

EXECUTIVE COMMITTEE 2018

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Ear Nurse	Jo Procter RN
Hours:	Mon—Weds 9am-1pm; Thurs 9am - 4.00pm; Fri—Closed



MANAWATU BRANCH - December 2018

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PALMERSTON NORTH

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Mon -Weds 9-1; Thu 9-4; Fri closed

Website: www.hearing.org.nz



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

Hi all,



Woosh! That was the sound of 2018 passing, another year almost done and dusted! It has gone so quickly, we are all busier than ever and have so much to be grateful for. We live in such a beautiful community and have an easy lifestyle where people are friendly; traffic jams and queues are not the norm!

We would like to wish each and every one of you a very merry Christmas and a safe and happy New Year.

We would like to extend our Congratulations to our Board member Rae Paten who was honoured with a Palmerston North Civic Award last month, Rae has worked tirelessly for the Hearing Association and our Community for the majority of her adult life, she is a very worthy recipient of this Award.

We have had a good few months with Kelly our Education Co-ordinator getting out and about building awareness and also promoting the Silent Leadership Challenge where she enjoyed engaging with people to illustrate the everyday challenges experienced by the Hearing Impaired. Kelly also gave presentations to a couple of Community Groups, the focus of her talks has been about changing attitudes towards hearing loss, encouraging early intervention and explaining the important connection between untreated hearing loss, social isolation and dementia.

A huge thank you to everyone that has supported us throughout the year, Grant, Dick, Matthew, Barbara, Stewart, Rae, Clare and Marjorie our dedicated board members, Jo our Ear Nurse, Kelly our Educator, Ailex and Steve who keep our facilities clean and tidy. We are looking for people to help out in 2019, if you can help us out, we would really appreciate you letting us know.

Best wishes, Helen

Office Closure for Christmas

We will be closing the office at 12 noon on Friday 21 December and re-open at 9 am on Tuesday 8th January.

We would love to see you in early December and encourage you to make sure you have enough batteries to see you through the holiday period.

Do you have a monitored security or medical alarm?

It is important to check if these will work over fibre. Some security firms have invested in new technology that uses fibre but some still need the copper phone line. If you need copper, again choose Option 2.

Do you have other analogue devices that use the copper wiring?

If you rely on a flasher ringer, fax or amplified phone to use the phone you need Option 2. These devices need to use copper wire jack points to work. My Sky boxes also require integrated wiring.

TV decoders

If your telecommunication provider is offering a deal for TV with your phone & broadcasting it pays to ask specific questions about the decoder. E.g.: the current decoder being supplied for Vodafone TV does not have the same capability to decode subtitles as other decoders. If you rely on subtitles to watch TV this is an important consideration. You may want to stick with the decoder that you have if you are happy with it.

When building or buying a brand new home

Once we would have assumed that a house had a phone line and that if we plugged in our phone it would work as long as we paid for a land-line connection. Now more houses, especially in the large new subdivisions, are being built with only fibre connections so always ask if there is copper wire in the house itself, or you will be restricted to what equipment you can use.

Just because there might be a jack point does not mean it will work for your phone – it may in fact be a network jack point for a computer or smart TV so it will pay to ask for this information so you can consider what extra costs you may have or whether it is even possible to get your essential equipment working. Don't let the real estate agent fob you off with saying the house is all up to date with everything you need – ask to see paperwork that shows what type of connections it has before making your purchase.

Many thanks to Christchurch Hearing Association for this article and information.

Things to consider when changing over to Fibre (Telephone connection)

As we continue to get calls from people who wonder why their amplified phone doesn't work anymore after they switch to fibre, we thought it might be a good idea to run this article.

When changing to fibre you have two options:

1. Keeping your landline
2. Getting your broadband/phone bundle all supplied by fibre

Since we don't currently know of any fibre phones being brought into New Zealand that are good for the hearing impaired you may want to consider Option 1, keeping your landline.

An important thing to keep in mind is that **fibre phones or any other equipment using the fibre will not work in a power outage**. Battery backup storage devices (UPS – uninterruptable power sources) are an option but they are not funded and can be very expensive.

Keeping your landline:

Again there are two options:

Have your phone plugged directly into the optical network terminal (ONT) – this is the fibre box that gets installed on your internet wall. This is only suitable for a small house and means that you really need to have a cordless phone; otherwise your only phone is permanently fixed wherever the box is installed.

Put in a hybrid cable with both fibre and copper. If any of the following situations apply to you then you will want to go for this option.

Integrated Wiring connects your phone jack points to your ONT so that you can keep using them. It is important to realise you need to make this decision before installation as fixing the problem later can be quite expensive.

Do you have a Captel phone?

The Captel phone requires an analogue phone line connection as well as a broadband connection. This means that you need to plug your Captel into an analogue telephone (POTS) connection on the box & your broadband cable into the modem (which is connected to the (ONT) so it will need to be located wherever these are in the house.

If you have integrated wiring you can use another jack point in your home but you will have to use Wifi for your Captel phone. This can sometimes mean you will lose captions if there is any dropout in the Wifi. If you have a larger house you may need to consider a Wifi range extender.



White Christmas Slice

This Christmas favourite is quick and easy to make, tastes wonderful and makes great home-made gifts!"

Ingredients

3 cups (105g) crispy rice cereal
2 cups (160g) desiccated coconut
1 cup (160g) Dried Cranberries
½ cup (100g) red glace cherries, halved
½ cup (80g) blanched almonds, coarsely chopped
1x 395g can HIGHLANDER Sweetened Condensed Milk
100 g white vegetable shortening or Kremelta, coarsely chop
⅔ cup (100g) NESTLÉ White Melts, plus ½ cup (75g) extra.

Method:

Grease and line an 18cm x 28cm lamington pan.

Combine crispy rice cereal, coconut, cranberries, cherries and almonds in a large bowl. Set aside.

In a small saucepan combine Condensed Milk, vegetable shortening and White Melts; stir over low heat until mixture is melted and smooth.

Stir into dry ingredients, mixing well.

Press mixture evenly into prepared pan.

Refrigerate until set.

Place extra White Melts in a small microwave safe bowl; microwave uncovered on MEDIUM (50%) for 1 minute; stir. Repeat process in 30 second intervals until melted.

Drizzle White Melts over slice. Cut into slices to serve. Store covered in refrigerator.

What is Meniere's Disease?

With Meniere's disease excess fluid builds up in the balance and hearing organ of the inner ear.

Meniere's affects about two in every 1,000 people, and it tends to occur more often in women than in men. The disease can strike at any age, but it is more common in those ages 40-60. The condition can run in families. Symptoms often include a combination of:

Bouts of vertigo (spinning or swaying sensation linked with nausea)
Hearing loss
Tinnitus (ringing in the ear)
Feeling of fullness in the ear.

In about 75% of patients only one ear is affected. The intensity of symptoms may vary from mildly annoying to chronically disabling. Some people are unable to drive, work or care for themselves, whilst others only experience occasional vertigo.

Meniere's and Hearing Loss: Hearing loss for Meniere's sufferers can fluctuate, and is most commonly in the lower frequencies (tones). It may be reversible at first, but if the hair cells in the inner ear become damaged, some permanent hearing loss can result. Some people benefit from hearing aids or cochlear implants.

Dizziness: Attacks of vertigo happen suddenly, often following a short episode of tinnitus or muffled hearing, and can last from 20 minutes to 12 hours. There may be long intervals between bouts, or they may come in clusters.

Outlook: The disease can extend to involve both ears over time. As the vertigo attacks settle, the hearing usually becomes more stable. Between 60% and 80% of sufferers are not permanently affected and recover with or without medical help.

IF you are concerned about any of these symptoms, make an appointment with your GP as soon as possible.

Thanks to Napier Hearing Centre for this article. Adapted from the National Foundation for the Deaf (NFD)

webpage at: wwwnfd.org.nz/Meniere's-disease



What is the difference between a Hearing screen test and a full diagnostic hearing test

A hearing screening test is a good idea if you are concerned about your hearing or there is a family history of hearing loss. If a problem is identified, the recommendation is that you go on to have a full diagnostic hearing test. While screening tests are simple they are not as thorough which can mean some hearing problems may be missed. If you have concerns about your hearing you should go on to have a full diagnostic hearing test, even if you have had a normal hearing screening test.

Screening tests:

- May identify a hearing loss
- May be performed in an environment that is not certified or sound-treated i.e GP clinic rooms, office
- Testing will be brief (no more than 10 minutes) and at least four frequencies will be tested (usually 500 Hz, 1000 Hz, 2000 Hz, 4000 Hz)
- May not be performed by an Audiologist/Audiometrist

Full diagnostic hearing tests:

- Identify hearing loss and ascertain the nature of the hearing loss, whether it is permanent (sensorineural) or potentially treatable (conductive)
- Can be used effectively for treatment e.g. with hearing aid rehabilitation or for consideration of surgery or medication
- Are performed in a certified, sound treated environment: a whole room or a sound-treated booth
- Testing may take up to an hour to perform
- There are five different tests in an initial diagnostic hearing assessment: air conduction, bone conduction, speech testing, tympanometry and acoustic reflex testing. They assess the function of the hearing pathway and some of the processing of sounds
- They are performed by a qualified Audiologist/Audiometrist

Information obtained from New Zealand Audiological website