



Hearing Support

Otago

A branch of Hearing New Zealand



HELLO FROM THE OFFICE

Merry Christmas to you all. We are looking forward to our Christmas break and hopefully some nice warm weather.

Please remember we will be closed for the Christmas break from Thursday 22nd December until Monday 30th January so if you are needing supplies of batteries, call in and see us before then so you don't run out.

We hope you all enjoyed the Christmas lunch at Mitchells Tavern and our guest speaker Gillian Adams.

We look forward to being able to assist you with your hearing needs again next year.

Merry Christmas

Paula & Dolina



LIPREADING CLASSES will commence on Tuesday 7th February 10.30am to 11.30am

Classes are \$15 per term.

We offer a free clean and check service for your hearing aids if you are a member. For non members it's a gold coin donation. Additional services such as tubing may cost extra. Appointments necessary.



COMMITTEE REPORT

I hope you all enjoyed the Christmas dinner at Mitchell's Tavern. It was great to see so many members attend.

Success at last, in our bid to gain more grant monies, we have received \$750 from the Casino Charitable Trust, \$2500 from the St Joan's Trust and \$2950 from the Dunedin City Council. I attended, on your behalf, a grant presentation evening at the Casino in December.

A group of committee members, myself, Olwyn Grey and Eli Kerin manned a stall at the Farmers Market on Saturday November 26th. We give out information on how we can support people with hearing loss, sold raffle tickets (the prize was a delicious looking fruit cake donated to us by Lorraine Gall). Thank you, Lorraine. Donations are welcome at this time as well.

Talking of donations, we held our mini street collection day on Friday November 18th with a varied response. We collected over \$300 from New World Gardens, \$60 New World Mosgiel, \$136.80 Dunedin City Library and \$88.90 from the Meridian. We will review this next year to see if we will hold another of these. Thank you to those that gave up their time to be a collector.

May I on behalf of your committee wish you a very Merry Christmas and a Happy New Year.

Regards Raewyn

Your President

We offer a battery renewal service. We can automatically send out your batteries to you every 3 months or more often if you need. You can then pay by internet banking or cheque. This saves you having to remember to make sure you have enough supplies. Contact us to get your name on our mailing list. There is a small charge for postage but its cheaper than using the car!

HEARING LOSS IS A FAMILY ISSUE



It is frustrating when you live with someone that has a hearing loss! To repeat something over and over before you are understood, can fray the nerves. Countless arguments happen because of misunderstandings or out of sheer frustration when trying to be understood.

A normal conversation is spontaneous. When a spouse says “Look at that” and has to repeat it several times, they will finally get to, “Never mind”. Conversations can become limited over time, with very short answers losing the richness, the flow and even the humour. A loss of intimacy begins to happen and there can be a sense of loneliness for the husband and wife.

The spouse and family members often substitute as the interpreter and this short-term solution can have side effects. Friction and resentment is often a result for the person who is doing the “listening and repeating”. For the person with a hearing loss, they can see the look on their spouse or child’s face when they have to ask for something to be repeated. It is hard for people to shout for the 3rd time without looking angry.

The result to the hearing impaired person?

Withdrawal: They simply being to stop putting themselves in situations where it is difficult to hear and understand. In other words, they can stop participating in their life. Perhaps they no longer want to spend time with the grandchildren (children's voices can be difficult to understand). People with a hearing loss can feel as if they are a burden to their spouse and sadly, they can feel stupid in social and listening situations—which they come to dread.

There are a few simple things to help ease the situation and help people communicate.

- Tell people you have a hearing loss, too simple to believe but very difficult for people to do. The statement can get an immediate understanding from people in the conversation.
- Ask people to speak directly to you, keep your eyes on the person speaking! We communicate with body language and non-verbal cues.
- Remind your spouse not to talk to you from another room, again it’s simple, but we need (even those with normal hearing) the non-verbal cues.
- If you need hearing instruments, just like your glasses, wear them!

Keep in mind, the more severe the hearing loss; the more important it is to use these listening tools.

Be patient with your loved one, hearing loss occurs slowly over time and is a health condition that is all too often ignored. Encourage your spouse to have their hearing tested once a year. Just like your vision, your hearing continues to change over time and having it tested is the first step to understanding and if necessary, getting help for the loss.

The longer people go without getting help, the harder it is for them to relearn how to hear. The brain, where sound is processed has forgotten certain sounds overtime, and must relearn how to hear. An example of background noise, like the whirring of a fan is normally tuned out for individuals with normal hearing. New hearing aid wearers need to retrain the portion of the brain that interprets sounds, which will happen overtime—not immediately.

Hearing loss is truly a condition that affects the spouse. They can become the human hearing aid, interpreting conversations and repeating over and over. It’s no wonder that relationships are strained. Be patient with each other and understand this disability. Make your lives easier by getting help for a hearing loss. In the last several years technology has advanced to the computer age. Hearing devices are fitted with microchips and are more sophisticated than at any point in time. They are smaller and smarter using advanced digital technology; which allows them to be prescription fitted to each persons hearing problem; and reprogrammed to compensate for any additional hearing loss in the future.

We live in a very noisy world and if you live long enough, you will lose some of your hearing regardless of age. One out of every 10 people have some degree of hearing loss. Some forms of hearing impairment come from birth defects, are heredity, infections, high fevers, blows to the head, certain medications, surgeries and circulatory conditions such as diabetes, heart disease and stroke. Also contributing to hearing problems are exposure to noises, especially industrial and places where noise levels are 85 decibels and above.

We only get one set of ears that have to last our entire life: don’t take them for granted!

Source: www.healthyhearing.com

NEW SENIOR'S EXAM

You only need 4 correct out of 10 questions to pass

1. How long did the Hundred Years' War last?
2. Which country makes Panama hats?
3. From which animal do we get cat gut?
4. In which month do Russians celebrate the October Revolution?
5. What is a camel's hair brush made of?
6. The Canary Islands in the Pacific are named after what animal?
7. What was King George VI first name?
8. What colour is a purple finch?
9. Where are Chinese gooseberries from?
10. What colour is the black box in a commercial airplane?

ANSWERS ON BACK PAGE

Making provision in your will through a bequest can help Hearing Support Otago continue to help those in the community with hearing loss.



You can talk to your lawyer or trust company to include a charity in your will.

You can create change that continues long beyond your lifetime



We would like to thank the Dunedin Casino Charitable Trust, the St Joan's Charitable Trust and the Dunedin City Council for their grant money towards our newsletters, Resthome Programme and our Field Officers wages.



TXT



For deaf and hearing impaired people to be able to contact Fire, Ambulance or Police via texting in an emergency .

To register go to www.police.govt.nz/111-txt

Dolina's Simple Chocolate Log

When my children were small they didn't like traditional Christmas puddings so I found the recipe for this simple chocolate log which I thought would make a good Christmassy dessert. Now that they have grown, I suggested one year that they might like to have something a bit more sophisticated and I nearly had a rebellion on my hands! Apparently in the Lee household it is not Christmas without this Chocolate Log, it has become a family tradition. It requires only a few ingredients, is really simple to make and can be put together the day before.



Ingredients

1 (250 g) packet chocolate chip biscuits
300ml cream
1 tsp icing sugar
1-2 Tbsp cocoa powder

Directions

Whip the cream with the icing sugar and cocoa until it is firm and holds its shape

Have a piece of tinfoil or baking paper ready about 1 ½ times the length of the packet of biscuits

Spread one side of a biscuit with cream and sandwich together

Stand the biscuits on their edge on the tin foil

Continue until all the biscuits are used and you have "log"

Wrap the log and refrigerate overnight or at least 2 hours

Reserve the remaining cream

To Serve:

Place it on a serving plate

Spread the log with the remaining cream and use a fork to score the cream to make it look like a log.

I decorate it using Spearmint Leaf lollies and Jaffas to look like holly. Cut it diagonally to get a really nice striped look

You can dip the biscuits, (but don't soak them) before you sandwich them together, in sherry or brandy, or L&P for a non-alcoholic version.

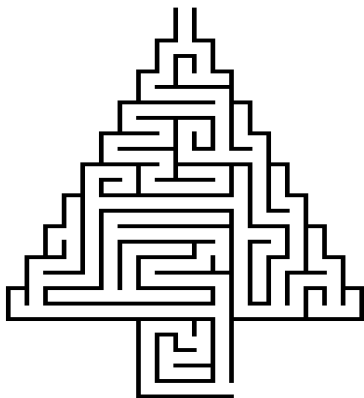


An enjoyable Christmas Dinner at Mitchells Tavern





DID YOU KNOW The Christmas tree made its way to America in the 1830s but wasn't popular until 1846, after Germany's Prince Albert brought it to England when he married Queen Victoria. The two were sketched in front of a Christmas tree and the tradition instantly became popular.



ANSWERS TO QUIZ



1. 116 years
2. Ecuador
3. Sheep & Horses
4. November
5. Squirrel fur
6. Dogs
7. Albert
8. Crimson
9. New Zealand
10. Orange (of course)

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Hours 9am - 1pm

Monday - Thursday

