



NEPEAN HEARING

October 2015

Newsletter: Volume 6

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Hello again from all of us at Nepean Hearing.

2015 is flying by and we cannot believe it is nearly the end of the year again.

Hearing Awareness week was at the end of August and we did quite a few free hearing tests.

It was also a time to reflect on how hearing loss affects every day life and especially group activities.

In other news we have recently donated some money to St Paul's Mission which is a school for deaf and hearing impaired children in Zimbabwe. We hope our donation will help to enhance the living conditions at the school including connecting the electricity and possibly helping to build a playground for the children. We hope to have some more information on these outcomes in our next newsletter.

For those of you who go to Mount Eliza, we have moved down the road. Tony is now seeing patients every second Saturday morning at Ti Tree Family Medical at 118 Mount Eliza Way.

Enjoy the newsletter and we hope to see you soon.

Tony, David, Sara, Donna & Courtney.



***'I'm not telling you it's going to be easy -
I'm telling you it's going to be worth it.'***

-Art Williams

Silent Sports Challenge 2015

For many, the ability to communicate with one another is taken for granted. Once the ability to hear is taken away it presents many obstacles particularly when playing sport.

Simple things like hearing the whistle or your teammates calling to you become very difficult.

As a part of the 2015 Hearing Awareness Week (Sunday, 23 August to Saturday, 29 August) Deaf Sports Australia and Touch Football Australia hosted an exciting event, the Silent Sports Challenge, which was held in a number of locations across the country, including Melbourne.

Modified games of Touch Football were played where all participants wore earplugs to simulate the experience of playing with a hearing impairment. As well as wearing earplugs, participants were not permitted to talk during play, which posed quite a challenge!

The overall purpose of the Silent Sports Challenge is to help create awareness, but also to increase understanding around this issue. Having an impairment does not have to stop you from being involved in sport.

Week in week out people with hearing impairments are involved in local touch football and other sporting competitions, whether as player, referee or ground coordinator.

For more information you can visit <http://touchfootball.com.au>



A Funny Story

Morris, an 82 year old man, went to the doctor to get a physical.

A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm.

A couple of days later, the doctor spoke to Morris and said, "You're doing really great aren't you?"

Morris replied, "Just doing what you said Doctor, 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I said you got a heart murmur and be careful."



Hearing Aid Expectations– A Key to Success

Sergei Kochkin, Ph.D. - Better Hearing Institute, Washington, DC

Here are some issues you should keep in mind as you develop appropriate expectations about what your hearing aids can and cannot do for you.

- **Restore hearing.** No matter how technically advanced, in most cases hearing aids cannot restore your hearing to normal, except in some very mild hearing losses.
- **Types of hearing aids.** Not all hearing aids perform the same with every type of hearing loss.
- **Fit and comfort.** Since you are purchasing custom hearing aids, you should expect the fit to be comfortable; ideally you should not even know they are in your ears. There should not be any soreness, bleeding, or rashes associated with your wearing hearing aids. If there is go back to your audiologist.
- **Sounds.** Hearing aids should allow you to: (1) hear soft sounds (e.g. child's voice, soft speech) that you could not hear without amplification; this is part of the enjoyment of hearing aids; (2) prevent loud sounds from becoming uncomfortably loud for you-but very loud sounds that are uncomfortable to normal hearing people may also be uncomfortable for you.
- **Whistling and feedback.** It is normal for hearing aids to squeal or whistle when you are inserting them into your ear. If it squeals after the initial insertion, then most likely you have an inadequate fit or wax in your ear, and should tell your audiologist.
- **Hearing in noise.** No hearing aid has been designed that will filter out all background noise. Some hearing aids can reduce amplification of some types of background noise or make you more comfortable in the presence of noise. The most effective solution for improving speech intelligibility in noisy situations is hearing aids with directional microphones. When directional hearing aids are coupled with digital signal processing, you can be assured that your hearing aids are optimized for improving your quality of life in noisy environments.
- **Expect benefit.** Expect your hearing aids to provide benefit to you during the trial period. By benefit, I mean that your ability to understand speech has demonstrably improved in the listening situations important to you (within realistic expectations though). This is what you hoped for, and you should expect benefit. If you do not experience an improvement, then work with your hearing healthcare professional to see if the instrument can be adjusted to meet your specific needs. Never purchase a hearing aid that does not give you sufficient benefit.
- **Adjustment period.** Give your hearing aids a chance, being sure to follow the instructions of the hearing healthcare provider. Most people need a period of adjustment before deriving the maximum benefit from their hearing aids (even up to four months).
- **Satisfaction guarantee.** Expect to be satisfied with your hearing aids; expect the quality of your life to improve due to your hearing aids.

Frankston Yacht Club Redevelopment

Council works started in November 2014 to redevelop this iconic Frankston Waterfront site which housed the Frankston Yacht Club.

The new three storey facility will be a great asset to residents and visitors as it features: a 104 seat café, public toilets, community space, a 164 seat restaurant, function room, safety look out and Yacht Club facilities.

Landscaping, roadway and car parking will also be enhanced with the number of on-site car parks growing by 60 per cent.

The Australian Government has contributed \$1.25 million towards this project from the Community Development Grants Program. Council has allocated \$6 million during the 2014-2015 financial year.



**NEPEAN
HEARING**

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Locations

Frankston: 10 Davey St

Cranbourne: 184 South Gippsland Hwy

Mt Eliza: Ti-Tree Family Doctors,
118 Mount Eliza Way

Hastings: Community Health Centre-
185 High Street

We also have visiting clinics at Baxter Village,
St Johns Village, Opal by the Bay,
Lynbrook Park, Southern Cross Care
Lynbrook & Langford Grange Cranbourne.