



## Welcome to Hearing Nelson's Summer Newsletter

### President's Preamble by Connie Charlton

What a year! Despite the disruption and upheavals we, at Hearing Nelson, have a lot to be grateful for. We have continued to receive the generous support of our funders, a major sponsor, our Members and Friends of Hearing Nelson. We have gathered a team of hardworking, innovative staff supported by a small team of generous volunteers. And our rooms are rented to independent businesses that support our mission. We also have seven members on the Board with a wide range of skills collaborating to make Hearing Nelson hum!

So what now? The Board and Staff are considering our strategic plan for the next 3 years. How do we see Hearing Nelson in the future? What will our business look like, how will we operate? How can we best support the Hard of Hearing, prevent hearing loss, and move closer to our vision of *Hearing for Life*?

There are several physical items to support our reach into the community that are being implemented ASAP (website and signage). There are broader considerations that lie beneath our vision that reflect our society; such things as changes in technology, business models and future funding. We look forward to a New Year ready to continue making a difference.

As the work goes on there are a few celebrations to organise, holidays to be had and time to be spent with family and friends. I send you all warm wishes for a very contented festive season.

Connie 😊



#### Christmas Raffles

Raffle 1: A Christmas Hamper (approx. \$60 value)

Raffle 2: A **D-Dry+ Hearing Aid Box** generously donated by **Reid Technology** (Values at \$113.00)

Raffle 3: Children's Box (approx. value \$50.00)

Tickets: \$2.00 for 1 or 3 for \$5.00

Tickets available at the Hearing House, 354 Trafalgar Street, Nelson

Drawn 23<sup>rd</sup> December 2020

## Out and About in the Community

by Tracy Dawson  
Education and Communication Manager

As we come into the last few weeks of 2020, I feel very appreciative of the sponsorship Hearing Nelson has received from Port Nelson. This donation has enabled me to expand the Dangerous Decibel workshop programme into more schools. One main area of focus has been to talk to college students through their school assemblies. Over 3,000 college students have received the key messages about how easy it is to damage the hair cells within the inner ear and the guidelines to prevent hearing loss. Feedback from the talks have shown they have prompted conversations in the classrooms, students have taken more action in noticing the volume levels on their phones, monitoring levels and exposure time.

Another key focus in the last quarter has been to go further afield to run the Dangerous Decibel workshops in area schools which include Murchison and Golden Bay. In November I was able to spend two days at Queen Charlotte College in Picton, the first school in the history of Hearing Nelson where the hearing preservation workshops have been able to be offered in the Marlborough region.

There has never been as many of our youth exposed to the issue of hearing and hearing loss as in 2020, even with the Covid-19 interruptions. Yet the feeling of 'we are making great progress' is tempered by the reality that there is such a low awareness of hearing issues across our region, and within different generations. It feels that the talks and workshops are the first time the majority of young people have been encouraged to ever think seriously about noise levels, causes of hearing loss and how they can regulate their noise levels to preserve their hearing.



*Students from Collingwood Area School (left) and Queen Charlotte College (right) participating in the Dangerous Decibel Workshops facilitated by Tracy Dawson, Hearing Nelson's Education and Communication Manager*

What has come to light is the high percentage of our young people shooting guns without any ear protection. Most seemingly without any ear protection. Yet so many have already experienced Tinnitus (ringing in their ears), directly attributable to shooting a gun or standing next to someone who has shot the gun. The tiny hair cells within the inner ear cannot tolerate this level of sound and one gunshot at 165 decibels can create permanent damage to the hair cells within the mid frequency range.

Can you please talk to your children and/or grandchildren about limiting the music through their headphones/ear buds, using ear protection when mowing the lawns or using power tools, wearing ear muffs or ear plugs when going to Speedway or shooting guns, and wearing ear buds when going to concerts, parties and festivals.

We sell a range of ear buds (party plugs and swimmers ear plugs) at Hearing House which make a perfect Christmas present.

Thank you for your support in helping Hearing Nelson raise awareness in our community around hearing and hearing loss.

Tracy

#### Hearing Nelson's Holiday Hours 2020/2021



Hearing Nelson's office will close at 4.00 pm on Wednesday 23rd December 2020 and reopen at 9.00 am on Tuesday 5th January 2021.

Remember to come in and buy your batteries for the holiday season so that you don't miss out on anything.



The Board and Team at Hearing Nelson would like to invite you to join us for Christmas Lunch

Date: Monday 7<sup>th</sup> December 2020

Time 11.30 am – 2.00 pm

Venue: Hearing House

354 Trafalgar Square, Nelson

Menu: Hot ham, new potatoes, peas and a selection of salads, Christmas pudding, custard, and cream.

Come along and join us for our annual Christmas get together and lunch

RSVP by 3<sup>rd</sup> December to 03 548 3270

## Notes from a Hearing Nelson Fieldworker

By Morfydd Barker

Golden Bay Fieldworker

This has been an interesting year, with the Lockdown wiping out two of my clinics, and requiring the third to be carried out in a contactless manner. At the latter, the aids presented to me certainly required a lot of cleaning!

Amongst the aids I dealt with this year was the first pair of rechargeable ones. I use rechargeables myself, so I was well prepared, but I was still unable to solve the problem that the owners' aids were not charging. After cleaning and inspecting the aids and the charging unit I was forced to admit failure. Thankfully, the suppliers were able to suggest that the problem might be the cable connecting charger and power point. They sent a replacement, and it did result in the charger working again. Interesting that such sophisticated devices could be let down by the simplest component.

The high points of the year were when two hearing impaired people allowed me to trial the **Bellman & Symfon Maxi Personal Amplifier** with them (contact Hearing House for information on this device). The first person was very frail and also hard of hearing, but still able to work the volume controls. She wore the Amplifier to a quiz session and, to everyone's amazement, started beating everyone else to the right answers. She was overjoyed. So also, was the second person in my mini trial. He was in the audience at a talk that I gave on hearing. When I noticed that he was struggling to hear I lent him a Personal Amplifier. He was amazed and laughed out loud in joy at being able to hear the conversation. It is great to see a little bit of technology bringing so much instant happiness.

### 2021 Hearing Nelson Membership Fees are due

1st January 2021 - 31st December 2021

Cost \$30.00 per annum

Payment Options:

1. Direct Credit to Hearing Nelson: Bank Account 03-0703-0487177-00  
(Please quote Name e.g. Joe Brown)
2. Come in and pay at Hearing House, 354 Trafalgar Square, Nelson

Hearing Aid Clinics – For an appointment call 03 548 3270 \$10.00 or FREE for Members	
<b>Clinics</b>	<b>Dates</b>
Oakwoods	Tuesday 12th January 2021
Ernest Rutherford	Tuesday 26th January 2021
Motueka	Tuesday 9th February 2021
Summerset	Tuesday 23rd February 2021
Oakwoods	Tuesday 9th March 2021
Ernest Rutherford	Tuesday 23rd March 2021
Motueka	<b>Thursday 15th April 2021</b>
Summerset	Tuesday 27th April 2021

*On a final note ....*

*While no-one can deny this has been a very strange year, it has for me had some real highlights including the arrival of two new granddaughters in Auckland, one during lockdown!*

*Another highlight was being offered the opportunity to become the new Office Manager at Hearing Nelson, which I was very happy to accept. Since commencing in this new role, the past 4 months have just sped by as I have been:*

- *Learning about Hearing Nelson's amazing work in the community,*
- *Meeting so many of our members as they come in to buy batteries and have their hearing aids cleaned, and clients who come in to visit our amazing tenants at the Hearing House - Ear Health, Life Unlimited and Little Bird Audiology*
- *Building relationships with our team of Administrators and Fieldworkers - Marg Palmer and Lisa Dudley in Nelson and Morfydd Barker in Golden Bay*
- *Working alongside the dynamic Tracy Dawson, our Education and Communication Manager, who makes such an impact delivering the Dangerous Decibel Workshops to schools across the region*
- *Supporting Cathy Gutschlag as she delivers the NZ Sign Language in Schools programme on behalf of Hearing Nelson*
- *Working alongside a wonderful pool of volunteers who come and help at the Hearing House with lunchtime cover and gardening assistance, and*
- *Working alongside our brilliant Board Members who make sure that we are serving our community well*

*Next year, during Hearing Awareness Week 1st - 7th March 2021, we are looking forward to sharing some exciting Hearing Nelson updates.*

*From all of us at Hearing Nelson we wish you a happy and safe summer.*

*Regards Liz, Marg, Lisa, Morfydd and Tracy*

*PS: The new format is due to this being our first electronic newsletter. If you would like to receive your newsletter by email in the future, please contact us on 03 548 3270 or [office@hearingnelson.co.nz](mailto:office@hearingnelson.co.nz)*

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**Thank you for your continued support. We really appreciate it!!!**