



Let's Hear It!

NEWSLETTER OF BETTER HEARING AUSTRALIA BRISBANE INC.

21 Vulture St, West End. Q. 4101

Phone- Voice & TTY (07) 3844 5065 Fax (07) 3846 5260 Email: bhabris@bigpond.com.

Website: www.bhabrisbane.org.au Facebook: www.facebook.com/betterhearingaustraliabrisbaneinc



President's Report -

Dear Members,

The previous newsletter commenced with me hoping you all had enjoyed your Christmas and New Year celebrations and now we are about to celebrate Easter – time is slipping away too fast.

Our endeavours to employ a Manager have been disappointing to date. In early February we had a meeting to review the resumes of 6 candidates and decided on 4 to interview. The interview process took place at Davidson Recruitment on the 1st March and one candidate pulled out. Following the 3 interviews we had decided on the two Candidates that we were interested in, but to our disappointment the following day, one had accepted a position with another organisation and the other one felt he couldn't commit to what we required. Very disappointing! However, the process isn't over and we just have to start again. In the mean time we just have to continue to provide services to the best of our ability.

With regards to services, Peter Massey with the support of Australian Hearing Redcliffe, have commenced a Support Group meeting at the Redcliffe Library. The first meeting was on Saturday 12th March and the inaugural meeting had 18 in attendance. Unfortunately I was unable to attend. Peter must be congratulated for his efforts in establishing this new Support group and I hope to be there to support him and the group in future. The Redcliffe group will meet on the second Saturday of each month (1pm – 4pm). Peter also facilitates the Logan Support group so I hope to take a role in helping him. Peter was recently awarded a "Local Hero Award" for his outstanding commitment to the Logan community – he is a very special person which he would probably deny but we know otherwise. Another special member of BHA has also been recognised - Jill Lindley was recently awarded a Highly Recommended Certificate for 30 years supporting the hearing impaired community and the Redlands Hearing Impaired Support group since 2001. *Continued on Page 2*

Diary Dates

On Pages 6 and 7

Is your Community Group looking for guest speakers?

Better Hearing Australia has presenters who will speak to groups about hearing loss and its effect on the lives of the hearing impaired person, their family and friends.



NEW MEMBERS

We extend a warm welcome to our new member, Robyn Cash.

We know that your stay with Better Hearing will be of benefit to you and we hope that BHA will also gain from your membership.

If at any time you have a question or a need, please don't hesitate to ring the office and we

**Deadline for next Newsletter
articles and diary dates
Wednesday 4th May 2016**

We recently received a media release from COTA – Council on the Ageing, about Radio COTA. Radio COTA will be a weekly podcast on topical and relevant information for the older community. Radio COTA is hosted by media veteran, Andy Neil and can be accessed through any mobile device or computer. In the following weeks you can look forward to great interviews and information leading up to the 13th Global Conference on Ageing in June and Seniors Week in August. You can tune in every Wednesday and for more information visit www.cotaqld.org.au or subscribe to the channel on SoundCloud.

Qld Rail update: Station upgrades continue with improvements to platforms and lifts which make accessibility so much easier and safer. I have received information from Qld. Rail about the Easter long weekend : For Good Friday, Easter Sunday and Monday most services will operate to a Sunday / Public Holiday Timetable. Easter Saturday is not a Public Holiday and therefore will operate as normal with a few exceptions. Please check the QR website for any changes. There will be essential track maintenance over Easter with trains between Park Road and Cleveland being replaced with buses from 9:30pm Thursday 24th March until first service on Tuesday 29th March. If any members wish to receive regular information about track closures etc. please let me know.

The Board of BHA continues to do their best to support the hearing impaired community but there is much more that we have to do in order to raise the profile of BHA and we will have to find ways to work more collaboratively with other Branches and other organisations.

I wish all members, family and friends a happy and safe Easter – and not too much chocolate! Regards,

Carol-Anne Greensill

**CICADA Queensland
(Cochlear Implant Club & Advisory
Association)**

Enquiries—Shirley
Edwards—secretary@cicadaqld.com.au
Web: cicadaqld.com.au

**Redlands Hearing Impaired Support Group
9th April and 14th May 2016**

Meetings are held on the 2nd Saturday of the month at the Donald Simpson Centre, 172 Bloomfield Street, Cleveland.

Members \$5.00 each, Non-members \$8.00 each and includes Morning Tea. Visitors Welcome.

For further information contact

Paul on 0414 823 543 or email theda@tpg.com.au
refer <http://theda78.wix.com/rhisg-logo#!whats-on/ce3d>

Are you involved with a seniors or community group looking for guest speakers?

Better Hearing Australia has presenters who will speak to groups about hearing loss and its effect on the lives of the hearing impaired person, their family and friends.

Why not mention Better Hearing Australia?
please contact Gail at the office on Ph. 3844 5065

Logan

**Hearing Impaired Support Group
2nd April and 7th May 2016**

Meetings are held on the 1st Saturday of the month at the Logan North Library, Sports Drive, Springwood.

9.00 a m for 9.30 am start.

Visitors Welcome.

For further information contact

Peter Massey at pfm.sandy@gmail.com
or Better Hearing Australia on 3844 5065
bhabris@bigpond.com

Redcliffe

**Hearing Impaired Support Group
9 April and 21st May**

Meetings are held on the 2nd Saturday of the month (unless advised otherwise) at the Redcliffe Library, 476 Oxley Ave. Redcliffe

1.00 p m to 4.00 p m.

Visitors Welcome

For further information contact

Peter Massey pfm.sandy@gmail.com
or Better Hearing Australia on Ph.38445065
bhabris@bigpond.com



Legal Aid Services Session

at Deaf Services Queensland

915 Ipswich Road, Moorooka

Saturday 30th April

9.30am – 11.30am (access from 9.00)

This will be a discussion on common legal problems and how to access legal help services. Questions will be taken. It may be of benefit to write your questions down before attending.

Please note: only general services and comments will be discussed rather than specific cases.

Captioning will be provided. All welcome to attend.

Contact Peter Massey on email pfm.sandy@gmail.com or Better Hearing Australia Brisbane on Phone 3844 5065 email bhabris@bigpond.com

Tinnitus Support Group

Meeting on the 28th May 2016

2.00 p m—4.00 p m

at Better Hearing Australia,
21 Vulture Street, West End.

For further information contact

Rod Phone 0439 712 397

Jill Lindley Email lindley24@tpg.com.au
(Please put "Tinnitus" in the subject line.)

Queensland Acoustic Neuroma Association

Meetings are held at

St. James' Parish Hall,

Cnr Kirkland Avenue & Old Cleveland Road,

Coorparoo on the

9 April 2016

11.30 am light lunch.

Please bring a plate of food to share.

For further information qanaqld@gmail.com

www.qana.asn.au

I would like to help Better Hearing Australia Brisbane Inc continue its work in helping people with a hearing impairment.

- Please accept my donation of \$.....
- Please send a copy of the BHA 'Bequest Form'

Name

Address

.....
.....

Send to:

**Better Hearing Australia Brisbane Inc, PO
Box 5334, West End Qld 4101**

HEARING AIDS

Hearing Aids. I have made it plain

Ears can function once again!

Are you deaf: - frustrated? Sad?

Read on, then you will soon feel glad.

I can speak with confidence

Now I've proved their excellence!

Go and get one, friend—today!

Aided, thus you'll feel OK,

It's a marvellous device—

Do it now—that's my advice.

(from W. Burton in The Silent World—1954)

WANTED—UNWANTED HEARING AIDS

Princess Alexandra Hospital runs a hearing aid bank for people who can't afford to buy their own. So, if you have any aids (behind-the-ear only) which are not being used or just are not wanted, please let us have them so we can pass them onto the hospital and give someone a chance of hearing better.

Train your cognitive function and improve your hearing

Age reduces speech intelligibility, even for people with no hearing loss. Cognitive training programs can decrease the problem.

A survey carried out by scientists from the University of Cambridge and the MRC Institute of Hearing in Nottingham in the UK states that cognitive skills and central auditory processing are significant contributors in age-related difficulties in understanding speech.

Reduced Cognitive Functions

The study consisted of a group of young and old people. Both age groups were matched in terms of peripheral hearing sensitivity and the tests included speech-in-noise, cognition and remote delivery. The researchers found that the group of older people struggled on the speech-in-noise task even though they were without peripheral hearing impairment. The study therefore concludes that identifying speech in noise declined with age, which could also be due to age-related deficits and reduced cognitive functions.

New Research

It is well documented that people's cognitive functions – eg. Memory, emotion and learning - decrease with age. Therefore the scientists suggest, on the basis of the study, that older people with hearing loss, in addition to hearing aids, should retrain their cognitive functions.

Scientists are now following a group of normal-hearing teens up to their old age. They hope to discover when these age-related changes can first be observed.

Hearing Loss and Cognition

Older adults with untreated hearing loss are more likely to develop problems thinking and remembering than older adults whose hearing is normal, according to a study. Another study shows that those who use hearing aids have about the same cognitive levels as those with no hearing loss.

Source: www.varsity.co.uk



All Members are Welcome
to attend the
Better Hearing Australia Brisbane
Board Meeting
on Tuesday 26th April 2016
1.00 p.m. to 3.00 p.m.
Captioning is provided.

THE GIFT OF SIGHT

Last year Australians gave 150,000 pair of glasses free to people in Africa, South East Asia and the Pacific Rim.

We now have a box to collect glasses to be donated to the Lions Recycle for Sight program. So please bring in your glasses (sunglasses included) and give the gift of sight.

NEWSLETTER ITEMS

Anyone is free to submit articles to the newsletter.
However, publication is at the discretion of the editor, depending on theme, content and space.
If you have anything interesting to submit please email it to bhabris@bigpond.com
Please email as an unformatted WORD (not PDF) document.
Also send photos as these make your article so much more interesting.
Please send as a separate photo file (preferably JPEG). If you do not have email access, please post typed documents to the office.

People with osteoporosis are at higher risk of sudden hearing loss

Researchers in Taiwan find a relation between Osteoporosis and sudden hearing loss. People who have Osteoporosis are almost twice as likely to develop sudden hearing loss (SSHL) as people who do not have the bone disease, according to a study.

The study examined medical records for 10,660 Taiwan residents who were diagnosed with Osteoporosis between 1999 and 2008 and 31,980 people who did not have the condition. The researchers found that participants who were diagnosed with Osteoporosis had a much higher risk of developing a sudden hearing loss than the control group. In fact, people who suffered from Osteoporosis had a 1.76 times higher risk of sudden hearing loss.

Seek medical help

“Patients who have Osteoporosis should be aware that they need to seek medical help if they experience hearing loss”, said one of the researchers, Kai-Jen Tien, MD of the Chi Mei Medical Centre in Taiwan.

Osteoporosis is a progressive condition in which bones become structurally weak and are more likely to fracture or break.

Sudden hearing loss typically occurs in one ear and can appear suddenly or develop gradually during some days.

Unclear relation between the conditions

The Taiwanese researchers are not sure which biological mechanism is responsible for the relationship between Osteoporosis and sudden hearing loss, but they theorise that cardiovascular risk factors, bone demineralisation, inflammation and endothelial dysfunction may contribute to the association.

The study was published in the Journal of Clinical Endocrinology & Metabolism.

Source: www.ncbi.nlm.nih.gov and www.hearingreview.com



TOURS FOR VISITORS WITH A HEARING IMPAIRMENT

Queensland Art Gallery - Volunteer Guided Tours

10.15am Friday 29th April 2016 — Exhibition: “Journeys North”

<https://www.qagoma.qld.gov.au/whats-on/exhibitions/journeys-north>

Six photographers commissioned to produce a portfolio of community life in Queensland. Last exhibit 1988.

10.15am Friday 27th May 2016 — Exhibition: “Line and Form: Paintings and Sculpture from the Indigenous Australian Collection” <https://www.qagoma.qld.gov.au/whats-on/exhibitions/line-form>

Painted lines and sculptural forms contrast and connect in significant bodies of work.

For further information contact Queensland Art Gallery. Assistive listening devices are available.

As the number of devices is limited, bookings are essential. To book, please call the Education Bookings Office on (07) 3840 7255 between 8.30am and 4.00pm Monday to Friday or email educationbookings@qagoma.qld.gov.au.



Nasal Balloons can help against Otitis Media and “Glue Ear”

The simple use of nasal balloons can help children with Otitis Media and the condition “glue ear” and can at the same time eliminate the excessive use and cost of antibiotics.

Many children are diagnosed with Otitis Media and/or the condition “glue ear”. A research team has found that the use of inexpensive nasal balloons to treat these conditions can eliminate the excessive use and cost of ineffective antibiotics.

Otitis Media and “glue ear” can both result in hearing loss.

Safe and efficient

A study conducted by researchers from the University of Southampton in the UK shows that children using the nasal balloon three times a day were more likely to have normal inner ear pressure within a month compared to children not using the nasal balloon.



“We have found the use of autoinflation in young, school-aged children with Otitis Media with effusions to be feasible, safe and effective in clearing effusions, and clearing important ear symptoms, concerns and related quality of life over a three-month watch-and-wait period, the study authors concluded in the study.

Otitis Media

Otitis Media is an inflammation of the middle ear and can occur in either one or both ears at the same time. If a child contracts Otitis Media often, or the condition is not treated, it can cause permanent damage to the child’s hearing resulting in reduced hearing or deafness.

Glue ear

Glue ear occurs when the middle ear fills with a sticky, glue-like fluid instead of air. This fluid can accumulate behind the eardrum and thereby dampens the vibrations made by sound waves as they travel through the ear. If the condition is not treated properly it can lead to permanent ear damage and even loss of hearing in children.

EVENTS CALENDAR

April

- 2 **Logan Support Group Meeting** 9.00 am for 9.30 am at the Logan North Library, Sports Drive, Springwood. Visitors welcome For further information contact Peter Massey at pfm.sandy@gmail.com or Better Hearing Australia on 3844 5065 or bhabris@bigpond.com
- 6 **Social Club Morning Tea** at Better Hearing Australia at 10.00 am. All Welcome to attend for a coffee and friendly chat. Bring a Friend. \$2.00 per person.
- 9 **Redlands Hearing Impaired Support Group “Young at Heart” Short Film Festival** 9.30 am at the Donald Simpson Centre, 172 Bloomfield Street, Cleveland. Films are captioned and presented by the National Relay Service. Members \$5.00 per person, Non Members \$8.00 per person and includes a Cuppa. Visitors Welcome. For further information contact Paul on 0414 823 543 or email theda@tpg.com.au or refer <http://theda78.wix.com/rhisg-logo#!whats-on/ce3d>
- 9 **Redcliffe Hearing Impaired Support Group Meeting** at the Redcliffe Library, 476 Oxley Ave Redcliffe 1.00 p m—4.00 p m. For information contact Peter Massey pfm.sandy@gmail.com or Ph. 3844 5065 or bhabris@bigpond.com
- 9 **Qld Acoustic Neuroma Association Meeting.** Please refer to Page 3 for information.

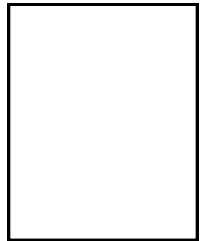
Cont. Page 7

EVENTS CALENDAR

- 13 **CICADA Queensland Gold Coast Group** Meet at 10 am at the Able Australia Rooms, Cnr High Street and Sykes Court Southport. (UBD M29 D10) Please bring a plate of food to share. For more information please contact Kevin on obbsie@gmail.com or Kerry on kerryderek@bigpond.com
Loop Installed. Printed with permission from CICADA Queensland.
- 19 **Speech Reading/Communication Class** 7.00 p.m. to 8.00 p.m. at 21 Vulture Street, West End. For information contact Better Hearing Australia on Ph. 3844 5065 or email bhabris@bigpond.com
- 26 **Better Hearing Australia Brisbane Board Meeting** 1.00 p m—3.00 p m at 21 Vulture Street, West End. Captions provided. All members welcome to attend the meeting and meet the Board.
- 26 **Speech Reading/Communication Class** 7.00 p.m. to 8.00 p.m. at 21 Vulture Street, West End. For information contact Better Hearing Australia on Ph. 3844 5065 or email bhabris@bigpond.com
- 29 **Queensland Gallery of Modern Art Volunteer Guided Tour** Please Refer to Page 5 for information
- May**
- 3 **Speech Reading/Communication Class** 7.00 p.m. to 8.00 p.m. at 21 Vulture Street, West End. For information contact Better Hearing Australia on Ph. 3844 5065 or email bhabris@bigpond.com
- 4 **Social Club Morning Tea** at Better Hearing Australia at 10.00 am. All Welcome to attend for a coffee and friendly chat. Bring a Friend. \$2.00 per person
- 7 **Logan Support Group meeting** 9.00 am for 9.30 am at the Logan North Library, Sports Drive, Springwood. Visitors welcome. For further information contact Peter Massey at pfm.sandy@gmail.com or Better Hearing Australia on 3844 5065 or bhabris@bigpond.com
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- 17 **Speech Reading/Communication Class** 7.00 p.m. to 8.00 p.m. at 21 Vulture Street, West End. For information contact Better Hearing Australia on Ph. 3844 5065 or email bhabris@bigpond.com
- 21 **CICADA Queensland North meets South day at Jacobs Well.** Meet for lunch at Jacobs Well Bayside Tavern. 11am for 12 noon start. Seniors lunch @ \$16 per person (mains) and dessert \$4.50. All families and friends welcome. RSVP 24 hours prior to booking. Prices are on a pre-order basis for seniors only. For further information contact secretary@cicadaqld.com.au
Printed with permission from CICADA Queensland.
- 21 **Redcliffe Hearing Impaired Support Group** Meeting 1.00 p m—4.00 p m at the Redcliffe Library, 476 Oxley Ave Redcliffe. For information contact Peter Massey pfm.sandy@gmail.com
Phone Better Hearing Australia on 3844 5065 email bhabris@bigpond.com
- 24 **Better Hearing Australia Brisbane Board Meeting** 1.00 p m—3.00 p m at 21 Vulture Street, West End. All members welcome to attend the meeting and meet the Board.
- 24 **Speech Reading/Communication Class** 7.00 p.m. to 8.00 p.m. at 21 Vulture Street, West End. For information contact Better Hearing Australia on Ph. 3844 5065 or email bhabris@bigpond.com
- 28 **Australian Tinnitus Association Meeting** at 2.00 p m at Better Hearing Australia 21 Vulture Street, West End. For More information contact Rod (07) 3289 2835, or Jill Lindley by email (Please put "Tinnitus" in the subject line) lindley24@tpg.com.au

Let's Hear It!

Surface Mail



BETTER HEARING AUSTRALIA BRISBANE INC.
21 Vulture Street, (PO Box 5334) West End. Q. 4101
Email: bhabris@bigpond.com

Is this mailing address correct?

If you have changed your address recently, or if any of your details on the front of this newsletter are incorrect, it would be appreciated if you could PLEASE do us a great favour and return this form.

Please complete both sections, so we can find you on our current list. Thank you very much!

Please return to -

Better Hearing Australia Brisbane Inc.

PO Box 5334

WEST END. QLD 4101

PREVIOUS DETAILS

Full Name.....

Address.....
.....

Phone No.....Fax No.....

NEW DETAILS

Name.....

Address.....