

Sound News

January 2015

Volume 28 number 1

Low & High Frequencies

Low-Frequency Sounds

Provide the general rhythm and framework of the sounds you hear. They allow you to detect the vowel sounds in words, such as "ah" which convey the melody of speech Used to appreciate music
Examples of low-frequency sounds: lawn mower, bass guitars, frog croaks

High-Frequency Sounds

Add clarity to the sounds you hear and allow you to perceive the consonant sounds, such as "sh" which enables you to differentiate words Makes music and nature sound richer, fuller and crisper
Examples of high-frequency sounds: doorbells, whistles, bird chirps You may still be able to hear some sounds, but it has gotten harder to hear conversations in both quiet and noisy situations. You can still hear barks and honks, but you can't hear whistles and chirps. You may have high-frequency hearing loss.

This type of hearing loss causes you to miss the high-frequency sounds that allow you to distinguish words and detect emotion. Without them, words merge together – making what you do hear jumbled and difficult to understand.

Dolls with Hearing Aids

American Girl: American Girl has been delighting little girls all over the world and teaching about history at the same time since 1986. As part of their mission of "helping girls become their very best," the company offers \$14 removable doll-sized hearing aids for their 18 inch dolls. The hearing aids are available at the time of purchase, at retail locations and in the doll hospital, and include a permanent piercing behind the ear to ensure the hearing aid is fitted properly to the doll's ear for easy placement and removal.

Many toy manufacturers are creating toys that raise awareness of hearing health "We introduced hearing aids for My American Girl Dolls in 2012," Susan Jevens, said. "American Girl has a long history of creating items that speak to diversity and inclusion, and the hearing aids are yet another way we have expanded in this important area."

Build-A-Bear: Consider buying plush hearing aids for a member of his Build-A-Bear zoo. The stuffed red and silver accessory is only \$2 and affixes to the stuffed animal's ear with a piece of elastic. This is a great gift if your child or grandchild wears hearing aids – or to help them understand why you do.

Avoid hearing fatigue this holiday season

Gleaned from Lauren Clason, staff writer for Healthy Hearing

The holidays can be tiring, especially if you have hearing loss. Avoid holiday exhaustion by giving yourself time to rest and relax in between activities.

Be your own advocate

As always, if you're in a situation where you're having trouble hearing, let the people around you know about your hearing loss. They'll be more conscious of their volume, their enunciation and of looking at you when they speak. A friendly reminder can refresh their memory.

Pack accordingly

Make a list the night before of all the hearing aid and assistive listening device accessories you'll need. If people are coming to stay with you, make sure your healthy hearing tools are functioning properly and safely stored in an area out of reach of children and pets, but of easy access to you.

Take a break

If you find yourself feeling tired or developing a headache, don't be afraid to excuse yourself for awhile. Remember that your brain is working overtime to compensate for your hearing loss, so it's normal if fatigue sets in early.

Create a quiet zone

...in a quiet corner of the house. If you're at home, it's probably easiest to designate your bedroom the quiet zone You can also relax with a book.

Don't stretch yourself Be conscious of what you can do and want to do and don't be afraid to say no to an activity that seems too stressful.

Leone's Line



"Be what you is, not what you ain't , 'cause when you is what you ain't then you ain't what you is." *Old proverb*

Being ourselves and loving it!

Being happy with what we have!

Time to be grateful for all the wonderful people in our lives.

Grateful for the hearing we have and the technology that makes a huge difference!

Grateful for our chapter and the people who guide and teach us.

Grateful for YOU!

Marjorie was a wonderful soul with a loving heart and great sense of humor. She wanted to come to meetings as long as she was able - through the beginning of this year. She often spoke of the friendship and acceptance that she experienced in our group, and the good she saw us doing in the community. She was proud to be one of us. Marjorie had not been the same since the loss of her husband Pat in Nov. 2012, but for many years Pat and Marjorie spent countless hours listening about our chapter and helping with different projects. They were behind the scenes on countless occasions, always dependable and willing to help with anything.



Marjorie Mannion—We will miss her!

HELP!! HELP!! VOLUNTEERS NEEDED

Consider donating 2 hours a month of your time to your LOCAL HLA Chapter
We need assistance in the following areas:

Board Members- Secretary -Publicity Person-Webpage help in Word Press.

Your STATE Board is also looking for Volunteers: Please contact Clark Anderson

Please contact: Shirley Perry @ sugarplum17@comcast.net or Clark Anderson @ clarkoa@msn.com or any of the board members for your local chapter

Survivor's Manual Update

Kathy Kifer is busy laying things out and final proofing will happen over the next couple weeks and then off to printer.

Thanks to our crew who have worked so hard on this projects. It has been a LOT of work.

Thank you to:
Rex and Gail Purkerson
for their donation to our chapter.

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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Article Deadline: Second Thursday each month

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Place an ad Karen Swezey kswezey@efn.org

National website: www.hearingloss.org

Oregon website: www.hearinglossOR.org

Chapter website: www.hearinglosslane.org



Out & About

Santa must have kept everyone busy! No out and about this month.

TINNITUS BY THE NUMBERS

Tinnitus is not a disease itself; it is a symptom that something is wrong in the auditory system, including the ear, the auditory nerve, and the areas of the brain that process sound.

Hearing loss occurs with roughly 90 percent of tinnitus cases.

Noise-induced hearing loss and age-related hearing loss are some more common causes of tinnitus.

About one in five U.S. adults (nearly 50 million people) report some degree of hearing loss.

Tinnitus is sometimes the first sign of hearing loss.

Tinnitus is prevalent: 25 million to 50 million people in the United States experience it to some degree.

In the past year, about 22.7 million adults in the U.S. experienced tinnitus for more than three months, or about 10 percent of the adult population of the United States.

Approximately 16 million people seek medical attention for their tinnitus, and for up to two million patients, debilitating tinnitus interferes with their daily lives.

More than 200 drugs are known to cause tinnitus as a side effect when you start or stop taking them.

Among U.S. adults ages 65 and older, more than 12 percent of men and almost 14 percent of women are affected by tinnitus.

Tinnitus and hearing loss are the top service-related disabilities among veterans; 60 percent of those who served in Iraq and Afghanistan return home with hearing loss.

Sources: The National Institute on Deafness and Other Communication Disorders, the Centers for Disease Control and Prevention, and the American Tinnitus

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P.O. Box 22501 Eugene OR 97402

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

Hearing loss is a normal part of getting older. Not all hearing loss is from exposure to loud noise. You can expect to lose about one-half of your hearing by the time you reach sixty-five years of age.

Check the HLAA-OR website for updates on the Survivor's Manual. The web is:
www.HearinglossOR.org

It's hard to keep reminding people that you have hearing loss as then asking them to speak up or look at you. You can get a button to help you out.

<http://www.zazzle.com/deaf+buttons>

Please check out our box on the previous page. It has names and emails and phone numbers to people you might like to contact.

Hearing loss among children affects the development of their speech and language skills. The influence of hearing loss can even be seen among children with mild hearing loss. However, wearing hearing aids can help. A U.S. study shows the longer children with mild hearing loss wear a hearing aid, the better their speech and language skills develop.

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.

Dear Abby

Dear Abby didn't know how to respond to a letter about a person with hearing loss and where to get help.

HERE'S AN ANSWER

Abby, you need to alert your readers that Norm can do a lot to improve his situation. I am deaf and was in his exact position with a cochlear implant and a hearing aid a few years ago, and like him, I could not be able to handle conversations in social situations. Then someone introduced me to the Hearing Loss Association of America (HLAA) where I learned about communication strategies, auditory training, assistive listening devices and a lot more which improved my hearing and listening skills, especially in noisy or large gathering situations, by more than 20%. It also armed my family, friends and co-workers with communication strategies that made a huge difference for me and them. There are so many technologies today to help, but a basic one that could make all the difference to Norm is a Hearing Loop System for the dining room table at his community residence. You would be doing the 48 million Americans with hearing loss a huge favor and speaking directly to the 20% of your readership with a loss, if you alerted Norm and all of them that they can get the information, they need from HLAA or one of its 160+ chapters by going to www.hearingloss.org.education

Edward Ogiba Director of Chapter Development at Hearing Loss Association of America

**Courage doesn't always roar—sometimes it says quietly,
"I will try again tomorrow."**

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.

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(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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*Above: Molly Buckles, MS
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.**

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

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Web: 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.

This space could be yours for special
personal
announcements

(Congratulations/Birthdays/ Memorials, etc.)

Member: \$20 non Member \$30
For 1/4 page size: \$45 member

**Do not dismiss your dreams. To
be without dreams is to be
without hope. To be without
hope is to be without purpose.**



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

2580 Hilyard St., Eugene, OR

January 8, 2015

**Annual Financial Budget Report Program--
So What is the Question? --Rap session**

Questions? Questions?

-- Are you always hearing the question and giving the wrong answer to the question?
-- How do you deal with the stress of Hearing Loss?
-- What bothers you the most about being Hard of Hearing?

No one can see a hearing loss, and about 90% of the hearing population aren't even aware that they even have a hearing loss.... UNTIL they have to repeat themselves in a conversation to you. By then both of you are very frustrated. So the question is. What do you do?

**Come to and learn how to cope with a
hearing loss, and get the right answer.**

Calendar

Board Meeting none —
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
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