



**Hearing Support
Bay of Plenty**

An associate of Hearing New Zealand

Tauranga BOP Hearing Association
Registered Charity: CC26713

‘Listening In’

Whakarongo mo te ora—Listen for Life

Kia ora, and welcome to this month’s newsletter. We have had a few turbulent months with the changes in Covid-19 alert levels throughout the country, which has caused us to re arrange and cancel bookings for presentations throughout the region. We hope with the commencement of spring, things will be more settled.

You will notice this newsletter is a little different as we have included separate news articles for the Eastern Bay of Plenty and the Western Bay of Plenty, please let us know your thoughts.

Phonak New Zealand have partnered with Hearing New Zealand to provide support through battery and accessory supply. We are therefore able to offer a **special discounted price to our members** on PowerOne hearing aid batteries, only available until stocks last. Please see our purchase list further on in our newsletter for prices.

Memberships:

*For those members yet to pay their fees please could this be done as soon as possible. Feel free to attend a coffee morning at Greerton library to make payment or, alternatively we can accept payment by internet banking our bank account details are: ASB Bank, account number: 12-3680-0002619-00 just **quote your Name** and **‘Membership’** as reference. If you have any problems in payment or if you no longer wish to be a member of Hearing Support Bay of Plenty, please advise us.

****If your contact details have changed please email or phone us to update them.***

Other News Western Bay of Plenty - Tauranga

Well I have been in post for 2 months now and have met a few of you, who have come along to the coffee mornings in Greerton or arranged to pick up batteries from the Collective. It’s always lovely to be able to put a face to the name, so I’m hoping to meet more of you as time goes on. I have been very lucky to have undertaken a joint presentation with Angeline, the Hearing Therapist, based in Life Unlimited. We went to talk to some of the residents in Matua Village. We have another coming up, this time in Omokoroa.

I enjoy presentations like this, because they inform people of the different services that are available to them, as well as giving ideas to resolve difficulties that people are experiencing.

I also had the pleasure assisting on several of the presentations provided in Otumoetai Intermediate School. This was under the “Dangerous Decibels Program”, teaching children about caring for their hearing and avoiding hearing loss through excessive noise. This is an invaluable program, as some research states at least 20% of school children have already lost hearing.

Other news Eastern Bay of Plenty

Our base in Whakatane has been established with advertisements in local information pages and our continued presence with our Coffee Mornings in local libraries. Our first being at Whakatane Library in September.

We have been able to confirm the booking **Grant Searchfield**, associate professor in the audiology section at Auckland University, to provide a **Tinnitus Talk at Knox Presbyterian Church, Domain Road, Whakatane on Thursday 12th November from 1pm until 2:30pm** with ticket prices at \$5.00 each. If you would like to purchase a ticket, please contact our office.

Our **leaflets** have been updated and we have started distributing them around the Bay of Plenty area, so please keep a look out and let us know what you think.

Our **Hearing Awareness Presentations** have been well accepted, the first one carried out in the Eastern Bay of Plenty was in September at Specsavers Whakatane. We provided information on hearing loss and how better to communicate/ understand the hearing-impaired community, with lots of positive feedback. *Any suggestions of businesses that you think would benefit from this type of presentation are welcome, drop me a line by phone or email.

Coffee Morning/ Clinic Days:

These are being held monthly at the **Greerton Library** and now at **Whakatane Library**. Come along and purchase your batteries, drying capsules and badges and chat about any issues you are having with your hearing and hearing aids.

Greerton Library & Whakatane Library

Wednesday's - 10am to 12 noon

- 21 October
- 18 November
- 16 December – Greerton Library Only

Ear Health

As you are aware, we no longer have **The Ear Nurse, Nicky Johnson**, attending our clinic days or working from our offices; however, you can book an appointment to see Nicky, her appointment days are:

Monday: 60, 8th Avenue **telephone 5785108**

Tuesday: Topaz Corner, Papamoa, **telephone 5421122**

Thursday: 43, Girven Road, Mt Maunganui, **telephone 5750091**

Friday: Matamata Hearing Association, **telephone 8886414**

Nicky charges \$45 for an appointment or couples \$70.00. Free for ACC and War Pensioners.

The Ear Nurse, Audrey Evison has clinics in **Eastern Bay of Plenty & Western Bay of Plenty**, you can book an appointment with Audrey, directly on **022 123 0696**, her appointment days are:

Wednesday: Whakatane, Audika, 2/189 The Stand,

Thursday: Papamoa, Palm Springs Medical Centre

Hearing Therapy is a free and independent national service that can help you to live well with hearing loss they offer:

- Hearing evaluation with a qualified hearing therapist
- Information on hearing aids and other technology, including available funding options
- Practical advice and tips for living with hearing conditions like tinnitus
- Strategies for you, your family, and whanau to ease communication.
- Referrals to other health services if needed.

Hearing Therapy, provided by charitable trust Life Unlimited, is funded by the Ministry of Health for New Zealand citizens and permanent residents aged 16 years and over.

Freephone: 0800 008 011

www.hearingtherapy.co.nz

Available to Purchase

It is so easy! Simply call or email to place your order and have them posted to your home.

New Battery prices for our Members

Pay by internet banking or send a cheque.

Postage per small order is \$2.40

Postage for large order is \$3.50 (this includes battery sales of over 6 packets)

Order as much as you can each time for the best value.

***Special Limited Offer: No. 675 Batteries at \$3.00 for one packet of 6 cells.**

H EARING AID BATTERIES

Purchase your hearing aid batteries and have them posted to your home.

Batteries cost:

Non-Members = \$6.00 for one packet of 6 cells. Postage applies

*Special Offer: Box of 10 packets of batteries for \$55.00 plus \$3.50 postage.

Members = \$5.00 for one packet of 6 cells. Postage applies

*If you purchase 5 to 9 packets cost per packet is reduced to \$4.75

***Box of 10 packets of batteries is \$45.00** plus \$3.50 postage.

Battery Recycling Programme

We are now able to offer a battery recycling programme with support from Phonark New Zealand. Please post / drop off, your used hearing aid batteries to our address in Tauranga. Alternatively we will collect batteries at our Coffee Mornings.

D RYING CAPSULES

Always replace the drying capsule at the first sign of discolouration or fading.

Drying capsules can be posted to your home.

\$2.00 each. Postage applies as above.

B ADGES

"I am hearing impaired" badges can be purchased for \$10 (small) and \$15 (large).

Posted directly to your home address. Postage applies.



These products are also available at the Clinic Days (cash sales only, no EFTPOS).

Tinnitus

The term tinnitus comes from the Latin verb tinnire, which means “to ring”. The noise differs from one person to the next in nature, pitch, and volume. Many describe the noise as a whistling, hissing, roaring, or ringing in the ears.

If this type of noise occurs only temporarily and soon disappears again, for instance after a loud concert, it is called acute tinnitus. For millions of people, though, the noise is permanent (more than six months), thus developing into chronic tinnitus. The large majority, of these individuals perceive the noise as a source of only minor irritation or no irritation at all. Around one in five, on the other hand describes the experience as unpleasant to unbearable. A significant number of people are so affected by tinnitus that it impairs their quality of life. In 90% of cases, tinnitus is accompanied by a hearing impairment.

Tinnitus can be classified into two categories: Objective and subjective

- The more rarely encountered objective tinnitus is also perceptible to another person and can be directly measured by a Hearing Care Professional. Generally, it can be treated medically.
- Subjective tinnitus, on the other hand, is only audible to the sufferer. The tinnitus is internalized with no direct external noise source. Although this type of tinnitus cannot be measured by standard audiometric testing procedures, it is possible to ask the patient to match the pitch or sound of their tinnitus to known sounds. It is a very real affliction. However, there are ways of coping with this condition and alleviating the discomfort of subjective tinnitus.

Barnes G, Attias J, Gold S, Shahar A. Tinnitus with normal hearing sensitivity: extended high-frequency audiometry and auditory-nerve brain-stem-evoked responses. *Audiology* 1990;29:39-45.

What Causes tinnitus, and how can it be identified?

Tinnitus is most commonly (but not always) associated with hearing loss. This may be due to a blast injury or exposure to exceptionally loud music. Tinnitus also frequently occurs together with sudden hearing loss. It is worth noting that tinnitus does not trigger sudden hearing loss. Aside from damage to the auditory system, tinnitus can also be caused by jaw dysfunction (e.g., teeth grinding) and chronic neck muscle strain.

Stress is the single most commonly, quoted cause of tinnitus. However, so far there is no scientific basis for assuming a connection between stress and tinnitus. But tinnitus can cause stress. Noises -even those in the head are perceived more acutely when the person is tense than when relaxed state of mind.

Some medications, for instance, painkillers, or medicines that treat rheumatism and malaria, can set off tinnitus. Once medication is stopped, the noises usually disappear too. Chemotherapy medication used for treating cancer and, in rare cases, antibiotics, may however irreparably damage the inner ear, resulting in permanent tinnitus.

Learning to cope with tinnitus

Even if no specific cause is determined, tinnitus can be treated. There are many options to help patients find ways to cope with their condition. This means changing habits and attitudes so that tinnitus no longer controls your everyday life. The term tinnitus management covers various ways of adopting a new approach to tinnitus.

Cognitive-behavioural tinnitus training, for instance, is very promising. Your personal mindset and feelings play a decisive role in this method. Training sessions with varied content promote self-help. Training focuses on targeted information, an analysis of the person's behaviour, practical exercises, and positive experiences. Cognitive-behavioural tinnitus training focuses on the following aspects:

- **Learning more**

Detailed explanation of the tinnitus symptom

Why is it so important not to listen to tinnitus, and what role is played by our emotions and inner feelings?

What role does stress play concerning tinnitus?

- **Changing habits**

Learning relaxation methods

Transforming negative thoughts and attitudes into positive ("I can beat tinnitus") mindset

Weaning off habits that encourage tinnitus, e.g. withdrawing from your circle of friends, avoiding activities

What to do if tinnitus should come to the forefront again (accustomizing techniques)

- **Relearning hearing**

Acoustic stimulation and training for use of hearing instruments

Tinnitus therapy signals

Combined devices, or other audio sources to deflect attention away from tinnitus.

So, take heart- you can beat tinnitus.

A positive attitude is very helpful. Relaxation techniques, an active social life, sports and hobbies can assist you in taking control of your life – even with tinnitus.

Information for this newsletter has been taken from the tinnitus information booklet from Siemens, which was obtained through www.tinnitustunes.com. Where you can obtain further information on tinnitus management and practical tips for living with tinnitus.

Tinnitus Talk by Grant Searchfield at Knox Presbyterian Church, Domain Road, Whakatane on Thursday 12th November from 1pm until 2:30pm with ticket prices \$5.00 each.

OUR CONTACT DETAILS:

The Kollektive

DX Box HP40007

Tauranga 3112

07 578 6476

tauranga@hearing.org.nz

Whakatane@hearing.org.nz

