

Sound News

April 2016

Volume 10 number 4

Women Explain Hearing Loss Better Than Men

Hear It

Women with hearing loss may be more likely than men to explain the condition to others in a way that also helps to foster communication. Women were more than twice as likely as men to report telling people not just about their hearing challenges, but also about how to help them.

In general, slightly more than 1/3 of the study participants said they rarely – if ever – told people about their hearing loss, while about 14% shared the information with people all or most of the time.

People were more than twice as likely to engage in conversations about hearing loss if they had tried it before and been met with support and accommodation. The severity of the hearing loss didn't appear to influence how people chose to disclose the condition to others.

The study concluded that men in contrast to women tended to favor a direct disclosure of hearing loss without any elaboration on how it impacts their ability to communicate or how others might help.

Colleagues at Harvard University and Massachusetts Eye and Ear in Boston in the U.S., explain that women's approach is better because it can help limit how much hearing loss negatively impacts patients' lives.

"This strategy would provide communication partners with a simple, straight-forward explanation of the hearing loss while highlighting ways in which communication partners can help the person with hearing loss to hear better in the situation,"

The study was published in the journal *Ear and Hearing*.

Communication and Hearing Loss

Healthy Hearing

According to the Center for Hearing and Communication, over 48 million people in the U.S. have hearing loss. The problem is that only 1 out of 4 people who need them actually wear hearing aids. That means 75% of those with hearing loss are putting their relationships at risk. A 2009 British study revealed that out of 1,500 people with hearing loss surveyed, 44 % reported that their hearing loss had caused relationships with their partner, friends or family to suffer. And 34 % reported that the breakdown in communication had actually brought about loss of relationships, including marriages.

Day to day communication among couples, whether about important matters or those that seem trivial, are the cornerstone of a healthy relationship. Hearing loss can cause those small but important reflections and events, seemingly insignificant at first glance, to be lost. When communication breaks down, frustration creeps in. That frustration can lead to resentment, which leads to further breakdown in communication and intimacy. The result? A sense of loneliness and isolation for both partners.

According to a 2007 survey 35 % of participants reported that out of all of their relationships, the one with their significant other suffered the most. Even the smallest communications, even those normally deemed as unimportant, actually build intimacy and connection between partners. Those small asides, including jokes and humor, are actually quite significant, bringing about shared companionship and reflection. And relationships experience a significant loss in the absence of that communication.

Hearing loss can cause a cascade of detrimental effects and negative emotions between partners. Among these:

- Frustration
- Resentment
- Loneliness, i.e. the hearing partners feel that they are missing out on companionship
- Curtailing of social activities, withdrawal from social interaction
- Decrease in intimate talk, joking with family
- Shared communication difficulties
- Decrease in shared activities such as watching TV
- Loss of companionship
- Decrease in communication (words are kept to a minimum)

On the flip side, interventions such as hearing aids improve quality of life, but can improve relationship satisfaction, communication and social functioning.

Leone's Line



Rebellion against your handicaps gets you nowhere. Self-pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world-making the most of one's best.

HARRY EMERSON FOSDICK
snagged from Values.com



Volunteers needed:



We need members to be **at the Welcoming Table** at the beginning of our general meetings.

Duties will be written out for easy reference and are basically to arrive at 6:40 and greet people as they come in. Hand out raffle tickets and ask new people to sign in to receive a free Welcome pack about our chapter. This is an easy, but *essential* role to help our chapter. For more information contact: Lesley Bergquist at lesleyb@earthlink.com

People With hearing loss are up to five times more likely to develop dementia, a study finds.

Hear It

Hearing loss and dementia

Compared with individuals with normal hearing, people with hearing loss are more likely to develop dementia.

People with mild, moderate and severe hearing loss are 2, 3 and 5 times more likely to develop dementia respectively than people with normal hearing.

Even after taking into account other factors that are associated with high risk of dementia, such as diabetes, high blood pressure, age, sex and race, hearing loss and dementia are still strongly associated.

You've only got three
choices in life:

Give up, give in, or
give it all you've got.

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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Tashiko Weinstein		email: tashiko89@gmail.com

Article Deadline: Second Thursday each month
Newsletter Editor Leone Miller vngleone@comcast.net
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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 and About

Clark Anderson, Lesley Bergquist, Tim Bergquist, Andrea Cabral, and Arnie Goodman attended a presentation on a new assistive listening system by Listen Technologies at the Hult Center. They are working to replace the system by June.

Clark and Andrea manned a table in Salem to inform people about HLAA.

Telephone Communications Available

The State of Oregon Public Utilities Commission (PUC) has three programs to assist Oregon residents with telephone communications.

The Oregon Lifeline reduces monthly telephone bills for Oregonians receiving qualifying benefits.

The TDAP program loans adaptive telephone equipment (at no cost) to Oregonians who have hearing, vision, speech, mobility or cognitive impairments. Equipment includes captioned phones.

The third is a **relay service** that allows a person with a hearing or speech disability to place and receive phone calls.

Get the scoop at this link: <http://www.puc.state.or.us/Pages/rspf/index.aspx>

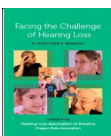
Talking back to your TV set

Do you have a complaint about the captioning on your TV? To make a complaint, first contact the local broadcast station or your cable or satellite provider.

For broadcast stations, go to stations.fcc.gov and enter the station's call sign, e.g., KATU or KPTV, to get the station's contact information for captioning issues.

For cable or satellite users, get info at <https://consumercomplaints.fcc.gov/hc/en-us/articles/202701124-Closed-Captioning-on-Television>.

If you are not satisfied with the response you get from the station or service provider, the above websites will also tell you how to make a complaint to the FCC itself. In addition, the FCC has info on captioning requirements and complaints for videos you see on the internet: <https://www.fcc.gov/general/closed-captioning-video-programming-television>



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

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.

Keeping Your Batteries Charged

Information You Can Use

POPULATION OF PEOPLE WHO ARE DEAF OR HARD OF HEARING IS ON THE RISE

The population of people who are deaf or hard of hearing is increasing, going from one out of every eight people previously to one out of five nationwide, a state official told lawmakers Tuesday. Speaking to the House and Senate Ways and Means committees, Commissioner for the Deaf and Hard of Hearing Heidi Reed suggested the reason for the increase could be "age-related," "noise-induced hearing-loss as a result of war," or "traumatic injury." / Milford Daily MA News

Montgomery, AL

NEW VFW WRISTBANDS TO HELP THE HEARING IMPAIRED

Alabama Veterans of Foreign Wars (VFW) have officially went statewide with a wristband for hearing loss victims. Ala. VFW Hearing Loss Chairman David Wright says this started as a local post idea. He also says that the Ala. VFW is the only branch doing this. The hearing loss wristbands are for everyone, not just veterans. Wristbands are colored to stand out well, so that victims can be assisted by simply showing the band.

Please remember to take Survivor's Manual to as many places as you can: audiologists, pharmacies, doctors, churches, senior living centers etc.

10 worst jobs for hearing

10. Hairdresser

The noise from a number of hairdryers being used at the same time often reaches 85dB contribute to gradual hearing loss over time.

9. Nursery school teacher

With tantrums, screaming, crying, shouting and singing with a class of toddlers, noise levels can easily reach 85dB.

8. Motorcycle courier or delivery person

Motorbikes, known for their noisiness and together with the "wind noise" factor they can produce and ear-ringing 103dB of sound.

7. Gardener

Weed whackers and lawn mowers used for trimming lawns and can generate up to 107dB of noise.

6. Musician, DJ, sound crew or nightclub staff

Staff experience a noise level which is usually above 115dB and with music continuously blaring into the early hours of the morning,

5. Carpenter

Noise from electric saws and machinery is unavoidable part of the job for a carpenter – the noise from a rotary hammer can measure up to 120dB alone.

4. Builder

Operating heavy machinery used in the construction industry can be a on the decibel scale at a whopping 130dB.

3. Miner

Power tools or machinery make to a significant level of noise. Mining is no exception as noise levels can actually get as high as 135dB.

2. Formula One driver

Sitting in the cockpit of literally be deafening without the use of proper protective gear, as sounds can reach up to 135dB.

1. Airport ground control staff

Noises from planes landing and taking off can measure up to a whopping 140dB. Worst job

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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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Doctor of Audiology

dr.leslie@hearingassociates.net

Sandi L.B. Ybarra, Au.D.

Doctor of Audiology

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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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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

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Member: \$20 non Member \$30

For 1/4 page size: \$45 member

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Because of Winn-Dixie

Kate DiCamillo's beloved Newbery Honor-winning book inspired this major motion picture. One summer day, Opal goes into a supermarket and comes out with a scraggly dog she names Winn- Dixie. Because of Winn-Dixie, her preacher father finally tells her 10 things about her absentee mother, and Opal makes lots of unusual friends in her quirky Florida town. She grows to learn friendship -- and forgiveness -- can sneak up on you. PG 106 min.

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www.oregonrelay.com

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Oregon Relay is a service provided
by the Oregon Public Utility Commission.

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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!

App features include:

- Integrated contact list
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- Built-in voicemail

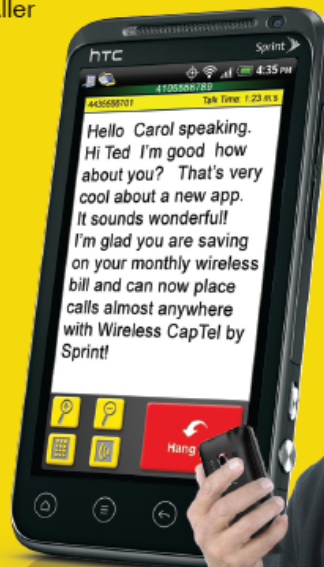


Scan to download app or search Wireless CapTel by Sprint in the Android Marketplace.

* 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 \$____

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In Honor of _____

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____ Survivors' Manual ____ Other

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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

Thursday, April 14 7 pm HLAA-LC meeting

Rap session - "Everything you wanted to know about hearing loss, but were afraid to ask?" lead by Lesley Bergquist

We are going to talk about the ins and outs, ups and downs and what the issues are with having a hearing loss, knowing someone with a hearing loss or you think you do, but they won't admit it. Or maybe you're wrong?

How bad does it have to be before your hearing loss is "that bad"?

How to make communication easier when you or someone else is having problems?

Why don't people remember, even after you have told them you can't hear what was said?

How do you feel when you ask someone to repeat something and they say, "That's okay, it doesn't matter."

Why don't we speak up?

Bring your own questions and find out how other people deal with the same situations. **You are not alone!**

Accessible for all degrees of hearing loss - Amplification, Loop Assistive listening system and Real Time Captioning provided. For more information, contact: lesleyb@earthlink.net

Calendar

Board Meeting April 5
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)