

The Nation's Voice for People with Hearing Loss

Lane County Oregon Chapter ound.

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-ofhearing 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

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!

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

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Oregon website: www.hearinglossOR.org
Chapter website: 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.

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

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 closedcaptioned 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.

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:

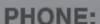
.. Those who get too big for their pants will be exposed in the end.

You needed a laugh today!!

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Commission

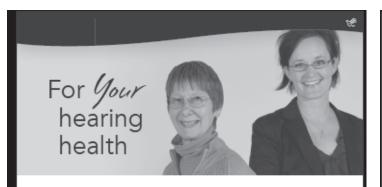


Membership in HLAA is \$20 student, \$35 individuals, \$45 for couple/family, \$60 professional. It includes the awardwinning bi-monthly magazine, *Hearing Loss.* Write HLAA, 7910 Woodmont Ave., Ste.

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.

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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.

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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.

Feel Good About Your Hearing

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541-334-3370

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





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 7-1-1 or 877-735-7525
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www.oregonrelay.com www.oregoncaptel.com

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App features include:

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- Font size/color modifications
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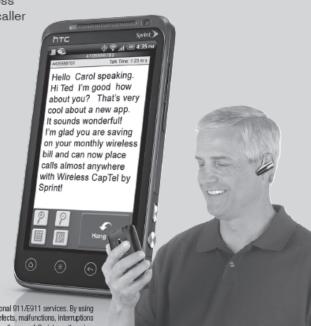


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App requires an Android-powered device with OS 2.2 or higher. Need a device? Wireless CapTel by Sprint uses VOiP services to connect your calls. Start saving today by visiting sprintrelaystore.com/wcs

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Inside this issue:	
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

of America

Lane County Oregon Chapter

2580 Hilyard St., Eugene, OR

Hearing Loss
Association

This copy is freeplease 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

attend and bring a friend

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

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.

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

"DOGS WITH A CAUSE"

October 9

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)