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ASPEN happenings

Good News About Hearing Aids Some myths and truths when it comes to these vital tools

More than 28 million adults in the US could benefit from a hearing aid. But among people ages 70 and older, less than a third of those who could use a hearing aid have ever tried one. One study published in the journal *Ear and Hearing* in 2019 found that people diagnosed with enough hearing loss to be eligible for hearing aids waited an average of almost nine years to actually get them.

A delay in getting hearing aids means a delay in enjoying their benefits, which research has found include not only improved listening ability but also a better quality of life. One study published in 2019 in the *Journal of the American Geriatrics Society* found that using hearing aids may even be linked to a delayed onset of dementia in older adults. "Relationships are frequently about those intimate shared moments-that little inside joke or that little small comment that you share," says Jani Johnson, AuD, PhD, director of the Hearing Aid Research Laboratory at the University of Memphis. "When you have hearing loss, it really takes a lot of those intimate moments from you." Still, plenty of people have hesitations about using hearing aids.

Here is what you should know about some common objections to these devices.

THEY'LL MAKE ME SEEM OLD

Hearing aid stigma is real. "We've been taught by our



culture that having hearing impairment is something to hide," says Linda Thibodeau, PhD, a professor in the audiology doctoral program at the university of Texas at Dallas. She encourages people to see modern hearing aids as what they are: cool gadgets with many exciting features, not just simple sound amplifiers.

Many types of hearing aids can be linked to your smartphone or your TV, and can feed phone calls, music, or TV audio straight to your device. Some models can use your location to tap into preset noise settings so that your hearing aid will automatically adjust to your preferences for your favorite coffee shop or restaurant, for example. There's another key change in newer hearing aids, says Johnson: Many are smaller and sleeker than older models. Don't assume you know what they look like-or what they feel like-before you actually try on a few.

THEY COST TOO MUCH

It's unfortunately true that hearing aids can be pricey, and that neither Medicare nor many insurance plans will pay for them. Still, some lower-cost options are available. Costco, for example, offers its Kirkland Signature 10.0 brand for \$1,400 per pair. Also, over-the-counter (OTC) hearing aids, which are likely to be less expensive, are coming soon. *(continued on page 3)*



POINSETTIA WORD SEARCH

Q X I G N I M O O L B N B U I X T H D G
 R C C U F E S T I V E D N Z N N P G E D E
 D T T N A L P A R M E I E E S X I R K E R
 Q B C T O K P H Z O Q U U T V E O V D R R
 K O T R L C P X Q U D P C Y U L H E X R O
 P T D A C F I U E L N A U S K E C D H O U
 T A E D I D N X C Y R S S L T E A X S U S
 D N G I R O L O E B M L O S M A M S V S
 L I U T V Y E S I M F F L B A M Z O Y H
 P C N I X K A R H T E O E B G B Z T S U
 E A A O S F V K R F A R B I P D M M E B
 F L C N K U E T I P Q R C K D T P A E C
 R B H E T B S P I N Y L O R B D O P C Y
 L A N D S C A P I N G K H C T T T S A E
 L I I G R O N P F I C Q P T E C T U R N
 L L X R V C D I H O L I D A Y D E N E M
 A C I R E M A L A R T N E C V O D H N N
 V G U B C H R I S T M A S N R C Q O N P
 U M N R Y T P Q Z R A G M R H P X Z S D
 B H M K A Z R R M K Z D S L E G E N D D

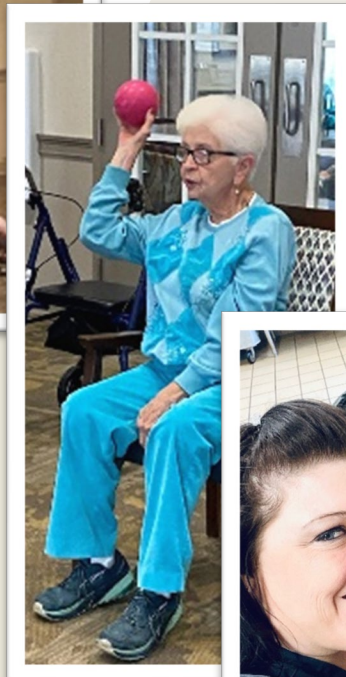
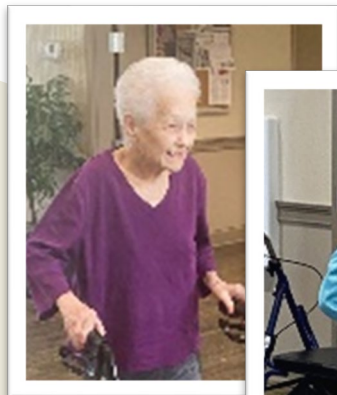
WORDS

- AMBASSADOR
- AZTEC
- BLOOMING
- BOTANICAL
- BRACTS
- CARE
- CENTRAL AMERICA
- CHRISTMAS
- DECEMBER
- DECORATION
- FESTIVE
- FOLKLORE
- HOLIDAY
- LANDSCAPING
- LEAVES
- LEGEND
- MEXICO
- PLANT
- POTTED
- RED
- TRADITION
- UNIQUE

making memories...

a look back at November

- Group Exercise
- Devotion
- Birthday Bash
- Bingo
- Card Games
- Build a Turkey
- Community Coffee Club
- Thankful Craft
- Charcuterie Turkey
- Canned Goods Donation
- Beauty Shop
- and more!



Good News About Hearing Aids (continued from page 1)

Congress legalized them in 2017, and the Food and Drug Administration will soon issue rules for manufacturers on how to ensure the OTC aids are safe and effective.

I DON'T NEED THEM

Age-related hearing loss happens gradually and can be difficult to notice at first. Getting tested as soon as you think you might be having trouble hearing is best, Johnson says, because doing so can increase your chances of having good results from a hearing aid. Many primary care doctors don't ask about hearing loss, so you may need to be proactive. A doctor may also be able to find reversible causes of hearing loss, such as earwax buildup.

THEY WON'T REALLY HELP

People who use hearing aids have plenty of complaints about them, like squealing or background noise. But newer devices are much better at handling those kinds of problems. Also, when it comes to background noise, small peripheral microphones, placed close to the person you're speaking with, can greatly improve your ability to hear your conversation partner or partners, Thibodeau says.

And it's not just you that stands to benefit from hearing aids. A study published in 2020 in the Journal of Speech, Language, and Hearing Research found that hearing aids reduced the effort needed to have a conversation in a loud area-for both the user and their conversation partner.

Source: Consumer Reports On Health, September 2021

DID YOU KNOW?

Music Boosts Stroke Recovery – People who listened to vocal music while recovering from a stroke showed more improvement in language than those who listened to audiobooks or instrumental music. In addition to the usual rehab treatments, these stroke survivors listened to music they enjoyed for at least an hour a day for two months. The researchers say that vocal music stimulates the brain more than words alone or instrumental music.

Source: eNeuro, June 17, 2021.

One Cause of Balance Problems– Hearing loss was linked to balance problems, slower walking, weaker endurance, and more difficulty getting up from a chair in a study of 2,956 seniors. A possible reason? Those with hearing loss get less feedback from their environment as they move.

Source: JAMA Network Open, June 25, 2021



- O. Blaise, 6th**
- M. Kavitz, 8th**
- D. Hoff, 21st**



**New
Activities
Director**

It is with great pleasure that we announce the promotion of Melissa Howell to the position of Activities Director. Melissa has served in the critical role of resident aid at the Aspen since May of 2019. She is an outstanding employee and has a very special bond with all of our residents.

Melissa is quick to greet everyone with her infectious smile and when she is present, the building is full of joy and laughter.

When not at work Melissa enjoys spending time with her family and friends. When asked what she loves about her job she stated “This does not feel like work, it is like having several sets of grandparents and it is such a blessing.”

We are thankful to have Melissa as a part of our team and excited to welcome her to her new role as Activities Director!

Special Events

- 02 – Christmas Parade
- 12 – “ELF” at Brookhaven Little Theatre
- 14 – Community Coffee Club
- 14 – Christmas Lights in Tylertown
- 16 – Resident Christmas Party
- 16 – Milk and Cookies with Santa
- 21 – Christmas Family Night
- 25 – CHRISTMAS DAY For full Aspen activity calendar visit aspenofbrookhaven.com.



UNSCRAMBLE

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Answer: nativity

More memories...



**500 Silver Cross Drive
Brookhaven, MS 39601**

A community enriched by you.

