



President's Preamble September 2020

Covid-19 has a lot to answer for! But despite everything people have still shown support for Hearing Nelson.

We have been very fortunate to again receive a major grant from the Rata Foundation. We were also delighted to receive sponsorship from Port Nelson for numerous Dangerous Decibel education classes in schools. Several individuals and groups have generously donated various amounts enabling us to maintain our positive direction.

We bought new tuning forks for our education classes as the result of one donation and several hearing loss prevention workshops to NMIT students have been sponsored by businesses. We can now advertise our clinics in Golden Bay as a result of other donations.

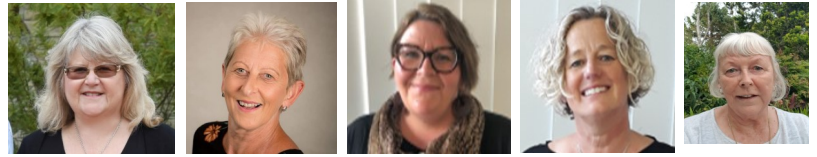
THANK YOU. Your contributions are making a real difference to us being able to support the Hard of Hearing and to prevent hearing loss through education.

We now have 6 volunteers on the Board. Thank you Ian, Emma, Herman, Gill and Raeonie for your passion for our cause. We are currently planning our strategy for the next three years so if you have any feedback or ideas please get in touch.

Thank you to our other volunteers who help us operate as efficiently as possible: e.g. cover in the office, gardening, delivering newsletters.

I extend a warm welcome to Liz Wright, our new Office Manager. We are fortunate to have such a talented team keen to help you: Liz, Tracy, Marg, Lisa, Morfydd and Cathy.

Best wishes, Connie



"Check Out Sign Language" Dedicated Aisle

Hearing Nelson is excited to announce that **New World Nelson** at 73 Vanguard Street, will be dedicating an aisle to our hard of hearing and Deaf community members during NZ Sign Language Week 21st—27th September 2020.

Covid-19 has seen the introduction of barriers at checkouts and with masks being more widely used, it has made it more difficult for people with and without hearing issues to understand what is being said.

New World Nelson staff will be learning some sign language to help with their interactions. We invite you to "check it out" and try using sign language.

Key Sponsor



The board and staff at Hearing Nelson would like to sincerely thank the Sponsorship Committee at Port Nelson for recognising the growing need in our community. With 1 in 3 of our youth showing signs of hearing loss due to unsafe listening practices, our young people need to be educated about hearing related issues and strategies to prevent hearing loss.

We are delighted that Port Nelson have agreed to sponsor the Dangerous Decibel Workshops and assembly talks to schools and colleges. This sponsorship will enable Tracy Dawson, Hearing Nelson's Education and Communication Manager, to deliver double the amount of workshops to schools in the Nelson and Tasman region and for the first time, present the workshops to students in Marlborough. Hearing Nelson have never been in a position to place such focussed effort on delivering the Dangerous Decibel workshops to young people across our region. This will enable an estimated 5,000 young people to have a greater appreciation for how easy it is to permanently damage their delicate hair cells, to know that once they lose their hearing it doesn't come back and to gain strategies to preserve their hearing.

Thank you Port Nelson

New summer opening hours

From 1st September our opening hours are reverting back to 9.00am to 4.00pm
Monday—Thursday

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

Liz, Marg and Lisa

Covid - 19 continues to impact on 2020.

At the time of writing this newsletter we are currently sitting at Alert Level 2. This means we are able to continue to operate with a few extra conditions attached.

- QR codes are available for all to scan on the way in
- For those who don't have a smart phone, sign in forms are available
- Sanitiser is available and additional cleaning is taking place
- The Meeting Room is still available for use but also has additional cleaning and social distancing requirements

Hearing Nelson Office Manager Update

Farewell from Sharon Webber and Hello from Liz Wright

Sharon: After 13 years working at Hearing Nelson I had mixed feelings about handing in my resignation to become a Hearing Therapist with Life Unlimited. I have loved being part of an organisation that does so much good work for the hard of hearing people in Nelson/Tasman and are proud of what has been achieved over the years. My priority has and still is to support people with hearing loss and help them to be the best they can be.

The good news is I will be working out of the Hearing Nelson building but with a different hat on and am excited about the next chapter as a Hearing Therapist for Life Unlimited.

Liz: I'm looking forward to meeting you all as you come into the

Education in the Community

with Tracy Dawson, Hearing Nelson's Education and Communication Manager



Carer training workshop at Jack Inglis Friendship hospital

A big thank you to Desiree for encouraging so many carers to attend the workshop. This level of commitment from the staff makes such a difference to the residents lives. The workshop aims to give the staff confidence in changing batteries, have a go at resolving basic hearing aid problems and communicating effectively with residents who are compromised by a hearing loss .

Expanding Dangerous Decibels to rural schools - Murchison Area School



'I learnt that when I next visit my Grandad, who has hearing aids, I need to turn off the TV and go closer to him when I speak'



'I learnt that I must turn the volume down on my phone when listening to music with my headphones and only listen for 90 minutes a day'



'I learnt that if something is 85dB I need to protect my hearing or walk away from the sound'



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

Education in the community (continued)

Golden Bay Friendship Group

A very enjoyable talk and lively Q & A session. There is such a strong community spirit in Golden Bay and they are so supportive of our work.

After this talk we received a donation of \$500.00 from the Lions Club in Golden Bay towards our education and community work in the Golden Bay region. Thank you so much for this!

One of the attendees, Ann, who had made contact with me to go and talk to the group, also went away after the presentation with a handful of leaflets and spoke about some of the issues to another group she is associated with. What incredible support. Thanks Ann!

I spoke in detail about the assisted devices that can be useful for people with a hearing loss, one of which is the **Bellman & Symfon Visit Alarm Clock**.

One lady had recently bought one and she expressed her satisfaction with this model. When it's time to get up the **Visit Alarm Clock** wakes you with a sounding alarm, flashing lights and vibrations from the bed shaker which is placed beneath your pillow. If you have other compatible products e.g. doorbell, smoke alarm, phone or baby monitor, they can also be connected to the **Visit Alarm Clock** which will then wake you up if activated.



Bellman & Symfon Visit Alarm Clock

Pop into Hearing House to see a demonstration of the assisted devices, find out prices and get more information



A recent talk to the eleven residents at Abbeyfield Golden Bay over afternoon tea was very interactive. With a smaller group I was able to demonstrate some of the assisted devices and present the drying boxes. The **PerfectDry Lux** creates a very effective way of drying the hearing aids. Place the hearing aids in the drying box, with the battery door open (batteries can be left in) and press the button.

It is very important to keep hearing aids dry and clean. Hearing Nelson sell several different brands of drying boxes. **Call 03 548 3270 for more information**



PerfectDry Lux

Fast dehumidification of hearing aids with 360°UV-C.



Stoke Ladies (Isel Park) Friendship Group were so pleased to get together again after Covid-19. We had a long discussion about social isolation and how this is exacerbated for people compromised by a hearing loss. I talked about the value of early intervention when signs of hearing loss are recognised in themselves or others and asked them to encourage their friends to get a screening hearing test if they are showing signs of hearing loss.

Thank you to our members for your support

Hearing Nelson services

- 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 and hearing aid care

If you are dropping in to pick up some batteries, allow some extra time to have your hearing aids cleaned.

Allison Croft, one of our members said:

"This is all so wonderful – I can hear so much better since having my hearing aids cleaned."

Members—Free

Non-members \$10.00

Volunteers required:

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

Hearing Aid Cleaning Clinics 2020	Sept	Oct	Nov	Dec
Motueka		13		8
Summerset		27		22
Ernest Rutherford	22		24	
Oakwoods	8		10	
Golden Bay	17	15	19	17

NB: Clinic dates may vary due to Covid-19 Alert Levels

Hearing Nelson is offering **workshops** for anyone who wears hearing aids and their families/whanau.

1. Get the most out of wearing hearing aids (Over 2 evenings)

- Consider the good, the bad and the ugly of hearing aids
- Receive specific advice to help solve some of the issues
- Connect with other hearing aid wearers

For anyone who wears hearing aids.

Dates: 7th Oct and 14th Oct, (Wednesdays), 7pm - 9pm

Cost: Free to Members and Friends of HN; \$40 non-members

2. Empowering a hearing aid wearer (1 evening)

- Gain a better understanding of hearing and hearing loss
- Learn ways to encourage hearing aid use
- Develop strategies for easier communication

For the families/whanau of hearing aid wearers

Dates: 21st Oct (Wednesday), 7pm - 9pm

Cost: Free to Family of Members or Friends of HN; others \$20

Venue: Hearing House, 354 Trafalgar Square, Nelson

To register: email office@hearingnelson.co.nz or

phone 03 548 3270

NB: The workshops will only go ahead at Alert Level 1.

As a Friend of Hearing Nelson you will receive:

- Our quarterly newsletter
- 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.



Introduction

Election Lobbying:

Hearing Nelson intend to be part of the national Hearing New Zealand drive to make our voice heard on your behalf during this Election.

Members can help get this message across in the following ways:

- Attend election meetings in the community and ask candidates about the three issues below
- Write to local media

To cut through the competing issue raisers and lobbyists Hearing New Zealand plan to emphasise three key messages:

- Hearing aids, cochlear implants and assistive devices essential for hearing must be fully funded.
- Public awareness of and education about the impact of noise on hearing loss must be funded at an effective level.
- Government should commit to the principle of 100% captioning of mainstream television to be funded as necessary and introduced progressively over the next five years.

We have some sample questions you could ask:

Message 1: 1 in 6 NZ'ers live with hearing loss. Good hearing aids, a cochlear implant or assisted devices can allow them improved quality of life and to continue as an effective, functioning member of society. But many people are unable to afford these things.

We believe hearing aids should be fully funded for those that cannot afford them – both the aids and the fitting fees.

Many people on waiting lists for cochlear implants may never get them due to limited funding.

Question: “What is your view on funding hearing aids, cochlear implants and assisted devices and what, if any, commitment can you give us?”

Message 2: Funding education and awareness of the impact of noise on hearing.

The National Foundation for the Deaf (NFD) “Listen, Hear! NZ February 2017” Report estimated the cost of hearing loss in New Zealand was \$4.9 billion; that excessive noise causing totally preventable hearing loss is not well taught in schools.

To protect the hearing and future of our young people we need to make use of effective and well researched programmes such as Hearing New Zealand’s “Dangerous Decibels” programme, developed in part by the University of Auckland.



Acoustic design can effectively quieten classrooms, public buildings and workplaces but there is no requirement to consider protective acoustic design principles in the Building Act.

When the 800,000 NZ'ers living with hearing loss are not taken into account – i.e. only being able to talk to a business on the phone, unable to use lip reading/body language, they may become marginalised.

Question: “What is your view regarding the introduction of programmes to raise awareness in communities about the issues of noise and hearing loss, to ensure hearing education is provided in schools, learning institutions and workplaces and increase community understanding of the difficulties faced by deaf and hard of hearing people, and what, if any, commitment will you give us?”

Message 3: Having a ‘Signer’ translating press conferences and important announcements is almost universal, as it should be, but is little or no use to a large number of people who are Deaf or have high levels of hearing loss but do not understand sign language. There are probably as many or more in this category as there are those who understand sign language.

Captioning is the key to understanding for such people. It is the key to enjoyment of sport, drama, current affairs and other television offerings; things enjoyed and taken for granted by most people. It is also a potential and critical health and safety issue in situations when civil defence emergencies occur. But if it's the middle of the night forget it as far as captioning is concerned.

Captioning is required by law in a number of countries to which New Zealand would liken itself. Countries like Australia and Britain have near 100% TV captioning. Today NZ would scarcely reach half that. Very recent extra funding via NZ on Air will see Televisions One and Two only on track to reach up to 80% captioning in twelve months or so; that leaves many other stations to consider and still a twenty per cent gap to full coverage.

Question 3: “What is your view and what commitment, if any, can you give to make mainstream television captioning 100% mandatory within five years, and to funding assistance when and where necessary to enable this to be achieved?”

Thank you.

Hearing Association Nelson Inc. Board