



President's preamble

Welcome! I hope you have enjoyed special times with family and friends this festive summer season.

There is an air of quiet optimism at Hearing House.

- ✓ The final stage of staff reshuffle has been implemented and Sharon, Lisa M and Lisa D are settling in well. We now have greater flexibility for covering holidays and sickness
- ✓ Sharon is off to a flying start having already carried out numerous screening hearing tests and bookings continue to build
- ✓ We have completed the transition to Xero making financial reporting easier and clearer
- ✓ Tracy is breaking new ground with the development of handouts, presentations and assessment material for various schools within NMIT
- ✓ Tracy has also, for the very first time, secured sponsorship for these presentations
- ✓ Our aim of creating a Hearing Hub is a step closer with independent Audiologist Jackie Clemmer, (Little Bird Audiology) establishing her practice at Hearing House
- ✓ The whole team are preparing various activities to raise awareness and funds during Hearing Awareness Month in March.

But there is one big issue requiring immediate resolution. We desperately need new Board members. Our last recruit resigned before Christmas as recovery from a serious bike accident requires her attention. (We wish you well Margaret). So if you have some spare time to devote to a very good cause then please get in touch with Sharon in the office. I look forward to meeting you and discussing the role in detail.

Warm regards, Connie



Sharon Webber



Lisa McKay



Lisa Dudley



Tracy Dawson



Introducing Morfydd Baker Golden Bay rest home and clinic fieldworker.

“As Golden Bay Fieldworker I feel privileged to provide much needed support to hearing aid users in this rural community.”

Thank you to The Whittaker Trust who funds the Golden Bay fieldworker costs.

Hearing Screening Test \$20

What to expect from a hearing test at Hearing Nelson

- A 30 minute appointment with a copy of the Audiogram to take home. A discussion on how hearing aids could benefit if needed.
- A guideline of questions to ask the Audiologist on the types of hearing aids and the cost.
- Independent advice - we don't sell hearing aids.

Hearing aid batteries - bring your used hearing aid batteries into Hearing Nelson and we will dispose of them safely. Please don't throw them in the rubbish bin!



Thank you to Copier Company for sponsoring the printing of this newsletter.

The Copier Company Ltd

What's happening at Hearing Nelson

Hearing Loss
A Silent & Growing
Epidemic



Living with Hearing Loss - panel discussion and personal experience on what it is like to live with hearing loss.

Date Wednesday 4th March
Time 1pm – 3pm
Venue : Hearing House, 354 Trafalgar Square Nelson
Cost: Donation
RSVP: By 26th February 2020

Panel:

Kim Howell - Kim is a hearing therapist and recent recipient of a cochlear implant.

Emma King - Emma has a daughter Greta (10 years old) who has hearing loss and wears hearing aids.

Connie Charlton - Connie has a hearing loss and wears hearing aids.

Jackie Clemmer - Jackie is a local Audiologist

Do you know someone who has hearing loss and want to do more to help them?

Do you have any questions about hearing aids or hearing aid technology now and in the future?

Do you think you might have a hearing loss and don't know what to do next.

Did you know the average time it takes for someone to seek treatment after they first notice they have a hearing loss is seven years!

This is an open forum for anyone who wants to know about hearing loss. Questions welcome to any of the panel.

Hearing aid community clinics

To book an appointment phone

Clinics 2020	Apr	May	June	July
Motueka	7th		9th	
Summerset	28th		23rd	
ER		26th		28th
Oakwoods		14th		14th
Golden Bay	16th	21st	18th	16th

2020 Membership is due for renewal

1st January 2020 to 31 December 2020

Cost \$30 per annum

I would like to make a donation:

\$10 \$20 \$30 \$40 \$50 Other \$.....

Payment Details:

- I enclose a cheque payable to Hearing Nelson
- I have made payment by Direct Credit
Bank account no: 03-0703-0487177-00
(Please quote your name e.g. Smith Mr J)
- I would like a receipt please
- I will come in and pay at Hearing House
354 Trafalgar Square, Nelson.

Name:.....

Address:.....

Phone:.....

Email address:.....

I wish to receive my newsletter by email: YES/NO

Thank you to those that have paid their membership for 2020. Please note we don't send invoices or reminder letters that your membership is due. If you wish to cancel your membership please let us know.

Thank you for supporting Hearing Nelson

Morning tea

Date: Thursday 23 April

Time: 10am

Venue: Hearing House

followed by the Annual General Meeting



Notice of ANNUAL GENERAL MEETING HEARING ASSOCIATION NELSON INC.

Thursday 23rd April 2020 at 10.30am

at HEARING HOUSE

Agenda

- Minutes of previous AGM
- Annual Report & Accounts
- Election of Board Members
- General Discussion

Please let us know if you are attending the AGM for catering numbers. If you are interested in coming

Hearing Nelson - preventing hearing loss and improving the lives of those who are hard of hearing

A focus on prevention

During one of my Dangerous Decibels class I asked if any of the children had experienced hearing loss or knew someone in their family who had a hearing loss. Violet stood up and told us about her Dad living with a hearing loss and what it was like, it had a profound impact on the other children in the class and I asked if she would write it down for us to share. Tracy Dawson

Having a Dad who is Deaf!

It's hard having a Deaf Dad but I still love him. Dad was born with no hearing and he started wearing hearing aids when he was a child. Sometimes they make strange noises when he puts them on or takes them off. When Dad goes in the shower he has to take off his hearing aides. When we go swimming, my brother and I have to talk to Dad very slowly and we have to speak into his right ear, but it is still fun swimming with him. Dad can't hear everything that my mum says on the phone or hear people talk if there is loud background noise. When are having dinner we try and keep the table conversations quiet. We usually only have one person speaking at a time. Sometimes when we talk to Dad he thinks the word we are saying is actually a word that rhymes with the word that we mean. We have to speak clearly to Dad and we look him in the face so he knows that we are talking to him. He sometimes doesn't understand my grandparents because they don't speak clearly. Today my class and I learned about hearing loss and we can protect our ears. If the volume is at 80 decibels you can listen safely for 8 hours but if it's at 100 decibels you can only listen safely for 15 minutes.



Violet Miller - age 7. St Joseph's Catholic School, Nelson.



I in 5 of our youth are showing signs of hearing loss due to unsafe listening!



Guidelines for youth:

- Keep volume down to half
- Limit headphone/ earbud use to 90 minutes a day
- Wear party plugs (can be purchased from Hearing Nelson)
- Any changes get a screening hearing test

Working together to prevent hearing loss

Hearing Nelson introduced a hearing loss prevention workshop to NMIT Carpentry Apprentices in 2019. Thanks to the positive feedback from the students, NMIT staff commitment and the generosity of a local business, Concrete Pump Services, Hearing Nelson are expanding the workshops in 2020. Hearing Nelson do not receive any government funding and without the sponsorship from Evan and Karen Lane, owners of Concrete Pump Services, we would not be in a position to deliver this service. Thank you!

Hearing Nelson services

- Hearing screening tests \$20
- Hearing aid cleaning and drying
- Sales of assisted devices, telephones, personal amplifiers, hearing aid batteries
- Dangerous decibel education in schools
- Noise induced hearing loss prevention workshops
- Support and advice on all hearing related issues
- Presentations to community groups and training to carers and nurses working with those hard of hearing

Thank you to our members \$30 per annum for membership gives you FREE HEARING AID CLEANING AND DRYING

Hearing aid care - keeping your hearing aid clean and dry helps to extend the life of them

You rely on your hearing aids every day to provide you with the hearing quality you have come to enjoy. In the rare instances when your devices malfunction, it can be a difficult few days while you wait for them to be repaired. Through some preventative maintenance and proper care, you can extend the life of your hearing aids and reduce the chance of them malfunctioning.

Here are some helpful tips that will ensure you get the most out of your hearing aids

Avoid moisture and store in a dry place.

Your hearing aids contain some very sophisticated technology and circuitry in a tiny shell. When it's exposed to moisture it can cause serious damage. Always remove when showering or swimming. If they do come in contact with water, dry them immediately and bring them into Hearing Nelson to go into the Ultravac machine which removes moisture. Never attempt to dry them with a hair drier or other heated device, since the high heat can damage them. We recommend you store your hearing aids in a specialised hearing aid dehumidifier. (see below)

Change hearing aid batteries often.

Hearing aid batteries can cause damage to your devices if left in for a long time. The trapped moisture can cause the batteries to corrode and damage the devices. Remember to open the battery door when hearing aids are not being used and remove the battery.

Keep hearing aids free of earwax.

Earwax is one of the leading causes of decreased performance in hearing aids. Unfortunately, it's impossible to avoid having your devices come in contact with earwax. That's why it's important to take time and clean them frequently. After each day of wearing your hearing aids, take a dry tissue and gently remove any earwax or debris that may be on the device.

Change your wax filter.

Along with removing earwax from your device, you will periodically need to replace the wax filter or wax guard. The filter prevents wax from reaching the internal components of the hearing aid and damaging them. This should be done whenever you begin to see build-up on the filter. Please note that not all devices have filters or use the same filter, we can advise you on this at Hearing Nelson.

Always handle with care.

Although hearing devices are far more durable than they once were, they still should be handled with care. Always hold them securely to avoid dropping them. When changing the batteries or cleaning them, set them on a soft surface such as a towel. When they aren't in use, store them in a safe place.

Schedule routine cleanings.

While cleaning and taking care of your hearing aids at home can greatly improve the life of them you should still bring them in to Hearing Nelson to be put through the Ultravac machine to remove any moisture and dust and debris from the battery compartment. This is a free service for members and \$10 non members.

Phonak D-Dry sold at Hearing Nelson



The Phonak D-Dry has even heat development in the hygiene chamber which allows moisture to disperse from the hearing aids and earmolds.

- Irradiation of hearing systems and earmolds using
- UV-C light reduces germs and therefore the risk of skin infections in and around the ear.
- Normal drying 3 hours for normal moisture collection..
- Intense drying 6 hours for severe moisture collection,

Price \$115 member \$130 non member

PerfectDry Lux sold at Hearing Nelson



The easy-to-use PerfectDry Lux dries and sanitizes hearing aids.

- 360 Degree UV-C Lamp, Forced-air fan drying system, Quick Cycle - 30 minute
- Compact case and design
- USB power supply
- Daily use results in improved acoustic performance, better reliability, and better ear hygiene.

Price \$175 member \$200 non member

Help us prevent hearing loss and improve the lives of those who are living with a hearing loss

Have you ever wondered how you could help? Here are a few ways you can make a difference and support Hearing Nelson. For more information phone 03 548 3270.

Make a donation

This can be as simple as setting up an automatic payment weekly or monthly for an amount that you can afford. Please remember every dollar helps.

Volunteer

We are always looking for volunteers to help out - Newsletter delivery, street appeals, handyman jobs. Volunteers often say the reward they feel is very satisfying.

Bequest

A simple way to make a lasting charitable gift. Leave a bequest in your will, so we can continue our good work when you are no longer here.

To make a donation by internet banking our bank account no is 03 0703 0487177 00 or post a cheque or call in and see us.