

November 2017

From the Editor...

November is upon us with shorter days, cooler weather, beautiful colors and of course the clock change! Remember Daylight Savings Time ends at 2:00am EST on Sunday November 5th when the clocks go back 1 hour.

Saturday November 4th is an important day for the Hearing Loss Association of America in Kentucky because of the **Walk4Hearing** at Beckley Creek Park, Louisville, KY 40245. The Walk4Hearing is the largest walk for hearing loss awareness in the country. Every Spring and Fall, thousands of walkers – children and their families, young adults, young at heart and everyone in between – form teams and walk in their communities to increase public awareness about hearing loss, help eradicate the stigma associated with it and raise funds for programs and services. Please come and give your support and encouragement on Saturday November 4th at Beckley Creek Park to all those wonderful volunteers as they make their way through Louisville.

This month is the start of the festivity season where social gatherings can impose significant communication challenges to people with hearing loss. For this reason, we have added a new article, called ‘Hearing Loss and the Holiday Blues’, suggesting ways to handle communication difficulties at such a busy time. Also, we have added an article for those students with hearing loss who have started college studies recently, and have provided tips on how they can advocate for themselves in a college environment. There is also an article for those readers who are contemplating a move from hearing aids to having a cochlear implant. Two people have given their perspectives on this which I feel you will find most interesting and enlightening. Another article that has been added is one about earwax and the role it plays in our ears. ‘Drop the cotton swab’ is an important message given in this article. The following is a complete list of the articles added this month and the sections they appear in:

Layperson's Guide: Hearing Loss And The Holiday Blues: Holidays can be a difficult time for people with hearing loss. Many of us look forward to going to parties and getting together with extended family . Some enjoy the frenetic pace of family gatherings, shopping, cooking and travel. But for others, the holiday season brings a sense of isolation and loneliness. Those with hearing loss, especially, are at greater risk for the "holiday blues." This article provides useful information to help address this problem.

Point of View: Two Perspectives On The Decision To Move From Hearing Aids To Cochlear Implants: This article gives two perspectives on the decision to move from hearing aids to cochlear implants. One person describes the process as a positive life-changer while the other is at peace with their own deafness and wants to see more awareness given to educating hearing people about deaf and hard of hearing life.

Guidance Articles: Facts About Earwax: It's 8 p.m. and you are going through your bedtime routine. You wash your face, brush your hair, brush your teeth, and grab a cotton swab to clean out your ears. But wait—drop that cotton swab! Believe it or not, that earwax you feel obligated to obliterate actually has a purpose.

Research: (1) The Impact Of Treated Hearing Loss On Improving Quality Of Life: An effective human being is an effective communicator; optimized hearing is critical to effective communication. Modern hearing aids improve speech intelligibility and therefore communication. The benefits of hearing aids (audiologically defined as improved speech intelligibility) have been demonstrated in rigorous scientific research. It would seem that if one could improve speech intelligibility by correcting for impaired hearing, that one should observe improvements in the social, emotional, psychological and physical functioning of the person with the hearing loss.

(2) Untreated Hearing Loss Negatively Affects Quality Of Life: If you live with an untreated hearing loss, you may suffer from a series of negative impacts that can reduce your quality of life. This article outlines the issues.

Advocacy Help: College, Hearing Loss And Self-Advocacy: Whether you are an incoming freshman or a seasoned upperclassman, it can sometimes be difficult to navigate college when you have a hearing loss. This article provides some of tips for starting the semester off strong as a deaf or hard of hearing college student.

Each month we add a few reminders:

Please keep in mind that we collect used hearing aids for the **SHARP** program of KY. This program assists people in purchasing new or refurbished hearing aids at a very discounted price.

We are a Non-Profit 502c3 organization that is dependent on your involvement and donations. You may donate on line at our website, www.hearinglosskyhome.org Simply click on **DONATE**. You can send a contribution to our address or you can designate Hearing Loss Association of America KY Home as your Kroger charity. We then receive a percentage of nearly everything you purchase at Kroger. It costs you nothing and it is a win-win for us. Is your world of communication better because you found HLAA? If you need help or more information just contact us. Anyone who has a Kroger Card can join the Kroger Community Rewards Program. If interested, please go to your Kroger Account and login in. Go to the Community section and learn more about this worthy program. The code for Hearing Loss Assoc. of America KY Home Chapter is 12384. This will donate to HLAA KY Home a percent of what you spend on your groceries. This does not offset your fuel points. This is an easy way to donate money to our chapter.

Have a wonderful November with all your family and friends!

Dave.

Dave Robertson (webmaster) standing in for Ed Schickel (Editor).