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See us at this June at the Senior Expo

If you are a senior or have a senior family member, this Douglas County "All Things Senior" event is for YOU!



Senior Life EXPO
Wednesday, June 5th, 2024
1:00PM to 5:00PM
Douglas County Events Center
500 Fairgrounds Road in Castle Rock

NATIONAL SPEECH LANGUAGE HEARING MONTH

National Speech-Language-Hearing Month calls on everybody to take stock of their own ability to hear and speak effectively.

Signs that you have a problem with your hearing include:

- Having to ask people to repeat themselves
- Needing to turn your ear towards a sound to hear it
- Only being able to understand a conversation when you look directly towards a person
- Being unable to hear everything in a group conversation
- Listening to the TV at a high volume
- Experiencing a ringing in your ears or a pain

The awareness month also looks to encourage parents to identify any potential speech and language problems in their children, particularly where such problems may affect a child's self-esteem or learning.

If any of the signs or symptoms of hearing loss are present, then a person should visit an audiologist for a hearing test. In many cases, hearing problems are treatable.

As well as checking to see whether you or anyone that you are close to has any of the signs of hearing or speech problems, you can also help out the cause by spreading the word about National Speech-Language-Hearing.

SIX HEARING AID CARE TIPS FOR SUMMER

ADAPTED FROM STARKEYS SEVEN HEARING AID CARE TIPS FOR SUMMER



If there ever was a cure for the summertime blues, it's hearing aids: The power of better hearing allows you to enjoy everything from dining alfresco with family to relaxing to the sound of waves at the beach.

But as with any high-tech devices, it's important to keep your hearing aids safe from heat, humidity, and water. These can damage the microphone, receiver, and circuit of your hearing aids and impact performance.

Never fear – these six care tips are here to help you keep your hearing aids protected and working their best in the warmer months ahead:

1. Protect hearing aids from water

While swimming and boating are two undeniable delights of summer, remember that any water contact with your hearing aids – even if they are water resistant – could put a damper on performance.

We suggest taking your hearing aids out and safely storing them any time your ears could get wet. And after you finish your water activity, dry your ears (including ear canals) before reinserting your hearing aids.

2. Store hearing aids in a cool, dry place

Whether you're removing your hearing aids to go swimming or to take a nap on the lanai, it's a good idea to keep them somewhere cool to help prevent damage caused by heat or humidity. So, if you're out and about, avoid storing your hearing aids in the car, or anywhere damp or in direct sunlight. Instead, place them in their case and store in a cooler, shaded location.

3. Use a dry-aid kit/dehumidifier

Think about how many times you go in and out of air conditioning during the summer – from the supermarket to your car, or the garden to your house: Such temperature swings can cause humidity, perspiration, and condensation to build up and impact hearing aid performance. Defend against this using a dry-aid kit/dehumidifier for hearing aids. They are affordable, easy to use, and your hearing care professional can help you find the right one for your devices.

4. Put on skin protectants before hearing aids

Sunscreen and insect repellent may ward off burns, bites, and stings – but then you have the other potential pain of clogging your hearing aid microphone and/or receiver. The best course of action: (1) apply your lotion and/or spray, (2) wash your hands, (3) insert your hearing aids. And when you remove your devices at bedtime, simply wipe them off before putting them into their charger or case.

5. Remove hearing aids before rides

There is nothing like a good rollercoaster ride with your favorite kiddos during amusement park season. Not so amusing – your hearing aids falling out during the ride's sudden, forceful movements. So, be sure to remove and stow your hearing aids before you climb aboard any thrill ride (and save your screams for the loop-de-loops).

6. Wear the right footwear

Okay, we know what you're thinking – what does footwear have to do with hearing aid care? You'd be surprised! Wearing well-fitting, appropriate footwear for your summer activity can help minimize drops caused by tripping – while keeping you safe, too. Indeed, your hearing aids may not only get lost if they fall out, but also become damaged by the force of the drop.

Good day, sunshine – with these hearing aid care tips in mind, you can enjoy every activity under the sun.

HEARING AIDS LINKED TO LOWER RISK OF FALLS

Falls are some of the scariest and most frequent injuries suffered by older adults. According to the CDC:

- One quarter of people over 65 fall each year
- Three million older people go to the ER each year for falls
- One in five falls causes a serious injury
- Falls account for over \$50 billion in medical costs each year

There are many reasons why older adults are more prone to falls – from weakness or medication side effects to vision problems, slower reflexes and more.

But a study by Johns Hopkins Medicine found that untreated hearing loss can also increase the risk of falling. Using data from several national health surveys, researchers found that people with mild hearing loss were nearly three times more likely to have a history of falling.

Good news, though! A Washington University School of Medicine study found that “enhancing hearing appears to improve balance in older adults with hearing loss.” And, more recently, a 2019 clinical investigation concluded that hearing aid usage is associated with lower risk of falls in older adults with hearing loss.

One obvious way to enhance hearing loss is with hearing aids. And not only can our Livio AI hearing aids help enhance hearing, but if the wearer does happen to fall, they’re also the first and only hearing aids that can detect falls, and send an alert to a family member or caregiver.

Want to experience the benefits of these hearing aids for yourself?

We can help.
Call 303-66-2235



For people with hearing loss, **using a hearing aid** is associated with a **reduced risk of falls.**

Source: Washington Post / Consumer Reports
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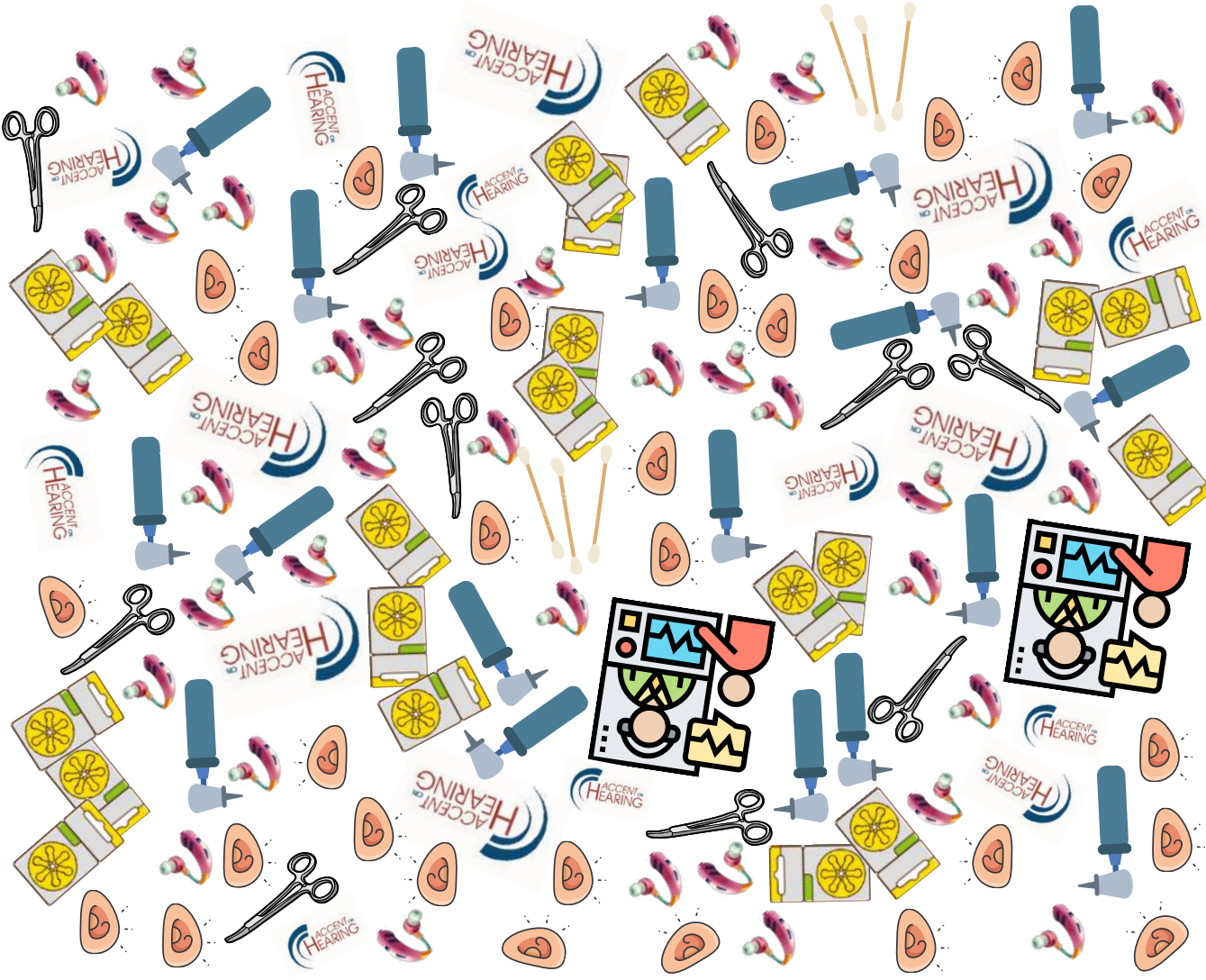


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I Spy Hearing Health



"Best of the Best" 9
Years in a Row



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