

Sound News

April 2015

Volume 9 number 4

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

We need your help!

Help us get them out to friends and family as well as doctors, dentists, audiologists, dispensers, pharmacies, Sr. centers., etc. and any organizations or groups you belong to and invite someone to come and talk to them about the manual and to bring them manuals to distribute.

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: vngleone@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.

CARRY A BOOK OR TWO WITH YOU IN YOUR CAR. TALK TO PEOPLE. WE CAN MAKE A DIFFERENCE !

Untreated Hearing Loss

gleaned from Healthy Hearing article by Debbie Clason

Untreated hearing loss may be an underlying symptom for a larger health problem, such as cardiovascular disease or diabetes. Those with untreated hearing loss are at a greater risk for developing dementia and Alzheimer's. Not hearing well can also lead to social isolation, relationship problems with friends and family, loss of income or earning potential, depression, anxiety and anger. And, because we hear with our brains, untreated hearing loss can also lead to cognitive difficulties. The brain can "forget" what it's like to hear, making it more difficult to regain those pathways once individuals do seek treatment.

While most people know that the brain shrinks with age, you may not know that shrinkage is accelerated in those with hearing loss. According to research conducted by Johns Hopkins and the National Institute on Aging, older adults with untreated hearing loss lost an average of a cubic centimeter of brain tissue each year compared to those with normal hearing. MRIs from the study participants showed the atrophy in the regions of the brain responsible for speech and sound.

Scientists have been studying the relationship between hearing and the brain for decades. Their findings are used by hearing instrument manufacturers to improve the hearing solutions they provide consumers just like you. The good news is, the majority of presbycusis, or age-related hearing loss, is sensorineural in nature and can be treated with a hearing aid. While hearing aids do not restore normal hearing, 90 percent of hearing aid users are satisfied with the way their devices perform and report greater satisfaction with their daily routines.

**DON'T COMPARE YOUR LIFE TO OTHERS.
YOU HAVE NO IDEA WHAT THEIR JOURNEY IS ALL ABOUT.**



"You Arx A Kxy Pxrson"

"Xvxn though my typxwritxr is an old modxl, it works vxry wxll. xxcxpt for onx kxy.

You would think that with all thx othxr kxys functioning propxrlx, onx kxy not working would hardly bx noticxd; but just onx kxy out of whack sxxms to ruin thx wholx xffort.

You may say to yoursxlf, "Wxll I'm only onx pxrson. No onx will noticx if I don't do my bxst." But it doxs makx a diffxrxncx bxcausx to bx xffxctivx, an organization nxxds activxparticipation by vxvry onx to thx bxst of his or hxr ability.

So thx nxxt timx you think you arx not important, rxmxmbxr my old typxwritxr.

You arx a kxy pxrson."

Middle Ear Infections and Hearing Loss

gleaned from Mandy Mroz, director of Healthy Hearing

Middle ear infections are a fairly common occurrence in childhood that can cause temporary hearing loss. Also called otitis media, middle ear infections result in inflammation, fluid build-up or a combination of both in the space behind the eardrum. This build up can reduce the mobility of the eardrum and middle ear bones, leading to a reduction in hearing ability. If treated properly, the infection will clear and hearing ability will improve. It's important to learn the symptoms so you know when to seek medical help for your child.

Symptoms - younger children

Fever, Constant scratching or pulling at the ears

Slower to respond to voices and other sounds, Irritability, Secretions from the ear, A consistent earache, pulling at the err and difficulty understanding speech are all possible symptoms of a middle ear infection.

Older children, adolescents and adults:

Constant earache, pressure in the ears, Difficulty understanding speech or engaging in conversation

Feelings of dizziness or imbalance, Vomiting or general nausea

Act in a timely fashion because a middle ear infection can easily be treated and the pain alleviated. Left untreated, the infection can spread to other tissues in the brain, like the mastoid.

Acute otitis media usually has a rapid onset and a short duration. **Chronic Otitis media** can affect the middle ear for a much longer period of time, a month or more, and has a much higher risk of recurrence. It is also more likely to cause long-term conductive hearing loss or damage in the middle ear. Both types of otitis media can be treated with antibiotics, which help destroy the infection.

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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National website: www.hearingloss.org

Oregon website: www.hearinglossOR.org

Chapter website: www.hearinglosslane.org



Out & About

Leone Miller spoke at the Twin River Rotary Club

They sent an article and picture to the Springfield Times.

Karen Swezey is talking with many of the Lions at their conventions. Both Karen and Leone are out speaking about hearing loss and our Survivor's Manuals. Karen just supplied 2400 books at one of the Lion's conventions in Canyonville.

Out of area Audiologists that people can contact:

Many CI users may have heard that the Eugene Hearing & Speech Center (EHSC) has closed its doors and now you are wondering where to go? and who to see for mapping or other CI services. Well there is good news! Here is a complete list of audiologists that can help you, but those of you in Lane County may have to travel a bit.

1-Oregon Clinic: Westside Ear, nose & Throat - Lindsey Yarnell –AU.D
9155 SW Barnes Rd., Suite 536, Portland, OR 97225 Phone: (503)935-8114

Email: LYarnell@orclinic.com. Their website is: <http://www.oregonclinic.com/locations/westside-ear-nose-throatnclinic.com>

2-OHSU-Jessica Eggleston Au.D., (503)494-5171

3--Willamette ENT (in Salem)—Heidi Sheridan Au.D., Audiologist
503-485-2581 phone or Fax 503-485-2563 Once you are an established patient, then you'll be able to send secure messages through their portal.

4-Ron Leavitt-Au.D., 1025 NW 9th St., Suite D, Corvallis, OR 97330;
Phone (541)754-1377

We are so grateful we are to the Lion's Clubs of Oregon for supporting the Survivor's Manual project. Karen met with one group in March and they welcomed her warmly. We look forward to continuing to work with them.

We would love to talk with any interested groups about this project. Have them call us.

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

Elderly people with hearing loss have a better balance with their hearing aids turned on compared to when their hearing aids are turned off.

More than one billion young people risk damaging their hearing through listening to loud music, the World Health Organization (WHO) says..

The WHO estimates that around half of those between the ages of 12 and 35 in middle- and high-income countries are at risk due to unsafe levels of sound on personal audio devices or smartphones.

Researchers have found that the high levels of hearing loss symptoms are not caused by unawareness, since 88% of the teenagers were aware of the risks but did not take action to reduce them. When the teenagers were asked what their parents would do if they knew their teens were listening to too loud music, 78% of the teens answered that they would be asked to lower the volume.

Hearing loss has a significant impact on quality of life. Individuals with hearing loss report a higher rate of depression and greater feelings of social isolation than those without hearing loss. Other emotional issues can include anger and withdrawal. In other words, hearing loss often precipitates poor mental health. In addition, studies have also shown that people with hearing loss run a greater risk of falls and hospitalization

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P.O. Box 22501
Eugene OR 97402

Win for Police Officers with Hearing Aids: HLAA Was There to Help

In 2010, HLAA received a phone call from New York Police Department (NYPD) Deputy Inspector Daniel Carione. He was being forced to retire from the NYPD. His crime? He purchased and used a hearing aid on the job.

NYPD bans the use of hearing aids on the job, regardless of how well that officer does his or her job. HLAA stood by Carione for the last four years, offering our expertise in hearing loss to help him and his legal counsel build his case.

HLAA recently filed a friend of the court brief (amicus brief), drafted by attorneys at Cravath, Swain in New York City. The amicus brief was accepted into the record, and apparently had a positive impact on the court and the settlement process. The amicus brief covers several issues, including: the assumptions made about hearing aids by NYPD were outdated and flawed; NYPD is one of the few police departments that ban hearing aids; and the practice is counterproductive, as it forces officers with hearing loss to hide their disability rather than address it, thus putting officers and the public at risk.

When it comes to going after what you love in life, don't take no for an answer.

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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Laura Hurn, Au.D., CCC-A
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General Technologies
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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)

Call General Technologies
(916) 673-2321 Fax (916) 673-2324
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

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- **Websites:**
www.oregonrelay.com
www.oregoncaptel.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.)

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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 9, 2015 at 7:00 pm

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

**Do you have difficulty communicating
on the telephone?**

Come join us. **Andrea Cabral** will clarify how the Oregon Telecommunications Devices Access Program loans adaptive telephone equipment at no cost and with no income restrictions to eligible Oregonians who have a hearing, vision, speech, cognitive or mobility impairment.

Andrea has many, many years of testing and explaining the telephones for this state program. Also 20 years of being an HLA-LCO member.

Calendar

Board March 31

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)**