developing an entirely internal cochlear implant. Users would charge the device wirelessly; the prototype charger plugs into a cell phone and charges the implant in two minutes. This middle-ear technology created by MIT, Harvard University, and the Massachusetts Eye and Ear Infirmary has already been tested on a few patients, who were able to hear with it. The Univ. of Utah has also previously worked on a microphone that can be implanted in the middle ear.

Most Americans with hearing loss use hearing aids.

Hand dryers can be found in many public toilets. Throughout the years, these dryers have changed from being slow and loud into being quiet and super-fast machines to dry your hands in seconds. However, the super-fast hand dryers carry the risk of potential hearing damage. They may have the same impact on hearing as a pneumatic drill at close range. With sound levels of up to 90 decibels (dB), any prolonged exposure to such noise from hand dryers may lead to hearing disabilities or loss.

**New Survivor's Manuals –FREE to Anyone. Donations appreciated.**

**Cost to mail copies is**

**\$4 each or 20 for \$35**

**PO Box 22501 Eugene, OR 97402**

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



## Hearing and Aging

The ability to communicate is a cornerstone of healthy aging. When they are unable to communicate, people with hearing impairments can become socially isolated, which can be an important driver of morbidity and mortality in older adults. Despite the critical importance of communication, many older adults have hearing loss that interferes with their social interactions and enjoyment of life. People may miss words in a conversation, go to fewer public places, or worry about missing an alarm. Despite rapidly advancing technologies and innovative approaches to hearing health care, fewer than one in seven older Americans with hearing loss use hearing aids. *HLA of America*

## French Horn Players /Musicians

French horn players and other musicians are often exposed to 81-90 decibels (dB) for 21-48 hours per week. Such levels violate several health regulations that stipulate a maximum level to be 85 dB for 30 minutes a day. Any higher level of dB could be detrimental to the musician's hearing.

Mentors and audiologists need to tell them about protecting hearing in order to protect the musicians' ability to perform.

**Members will be receiving a survey call soon from Ken Rivernider regarding interest in having a Picnic on August 14th this year. WE WOULD APPRECIATE A RESPONSE WHEN KEN CALLS. THANK YOU FROM THE BOARD.**

## 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](mailto:puc.otap@state.or.us)**

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## 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.

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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](http://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.

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

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**Do you know someone who might like  
to know about the help available with  
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Laura Hurn, Au.D., CCC-A  
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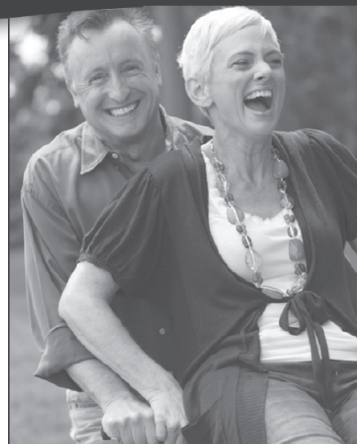
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## Hearing Loss Assoc. of Lane County Chapter Fee and National Membership Form

Please fill out this form /survey and turn in at the general meeting or 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. (We do not share our information lists with anyone else. Receipts will gladly be provided.)

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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

2580 Hilyard St., Eugene, OR

**July 10 7 pm to 9:00 pm Public Welcome**

## COME TICKLE YOUR FUNNY-BONE

If you've got a funny-bone... be prepared to have company at our next meeting! Come and enjoy a night of laughter as we whine, cry, moan, and complain our way through the perils of having a hearing loss. **Donna Veal** will lead you through fun and frolic with a game, skit, and "take a number" to complain about being hearing impaired. Everyone can participate in the skit: **The Ten Commandments Regarding Hearing Loss**. Test your word knowledge with **Word Scramble** (all words related to hearing loss, and listening devices). **"Take a Number"** to complain...and discuss what ticks you off when you try to hear, understand, and struggle your way through hearing loss in today's hearing world. There is plenty to laugh about and lots of... **"How do I take care of this problem?"** ... Solutions for **ALL** (hearing and hearing impaired, alike!). Refreshments provided and game prizes. Come join in the laughs!

**Your funny-bone will thank you!**

### Calendar

**Board Meeting July 1**  
3:30 to 5 pm Members Welcome  
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 systems.  
**Real time captioning by CC Reporting**  
(Debby, Chris, ad Jan)