

EXECUTIVE COMMITTEE 2018

Patron	Mayor Grant Smith
President	Matthew Whitbread Edwards
Imm Past Pres.	Barbara Henderson
Treasurer	Stewart Collis
Secretary	Helen Maxwell
	Administrator/Minor Aid Repairs
Educator	Kelly Tissink
Committee	Rae Patten Marjorie Empson
	Clare Wylie
Life Members	Dick Earle
	Ruth Tuffery
Ear Nurse	Jo Procter RN
Hours:	Mon—Weds 9am-1pm; Thurs 9am - 4.00pm; Fri 9am—12 noon



MANAWATU BRANCH - SPRING 2018

“HEARING HOUSE”
435 Church Street
PALMERSTON NORTH

Phone: (06) 357 8708
Email: manawatuhearing@xtra.co.nz
Mon -Weds 9-1; Thu 9-4; Fri 9-12

Website: www.hearing.org.nz

You are invited to join us for
MORNING TEA
10am
Thursday 27th September 2018
With special guest
Patron—Mayor Grant Smith

Come and meet the new team!

**Learn more of the Silent
Leadership Challenge**



If undelivered, please return to:
The Hearing Association—Manawatu Branch Inc
PO Box 1274, PALMERSTON NORTH. 4440
Charities Commission Registration 27857



NEWSLETTER

From the Office Desk



We are well and truly into Spring equinox weather, I have been out in shorts and T-shirt and we have the promise of Summer to look forward to—once we have endured the wind and rain that is the Manawatu in Springtime.

We are delighted that Matthew Whitbread Edwards has taken on the role of President and is able to share his skills and talents with us. Planning and thinking about what we do is important, without a plan there is no structure and Matthew is very experienced and well equipped as an Accountant.

We were also delighted that Palmerston North Mayor Grant Smith

Kelly is our new Education Coordinator, she will be out and about talking to different groups about protecting their hearing, hearing loss and communication skills for those who are hard of hearing. If you belong to a social group, please consider inviting Kelly to come along and speak to your members.

We are very fortunate at Hearing Manawatu to have services that are proven to be invaluable to those who benefit and participate. None of this would happen without the generosity of our funders, members, donations, and bequests. Thank you to those who have given financial assistance to Hearing Manawatu.

Thank you to the Hearing Manawatu board who give their time to govern and make the decisions, without these wonderful volunteers we wouldn't be here. We have had a couple of very demanding years and big decisions had to be made, without the generosity and energy of such people, our Community would be a less enjoyable place to live.

Due to popular demand, we will be open and ready to help on Friday mornings from 9am—12 noon, so do come along and see us see us!

Please consider joining us for our morning tea on Thursday 27th September, it will be a good opportunity to learn a little more about Hearing Loss and the Silent Leadership Challenge.

WINZ Talk

Napier Hearing Association recently had an informative speaker Rihi Kempster from the Ministry of Social Development. Rihi spoke to them about Services for Seniors, and looked at the Disability Allowance and what can be included in it. The Disability Allowance is an income tested weekly payment (currently **up to \$63.22 per week**) for people who have a disability or ongoing health condition which results in extra costs. You need to be able to qualify for a Community Services card to access this.

Battery Costs: Costs for “authorised consumables” such as hearing aid batteries can be included. We can complete a letter to assess your battery costs which we can complete here at the Hearing House for you. Come and see us!

Other Costs: Some other costs **relating to your disability or ongoing condition** which can be considered are:

- ✓ physiotherapy and chiropractic treatment,
- ✓ gardening,
- ✓ lawns & outside window cleaning,
- ✓ medical fees which are additional & ongoing,
- ✓ pharmaceutical charges,
- ✓ power, gas and heating which are additional to normal costs,
- ✓ rental equipment, eg nebulisers,
- ✓ transport costs due to your disability.

Information Available

These are only some of the things that can be considered for a Disability Allowance. We have a Fact Sheet at the Hearing Centre which covers allowable costs, as well as copies of the Application Form, and other information from Rihi including a Services For Seniors brochure.

Applying for a Disability Allowance

To apply for a Disability Allowance you need to have receipts for your recent ongoing costs. Your doctor will need to fill out part of the form, relating to your disability or ongoing condition. You will then be paid a weekly amount based on your assessed allowable costs. Keep your receipts relating to your Allowance, and use them to review it in later years. If your costs change you need to get in touch with WINZ.

And it seems to happen faster. Studies of older adults who had lost some hearing found that they had mental decline 30%-40% faster, on average. Looked at another way, they had the same mental decline in 7.7 years, on average, as someone with normal hearing showed in 10.9 years.

Researchers don't know for sure how the two conditions are connected. Frank Lin, MD, PhD, of Johns Hopkins University, says three things may be involved:

- People with hearing loss tend to feel isolated, since it's hard to join in conversations or be social with others when you can't hear. Some research has shown a link between feeling lonely or isolated and dementia. So hearing loss may make mental decline happen faster than it would otherwise.
- Your brain has to work harder to process sound if you don't hear well. That may take away resources that it could use for other important activities. If your ears can no longer pick up on as many sounds, your hearing nerves will send fewer signals to your brain. As a result, the brain declines. "It's likely a combination of all three," says Lin, who has done much of the research on the connection between the conditions.

What Can You Do?

If you want try to lower your chances of hearing loss as you age, try to keep your heart healthy, protect your hearing from loud noises, and don't smoke. "Smoking is a big risk factor for sensory loss — vision and hearing," says Heather Whitson, MD, at Duke Health.

Even when they take precautions, some people are simply more likely to get hearing loss in older age. In those cases, can using hearing aids protect you from dementia?

Lin is leading a 5-year clinical trial studying 850 people to see if hearing aids can cut dementia.

Even without the proof, Lin says there's no downside to using hearing aids. In fact, there's often a big upside to getting help for your hearing loss.

"With a very simple intervention, we could make a big difference improving quality of life," Lin said.

If you think your hearing has gotten worse with age, Gurgel recommends a hearing screening. The relatively quick, painless test can help you notice how your hearing changes as you get older and if a hearing aid would help you.

<https://www.webmd.com/healthy-aging/features/hearing-loss-dementia#1>



Hi everyone,

My name is Kelly, I am the new educator for the Hearing Association here in Palmerston North.

I am in my fourth year of study at Massey University. I completed my undergraduate degree last year in Veterinary Technology and I am now studying towards my Masters in Management.

Alongside working at the Hearing Association, I am also a swim instructor at one of the local pools and a Residential Advisor for one of the halls at Massey. I enjoy reading, cooking, baking and swimming.

At the moment I am working on setting up the Dangerous Decibels programme to deliver to some of the schools in Palmerston North. This is a valuable resource that educates children on how their hearing works, why you should protect it and some of the methods that can be used to prevent damage to their hearing. It includes easy to understand information and a variety of interactive activities. Feedback from teachers in other districts have highlighted the value of the material covered in the workshop which really engages the children and cements their learning.

I recently had the opportunity to spend a couple of days training with Tracey in Whanganui & Catherine in New Plymouth learning about how they deliver their programmes and any tips and tricks they have.

I am looking forward to establishing this programme in the Palmerston North area and making a difference to the way children think about their hearing.

Kelly has been working her magic and we now have a refreshed website, so we invite you to go and check us out at:

www.manawatuhearing.co.nz

Recently a very wise gentleman who has been a client for a while now finds it exhausting getting out of his car and setting out his walker frame etc, so we have an arrangement that he calls me in the office using his cell-phone from one of the disabled car parks and I take his batteries out to him and issue a receipt there and then. If this would suit you, please feel free to give it a try!

You can see if I am here from the window blind being up. * * * * *

Pete Burland on his experience with Tinnitus following a Brain Injury

In 1980 I had a traumatic brain injury and was in Dunedin Hospital for over a month, having two operations to relieve a blood clot that was between my skull and the brain, then having two burr holes on either side of the brain. It took a long time to get over the operations.

Finally I was released to go back to Gisborne with my parents where I stayed recovering for about three months before going back to Dunedin where all my friends were.

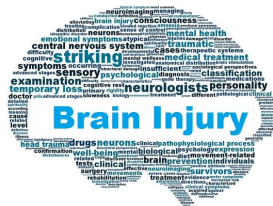
Due to the accident I suffered from Tinnitus that slowly got worse over the years.

About six years ago I made the decision to get hearing aids, I was really surprised that the tinnitus got better while I was using the hearing aids. It also gave me back my hearing, especially when I was in a group of people. Having hearing aids I found that I could hear words and different sounds so I didn't concentrate on the tinnitus. The ringing noise was reduced due to the extra sounds that I could hear again.

It took me a while to realise this and it is so much better now, partly a mental change as well, not wanting to hear and to let tinnitus rule my life.

I hope that this may help some people go ahead and get the chance to help themselves or a friend who may also have Tinnitus.

Pete Burland.



Hearing Manawatu is excited to be part of the Silent leadership Challenge 2018

What is the Silent Leadership Challenge

The Silent Leadership Challenge is an event held every year to raise money, awareness and educate people about hearing loss. It's the hearing loss challenge for New Zealand business and community leaders but some organisations invite their management team to participate or use the challenge as an opportunity for creative team building initiatives. Those that participate will undertake the challenge while wearing hearing protectors to simulate what its like to be hard of hearing – and experience something of the frustration and isolation that's a reality every day for the 880,350 New Zealanders, or the one in six of us, with some type of hearing loss.

Hearing Loss and Dementia: The Silent Connection

By David Steen Martin

Hearing loss and dementia are more common as you get older. The latest research shows that's no coincidence. The two are linked.

Scientists are finding more and more evidence that trouble with hearing makes you more likely to go on to have dementia, a condition marked by memory loss and trouble with thinking, problem-solving, and other mental tasks.

That doesn't mean that people with hearing loss (about two-thirds of adults over 70) are guaranteed to have dementia — simply that the odds are higher. There may be things you can do to lower your chances for mental decline, even if you start to have trouble hearing.

What's the Link?

Scientists have found that a person's chances for mental decline seem to go up the worse their hearing problems are. In one study, mild, moderate, and severe hearing loss made the odds of dementia 2, 3, and 5 times higher over the following 10-plus years.