

The Listening Post

JANUARY / FEBRUARY / MARCH
2024

“YOU ARE NOT ALONE”

PRESIDENT’S MESSAGE FROM AUGUSTA SPANDLER

Greetings!

I hope you all have had a wonderful holiday season! Jordan and I both ended up catching the flu or something, so the last week of our holiday season was not exactly the most fun. We are getting ready to jet off to sunny Mexico soon though for 3 weeks, so that is exciting!

Our Chapter continues to struggle with attendance at meetings. What can we do to help resolve this issue? We’d love to hear from you about your thoughts—what is keeping you from attending? We don’t have a strong presence in person, nor on Zoom, so we’d like to know what

we can do to help the Chapter continue to succeed.

Similarly, check out the next page—we would love to hear what YOU want to hear about. Even if it’s something small, let us know!

Also, a quick update—the Board will now be meeting on the 3rd Thursday every quarter (via Zoom), so if this works better for you and you’d like to join, let me know.

Wishing you all a very wonderful, healthy new year! Stay safe!

*- Augusta Spandler,
President*



Next Board Meeting
March 21st @ 7PM

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FUTURE MEETING TOPICS

January 22 @ 7 PM

Panel Discussion: My dog ate my HA & other topics

Panel: Lori Leiman and Steve Baier

February 26 @ 7 PM

Stories from an ASL Comedian

Speaker: Keith Wann

March 25 @ 7 PM

LACE Training: Listening and Communication Enhancement

Speaker: Bonnie Todd

Gluten-free / Sugar-free snacks are appreciated



MEETINGS ARE BEST TAILORED TO YOU IF WE KNOW WHAT YOU WANT TO LEARN AND/OR TALK ABOUT!

Your Board would LOVE to hear your ideas of meeting topics you'd enjoy and/or feel that you'd like to learn more about! We always welcome any ideas and will do our best to make it happen. If you have a topic or idea in mind, please feel free to reach out to any of your Chapter leaders (see page 5 for our contact info). Remember, no idea is a bad idea!



Our deepest gratitude to Dr. Duncan & Dr. Nulph of Hearing Associates, Mechanicsburg, who have been media sponsors of our website and are partially underwriting the newsletter!

Duncan & Nulph
Hearing Associates

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Hearing aids may boost longevity, study finds. But only if used regularly

Among the roughly 40 million adults in the U.S. who have hearing loss, most don't use hearing aids. This means they may be missing out on more than just good hearing. Research shows hearing loss, if left untreated, can increase the risk of frailty, falls, social isolation, depression and cognitive decline. One study from scientists at Johns Hopkins University found that even people with mild hearing loss doubled their risk of dementia. Now a new study finds that restoring hearing loss with hearing aids may lengthen people's lives.

Dr. Janet Choi, an otolaryngologist with Keck Medicine of USC, wanted to evaluate whether restoring hearing with hearing aids may increase the chances of living longer. Using data from the National Health and Nutrition Examination Survey, a large, national study, Choi and her colleagues tracked the status of nearly 1,900 adults who had been shown to have hearing loss during screenings. The participants completed questionnaires about their use of hearing aids.

"The group of patients who were using hearing aids regularly had a 24% lower risk of mortality compared to the group who never use hearing aids," Choi says. Meaning, the participants who were in the habit of wearing hearing aids were significantly less likely to die early. The researchers had hypothesized this would be the case given all the studies pointing to the negative impacts of untreated hearing loss. But Choi says they did not expect such a big difference in mortality risk. "We were surprised," she says.

Prior research has shown that age-related hearing loss – if untreated – can take its toll on physical and mental health. And a recent study found restoring hearing with hearing aids may slow cognitive decline among people at high risk.

This new study, which was published in *The Lancet Healthy Longevity* Wednesday, adds to the evidence of benefit. The findings do not prove that it's the hearing aids that lead to longer life. It could be that people who regularly use hearing aids are also more likely to stave off isolation, remain more active or have reduced risk of falls, which could explain the increased longevity. The effect held up even when the researchers accounted for differences such as age, ethnicity, education and medical history.

Given the benefits, Choi says it's stunning how few people with hearing loss wear hearing aids regularly – just 12%, according to her study. And Choi says another striking finding is that, the people in the study who had hearing aids, but didn't use them regularly, were as likely to die prematurely as those who never used them.

Choi recommends new users wear their hearing aids every day for 30 consecutive days to get used to them. "Hearing loss is an invisible problem, and it happens gradually, so it takes time for you to get used to hearing aids and then get the benefit," she says.

Choi knows from personal experience the difference hearing aids can make. She was born with hearing loss in one ear. And for years she says she resisted the idea of wearing hearing aids, given that her hearing was very good in one ear. But when she became a surgeon she realized she was missing out. (continued on page 5)

LOOKING FOR SPONSORSHIPS: Group / Company / Individuals willing to sponsor an issue of this newsletter will receive free advertising! Help us defray HLAA's printing and mailing cost of each quarterly newsletter. If you know of a potential interested sponsor, contact our Newsletter Editor listed on page 5.

Did you know??

- Our own “Hospital Kits” are available at any meeting on the resource table! OR (see option below)
- Make your own hospital kits using this website: hearinglosslane.org/how-to-make-your-own-hospital-kit
- Midtown Cinema, 250 Reily Street, Harrisburg offers a captioned movie EVERY Monday of the last show time! You can check their website / call to find the movie playing
- Any member can be featured in a quarterly member profile...just let the newsletter editor know!
- If you have a meeting topic suggestion, we'd love to hear it!

LATEST NEWS FROM HEADQUARTERS

Pick and choose what you want to be informed on. To view the *entire article* go to the hearingloss.org website and look under **NEWS & MEDIA** → *Newsroom* on the home page and click on the article to view.

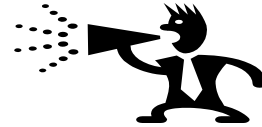
CURRENT NEWSROOM FEEDS:

Your Hearing Loss Holiday Survival Guide
(12/06/2023)

A Veteran Shares his Experience with HLAA
(11/09/2023)

A Seat at Many Tables (10/05/2023)

National Service Dog Month: Spotlight on Hearing Dogs (09/29/2023)



FUTURE WEBINARS

No Currently Scheduled Webinars

Be sure to check out the HLAA National website to see when they post the next webinar!

Visit <https://www.hearingloss.org/programs-events/webinars/schedule-recordings/> to view their schedule and access webinars!

Don't forget to view our **CHAPTER WEBSITE** for information, links, meetings, events, newsletters, pictures and much more!

The link is on the top header of each newsletter page.



HLAA UPDATES:

No updates at this time!

This information is provided by HLAA National. To learn more about HLAA, *Hearing Life*, *Hearing Life e-News*, annual conventions, Walk4Hearing, and more, go to www.hearingloss.org.



LOCAL CHAPTER MEMBERSHIP FEES - 2024

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____ TTY/ Voice

E-mail: _____

_____ New Member _____ Renewal

Newsletter Preference (circle one): Paper OR Email

Annual Fee: \$10 (Includes Newsletter) \$ _____

Additional Contribution: \$ _____

Total Amount \$ _____

Payable to: **HLAA Capital Region Chapter**

Mail to: Jordan Holmes
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www.hlapregion.org

2024 Dues Reminder!

If you have not yet sent in your dues to our Treasurer, Jordan Holmes, please do so in order to continue enjoying the benefits of our Chapter! We encourage all to join our Chapter and HLAA National. If you have any questions, please feel reach out to Augusta or Jordan. Membership Dues info and Contact Info above!

(cont'd from page 3)

"In the operating room during surgery, sometimes if someone talked to me on the left side when there was a lot of background noise, I usually wouldn't respond," she says. "People thought that I was just ignoring them, which was actually not true. I just didn't hear them."

Now she uses hearing aids regularly. "There were a lot of sounds I was missing," she says. Now, her hearing has greatly improved. "I'm very happy I got hearing aids," she says.

There can be several barriers to restoring hearing, including the cost of evaluation and the cost of hearing aids. But the technologies have improved and there are more affordable options compared to several years ago. Still, some people avoid wearing them due to stigma or the annoyance of getting used to them.

So, if you have hearing aids sitting in the back of a drawer, not being used, Choi says, try them again.

Note: Content edited to fit. View full article with source info below.

Source: Aubrey, Allison. "Hearing Aids May Boost Longevity, Study Finds. but Only If Used Regularly." NPR, NPR, 4 Jan. 2024, www.npr.org/sections/health-shots/2024/01/04/1222770525/hearing-aids-hearing-loss-longevity-life-span-restoring-hearing.



Mission Statement of Hearing Loss Association of America:

The mission of the Hearing Loss Association of America (HLAA) is to open the world of communication to people with hearing loss by providing information, education, support and advocacy. Founded in 1979, HLAA is the nation's leading organization representing people with hearing loss. According to the National Center for Health Statistics, 48 million (20%) Americans have a hearing loss making it the third largest public health issue after heart disease and arthritis.

HEARING LOSS ASSOCIATION of AMERICA (HLAA)

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National Individual Membership: \$45.00/year

Couple/Family Membership: \$55.00/year

Student (Online) Membership: \$25.00/year

Professional Membership: \$80.00/year

Corporate Membership: \$500.00/year

Non-Profit Membership: \$80.00

Veteran (Online) Membership: FREE

<https://www.hearingloss.org/make-an-impact/become-a-memberrenew/>

HLAA Capital Region Chapter meets on the 4th Monday of each month from September – June. The Annual Summer Picnic is during August, and our Annual Holiday Party is in December. Our meeting location is in the GIANT Food Store, Community Room, 2nd floor in the Camp Hill Shopping Center. An elevator is available for easy access. Live captioning is provided at all meetings! **New Programs for 2024—Join us!!**



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