

Sound News

December 2014

Volume 27 number 12

Oregon PUC Seeking Members

Jon Cray

The advisory committee at the Oregon Public Utility Commission needs people to serve :

Nine (9) who are Deaf, DeafBlind, or Hard of Hearing,

One (1) professional who provides services to those who have a loss in hearing or speech,

One (1) with challenges in

mobility, one (1) telecommunications company representative,

One (1) member of the Oregon Public Utility Commission.

Do you have any recommendations on how we can better reach the Deaf, DeafBlind, and Hard of Hearing community? Could you advertise on your Facebook pages or publish our advertisement in your newsletters?

The number of Deaf, DeafBlind, and Hard of Hearing customers of our equipment distribution program (TDAP) have dwindled steadily as they return the TTYs we loaned to them. We've introduced modern and versatile equipment (e.g., speech generating devices, CapTel 840i, etc.) to benefit those who have a loss in speech, mobility, cognition as well as hearing as it pertains to telecommunications access.

Many Deaf, DeafBlind, and Hard of Hearing don't benefit from our current selection of equipment. We're exploring

potential solutions to meet the telecommunications needs of our Deaf, DeafBlind, and Hard of Hearing constituents. We are researching the possibility of introducing "locked down" iPads with preloaded telecommunications apps, specific to the person's disability.

There's no deadline to apply for a vacant seat on the advisory committee. If interested, submit a letter of interest stating why you'd like to serve on the advisory committee, a resume, and one or more letters of recommendation from the community you represent.

We meet in Salem on the 2nd Floor in the Main Hearings Room at 3930 Fairview Industrial Drive SE Salem, OR 97302

We only reimburse for mileage. We don't compensate for meals or lodging unless travel time exceeds 120 miles from the person's residence to our office.

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www.facebook.com/OregonRSPF

Movie Captioning Agreement

After weeks of discussions, five organizations dealing with hearing loss agreed on a set of recommendations to the Dept. of Justice to improve access to movies for deaf and hard of hearing patrons.

Closed captioning (CC) and audio description (AD) technologies are to be installed in all digital movie theater auditoriums nationwide.

The joint plan establishes certain minimum closed captioning device requirements with a monitoring requirement. This flexible, market-responsive device scoping method will ensure access for all deaf and hard of hearing patrons and respond to actual consumer demand.

The compliance period has been restructured to reflect reasonable timelines in delivery and installation of CC and AD systems.

Of course HLAA national was part of this agreement.

Our chapter will follow the same guidelines for canceling the general meetings as the Eugene 4J school district. If the schools are closed that day or close early we will not have a general meeting.

Leone's Line



**Run when you can
Walk if you have to
Crawl when you must
Just never give up!!**

The holidays can be a hard time for those of us with a hearing loss but remember that it's hard on your family too.

Remind them that you want to be included in their events and thank them for their help. It works both ways you know.

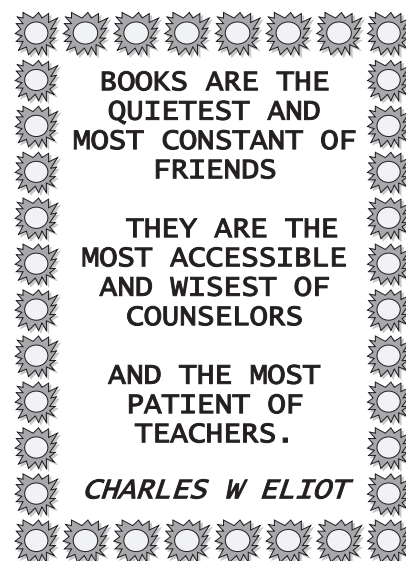
Merry Christmas!

American study finds a connection between intake of caffeine and the rate of tinnitus

4-6 cups of coffee per day may reduce tinnitus. There is a chance that an increased intake of caffeine lowers the rate of tinnitus – at least for women. The study at Brigham and Women's Hospital followed 65,000 women aged 30-44 since 1991. At that point, none of the women had ever experienced signs of tinnitus. In 2009, 5,289 of the women in the study reported symptoms of tinnitus. In the 18-year study period, the women self-reported their lifestyle and medical history. The researchers reported an association between the women's caffeine intake – which was mainly coffee – and their incidents of tinnitus.

Compared to women who consumed less than 150 milligrams of caffeine per day (one and a half cup of coffee), women who consumed 450-599 milligrams of caffeine per day reported 15% less incidents of tinnitus. This amount equals 4-6 cups of coffee. The study has not found evidence to explain the results, but previous research shows that caffeine stimulates the nervous system and has a direct effect on the inner ear.

www.news-medical.net & hearing.net



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THEY ARE THE MOST ACCESSIBLE AND WISEST OF COUNSELORS

AND THE MOST PATIENT OF TEACHERS.

CHARLES W ELIOT

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

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PO Box 22501 Eugene, OR 97402**

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.

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

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Oregon website: www.hearinglossOR.org

Chapter website: www.hearinglosslane.org



Are you doing some great things for HLA Lane Co? Let Leone know!

Churches Work to Help Their Congregations Hear with Telecoils

This technology, known as a hearing loop, works with hearing aids that contain a telecoil (sometimes called a T-coil or induction coil). More and more public places are installing hearing loops. The hearing loop is literally a loop of wire that goes around a room (generally not anywhere visible) that is connected to the sound system or public address system in that room. The loop is able to take the audio signal from the sound system and transmit it electromagnetically to hearing aids that contain a telecoil.

Churches are among the many places where you might find a telecoil. This feature has allowed many church-goers to participate in the service when they were previously left in the dark, so to speak.

As Father Jacob Runyon told Today's Catholic News, "There are two real benefits to the system. It helps people hear better. Any kind of big space can have echoes. I've already heard from people that they can hear more clearly. The second benefit is they use their own equipment. They have their own hearing aids."

In order to hear the audio coming from the hearing loop, the individual just needs to switch their hearing aid to the telecoil setting. Many hearing aids come equipped with telecoils, but there are a lot of people who don't understand how to use them or don't take full advantage of the benefits they can offer.

Hearing Loss Myths Better Hearing Inst.

I'll have some minor surgery like my friend did, and then my hearing will be okay. Many people know someone whose hearing improved after medical or surgical treatment. It's true that some types of hearing loss can be successfully treated. With adults unfortunately, this only applies to 5-10% of cases.

I have one ear that's down a little, but the other one's okay. Everything is relative. Nearly all patients who believe that they have one "good" ear actually have two "bad" ears. When one ear is slightly better than the other, we learn to favor that ear for the telephone, group conversations, and so forth. It can give the illusion that "the better ear" is normal when it isn't. Most types of hearing loss affect both ears fairly equally, and about 90% of patients are in need of hearing aids for both ears.

Hearing loss affects only "old people" and is merely a sign of aging. Only 35% of people with hearing loss are older than age 64. Close to six million people in the U.S. between the ages of 18 and 44 with hearing loss, and more than one million are school age. Hearing loss affects all age groups.

If I had a hearing loss, my family doctor would have told me. Not true! Only 14% of physicians routinely screen for hearing loss during a physical. Since most people with hearing impairments hear well in a quiet environment like a doctor's office, it can be virtually impossible for your physician to recognize the extent of your problem. Without special training, and an understanding of the nature of hearing loss, it may be difficult for your doctor to even realize that you have a hearing problem.

Keeping Your Batteries Charged



Information You Can Use

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From 20 to 69, men are about twice as likely as women to suffer hearing loss, said Howard J. Hoffman, an epidemiologist with the National Institute on Deafness and Other Communication Disorders. After 70, men continue to have somewhat higher rates of hearing loss, but starting at about 80, both men and women have very high, and approximately equal, rates of poor hearing.

Aging alone is a major risk factor for hearing loss, "We know that other chronic conditions are associated with hearing impairment, such as diabetes and perhaps hypertension, but these do not

Chickens aren't the only animals that can restore their own damaged hearing. All vertebrates other than mammals can do the same. Mice can regain some of their hearing using supporting cells that turn into hair cells—in the lab, at least. Researchers hope to find a way to coax the supporting cells in the inner ears of people to transform into functional hair cells. Their goal is to have a cure within a decade.

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.

Christmas and Families Tips

Spend time with your family members one-on-one. If the house or gathering place is very noisy with football games on TV, laughter and back-and-forth banter, find a quiet place to talk. You can help in the kitchen or sit on the back porch - go wherever the distracting noises aren't.

At the dinner table, make sure to sit next to someone who will fill you in if you miss a punch line. Don't sit facing the window because the glare can be distracting and interfere with lipreading. It's a good idea to sit by someone you're used to lip reading. Make sure the TV is turned off to minimize background noise, and let the host know what you need in advance.

Make sure to take a 5-minute hearing break. Listening can be hard work for people with hearing loss!

Dining out

Try to get a spot with your back against a wall. This way, there will be no background noise coming from behind.

Choose a restaurant - or ask the host to choose one - that is well-lit. If you depend on lip reading, it can be nearly impossible in a very dim environment.

Bring an assistive listening device - such as a personal sound amplifier - with you to dinner. These can be used in concert with hearing aids and can help in particularly noisy environments. Choose a restaurant that has round tables so you can see most of the other guests more easily, which will help with hearing loss. *Hearing Loss.com*

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>.

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and Katherine Swem, Au.D*

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



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Suite 300

A shortened version of a restaurant experience of a waitress deaf in one ear and a cochlear implant in the other.

In a party of 10 a woman asks for the manager. "How dare you let your staff wear headphones? We spend a lot of money in here and we expect a certain type of service. This is most distressing."

Boss to the woman: "How dare you come in here and talk to a member of my staff like that? It is massively, plainly obvious that she is wearing hearing aids. Everyone else at your table can see that. Now you have not only embarrassed yourself and the rest of your table but also my staff member. I'm very sorry but I have to ask you to leave. The rest of your table may stay if they wish but I simply cannot have my staff treated that way. Please leave now."

The husband tells his wife to go home and the rest of the group orders. He then apologizes to the manager and the waitress and says he will never bring her in again.

Sad story - Good for the husband.



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hearing

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- **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

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7-1-1 or 877-735-7525
- **900 Services:**
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- **Customer Service:**
800-735-2900
877-787-1989 (Speech-disabled only)
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- **Websites:**
www.oregonrelay.com
www.oregoncapitel.com

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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!

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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.)

Memorial/Honorarium or Special Donations

I enclose a donation of:

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Inside this issue:

OR. PUC Seeking Members Movie Captioning	1
Coffee & Tinnitus	2
Leone's Lines	2
Keeping Your Batteries Charged	3
Churches & T Coils Hearing Loss Myths	3
Christmas & Family, Dining Sad Restaurant Event	4 5
Meeting Information	8

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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

2580 Hilyard St., Eugene, OR

THURS., Dec. 11 6:30

HO! HO! HO! MERRY CHRISTMAS

COME ONE COME ALL TO OUR ANNUAL HLA-LCO CHRISTMAS POTLUCK & GIFT EXCHANGE. BRING YOUR APPETITE AND LAUGHTER TO HAVE A VERY MERRY TIME!

DOORS WILL OPEN AT 6:30 P.M. DINNER BEGINS PROMPTLY AT 7:00 PM.

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Calendar

Board Meeting Dec. 2
3:30 to 5 pm Members Welcome
Hilyard Community Ctr.
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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)