

the lisbon link

October/November 2013

As you can see, this is an abbreviated issue of "THE LISBON LINK". Judy has had successful surgeries on both hands and is expected back by the end of September.

During the past three months, I have had the pleasure of meeting and working with the most wonderful people who made the job of filling in for Judy a pleasure and exciting experience. Getting to know each of you on a personal basis, rather than just a familiar face, has been very rewarding.

I want to thank Rita, Lee, Vicki, and Glenda for all their support these past months. I couldn't have done it without their support. I also would like to thank all the volunteers who make the Senior Center flow smoothly day after day, activity after activity. You can be very proud of YOUR Senior Center.

Stop by the Senior Center next month and say "Welcome Back" to Judy and see what's new.

Joyce Kvist

Menu

LOOK WHAT GLENDA IS COOKING UP IN THE KITCHEN



Oct 9th

Soup/Sandwich\$4.00
grilled tomato & cheese - corn chowder

Oct 18th

Deli Special.....\$4.00
ham grinder & chips

Oct 24th

Seafood Salad.....\$4.00
on croissant with cole slaw

Nov 7th

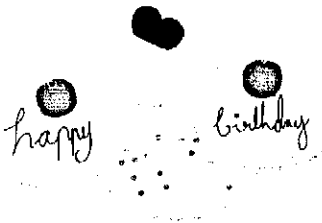
Deli Special\$4.00
tuna grinder & chips

Nov 19th

Deli Special.....\$4.00
turkey grinder & chips

please sign up the week before

Happy Birthday to Everyone with a
Birthday in October & November



Wishing You Health & Happiness

UPCOMING

TRIPS

Thursday, October 17th

Wrights Farm
Restaurant & Gift Shop



October 2013

Laughter is by definition healthy. -Doris Lessing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
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November 2013

If you think you can, you can. And if you think you can't, you're right! -Mary Kay Ash

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FIGHTING THE FEEDBACK “MONSTER”

At times hearing aids make an ear-splitting screech that will drive most people crazy. This horrific noise, called feedback, occurs in all audio systems, including public address systems.

In the hearing care profession, we have been fighting the feedback “monster” for many years. Possibly you may have heard that the incredible improvements in digital processing have eliminated feedback from hearing aids. But, I’m sorry to say, controlling feedback is still one of the major tasks of fitting hearing instruments. And, if the current popularity of open-fitted hearing aids continues—and it looks as if these instrument are here to stay—the number of patients dealing with problematic feedback will keep on increasing.

SO HOW DO WE TAME THIS MONSTER?

We should start by giving some serious thought to the difference between what the patient needs in terms of the amount and bandwidth of amplification, and what the patient wants in terms of models and venting.

Patients prefer the sensation of wearing an open-fitted hearing aid. It’s inherently more comfortable to have your ear canal feel “open” than “plugged up.” For this reason, patients find it much easier to get used to open-fitted instruments than fittings that occlude the ear canal. Also, some patients hate the idea of wearing one of the larger, old-fashioned BTE instruments, so they sometimes choose a style of instrument that tends to have substantially more feedback.

When I discuss hearing aids with patients, I give them my recommendations. But, I am no longer surprised when the patient chooses a hearing aid that I have clearly described as a “poor choice.” Years ago, when I was younger and more foolish, I would argue with the patient. No more. I would rather the patient wear a “poor choice” instrument than no instrument at all.

But, in these cases I make sure the patient and, especially, the patient’s family understand my reasoning. Otherwise the patient will return in a year saying, “Why did you sell me this hearing aid if you knew I was going to have problems with it?” It is important that the patient and hearing aid professional know and discuss the limits of amplification for each model. For example, open-fitted hearing aids cannot produce any significant gain in the lower frequencies. The amplified sound in the lower frequencies escapes the ear through the wide open ear and causes feedback.

Controlling feedback depends on the type of “plumbing” (canal length and vent) the hearing aids have. Earmolds and vents are critical items as these “plastics” hold the sound in the ear canal, thus preventing feedback from occurring. When feedback is an issue, use longer canal lengths and small vent; this decreases the amount of “leakage” of amplification and reduces feedback.

When I talk about feedback I like to compare sound pressure to water pressure: To avoid a water leak with a hose, the hose must be attached securely to the water outlet. Any leak in the hose results in a substantial loss of water. Following this analogy, any opening in the earmold allows a substantial loss of sound, and an increase risk of feedback.

Take Control of Your Health: 6 Steps to Prevent a Fall

Every 10 seconds, an older adult is seen in an emergency department for a fall-related injury.

*September is Falls Prevention Awareness Day.
Stay safe with these tips!*



Find a good balance and exercise program
Look to build balance, strength, and flexibility. Contact your local Area Agency on Agency for referrals. Find a program you like and take a friend



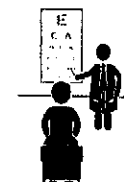
Talk to your health care provider
Ask for an assessment of your risk of falling. Share your history of recent falls.



Regularly review your medications with your doctor or pharmacist
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



Get your vision and hearing checked annually and update your eyeglasses
Your eyes and ears are key to keeping you on your feet.



Keep your home safe
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



Talk to your family members
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



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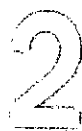
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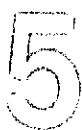
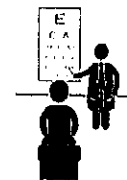
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