Assistive Listening Devices
Fact Sheet

(By Joshua M. Gendel, Director, Assistive Technology Center – League for the Hard of Hearing)

Q: Why do we need Assistive Listening Devices?
A: While the efficacy of modern hearing aids has long been established, many hearing aid users will still experience difficulty hearing in various situations. For these individuals as well as for individuals who do not wear hearing aids, the properly chosen assistive listening device (ALD) can prove invaluable in helping to alleviate these difficulties.

Q: What types of ALDs are there?
A: ALDs can be divided into two basic categories, alerting devices and communication devices. An alerting (or alarm) device would indicate that something important is occurring whereas a communication device would facilitate the reception and understanding of spoken material.

Q: What types of things can an alerting device tell us?
A: An alerting device can tell us that it’s time to wake up, there is someone at the door, the telephone is ringing, the baby is crying or a smoke alarm has gone off.

Q: What are the different ways an alerting device can tell us something important is happening?
A: An alerting device can indicate that something important is happening by producing sound, extra loud sound, light, vibration or a combination of some or all of these.

Q: I have trouble hearing my doorbell but live in apartment and don't want to get an extra loud bell

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Bringing You the Sounds of Life

Oregon Health Sciences University, Self Help for Hard of Hearing People of Oregon and Cochlear, the world leader in cochlear implant technology, are sponsoring a free consumer seminar, “Bringing You the Sounds of Life.”

If you have a severe-to-profound hearing loss, you will be interested in attending this seminar. If hearing aids no longer provide you with the ability to understand speech, and you find yourself relying more and more on lipreading, the Nucleus® cochlear implant system could change your world. If your child is not receiving benefit from hearing aids, a Nucleus cochlear implant may provide one of the keys that will open up his/her world to speech and sound.

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because this might disturb my neighbors. What can I do?

A: A common problem with doorbells is that the bell cannot be heard in a distant room. There are wireless doorbell systems in which the sound producing element (or receiver) can be placed at a location far away from the push-button (or transmitter) such as a bedroom, basement or attic. In addition, it is possible to use multiple receivers that can produce sound in more than one location at the same time which can make it possible to hear the doorbell in different locations within the same house or apartment.

Q: The small battery operated alarm clocks are just not loud enough for me to hear. What can I do?

A: Some people use a radio clock set to a loud volume and tuned to a news station. There are still mechanical alarm clocks available which some people find easier to hear. There are also extra loud alarm clocks that can also be used with a flashing light and/or a bed shaker. In addition, there is a small battery operated vibrating alarm clock that can be placed under the pillow and is especially useful for people who travel.

Q: If I use a flashing light for the doorbell, what happens if I’m in another room when the doorbell rings?

A: Many flashing light ALDs can also be used with remote receivers. These receivers can be plugged into other outlets in the house or apartment and have an outlet into which a lamp or light bulb can be plugged. When the main unit is activated, the remote units will also be activated causing the lights that are plugged into them to flash. The main unit communicates with the remote units by sending a high frequency signal over the house AC wiring so that no additional wiring is required. You can have as many remote units as you need.

Q: If I want to have a remote unit flash a light when the phone or doorbell rings and the light flashes, how do I tell whether my phone is ringing or there is someone at the door?

A: The rhythm of the flashing will be very different depending on whether the telephone is ringing or there is someone at the door so that it is very easy to tell them apart.

Q: Are there alarm devices that can be used with body worn receivers?

A: Body worn receivers are available which will vibrate and indicate the nature of the alarm condition. In addition, there are units specially designed to be used by people that are deaf-blind.

Q: What are some smoke alarm ALD issues?

A: Individuals with normal hearing can usually hear a
Today, over 40,000 people hear with Nucleus cochlear implants. The Nucleus® 3 system is the latest, most advanced cochlear implant technology available today, with recipients ranging in age from 12 months to over 95 years of age. The Nucleus 3 system is approved for use in profoundly deaf infants and adults with severe-to-profound hearing loss in both ears.

Please join us to learn more about the Nucleus 3 system. A light dinner will be served.

**Date:** Wednesday, May 21, 2003
**Time:** 5:30 p.m. – 7:30 p.m.
**Location:** Crowne Plaza Hotel, 14811 Kruse Oaks Drive, Lake Oswego, OR 97035
**RSVP:** Susan Petrie, 800-523-5798 ext. 104 V/TTY or spetrie@cochlear.com.

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**Counseling** Continued from page 2

strategies, telephone use techniques, assistive listening technology, community services, and relationship management. The researcher reports that the true hearing health care of the A/R participants was less costly than the standard hearing aid services because of the enhanced quality of life produced.

While research indicates the desirability and cost-efficiency of extensive Aural Rehabilitation programs funding for these programs in publicly funded clinics may not exist. Even in the private sector, it may be difficult to obtain enhanced aural rehabilitation programs. It is the role of research to blaze the trail for such improvements.

(By Mitchel Turbin PhD - VA RR&D National Center for Rehabilitative Auditory Research. We are grateful to VA-NCRAR for their continuing support of this newsletter.)
Thanks – We Can’t Do It Without Your Help!

It costs approximately $1800 to print and mail each edition of this newsletter. We are a totally volunteer organization and need your support to continue this newsletter. We hear from many people that they want to get the newsletter, but cannot contribute. We want every interested person to receive this newsletter whether they can contribute or not. If you are able, please send a suggested donation of at least $10 annually. Otherwise, send us what you can or what you think is fair. Please note: This is different and separate from any local chapter fee you may pay. We thank the following folks who have sent donations since the last issue:


For a special remembrance, you can also make tribute donations to honor a birthday, anniversary or any special occasion or memorialize the death of a loved one. Mail your tax-deductible gift to SHHHOR PO Box 22501, Eugene, OR 97402 using the form on the back of the newsletter.

We appreciate those professionals who display our newsletter and subscription request cards to their clients/patients. If you’d like more cards please tell us – we’ll send them right out.

Help Us Reprint the Survivor’s Manual

Facing the Challenge – A Survivor’s Guide for Hard of Hearing People, the book from Self Help for Hard of Hearing People of Oregon (SHHH-OR) will be reprinted this spring. We’ve had wonderful comments from consumers and professionals from all over Oregon about the book. We’ve printed and distributed almost 17,000 copies and we’re nearly out! We’re updating it now and working on fundraising so we can print 25,000 this time.

Would you like to help support SHHH Oregon? We are offering sponsorships in this upcoming issue of the Survivor’s Manual to help us with the cost of printing and distributing it. If you would like to have an “ad” in this Manual, please contact Leone Miller (vngleone@msn.com or 541-744-2994) for size and rate information on or before May 20th. We’d love to include information about your business!

And if you have found the Manual helpful, and simply want to donate to SHHH-Oregon to show your appreciation and help us reach out to more people, please send your tax-deductible donation to the address on the back of the newsletter (mark it “Survivor’s Manual”). If you want to order Manuals, they are $3 each or 20 for $25.

With your help SHHH-OR is making a difference in the lives of hard of hearing people!
Hearing Loss: The Journal of Self Help for Hard of Hearing People

When you join SHHH, you get six issues a year of the award-winning journal, Hearing Loss. Here are a few of the topics in the recent March/April 2003 issue:

- CAPTIONING - Coalition for Movie Captioning: Status of Captioned Movies in Theaters - By Cheryl Heppner
  For those who enjoy (or want to enjoy) going to the movies, this is important information from those who have been working to bring you access to movies.

- FEDERAL WORKPLACE - Section 508 from the Hearing Loss Perspective - By David Baquis
  An explanation of Section 508 of the Rehabilitation Act Workforce Investment Act: What Is It and Why Should A Person with Hearing Loss Know About It?

- MARRIAGE - The Other Side of Hearing By Sarah Calvert Hitt
  The author uses the technology at her fingertips to communicate with her hard of hearing husband.

- HEARING AIDS AND MORE Developments in Research and Technology - By Mark Ross
  Treatment for Meniere's Disease and unique hearing aids.

Use the form on the back of this newsletter to join SHHH today. You need SHHH and SHHH needs you!

Social Security Offers Service for Hard of Hearing and Deaf People

Did you know people who are Hard of Hearing or Deaf may apply for Social Security benefits immediately when they call the Social Security Administration's national toll-free TTY/TDD number, 1-800-325-0778.

The Social Security Administration wants all Americans to have access to the services we provide," said Social Security Commissioner Jo Anne Barnhart. "The agency will continue to develop and implement innovative technology that improves the services we deliver to the public.

People who are Hard of Hearing or Deaf may immediately file for Disability, Retirement, Survivors, Medicare, and Lump Sum Death Benefits without an appointment. Callers may dial 1-800-325-0778, Monday through Friday, 7:00 a.m. to 7:00 p.m. and file a claim for

"We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee."

Marian Wright Edelman (1939-, American Lobbyist on Behalf of Children)
OregOn DisabilitIes Commission (ODC) Deaf And Hard of Hearing Access Program (DHHAP) Job Recruitment

ODC/DHHAP is recruiting for two positions to be filled by 7/1/03.

1. Deaf and Hard Of Hearing Access Program: Program Manager

The Program Manager supervises the direct operations of the Deaf and Hard of Hearing Access Program, and assists the Department of Human Services (DHS) and other participating agencies in developing and implementing long and short range goals and objectives for providing services to the Deaf and Hard of Hearing communities. The Manager provides training and technical assistance on the Americans with Disabilities Act (ADA), the Rehabilitation Act, and other core issues essential to understanding and addressing the needs of persons who are Deaf or Hard of Hearing. The Program Manager, in conjunction with ODC, advocates for improved services to Deaf and Hard of Hearing people, and provides leadership in developing new programs and seeking new funding. The Program Manager will develop and maintain strong working relationships within the networks of state and local service providers and the Deaf and Hard of Hearing communities, and must have excellent interpersonal and communication skills.

2. Deaf and Hard of Hearing Access Program: Agency Trainer:

The purpose of this position is to enable Deaf and Hard of Hearing people to access services at DHS and other agencies. The Trainer will utilize training, technical assistance, networking, and information and referral to increase accessibility. This employee will develop working relations with staff at DHS and other agencies, and with organizations and citizens within the Deaf and Hard of Hearing communities, to assist in coordination of services, and identification and understanding of the needs of Deaf and Hard of Hearing people. The ability to clearly communicate important information about Deaf and Hard...
of Hearing citizens, as well as the ADA, the Rehabilitation Act, and other pertinent federal, state and local rules and legislation is a necessary element of this employee's duties and purpose. The Trainer will also facilitate the learning of appropriate self-advocacy skills by the Deaf and Hard of Hearing communities. This position is currently funded at _ time, with benefits, through the 2003-2005 biennium.

Both positions are based in Salem but require some travel throughout Oregon.

For further information and application materials, contact:

Janine Delaunay, Executive Director  
Oregon Disabilities Commission  
1257 Ferry St. SE  
Salem, OR 97301-4278  
(503) 378-3142 V/TTY  
(800) 358-3117 V/TTY  
(503) 378-3599 FAX  
odc@das.state.or.us

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**Hallmark Channel Captioning Action Alert!**

Some of us wish the Hallmark Channel would caption more of their shows. Please contact them to let them know you'd like to watch their programming, if only it were captioned. The Hallmark Channel can be reached at:

Hallmark Channel  
12700 Ventura Blvd.  
Studio City, CA 91604  
Phone: (818)755-2693

If they hear from you and me they'll be more aware of the extent to wish viewers depend on closed captions.

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**“Works” Continued from page 6**

everyone else out of the room because I have the volume turned up so I can hear.

You can find a list of vendors who sell Assistive Listening Devices and LOTS of information about all types of ALD’s on the WROCC web site www.wou.edu/wrocc. Check it out!
Seeking Members for SHHH Oregon Board of Directors – Notice of Elections

Elections to the SHHH-OR Board of Directors will be held at our Annual Meeting this fall. All SHHH members in good standing who reside in Oregon or are participants in an Oregon chapter are encouraged to consider serving on this board.

We are looking for a diverse group of people from all over Oregon to serve on the Board of this dynamic organization. Board members are elected and serve for a three year term. The Board then elects the officers for each year, usually at the Fall board meeting. Board members and other volunteers form committees as needed to pursue areas of interest throughout the year.

SHHH-OR Board meetings are normally held quarterly...near the middle of the state, so it's reasonably convenient to make the meeting without an overnight stay.

If you are interested in becoming involved with SHHH-OR, for more information, please contact:

Karen Swezey E-mail preferred: kswezey@efn.org
Phone: (541)689-7242
PO Box 22501
Eugene, OR  97402

Clark Anderson E-mail preferred: clarkoa@presys.com
Phone: (541)957-8245

Even though you may not have alot of SHHH experience, we welcome and encourage your interest and participation in SHHHOR Oregon on the Board or on a committee.

It is a challenge, a reward and a privilege to be a contributing member of a team.

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There is an old Sufi story about a blind man and a crippled man who stumbled into each other in a forest. They were both lost, and they struck up a conversation sharing their stories about wandering through the forest for as long as they could remember.

The blind man said, “I cannot see to find my way out.” The cripple man nodded and responded, “I cannot get up to walk out.”

As they sat there dejectedly, the crippled man cried out, “I’ve got it! You hoist me up onto your shoulders and I will tell you where to walk.”

Together, they found their way out of the forest.

Hearing loss hurts. Sometimes, even oftentimes, it may feel like you’re endlessly stumbling around, doing the best you can but still getting “lost” in a forest fraught with challenges of the hearing kind.

Regardless of the extent of your hearing loss, whether it’s mild, profound or somewhere in between, you have your personal stories of what it’s been like to live with it. Each and every person has their unique experiences – those that “pushed buttons” triggering our fears and anger, grief and frustration and sadness. We all know how it feels to be ignored, embarrassed, misunderstood, or isolated. We all know the feeling of panic that washes

"Sharing" Continued on Page 9
An Angel Among Us!

We are so grateful to our “angels” throughout Oregon who support SHHH by doing Realtime Captioning at our monthly chapter meetings and in other settings free of charge to us.

One angel who stands out is Judy Hunter. Judy not only realtime captions the Salem chapter’s monthly meetings, but our quarterly SHHH-OR meetings as well! And she has recently driven long distances to support the newly forming Central Oregon Coast SHHH chapter. What a woman she is! Not only does she love to knit – she’s an accomplished realtime captioner who can be counted on for her incredible speed and accuracy while realtiming in many difficult situations. Thank you, Judy! You are appreciated!

Editor’s note: Realtime captioning is a service provided by court reporters who have training and experience in realtime reporting. The reporter types into a stenographic machine, which is connected to a computer. The computer translates the stenotype shorthand into English, which can be simultaneously displayed on a computer monitor, TV screen or large wall screen.

Realtime captioning can be used in any situation where communication is needed. Most often, realtime captioning is used in group meetings, legislative hearings, workshops, classroom settings, court proceedings, advisory councils, and board meetings. This is just one example of ways hard of hearing and deaf people can get access to what is happening, and the Americans with Disabilities Act (ADA) cover it.

If you have questions about the ADA and how it an help your situation, contact the Deaf and Hard of Hearing Access program at (800)358-3117 voice/TTY – 1257 Ferry St. SE, Salem, OR 97310 or SHHH national@shhh.org, (301)657-2248 voice or (301)657-2249 TTY, 7910 Woodmont Avenue – Suite 1200, Bethesda, MD 20814.

Limiting Those Pesky Calls

To learn how to avoid unwanted telemarketing calls, visit the AARP Web-place at www.aarp.org/contacts/money/calls-mail.html.

Write Telephone Preference Service, Direct Marketing Association, PO Box 9014, Farmindale, NY 11735-9014, or go to www.dmaconsumers.org/cgi/offtelephonedave to get on the group’s no-call list.

“Sharing” Continued from page 8)

over us when we can’t hear on the phone or understand an important conversation. We know that feeling of trying to “pass as a hearing person” and finding that “passing”, “bluffing”, or whatever you want to name it, can make life harder for us.

We all know how hearing loss hurts. Even when we decide to quit hiding our loss, we need to learn ways to deal with our many situations, which requires a lot of energy, thought and perseverance in actually using them. We have to change our way of thinking; how we respond to challenging situations, learn new behavior and “how” we can effectively be our own best advocate.

Like the men in the Sufi story, finding our way out of a forest by ourselves can be darn difficult. The road is made much easier, not just through the sharing of creative ideas and different perspectives, but by feeling the support and companionship of a fellow traveler.

I hope you will remember you don’t need to struggle and find your way on your own. Please reach out to each other as you journey along the way.

(Editor’s note: This article first appeared in the SHHH of Lane County newsletter and was written by Bonne Bandolas. We welcome articles from you – our readers. Share your experiences and how you cope! We can learn from one another if we share!)
Who We Are

"Hear It Is! Oregon" is published quarterly. There is no subscription fee currently required, but we depend on your contributions and we request that you notify us annually if you wish to continue to receive this newsletter. We would like all hard of hearing people to receive it regardless of ability to pay. If you wish to be added to the mailing list or continue to receive this newsletter, please fill out the coupon on the back page and return it to us. If you have responded in the last 12 months, you will continue to receive it and do not need to respond until next year. We welcome your articles, notices about events, donations, and other items that will be of interest to hard of hearing people. Please send your items to:

SHHH of Oregon
PO Box 22501
Eugene, OR 97402
Phone (541)689-7242
voice/tty
FAX (541)461-8601
e-mail: kswezey@efn.org

Opinions expressed in this newsletter are those of the individual author and are not necessarily those of SHHH. Mention of products and services does not mean endorsement, nor should exclusion indicate disapproval. Personal experiences and diverse opinions related to hearing loss are welcome for publication, and should be mailed to SHHH Oregon (address above). Unless otherwise noted, readers interested in duplicating or distributing any or all material found in the “Hear It Is!” have our permission to do so. Please credit the source when using such material.

Self-Help Chapters in Oregon

Local chapter meetings are open to all. Family, friends and professionals are encouraged to attend and become involved. Through chapter meetings and newsletters you’ll find:

Insights into effectively living with hearing loss
Support/Referrals/Information
Information about the latest technology
Coping strategies & tips
An opportunity to make a difference
Diminished feelings of isolation and aloneness
Opportunities to share concerns and hear from others

We believe in education - for those who hear well and those who cannot - so that both may understand the causes, challenges and possible remedies for hearing loss. At our meetings, you’ll find a comfortable place where hearing loss is accepted and not a problem. Many people report that being a part of a SHHH group has made a major difference in their lives. Your participation benefits not only you, but others who attend as well. Following is a list of the current chapters and contact people in Oregon. We have new chapters starting in Astoria, Bend, Baker City, and Depoe Bay right now!

Baker City SHHH meets the last Thursday of the month - 4 PM at the Library.
Contact Peggy Benintendi  Cathy Wilson
e-mail: pegleg@bakervalley.net  (541)524-0453
(541)524-1630
2795 E. Street, Baker City, OR 97814

Bend SHHH meets on the 2nd Wednesday of the month - 6 PM at the St. Charles Medical Center Rehabilitation Conference Room.
Contact Cathy Sanders
e-mail: csotr-l@bendnet.com
(541)388-8103
CORIL
PO Box 9425, Bend, OR 97708

SHHH - Central Oregon Coast meets the 4th Tuesday each month - 1:30 PM at the First Presbyterian Church - 227 NE 12th St. (Westminster Room), Newport
Contact Bob Hall
e-mail: bhall@oregonvos.net
(541)765-3342
PO Box 1137, Depoe Bay, OR 97341

Lane County SHHH meets 2nd Thursday each month - 7 PM at the Hilyard Community Center, 2580 Hilyard Street, Eugene.
Contact Leone Miller, Andrea Cabral
e-mail: vngleone@msn.com  e-mail: angora@pacinfo.com
(541)744-2994  (541) 345-9432 voice/TTY/FAX
PO Box 22501, Eugene, OR 97402
Lowestin (Lake Oswego/West Linn/Tualit) SHHH meets 2nd Tuesday each month - 2PM at the Adult Community Center, 505 G St., Lake Oswego.
Contact Ed Larson
e-mail: edlarson@juno.com
(503)620-0437 voice/tty
18750 Wood Duck Circle, Lake Oswego, OR 97035

Medford Area Chapter - New for You!
Contact Gale Hill
e-mail: ghill@ccountry.net
(541)776-8973 voice/tty
233 Perrydale Ave., Medford, OR 97501

Portland SHHH meets the 3rd Tuesday each month - 7 PM at the Neurological Sciences Center, NW 22nd & Marshall, Portland - in the N/S Conference Room
Contact Rachel Joy, Mark Foster
e-mail: pdxgrog@hotmail.com e-mail: hey_foster@hotmail.com
(503)413-7348 voice or TTY
PO Box 2112, Portland, OR 97208

Roseburg SHHH meets the 2nd Monday each month - 7 PM at the Mercy Hospital Community Education Room - 2459 Stewart Parkway, Roseburg. (Between Parkway Pharmacy & Office Max)
Contact Lorene Russell, Clark Anderson
e-mail: rlrussell@mcsi.net e-mail: clarkoa@mcsi.net
(541)679-9655 (541)957-8245
732 Mulberry Ln. 570 GardenGrove Dr.
Roseburg, OR 97470 Roseburg, OR 97470

Salem SHHH meets the 2nd Wednesday each month - 6:30 PM at the Salem Hospital - Meeting Room H in the basement - 665 Winter Street SE, Salem.
Contact Kathy Ladd
e-mail: SHHHSalem@aol.com
(503)394-3863
38427 Shelburn Dr., Scio, OR 97374

If you are interested in being a part of a chapter in your area, contact:
Bob Williams, Oregon
Chapter Coordinator
e-mail: robertiw@wvi.com
(503) 769-0529
PO Box 317, Sublimity, OR 97385

or

Chapter Coordinator, SHHH National Office
e-mail: national@SHHH.org
(301)657-2248 - voice • (301)657-2249 - TTY • (301)913-9413 - FAX
7910 Woodmont Avenue Suite 1200
Bethesda, MD 20814

Get the Latest News from SHHH by Email

SHHH has begun a new, free email list for all people interested in receiving information/news from SHHH. The list will be from SHHH to subscribers. To subscribe to this list, send email from your preferred email address to SHHHH-News-Subscribe@yahoogroups.com

Self Help for Hard of Hearing People of Oregon
People helping people have a better life through support and education.
http://www.shhhor.org
I would like to receive (or continue to receive) this newsletter.

Name__________________________________________________ Phone ____________________

Organization Name__________________________________________________________________

Address____________________________________________________________________________

City ______________________________________________ State ________  Zip _______________

E-Mail _____________________________________________________________________________

I learned about the newsletter from: _______________________________

[ ] Enclosed is my contribution of $_______ to support the SHHH outreach programs in Oregon. Contributions will be acknowledged in the next issue.

[ ] I wish to remain anonymous.

[ ] I cannot contribute but would like to receive the newsletter.

[ ] I want to join SHHH National. Please enroll me as a member. I’m including my $25 membership fee. Or you can sign up online at www.shhhor.org (Click membership, click application).

Donations to support SHHH outreach efforts in Oregon should be made payable to SHHH Oregon and mailed to P.O. Box 22501, Eugene, OR 97402.