



www.chha-hamilton.ca  
chhahamilton2@gmail.com  
Founded 1986

# Canadian **HARD** of **HEARING** Association **CHHA-Hamilton** **HERE, HEAR!! Newsletter**

**Remember . . . You are not alone!**

**March, 2019**

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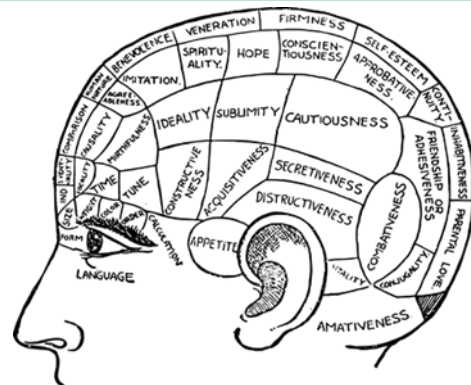
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**Refreshments**

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- **Advocacy**
- **Bylaw**
- **Cochlear  
Implants**
- **Golf**
- **Health Fair**
- **Newsletter**
- **Speech  
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## **The BRAIN And HEARING LOSS**



**Speaker:** Kendra DiBacco, Doctor of Audiology

**Date:** Thursday, March 28th, 2019

**Time:** 7:00 pm to 9:00 pm

**Location:** The South Gate Church  
120 Clarendon Avenue, Hamilton L9A 3A5  
Rear entrance door & parking lot accessed from Terrace Dr.

**Registration & info:** chhahamilton@gmail.com or 905-575-4964

**Charge:** \$5 for non-members

**Real Time Captioning** & Infra red system available

Refreshments

**ALL WELCOME!**

*Sponsored by* **HearingLife Canada Ltd.**

## President's Message



Hello everyone,

First of all, since this is my first message of the year, I'd like to wish everyone Happy New Year. Hoping the year started out well in the first couple of months and wishing you all the best for the remainder of the year.

I'd like to mention a few noteworthy items that transpired since my last report.

We had a great meeting with CHHA National Executive director visiting us and sharing his thoughts at our last meeting in November. It was good to meet Christopher Sutton and it was good to hear his vision regarding the direction that CHHA will be heading toward. He has a bold agenda to rebuild the organization and make it a cohesive, non-political entity who's goal is to enrich the lives of Hard of Hearing. We will have follow up meetings with National at the upcoming National Conference in Montreal in the hopes to ensure that we are properly aligned to serve our members and our branch, locally at the local community level.

<https://www.chha.ca/>

We are working diligently to finalize the details of our meetings for the year.

Our first meeting in March, we will welcome audiologist Kendra DiBacco. There is no end to my surprise every time we have speakers talking about our brains and the connection to our hearing. She will undoubtedly fascinate us with details on how we are affected in ways that we have never imagined. Looking forward to an awesome learning experience.

The next meeting will be in May, which is also Hearing Awareness Month, and we are having our Hearing Health Fair. One thing we are doing this year, is making the event "open"- there will be no charge for entry. If you know someone who is suspecting issues with hearing and they don't know where to start, this event is the place to be.

A little about my experience. A few years ago, prior to becoming a member of CHHA and knowing anything about hearing loss, I went to be tested and fitted with a pair of hearing aids. They lasted me two weeks before I returned them. Reason: - I was not ready or prepared for them. The truth of the matter is that over a few years, I gradually lost the ability to hear some sounds. Getting fitted re-introduced sounds which I missed hearing (birds, waves, etc.) but also reintroduced loudness of the coffee grinder and other noises that I was not expecting and could have lived without. Although I returned my first pair of hearing aids, I had to admit that I still had problems hearing. My becoming a CHHA member and learning about my disability helped me tremendously in coping and living with hearing loss.

Continued on page 3 . . .



**Book your FREE hearing test today!**

**Hamilton Downtown**  
402-25 Charlton Avenue East

**Hamilton Mountain**  
880 Upper Wentworth Street

**Hamilton West**  
1685 Main Street West

**Call toll-free**  
1-855-809-9029

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**HearingLife** **ListenUP! CANADA**

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Hearing tests are provided free of charge for adults ages 18 and older. Please see clinic for details. Offer not valid in Quebec.

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EVT-USP-CHHA

## Ask Mark . . .

**Mark not only wears hearing aids, he is also an Hearing Instrument Specialist.**

**Send *your* questions to Mark at [chhahamilton2@gmail.com](mailto:chhahamilton2@gmail.com)**

**Q** My hearing aids keep cutting in and out, why is that?

**A** I get this question a lot in clinic. The number one reason is moisture. I find that when clients bring their hearing aids in nothing appears wrong with them until I open up the battery compartment and see some moisture around where the battery sits.

Moisture and electronics don't mix. The problem is that your ears are moisture rich places and we can't put the hearing aids anywhere else. Ear wax, hair products and sweat are very common reasons for hearing aids to stop working so trying to eliminate or reduce those things would help a great deal.

Some of the ways to address these concerns are to regularly have your ears checked for wax by your family doctor or your hearing health care practitioner, make sure your hearing aids are not on while you do your hair and wash your face and there is no good solution for sweating other than a dry aid kit or a sleeve you can put over the behind the ear hearing aid.

A dry aid kit is something that will dry out your hearing aids while they are not on your ears.

You can buy expensive electronic ultra violet light dry aid kits for between 1-2 hundred dollars or you can get a jar with desiccant from your hearing health care practitioner but I recommend going to a dollar store and getting a small Tupperware container, filling it half way with dry rice and laying a small piece of tissue paper on top then putting the hearing aids on top of the tissue paper. The rice method works better than the other methods in my opinion and costs less than a dollar every 3-6 months when you change out the rice.

Hearing aid batteries are very commonly zinc air batteries which require air to work so when moisture gets into the battery compartment the hearing aids will shut off until the battery dries out. This might even kill the battery so if you've dried it out and it still doesn't work I would recommend changing the battery too.

The best thing to do when your hearing aids stop working is to try and clean it yourself first. If they are still under warranty and you break them a little bit while cleaning them then the warranty should cover that but it's better to try and clean it rather than waiting a few days to get into your clinician. I also find a lot of people use hearing aid malfunctions as an excuse to stop wearing their hearing aids. There is nothing your clinician can't fix so bring it in or drop it off at your clinician's office and they can fix it for you.

## President's Message continued from page 2 . . .

My advice is, attend some meetings; if you like what you "hear" - become a member and learn to live with hearing loss and take responsibility for your own hearing. (you'll be happy you did!!)

There is a Cochlear meeting in June, and two more meetings later this year, as well as our annual golf tournament which I will cover in my next update.

One last thing before I go. Westdale Theater is considering installing a looping system in the newly renovated theater. That is awesome news for anyone with hearing aids that has a t-coil. It's the best way to enjoy an event. Please mention it to the management if you attend an event that their consideration is very much appreciated, and we are hoping they decide to implement the new system.

That's it for now. Hope to see you all at our future events.

CHHA for now!

Levi

# The Hidden Risks of Hearing Loss

Not hearing well isn't just frustrating; it can bring surprising health risks. Here's what you need to know from Johns Hopkins Medicine.

## **RESEARCH SHOWS Many Causes,**

### **Early Symptoms**

Everything from genes and noise exposure to medications, head injuries and infections can play a role in hearing loss. Trouble detecting soft or high-pitched sounds is often the first sign that stereocilia—the delicate hair cells that convert sound waves into electrical signals within the ear—have been damaged. Soft sounds include phone conversations or background noise in settings such as restaurants. High-pitched sounds may include children's voices. Ringing in the ears, called tinnitus, is another early signal of possible hearing loss.

Hearing loss is frustrating for those who have it and for their loved ones. But recent research from Johns Hopkins reveals that it also is linked with walking problems, falls and even **dementia**.

In a study that tracked 639 adults for nearly 12 years, Johns Hopkins expert **Frank Lin, M.D., Ph.D.**, and his colleagues found that mild hearing loss doubled dementia risk. Moderate loss tripled risk, and people with a severe hearing impairment were five times more likely to develop dementia.

## **The Links Between Hearing and Health**

"Brain scans show us that hearing loss may contribute to a faster rate of atrophy in the brain," Lin says. "Hearing loss also contributes to **social isolation**. You may not want to be with people as much, and when you are you may not engage in conversation as much. These factors may contribute to dementia."

As you walk, your ears pick up subtle cues that help with balance. Hearing loss mutes these important signals, Lin notes. "It also makes your brain work harder just to process sound. This subconscious multitasking may interfere with some of the mental processing needed to walk safely."



## **Hearing Aid Myths That Hold You Back**

Can hearing aids reduce these risks? Lin hopes to find out in a new study, still in the planning stages. "These studies have never been done before," he notes. "What we do know is that there's no downside to using hearing aids. They help most people who try them. And in those people, they can make all the difference in the world—allowing people to reengage with friends and family and to be more involved again."

Although nearly 27 million Americans age 50 and older have hearing loss, only one in seven uses a hearing aid. If you think your hearing has diminished, it's worth making an appointment with an audiologist for a hearing check, Lin says. If you have hearing loss, don't let the following myths keep you from getting help.

## **My hearing's not *that* bad.**

Hearing aid users wait, on average, 10 years before getting help for hearing loss. But during that time, communication with loved ones becomes more difficult, and isolation and health risks increase. "Our findings emphasized just how important it is to be proactive in addressing any hearing declines over time," says Lin.



# The Hidden Risks of Hearing Loss continued . . .

## **“Wearing hearing aids means I’m old, and I’m not ready for that.”**

It’s normal to feel worried that hearing loss means you’re aging—and to want to hide it. Plenty of people with a hearing impairment sit silently rather than joining in conversations and activities, because they fear that hearing problems will make them seem helpless or less than competent. The truth: Connecting with others can help your brain stay younger and keep you involved with life.

## **“I don’t like the way hearing aids look.”**

Forget the old days of big, whistling earpieces. Today’s hearing aids and **cochlear implants** are smaller (and less conspicuous) than ever before. Even celebrities (like former president Bill Clinton and football Hall of Famer Mike Singletary) are wearing them proudly.

## **“I heard that hearing aids are difficult to use.”**

There is a breaking-in period as you—and your central auditory system and brain—adjust to life with hearing aids. That’s why most doctors and hearing centers include a trial period, so you can be sure the type you’ve chosen—whether it’s a miniature behind-the-ear model or one that fits into your ear—is right for you.

## **“Hearing aids cost too much.”**

At present, very few states require health insurers to cover the cost of hearing aids for people of all ages. As a result, 61 percent of users pay the bill themselves. At an average price of \$1,675 per ear for equipment, fittings and evaluations, hearing aids can take a bite out of your budget. Factor in the high cost of hearing loss, however, and it is money well spent.

## Definitions

### **Social isolation:**

Loneliness that can affect health. People who are socially isolated have little day-to-day contact with others, have few fulfilling relationships and lack a sense of belonging. Social isolation can increase the risk for poor eating, smoking, alcohol use, lack of exercise, depression, dementia, poor sleep and heart disease. **Therefore, we encourage you to attend our meetings and join the CHHA family.**

### **Dementia (di-men-sha):**

A loss of brain function that can be caused by a variety of disorders affecting the brain. Symptoms include forgetfulness, impaired thinking and judgment, personality changes, agitation and loss of emotional control. Alzheimer’s disease, Huntington’s disease and inadequate blood flow to the brain can all cause dementia. Most types of dementia are irreversible.

### **Cochlear (koe-klee-er) implant:**

A device implanted into the inner ear to stimulate the auditory (hearing) nerve. It’s used to help restore sound perception in children and adults with profound hearing loss. **CHHA invites you to attend our meeting on Cochlear Implants on June 23<sup>rd</sup>. Details to follow in the May newsletter.**

[https://www.hopkinsmedicine.org/health/healthy\\_aging/healthy\\_body/the-hidden-risks-of-hearing-loss](https://www.hopkinsmedicine.org/health/healthy_aging/healthy_body/the-hidden-risks-of-hearing-loss)



### **Mark your calendars**

**\*May 23<sup>rd</sup> Hearing & Health Fair**

**\*June 23<sup>rd</sup> Cochlear Implant Update**

**\*Sept. 07<sup>th</sup> Nine & Dine FUNdraising Golf**

**\*Sept. 26<sup>th</sup> Tinnitus Info Session**

# Association of Hearing Instrument Practitioners Of Ontario (AHIP)



## **WARNING** Buying Hearing Aids from the Internet?

### Serious Health Risks

In Ontario, a prescription is required by law prior to a hearing aid being dispensed.

- Without obtaining the assistance of qualified hearing healthcare professionals, you will not have obtained proper testing, selection, counseling and dispensing.
- Hearing Aids are a Class II Medical Device which must be approved by Health Canada to ensure they are safe and effective.
- Hearing aids over the internet may be counterfeit, cause serious infections, be recalled due to safety concerns or have missing parts.



Be Safe. Love Your Ears !



# WILL.I.AM REVEALS HE HAS TINNITUS [RINGING IN THE EARS]

WILL.I.AM is best known for founding and being the lead member of hip hop group The Black Eyed Peas and his successful music career has now led him to being a judge on ITV's The Voice.

Will.i.am, born William James Adams, 43, not only founded The Black Eyed Peas but has produced music for some of the world's biggest artists, including Michael Jackson, Justin Bieber, Britney Spears, David Guetta and U2. A household name in the music world,

Will.i.am's career has now led him to a spot on The Voice as a judge, for several series now. But it hasn't all been plain sailing for the musician.

A few year ago he revealed his struggle with a particular health condition called tinnitus

Tinnitus is the medical name for hearing noises that aren't caused by an outside source.

Ringing in the ears is one of the most notable symptoms.

"I can't be still. Work calms me down," he told The Sun.

"I can't be quiet, as that's when I notice the ringing in me ears.

"There's always a beep there every day, all day, Like now. I don't know exactly how long I've had this, but it's gradually getting worse."

While the condition has affected other musicians and how they perform in the past, such as The Who guitarist Pete Townshed, Will.i.am revealed the diagnosis has spurred him to make even more music. He explained: "I don't know what silence sounds like anymore. "Music is the only thing which eases my pain."

From Twitter . . . By [KATRINA TURRILL](#)

PUBLISHED: 09:28, Sun, Feb 10, 2019 | UPDATED: 13:27, Thu, Feb 14, 2019



The NHS says tinnitus can sound like:

Ringing

Buzzing

Whooshing

Humming

Hissing

Throbbing

Music or singing

The health body advises to see a GP if you have tinnitus regularly or constantly, your tinnitus is getting worse, or your tinnitus is bothering you - for example, it's affecting your sleep or concentration.

It adds: "Things you can try to ease tinnitus: try to relax- deep breathing or yoga may help.

"Don't have total silence - listening to soft music or sounds can distract you from the tinnitus.

"Don't focus on it, as this can make it worse - hobbies and activities can help take your mind off it."

**Join a support group** - talking to other people with tinnitus may help you cope **CHHA-Hamilton's tinnitus meeting will be on September 26<sup>th</sup> with tinnitus expert, Dr. Ian Bruce.)**

# WHY JOIN CHHA?

- We offer Lip/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, **2019**

**Please mail this form with your payment to:**

CHHA Membership, 762 Upper James, Box 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: \$350.00 plus \$5.00 / year

*Make cheques payable to: CHHA-Hamilton*

**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

***Remember . . . You are not alone!***