



**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 changes since our previous newsletter in April.

We have a new manager, **Bev Stowers**, who will be taking over from myself, Wendy, at Hearing Support BOP in Tauranga on 20<sup>th</sup> July. Bev has previously worked for the Blind Foundation since 2011 as a rehabilitation instructor, training blind and partially sighted people, as well as deafblind on how to maximise any vision they have, including how to get about independently using a cane.

Meanwhile I have moved back to Whakatane and will be progressing with establishing our services as Hearing Support in the Eastern Bay of Plenty. We aim to provide a similar service to those that we provide in the Western Bay of Plenty, including the introduction of our Dangerous Decibels Programme into local schools.

## **Annual General Meeting (AGM)**

Hearing Support Bay of Plenty AGM was held on Wednesday 27<sup>th</sup> May 2020. I am sure that you have all received the minutes along with your annual subscription fee, many thanks to the payments that we have received so far.

The fees received will allow us to continue with our services. If you have not received a copy of the minutes from our AGM and would like to, please send us an email or leave a message on our answer machine.

\*For those members yet to pay their fees please could this be done as soon as possible. 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

Our **Hearing Loss information cards** have been printed and distribution has started. These cards give tips to service providers on how to improve communication and customer service for the hard of hearing community.

We are in the process of updating our **leaflets** and these will be distributed around the Bay of Plenty area, so please keep a look out and let us know what you think.

**Dangerous Decibels Presentations** in schools were booked to start in May and have been re booked for September with potential of further schools booking later this year.

We have been actively booking our **Hearing Awareness Presentations**, our first after lockdown was in June at Tauranga Eye Clinic, to over 50 members of staff. 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.

We are still actively collecting old and unwanted hearing aids for **MEND**. You can bring these along to one of our clinic days, drop off to our address or post to us directly. These aids are then sent to **MEND** who send onto their partners who have disabled members in Nepal, Kashmir and India, Uganda, Kenya and Ghana, they welcome all aids, including analogue ones.

## 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, 8<sup>th</sup> 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](http://www.hearingtherapy.co.nz)

## **Coffee Morning/ Clinic Days:**

After lockdown we have re-started our Coffee Morning/Clinic Days. These are being held monthly for the rest of 2020 at the **Greerton 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**

Wednesday - 10am to 12 noon

- 12 August
- 16 September
- 21 October
- 18 November
- 16 December

**\*For the first Coffee Morning/ Clinic Day on Wednesday 12<sup>th</sup> August** we will be giving away a **free Hearing Aid Saver** from Weststone, limited amount available, so to secure yours arrive early.

*Before I sign off, on behalf of myself and the committee, we extend our gratitude to The Western Bay of Plenty Disability Support Trust for a grant received to assist us to keep our services operating. Thank you!*

# Available to Purchase

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

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 \$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.

## **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).**

## **GETTING THE MOST FROM YOUR HEARING AID BATTERY**

Here are a few tips for getting the best performance from your hearing aid batteries.

- Like all batteries, check the use by date on the packet before purchasing.
- Keep them at room temperature (not in hot water cupboard or fridge).
- Make sure that hands are clean before changing batteries as moisturiser or dirt could damage the battery.
- When removing sticky tab from battery, put it on calendar on the date you changed it. This will give you an idea of how long your battery lasts and also when it might be due for changing.
- Don't remove the sticky tab until the battery is needed. When you take the sticky tab off, wait for up to five minutes before you put it in your hearing aid. Research has shown that doing this activates the battery and it could last up to two days longer.
- Open the door of your hearing aid battery when not wearing them at night. This stops the battery being drained when not in use.

\*\*\*\*\*

## **National Foundation for Deaf and Hard of Hearing**

### **Hearing Aid Fund**

New Zealanders who cannot afford hearing aids are being offered a lifeline by the National Foundation for Deaf and Hard of Hearing.

The charity that advocates for people with hearing loss has launched a Hearing Aid Fund and is offering 20 grants towards hearing aids. Each recipient will have \$500 paid directly to their audiology provider to help cover the costs of devices and fitting.

Applications for the grants, totalling \$10,000, close on August 31, 2020. As part of the criteria to be eligible, applicants must have an individual income of \$45,000 or less (or a combined household income of no more than \$70,000) or have a valid Community Services Card. Eight of the 20 grants will be awarded to people 65 years and over, as stipulated in a bequest to the Foundation.

**\*For details of the criteria and to apply, go to [nfd.org.nz](http://nfd.org.nz)**

## **A tricky combination, face masks, hearing loss and hearing aids**

Face masks are now something that may be required in many public places to help prevent the spread of coronavirus. For people with hearing loss though, this maybe easier said than done.

That is because face masks add extra challenges for people with hearing impairments:

### **Wearing a mask with hearing aids**

If you wear behind-the-ear hearing aids you will likely encounter some problems trying to wear a standard face mask with elastic ear loops. The ear loops may tug at the tubing that connects the hearing aid to the speaker that sits in your ear. You may inadvertently pull your hearing aids out and drop them when removing your mask. What is a hearing aid wearer to do?

Because there are so many types of hearing aids, we would recommend you first reach out to your hearing care provider who may have solutions they have come up with when talking to other patients. Also, we have seen lots of creative workarounds including:

- Wearing a mask with soft fabric ties to relieve the pressure on the ears, instead of elastic.
- Using special mask extender with buttons or other holders to attach the mask loops onto, on the back of the head, instead of the ears (many medical practitioners now use these, since they have to wear tight-fitting masks all day).
- Using simple tools like plastic s-hook to loop the mask onto, instead of your ears.

*Contributed by Joy Victory, managing editor, Healthy Hearing, May 4<sup>th</sup> 2020*

#### **OUR CONTACT DETAILS:**

Hearing Support Bay of Plenty

The Kollektive

DX Box HP40007

Tauranga 3112

**07 578 6476** [tauranga@hearing.org.nz](mailto:tauranga@hearing.org.nz)