

# Sound News

October 2014

Volume 27 number 10

## Hearing Loss & Depression

Hearing loss is associated with depression, especially among women and people under the age of 70, a study has found.

When the ability to hear decreases, it may also lead to depression. Particularly women and people under the age of 70 are at higher risk of falling into a depression, caused by loss of hearing, a study from the U.S. suggests.

By analyzing data from the U.S. National Health and Nutrition Examination Survey, including 18,000 adults aged 18 or over, a group of researchers investigated the link between hearing impairment and depression.

Among the adults with an excellent hearing experience, 5% felt depressed. This number increased to 7% in those with good hearing. While among those with a greater hearing impairment the number of people feeling depressed rose to 11.4%. Interestingly, the deaf participants seemed nearly immune to depression with a rate of only 0.06%.

Furthermore, at any level of hearing loss, nearly 15% of women across all ages felt depressed compared to 9% of men. Even though the researchers

relationship between hearing loss and depression is unknown, the CEO of the National Council on Ageing in the U.S., James Firman, is not surprised by the results.

"People with hearing loss, especially those who don't use hearing aids, find it more difficult to communicate with other people, whether in family situations, social gatherings or at work."

Based on the study, the researchers recommend that if you suspect that you have a hearing loss, you should contact a hearing health care professional and have your hearing tested.

*The study was conducted by a group of researchers from the National Institute on Deafness and Other Communication Disorders in the U.S. and was published in JAMA Otolaryngology – Head & Neck Surgery.*

*One of the best feelings in the world is knowing that your presence and your absence both mean something to someone.*

## Captioning

On August 5, 1972, Julia Child, "The French Chef," in a program televised from WGBH taught viewers how to make one of her prized chicken recipes. The significance of that day stretched far beyond the details of the entrée to have a profound and lasting impact on human communication. It was the first time Americans who are deaf and hard-of-hearing could enjoy the audio portion of a national television program through the use of captions.

Since then, captions have opened the world of television to people who are deaf and hard-of-hearing. At first, special broadcasts of some of the more popular programs were made accessible through the Public Broadcasting Service. Now, more than 2,000 hours of entertainment, news, public affairs, and sports programming are captioned each week on network, public, and cable television. Captions are no longer a novelty: they have become a necessity.

"If a man does not keep pace with his companions, perhaps it is because he hears the beat of a different drummer. Let him step to the music he hears, however measured or far away."

Thoreau

## Leone's Line Love All you Cracked Pots!



### YOU ARE WORTH MORE THAN YOU WILL EVER KNOW!!

An elderly Chinese woman had two large pots, each hung on the ends of a pole which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walks from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water..

Of course, the perfect pot was proud of its accomplishments.

But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. 'I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.'

The old woman smiled, 'Did you notice that there are flowers on your side of the path, but not on the other pot's side?' That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house.'

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.

## Good News!

**Lane Community College** has prioritized the inclusion of hearing assistance devices in the current remodel of their Center Building.

**Andrea Cabral** will be doing 2 conferences at the Eugene Hilton this month. One for the Oregon Speech, Language and Hearing Association, the other NW Conference for Professional Development in Disability Services.

**Leone Miller** will present a workshop on hearing loss at the Willamalane Sr. Center in Springfield on Oct. 24, at 1:30.

If people **with CapTel phones** go to the "Settings" then "Update Phone" the captions will always be available instead of having to push the Captions button every phone call!

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

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

### Officers

President	Shirley Perry
Vice President	Donna Veal
Treasurer	Clark Anderson
Secretary	
Meetings/Program Coord.	Donna V & Andrea C
Meeting Rm Setup	
Database Coordinator	Karen Swezey
Hospitality	Brenda Holman
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: <a href="mailto:clarkoa@msn.com">clarkoa@msn.com</a>
Andrea Cabral	ph: 345-9432(V/TTY/Fax)	email: <a href="mailto:angora@comcast.net">angora@comcast.net</a>
Donna Veal	phone: 988-1117	email: <a href="mailto:dovel4@gmail.com">dovel4@gmail.com</a>
Shirley Perry	ph: 687-0135	email: <a href="mailto:sugarplum17@comcast.net">sugarplum17@comcast.net</a>
Patty Johns	phone: 954-9798	email: <a href="mailto:pjjohns70@gmail.com">pjjohns70@gmail.com</a>
Lesley Bergquist	phone: 461-2693	email: <a href="mailto:lesleyb@earthlink.net">lesleyb@earthlink.net</a>

### Article Deadline: Second Thursday each month

**Newsletter Editor** Leone Miller [vngleone@comcast.net](mailto:vngleone@comcast.net)  
**Typesetting & Design** Leone Miller 744-2994  
**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)

**Chapter website:** [www.hearinglosslane.org](http://www.hearinglosslane.org)



## Out & About

**Leone Miller** had an event at her church where captioning was provided. They have a loop system. People LOVED it ! **Andrea Cabral** was the rep for Cap Tel and **Donna Veal** represented HLA with manuals and info. It was Captioned by Jan Duiven of CC Captioning.

### How Can I Tell if it's Hearing Loss or Ear Wax?

Healthy Hearing

If you're having trouble with hearing loss, it could be caused by having excess ear wax blocking the ear canal. Your audiologist will help you determine whether your hearing loss stems from a larger cause or if it is a result of blockage in the ear.

**What is ear wax?** Professionally known as cerumen, wax is produced by tiny hairs and glands within the ear canal. This oil protects against foreign objects like dust, bacteria and other microorganisms from entering the ear canal and causing damage to the inner ear. It also protects the skin within the ear canal, which is very sensitive, from getting irritated from contact with water.

The glands in some people's ears will actually produce a larger amount of ear wax, leading to blockage. Earwax blockage affects roughly 6% of people and is often caused by using cotton swabs, which will just push ear wax deeper into the canal.

#### Symptoms of cerumen blockage

Wax buildup is one of the most common causes of temporary hearing loss, and there are several signs that you should be aware of. If you have any of these symptoms, it is best to see a doctor.

- Decreased hearing

- Dizziness

- Pain in the ear

- Fullness or a feeling of pressure in the ear

- Buzzing or other noise in the ear (tinnitus)

- Drainage or itching from the ear canal

- Non-invasive self treatment options

If you're not experiencing any painful issues, you can try some at home solutions. Hearing health professionals often recommend using baby oil, mineral oil or glycerin to treat mild ear wax blockage. It is best to talk to your audiologist before taking any of these steps. Once you've had clearance from your hearing healthcare practitioner, you can try these treatments in the comfort of your home.

**Washing it out:** You can use water that is at body temperature to flush out the wax in your ear; however, this could cause dizziness, so it's best to make sure to have a friend or family member around when you're trying this treatment. To do this, it's helpful to use a syringe to create a gentle stream of water. Hold your head upright to let the water flow into the ear canal, and then allow the water to drain. Using a few drops of alcohol or hydrogen peroxide can also be helpful for mild cases of ear wax buildup.

**When to contact a doctor** If you are experiencing discomfort and these self treatment tips are not successful, it is probably time to visit a doctor.

## Keeping Your Batteries Charged



### Information You Can Use

16/% of adult Europeans suffer from hearing loss great enough to adversely affect their daily life. This is much higher than the previously generally assumed prevalence of 10%.

A survey shows that up to 20.6 % of the population of Cyprus exhibit signs of hearing loss.

#### CLOSED CAPTIONING TO BE MADE MORE AVAILABLE

The Justice Department and Federal Communications Commission are changing regulations to make closed-captioned video more widely available in movie theaters and on the internet. The Justice Department proposed changes that would require most movie theaters to provide a certain number of closed captioning and audio-description devices. The rule also would explicitly require theaters to show movies with closed captions for people who are deaf or hard of hearing, in line with the Americans with Disabilities Act

The advent of wearable technology seems to be another first for the deaf and hearing impaired. Google Glass provides such opportunities with live subtitling and ability to call an in-vision interpreter.

A new study has analyzed the mechanism behind noise-induced hearing loss and found that the nerve fibers in the inner ear are even more vulnerable to damage. The researchers hope to use this knowledge to explore potential therapies that can re-establish the damaged connections between the nerves and hair cells.

**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**

## Just for fun!!

"Lexophile" is a word used to describe those who have a love for words, such as "you can tune a piano, but you can't tuna fish", or "to write with a broken pencil is pointless."

A competition to see who can come up with the best lexophiles is held every year. Some of the submissions:

- .. When fish are in schools, they sometimes take debate.
- .. A thief who stole a calendar got twelve months.
- .. When the smog lifts in Los Angeles U.C.L.A.
- .. The batteries were given out free of charge.
- .. A dentist and a manicurist married. They fought tooth and nail.
- .. A will is a dead giveaway.
- .. With her marriage, she got a new name and a dress.
- .. A boiled egg is hard to beat.
- .. When you've seen one shopping Center you've seen a mall.
- .. Police were called to a day care Center where a three-year-old was resisting a rest.
- .. Did you hear about the fellow whose whole left side was cut off? He's all right now.
- .. A bicycle can't stand alone; it is two tired.
- .. When a clock is hungry it goes back four seconds.
- .. The guy who fell onto an upholstery machine is now fully recovered.
- .. He had a photographic memory which was never developed.
- .. When she saw her first strands of grey hair she thought she'd dye.
- .. Acupuncture is a jab well done. That's the point of it.

### And the cream of crop:

- .. Those who get too big for their pants will be exposed in the end.

**You needed a laugh today!!**

## 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)**

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



**Download or Complete Applications at [www.rspf.org](http://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](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.



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**



**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

## 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



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



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



**Can't Hear With  
Background  
Noise?**

Or do you have difficulty understanding words on TV or having a telephone conversation? 30 million Americans have this type of hearing problem. Hearing aids help very little when there is noise present and make it worse in loud noise. They work best in low noise, "living room" situations. Background noise (especially speech) and long distances to the sound source, make you unable to distinguish words.

I know because I struggled with this problem for over 10 years as my hearing got worse until I discovered the existence of Assistive Listening Devices (ALDs). These devices bring the sound source closer while at the same time increasing the high frequencies that make words crisp. This improves your understanding dramatically in noisy backgrounds. Personal amplifiers, like the **Audable Personal Listener (\$79.99 - w/ headphones & earphones)**, are used in restaurants, automobiles, and small groups to enable you to UNDERSTAND what is being said. **45-day price refund.**

**Identical To Pocketalker Ultra \$79.99 (\$7 S&H)**

**Call General Technologies**  
**(916) 673-2321 Fax (916) 673-2324**  
800-328-6684

E-Mail: [Devices4less@Hotmail.com](mailto:Devices4less@Hotmail.com)

**Web: [www.devices4less.com](http://www.devices4less.com) FREE CATALOG**



## Help us Spread the Word!

**Do you know someone who might like to know about the help available with HLA? Send us their name and address and we'll send them a Welcome Packet.**

**New global Bluetooth standard** will connect hearing aids with a variety of mobile devices. Wireless connectivity will turn hearing aids into multipurpose devices. The introduction of wireless connectivity in hearing aids will allow people to connect their hearing aids with a wide range of mobile devices which have become an essential part of modern life – from MP3 players to TV and mobile phones – and to stay connected to the audible world around them.

**A standard for all** "To allow hearing aid users to fully benefit from the possibilities that wireless technology has to offer, it is important that we connect to all kinds of mobile devices," the European Hearing Instrument Manufacturers Association (EHIMA) secretary general. "We are working on a standard every consumer electronics manufacturer can implement. This becomes even more important if we consider that, in the near future, this technology could also be installed in cinemas, schools and public places to improve the lives of people with hearing loss in even more listening situations."



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](http://www.oregonrelay.com)  
[www.oregoncaptel.com](http://www.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](http://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 Raketu. ©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 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.)

## Memorial/Honorarium or Special Donations

I enclose a donation of:

\_\_\_\_\$10 \_\_\_\_\$20 \_\_\_\_\$50 \$\_\_\_\_

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**

**NONPROFIT  
US POSTAGE  
PAID  
EUGENE OR  
PERMIT NO  
471**

Hearing Loss & Depression Captioning	1
Good News	2
Leone's Lines	2
Keeping Your Batteries Charged	3
Hearing Loss or Ear Wax?	3
Just for Fun!	4
Meeting Information	8




October 9 7 pm

## "DOGS WITH A CAUSE"

**Bonnie Berman** is a Eugene resident and a certified dog trainer who started “Dogs with a Cause” in 2001. She has devoted her time since in helping to train dogs for other people with disabilities, as she knows the limits and the needs of people with disabilities.

Bonnie takes clients on an individual basis and works to cater the training of the dog to the specific individual's needs.

Service dogs can be trained to pick up the phone, turn on the TV, etc., or even just provide comfort for the clients with anxiety.

**This will be an exciting program. We hope you can attend and bring a friend.**

# Calendar

**Board Meeting Sept 30**  
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)