

Welcome To

**HEARING ASSOCIATION HAMILTON
& DISTRICTS BRANCH**

Newsletter - July / August 2020

Opening Hours

Monday to Friday

9.00am - 3pm

Residential and Postal

Address:

**27 O'Neill Street
Claudlands
Hamilton 3214**

Phone : 07 852 5725

Email: hamhearing@xtra.co.nz

Website:

www.hamilton.hearing.org.nz



EXTRA ON SITE SERVICES AVAILABLE IN 2020-

Audiologist: Hearing Health—Mr Bill Rennox Monday to Friday 9.00— 4pm

Ear Health: Ear Nurse Donnell Flynn—Thursdays—appointments necessary

Presidents Report 2020

Well what a year we are having! This one will go down in the history books as extraordinary, It has changed many life's. Lets hope everybody can get back to normal. I hope all of you have not been badly affected by the virus situation. After lock-down everybody was pleased when we could open. Lockdown has affected our AGM date which is now August 4th 2020. The National body's AGM is 25th July in Wellington. Next years AGM and office staff meeting is in Hamilton, our Northern district will be organising the Hamilton venue.

We said good bye to our receptionist Dorothy Lovell, who has retired and we welcome Marise Durham who has accepted the receptionist position.

Our Christmas lunch has been booked for the 25th November and we hope to see you all there at the usual venue. You can be an ambassador for the club by promoting the club to your friends with our low cost hearing parts and our service. Not forgetting our Ear Nurse and Audiologist.

Did you know we are now on Facebook?
"Hamilton Hearing Association"

This is a great platform for us as it is **FREE** exposure about us
And our services.



If you already have a Facebook page we would love it if you would **LIKE** our page and add us to your Friends list and ask your friends and family to LIKE us as well.
Liking a page or post helps us get the Hamilton Hearing Association message out into the social media community therefore spreading the word about how we can help people who struggle with hearing loss

ANNUAL GENERAL MEETING 2020

We held our Annual General Meeting on the 4th August 2020. While this newsletter was still getting printed and delivered.

We did send a special notice out. All results from our AGM will be added to our next newsletter in October /November.

Our 2019 Reviewed Accounts are finalised and open to all our members for viewing by request.

HEARING HEALTH NZ—BILL RENNOX—AUDIOLOGIST



Prices very competitive, full diagnostic hearing test for new clients.

Can provide/supply clients with a wide range of hearing aids from basic to high tech. Full after sale service and advice.

Main Clinic: - Hamilton Hearing Association—Permanent Premises.

Clinics: Cambridge, Morrinsville, Thames.

For appointments please phone our office 07) 852 5725



Professional Ear Wax Service— Every Thursday—Competitive Rates
Registered Ear Nurse—Donnell Flynn

From the Office.

Dorothy retired in May this year. She is loving having more free time, but still keeping busy. Will keep in touch and help out when she can.

Our new person in the Office is **Marise** — new to the Not-for –Profit business, please be patient when making inquiries until Marise learns all the ropes.

COVID19 and lock down: We hope everyone coped and stayed well and still keeping well during these unusual times.

We were horrified to hear people were paying **\$13 for a packet of 4 batteries** during lockdown. Please tell your friends our batteries are for sale to everyone, you don't need to be member to shop at our premises. We encourage all our members and clients to pass the word around re our prices.

Our batteries to members \$5.00 a card of 6 batteries. — Non members \$6.00 a card of 6.

We also sell wax filters , tubing, ear plugs, drying capsules.

We will do hearing aid checks and cleans . We can send away to firms for repairs when required.

2020 has been a new experience for all and we have had to make many changes. But please know we are still here and open for business. We welcome new faces and hope to see all our regulars drop in whenever they are needing assistance with their hearing aids or just need a chat.

We always have a cup of tea / coffee ready to go.

Assistive Listening equipment and other Product for sale.



Portable Alarm Clocks



Powered Bedside Alarm clocks with Shaker



Electric Drying Machines



Telephones

New Blue Tooth Maxi Pro: Can be used with or without hearing aids.

Can be blue toothed to your mobile phone to enhance the speech.

Is compatible with new TV Streamer— connects to your TV and no leads to enhance the speech.



We have an assortment of ear plugs. If we haven't got an item in stock we can locate most of them and have them here in a couple of days.

If you have any queries please call us to make an appointment to view any of our items and we do free demonstrations.

Cochlear implants

A cochlear implant is a surgically implanted electronic device that provides a sense of sound to a person who is severely hard of hearing or profoundly deaf.

Who can receive a cochlear implant in New Zealand?

The Ministry funds cochlear implant services for people who meet *all* of the following criteria:

- You have severe to profound hearing loss in both ears.
- Your hearing isn't helped by standard (acoustic) hearing aids.
- You've been assessed as likely to benefit from a cochlear implant.
- You're [eligible for publicly funded health and disability services](#).
- You live permanently in New Zealand.
- You do not qualify for cochlear implant funding through ACC.

If you can say yes to *all* of those statements, then you may be eligible for Ministry-funded cochlear implant services. Your health provider can help you find out whether you're eligible for this service.

[Find out more about eligibility for publicly funded health services.](#)

Provision of implants

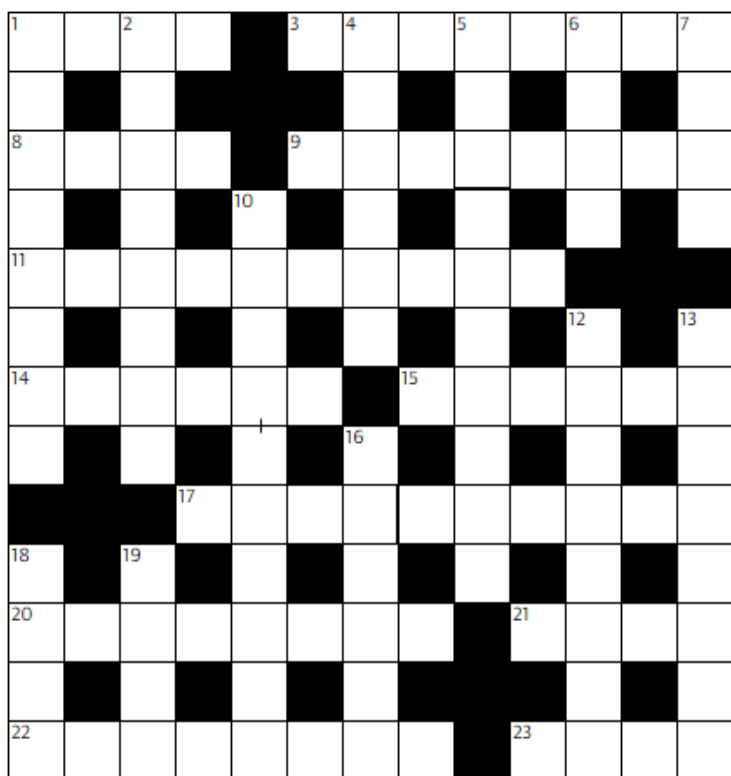
The funded service includes:

- the assessment
- the device (an implanted electrode and a sound processor which is worn externally)
- the surgery
- audiology
- maintenance and support
- associated ongoing support services
- rehabilitation for adults or habilitation for children
- device replacement.

The funded service also includes follow-up services such as replacement sound processors. These follow-up services ensure your cochlear implant works well throughout your life.

For children, the funded service also covers the cost of any repairs, batteries or spare parts for their speech processors. Adults (aged 19 years or older) don't have these costs covered.

The Ministry does not fund follow-up services for adults (aged 19 or older) who received their implant outside of New Zealand or who paid for their implant privately.

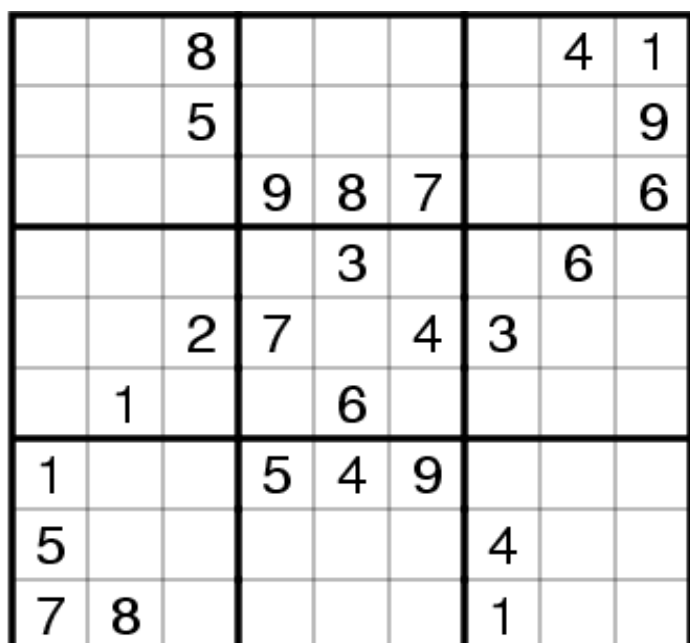
**Across**

- 1** Gather — food (4)
3 Paid regularly (8)
8 Hebridean island, where in 563 St Columba founded a monastery (4)
9 Nemo's vessel (8)
11 Aid to getting dressed (10)
14 They can usually manage — old horse-dealers (6)
15 Statement (6)
17 Volume booster — he'll air duo (anag) (4,6)
20 Banana-like fruit (8)
21 Founding queen of Carthage (did next to nothing!) (4)
22 Cheapest accommodations on old passenger ships (8)
23 Gets older (4)

Down

- 1** Traffic jam (8)
2 War memorial (8)
4 Lack of interest in things in general (6)
5 Design style used by Charles
 ennie Mackintosh, say (3,7)
6 Out of work (4)

- 7** Sprinkle — powder (4)
10 Imposing item of bedroom furniture (4-6)
12 Bulge (8)
13 Splendid (8)
16 Border (6)
18 Mimics — primates (4)
19 Jar for cut flowers (4)

Sudoku**Riddle**

I can be crushed to pieces but only if I
 am given away first.,
 I can be clogged and attacked but that's
 usually my own doing.
 No matter how many problems I have,
 you wouldn't dare let me go.

What am I?

Sing like no ones' listening.
 Love like you've never been hurt.
 Dance like nobody's watching
 and live like it's heaven on earth.

Mark Twain

Trouble Hearing?

Maybe It's Your Brain

Study says older brains may have trouble processing in noisy places

by Katherine Bouton

Even a person with "normal" hearing may have trouble processing a conversation in a noisy environment.

When it comes to hearing problems, the blame may lie in the aging brain, not the ears.

A recent study by University of Maryland researchers found that changes in older people's brains can cause them to struggle to understand conversation in a noisy environment, even though their hearing would be considered normal on a hearing test.

The study, published in the *Journal of Neurophysiology*, compared the brains of adults ages 61 to 73 with those ages 18 to 27. What they found was that our brains, as they age, get worse at processing the sound of talking when there are other sounds at the same time. In this case, the older adults scored measurably worse on speech understanding in noisy environments than the younger adults.

Both groups had normal hearing as measured by an audiogram. Importantly, they were also given speech in noise tests, and their hearing was still found to fall within the normal range.

So what accounted for the disparity in speech understanding? The answer, alas, may lie in the aging brain.

Using two different kinds of brain scans — EEG (electroencephalogram) and MEG (magnetoencephalogram) — the researchers studied the midbrain area, which processes basic sound in most vertebrates, and the cortex, which has areas dedicated to speech processing in humans.

The cortical test involved listening to a male speaker reading from "The Legend of Sleepy Hollow," by Washington Irving, while a secondary, female speaker read from *A Christmas Carol*, by Charles Dickens. The midbrain test used just the female reading.

In the younger subjects, both areas of the brain responded normally to speech in quiet (one reader) and speech in noise (two readers), but in older adults, the cortex responded more slowly in processing speech whether or not there was secondary noise.

"For older listeners, even when there isn't any noise, the brain is already having trouble processing the speech," said co-author Jonathan Simon in a press release.

Older people need more time to figure out what a speaker is saying," he added. "They are dedicating more of their resources and exerting more effort than younger adults when they are listening to speech."

What can we older adults do?

We could try brain-training exercises. These might be similar to the exercises used in auditory, or aural, rehab, where the brain is trained to recognize words more quickly and accurately. There are formal programs for this, like the online Listening and Communication Enhancement (LACE) programs, but you can also practice simply by listening to a recorded book and then checking the text to see whether you heard accurately.

Continued on next page

Tips continued.

Making sure you can see the speaker is also essential. Visual clues gleaned from facial expression, body language and the movement of the eyebrows and eyes.

Formal speech-reading classes teach you to pay attention to these signals, but we all speech-read to some extent. It's why even hearing people crane their necks to see a speaker, even if they can hear the speaker perfectly well.

This need to see as well as hear has an official name: the McGurk effect, named after one of the British scientists who discovered in the 1970s that we comprehend speech better if what we are hearing matches what we are seeing. The scientists called it "hearing lips and seeing voices."

To overcome that age-related decline in the ability to understand speech, then, make sure you pay close attention to the speaker. Make sure the speaker pays attention to you, too — meaning he or she should be facing you. Because your actual hearing is normal, there's no need for a speaker to shout; in fact, shouting distorts the face and makes speech reading even more difficult. So ask them to speak slowly (but not too slowly) and clearly. And keep your eyes on their face.

Another simple solution: Hold conversations in a quiet environment.

Sourced of articles hearing health "Journal of Neurophysiology"

DATES FOR THE DIARY IN 2020:

Sausage Sizzle—Mitre 10 Mega The Base

When: Saturday 26th September—volunteers very welcome to help on the day.

If you would like to help for a couple of hours on the day please phone the office.

Christmas Luncheon—Workingman's Club—Frankton

When: Wednesday 25th November 2020

We will have all the details of the Christmas Luncheon in our October Newsletter.

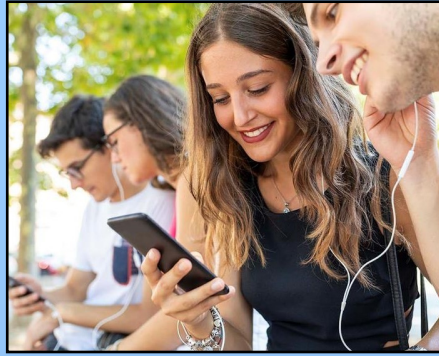
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|---------------------------------|
| Riddle answer: The Heart |
|---------------------------------|

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| 9 | 6 | 8 | 3 | 5 | 2 | 7 | 4 | 1 |
| 2 | 7 | 5 | 4 | 1 | 6 | 8 | 3 | 9 |
| 4 | 3 | 1 | 9 | 8 | 7 | 2 | 5 | 6 |
| 8 | 4 | 7 | 1 | 3 | 5 | 9 | 6 | 2 |
| 6 | 5 | 2 | 7 | 9 | 4 | 3 | 1 | 8 |
| 3 | 1 | 9 | 2 | 6 | 8 | 5 | 7 | 4 |
| 1 | 2 | 3 | 5 | 4 | 9 | 6 | 8 | 7 |
| 5 | 9 | 6 | 8 | 7 | 1 | 4 | 2 | 3 |
| 7 | 8 | 4 | 6 | 2 | 3 | 1 | 9 | 5 |

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| 8 | I | O | N | A | | | 9 | N | A | U | T | I | L | U | S | | | |
| | L | | O | | | 10 | F | | T | | N | | E | | | | T | |
| 11 | B | U | T | T | O | N | H | O | O | K | | | | | | | | |
| | A | | A | | U | | Y | | U | | | 12 | S | | 13 | G | | |
| 14 | C | O | P | E | R | S | | | 15 | A | V | O | W | A | L | | | |
| | K | | H | | P | | | 16 | E | | E | | E | | O | | | |
| | | | | | | 17 | L | O | U | D | H | A | I | L | E | R | | |
| 18 | A | | 19 | V | | S | | G | | U | | | L | | | I | | |
| 20 | P | L | A | N | T | A | I | N | | | | 21 | D | I | D | O | | |
| | E | | S | | E | | N | | | | | | N | | | U | | |
| 22 | S | T | E | E | R | A | G | E | | | | 23 | A | G | E | S | | |

The terrible statistics facing our younger generation and the world population re hearing loss.

We have covered hearing loss in our youth in earlier newsletters, this is just a reminder to the parents and grandparents of teenagers how important it is to continue to educate on the dangers of noise and the permanent damage it does to our hearing.



Listening using ear buds is dangerous
As we usually have the music far too loud



Headphones the best option
when listening to music.

Ear plugs when you want to
decrease the sound at
concerts or work



Pilot screening programme finds — one in three Kiwi teens suffers from hearing loss

A pilot programme to screen Kiwi teenagers' hearing has found an alarming rate of hearing loss among high school students.

The National Foundation for the Deaf and Hard of Hearing (NFDHH) released its Listen Up Screening Pilot findings and they are confronting: As many as one in three year 9 pupils were found to have abnormal hearing. Meanwhile, more than 40 per cent of those who presented as having normal hearing experienced ringing in their ears – a possible precursor to tinnitus.

"This really is becoming a public health issue, and as a nation we need to address youth hearing loss immediately," says Natasha Gallardo, NFDHH chief executive.

"Once you lose your hearing, you cannot get it back.

Yet the propensity for teenagers to put their hearing at risk is truly frightening. Parents, caregivers, teachers, employers – we all have to take urgent steps to help young people see the harm they might be doing."

OCT 2019—BY KARYN HENGER

WHO projections suggest that unless action is taken, there will be 630 million people living with disabling hearing loss by the year 2030, with that number expected to grow to over 900 million by 2050.

The Hamilton Hearing Association would like to thank all our loyal members and the community for their continued support in 2020

SPECIAL THANKS TO OUR GRANT DONORS IN EARLY 2020
LOTTERIES NEW ZEALAND / HAMILTON CITY COUNCIL