



National Hearing Aid Awareness Week October 19th-24th



There is more to a hearing aid than you would think. Many types of hearing aids are available with various technologies, including analog, digital and programmable aids. Technology ranges from low end to high end and makes a difference to each individual. Lower end technology allows limited flexibility in programming the hearing aid for the individual's hearing loss characteristics. Mid level technology allows greater flexibility and can produce a hearing aid that is fully automatic, including noise reduction, which makes the listener more comfortable in noisy backgrounds. The highest level of technology provides the greatest flexibility and many custom features. The following facts will educate you further on hearing aids.

- The hearing aid fitting process consists of six stages: assessment, treatment planning, selection, verification, orientation, and validation. The use of computers has made the process of fitting hearing aids more accurate and efficient.

- Over 60% of individuals with hearing loss are fit with two hearing aids. The benefits of wearing two aids are enhanced ability to hear in the presence of background noise, enhanced ability to determine where sound is coming from, and greater ability to hear soft sounds at lower levels.
- Hearing aids differ in design, type of circuitry, size, and amount of amplification. They have similar components that include a microphone, amplifier circuitry, a receiver, and batteries to power the electronic parts.
- There are over 1,000 types and models of hearing aids. Approximately 30% of hearing aids in use today are equipped with a telecoil. This optional feature couples directly with hearing aid compatible telephones and assistive listening devices improving intelligibility in noisy situations, poor acoustical environments, and at long distance from the speaker.



Looking for a Pool Partner?

Are you avoiding the pool because you don't want to swim alone? We have early morning and afternoon swimmers who use the pool regularly. If you are looking for a buddy, please contact the Wellness Staff and we will let you know when others are using the pool.

Movement into Relaxation

Classes will begin in October. We are currently working on a day and time with the instructor. Details to follow .

Hearing Loss Treatment

People with hearing loss delay a decision to get hearing help because they are unaware of the fact that receiving early treatment for hearing loss has the potential to literally transform their lives. Research by the National Council on the Aging on 2,000 people with hearing loss as well as their significant others demonstrated that hearing aids clearly are associated with impressive improvements in the social, emotional, psychological, and physical well-being of people with hearing loss. Hearing loss treatment was shown to improve earning power, communication in relationships especially families, sense of control over life events, perception of mental functioning, physical health, and group social participation. Hearing loss treatment reduced anger and frustration in relationships, depression, anxiety, feelings of paranoia, social phobias, and self-criticism. If you have hearing loss and are sitting on the fence deciding what to do, consider all the benefits of hearing loss treatment. It can positively change your life.

Make A Difference Day® National Day Of Doing Good

October 24th is Make A Difference Day®. Make A Difference Day® is the most encompassing national day of helping others -- a celebration of neighbors helping neighbors. Young and old, individuals and groups, anyone can carry out a volunteer project that helps others. It might be as ambitious as collecting truckloads of clothing for the homeless, or as personal as spending an afternoon helping a neighbor or relative. Community outreach is an important part of Wellness, whether it be sharing a talent or providing support to others. Think about how you can make a difference for one day or all year long .



Exercise and Socialize for Better Health

According to a recent study, the more people do socially, the more physically fit they are. An eleven year study of older adults showed that the fewer social interactions subjects had, the more rapid their loss of muscle control. For each one point decrease in social activity there was a 33 percent more rapid rate of motor function decline. The study does not explain the reason why being socially active makes a difference in physical fitness, but researchers believe it may be the physical activity, the interpersonal support or a positive attitude toward life.

– Archives of Internal Medicine

ARE AMERICANS BECOMING HEALTHIER?

Despite research information and advice from doctors, Americans are not responding positively when it comes to adopting healthy lifestyles. More disturbing is the fact that people who have been diagnosed with life threatening diseases such as Cardiovascular Disease, Diabetes and Hypertension are not making these changes.

The National Health and Nutrition Examination Survey conducted by the Center for Disease Control and Prevention compared data from two surveys. The first survey took place between 1988 and 1994. The second survey took place between 2001 and 2006. Here are the results:

1. Those who consumed 5 servings of fruits and vegetables daily dropped from 42% to 26%.
2. Those exercising 12 times per month dropped from 53% to 43%.
3. Obesity increased from 28% to 36%.
4. Tobacco use stayed the same.
5. * The only health habit that reported a gain was the moderate consumption of alcohol, up 51% from 40%.

SAVE THE DATE

Whole Person Wellness: A Balanced Approach

Tuesday, October 27th at 1:30pm

Nelson Hall

Presented by Marketing and Wellness

Open to the community

A Trip through the GI Tract

Dr. Jung, Mid State Medical Center

Wednesday, October 28th at 2:30pm

Christ Chapel

This presentation covers the signs and symptoms of various GI problems affecting the older adult, including acid reflux, diverticulitis and more.