Sound Waves

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Interpreting your audiogram
By Tom Rees, Ph.D., Associate Professor/Audiologist
Bethany Kershner, M.S., Audiology Doctoral Student
Audiology Clinic - Harborview Medical Center

The results of your hearing test are recorded on an audiogram—a graph of hearing loss amount, type, and configuration. The audiogram’s vertical lines represent frequency (pitch) and the horizontal lines represent intensity (loudness). Moving from left to right on the audiogram is similar to moving up a piano keyboard from the bass notes in the low frequencies to the treble notes in the high frequencies. The range most important for understanding speech is the middle frequencies between 500-3000 Hertz.

The 0 decibel line near the top of the audiogram represents a very soft sound. Moving downward on the audiogram represents increases in intensity. The softest sound you hear at each pitch is recorded on the audiogram. Responses for the left ear are marked with an X and the right ear with an O. Thresholds of 0-20 dB are considered normal. Testing is done using earphones, as well as a bone conduction vibrator placed behind your ear.

Speech discrimination (word recognition) is evaluated to look at the effect of hearing loss on speech understanding. You are asked to repeat one-syllable words at a comfortable listening level. A low speech discrimination score suggests you will most likely have a difficult time understanding speech, even when it is comfortably loud for you. The majority of hearing losses are in the high frequencies, which contain many soft consonant sounds. Consequently, one can hear the vowels but not the consonants, resulting in the common complaint of “I can hear but I can’t understand.”

Hearing loss is defined by degree (ranging from mild to profound), (Continued on page 2)
Don’t toss it!  
By Joyce O’Keefe, Bellevue

Catch the recycle wave—used hearing aids and assistive devices are not junk! If you’ve recently upgraded your hearing aids, your old ones could become a lifesaver to a financially needy person or loaned to someone whose own aid must go into the shop for repairs.

Lions Clubs usually provide donation boxes for hearing aids (as well as eye glasses) at fire departments, in shopping malls, and at some libraries and churches. Frequently, hearing health providers will accept used hearing aids.

Functional hearing assistive technology is needed, including visual and tactile signaling devices: alarm clocks, doorbells, telephone signaling devices, amplified phones, inline amplifiers, smoke alarms—the list goes on. Assistive listening devices (ALDs) are important: TV listening systems (FM or infrared), pocket talkers for TV or close-up conversation, and FM systems for meetings. Ask for a receipt, with the model and serial number, for any donated equipment. You can declare a "charitable donation" deduction on your income taxes next year (check with your tax advisor).

While clearing out my mother-in-law’s apartment after she passed away, we found her old hearing aid, with remote control and instruction booklet, still in good condition. We also found ALDs she had used. We donated these, along with her newer aid. Always generous with her gifts, we know she would be delighted that her hearing aids and equipment are now helping someone else who has a hearing loss.

Editor: You may contact our organization if you have donations.

(Continued from page 1...Interpreting your audiogram)

Based on your hearing loss and individual lifestyle, you will be counseled about different hearing aid styles and features. If ten people wore the same hearing aid, they would each have a very different hearing experience, depending on their audiometric results, word understanding abilities, realistic expectations and the competence of the audiologist in hearing aid programming.

Digital hearing aids allow a clear signal, precision in programmability, better control of feedback (whistling), and noise reduction. Other features of importance are directional microphones, which help focus on sounds from the front, and a telephone coil, which is an internal circuit used for better hearing on the phone.

Editor note: A telecoil ("telephone coil") is also important for accessing assistive listening devices and is essential for more than moderate hearing loss.

Going wireless with your cell

By Don Pickens, Redmond

I am a heavy user of cell phones in my business as a commercial realtor, and I make and receive calls frequently from my car or someone else’s. Normally, I use a neckloop with a built-in microphone with my cell phone for hands-free use, as well as for general use in hard-to-hear environments.

Since I am in many different cars, I discovered that newer cars are outfitted with lots of electronic equipment that causes interference and buzzing with my telecoil when I use my neckloop. This is increasingly problematic in certain cars, so I set out to find a better solution.

Perhaps you’ve noticed an ever-increasing number of people wearing headsets on their ears to communicate with their cell phones. These utilize Bluetooth technology, which allows devices to communicate wirelessly with each other. Until recently, there was no way for a hearing aid user to access this technology without removing a hearing aid. The ELI DirX was made for hearing aid wearers, and it’s actually more aesthetic looking than some of the strange things you see normal-hearing people wearing on their ears.

(Continued on page 3)
I tested the ELI DirX to see if it would solve my problems—it did. This small device plugs onto the bottom of a behind-the-ear (BTE) hearing aid, using direct audio input (DAI). The DAI boot can be obtained from your audiologist for around $30 and can be used to interface with other devices, as well.

With a simple programming routine between the ELI DirX and your cell phone, you are up and running. When an incoming call arrives, your ELI DirX wakes up and starts ringing in your ear. You can either push the button on your cell phone or a button on the side of the ELI DirX and answer the call. Same procedure to end the call.

The advantage of the button on the ELI DirX is that you do not have to locate your phone. You do need a Bluetooth-enabled phone from your cell phone carrier, or you can purchase an adapter for about $59 that plugs into your regular cell phone and makes it Bluetooth compatible. If you are going to use the ELI DirX regularly, it’s best to exchange your phone for a Bluetooth-compatible phone.

The reception of the ELI DirX is excellent, and I did not get any complaints from people I was talking to from my car. This was a concern I had, as I thought maybe road noise in the car might be a problem. The sensitive microphone for talking is located at the bottom of the ELI DirX. It worked well and allowed me to move around my office and other environments while easily handling cell phone calls.

The unit comes with a battery charger unit. Battery life between charges is good. When the battery is getting low, you are alerted with beeping tones.

While many new cars are coming out with Bluetooth technology that allows you to use your cell phone through your car speaker system, the advantage of the ELI DirX—besides bringing voices closer—is its portability.

You can purchase the ELI DirX from your dispenser for about $299. For more information, see http://www.ELI DirX hearing.com.

Editor: This question was answered by the Listen for Life Center at Virginia Mason. If you have a hearing aid question you would like answered in our newsletter, please e-mail PAllen@hearingloss-wa.org or write HLA-WA, PO Box 4025, Kent, WA 98089.
National awards

These national awards were presented at the recent national HLAA convention in Orlando. Bob Branigin, who attended the convention, accepted the awards and made the presentations to a delighted audience at our annual HLA-WA picnic in July. We are very proud of Bev and Dave!

Spirit of HLAA Award

The Spirit Award is given to “caring dedicated people who are not only actively involved in HLAA, but who also set an example for others as shining models of the self-help philosophy.”

Bev has had her fingers in many areas—various officer positions at the local level and as vice president, database coordinator, chapter coordinator, and outreach coordinator at the state level. She has helped create training programs and regularly speaks to civic groups on hearing loss.

Despite a fulltime job Bev continues to share her time and effort generously, using her vacation time and her own money to pay for travel and hotel expenses.

Best Chapter Newsletter Honorable Mention

Dave Pearson is the editor of Hearing and Beyond, the newsletter for the Snohomish County chapter. The judges noted, “We had to include this newsletter as an honorable mention...the use of layout, color, presentation of local and national news and a unique descriptive resource page are key markers of an excellent newsletter. Also of note, is the in-kind donation of printing services by their local Office Depot. Support of local businesses is a marker of respect for people with hearing loss.”

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We welcome your articles, letters, and notices of coming events. Articles may be abbreviated due to space constraints. Opinions expressed in this newsletter are not necessarily those of HLA-WA or HLAA. Mention of goods or services does not mean endorsement, nor does exclusion suggest disapproval. Any portion of this newsletter may be reprinted or disseminated, as long as credit is given to the individual author or to this publication. We encourage health professionals to make copies available to their clients. Please contact the editor about advertising rates.
We appreciate your support!

Your donations help us fund projects that benefit people with hearing loss. We are especially grateful for our newsletter advertising sponsors: the Hearing, Speech, and Deafness Center and Sprint Relay for advertising in our newsletter and for Sprint Relay for advertising on our website. The following contributions are for April through July of 2006:

- Bob Branigin, Seattle
- Kay Filson, Tacoma
- Robert Glick, Seattle
- M. Lee Harned, Renton
- Jack Latson, Poulsbo
- Julie Mason, Battle Ground
- Ruth Wynn Miller, Spokane
- Wendell Poole, Bellingham
- Catherine Talbot-Lawson, Seattle
- HLA Snohomish County

United Way

You can make regular United Way contributions and help hard of hearing people in our state. These readers have supported this newsletter throughout the year through United Way:

- Erlene Little, Oak Harbor
- John C. Robbins, Renton
- Della Ramsden, Seattle
- George Ross, Seattle
- Lilia Smith, Camano Island
- Timmie Mauck, Poulsbo
- Bev Ziarko, Kent
- United Way Kitsap County
- unknown donor

Microsoft Matching Program

- Mark and Susan Svancarek, Redmond

Double your donation!

Many employers will match their employees’ donations to non-profit organizations. If you are planning to make a donation to HLA-WA, please ask your employer if your company has a matching gifts program. We are a 501(c)3 organization.

- Violette Benham, Castle Rock
- Bruce C. Harding, Pullman
- Ruth Wynn Miller, Spokane
- Wendell Poole, Bellingham

Projector donations

Our greatest wish is for captioning at our chapter meetings. Although we are still looking for captioners who will volunteer their time, the biggest obstacle is that most captioners do not have data projectors to project the captioning onto a screen. The following people have generously contributed this quarter to the projector fund to make this wish a reality:

- Violette Benham, Castle Rock
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Hospital kits coming to a chapter near you!

Hospital kits for people with hearing loss will soon be available through chapters or our state organization. They include a placard that alerts someone entering your hospital room that you have a hearing loss, stickers to put on your medical charts, a Face Me pin, communication tips to hand out, and much more. Look for details in our winter issue.

Telecommunications Equipment Distribution Program (TED)

If you live in Washington State and have a hearing loss, you are eligible for an amplified phone, Voice Carry-over phone, or TTY, as well as a telephone signaling device. A contract trainer will deliver the equipment and show you how to use it. Cost is based upon income. Contact Kelly Robison, TED Program Manager: 1-800-422-7930/V; 1-800-422-7941/TTY; or write to Telecommunications Equipment Distribution, PO Box 45301, Olympia, WA 98504; or e-mail Robiskd@dshs.wa.gov.

Hearing aids for low income people

Lions Clubs work with fitter/dispensers and audiologists to provide free refurbished hearing aids to anyone who qualifies financially. Contact your local Lions Club or provider to apply. If your annual income is $23,500 or below (single wage earner), you qualify for new high-quality, low-cost hearing aids through the Lions AUDIENT program. Call 1-877-283-4368 or see http://www.audientalliance.org to download an application. You will be referred to an AUDIENT provider in your area who will work with you.

Low-interest loans

Washington Assistive Technology Foundation (WATF) offers low-interest loans to Washington residents for assistive technology (e.g., hearing aids, augmentative communication devices, computers with adaptive equipment). See the WATF website (http://www.watf.org) or call 206-328-5116/V or 800-214-8731/V/TTY. No income restrictions.

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Where can you go for hearing care?

Where excellent care and nonprofit status add up to a rewarding, “service over sales” experience...

Where licensed audiologists provide a range of hearing aid options, customized to meet clients’ individual needs...

Where the revenue generated enables deaf & hard of hearing children from low income families to try their first hearing aids...

That provides seminars to businesses on hiring and serving individuals with hearing loss...

That features a specialized store for amplified phones and TV devices...

That offers sign language and lipreading classes...

That’s been a fixture in the Puget Sound community since 1937...

That opened an all-new, comfortable facility just three years ago...

HEARING, SPEECH & DEAFNESS CENTER

Seattle
206.323.5770 V/TTY

www.hsdcc.org
Advocacy in action

By Penny Allen, HLA-WA president

On July 22, 2005, Bellingham resident Bert Lederer was a very frustrated man. He and his wife were visiting Yellowstone National Park, and he could not understand the theater presentation because of his hearing loss. He asked the ranger why there was no captioning. “Sometimes it works and sometimes it doesn’t,” he was told, and went on to explain that they weren’t going to fix it because the building was scheduled to be demolished within a year. In its place would be a new, fully-accessible facility in the fall of 2008. But that was more than three years away!

Bert filed a complaint under Section 504, later noting he had filed other park complaints in the past (presumably under the ADA), but “had been getting the kiss off.”

In July of 2006, Bert received a copy of a letter to Yellowstone National Park from the National Parks Service (NPS). It directed Yellowstone to provide open captioning of their informational videos, as well as provide assistive listening devices (ALDs). Bert’s response? “Wow! I thought I would have a good chance of prevailing on the open-captioning but got ALDs, too! Just think of the thousands of people that will benefit in the future. My bet is that NPS will issue the same mandate for all national parks and monuments. Chalk up one for advocacy!”

Section 504 of the Rehabilitation Act of 1973 is a national law that protects qualified individuals from discrimination based on their disability. The law applies to employers and organizations that receive financial assistance from any Federal department or agency, including the U.S. Department of Health and Human Services. These include hospitals, nursing homes, mental health centers, and human service programs.

For information on how to file a complaint or to obtain information on civil rights, contact the Office of Civil Rights: Hotlines: 1-800-368-1019 (Voice), 1-800-537-7697 (TTY). E-mail: ocrmail@hhs.gov. Website: http://www.hhs.gov/ocr.

Advocacy updates

CAPTEL—New York joins 38 other states in offering CapTel (captioned telephone) service. It leads the number of users it allows to join the service each month (300), but service is limited by most states due to cost.

HLAA is petitioning for a nationwide mandate from the Federal Communications Commission (FCC). The Washington State Office of Deaf and Hard of Hearing has plans to start service here in July of 2007—if it can collect a surcharge on cell phones. We have yet to hear a backup plan. Please contact your legislators and ask them to support funding for CapTel service.

HAIL—This will be our third year on HAIL (Hearing Aid Insurance Legislation), and we need your help. Please write letters to your legislators and the governor and let them know you would like insurance companies to cover hearing aids. More to come in the next Issue.

Attention veterans with service-related hearing loss

By George Cooper, College Place

The VA schedule for Rating Disabilities has long held that service-related hearing loss and/or tinnitus, whether in one ear or both, was rated at a total disability rating of ten-percent.

On April 5, 2005, the U.S. Court of Appeals for Veterans Claims handed down its decision in Smith v. Nicholson. The Disabled American Veterans (DAV) had argued on behalf of Mr. Smith that he was entitled to two separate ten-percent disability ratings for service-connected tinnitus; i.e., ringing, in his right and left ears. The Court ruled in favor of Mr. Smith. The VA appealed.

Veterans who believe they may be entitled to benefits based on the Smith precedent should promptly contact their DAV National Service Officer, although contacting any of the major veterans organizations should result in assistance in understanding your options and the steps required to file a claim.

For more information, see; http://www.dav.org/veterans/tinnitus_website_summary.html.

Become an advocate!

Advocacy takes persistence. The quickest way for us to get the information to you is through e-mail. Through this organized effort, letters, e-mails, and phone calls to our legislators make a difference for people with hearing loss. Contact Penny Allen at Pallen@hearingloss-wa.org. Your e-mail address is confidential.
Implant corner

By Ben W. Gilbert, Tacoma and Mary Steinmeyer, Fife

A tough deaf nine months and getting started again

Columnist Linda Knapp tells of becoming suddenly deaf and what she’s done about it.

Excerpted from The Seattle Times. Reprinted by permission. By Linda Knapp

In mid-August I fell into a coma and woke up eight days later with bacterial meningitis. I was totally deaf, couldn’t see out of one eye, and couldn’t sit up, never mind walk. But I was still alive. For three months, antibiotics killed the bugs messing up my left eye. Physical therapy helped me relearn to walk. Learning how to hear (with technology) has been the biggest step.

For several months, I experienced what it’s like to be totally deaf. People “talked” to me by writing on a little white board. Having zero natural-hearing capacity made me eligible for a cochlear hearing system that involves surgically implanting a microchip and 22 wire electrodes behind my ear and threading them through my inner ear to the auditory nerve.

The outside parts include an over-the-ear processor that digitizes incoming sound and sends it through a disk to the inside processor. The sound is distributed to the implanted electrodes that go to the auditory nerve and the brain.

A cochlear system like mine costs $40,000 to $50,000, including surgery, doctors’ fees, medications, adjustments, and lessons on how to use it. I’m lucky my Group Health coverage paid for almost all of it. I’m also lucky to have a team of excellent doctors and other professionals at Group Health and Virginia Mason Medical Center.

Surgery was just before Christmas, and two weeks later I went to get the outside parts of the system and begin learning to hear again. The audiologist connected my hearing device to her computer and played sounds to determine my range from lowest to highest pitch, and my comfortable volume range. She fiddled with her computer, and then the magic began.

At first, I heard random sounds; gradually, the sounds evolved into recognizable words. For the first time in months, I could hear actual sentences. I left her office feeling my life had begun again. However, I soon realized learning to hear again would take time, especially if I want to become expert.

Weekly visits to the audiologist have helped. I’m a willing student, because using this device is the only way I’ll be able to hear for the rest of my life.

After practicing with the basic system for a while, I was ready to learn how to use other devices, including telephones, cell phones, music players, televisions and more. When I want to listen to music, I connect the iPod to the outside processor, which enables me to hear my 500 stored songs pretty well.

When I want to use a cell phone or home phone, I could put my processor on telecoil, but I prefer to simply hold the receiver over my outside processor, or use the speakerphone.

I experiment to find what works best for me. The downside is it doesn’t match the quality of natural hearing. Music doesn’t sound as rich and full. When talking to people, I have to face them to hear what they’re saying. Plus, my hearing device hangs over my right ear, so it’s hard to hear what’s being said on my left.

Hardest of all is learning to ignore extraneous noises so that they don’t interfere with my ability to hear the voices I want to hear. Our microwave oven sounds like a baby crying, for example, and when I walk into stores with music playing on multiple speakers, it feels like an assault. Driving on a busy highway is also deafening, especially when there are concrete walls on both sides. (Update: I’ve managed to banish the microwave’s incessant crying, and other background sounds are fading, too. Color me hopeful.)

In some ways, I’m getting started again and going through the relearning process. This is my first column back, and my 244th column since it started in 2000. I’m finally ready to face technology that’s helpful and fun, and maybe even technology that won’t work or seems too hard to tackle.

So, let’s get started. Again.

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Checklist of implant processors by maker

Listed below are features of the three major brands of behind-the-ear cochlear implants and sub-brands. Body packs are also available, but not detailed here. Information was taken from the respective manufacturers’ websites: Cochlear Americas, www.cochlear.com; Advanced Bionics, www.advancedbionics.com; and Med-El, www.medel.com.

**COCHLEAR AMERICAS**

**ESPrit 22**
- SPEAK Coding Strategy
- 2 listening programs.
- 2 #675 batteries
- Beige, brown or black

**ESPrit 3G for the Nucleus 22**
- SPEAK coding strategy
- Directional microphone
- Built in telecoil
- Whisper setting
- 2 listening programs
- Volume, sensitivity choices
- 3 #675 batteries
- Beige, brown, black or silver
- Color range of battery covers

**ESPrit 3G (Nucleus 24)**
- A choice of ACE, CIS or SPEAK coding strategies
- Directional microphone
- Built-in telecoil
- Soft sound whisper setting
- 2 listening programs
- Volume, sensitivity choices
- 3 #675 batteries
- Beige, brown, black or silver
- Color range of battery covers

**Freedom BTE**
- Splash and sweat resistant
- SmartSound digital sound engine (Beam, Adro, Whisper)
- Auto sensitivity
- 3 #675 batteries
- Built-in help messages
- Can adjust volume, sensitivity
- Wireless FM capabilities

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### Emotionally attached to Boliro, author Chorost battles to keep it as hearing changed

Author Michael Chorost was born with partial hearing, and at age 15 he discovered he could hear Boliro. That musical piece with its pronounced beat became a touchstone, a piece of music that he became emotionally attached to. In 2001, when Chorost experienced a sudden total loss of his remaining hearing, he lost Boliro—seemingly forever.

In “Wired” Magazine, Chorost chronicles a journey, learning about acoustics, music, and signal processing. With a postdoc expert at his elbow, he delved into theories of the “psycho-acoustic” basis of music and had his cochlear implant (which he supplements with an ALD) reprogrammed.

"I spent two-and-a-half days hooked up to the computer, listening to endless sequences of tones—none of it music—in a windowless cubicle," he said. “Which of two tones sounded lower? Which of two versions of "Twinkle, Twinkle, Little Star" was more recognizable? Did these notes sound like a march or a waltz?

"After finishing the last test, the postdoc fired up the programs to play Boliro. Some of the lower pitches I’d heard in the previous two days had sounded rich and mellow, and I began thinking wistfully about bassoons and oboes. I felt a rising sense of anticipation and hope.

“I waited while the postdoc tinkered with the computer. And waited. Then I noticed the frustrated look of a man trying to get Windows to behave. "I do this all the time," he said, half to himself. Windows Media Player wouldn’t play the file.

“I suggested rebooting and sampling Boliro through a microphone. But the post doc told me he couldn’t do it in time for my plane to get back to the Bay Area. I was crushed. Scientifically, the visit was a great success. But for me, it was a failure.

On the flight home, I plugged myself into my laptop and listened sadly to Boliro with Hi-Res. It was like eating cardboard.”

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**Boston Scientific takes over Advanced Bionics**

Boston Scientific (BS), a manufacturer of medical intervention devices, has acquired Advanced Bionics (AB), maker of Clarion cochlear implants. AB also produces pulse stimulators, programmable drug pumps, and devices to treat lower back pain, urinary incontinence, and Parkinson’s disease.

Tell us your CI story. Wearing a CI? Tell us about it. Prospective CI wearers want to hear it. E-mail bengilbert@hearingloss-wa.org and/or Mary Steinmeyer: N22Mary@comcast.net.
Support and education

Chapters in Washington

Meeting times and days sometimes change, and most chapters take a vacation break. See our website for program listings.

BELLEVUE—2nd Sat. 1:00 pm; Lake Sammanish Four Square Church, Rm. 104, 14434 NE 8th St., Bellevue; amplification, FM. Prudence Clem: 425-746-1074 or e-mail chapter coordinator.

CRISTWOOD—Time/location in retirement complex varies. 350 N. 190th St., Shoreline; amplification, infrared. Rose Inouye: 206-542-5541 or e-mail inou@hearingloss-wa.org.

DOWNTOWN SEATTLE—4th Thurs. 6:00 pm; HSDC, 1625 19th Ave., just off Madison; amplification, FM. Focus is on issues in the workplace. Judi Carr: 206-250-5252 or jstarbright@hearingloss-wa.org.

EAST JEFFERSON CO.—4th Mon. 1:00 pm; Port Townsend Community Ctr., 620 Tyler Street, Port Townsend; amplification, FM. Emily Mandelbaum: mandelbaum@olympus.net or 360-379-4978 or Sandy MacNair: 360-385-1347 or smacnair@cablespeed.com.

GRAYS HARBOR—Aberdeen. Meeting times irregular. Contact Wes Brosman: 360-537-0456 or wesbro@olynet.com.

IDA CULVER HOUSE BROADVIEW—2nd Thurs. 2:00 pm; 12505 Greenwood Ave. N., Seattle; Michael Craig: 206-368-3713 or MCraig@ERACARE.com.

KITSAP—4th Sat. 1:00 pm; Iris Room (lower level) at Silverdale Harrison Hospital, 1800 N.W. Myhre Road; amplification, FM, real-time captioning. John Allen: 360-871-0997 or jcallen@hearingloss-wa.org.

PORT ANGELES—3rd Tues. 10:00 am; Port. Angeles Senior Ctr., 328 E. 7th, Port Angeles; amplification, FM. Gladys Snyder: gladysjs@olypen.com or 360-683-8887.

RENTON—2nd Fri. 12:30 pm; Renton Senior Ctr., 211 Burnett Ave. N., Renton.; FM, real-time captioning.

SOUTH KING CO.—2nd Tues. 6:45; Auburn Senior Ctr., 808 9th St. SE, Auburn; amplification, FM, real-time captioning. Valerie O'connor: 425-226-8399 or valerie.oconnor@gmail.com.

THE HEARTHSTONE—2nd Tues. 10:30 am; 6720 E. Green Lake Way N., Seattle; amplification. Donna Leggett: 206-517-2204 or ilactivitiescord@hearthstone.org.

2006 HLA-WA Board meetings

Board meetings are scheduled four times a year. Meetings are open to HLAA members and the public. Real-time captioning and assistive listening devices are provided. Check our web site for updated information:

Sept. 23, 10:00 am – 4:00 pm
St. Luke’s Rehabilitation Institute, 711 S. Cowley St., Spokane
99202

Dec. 2, 10:00 am – 4:00 pm
General membership and Board meeting (election of new Board)
Hearing Speech & Deafness Center, 1625 19th Ave., Seattle 98122

New chapter interest

SOUTHWEST WASHINGTON—Castle Rock area. If you would like to help start up a new chapter, contact Violette Benham: buzzandvi@msn.com or 360-274-5151.

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