

Sound News

March 2015

Volume 9 number 3

Facing the Challenge of Hearing Loss

A SURVIVOR'S MANUAL



COMPILED BY THE
Hearing Loss Association of America
Oregon State Association

SURVIVOR'S MANUAL INFORMATION

At our last chapter meeting, we presented the new Survivor's Manual to the group and encouraged them to help us get them out to friends and family as well as doctors, dentists, audiologists, dispensers, pharmacies, Sr. centers., etc.

We also encouraged them to talk to any organizations or groups they belong to and ask them to invite someone to come and talk to them about the manual and to bring them manuals to distribute.

I watched as people left with several books to give out and one woman even had an armful!!! What a joy that was to see.

I tried to challenge them with **WHAT IF? What would happen if we reached out to hundreds of people and changed their lives for the better. Wow!! How cool would that be?**

There will always be books here at the chapter meetings or you could contact Shirley Perry to get some. If you want a speaker, contact,

Leone Miller: vnleone@comcast.net

Karen Swezey: kswezey@efn.org

We're always looking for financial help so if you have any ideas let us know.

WE PLAN TO HAVE ABOUT 50 HOLDERS FOR PLACES WHO WILL PUT OUT A LOT OF BOOKS - BUT USUALLY PLACES WILL SET THEM OUT IN THEIR WAITING ROOMS OR AN ACCESSIBLE PLACE. Let us know if you need one. When you deliver books be sure to give them your information so they can contact you if they need more books and check back with them occasionally to see if they need more.

WE NEED YOU TO HELP! CARRY A BOOK OR TWO WITH YOU IN YOUR CAR. TALK TO PEOPLE. WE CAN MAKE A DIFFERENCE THE LIVES OF HARD OF HEARING PEOPLE AND THEIR FRIENDS AND FAMILIES AND YOU CAN BE A PART OF THAT.

Contact me if you have questions: Leone Miller vnleone@comcast.net or talk to Karen Swezey at kswezey@efn.org (That's us 2 in the picture at the right)

Be sure to thank Karin Smith, Karen Swezey and Clark Anderson for their hard work in putting out this new book. We printed 25,000 this time Please be part of this by reaching out.

Our thanks, Leone Miller and Karen Swezey



Leone's Line



A Challenge:

*For 8 weeks—purposefully,
intentionally increase smiles and
lighten the load of 80 folks!*

- 1—Encourage
- 2—accept
- 3— admonish
- 4 -value
- 5—Serve
- 6—be patient
- 7—forgive
- 8—love

*Each week find 10 people to care
about using the topic listed for
that week—send a letter make a
phone call— take them to lunch
whatever!*

*Keep track of who you reached
out to and see how great you
feel. What did you do?*

*What did you learn.?
Have fun!*

Stars with Hearing Loss did you know?

Rob Lowe	left ear deaf from childhood mumps
Bill Clinton	wears two hearing aids
Halle Berry	80% loss in left ear due to abusive hit
Stephen Colbert	right ear deaf due to tumor
Rush Limbaugh	has two cochlear implants
Pete Townshend	tinnitus from rock music
Jane Lynch	right ear deaf due to childhood fever
Robert Redford	60% loss in left ear pelted with H2O hose
Holly Hunter	left ear deaf due to mumps
Jodie Foster	vertigo wears hearing aid

HELP!! HELP!! VOLUNTEERS NEEDED

Could you donate 2 hours a month of your time to your LOCAL HLA Chapter ? **We need** : Board Members- Secretary -Publicity Person-Webpage help in Word Press.

Please contact: Shirley Perry @ sugarplum17@comcast.net

If I fail, I try again, and again, and again. If YOU fail, are you going to try again? The human spirit can handle much worse than we realize. It matters HOW you are going to FINISH. Are you going to finish strong?"

— Nick Vujicic

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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National website: www.hearingloss.org

Oregon website: www.hearinglossOR.org

Chapter website: www.hearinglosslane.org



Out & About

Andrea Cabral & Linda Diaz had a table at "The Good Earth Home Show" Lesley Bergquist attended a presentation by Craig Fod and Donna Hill on a new hearing aid .

Vitamin Supplement after antibiotic treatment

hear -it

A vitamin supplement slows hearing loss after antibiotics. A dietary supplement has been discovered to offer protection against the side effects of gentamicin treatment. Gentamicin is a drug used to treat people with bacterial infections that are resistant to other antibiotics, including penicillin. The drug is often used in developing countries, because it is cheap and easily accessible. Unfortunately, gentamicin has a serious side effect – it can lead to hearing loss. A vitamin enriched diet, however, can help prevent drug-induced hearing loss.

Previous research has shown that up to 25% of patients treated with gentamicin or other types of aminoglycoside antibiotics experience hearing loss. The current study investigates how to prevent drug-induced hearing loss. Researchers from the U.S. tested the use of dietary supplements containing the antioxidants beta carotene and vitamins C and E, as well as the mineral magnesium, for protecting against gentamicin-induced hearing loss.

The antioxidant vitamins prevent hearing damage by destroying the free radicals, which cause hearing loss, and protecting against their effect.

"The best protection was obtained at lower test frequencies and that's important because the lower frequencies are essential for speech," states Colleen Le Prell, lead researcher of the study.

The researchers hope to use the results to develop a successful vitamin formulation that can prevent drug-induced hearing loss.

Finding published: the Journal of Association for Research in Otolaryngology. The study was carried out in collaboration between researchers from University of Florida and University of Michigan Source:news.ufl.edu

Donating used hearing aids

If your hearing aid won't work for you, it might work for someone else. One of the best things you can do with used hearing aids - whether they're in great condition or need repairs - is to donate them to a charity that will accept used hearing aids to be repurposed, reprogrammed or recycled to assist others in need in both the U.S. and around the world. For example, the **Lions Clubs International Foundation** collects hearing aids at its recycling centers, which are located around the community in public places like libraries or in audiologists' office.

Check with a local hearing care professional to find charities in your area that collect used hearing aids

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

Short term hearing loss a protective mechanism - After excessive noise exposure, short term hearing loss is the body's way of protecting itself and coping with the loud noise,

By 2031, nearly 20% of the population of the UK will have a hearing loss. Today, it is estimated that 10 million people in the UK experience hearing loss, which is about one person in six. In 2031, this figure is expected to rise to 14.1 million people.

Are you the kind of person who wants to learn more and is willing to help others?

What are Assistive Listening Devices and how can they help beyond hearing aids? If this interests you, we need a few team members to help with the ALDs program. It involves learning more about our devices and helping others that want to borrow the equipment. Training will be provided.

Please contact Lesley Bergquist - lesleyb@earthlink.net

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

P.O. Box 22501
Eugene OR 97402

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.

Hearing loops

A thin strand of copper wire installed around the edge of a room has transformed the lives of millions of Americans who wear hearing aids.

Called a hearing loop, it can bring crystal clear hearing in public spaces — including theaters, churches, museums, airports and even the U.S. Supreme Court — to those with hearing aids equipped with a telecoil. The telecoil, or T-coil, is a tiny copper coil receiver automatically built into more than two-thirds of today's hearing aids and in all cochlear implants.

Hearing loops have been popular in Europe for the past 30 years, and the movement is gaining momentum in the United States. Hearing loops now cover about 400 venues in Wisconsin, 120 locations in Florida, all new New York taxicabs, the 12,200-seat Michigan State University Breslin Center and two large Broadway theaters — the Gershwin and the Richard Rodgers.

Thank you Ma'Carry Cairo for your \$100 donation in memory of your nephew Chris Butler who was a member of our chapter for a while.

**ONE DAY SOMEONE IS GOING TO HUG
YOU SO TIGHT THAT ALL OF YOUR
BROKEN PIECES WILL STICK
BACK TOGETHER.**



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

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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

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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>.

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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hearing
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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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800-328-6684

E-Mail: Devices4less@Hotmail.com

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
\$60 non member

Want to see a **free movie** that is captioned and where there is a loop system? On the 3rd Wed. of every month Northwood Christian church shows a movie. At 1:00.

The Ultimate Gift - March movie

Spoiled Jason Stevens expects to inherit millions when his wealthy grandfather dies. Instead, the will requires him to complete 12 monthly tasks before receiving a dime. Follow Jason on a yearlong journey that leads him to the last thing he ever expected. Stars James Garner and Brian Dennehy. Rated PG 75 minutes.

Wed. March 18 2425 Harvest Lane Spfd.

A gift of food for our church pantry is appreciated.



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hearing

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877-787-1989 (Speech-disabled only)
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www.oregonrelay.com
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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:

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- Call history
- Font size/color modifications
- Built-in voicemail



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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

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:

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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

April 12, 2015 at 7:00 pm

The Hilyard Community Center
2580 Hilyard St., Eugene, OR

"Do You Know What You Don't Hear?"

Lesley Bergquist

What are you missing, why it matters and what you can do ... **Or how you can prove** for yourself or others that there is a sound that was or was not heard. Does someone you know have these issues?

Do other people respond to "something" and you have no idea what just happened?

Do you hear better with your glasses on? Can you hear in the dark?

Can you hear your doorbell, phone, alarm clocks, or timers?

If emergency people knocked on your door - would you hear them?

You will also learn about our chapter's **Assistive Listening Devices (ALDs) Project** - where you can borrow equipment to see if it works for you in your home before you purchase your own. Find out what you're missing! **Lesley Bergquist** is a volunteer and hearing loss advocate; HLAA member for over 25 years, board member of HLAA-Lane County, member of the Hospital Care Access Committee and our local Chapter Assistive Listening Devices Loan Project Coordinator.

Accessible for all degrees of hearing loss - Amplification, Loop Assistive listening system and Real Time Captioning provided. For more information, contact pijohns70@gmail.com

Calendar

Board March 3

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)