

Passionate about your hearing

President's preamble June 2020

It took a pandemic to unite the country, all except essential workers to stay home, the roads to be empty of vehicles and people to get out walking in their neighbourhoods. Sadly it also needed a pandemic to encourage some to dig out their hearing aids and start wearing them.

Once in Lockdown our staff quickly adapted to working from home. Hearing Nelson fieldworkers were approved as essential workers by the Ministry of Health and were able to assist numerous people across the region with their aids. Naturally these customers were absolutely delighted to find someone who could help but more so to be able to hear family over the phone/video call during a period of isolation. Lisa Dudley described this as "very rewarding; everyone was so grateful".

We United against Covid-19 and we are Uniting for the Recovery. But we still have a silent epidemic we need to deal with: Hearing Loss. Hearing Nelson is passionate about making a difference as we know all too well the impacts hearing loss have on a person's physical, mental and emotional wellbeing.

That is why we are extending our membership to include *Friends*. If you know someone who has a hearing loss, are interested in hearing matters, or just want to support us, our work and our community, please contact the office to join. Come along to our AGM so I can thank you in person.

Warm regards, Connie

Introducing Marg Palmer:

Since stepping back from an extensive career in banking I have established my Celebrant business and also work part-time. I am passionate about my local community and am happy to be joining the team at Hearing Nelson as Office Support. You will see me in the office on a Monday and Thursday.

To hear means to connect
Winter 2020



Sharon Webber



Marg Palmer



Lisa Dudley



Tracy Dawson

Annual General Meeting



Hearing Nelson held at Hearing House on Monday 27th July at 11am

With this newsletter you have the following Agenda

Minutes of previous AGM held on 29 April 2019

The boards annual report for year ended December 2019

Financial statements for year ended 31 December 2019

Proxy appointment form (Form A)

If you are unable to attend the AGM, we would encourage you to send in your proxy form as this counts towards a quorum for the meeting.

If you have any questions please phone 03 548 3270

We would like to invite you to join us for morning tea at 10.30am before the AGM. Please let us know if you can make it for catering numbers.



Covid - 19 and what it has meant for us as an organisation.

April was certainly a strange month for everyone with the office closed and reopening in mid May once we went into Alert level 2. While we are back to offering our usual services there was a lot of extra planning and cleaning to meet the requirements of the MOH.

Now we are at Alert level 1, we can relax some restrictions but for the foreseeable future we will continue to maintain our hand washing and cleaning routine.

Thank you for your understanding and patience during what

New winter opening hours

From 1st June 2020 our opening hours are 9.30am to 3.30pm

If you need help outside of these hours please let us know and we will do our best to assist you.

Sharon, Marg and Lisa

Tinnitus

Tinnitus is the medical term for a noise which is heard in the head or ears that does not come from an outside source and while there is no magic treatment for tinnitus, the aim with all treatments is to reduce the annoyance and intrusiveness. Tinnitus is often described as a 'ringing in the ears', but it can be experienced in other ways, like a buzzing or hissing sound, waves or even cicadas. It can be faint or loud, occasional or constant, steady or pulsing, and range from not bothersome to very annoying. The key is to finding what works best for you whether it's training therapy, devices, hearing aids, counselling or a more holistic approach like acupuncture.

In this article we have provided some options you can try.

Auditory habituation therapy

This therapy retrains the part of the brain which picks up the "sound" in the ears or head so as to remove the awareness of it from the consciousness. In other words, it desensitises the sufferer to the tinnitus.

Devices

A number of devices can be used for sound therapy. The goal is to introduce fairly constant low level sound which blends with (but does not cover) the tinnitus. For this approach to be successful it requires the tinnitus sufferer to have sound stimulation for a minimum of 8 hours per day for up to 12-18 months.

Hearing aids

Wearing a hearing aid fitted by an audiologist with specialist expertise in tinnitus can be a very effective way of managing the condition. These make surrounding sounds a little louder to lessen the awareness of tinnitus.

Counselling

Tinnitus counselling will show you a range of techniques for coping with and adapting to tinnitus.

A holistic approach to Tinnitus

Tinnitus affects people across the whole age spectrum. We know that in times of stress, lack of sleep and increased consumption of alcohol and caffeine can heighten the symptoms of Tinnitus. Deep breathing, investigating and practicing a meditation that comforts you can be an extremely valuable technique for managing your Tinnitus. Another holistic option to consider when you are able to get out and about again is Acupuncture. I spent some time asking a local acupuncturist, Daiki, from Nelson Shinkyu acupuncture about the value of acupuncture for helping manage Tinnitus.

How did you first appreciate that acupuncture can help to alleviate the symptoms of Tinnitus?

I studied in Japan and was very lucky to have done my internship with a neurological doctor, who had been a qualified acupuncturist before he became a doctor. He attended to many complex cases which included Parkinson patients and many individuals suffering from Tinnitus. Doctor Sakae regularly applied acupuncture as part of his treatment plan. He taught me how to use acupuncture for patients suffering with debilitating Tinnitus.

How would you describe acupuncture?

As an acupuncturist I am trained to focus on the root cause of the problem presenting itself not the symptoms. It assists with total body well being and with the full understanding of how everything is connected in the body, I apply very fine Japanese acupuncture needles to specific parts of the body to stimulate the nerves, produce beneficial hormones, increase circulation and bring balance back to the body. The needles carefully placed at different depths allow the energy to flow more effectively throughout the body and can have a very positive effect. In Chinese medicine the ear is related to the kidney and sometimes this can get blocked with stress and anxiety. By releasing the tension and improving the flow and energy level this can reduce muscle tension in this area and reduce the symptoms of Tinnitus.

How effective is Acupuncture for Tinnitus sufferers?

Tinnitus is a complex condition and the effectiveness of acupuncture is dependent upon the source of the Tinnitus. Some people get immediate relief after one or two sessions, others it may take up to 6 to 8 sessions, it depends completely on the individual. From my experience approximately 30% of people see a significant improvement, 30% a 50% improvement, 25% a slight improvement and 15% virtually no improvement.



If you are interested in finding out more call Daiki for a free tele consult. 0210 286 6511

Hearing Nelson - preventing hearing loss and improving the lives of those who are hard of hearing

Tracy Dawson out and about in the community



Nelson Consulting Engineers Ltd



Working together to prevent hearing loss

Over 100 local NMIT Apprentices now understand the importance of preserving their hearing

Noise Induced Hearing loss prevention workshops were delivered to 6 NMIT apprentice carpentry classes in February and March. These were kindly sponsored by CPS. Nelson Consultant Engineers sponsored 1 class of apprentice Engineers. This is a fantastic example of a successful collaboration between a charity, educational



Hearing awareness month focused on safe listening as latest research indicates

1 in 3 of our youth could have hearing loss

Dangerous Decibels workshops were presented to Motueka South and Parklands Intermediate school students. Each of the 8 workshops were sponsored by local Motueka businesses and supported by a poster campaign



Thank you to Mitre 10 Motueka, New World Motueka, Hays Plumbing, Stonewood Homes and Murray Thorn Suzuki Motorcycles . These vital workshops couldn't have taken place without your sponsorship.

Community talks 'The most important message I try to impart to attendees is to act early if you recognise any signs of a hearing loss. If they get a hearing screening test from Hearing Nelson, we can then help them on their journey. We provide vital information so that they can become a discerning hearing aid buyer and user (if hearing aids are required) and we can give advice on an effective cleaning regime and support them with their specific hearing related issues. We want to help them stay connected' Tracy Dawson



Waimea Friendship Hope and Tasman Neighbourhood group



Sponsor a Dangerous Decibel workshop for \$100.00 per class

Hearing Nelson services

- Hearing screening tests \$20
- Hearing aid cleaning and drying
- Sales of assisted devices, telephones, personal amplifiers, hearing aid batteries
- Dangerous decibel education in schools
- Noise induced hearing loss prevention training
- Support and advice on all hearing related issues
- Community presentations on communication

Volunteers required:

Do you have a spare hour one day a week to come in and relieve the staff for a lunchbreak?

Newsletter deliveries needed in Stoke (Arapiki/Maitland Ave areas) and Richmond please let us know if you are able to hand deliver newsletters four times a year.

Fly Buys points - If you have spare fly buys points and would like to donate them to Hearing Nelson let us know.



This is another way you can support us with our fundraising.

Clinics 2020	July	Aug	Sept	Oct
Motueka		11		13
Summerset		25		27
ER	28		22	
Oakwoods	14		8	
Golden Bay	16	20	17	15

Hearing loss during Covid-19

There are all sorts of challenges that have arisen for the hard of hearing during this time. The most common stories have been how hard it is to hear people wearing facemasks and serving behind screens in supermarkets, shops and cafes where there is often a lot of background noise.

It is important to speak up. If you are struggling to hear, let the person know you have a hearing loss. If you have to look around the screen, then do so and if you still can't hear ask the person to write it down.

Take responsibility, if you can't hear tell the person serving you have a hearing loss. This gives them the opportunity to speak clearly and slowly.

Personal responsibility and assertion is something that doesn't come easy to everyone, but is helpful to both parties for them to understand you aren't hearing them and do something about it.



As a Friend of Hearing Nelson you will receive:

- Our quarterly newsletter
- A voucher for \$5 off a screening hearing test (for you or someone else)
- Invitation to events
- 10% discount on assistive listening devices
- Updated information on hearing related matters
- Opportunities to volunteer
- The opportunity to become an ambassador and champion our cause
- The satisfaction of helping Hearing Nelson make a difference: preventing hearing loss through education and supporting those who are Hard of Hearing.

Help us prevent hearing loss and improve the lives of those people living with a hearing loss

Have you ever wondered how you could help? Here are a few ways you can make a difference and support Hearing Nelson. For more information phone 03 548 3270.

Make a donation

This can be as simple as setting up an automatic payment weekly or monthly for an amount that you can afford.

Volunteer

We are always looking for volunteers to help out - Newsletter delivery, street appeals, handyman jobs. Volunteers often say the reward they feel is very satisfying.

Bequest

A simple way to make a lasting charitable gift. Leave a bequest in your will, so we can continue our good work when you are no longer here.

To make a donation by internet banking our bank account no is 03 0703 0487177 00 or post a cheque or call in and see us.