



Canadian HARD of HEARING Association

CHHA-Hamilton

HERE, HEAR!! Newsletter

Rob Diehl, President

September, 2016

www.chha-hamilton.ca
chhahamilton2@gmail.com

Remember . . . You are not alone!



 **Canadian Hard of Hearing Association
HAMILTON BRANCH**

FUNdraiser
Nine & Dine Tournament

Saturday, September 10 at 4 p.m.
Oak Gables Golf Club
(1505 Wilson St. - Ancaster, ON)

\$65 includes golf, cart and dinner
\$20 for dinner only
rain or shine

unitron Register online at www.chha-hamilton.ca,
call 289 208 4423 or email robwdiehl@gmail.com

You are invited to

The *interesting* tale on the Natural History of TINNITUS

With Professor Larry Roberts

DATE: Thursday, September 29th, 2016 Time: 7:00 pm to 9:00 pm

Location: South Gate Church, 120 Clarendon Ave. Hamilton L9A 3A5

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

Charge: * Members—no charge, * Guests - \$5.00

Parking: free parking in rear & lots of street parking

Real Time Captioning & infra-red system, * Refreshments * ALL ARE WELCOME

Sponsored by Sound Options <http://soundoptions.ca/why-sound-options/>

President's Message

With the CHHA-Hamilton AGM around the corner, I would like to announce that it is my intention to step down from the President's role at the end of my term, and transition into the Past-President's position. As my term as President of CHHA-Hamilton winds down, I'm grateful the experience that I have gained over the past four years. This experience was my first in a formal board structure, and I have learned so much about myself, working with others, hearing loss, and the passion that goes into volunteering for a great organization like CHHA. I am extremely proud of the service that we provide in our community, and I would like to personally thank all of the past and present board members I have served with that have made my time so enjoyable.

I think that it is important for any volunteer group to welcome in new leadership on a regular basis. It is crucial to the evolution of the branch to experience new and fresh ideas, and perspectives so that we can continue to grow and excel. I ask that you all give the new board support as they carry our branch into the future.

In case you missed it, our branch hosted the annual Sunnybrook Hospital CI Reunion at the Tansley Woods Community Centre in Burlington this past June. This year was one of our largest gatherings to date as numerous people attended to catch up on the latest from the hospital, reunite with each other, or just gather information on the latest technologies.

I would also like to remind people of our September Nine & Dine FUNdraiser Golf Tournament on Saturday, September 10 at 4 p.m. at Oak Gables Golf Club in Ancaster.

This is an important fundraiser for our branch, which allows us to continue to facilitate meetings, events, and the logistics that go along with it. Please consider joining us for golf/dinner for just \$65 or just for dinner for \$20. To register, please visit our website at chha-hamilton.ca, call 289 208 4423 or email

robwdiehl@gmail.com.

Finally, I would like to say a personal thank you to our board for their tireless efforts. Levi Janosi, Craig Ellis, Linda Baine, Jim Young, David LaCombe, Cathy Peterson, and Jacquie Reid continue to serve this organization with incredible enthusiasm. These are some of the most dedicated and hardworking people I have had the pleasure of working with.

Thank you.

Rob Diehl



HIS

**BRINGING THE
WORLD OF HEARING
RIGHT TO YOUR DOOR!**

Hearing Instrument Services is a hearing clinic serving the Hamilton, Ontario area. Our hearing clinic has earned a reputation for quality service, dependability, friendly advice and reliability.

**For CHHA Members: Complimentary
hearing test and comprehensive demonstrations
of the latest hearing technology.**

**Call & Book Your Hearing Evaluation
905-549-2481**

**1284 Barton St. E., Hamilton, ON L8H 2W1
www.hearinginstrumentservices.com**

Ask Cathy . . .

Cathy not only wears hearing aids herself, she is also the retired general manager of Provincial Hearing Consultants.

Send your questions to Cathy : chhahamilton2@gmail.com

Q I'm having trouble hearing music- any tips?

A. Most modern digital aids are excellent for hearing speech but the program that lets you hear speech in noise is the same program that will cause distortion in music. However, you can request a special music program on most brands of aids which should allow you to listen to music with ease.

If you do not have a music program on your aids, and since music is usually much louder than speech if you have a moderate loss you might try listening to music without your hearing aids especially when the music is live. You could also try putting a piece of tape over the microphone of your hearing aid and this will dampen the sound and make listening more enjoyable.

If you have a severe or profound loss a trick I have heard some people use is to bring a deflated balloon to the concert and when the music starts blow up the balloon and hold it in your hands – the low frequency sounds will resonate through the balloon and this enhances your listening experience.

If you are listening to music through a speaker- like on a radio or an iPod – it helps to turn the volume down and turn your hearing aid up –not the other way around.

Most importantly if music is a big part of your life speak to your hearing aid clinic they can help!

E-mail your questions to Cathy at chhahamilton2@gmail.com

IMPROVE your lip reading with COPING SKILLS

Level I: 10 weekly classes for \$50.

1. Start: **September 7th**, 1:30—3:30 pm
The South Gate Church,
120 Clarendon Ave, Hamilton
To register or info: 905) 575-4964
www.chha-hamilton.ca

Level I: 10 weekly classes for \$50

2. Start **September 21st**, 1—3 pm
Seniors' Recreation Centre, in the New
Hamilton Public Library building
163 Dundas St East , Waterdown, L8N 2Z7
905 689-6269 or www.chha-hamilton.ca

Have you “heard” about volunteering?

As you may know, the Canadian HARD of HEARING Association is a non-profit organization, whose goal is to support and educate people with hearing loss. Check our website: www.chha-hamilton.ca

CHHA-Hamilton has openings for people that have a willingness and eagerness to help at our four annual general meetings, as well as attending occasional health fairs.

Questions? Email us at chhahamilton2@gmail.com

Emotion processing in brain changes with **tinnitus** severity

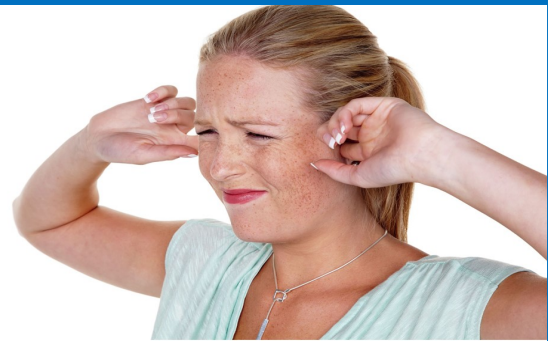
Tinnitus, otherwise known as ringing in the ears, affects nearly one-third of adults over age 65. The condition can develop as part of age-related hearing loss or from a traumatic injury. In either case, the resulting persistent noise causes varying amounts of disruption to everyday life.

While some tinnitus patients adapt to the condition, many others are forced to limit daily activities as a direct result of their symptoms. A new study reveals that people who are less bothered by their tinnitus use different brain regions when processing emotional information.

"**We** are trying to understand how the brain adapts to having tinnitus for a very long time," said Fatima Husain, University of Illinois speech and hearing science and neuroscience professor who conducted the research with kinesiology and community health professor Edward McAuley and neuroscience graduate students Jake Carpenter-Thompson and Sara Schmidt.

Husain's research uses functional magnetic resonance imaging, an imaging tool that enables researchers to see changes in blood oxygen levels in the brain during an activity. Using fMRI, Husain's team previously compared how the brain processes emotion in patients with mild tinnitus and people without the condition. While in the scanner, study participants listened to and rated pleasant, unpleasant and neutral sounds (e.g. kids giggling, babies crying and people babbling in the background).

The researchers reported that, in contrast to those without tinnitus, patients with mild tinnitus showed greater engagement of different areas in the brain when processing



RINGING OR BUZZING IN THE EAR?

Sound Options Tinnitus Treatments has developed a therapy to treat constant noise in the ear (tinnitus). The therapy is customized for each person to gradually reduce the noise they hear by retraining the hearing system.



We work with local clinics!

Call us to find out more about the **Sound Options** tinnitus therapy:
1-866-688-3772

www.soundoptions.ca

emotional sounds.

To further understand this altered brain activation, Husain conducted a new fMRI study to see if there were any differences among tinnitus patients. Because some patients adjust to the ringing in the ears while others do not, the severity of the condition can vary greatly. Husain's team measured the severity of tinnitus, or tinnitus distress, with a series of surveys and questionnaires assessing hearing, attention, emotion and sleep. Patients with lower tinnitus distress used an altered pathway to process emotional information.

continued on page 6 . . .

5 Places You Frequent That Could Be Damaging Your Hearing

Everyone knows rock concerts are loud. That is part of the experience. I don't go to too many concerts anymore, because of my hearing loss. But when I do, I use strong protections against the noise — I mute my hearing aids and use noise-cancelling headphones. Believe it or not, I can usually still hear the music just fine! As I look around the concert, I see some people wearing earplugs or earmuffs too. I wish there were more. Perhaps they don't understand the risks.

Prolonged exposure to any sound at or above 85 decibels can cause gradual hearing loss, and once your hearing is damaged, it is permanently impaired. Loud noise exposure kills the delicate cells inside the cochlea of the inner ear, and once they are gone, they do not grow back. Loud noises can also cause tinnitus, the sensation of buzzing or ringing in your ears when no sound is present. You may have experienced this after a particularly loud night out. Sometimes it goes away, but with increased exposure, it can become permanent. Mine is.

While people know about concerts, there are other venues and activities that can be damaging to your hearing that are not obvious.

1. Restaurants/Bars: Booming music and loud conversation is the typical background at many restaurants and bars. Research shows that the louder the music, the faster people eat and drink, generating more revenue, but risking their clients' hearing in the process. And those poor employees!

2. Sporting Events: In recent years, numerous football stadiums have tried to break the record for noisiest crowd. While this may be good for team spirit, it can be extremely damaging to the sports fans and their hearing.

3. Movies: The new Star Wars movie boasted that it was the loudest movie on record. When I watched, I wore my noise-cancelling headphones with the noise-cancelling feature activated and didn't miss any of the dialogue! I saw many in the audience holding their hands over their ears during certain scenes.

4. Children's Parties/School Events: A few years ago, I clocked the talent show at my children's elementary school at 90 decibels, an unsafe level. At 105 decibels, the maximum level of an iPod, some hearing damage can occur within 15 minutes.

5. Weddings: Events like weddings, Bar/Bat Mitzvahs and Sweet Sixteens can be heartwarming and fun, but also incredibly loud. Most bands and DJs set the volume at unsafe levels, which combined with the din of conversation can be deafening.

The good news is that noise induced hearing loss is 100% preventable!

1. Turn down the volume. If you have control of the volume, turn it down to a safe level, or set the volume at different levels in different parts of the venue.

2. Speak up. If you think the environment is too loud, say something. Ask for the volume to be lowered or to move to a quieter seat. If you ask nicely but persistently, sometimes things can be arranged.

3. Move away from the sound. If you have a choice of seats, sit far away from the speakers. With distance comes safety.

Continued on page 6 . . .

Winners at the FAIR

These folks were the winners at the CHHA Hearing Health Fair in May.

Congratulations to the winners:

- *50/50 Draw—Nancy Podolski
- *Connect Hearing's dryer—Frede Smouter
- *Hearing Solution's gift basket— Pat Ward
- *Costco membership—Joe Paluch
- *Hearing Instrument Services (HIS) Phonak D-Dry—Jacoba Helder
- *\$500 Hear More gift certificate—Joseph Paluch



Jerry Bennett of Hear for Life speaking at the CHHA-Hamilton Hearing Health Fair in May

Continued from page 5 . . .

5 Places You Frequent That Could Be Damaging Your Hearing

4. **Travel with earplugs.** Carry earplugs with you in your backpack or purse. Be sure to bring extras to share with friends and family. Acoustic earplugs will provide the best sound for music, but cheaper pairs from the drugstore will also do the trick when used properly.
5. **Use a decibel reader app.** I like Decibel 10th, but there are many good options. Most are not 100% accurate, but they will let you know if you are near or in the danger zone.
6. **Vote with your feet.** If a place is consistently too loud and will not adjust the volume level, don't go there anymore. If enough people do this, change will eventually occur.

[Living With Hearing Loss Advocacy](#)

Continued from page 4 . . . Tinnitus

The path did not rely on the amygdala, commonly believed to play an important role in emotion processing in the brain. Instead, patients who had adapted to their tinnitus symptoms used more of the brain's frontal lobe, a region critical for attention, planning and impulse control. The researchers suggested that the greater activation of the frontal lobe might be helping to control emotional responses and reduce tinnitus distress

Another aim of Husain's research was to evaluate possible interventions to help patients reduce tinnitus distress. The study reported that physical activity might influence emotion processing and help to improve quality of life of those bothered by tinnitus. Husain hopes more research will investigate this link. Her future research on the topic will also include active duty service members, a group highly affected by trauma-induced, early-onset tinnitus.

University of Illinois at Urbana-Champaign.



The smallest RIC in the world arrives October 3rd, 2016

A Sonova brand
© 2016 Unitron. All rights reserved.

unitron. Hearing matters

Washington Declaration 2016 New Hearing Technologies for Hard of Hearing

Hard of hearing persons from around the world support the need for technological innovation that promotes hearing accessibility.

In a motion passed at the biennial meeting of the International Federation of Hard of Hearing People held in Washington, D.C. at the end of June, 2016, hard of hearing persons called for new developments to ensure for the compatibility of hearing aids with cellular phones and assistive listening devices.

“IFHOH believes, that for the foreseeable future, the proven technology of the Telecoil must be included and activated in hearing aids and cochlear implant processors. Cellular (mobile) phones and other sources of sound should be compatible with the Telecoil.

New wireless technologies should work in parallel to the Telecoil,” according to the Washington Declaration 2016.

As noted in the motion, hearing aids are very important to enhance accessibility and the participation of hard of hearing persons in society. Hard of hearing persons require access to quality hearing aids, cochlear implants and new technologies that are affordable, professionally approved and compatible with the Telecoil, stated IFHOH President Dr. Ruth Warick.

The IFHH People is an international, non-profit federation of hard of hearing people, and provides a platform for co-operation and information exchange among its members and interested parties.

www.j.mp/WasDec2016.

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* to – August 31, **2017**

Please mail this form with your payment to:

CHHA Membership, 762 Upper James, Suite 122 Hamilton, ON L9C 3A2

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