

# Sound News

June 2017

Volume 30 Number 6

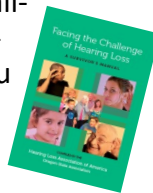
## Travel Tips for Summer: Making the Journey Safer!

By Lesley and Tim Bergquist

With the summer upon us, many of us will be traveling. In order to make the trip more pleasant **and safe**, we need to **ask for accommodations** for our hearing loss. (both for ourselves *and those who follow us*). Below are some tips to make the journey easier. And of course, plan ahead when you can!

### By Car

- Use a Pocket Talker so you can hear other people over the road noise.
- Newer hearing aids are Bluetooth capable and have a separate microphone that links directly to a hearing aid. Check to see if this is available for yours.
- Stop every couple of hours to get out and rest—listening to the road noise can be very tiring.
- Keep a hearing **loss identification card** handy in case you are stopped by the police. Failure to obey them can have tragic consequences, and they will not know you have a hearing loss unless you tell them! (See page 61 of the green manual ***Facing the Challenge of Hearing Loss*** to make your own.)
- Always pack extra batteries, especially when traveling out of the country. Keep them with you! The constant sound of road noise (plane noise and crowds) will wear out your batteries more quickly so be sure you have enough.



### On the Plane

- When making reservations, let them know that you have a hearing loss. **They should not seat you in an emergency aisle.** You may not be able to follow verbal instructions in an emergency - putting you and the rest of the passengers at risk.
- When you get to the airport, let them know at



the check-in desk. There is help available!

- Let the **Security / TSA people** know you have a hearing loss - you do NOT want them to detain you or pull a gun on you if you fail to respond to their directions. Remember, they do not know you and they have to be careful.
- **Wear a badge** indicating you have a hearing loss. (See page 3 for more information)
- In the boarding area - again- let the attendants know about your hearing loss and tell them you will not be able to hear any announcements made over the speakers. **They will inform you personally** of changes and often they will let you board early.
- When boarding the plane, let them know and show your badge. They can provide you with information that you cannot hear over the speaker system, from drinks available to landing delays. You can also share this information with your fellow passengers who cannot hear over the sound of the plane and they will be grateful.

### At the Hotel

- Let them know you have a hearing loss and that when you take your hearing aids out, you will NOT hear any loud noises - *like knocking on the door or the FIREALARM!*
- **Ask for an assistive listening system.** Every hotel is required to have at least one kit, according to the Americans with Disabilities Act (ADA). This law is for us too.\*
- The kit should have — at a minimum — an alarm clock with a bed shaker, a way to amplify the phone, a door knocker with a flashing light, a fire alarm with a flashing strobe light.



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## Editors' Notes

This newsletter focuses on traveling with a hearing loss, by car, on the plane, and at the hotel. **Ask for accommodations!**

We have enjoyed providing you with this chapter newsletter for the past year. We hope it has been beneficial to you. This will be our last newsletter as co-editors. If anyone is interested in continuing the newsletter, please contact Clark Anderson or Andrea Cabral.

Due to health issues we will also be leaving the chapter board at the end of June. We will continue to attend Chapter events as we can and we will continue to make the hospital kits and badges for the chapter. Other duties will need to be taken over by others. It has been rewarding to be part of the changes over the last 20 years, from bringing the first captioned movies to Eugene in 1998 to helping bring Riverbend into ADA compliance as it was built.

Now others need to step up to ensure the future access and safety for our Hearing Loss community.

Lesley & Tim

## HAAA Webinars

The HAAA National Office sponsors educational webinars on the third Wednesday of each month from 5 to 6 pm Pacific time. There is no charge to attend these through your computer or access past ones. All webinars are captioned. The website is <http://www.hearingloss.org/content/webinars>.

The June 14, 2017 webinar is titled "HAAA2017: Ready, Get Set...!" presented by Nancy Macklin and Niaz Siasi. This talk provides an introduction to the HAAA 2017 Convention held in Salt Lake City, Utah from June 22 to 25.

The July 19, 2017 webinar is titled "Kid APProved!" presented by Tina Childress. This presentation provides an overview of how to leverage touch technology, what features are needed when working with deaf and hard of hearing students as well as a sampling of apps and accessories and where to find free and discounted apps.

## Chapter Newsletter—Last Issue

This is the **last** issue of *Sound News*, the newsletter of the Lane County Oregon Chapter of the Hearing Loss Association of America. In the future, chapter members will receive the *quarterly* newsletter of the Oregon State Association—*Hear It Is!* If you have been receiving this chapter newsletter, then you should already be receiving the state newsletter.

Other announcements will be sent by postcards or mailers.

## Steering Committee Starts July 1st

At the May 2 board meeting of the HAAA Lane County Oregon Chapter, the board voted unanimously to switch to a Steering Committee for chapter governance, effective July 1, 2017. In addition, the chapter will be moving to quarterly meetings.

April Moran was also appointed to the board unanimously. Welcome April!

## 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



## Out and About

- Andrea is attending a three-day ADARA (American Deafness and Rehabilitation Association) conference in Portland, May 22-25



Hearing Loss Assoc.-Lane County Oregon information calls are taken by Andrea Cabral, 541-345-9432

*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 HAAA-LC, PO Box 22501, Eugene, OR 97402.

### Officers

President	-----
Vice President	-----
Treasurer	Clark Anderson
Secretary	Tim Bergquist
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Database	Karin Smith
Hospitality	-----
Publicity	Roseana Perry
Community Outreach	April Moran
Newsletter Mailing	Pat Reilly
Past President	Andrea Cabral

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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](http://www.hearingloss.org)

**Oregon website:** [www.hlaa-or.org](http://www.hlaa-or.org)

**Chapter website:** [www.hearinglosslane.org](http://www.hearinglosslane.org)  
(go to Chapter website for digital version with links)

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- On the TV, make sure that the captioning is set to be turned on. (It is a "menu function" on all TVs over 13" made after 1993.) Also make sure that the TV will not default to "no captioning" when the set is turned off. This can happen when the set is programmed with a "Master Remote" that is different from the room remote.
- By asking for the kit, you will be helping others who will stay at that hotel in the future. The hotels have to buy this equipment. If no one asks for it they think it was a waste of money and unneeded. **Please help change this attitude and keep us all safe!** The more people that ask for and use these things the more the hotel staff feel like they are helping us (and they are!) and that the expense is justified. (It is!)
- ***Too often, when we have requested an assistive listening kit we have been told that this is the first time anyone has ever asked for it. We want that to change, please do your part!***

### 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.

Hard  
Of  
Hearing  
\*\*\*\*\*  
**PLEASE  
FACE ME**

  
Hearing  
Loss  
\*\*\*\*\*  
**PLEASE  
FACE ME**

**Hearing Loss  
is Invisible  
Unless you  
make it show!**

Purchase a badge for \$1 at our general meeting or make your own badge by going 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 very helpful when traveling.

**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](http://www.hearingloss.org).

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

### 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: \_\_\_\_\_



# Hearing Loss Association of America

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

Lane County Oregon Chapter

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The date on your address label is **when your chapter fee is due**. Please renew your membership! Please use the form on page 3 to pay your chapter fees today!



**HLAA-LC  
General Meeting!  
Thursday 7-9 pm**

**June 8, 2017**

2580 Hilyard St., Eugene, OR

## Family Discussion



- ◇ Ever wonder if there are easier ways to communicate with friends and family when you are dealing with hearing loss?
- ◇ Do you feel left out of conversations?
- ◇ Have you found ways to make your family more helpful when you can't hear?

This will be a rap session where participants will share their personal experiences and tell us about their most successful / frustrating strategies for dealing with hearing loss in family situations.

\*\*\*\*\*

There are **no** general membership meetings in **July or August**.

Meetings may resume in September.  
(Watch your mail for announcements.)

For more information, contact: [clarkoa@msn.com](mailto:clarkoa@msn.com).  
Please put "HLAA-LC Meeting" in the subject line.

### Calendar

**June Board Meeting**  
**Tuesday May 30,**  
**3:30 to 5 pm**

Members Welcome  
Hilyard Community Ctr.  
2580 Hilyard St., Eugene

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)**