

Sound News

February 2015

Volume 9 number 2

Survivor's Manual Update

We hope to have books this month to distribute.

They have a beautiful new green cover which will distinguish them from our older books and also have a new cover picture. Many of the articles have been updated as there is so much new technology and we've update contact information too.

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

Karin Smith
Karen Swezey,
Clark Anderson
Vicki March

Let them know you appreciate
their hard work.

See page 3 of our newsletter
to see how YOU can help us
get the books to folks.

Facing the Challenge of Hearing Loss

A SURVIVOR'S MANUAL



COMPILED BY THE

Hearing Loss Association of America
Oregon State Association

Leone's Line



"People need people,
We need each other.
A friend is a person whom one
is in need of and by
whom one is needed.

We need to know we are
wanted,
trusted and loved.
We need people pulling for us,
depending on us and
expecting much of us.

And we must give it all back."

*Rocky Stone, founder of SHHH
(now Hearing Loss Assoc.),
Excerpt from "An Invisible
Condition"*

**WE CAN MAKE A
DIFFERENCE**

Healthy food, healthy hearing?

Being on a diet with calorie restrictions can have a positive effect and actually benefit hearing

A moderate caffeine intake can be helpful in reducing the rate of tinnitus
This amount equals 4-6 cups of coffee.

Loud music damages the nerves in the brain

Loud music on headphones has the same effect on the nerves as multiple sclerosis and causes hearing loss.

Smoking during pregnancy tied to hearing loss in teens

Type 2 diabetics and hearing loss

Type 2 diabetes is a well known lifestyle disease and people who suffer from it are more inclined to develop hearing loss. Researchers can conclude that the prevalence of moderate hearing loss is higher in patients with type 2 diabetes.

Hear It

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

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

Newsletter Editor	Leone Miller vngleone@comcast.net
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National website: www.hearingloss.org

Oregon website: www.hearinglossOR.org

Chapter website: www.hearinglosslane.org



Out & About

If you're not and about for HLA—you Could Be!!
Talk to your chapter leaders and see how you can help

Hult Center announces:

In partnership with Theater League, we will be offering open captioning via supertitles from the stage on the opening night of each of their remaining Broadway performances this season:

Memphis: Monday, February 23 at 7:30 p.m.

Camelot: Tuesday, March 24 at 7:30 p.m.

SURVIVIOR'S MANUAL

Have you ever watched a dog chase it's tail? It really wants to get a hold of that tail but just can't figure out how! Do you remember when you started going in circles looking for something (anything) to help you deal with your hearing loss and you just couldn't get a hold of it? What a gift it would have been to have a book like the **Survivors manual (Facing the Challenge)** to help you in your time of need. Bet you still have to look up things in that book now and then.

The new manual is ready to put into the hands of the people who NEED to have it. We have printed and distributed 62,000 books over the years and now have another 25,000 to distribute.

Our chapter has been part of this manual since the beginning so we know how important it is.

WE NEED TO GET BOOKS TO AUDIOLOGISTS, DISPENSERS, PHARMACIES, DOCTORS, CHURCHES, SCHOOLS, ORGANIZATIONS. I NEED PEOPLE IN OUR CHAPTER TO HELP ME!

Churches are desperate to help their people to hear. So are organizations: Lions, Kiwanis, Rotary, etc. Do you belong to a church? a club? Would you be willing to ask people to put books out on their business counters?

I'm talking about a REAL commitment. Are you that person(s)? Will you help with this? The Survivor's Manual is the most important piece of information we can give to people.

I'LL PROVIDE YOU WITH AS MUCH INFORMATION AND ENCOURAGEMENT AS I CAN. THIS IS NOT A PROBLEM-IT'S A CHALLENGE. ARE YOU UP TO THAT CHALLENGE? YOU ARE NEEDED!

email me NOW so we have time to organize and talk. Leone Miller
vngleone@comcast.net

We are so grateful to have the Lions organizations in Oregon help us with our distribution too.

**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

Think about the 50 million Americans who live with the daily challenges of hearing loss and tinnitus. Even more troubling is that hearing loss is affecting people all across our society:

1 in 7 adults

1 in 5 teenagers

3 in 5 returning veterans

By 2030, the total number of people living with hearing loss is expected to double. This healthcare condition is truly an unseen epidemic.

Folate may reduce or delay hearing loss

Omega-3 may protect against hearing loss

Vitamin A may protect from hearing loss

Protein can help to restore hearing

Hear-it

Smokers have an increased risk of hearing loss of over 15% compared to non-smokers and passive smokers, while second-hand smoking increase the risk by 28%. On the other hand, ex-smokers have a slightly reduced risk of hearing impairment, likely because they adopted a healthier lifestyle after quitting smoking.

Hear It

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.

How Can I Tell if I'm Losing My Hearing?

You may feel like your hearing is fine, but you cannot understand what people are saying to you. This is typically a sign of one of the most common types of hearing loss called **high-frequency hearing loss**. This hearing loss only affects the upper ranges, so you can hear some sounds fine, but not others. These sounds give meaning to words, so you may feel like sounds are loud enough, but not clear enough.

Other signs:

Asking friends and family to repeat themselves

Difficulty hearing the TV or telephone

Difficulty understanding conversation in noisy situations, such as restaurants

Frustration from family members who feel you do not understand them

Feeling like people around you are mumbling or not speaking clearly

The first step is to have your hearing evaluated by an audiologist or hearing instrument specialist. Once you have that information, the professionals at your hearing center will be able to discuss your treatment options with you. In the vast majority of cases, hearing aids do help hearing loss. They can be programmed specifically for your needs, only giving you the extra volume in the ranges where you need it. *Healthy Hearing .com*

A big thank you to Pat Reilly For getting the labels o our newsletter and taking the NL to the bulk mailing. Also thanks for this donations throughout the year. And thanks to Red Smith for his donation.

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 HLLA is \$20 student, \$35 individuals, \$45 for couple/family, \$60 professional. It includes the award-winning bi-monthly magazine, *Hearing Loss*. Write HLLA, 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.

For *Your*
hearing
health



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*Above: Molly Buckles, MS
and Katherine Swem, Au.D*

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**PeaceHealth
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ASSOCIATES**

Hearing is believing

*Members of American Academy
of Audiology and Academy of
Doctors of Audiology*

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



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Rancho Cordova, CA 95742 1-800-328-6684.



**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

*The top of the world is not a mountain.
It's a place inside you.
From where you can decide
to sit and watch
or put on your shoes and dance.*



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deaf



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deaf-blind



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hearing

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- **Espanol:**
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- **Voice Carry-Over:**
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900-230-3325
- **Customer Service:**
800-735-2900
877-787-1989 (Speech-disabled only)
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800-676-4290
- **Websites:**
www.oregonrelay.com
www.oregoncaptel.com

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* App requires an Android-powered device with OS 2.2 or higher.

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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:

____\$10 ____\$20 ____\$50 \$____

This gift is In Memory of:

In Honor of _____

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Inside this issue:

Survivors Manual	1 & 3
Healthy Food, Healthy Eating	2
Leone's Lines	2
Keeping Your Batteries Charged	3
Vitamin Supplements	3
How Can I Tell If I'm Losing My Hearing?	4-5
Meeting Information	8

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

February 12 7:00 PM

***Employment After Hearing Loss
Navigating the Workplace with the Help of the ADA***

David Baldridge, Ph.D. is a Newcomb Fellow, an Associate Professor of Management and Director of Off-campus MBA Programs at OSU. He is deafened and has bilateral cochlear implants.

David will briefly present his research on barriers to, and best practices in, employment and career success for people who are hard of hearing and then lead an open discussion on ADA rights and limitations, disclosing a disability, requesting accommodation, and positive self-advocacy.

Last year David presented "Workplace Behavioral Responses to the Law" at the HLAA convention at Austin Texas with John Waldo and published two related articles in HLAA magazine.

Calendar

Board Meeting Feb. 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)**