

Meeting Times & Place

Time: 1:00 PM on 4th Saturday of each month

Social Time: 1:00-1:30 pm Program: 1:30 pm

Meetings: Englewood Public Library

Address: 1000 Englewood Parkway, Englewood, CO
80110 (Hampden & Santa Fe)

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**Speaker for the October HLAA Meeting: Wynne Whyman****National HLAA Convention: Updates, Trends,
What's Coming In The Future**

At the October meeting, member Wynne Whyman is looking forward to sharing key takeaways from the national HLAA conference including new technologies on the horizon, employment issues, companies who are making a difference, HLAA's New Consumer Technology Initiative, and other highlights. They'll be many photos, visuals from the web, discussions, and giveaways.

Door prizes include 4 signed books by Katherine Bouton and Gael Hannan that were published this summer. Maybe you already read their excellent, weekly articles? Katherine writes for AARP, Gael writes for HHTM-Hearing Health and Technology Matters.

Wynne works with technology and executive leadership development. She is a native Coloradoan and enjoys the outdoors, photography, and playing music.

Getting a Hearing Test May Be Good for Your Memory

September was [World Alzheimer's Month](#). With the growing amount of research that shows a link between [unaddressed hearing loss and cognitive function](#), HHF encouraged everyone to get their hearing checked by a healthcare professional. (from Hearing Health Foundation)

According to Brandeis University Professor of Neuroscience, Dr. Arthur Wingfield, who has been studying cognitive aging and the relationship between memory and hearing acuity for many years, effortful listening due to unaddressed hearing loss is associated with increased stress and poorer performance on memory tests.

His research shows that even when people with unaddressed hearing loss perceive the words that are being spoken, their ability to remember the information suffers—likely because of the draw on their cognitive resources that might otherwise be used to store what has been heard in memory. This is especially true for the comprehension of quick, informationally complex speech that is part of everyday life.

“Even if you have just a mild hearing loss that is not being treated, cognitive load increases significantly,” Wingfield said. “You have to put in so much effort just to perceive and understand what is being said that you divert resources away from storing what you have heard into your memory.”

Source: <http://hearinghealthfoundation.org/blog?blogid=165>

(Editor's Note: If you have the digital copy of the HLAA newsletter and wish to follow the links in [blue](#), press CTRL and Click the mouse. You will be taken to the site referred to. There is fascinating information available.)

Noise! Noise! Noise!

Do you remember playing this little game with a young child: Let's shut our eyes and listen for the sounds around us. What do you hear? Did the child respond with the chirp of a bird, the wind in a tree or bush, the sound of a car in the street, the bark of a dog? Most of us experienced a pretty quiet world.

If you played that game today, perhaps you'd add the sound of the subway or bus system in your neighborhood, a jet plane over head, the screech of tires, a siren somewhere in the neighborhood, a new roof being installed.

Our world has been infinitely a noisier place! That is something we need to be aware of and guard against in order to protect hearing. This applies both children and adults. **Remember: hearing loss due to loud noise is the only condition that can be controlled** but that takes vigilance.

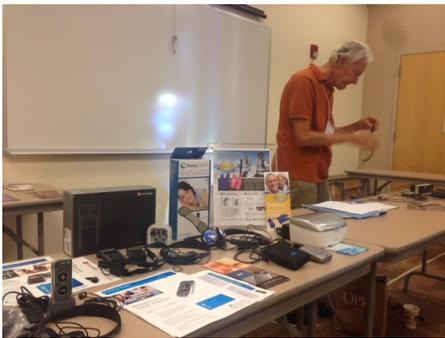
The Environmental Protection Agency calls 70 dB over a 24-hour time as safe. Anything over that level over 24 hours will damage the auditory systems. The Occupational Safety and Health Administration's permissible level for workers is 90 dB for 8 hours but that is being questioned as too high.

Remember when smoking was common in restaurants? People became concerned about the harmful effects of second-hand smoke and made that concern known. Legislation was written that required non-smoking areas. The smoke, of course, drifted into those areas and legislation was updated to include the entire restaurant. That turned out to be good for business! Today we expect non-smoking eating venues.

We expect noise regulation in the work place. Laws have been passed. However, non-occupational noise has increased. Think of movies, music either in concert or via headphones or ear buds, sports stadiums, restaurants, malls, etc. The noise can be bothersome, prevent concentration, produce headaches, affect blood pressure, and heart disease. The **only** type of hearing loss that is preventable is that caused by exposure to loud noise!

Be an advocate for reducing noise pollution! Download sound measuring "apps" to your cell phone that accurately record noise levels. A previous HLAA Denver Chapter Newsletter named three: iPhone NoiSee, Noise Hunter, and Sound Meter. There others, too. Inform businesses, venues, sports activities, etc., when the noise levels are too high for safe hearing. Inform them of the dangers of hearing loss when noise levels exceed the safe limit. **Take action!**

Information from "Turn Down the Noise, Turn Up the Quiet, HearingHealthMag.com, Summer 2015



Guest speaker for the September HLAA meeting was Kenzie Davison from ADCO. Kenzie focused on signaling systems to enhance home safety and security. Information for dealing with tinnitus was covered briefly. ADCO's hours have change: they are now MWF 10:00 am—5:00 pm, T and TH, by appointment only. They are no longer open on weekends. The location of the ADCO store is S. Broadway and Quincy. Dave Conant, contact person for our HLAA chapter, is shown examining some of the items that Kenzie brought for display.

How Loud Is It?

70 dB	EPA safe-noise limit (over a 24-hour period)
90 dB	OSHA safe-noise limit (over an 8-hour period)
85-95 dB	Music broadcast in health clubs
100 dB	Ambient noise in restaurants and bars
100-125 dB	Loud movie scenes in movie theatres
142.2 dB	World record for loudet sports stadium, a dubious honor given to the fans for the Kansas City Chiefs at Arrowhead Stadium in October 2014

HLAA, Denver Chapter Officers—

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