



Canadian HARD of HEARING Association

(CHHA-Hamilton)

HERE, HEAR!! Newsletter

www.chha-hamilton.ca

Rob Diehl, President

May, 2015

This is an opportunity for anyone who has, or suspects they may have hearing loss.

You will be able to speak to the experts and have your questions answered. It's not often there is a large group of such knowledgeable professionals all in one location.

- ◆ Better Hearing Solutions
- ◆ Canadian Hearing Society
- ◆ Connect Hearing
- ◆ Costco Hearing Aids
- ◆ Hear for Life
- ◆ Hearing Solutions
- ◆ Hear Right Canada
- ◆ Lions Foundation of Canada Dog Guides
- ◆ Occupational Health Clinics for Ontario Workers
- ◆ Sound Options
- ◆ Zabell Hearing Centre

CHHA

Presents your

HEARING HEALTH FAIR

DATE: Wednesday, **May 6th**

Time: 6:00 pm to 9:00 pm

**Location: South Gate Church,
120 Clarendon Avenue,
Hamilton L9A 3A5**

Registration & Contact info:
905-575-4964 or
chhahamilton2@gmail.com

Charge: Members-no charge
Guests-\$5.00 donation

Parking: free parking in rear
with lots of street parking

Refreshments

President's Message

The CHHA-National Conference in Halifax is about a month away, and I'm really looking forward to the event. This will be my third conference, and each year I come back motivated and re-energized by this positive experience.

The conference is always full of the latest information about hearing loss and technology. However, what I value the most is how much I learn about myself.

Outside of CHHA, I rarely come across people who have hearing loss. Almost all of my friends and peers have no diagnosed hearing loss, which causes me to feel frustrated and isolated from time to time. The CHHA National Conference has helped me dramatically with this issue. It was at my very first conference that I was able to meet a group of people my own age, going through the same things that I am. I finally found a group of peers who were starting their careers, getting married and starting families. I had found a network of people who can share with me in my struggles and achievements.

That is the power of this conference, and the power of CHHA. Hearing loss often makes us feel alone. However, CHHA gives you a network of people who understand a lot of the challenges you face, and are willing to stand with you every step of the way so that you're never on your own.

Rob Diehl

CHHA-Hamilton President

Ask Cathy . . .

Q:

My hearing aid seems to have more problems in warmer weather. Is there anything I can do?

A:

One of the reasons hearing aids stop working, often intermittently, is from moisture – sweat and humidity both play a part.

It is very important to make sure all of the moisture is removed from the aid on a regular basis. One way to do this is to invest in a dry aid kit. These can be as simple as a pouch or canister that have a desiccant in them that you store your aid in overnight. They draw the moisture out of the aid. Usually the active ingredient in the desiccant can be re-activated over and over with heat so they last a long time. These are very economical and usually cost between \$15.00 and \$25.00 at your hearing clinic. A small investment can go a long way to protecting your expensive hearing aids.

Another option is to invest in an electric dry aid kit. These are also used to store your aids in overnight and use warm flowing air to remove the moisture from your aids. Some of these electric kits also have a germicide lamp that sanitizes your aids as well. These are more expensive and range from \$100.00 to \$300.00.

If you are stuck for a way to remove the moisture from your aid you can also put it in a Tupperware container full of rice – this will also draw the moisture out.

Never expose your aid to heat directly – no microwave, stoves or blow dryers! These might dry out your aid fast but will also melt the case and fry the circuit.

A portrait of Paul Miller, a man with short dark hair, wearing a dark suit jacket, a light blue shirt, and a patterned tie. He is smiling slightly.

Paul Miller

MPP, Hamilton East - Stoney Creek

289 Queenston Road,
Hamilton, L8K 1H2
(905) 545-0114

e-mail: p.miller-co-ndp.on.ca

Be sure to visit these vendors at

Better Hearing Solutions

is a Hamilton provider of assistive listening systems to venues such as TV rooms, churches, meeting halls and theatres. Our specialty is hearing loop systems, the invisible solution for an invisible disability. Hearing loops shut out background noise, allow you to focus on the sounds that you want to hear and work directly with your hearing device – no headphone
www.bettheatingsolutions.ca

Canadian Hearing Society

The Canadian Hearing Society is the leading provider of services, products, and information that remove barriers to communication, advance hearing health, and promote equity for people who are culturally Deaf, oral deaf, deafened and hard of hearing. Whether you require a hearing assessment, hearing aid, alerting systems, sign language training, employment assistance, or an interpreter for your meetings the Canadian Hearing Society is your one stop provider.
www.chs.ca

Connect Hearing

Listen. Hear. Connect.

We believe that every sound connects us to our world. We enable better hearing. We offer a full spectrum of hearing testing and solutions to meet our customers' lifestyles and budgets. Our approach with customers is warm, professional and straightforward:

- Listen to our customers to identify the communication loss.
- Hear which environments are most important to them for communication.
- Connect our customer with the best hearing aids for their individual loss.

www.connecthearing.ca

The CHHA Hearing Health Fair

Costco Hearing Aids

Using state-of-the-art equipment, our non-Commissioned, licenced hearing professionals can identify your hearing issue and recommend solutions. Our Hearing Aid Centre offers custom-tailored digital devices in a variety of sizes and styles. Your Costco membership includes a complete hearing assessment along with complimentary follow-ups and cleanings. For more information call **905-304-2470**

Hear for Life

Since 1988, Hear for Life has helped thousands of people hear better. We know that hearing is crucial to maintaining a great quality of life and we believe in the importance of hearing the sounds of nature, music and, most importantly, the people around you. In providing professional, community-based hearing healthcare services, we aim to help you hear better and live better every day.

www.hearforlife.ca/

Hearing Solutions

Hearing Solutions clinics are unique in that patients are afforded the opportunity to purchase hearing aids at the same place they have their hearing tested, unlike at a doctor's office or a hearing aid retailer; all Hearing Solutions clinics are staffed and equipped to provide complete hearing evaluations as well as comprehensive and professional hearing aid fittings. In addition to state-of-the-art equipment and the latest technologies in hearing aids, Hearing Solutions staff includes registered dispensing Audiologists and Hearing Instrument Practitioners.

www.hearingsolutions.ca [Continued . . .](#)

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Hear Right Canada

Our family has been involved in the hearing care business for many years. Like most consumers we noticed the prices of electronics like laptop computers had been coming down, but the prices of hearing aids seemed to be rising. Our goal is to provide quality hearing care at low prices, starting at \$300 (after OHIP funding). Hear Right provide the latest in brand name hearing aids. Hearing tests are free. We will walk you through the choices and options until you are comfortable with your decision

www.hearrightcanada.ca

Lions Foundation of Canada Dog Guides

From guiding their handlers through their daily lives to getting help when it's needed most, Dog Guides play a crucial role in the lives of Canadians with disabilities. Lions Foundation of Canada's mission is to assist Canadians with a medical or physical disability by providing them Dog Guides at no cost.

www.dogguides.com

Occupational Health Clinics for Ontario Workers

OHCOW Hamilton with our interdisciplinary occupational health team of Occupational Physicians and Nurses, Ergonomist, Occupational Hygienists and Client Service Coordinators services a large catchment area from Niagara to Oakville, Hamilton to Kitchener, London and Owen Sound. We strive to build and maintain strong relationships with workers, unions, and wherever possible, with employers through joint health and safety committees, trades committees and health and safety representatives

www.ohcow.on.ca/hamilton

Zabell Hearing Centre

We have been serving the hearing needs of the Hamilton area for over 50 years and are dedicated to ensuring our patients receive a superior level of customer care as well as the appropriate value from their hearing instruments. We offer a variety of products and services to suit our patients' lifestyle and meet their specific hearing needs. Our goal is to help you hear better – put your trust in Zabell and we promise to exceed your expectations!

www.zabellhearing.com

Sound Options Tinnitus Treatments

is an award-winning healthcare company that offers an effective, affordable and convenient sound therapy for tinnitus sufferers. We work with hearing clinics to assess the tinnitus and hearing of a customer in order to create a personalized treatment that can be loaded onto any music-playing device. Find us at www.soundoptions.ca or follow us on Twitter: @SO_tinnitus

WANTED . . .

One or two people to arrange refreshments for the 4 general CHHA meetings.

You can buy or bake squares, cookies, or whatever you wish. They can be plain or fancy. Of course, you would be reimbursed.

It's always nice at the end of a meeting to be able to chat with others over a coffee & a sweet.

Please contact Jacquie for more info at chhahamilton2@gmail.com

CHHA-Hamilton

hosts

the 6th annual get together of the
C.I. recipients of the Ontario South West
Regional **Cochlear Implant** Club.

We would like you to join us on
Sunday June 14th, 2 - 4.30 pm
Brant Hills Community Centre -
2255 Brant St in Burlington L7P 5C8

- ◆ \$5 donation requested
- ◆ Captioning available
- ◆ Free parking
- ◆ Refreshments
- ◆ **All are welcome**

Sponsored by Advanced Bionics

Cochlear implants 'may improve cognitive decline' in older adults

Among older adults with profound hearing loss, cochlear implantation may improve cognitive function, speech perception and symptoms of depression. This is according to a new study published in *JAMA Otolaryngology-Head & Neck Surgery*.

Approximately 1 in 3 Americans aged 65 and over have some form of **hearing loss**. Though many of these individuals benefit from conventional treatments, such as hearing aids, those with more severe hearing loss may require a cochlear implant.

A cochlear implant is a small electronic device that stimulates the auditory nerve in the ear. The implant consists of two parts: an external section that holds a microphone, transmitter/stimulator and speech processor, and an internal section made up of electrodes that are placed under the skin behind the ear. An external magnetic disk connects

The researchers - including Dr. Isabelle Mosnier of Assistance Publique-Hopitaux de Paris in France - note that hearing loss has been associated with increased risk of cognitive decline. A 2011 study reported by *Medical News Today*, for example, found adults with mild to severe hearing loss were up to **five times more likely to develop dementia**.

However, the team says it is unclear how cochlear implantation for elderly patients with profound hearing loss affects cognitive function.

80% of worst performers on cognitive tests improved scores after cochlear implantation. To find out, Dr. Mosnier and colleagues analyzed 94 patients aged between 65 and 85 years who had profound, postlingual hearing loss - in which hearing loss occurs after speech development - and had received a cochlear implant.

Patients' speech perception, depressive symptoms, cognitive function and overall quality of life were assessed prior to undergoing cochlear implantation and at 6 and 12 months after the procedure.

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Cochlear implants were found to improve the cognitive function, speech perception and depressive symptoms of older adults with profound hearing loss.

Continued from page 6 . . .

At 12 months after cochlear implantation, the researchers found patients showed major improvements in cognitive function; 80% of patients who achieved abnormal scores on two or three out of six cognitive tests - making them the worst-performing patients - prior to cochlear implantation only achieved abnormal scores on one of the tests a year after the procedure.

Improvements in cognitive function were seen as early as 6 months after cochlear implantation, according to the study results.

What is more, improvements in speech perception in both quiet and noisy environments were found at 6 and 12 months following cochlear implantation. The team also identified significant improvements in depressive symptoms, with 76% of patients showing no depressive symptoms at 12 months after cochlear implantation, compared with 59% with no depressive symptoms prior to having the procedure.

The authors note that the number of people over the age of 60 is expected to double by 2050, meaning there will be a significant rise in the number of individuals with cognitive impairment and **dementia**. As such, the researchers stress the importance of finding interventions that could delay the onset of such conditions, and they believe their findings could aid the search. They add:

"Our study demonstrates that hearing rehabilitation using cochlear implants in the elderly is associated with improvements in impaired cognitive function. Further research is needed to evaluate the long-term influence of hearing restoration on cognitive decline and its effect on public health."

Written by [Honor Whiteman](#)

Thanks to Medical News Today & I Listen,

TIPS for HEARING AID BATTERIES

How long do hearing aid batteries typically last?

A standard hearing aid battery lasts anywhere from 3 to 22 days, depending on the hearing aid type, battery type and capacity, and the amount of hearing aid use

How do I know if I should change batteries?

- * Change your batteries if sounds become distorted or you have to turn up the volume more than usual.
- * Some hearing aids will also make a small beeping sound when the battery is low. Be sure to switch batteries immediately when you hear the alarm.
- * Hearing aid batteries often lose power very suddenly, so it's smart to carry an extra set of batteries with you at all times.
- * To protect against discharging your backup batteries, keep them away from coins, keys or other metal objects.

Hearing aid battery care tips

- * Store hearing aid batteries at normal room temperatures.
- * Do not refrigerate.
- * Wash your hands thoroughly before changing batteries. Grease and dirt on the batteries may damage the hearing aid.
- * Leave the battery compartment of your hearing device open at night so moisture can escape. Doing so will keep the battery from corroding and damaging the hearing aid.
- * Remove dead batteries immediately. A completely discharged battery may swell and become difficult to remove

Thanks to Starkey Hearing Technology <http://www.starkey.com/hearing-aid-use-and-care/hearing-aid->

WHY JOIN CHHA?

- We offer speech reading classes to assist you in communicating
- We are advocates for those who suffer from hearing loss
- We host events that help build community amongst hard of hearing individuals
- We raise funds to assist the hard of hearing in our region

All of these projects help us to fulfill CHHA's mission to make the community a better place for the hard of hearing. Please renew your membership or join us for the first time and find out what CHHA is all about.

To keep our association strong we have to know that *you* are supporting us by becoming a member.

Craig Ellis, Membership Chair

CHHA-Hamilton Membership Application & Renewal Form

Your Membership is due effective *now* till – August 31, **2016**

Please mail this form with your payment to:

CHHA Membership, 762 Upper James, Suite 122 Hamilton, ON L9C 3A2 *or*
On-line at www.chha-hamilton.ca

Name: _____

Address: _____

City/Postal Code: _____

Telephone: _____ e-mail: _____

Age: 19—30 ___ 31—50 ___ 51+ ___

I hereby apply for one of the following memberships (please check one):

Individual Membership: \$35.00 / year Family Membership: \$50.00 / year
Lifetime Membership: \$300.00 plus \$5.00 / year

Make cheques payable to: CHHA-Hamilton

Remember . . . You are not alone!

Donations to CHHA-Hamilton may be made in memory of loved ones and friends. Tax receipts will be issued and announcements sent to the family. Charitable Reg. No. 89647 8419 RR0001