

Sound News

February 2017

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How to Live with a Hard of Hearing Person

by Lesley and Tim Bergquist

In every relationship communication is a key part of maintaining and nurturing that connection. The more you are together the more important it is. Hearing loss is a major barrier to good communication, but it can be managed if both partners are willing to learn and help each other to make things work out.

HOH person:



- Understand that your partner probably spends a lot of time with hearing people so it is possible that he/she may forget helpful communication skills once in a while - or even a lot. Try a friendly reminder **before** declaring war.
- Pay attention when your partner is talking to you.
- Don't expect your partner to be your "hearing aid" - He /she can help out in a difficult situation, but it's your job to do what you can.
- If you didn't hear something or it didn't make sense - **say something** - before you get upset!
- Keep your hearing aid by the bed. This is important in case of an emergency - or whenever you want to hear something else in the dark. ♡

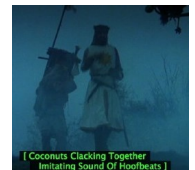
Partner:

- Try to understand what it is like to be hard of hearing. It can be extremely frustrating and irritating. Talk to other HOH people, it always seems different when we hear it from others.
- Try wearing ear plugs for a few hours during your day with non-HOH people to give you perspective.
- Don't take over for your HOH partner, but be willing to assist when asked.
- Face your partner when you are talking, you cannot be heard from inside the refrigerator or from the other room.
- Make sure the conversation has ended before turning away.



Both:

- Be aware of what makes things easier or more difficult and try to accommodate that. Don't pick the table in the middle of the restaurant when a corner booth is available.
- Talk about any problems that come up - nicely.
- Discuss in advance how you will handle difficult situations - together.
- Work out some signals to let each other know if help is needed or not.
- Turn the captioning on the TV on - all the time - and let the hearing partner set the volume. (Newer TVs have options to make the captions with different fonts, colors and transparent backgrounds!) The HOH partner has her/his own volume control on the hearing aids. Mute the TV during commercials for conversation.
- Record programs that you like to watch together. This way you can stop and re-play if you miss something instead of asking the hearing partner to repeat it -missing the next 3 lines too.
- Turn off background noise when you want to talk.
- Use an FM system or PockeTalker in the car, restaurants and other noisy places. It is worth the cost.
- Keep your sense of humor; it does not automatically go away with your or your partner's hearing!



Annual Meeting Moved to February

The January general meeting was supposed to be the chapter annual meeting. Unfortunately, due to the weather, the annual meeting has been moved to the February meeting on the 9th. Two key things happen at the annual membership meeting: electing members to the Board of Directors and approving the annual budget. In addition, there will be discussion on an amendment to the Chapter By-laws with a vote to be held at the March general meeting (see below).

The current 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. (Scholarships available)
- ⇒ 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.

Amendment to Chapter By-laws

The Board has approved the following amendment to the Lane County Oregon Chapter By-laws and recommends it to the membership. *It will be voted on at the general meeting in March* because the membership needs at least two weeks notice before voting.

Proposed change in bold text

Article XI – Financial

D. In the event that the chapter dissolves or ceases to function, the Board shall after determining that all liabilities have been paid, or that provisions have been made for paying said liabilities, donate all remaining funds to Hearing Loss Association of America, **Oregon State Association.**



Original wording

Article XI – Financial

D. In the event that the chapter dissolves or ceases to function, the Board shall after determining that all liabilities have been paid, or that provisions have been made for paying said liabilities, donate all remaining funds to Hearing Loss Association of America, Bethesda office.

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. The date on your address label is when your fee is due.

Officers

President	-----
Vice President	-----
Treasurer	Clark Anderson
Secretary	Tim Bergquist
Meetings/Program	Andrea Cabral
Meeting Room Setup	Arnie Goodman
Database	Karen Swezey, Karin Smith
Hospitality	-----
Publicity	Roseana Perry
Community Outreach	-----
Newsletter Mailing	Pat Reilly
Past President	Andrea Cabral

Board Members

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
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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



We regret to announce the passing of **Janet Langdon** on January 6th, 2017. The Langdon family has been of great help to our chapter over the years, especially Janet's son, **Charles**, who worked tirelessly on the board and other duties before his passing in December 2013. The family also gives us free storage space for our Manuals before distribution. Donations can be made to the HLAA-OR State Association in Eugene.

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



Do You Have Trouble Seeing and Driving in the Dark?



As we get older, a lot of us have more problems with night vision. It is often caused simply by losing the lens and muscle flexibility that our eyes had when we were younger. On the recommendation of our eye doctor we bought yellow tinted "night vision" glasses that fit over or clip on to regular glasses like sunglasses do. They cost about \$10 and cut the glare of other lights at night. We have found them very helpful. What does this have to do with hearing? Those of us with hearing loss are more dependent on our sight!

Lesley & Tim



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

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.

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, state organizations 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.)

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.

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.

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: _____



**P.O. Box 22501
Eugene, OR
97402-0419**

Lane County Oregon Chapter

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 3 to pay your chapter fees today!



February 9, 2017

2580 Hilyard St., Eugene, OR



Mystery Meeting!



**YOU WILL HAVE
TO SHOW UP
TO FIND OUT
WHAT THE
SURPRISE IS!!**

**Come and meet old
friends and make new ones.**

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

Calendar

February Board Meeting
January 31,
3:30 to 5 pm
Members Welcome
Hilyard Community Ctr.
2580 Hilyard St Eugene

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 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)