

# Hearing & Beyond

Self Help for Hard of Hearing People

Myrna Kain, Editor

mkain1@juno.com

Page 1

360.659.9438

EAC-SHHH.tripod.com

Everett Area Chapter

September 2002

## Next Meeting

September 14th, 2002  
11:00 AM to 1:00 PM  
Snohomish PUD Building

## Meeting Topic

Member discuss about their  
Hearing Loss and How  
SHHH, has helped them  
Also for Board members to  
explain their duties with EAC  
And How they like doing it.

## Raffle Item

**Donated by**

Award Services, Inc.

Bill Barnes

**Captioning Decoder Box**

## Real Time Captioning by Else Meek



Providing Realtime  
Services

A big "Thanks" goes to Lee  
Johnson, and Lilia Smith for Pen-  
nies, every little bit helps for our  
funding with our Penny Drive.



## From the Prez.....by Myrna Kain

We have been having a beautiful  
summer this year, now all the leaves  
are changing and it is the sign of fall  
coming, and SHHH. We had our  
17th International Convention here in  
Seattle and it was just great.....  
SHHH National anticipated about  
900 to 1000 people from all over  
USA to come and visit Seattle and  
what SHHH offered them at the  
Workshops.

They had terrific speakers, such as  
Dr. Doug Backous of Virginia Ma-  
son, and Dr. Gerald Gates of  
University of Washington,  
Rocky Stone our Founder of SHHH,  
Robbi Bishop, Audiologist of  
Virginia Mason

**Continue on next column**

of course then there was all of our  
Washington SHHH members that  
put a great deal of work into this to  
make it successful.....A great deal  
had to be from a great SHHH friend  
and husband of Penny Allen.....  
John.....they both did an incredible  
job for all of us.

THANKS John and Penny Allen...

\*\*\*\*\*

Our meeting this month, will  
mainly be having our members  
talk about themselves and their  
hearing loss and how SHHH has  
helped them, we also will have  
the opportunity for our Board  
Members, Officer's and commit-  
tee explain what their duties are  
with EAC and what they like  
about doing it..

All of our SHHH members and mem-  
bers of EAC are all volunteer people  
that expertise and work with Self Help  
for Hard of Hearing People, Inc., but  
it can be the best place for you as a  
new member or visitor to come and  
visit, as you probably won't find any  
more experience people such as us  
that are HOH or Deaf and to learn to  
deal or educate ourselves.

# SHHH

Self Help for Hard of Hearing People

Become a SHHH Member and  
Get the "Hearing Loss"  
Journal

## Hearing Loss

## Here is an interesting story....

Better Hearing Newsletter from HearingPlanet.com

August 2002 - In This Issue:

1. Commentary - Five Common Myths About Hearing Loss and Hearing Aids

Myth #1: When someone is hearing impaired, that just means that sounds aren't loud enough.

That's just part of it. Many people who have hearing loss have trouble hearing in crowds or group conversations. They hear but don't always understand what is being said due to decreased ability to hear some consonants. For example, "cat", "fat" and "bat" may all sound alike. Words may also seem to be mumbled or just run together. These are but a few symptoms.

Myth #2: Hearing aids are large and ugly.

Most people aren't aware of the latest technological advances that have been made in hearing aids.

For many, "completely in the canal" hearing aids are appropriate and are amazingly small and discreet. They're so technically advanced that they have made most old-fashioned hearing aids obsolete.

Myth #3: Wearing a hearing aid is a sign you're getting old.

Although hearing loss is more common in older adults, many middle age and younger people are affected as well. There are many determining factors beyond just age. Statistics indicate that of the 28 million people with hearing loss in the United States there are close to 8 million people in the United States between the ages of 18 and 44 with hearing loss, and more

than one million are school age. Remember, a hearing loss is more noticeable than a hearing aid; you just might be surprised to learn that someone you don't expect is wearing a hearing aid. Myth #4: I've heard that my type of hearing loss can't be helped. Nearly 95% of individuals with hearing loss can be helped through amplification. Now there is hope for those who have been told they couldn't be helped. New technologies emerge every year, so you may now be able to be helped when just a few years ago you were told you couldn't. Examples include people with loss in one ear, people with "nerve deafness" or "nerve damage", or individuals with high frequency loss. Myth #5: If I had a hearing loss, my physician would have told me. This may not be the case. Only 16% of physicians routinely screen for hearing loss during a physical. And since most visits are in the quiet of an office visit, it may be virtually impossible for your doctor to recognize your difficulty with hearing.

## Next Month Meeting Is National Screening Test Day on October 12th... (CANCEL)

Every year EAC offers free hearing screening by one of our audiologist in Everett, once again Lisa MacKay is offering to do this year. The screening will take place from 11:00 to 1:00, we also will be having a demonstration of listening devices, alerting devices, and many more thing that help us with our hearing loss, some of these things are what a hearing aid can't do for those that need more help than a hearing aid.

## Beatitudes for People with Disabilities

By Majorie Chappell

Blessed are those who take time to listen to the defective speech, for you help us to know that if we persevere we can be understood.

Blessed are those who walk with us in public places and ignore the stares of strangers for in your companionship we find havens of relaxation.

Blessed are those who never bid us "hurry up" and more blessed are you that do not snatch out tasks from our hands to do them for us, for often we need time rather than help.

Blessed are those who stand beside us as we enter new ventures, for our failures will be outweighed by the times we surprise ourselves and you.

Blessed are those that ask for our help, for our greatest need is to be needed.

Blessed are those when by all these things you assure us that the thing that makes us individuals is not out peculiar muscles, nor our wounded nervous systems, but it is the God-given self that no infirmity can confine.

Blessed are those who realize that we are human and don't expect us to be saintly just because we have a disability.

## Beatitudes from page 2

Blessed are those that pick things up without being asked.

Blessed are those who understand that sometimes I am weak and not just lazy.

Blessed are those who forget the disability of my body and see the shape of my soul.

Blessed are those who see me as a whole person, unique and complete and not as one of God's mistakes.

Blessed are those who love me just as I am without wondering what I would've been like.

Blessed are my friends upon whom I depend, for they are the substance and joy of my life!!!

## Thanks Lou Touchette for the nice Poem

### Auditory System

#### Outer ear

The external Ear consists of the auricle and the external ear canal. These structures collect the sound waves and transmit them to the eardrum.

#### Middle Ear

The middle ear lies between the ear canal and the inner ear. This chamber contains the ear drum and three ossicles: the malleus, the incus and the stapes (hammer, anvil and stirrup). Vibrations of the eardrum are transmitted across the middle ear **Continued on page 3**

#### From column 1

ear space by these three small bones. Piston-like movement of the third bone (stapes or stirrup) results in fluid waves in the inner ear.

The middle ear chamber is lined with a type of membrane similar to the lining of the nose, which contains secreting and tortuous channel called the Eustachian tube.

This passageway serves to equalize of pressure between the middle ear space and the outside atmosphere, as evidenced by the popping sensation noted in the ear during altitude changes

#### Inner ear (Cochlea)

The inner ear is enclosed in a bony capsules and contains fluid and over 30,000 tiny hair cells. It is lined by a delicate transparent membrane and is supplied by microscopic blood vessels. In this small capsule, fluid waves resulting from movement of the stapes bend the hair cells, which in turn transform the sound waves into electrical signals, and then into nerve impulses in the fibers of the hearing nerve.

We had our Everett Area Chapter (EAC) picnic in August, at a very different place this year, we have been for several years go to the Blackman Lake, but both Picnic holding places were already taken, so one of our Member's daughter offered us to use their Backyard..... Everybody had a good time,

## Happy Birthday to:

Dorothea Schrier,  
September 14th  
Judy Laffin,  
September 18th  
Ann Volimas,  
September 19th  
Reba Moen, September 23rd.



## Did you know :

That our deaf ex Miss-America had surgery to hear.. Former Miss America Heather Whitestone McCallum, saying that she needed to hear her children talk, has undergone surgery that expected to allow her to detect whispers. McCallum, the first deaf women to win the pageant in 1995, returned to her Atlanta home in a Thursday after receiving a cochlear implant in her right ear. The Phenham, Ala. native said she decided to have the operation when her 2 year-old son John fell in her back yard I "couldn't" hear him crying. McCallum, now a 29 year old wife and mother of two, told the Birmingham News. "Not being there for him really scared me."

## From page 5 (hearing test)

13. I misunderstand what others are saying and make inappropriate responses.
14. I avoid social activities because I cannot hear well
15. Do you think this person has a hearing loss.

**See an Audiologist immediately**

A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."

"Really," answered the neighbor.

"What kind is it?"

"Twelve thirty."

-----  
Morris, an 82 year-old man went to the Doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm. A couple of days later the doctor spoke to the man and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doctor: 'Get a hot mamma and be cheerful.' " The Doctor said, "I didn't say that. I said you got a heart murmur. Be careful."

-----  
As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on 280 Interstate. Please be careful!" "It's not just one car," said Herman. "It's hundreds of them!"

-----  
An elderly gent was invited to his old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms-- Honey, My Love, Darling, Sweetheart, Pumpkin etc. The couple had been married almost 70 years and, clearly, they were still very much in love. While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that, after all these years, you still call your wife those

loving pet names."The old man hung his head. "I have to tell you the truth," he said, "I forgot her name about 10 years ago \_\_\_\_\_"

### **NEW CARTinfo.org Web Site Launches**

#### ***NCRA Introduces Communication Access Information Center to help People that are Deaf or Hard-of-Hearing Obtain Cart Services.***

(Vienna, VA, August 27th, 23002) – The national Court Reporters Association has launched a new Web site for consumers of Communication Access Realtime Translation (CART) services. [www.Cartinfo.org](http://www.Cartinfo.org)

CART (Communication Access Realtime Translation) technology, also known as realtime captioning, can help person who are deaf or hard-of-hearing to fully participate in such activities as conferences, religious services, education classes and seminars or medical appointments. CART providers accompany people who are deaf of hard-of-hearing to meetings and many other events, and, using a stenotype machine and a laptop, instantly transcribe the spoken words into text that a person with hearing loss can read on a laptop computer or other screen.

"The demand for CART has grown tremendously in the last few years, driven primarily by the American with Disabilities Act, which recognizes CART as an assistive technology that affords effective communication access," said Laurel Eiler, president of the National Court Reporters Association NCRA). "We created this Web site because many times the institutions, organizations

and companies that are required to ensure communication access for people who are deaf of hard-of-hearing don't understand the benefits of CART or how to obtain it."

#### **Some of the topics covered on the [www.CARTinfo.org](http://www.CARTinfo.org) Web site includes:**

- How to locate a CART provider
- What to expect from a CART provider
- The many environment where Cart can be put to use
- The benefits of CART
- Resources for obtaining CART in elementary, secondary and post secondary school settings.
- Recent legal decisions involving CART

### **About NCRA**

NCRA is the professional organization for CART providers and other reporting-bases professions such as court reporting and broadcast captioning. Additional information is available by calling 800-272-6272 (TTY 703-556-6289) or visiting their Web site at [www.NCRAonline.org](http://www.NCRAonline.org).

### **CONTACT:**

Maureen McGuire  
Legal Voice, Inc.  
800-595-3174 ext. 105  
[mmcquire@legalvoice.com](mailto:mmcquire@legalvoice.com)

Pete Wacht  
National Court Reporters Association  
703-556-6272 ext 169  
[Pwacht@ncrahq.org](mailto:Pwacht@ncrahq.org)

## **To be and/or not to be Totally Deaf.....**

By Myrna Kain.....

When I first joined SHHH 10 years ago, I have learned a lot, and one of the things that I heard and learned about was Cochlear Implant,, at first I said to myself there is no way anybody going to do surgery inside my head !!!!!, Well guess what.....

I did !!!!! I had my implant done on July 26th, and August 26 is when I had my first Stimulation with Robbi Bishop at Virginia Mason, Dr. Douglas Backous did my surgery.....I have over the years seen people get the surgery and hear all the stories from each one of them their experience with Hearing Loss and having a cochlear implant. I have also witnessed seeing the before and after the surgeries, and it is truly remarkable.... I also knew that my time was near to have this done, my Db were 95 in my Left ear and 97 in my right ear., so ultimately I had to make some choices.....and I felt comfortable and am real pleased with how my surgery went.....I had my ears check about 3 yrs ago, and my then audiologist said I do really well with my Hearing aids.....But then in December of 2001, I decided to go to Listening for Life, whereas they are more familiar with, rather I was a candidate or not for the Cochlear.... after several very simple testing, I was assured I was a candidate, and YES the testing they do there is far different then going to a regular audiologist.....

We each have a choice and learn

from SHHH what we want to accomplish and my choice was to be able to hear some sounds even if it is not 100 per cent perfect...

---

### **Give yourself a 5 minute hearing test:**

1. I have a problem hearing over the telephone.
2. I have trouble following the conversation when two or more people are talking at the same time.
3. People complain that I turn the TV volume too high.
4. I have to strain to understand conversations.
5. I miss hearing some common sounds like the phone or doorbell ringing.
6. I have trouble hearing conversation in a noisy background such as a party.
7. I get confused about where sounds come from.
8. I misunderstand some words in a sentence and need to ask people to repeat themselves.
9. I especially have trouble understanding the speech of women and children.
10. I have worked in noisy environment (assembly lines, jack hammers, jet engines, etc.)
11. Many people I talk to seem to mumble (or don't speak clearly).
12. People get annoyed because I misunderstand what they

## **Telecommunications Access Service**

Anyone in WA State with a hearing loss (hearing aids or not) is eligible to receive either an amplified phone, Voice Carry-Over Phone, TTY, and/or telephone signaling equipment. Fee is based upon income and is less than retail. A trainer sets up and provides training. For an application, contact Kelly Robison, Program manager: e-mail Robiskd@dshs.wa.gov or call 1-800-422-7930/V; 1-800-422-7941/TTY or write Telecommunications Access Service P O Box 45301, Olympia, WA 98504

---

### **WA Telephone Assistance Program (WTAP)**

You may qualify for financial assistance with your phone service if you are low-income. Contact your local Telephone company or call DSHS at 1-800-543-9909. To request a fact sheet on WTAP, call 1-800-562-6150 or see <http://www.wutc/wa/gov>

---

### **Cap-Tel Trials**

The Office of Deaf and Hard of Hearing is working with Ultratec for a trial of their new Cap-Tel phone, which uses voice-recognition and real-time captioning. Ultratec has petitioned the FCC to recognize Cap-Tel as a fundable telecommunications service. ***We'll keep you updated.***



If you are not a member and want to be, or if you have not already paid this year's SHHH membership dues, we urge you to send your \$25.00 to National. Please bring the coupon on the right to a meeting, or mail to the address listed. Membership includes 6 issues of our Journal.

If you wish to only receive the newsletter, we ask for a donation to help with postage and printing expenses. All donations made to Everett SHHH are eligible for income tax deductions provided in section 501(c)(3) of the Internal Revenue Code, then that is \$13.00 a year and received monthly except in July and August. Check in the address portion of this issue to see if you are current. If you are having problems paying, arrangements will gladly be made.

If you are not a National SHHH member or would like to update your national membership – you can also do so on the attached coupon.

SHHH is the largest consumer organization dedicated to the well being of people with hearing loss. We believe people can help one another, be helped, and participate successfully in society. Our primary purpose is to educate ourselves and those around us about the causes, nature and complications of hearing loss – and what can be done to help.

### Check the boxes that apply to you.

- ☐ I/we would like to become a member of EAC Newsletter (\$13 per person, \$15 for 2 or more in the same household per year). This includes 10 issues of the newsletter. See address below.
- ☐ I'd like the newsletter only (10 issues). Here is a donation of \$\_\_\_\_.00. (Remember it is tax deductible). See address below.
- ☐ I want to join National SHHH (\$25 per year). Make check payable to SHHH National and send to: SHHH Membership Desk, 7910 Woodmont Ave. #1200, Bethesda, MD 20814. Or you can send your check to SHHH, Everett Area Chapter, address below, and we will forward it for you.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Voice/TTY \_\_\_\_\_

Circle box , and send this form and check to:

**Everett Area Chapter**

**% Annette Johnson, Treasurer**

**8521B – 238<sup>th</sup> SW**

**Edmonds, WA 98026**

National \$25.00 (Journal) Local \$13.00 (newsletter)

Both \$ 38.00

Be sure to mark or circle which you want

The views expressed in this newsletter are those of the person submitting the information and not necessarily those held by SHHH. Mention of goods and services does not mean endorsement, nor should exclusion suggest disapproval.

### SHHH-Everett Area Chapter

c/o Dave Pearson

8521 45th Drive NE

Marysville, WA 98270



Self Help for Hard of Hearing People Inc.

Self Help for Hard of Hearing  
People, Inc.

Meeting: September 14th, 2002  
Rap Session

### In this issue.....

- From the Prez...Myrna Kain.....Page 1
- Myth of Hearing Loss and Hearing aids.....Page 1
- Beatitudes.....from Lou Touchette.....Page 1-2
- Humor .....by Lou Touchette.....Page 3

**Guests are always welcome**