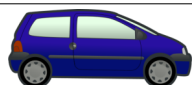


Sound News

August 2016

Volume 29 number 8

Traveling safely with hearing loss!



In the car

By Lesley Bergquist

Most of us travel by car on a regular basis and don't really think about our hearing loss as an issue. In fact, there are several things that require us to be more aware than the normal hearing driver.

We have to pay closer attention to our mirrors and what is visually going on around us since we may not hear the warning sounds of an ambulance or other emergency situations. When we are in familiar territory we have a pretty good idea of how to cope with our surroundings.

On the other hand, if you are traveling in a strange place where you don't know the roads and are not familiar with your directions or different traffic patterns, things can get a lot more stressful.

On a long road trip there is an issue of being able to communicate with other people in the car. It can be very boring to be driving for several hours without being able to carry on a conversation or comment on the things that you may be passing.

Fortunately, there are things that you can do to make your travels easier and safer for everyone on the road.



My personal favorite for car travel is my PockeTalker - a personal amplification device that works with my hearing aids, t-coil and a microphone. It allows me to clip a microphone on another person's seat belt and transmits directly to my T-coil. This way, I do not pick up most of the road noise or other background sounds and can actually hear what the person is saying. Many of the newer hearing aids also have

Bluetooth remote microphones that do the same thing.

Don't let yourself become too tired. Set a time limit and plan for places to stop so you can get out of the car and move around. You may not realize that driving with hearing loss is more stressful, but it is safer to take breaks before getting too tired.

If you are listening to music, you can make adjustments through the audio system to customize the sound by adjusting the speakers and the tone controls to accommodate your hearing loss. A lot of people with a high-frequency loss will get a much better sound by turning the treble up and raising the speakers closest to their position in the car.



Have a friend or your mechanic road test the car occasionally with you and ask him/her to listen for unusual sounds that you may not be able to hear.

If you are pulled over by law enforcement, **keep your hands visible**. Have a Hearing Loss identification card on your visor and show it to him/her before continuing your discussion. This is safer for all involved. **Your hearing loss is not visible!**



HARD OF HEARING **Please**



1. Face me - lip reading helps
2. Speak: clear, slow & do not shout
3. One subject at a time
4. Cut out back ground noise if possible or write your message if necessary

Hearing Loss Association of America • www.hearingloss.org
personal info on back

M.W.

Editors' Notes

This month we are focusing on **Traveling with Hearing Loss**.

If you have any comments or suggestions for future newsletter articles please let us know!

Remember - there is **no general membership meeting in August**.

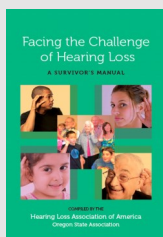
See you in September.

Have a great summer!

Lesley and Tim

Available at the Eugene Public Library!

New Survivor's Manuals



FREE to Anyone

They keep 2 copies to check out on the second floor. We supply the free ones.

Donations appreciated.

Cost to mail copies is

\$4 each or 20 for \$35

PO Box 22501, Eugene, OR 97402

Who is "disabled"?

What is the definition of disability under the ADA?

It is important to remember that in the context of the ADA, "disability" is a legal term rather than a medical one. Because it has a legal definition, the ADA's definition of disability is different from how disability is defined under some other laws.

The ADA defines a person with a disability as a person who has a physical or mental impairment that substantially limits one or more major life activity. This includes people who have a record of such an impairment, even if they do not currently have a disability. It also includes individuals who do not have a disability but are regarded as having a disability. The ADA also makes it unlawful to discriminate against a person based on that person's association with a person with a disability.

From: <https://adata.org/faq/what-definition-disability-under-ada>

One of our biggest hurdles is that people do not understand that there is a big difference between the common and legal usage of different words! Hearing loss by the ADA definition is a "disability". To use the law that affects thousands of people daily we must use the terminology *as the law is written*. It is not a reflection of intelligence, ability, skill or professional standing! If no one is willing to stand up and be counted there is no perception of need and *we all lose* access to the auditory world.

Hearing loss is invisible!

Members: if you have changed your e-mail address please notify Karin Smith of the change at: karinsm@efn.org

Hearing Loss Assoc.-Lane County Oregon information calls are taken by Linda Diaz, 541-790-1290

Sound News is published monthly for members of Hearing Loss Association of America Lane County Oregon Chapter. Annual chapter fee of \$10.00 can be mailed to HLAA-LC, PO Box 22501, Eugene, OR 97402.

Officers

President (Alternating)	Lesley & Andrea
Vice President	
Treasurer	Clark Anderson
Secretary	Tim Bergquist
Meetings/Program	Donna & Andrea
Meeting Room Setup	Arnie Goodman
Database	Karen Swezey
Hospitality	Brenda Holman
Publicity	Roseana Perry
Community Outreach	
Newsletter Mailing	Pat Reilly
Past President	Andrea Cabral

Board Members

Board Members	Phone	E-mail
Clark Anderson	541-736-4804	clarkoa@msn.com
Lesley Bergquist	541-461-2693	lesleyb@earthlink.net
Tim Bergquist	541-461-2693	timber49@earthlink.net
Andrea Cabral	541-345-9432(V/TTY/Fax)	angora@comcast.net
Arnie Goodman	458-205-8968	arniegood@yahoo.com
Donna Veal	541-988-1117	doveal4@gmail.com

Article Deadline: Second Thursday each month
Newsletter Editors Lesley & Tim Bergquist
Typesetting & Design Lesley & Tim Bergquist

National website: www.hearingloss.org
Oregon website: www.hearinglossOR.org
Chapter website: www.hearinglosslane.org

Travel Tips for People with Hearing Loss

by Eva Dasher May 1, 2015

Make a Game Plan. When you have hearing loss, the hustle and bustle of traveling by air, train, bus or ship can seem daunting. But with a little advance planning, you can keep everything running smoothly.

Stay Up to Date. Sign up for text or email alerts when you make reservations so you won't miss important announcements about delays or cancellations. For hotels and ships, request rooms that are in compliance with the Americans With Disabilities Act (ADA) Standards for Accessible Design and are equipped with visual or tactile alarm and notification devices.

When in Doubt, Bring It Along. Consider bringing your drying and storage equipment, especially for humid climates, and don't forget a voltage converter if you're traveling internationally and need to plug it in. Pack hearing-aid supplies such as batteries and tubing in your carry-on.

Getting Through a Noisy Terminal. Make sure you've got a quick and easy way to "talk" to others in hectic or loud situations. A pen and pad of paper might seem like a no-brainer, but it can save the day. For the tech-savvy traveler, a notepad app on your smartphone will do the trick.

Passing Through Security. You can keep your hearing equipment on when passing through metal detectors or body scanners, but the Transportation Security Administration (TSA) advises that you notify a security officer. You can do this discreetly before screening begins by carrying a notification card. Print one at www.tsa.gov/sites/default/files/disability_notification_card_508.pdf (see below for example).

When Flying Solo. Let the gate staff, flight attendants and your seat partner(s) know that you have hearing loss so they will alert you about any announcements. By the way, it's OK to keep your hearing equipment turned on even after being asked to "turn off all electronic devices."

Take Advantage of Rail Discounts. Amtrak offers a 15 percent discount to adult passengers with a disability (and the offer extends to one traveling companion).

Busing It. Greyhound has a Disabilities Travel Assistance Line (800-752-4841) you can use while planning your trip to request extra assistance. At the terminal, communicate your hearing loss to ticket agents and drivers for priority seating (if available).

Choose the Right Cruise Experience. Some things to ask cruise lines before you sign on the dotted line: Do your theaters have assisted-listening devices (ALDs) available and, if not, do you provide closed-captioning or scripts? Do you provide sign language interpretation services on request? Can I reserve a stateroom with a teletypewriter for communicating with the guest relations desk?

Once You're On Board. Be sure to inform the appropriate service personnel of your hearing loss so they will make an extra effort to reach you in an emergency. And last but not least, keep your hearing equipment away from your room key — it can demagnetize the strip.

Article at: www.aarp.org/health/healthy-living/info-2015/travel-tips-for-people-with-hearing-loss.html

TSA Notification Card: Individuals with Disabilities and Medical Conditions

I have the following health condition, disability or medical device that may affect my screening:

I understand that alternate procedures providing an equivalent level of security screening are available and can be done in private. I also understand that presenting this card does not exempt me from screening.

Information • Assistance Requests • Compliments • Complaints

TSA Cares

1-855-787-2227 (Federal Relay 711)

Weekdays: 8 a.m. to 11 p.m. ET

TSA-ContactCenter@tsa.dhs.gov

Weekends/Holidays: 9 a.m. to 8 p.m. ET

Hablamos Español

Automated information offered in 12 languages

Call 72 hours prior to traveling to request the assistance of a Passenger Support Specialist (PSS) at the checkpoint. If a PSS is not available, you may ask for a Supervisory TSA Officer at the checkpoint.

Air Carrier Access Act

In 1986 Congress passed the Air Carrier Access Act which prohibits discrimination on the basis of disability in air travel. The Department of Transportation (DOT) has a rule defining the rights of passengers and the obligations of airlines under this law. This rule applies to all flights of U.S. airlines, and to flights to or from the United States by foreign airlines (Title 14 CFR Part 382). Some of the provisions of this rule include:

- Airlines may not refuse transportation to people on the basis of disability. Airlines may exclude anyone from a flight if carrying the person would be inimical to the safety of the flight.
- Airlines may not require advance notice that a person with a disability is traveling, except for certain accommodations that require preparation time.
- Airlines may not limit the number of persons with disabilities on a flight.
- Airlines may not require a person with a disability to travel with another person, except in certain limited circumstances where the rule permits the airline to require a safety assistant.
- Airlines may not keep anyone out of a specific seat on the basis of disability, or require anyone to sit in a particular seat on the basis of disability, except to comply with FAA or foreign-government safety requirements.



More information can be found at: <https://www.transportation.gov/airconsumer/passengers-disabilities>

Hotels and the ADA

Hotels must provide auxiliary aids and services to individuals who are deaf or hard of hearing, when necessary to ensure effective communication, unless this would result in an undue burden or fundamental alteration. Auxiliary aids and services include, but are not limited to, “qualified interpreters, notetakers, computer-aided transcription services, written materials, telephone handset amplifiers, assistive listening devices, assistive listening systems, telephones compatible with hearing aids, closed caption decoders, open and closed captioning, telecommunications devices for deaf persons, videotext displays, or other effective methods of making aurally delivered materials available to individuals with hearing impairments.” {28 C.F.R. § 36.303(b)(1)}. The rule prohibits the assessment of a charge or “surcharge” for compliance with this section.

Other items include a flashing fire alarm, a flashing door knocker, and a flashing alarm clock with bed vibrator.

See: nad.org/issues/transportation-and-travel/hotels-and-motels

How to File a Title III Complaint

Title III of the ADA prohibits discrimination based on disability in public accommodations. Private entities covered by title III include places of lodging, establishments serving food and drink, places of exhibition or entertainment, places of public gathering, sales or rental establishments, service establishments, stations used for specified public transportation, places of public display or collection, places of recreation, places of education, social service center establishments, and places of exercise or recreation.

If you feel you or another person have been discriminated against by an entity covered by Title III, sign and send a letter to the Department of Justice, at the address below, including the following information:

- Your full name, address, and telephone number, and the name of the party discriminated against;
- The name of the business, organization, or institution that you believe has discriminated;
- A description of the act or acts of discrimination, the date or dates of the discriminatory acts, and the name or names of the individuals who you believe discriminated; and
- Other information that you believe necessary to support your complaint. Please send copies of relevant documents. Do **not** send original documents. (Retain them.)

Address to send signed letter:

U.S. Department of Justice
950 Pennsylvania Avenue, NW
Civil Rights Division
Disability Rights - NYAVE
Washington, D.C. 20530

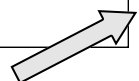
See: www.ada.gov/filing_complaint.htm



Out and About

On June 14, **Lesley Bergquist** and **Andrea Cabral** attended the Lane Equity Coalition meeting and dinner at LCC. The topic for the evening was Racism and Healthcare. Real-time captioning was provided.

Roseana Perry made contact with Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians who are interested in receiving our Survivors Manuals and information about HLAA-LCO.



Hard
Of
Hearing

**PLEASE
FACE ME**

 
Hearing
Loss

**PLEASE
FACE ME**

Make your own badge by cutting out these graphics, purchase for \$1 at our general meeting *or* go online to:

[http://hearinglosslane.org/ resources/ How to make your own hospital kit](http://hearinglosslane.org/resources/How%20to%20make%20your%20own%20hospital%20kit)

5 – **“Face Me” Badge:** There are 8 badges on each sheet. Using regular paper, it is easier to print the pages separately (not double-sided). Cut out along outside edges. *They are designed to fit in a vertical badge holder (insert size 2.5 x 3.5) available at office supply stores.* A different style can be used on each side of the badge. They can be fastened to you with an I.D. strap clip or a large safety pin. These are also very helpful when traveling.

Why join National? - Who do you think *advocates for us* on a national level so we are included in plans for education, health benefits, phone, TV access and the right to have access to other information?

Annual membership in HLAA is \$20 student, \$35 individuals, \$45 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); 301-913-9413 (Fax) or www.hearingloss.org. Get the latest e-news: www.hearingloss.org/content/e-news-sign.



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 HLAA - Lane Co., PO Box 22501, Eugene, OR 97402.

I have enclosed: **Chapter fee** _____ \$10.00 per person,

Chapter Donation of \$ _____

National dues _____ \$35.00 (regular), _____ \$20 student, _____ \$45 couple,
_____ \$60 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 e-mail 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

This copy is free -
please feel free
to take it.

Inside this issue:

Traveling by car with hearing loss	1
Editors' Notes	2
Who is "disabled"? ADA definition	2
TSA Tips and Travel Information	3
Air Carrier Access Act	4
Hotels and the ADA	4
How to File a Title III Complaint	4
Out & About	5
Hearing Loss badges	5
Meeting Information	6

If the month & year on your mailing label have already passed, it's time to renew your membership! Please use the form on page 5 to pay your dues today!



Hearing Loss Association of America
Lane County Oregon Chapter

2580 Hilyard St., Eugene, OR

No August HLAA-LC General Meeting!

Enjoy your summer and the following tips:

- Always keep extra batteries handy - but be sure they are out of reach of children and pets.
- Always self identify as a person with hearing loss! People are generally much more helpful if they know you may need a little help - especially with security, customs and announcements over speakers.



The next general meeting on **Thursday, September 8, 2016.**
We hope to see you there! We only had one response to last month's issue on volunteering.

Accessible for all degrees of hearing loss - Amplification, Loop Assistive listening system and Real Time Captioning provided.

For more information, contact: lesleyb@earthlink.net.
Please put "HLAA-LC Meeting" in the subject line.

General membership meetings are the 2nd Thursday of the month except July and August. They are accessible for all degrees of hearing loss by amplification - loop assistive listening systems.
Real time captioning by CC Reporting (Debby, Chris, Jan and welcome Sara)

Calendar

Board Meeting
August 30, 3:30 to 5 pm
Members Welcome
Hilyard Community Ctr.
2580 Hilyard St Eugene