OUR NEW BOARD

President: Olwyn Grey
Secretary: Debbie Webster
Treasurer: Alvin Kwok
Welfare Officer: Shirley Fynmore

COMMITTEE MEMBERS

John Manning
Roger Noonan
Rona Potiki
Wes Sandle

2 Playfair Street, Caversham, Dunedin 9012
Phone 03 487 7641
Email: hear.dn@xtra.co.nz
www.hearingsupport.co.nz
Monday - Friday 10am - 2pm
HELLO FROM THE OFFICE

As many of you already know Dolina Lee (our Field Officer) has moved into full time employment. We will miss her, but wish her well.

Luke Bovill is our new Field Officer, lets all welcome him to our team as he continues our work in the rest homes and re-establishes the Dangerous Decibels Hearing Protection program into Otago schools and pre-schools.

Bus service from Caversham to City
During office hours there are two bus routes via South Rd shopping area of interest for members of the Tuesday class 10.30 - 11.30.

1) Lookout Point - Pine Hill
A bus will stop at the bus shelter in Sth Rd at 11.45 am, and travels via George St. It is a 40min Service.

2) Corstorphine - City New World
A bus stops outside our office in Playfair St at midday, and travels via George St only on the return trip to Corstorphine. It is an hourly service.

PRESIDENTS REPORT

I have been spending a few hours in the office of late and have caught up with many of our Members, which has been special. We with Hearing Impairment struggle at times-but if we support one another it can help. Never hesitate to phone or pop in! I am Passionate about the work we do in the community - Our Rest Home Programme is essential. Having gone on these visits I have seen how grateful the Residents are to have Ears checked and Aids cleaned and serviced, plus they love a chat. Remember this service is also available to our members in their homes if required.

We are taking part in the Silent Leadership Challenge on Friday the 4th August and need your support. Either in person on the day or by Donations-more details nearer the time from the Office.

Luke our new Fieldworker is a trained Teacher who is really keen to take our Dangerous Decibel/Hearing Protection Programme back to the Schools and start it in Pre Schools/Kindergartens. He is Young, Enthusiastic and the Children will Love him-Welcome and good luck Luke with your new position.

Survey follow up-More social functions-We are starting our new term of Communication/Lip Reading classes with a light luncheon on the 25th July RSVP by the 24st.

Information on Hearing Dogs-Hope you enjoy Valerie and Milly’s Story- more Info online or in the Office-another reason to call in for a chat.

Thank you to the new committee for your ongoing support. Stay Warm Regards Olwyn
Dunedin has 146 Life Saving Defibrillators around our city, this is a treatment for life-threatening cardiac conditions.

The 2 closest to our office is located at:

Forbury Corner Health Centre, 76 St David Street Caversham,
or Caversham Baptist Church, 336 South Road, Caversham.

For further details: http://aed.mapmysites.com/search?q=dunedin

**B A T T E R I E S**

$6.00 per card to Members - $6.50 Non Members

with FREEPOST for up to 4 cards

If you not wanting to venture out on these colder wintery days

we can post your batteries to you

We can dispose of your old batteries—just drop them in

**A member incentive**—after the purchase of 10 cards receive 1 card Free
“Did you hear that?” said my hunting buddy as he nudged me in excitement. “There’s another one further up the gully.”

“Where did you hear them?” I asked. He looked at me and said, “Are you deaf, you old bugger?”

To my embarrassment, he was right. This one event was a wake-up call to do something that I had been in denial about it for far too long, even though I had owned hearing aids for a number of years.

Having been a Sika deer hunter for 50+ years and not to have heard the Sika stags roaring was a real shock. My wife, children and now grandchildren have been telling me for ages that I needed to use the hearing aids. $5,000 and new hearing aids later, my life is now very different.

This article is about hearing and the ability to hear, or if the cap fits, the inability to hear. If you wake up in the morning and can’t hear the birds singing, you can’t hear your kids or grandchildren properly, or have to keep repeating yourself to your wife or partner, it’s too late. Stop blaming it on the male only syndrome of selective hearing.

If you are or have been exposed to a noisy workplace with power tools, machinery, vehicles, compressed air systems, chainsaws and such like, there is a very high possibility that you could be or are suffering from hearing loss. It is nothing to be ashamed of, it happens. The real test is how much do you value your family and friends around you who also suffer from your loss and what you are prepared to do about it?

A simple test

Sit with your family or friends in a row in front of the TV. Get the kids to turn the volume down to their comfortable hearing level, then get your partner to adjust the volume to their preference, then you adjust it to your preference. You may well be surprised at the different sound levels required for each member of the family. So what’s the solution - denial that you have a problem, a clean out of your ears, or hearing aids?

Before you rush off to get your hearing tested, I suggest that you get your ears checked for wax and cleaned out. Your doctor or his/her nurse can do this for you by water flushing. Preferably I suggest you consult someone that specializes in removing ear wax by suction.

Hearing protection and Ear Muffs (PPE)

Personal Protective Equipment is the last form of risk/hazard control under the new health and safety legislation, if possible, the source of the noise should be eliminated or controlled by other means.

Ear muffs come in different shapes, sizes and grades for different situations and environments.

- Has your business or employer implemented a process to have the muffs cleaned on a scheduled basis?
- Do all employees have their own hearing protection or do they share?

An ear infection is something you don’t want and can potentially be transferred from one employee to another if they share ear muffs. A good cleaning program for all ear muffs is a must and should be planned and strictly adhered to.

The cost

Hearing aids are expensive and range from $5,000 to $10,000. If you believe that your loss has been caused by a work situation, ACC may subsidize the payment for them. To obtain this funding, you will have to undergo an assessment by an approved ACC medical practitioner.

The outcome of the assessment and the amount of subsidy funding will depend on the factors below. You will start with 100% funding and depending on your responses the funding will be scaled downwards.

Your level of funding will be based on a number of downward scaling factors.

- Your medical history - have you ever had ear infections or grommets as a child?
- Have you had operations or medication for your ears?
- What are your hobbies? E.g. are you in/or have been in a band, car racing, hunting, shooting etc?
- What is your work history? E.g. have you been exposed to loud noises – chainsaws, noisy machinery or equipment?
- Your age. This point will also be used in the scaling assessment as age is recognized to diminish hearing as we get older.

If you think you may have a need for hearing aids in the future, I suggest you start saving as you could be having to pay $3,000 - $4,000 or in my case, more.
VALERIE & MILLY

Hearing Dog Recipient Valerie Hastie gives us an account of life with Milly her Hearing Dog.

Having Milly is a joy and a privilege. She gives me such a sense of security, by responding to the sound work she has been trained to do. No longer am I bewildered by not knowing if the doorbell or phones are ringing, the smoke detector shrieking, or the oven timer beeping. No more frights...or burnt cakes!

It is tempting with a severe hearing loss to withdraw from company, but with two walks a day, I get out and about, and it has surprised me how interested people are in Milly, and the conversations I have. There are lots of nice comments on how well behaved she is.

We enjoy fun games together at the beach, park, or at home, so it is not all work and no play. But if an alert goes at home in the middle of a game, or even when she is enjoying a food treat, she will let me know immediately.

She is perfect company. I can’t imagine life without her.

Would you like want to be updated on which current TV programmes will be carrying Captioning.

Email us and we will send you Able’s weekly Newsletter.

SILENT LEADERSHIP CHALLENGE

Do you enjoy music, listening to the birds sing, or the waves crashing on the beach? Reflect what it would be like if you could no longer hear those sounds? It might be children laughing or totally the opposite, detecting danger signals of a vehicle approaching or just general warning sounds that surround us everyday.

Do you know what it is like to not hear people talking to you: When you answer a question you thought you heard but it was different altogether. When the wait staff tell you the specials of the day and you have to ask your friend or partner to repeat it slowly. When you ring up and finally get through to a help service and you either can’t hear them or understand them because of your hearing loss.

One in six suffer some sort of hearing loss in NZ so Hearing Support Otago is taking part in The Silent Leadership Challenge to help drive the message through to the wider community, helping to teach people about Noise Induced Hearing Loss in the workplace and to protect their hearing when listening to loud music socially and using noisy equipment at home. On Friday 4th August - bright yellow hearing protectors will be worn to simulate deafness while completing different challenges. Experience the frustration, isolation and exhaustion that 880,350 New Zealanders with some type of hearing loss deal with on a daily basis.

LOUD SHIRT DAY—FRIDAY 29 SEPTEMBER 2017

THEME—AT THE BEACH

TO HELP TEACH DEAF CHILDREN TO LISTEN AND TALK JUST LIKE THEIR HEARING FRIENDS

DID YOU KNOW???

NZ FIRE SERVICE

Offers free safety checks of smoke alarms, including installing alarms

A TIT BIT FROM THE PAST

The Association was formed in 1932 called the “NZ League for Hard of Hearing”

Early Lip reading Classes in 1948 where the Tutors were paid by the Education Department.