

Sound News

December 2016

Volume 29 Number 12

Holiday Thinking Traps

By Edna Shipley-Conner

SHHH Journal November/December 1992



Thought processes are like habits, and sometimes they can be counterproductive to our happiness. We all have thought processes that, at times, make us feel stressed, anxious, unworthy or depressed. I call these "thinking traps" because, once we drop into them, it's so difficult to get out.

There are two thinking traps that hard of hearing and deafened adults often develop. The first is the habit of not being realistic about limits, or lack of limits, caused by their hearing loss. The second is the tendency to look backward and compare current experiences with past experiences. At holiday time, these two thinking traps seems to be even more prevalent, and more of a hindrance to us.

When the holiday season begins, even sometimes long before, some of us hard of hearing or deafened people start planning activities as if we were still fully hearing people. We want to do all the things we did in years past – go to parties, dinners, family events – and be able to communicate easily without having to make any special efforts to understand the conversations around us.

This is where thinking traps lead us to disappointment. Instead, if we plan our activities carefully, keeping in mind some basic communication strategies, including the need to be rested so that we can communicate more easily, we will enjoy the quality of our holiday socializing, rather than the quantity.

The first step to careful planning is to set priorities. No one can do it all. We have to look at all the options and choose only those we really want, and say "No, thanks" to the others. We have to pace ourselves. That means we probably shouldn't try to go shopping, then to a big luncheon, then a party that same evening. The social events are sure to be frustrating if we are exhausted. So, be kind to yourself and choose one or two.



Then when you are at a social event, give your eyes and/or ears occasional rests. Conversations, as delightful as they are, are hard work for us. All our senses are on "full power" and they will start to revel if we overwork them. Find a quiet corner, and take three to five minutes to relax, breathe deeply, and get yourself in a positive frame of mind before returning to visit with family and friends. You may think finding this corner would be very difficult at a crowded social event, but I know where you can almost always find a private spot: the bathroom! An added bonus is that no one will ask you where you are going or why!



Careful planning also means setting realistic goals about your ability to understand. And the only way to do that is to stop comparing your abilities of today with your abilities in the past. We must learn how to focus on enjoying other things.

(continued on page 2)

Editors' Notes

This month is focusing on the holidays, with several articles on assistive listening devices (ALDs) and "Holiday thinking traps."

We want to apologize for getting the November general meeting date incorrect.

Please let us know thru e-mail if you find future errors so we can provide accurate information.

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

**Note meeting potluck
time change for
December only!**

Holiday Thinking Traps (Continued)

One woman in my current coping skills class reported that she had a much more enjoyable Thanksgiving Day dinner when she stopped trying to hear conversations, but, rather, focused on watching how nicely her grown children related to each other and how beautiful and sweet her grandchildren were.



Another woman said she focused on how well prepared the food was and the beautiful holiday table setting. She discovered that she had been trying so hard to follow the conversations that were going on that she hardly knew she was eating.

In order not to feel isolated or left out, each of these women was careful to make a special time and place to talk to family members in a quiet corner, one at a time.



A severely hard of hearing man in the class takes another approach – he always volunteers to be the bartender. Then, as he passes out drinks and appetizers before dinner, he chats with each person, one to one, and is a help to his wife at the same time.

We also need to remember not to impose unnecessary limits on ourselves. Just because we can't hear the music, we don't have to sit home feeling lonely while the rest of the family enjoys the annual "Nutcracker" presentation. We can still enjoy the dancing, the costumes, the action, and the people in attendance. We may not be able to hear the liturgy, music, and chants of our religious services, but we can still share in the feelings of wonder, worship, and friendship that we've always enjoyed in our holiday religious gatherings.



(continued on page 5)

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	-----
Vice President	-----
Treasurer	Clark Anderson
Secretary	Tim Bergquist
Meetings/Program	Donna (on sabbatical '2017) 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

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 (on sabbatical '2017) 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.hlaa-or.org

Chapter website: www.hearinglosslane.org

Gifts for that Special Hard-of-Hearing Person

By Lesley Bergquist



This time of year many people have gift giving as part of their traditions. If you have someone with hearing loss on your list, here are some suggestions that are sure to please that you probably haven't thought of.

Many people cannot afford hearing aids and they are generally not covered by insurance. There are some sources for getting hearing aids for low income people, but they generally apply to those that are still in the work force or considered "special needs". It is also often possible to adjust or repair hearing aids that are no longer working well, but it really helps to have a hearing friend go along.

Please refer to our free booklet -

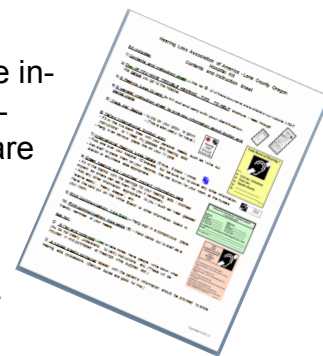
Facing the Challenge of Hearing Loss - A SURVIVOR'S MANUAL, pages 23-24

In fact, this is a great gift to start with and it's free!

A "**Hospital Kit**" for people with hearing loss is also a great way to provide information and help in dealing with medical situations. There are many circumstances that hearing people do not realize can have a major impact on our care and comfort at the times that we may not be able to advocate well for ourselves. All the documents are available as free pdf downloads on line at:

<http://hearinglosslane.org/how-to-make-your-own-hospital-kit/>

Or you can buy one already made at: <http://www.hlaa-or.org/hlaa-or-hospital-kit.html> for \$4.



A very helpful item for those without hearing aids (or as a supplement to them) is a **Super Ear personal amplification device.**

It boosts hearing with a powerful 50 decibels of sound gain outdoors, indoors, virtually anywhere. This versatile hand-held amplifier is compact enough to fit in the smallest pocket, yet comes with accessories to attach the **SuperEar®** to binoculars, belt, hat or other gear. The multi-element microphone is mounted in a 180 degree swiveling sound boom that is covered in a protective foam windscreen.



Since this was designed for bird watching it favors high frequency losses that are most common with older adults. It also has a stereo jack so it can be used with any regular stereo audio ear buds. The down side of this unit is that it does not have a tone control for people with more variety of frequency loss. Cost under \$40.00

Next item is a **PockeTalker® Ultra** - Personal Amplifier, Model PKT D1



This device amplifies sounds closest to the listener while reducing background noise. Lightweight, ergonomic design for portability and ease of use. Finger tip adjustable volume control. **The big advantage to this device is the tone control** that allows you to adjust the base and treble. The listening accessories jack (mono) accommodates a variety of earphone and headphone options. Comes with a 12" cord for watching TV, in the car or hearing across a room. The main downside to this device is that it has a *mono jack*. To use it with stereo earbuds you need to purchase a 3.5 female stereo to 3.5 male mono adapter - sold separately \$5. Cost about \$140.

(continued on page 4)

Gifts - (continued)

If you are a patient in the **PeaceHealth Medical System** - hospitals and clinics, these units are available free for you *to use during your medical appointments and / or hospital stays* so you can better understand your medical care. They should ask when you check in if you have trouble hearing. If you do - SAY "YES"! Ask to use the equipment or, better yet, tell them you would like the device available when you make your appointment.



Both devices can be used with a neckloop to further amplify a telecoil-equipped hearing aid. Pricing varies and I do not know of any place local, but these items are available on-line. I have personally been happy with General Technologies at devices4less.com, but if you look for "personal amplifiers" you will find many sources. If any of our readers know of preferred sites, please contact us and we will pass the information on.

The gift of time and attention:

This is probably the best gift of all! Offer to spend time like lunch at a quiet restaurant or bring take-out over to visit for a few hours, one on one. Get together to play cards, work on a craft project or just visit. Read the "Tips" card to the right and be mindful of the effort and energy it takes us to be part of a conversation. Please include us in small groups and let us know the punch line to the joke if we missed it. Include us and don't whisper!



Annual Meeting / Board Elections in January

The January general meeting is also our chapter annual meeting. The current general members attending the meeting usually elect people to be Directors on the chapter board from a ballot created by the current board. A person cannot be nominated without their consent.

- ⇒ A board director must be a member of both the chapter and the national organization.
- ⇒ The term of office is 3 years.
- ⇒ Basic computer skills are required.
- ⇒ Training will be provided to willing learners.



The board is supposed to have *at least* seven people according to the chapter by-laws.

At this time there are *only five active* directors.

The current Directors have not been able to find members that are willing and able to serve on the local chapter board despite multiple requests for volunteers.

As a result we have no slate of officers for election.

Anyone who would like to consider being on the board should contact either Andrea Cabral, Clark Anderson, Tim or Lesley Bergquist (see page 2 for e-mail addresses) by December 15th.

TIPS FOR COMMUNICATING With SOMEONE With a HEARING LOSS



Please:

- Get the person's attention first.
- Face the person - have the light on your face.
- Ask how to communicate.
- Speak clearly - don't over emphasize or shout.
- Avoid noisy background.
- Don't cover your mouth.
- Rephrase if misunderstood.
- Write down important information.
- Have the person repeat vital facts to be sure they understand correctly.

Thank you!

For information contact:

Hearing Loss Association of America
Lane County Oregon Chapter
P.O. Box 22501, Eugene, OR 97402

Disclaimer

Opinions expressed in this newsletter are those of the individual author(s) and are not necessarily those of the HLAA Lane County Oregon Chapter. Mention of products and services does not mean endorsement, nor should exclusion indicate disapproval. Personal experiences and diverse opinions are welcome for publication, and should be sent to the chapter at the address shown on page 2. Unless otherwise noted, readers interested in duplicating or distributing any or all material in the *Sound News* have permission to do so. Please credit the source when using such material.



Out and About

Andrea Cabral had a number of outreach activities scheduled during November:

- the Northwest Conference on Professional Development in Disability Services in Bend (November 1, 2, 3)
- the Oregon Cascades West Council of Governments Family Caregiver Support Program meeting in Albany (November 9)
- the SPIN (Senior Provider Information Network) monthly networking meeting in the Portland area



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.

Join National! - They advocate for us on a national level. 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.

Holiday Thinking Traps (Continued)



STRESS

If we limit ourselves too much, we become isolated and lonely. If we over-extend ourselves, we become frustrated and stressful. If we compare past capabilities or situations to our current ones, we open ourselves up to depression. None of these feelings is in keeping with the holiday spirit! By setting realistic expectations and not comparing current holiday situations with past ones, we can be more positive and patient. We'll be able to be more at peace with ourselves and with others, not only during the holiday season, but all through the year as well.



If you find yourself feeling frustrated, stressful, or depressed frequently, I suggest that you get some help – take a coping skills class, join a support group, or see a counselor. Give yourself this gift for the New Year: take some action to learn how to live a better, fuller life as a person with a hearing loss.



This holiday season, as you light a candle on your table, on the menorah, or at the altar, take sustenance from this rich symbol and its visual beauty. Let it seep into your being and feed your spirit.



And I will light a candle with the wish that you will have a season of peace and joy.



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:

Holiday Thinking Traps	1
Editors' Notes	2
Holiday Thinking Traps (cont)	2
Gifts for that Special Hard-of-Hearing Person	3
Gifts - (cont)	4
Tips for Communicating with Someone with a Hearing Loss	4
Annual Meeting / Board Elections in January	4
Out & About	5
Holiday Thinking Traps (cont)	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!



**HLAA-LC
General Meeting!
5-7 pm**

December 8, 2016

2580 Hilyard St., Eugene, OR

**You Are Invited to a Holly Jolly Holiday
Potluck & Gift Exchange**

Special time!

Starting at 5:00 – 7:00 p.m.

HLAA-LC will provide Ham, Rolls, and beverages. 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.



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

Due to scheduling conflicts with the Hilyard Community Center, we are **NOT** changing the monthly general meeting time for the coming year—it will remain from 7 to 9 pm.

General membership meetings are currently the 2nd Thursday of the month at 7 pm. 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 Sara)

Calendar

Dec. Board Meeting
November 29,
3:30 to 5 pm
Members Welcome
Hilyard Community Ctr.