

Lane County Oregon Chapter

# Sound News

## December 2015

**Volume 9 number 12**

## Eight Gifts That Don't Cost a Thing

1. **The gift of listening.** But you must Really listen. No interrupting, no daydreaming, no planning your response. Just listening.
2. **The gift of affection.** Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.
3. **The gift of laughter.** Clip cartoons. Share articles and funny stories. Your gift will say, "I love to laugh with you."
4. **The gift of a written note.** It can be a simple "thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime and may even change a life.
5. **The gift of a compliment.** A simple and sincere, "You look great in red," "You did a super job" or "That was a wonderful meal" can make someone's day.
6. **The gift of a favor.** Every day, go out of your way to do something kind.
7. **The gift of solitude.** There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.
8. **The gift of a cheerful disposition.** The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say "hello" or "Thank-you."

## Tips on How to Overcome Stress

1. Exercise regularly Regular physical activity also helps you produce endorphins; the hormones that make you feel really, really good.
2. Be grateful. Start appreciating more of the good things in life.
3. Let it go. Procrastination can sometimes be

4. Eat healthy. Stress can bring on junk food cravings.
5. Relax and breathe. When life gets too tough, realize “this too shall pass.” Take a deep breath, take a bath, take a walk or nap .
6. Laugh it off. Always keep your sense of humor.
- 7 Slow down. Pay attention to how you feel. If you’re pushing too hard, simplify or cut back whenever possible. Take care of yourself.



**Give the gift of encouragement  
for Christmas.  
It's the perfect gift, rare and  
valuable.**

It's free but it may cost you time  
and thoughtfulness.

You won't have to shop. A note  
or phone call is all it takes.

You don't have to gift-wrap it,  
it's beautiful all by itself.

It's custom-designed. No size to  
worry about but it be a perfect fit.

What are the things a person  
needs the most: motivation,  
support, comfort?

No batteries required. It creates  
its own energy.

It will last a lifetime. Not only  
will it make a difference to  
someone but it could last a  
lifetime.

For many people with hearing loss, asking the friends and family around them to change their routines or behaviors is the hardest part of getting help. However, you can help with that by being willing to help make some of those changes, and even suggesting a few methods. Here are a few simple tips to try out:

Facing your family member while speaking with them

Speaking more clearly, not loudly or slowly

Keeping unnecessary background noises, like TVs or radios, to a minimum when trying to have a fruitful discussion

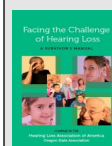
Avoiding blocking your mouth with hands, cups, etc, while speaking

These simple things can greatly improve your conversations, and therefore relationships, with these family members. Once you have discovered some helpful and easy new ways of assisting your loved one, be sure to pass the information along to your other family members who may be in regular contact.

### **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



### **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**

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

#### **Officers**

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**National website:** [www.hearingloss.org](http://www.hearingloss.org)  
**Oregon website:** [www.hearinglossOR.org](http://www.hearinglossOR.org)  
**Chapter website:** [www.hearinglosslane.org](http://www.hearinglosslane.org)



## Out and About

Everyone must be buy shopping.  
Have a wonderful Christmas!

### Hearing Loss and Word Recognition

*Hearing Planet*

Smiling and nodding. Chances are, we have all done it before. Maybe it was when you were eating lunch outside and the wind picked up in the middle of a sentence. Or maybe you were at a baseball game and the noise of the crowd drowned out the voice of your friend sitting next to you. So instead of asking the other person to repeat themselves, you just smiled and nodded, and hoped that you didn't miss anything important.

It's a familiar experience for all of us, but it becomes more and more common as we start to lose our hearing ability. What once was a rare occurrence becomes a habit, and when it happens enough, eventually we do miss out on important moments and important conversations.

#### **Why Does Speech Sound So Muddled?**

Usually, we think of hearing loss as just affecting the volume of the sounds that we hear. However, most forms of hearing loss, including the gradual impairment that can develop with age, also diminish the clarity of sounds. For most hearing impaired individuals, this problem is most keenly felt when they are trying to follow a conversation.

#### **Understanding Speech with Hearing Loss...**

**Word recognition** (also known as speech discrimination) is the ability to distinguish between different spoken words. People with hearing loss will often suffer from reduced word recognition for two main reasons: Fewer cues. Many words in the English language are only distinguishable from each other by very small, subtle sounds (called phonemes). For a person with hearing loss, picking up on these small differences in sound can be a challenge. Additionally, many important phonemes tend to be high frequency, making them especially difficult for many people to hear (high-frequencies are often the first to go with hearing loss).

**Impaired cognitive processing.** As you listen to another person speak, your brain is busy converting many different sounds into individual words, as well as separating the speaker's voice from background noises like street traffic. Recent studies suggest that both of these tasks may require practice to remain strong. The longer a person lives with untreated hearing loss, the more impaired their speech processing will be.

In addition to these problems, some people with hearing loss also suffer from damage to the bones in their middle ear, their cochlea, or their brain's auditory nerves. All of these can also reduce the clarity of perceived sound.

#### **Can Hearing Aids Help Me Understand Speech?**

The effectiveness of hearing aids for increasing word recognition depends on the cause of the hearing impairment. For many people with age-related hearing loss, hearing aids can increase their ability to hear important word cues. In addition, many new hearing aids have cutting-edge technology that helps to separate speech from other sounds in the background, amplifying the conversation that you want to hear rather than the noise of the wind or the crowd.

Early intervention is very important, however. The longer a person lives with hearing loss, the harder it will be for him or her to discriminate between different sounds, even with assistance.

## Keeping Your Batteries Charged



### *Information You Can Use*

Surveys from Europe show that most hearing aid users experience increased quality of life. The surveys also found that people who use hearing aids tend to be less depressed, less exhausted in the evenings and that they sleep better than non-users.

In the surveys, 89% of the hearing aid owners said that they don't think people make fun of them because of their hearing aids. This is compared to 35% of those with hearing loss who do not use hearing aids who felt people make fun of them because of their hearing loss.

10.6% of all adult Americans say they have difficulty hearing.

In the US, Only 2-3% of all people between 45-64 use hearing aids, while the proportion of those aged 65-74 who use hearing aids is 9%. Among people aged 75-84, this figure rises to 14%.

Of those who use hearing aids, 74% say that they use two hearing aids.

HAAA recently filed comments with the FCC regarding HAC wireless phones. We were joined in this filing by the Telecommunications for the Deaf and Hard of Hearing (TDH) and the National Association of the Deaf (NAD). Together we make it clear that our goal has remained unchanged: we want to see 100 percent of wireless handsets built to be hearing aid compatible. We also want this accomplished while still being committed to working with the wireless industry to ensure the path forward works for both consumers with hearing loss and the industry.


## How Does Stress Affect Health Negatively?

Humans developed the ability to deal with stress thousands of years ago in order to survive. When faced with danger, our cavemen ancestors had to react fast and furiously to either fight off predators or run like the wind. This "fight or flight" response causes the release of a gigantic load of stress hormones that start pumping and pulsing through your veins, causing:

- Your heart to race
- Breathing to catch or speed,
- Your muscles to become hyper tense,
- The blood flow in your body to increase by 400%,
- To conserve energy, your digestion comes to a dead stand still.

So how does stress affect health? If you don't use this burst of energy and strength to physically fight off the enemy or run away, you're in trouble. The prolonged "wear and tear" on your immune system eventually turns into a state of exhaustion. And that tired and fatigue all the time feeling you end up with is the first symptom of all degenerative disease.

Other early stress consequences include headaches, weight gain or loss, high blood pressure, indigestion, muscle aches, clenched jaw and grinding teeth, skin problems, insomnia, depression and diminished sex-drive. Long-term stress effects include heart disease, diabetes, stroke and autoimmune diseases, such as lupus and rheumatoid arthritis.



**Need Assistance to Keep In Touch?**

**TDAP** Telecommunication Devices Access Program

Loans adaptive telephone equipment at no cost to qualifying Oregonians with a disability

**OTAP/LIFELINE**  
Oregon Telephone Assistance Program

Provides a monthly discount for low-income Oregonians who meet eligibility criteria

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(971) 239-5845 Videophone  
M-F 9am - 4pm  
[puc.rspf@state.or.us](mailto:puc.rspf@state.or.us) E-mail

**OREGON PUBLIC UTILITY COMMISSION**  
[www.rspf.org](http://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](http://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.





### THE RIGHT CARE. RIGHT HERE.

- Hearing evaluations
- Hearing aid consulting, dispensing and repair
- Testing and treatment of vestibular and balance disorders
- Patients of all ages

*Above: Brad Smith Au D*

*Katherine Swem Au D*

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**488-208-6500**

**Barger Medical Bldg**  
**541-242-8300**



**PeaceHealth**  
**Medical Group**



**HEARING**  
**ASSOCIATES**

*Hearing is believing*

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

**EUGENE** 541.686.3505

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[EugeneHearingAssociates.com](http://EugeneHearingAssociates.com)

## Feel Good About Your Hearing

For comprehensive adult and pediatric hearing evaluations, you can depend on our advanced technology and caring professionals. Call to schedule a consultation to learn more about the latest digital hearing aid products.



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

**OREGON**

541-334-3370

330 South  
Garden Way,  
Suite 300

**MEDICAL**  
**GROUP**



**General Technologies**  
3806 Security Park Drive  
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](mailto:Devices4less@Hotmail.com)

**Web: [www.devices4less.com](http://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

### **NORTHWOOD CHRISTIAN CHURCH LIBRARY MOVIE**

**2425 Harvest Lane Spfd. Wed December 16**

**1:00 FREE**

***closed captioned/loop system***

### **The Secrets of Jonathan Sperry**

What he teaches them will last forever.

Twelve year old boys looking forward to a summer of fun in 1970. When Dustin mows the lawn of seventy-five year old Jonathan Sperry (Gavin MacLeod), a man he has seen at church, a unique friendship develops. What happens the rest of this summer is something Dustin and his friends will never forget!

# Oregon Relay...

Everyone deserves to  
communicate by telephone  
Just dial **7-1-1**



Oregon Relay is a free service that allows individuals with a hearing or speech disability to place and receive calls through specially trained relay operators. There are several forms of Oregon Relay services, depending on the needs of the user and telephone equipment.

#### For more information:

[www.oregonrelay.com](http://www.oregonrelay.com)

[SprintTRSCustServ@sprint.com](mailto:SprintTRSCustServ@sprint.com) (Email)

800-676-3777 (TTY / Voice)

877-877-3291 (Fax)

877-787-1989 (Speech-disabled)

800-676-4290 (español)



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



# SPEAK, LISTEN AND READ WIRELESSLY!



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

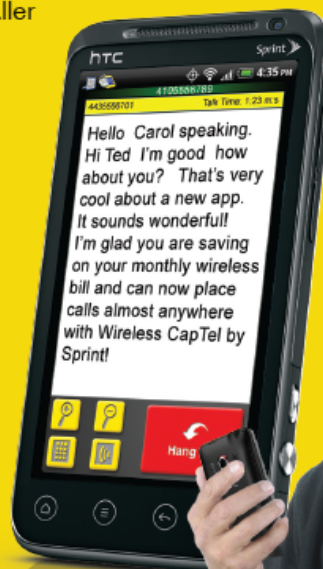


Scan to download app or search Wireless CapTel by Sprint in the Android Marketplace.

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

Need a device? Wireless CapTel by Sprint uses VOIP services to connect your calls. Start saving today by visiting [sprintrelaystore.com/wcs](http://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:

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

This gift is from:

Name \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

**ADDRESS SERVICE REQUESTED**

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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

**HLA Meeting: Thursday, December 10 6:30**

Website: [hearinglosslane.org](http://hearinglosslane.org)

**"You're Invited to a Big Holly Jolly Holiday  
Potluck & Gift Exchange"**

**Starting at 6:30 – 9:00 p.m.**

**HLA will provide Ham, Rolls, Coffee & Water.**

**Members to bring salads, side dish or dessert (to serve 10 people). Along with Utensils marked with your name.**

**Members to bring a gift for each family member attending the gift exchange. Cost of gift to be between \$5-\$7.00. Any gift for a child, please write child on the gift.**

**Calendar**

**Board Meeting Dec 1**  
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)**