



January 2021 Volume 22, Issue 1

When: January 21st at 12 noon

How: Via Zoom. We will email the meeting id and password a day or so before the meeting.

Topic: Discussion with an audiologist on treatments and issues related to getting audiology care.

Let's have a lively discussion of what's relevant to us on our journey to better health and connection to others. Here's to a better than ever New Year!

We will be sending the meeting ID and Passcode to everyone on our email list. If you're not sure whether or not you are on the list, please send your email address by sending an email to one of the board members listed on page 7.

This month please join us! Our meeting will be informative and fun. It's so nice to "see" our members in this way, since we are unable to meet in person at this time. Ask a friend to join also. an now to attend our meeting!



Opportunity to Buy Useful Office Storage and Desk!

Dear HLA Members & Friends,

As you know, the Hearing Helpers Room was forced to close in the Spring (2020). By the end of June we had placed all the office furniture in storage. The storage fee is \$40 per month (and will increase by \$5 in December), and that figure is just not in the budget.

Your board has made the hard decision to sell it all. So, once again we are coming to you with high expectations. Below is a list of the pieces available and some photos. To submit your offer, please contact me directly. My email is ron-gmi@swbell.net, my cell phone is 405-550-3224. I look forward to hearing from you.

Sincerely,

Ron Hendricks

Modular units for home – office – school...

These nice modular units are a great addition to any storage situation. These are pieces that were in the Hearing Helpers Room. The units were purchased new from Michaels. Prices ranged from \$30 - \$150.

Your local HLAA chapter needs your help. If you can use any, please make a generous tax deductible donation. Your local chapter of HLAA is a 501(c)3 organization.

They are all in storage now at a cost of \$40 per month and we need to clear the storage unit.

Thanks to the generosity of several members we have sold most items. We still have a few pieces remaining.

We still have:

- 60" executive desk. \$50
- 4 drawer file cabinet. \$100
- lateral file. \$200
- modular 6 pocket cabinets. \$39 each
- modular book case. \$139
- side chairs -- 4 nice, stack able, Grand Rapids Chair Co. Brown fabric seat & back. Clean. \$12.50 each
- electric strips -- 4: Chicago Electric metal power strip. 4 feet long, 12 outlets. Black in color. \$25 each

Call Ron Hendricks

Cell: 405/550-3224



modular 6 pocket cabinets



4 drawer file cabinet



lateral file



electric strips - 4



modular book case



4 stackable side chairs



desk

To ask about prices and where to pick up the items, email or call Ron Hendricks: ron-gmi@swbell.net, cell phone is 405-550-3224.

This is a great opportunity to acquire some useful office or home storage, and help out your local HLAA chapter!



JANUARY BIRTHDAYS

DORIS BRINLEE

SHARON HENDRICKS

SANDRA KRUG

LEON NELSON

HAPPY BIRTHDAY!

Suggested by Terry Mock

<https://www.consumerreports.org/hearing-ear-care/what-you-eat-can-protect-your-hearing-diet-hearing-connection/>

Consumer Reports: Listen Up! What You Eat Can Protect Your Hearing. There is a connection between your diet and your ears

By Hallie Levine

September 14, 2020

About 44 million American adults have hearing loss, and that number is expected to almost double to 73 million by 2060. In addition to minimizing exposure to high-decibel noise, recent and accumulating research indicates that following a healthy diet may be another way to prevent hearing loss.

“It’s clear now that diet is a factor, along with other issues such as noise pollution, age, certain types of medications, and certain medical conditions such as diabetes,” says Enrique Perez, MD, an otolaryngologist at Mount Sinai Hospital in New York City.

In a 2020 review of 22 studies, researchers in Spain found evidence linking fruits and vegetables, omega-3 fatty acids, and antioxidant nutrients, such as vitamins A, C, and E to a lower risk of developing age-related hearing loss. Other research shows that people who ate fish two to four times a week had about a 20 percent less chance of hearing problems, and that getting too little folate—less than 200 mg per day—raised the risk.

But rather than focusing on specific foods or nutrients, many experts say it’s the quality of your overall diet that’s most important for healthy hearing.

For example, in one 2018 study involving more than 81,000 women, those whose diets most closely matched one of three healthy eating patterns—the alternate Mediterranean diet (AMED), the Dietary Approaches to Stop Hypertension (DASH), and the 2010 Alternative Healthy Eating Index (AHEI-

2010)—had a 30 percent lower risk of developing hearing loss over the 22-year study period. (The women were ages 27 to 44 at the start of the study.) Another study of more than 3,000 women published in 2020 in the *American Journal of Epidemiology* found similar results.


How What You Eat Affects Your Ears

There are several reasons why a healthy diet may be protective against hearing loss, says Sharon Curhan, MD, a physician and epidemiologist at Brigham and Women’s Hospital in Boston who was the lead author on both studies.

Just as it is for the rest of your body, adequate blood flow is key for proper ear function. A healthy diet can help enhance this by improving cholesterol and lowering blood pressure. Eating a healthy diet can also provide protection against oxidative damage and reduce inflammation.

There’s evidence, too, of a connection between hearing loss and type 2 diabetes and high blood pressure—conditions where the quality of the foods you eat greatly contributes to risk, says Erika Woodson, MD, an otolaryngologist at the Cleveland Clinic.

“The inner ear is very similar to both the kidneys and the eyes in the sense that its health is dependent on the tiniest of blood vessels,” she says. “We know that type 2 diabetes and high blood pressure cause damage to these tiny blood vessels and affect both your kidneys and eyes. Few people know that the same organ damage occurs in your ears.” A poor diet and sedentary lifestyle, she adds, can raise the risk of you developing either of these two conditions, which then causes tightening of your arteries, impeding blood flow everywhere—including to your ears.

“I tell all my patients with hearing loss to follow a heart-healthy diet,” Woodson says. “If it’s good for your heart, it’s going to be good for your ears, as well.”

Editor’s Note: For the complete article, please go to the web site given at the top of this article. And thank you, Terry Mock, for alerting me to this helpful and informative news!



OUR MISSION

The Mission of the Oklahoma City Hearing Loss Association is to open the world of communication to people with hearing loss by providing information, education, support and advocacy.

Volunteer: a person who performs a service willingly and without pay.

Good friends are like stars. You don’t always see them, but you know they’re always there.

Want to volunteer? Contact Venice Meade at vmeade1@cox.net, (405) 537-4907. We welcome you to join us!

HLA Board Members

Ana Covey, okhearingloss@gmail.com, Board Chairperson

Pat Fennell, pbreilh@att.net

Sylvia Frank, sylviafrank43@gmail.com

Ron Hendricks, ron-gmi@swbell.net, Treasurer

Sharon Hendricks, sharonok@swbell.net

Elaine Lains, elains@cox.net, Editor

Nancy Landrum, nanlan@cox.net

Bob Quatro, quatrora@cox.net

Change of Address - Mail or Email

Please let us know, so you can continue to receive the newsletter and other publications from the HLA Central Oklahoma Chapter. See page 2 for people to contact.

The **Hearing Loss Association of America Central Oklahoma Chapter (HLAA-COC)** newsletter is published monthly by the Central Oklahoma Chapter. The views and ideas expressed herein are those of the editor and staff of the Hearing Loss Association of Central Oklahoma and may not always reflect those of Hearing Loss Association of America. For further information: Write to our chapter address: PO Box 42801, OKC, OK 73123.



HLAA Local Website and Forum

Visit www.okchearingloss.org to view maps and schedules for our local chapter meetings and special events. Read about the services offered by the *Faye Donalson Hearing Helpers Room*. Visit http://groups.yahoo.com/group/OKC_HLAA for the OKC-HLAA forum. Sharon Hendricks is our webmaster. We welcome your feedback and comments on our websites. For the Facebook page, search in the Facebook search box for HLA CentralOklahomaChapter.

Hearing Loss Association of America

If you are not yet a member of National HLAA, you are encouraged to join and take advantage of their services. The bimonthly Hearing Loss Magazine is full of treasures for anyone with hearing loss or the family and friends of such.

Founded in 1979, the Hearing Loss Association of America (HLAA), is the nation's foremost advocacy organization for people with hearing loss. It opens the world of communication to people with hearing loss through information, education, advocacy and support.

Information can be found at www.hearingloss.org. The national headquarters WAS located at 7910 Woodmont Avenue, Suite 1200, Bethesda, MD 20814.

The new address is: 6116 Executive Blvd, Suite 320, Rockville, MD 20852.

!! THANKS TO OUR SPONSORS !!

Our thanks to these sponsors for supporting the Hearing Loss Association - Central Oklahoma Chapter. Your support of our organization and its programs is greatly treasured.

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**Mail your support of an annual tax deductible donation to:
*Hearing Loss Association of Central Oklahoma, Chapter Treasurer, PO Box 42801,
Oklahoma City, OK 73123.***

Platinum Level: \$500

Gold Level: \$250-\$499

Silver Level: \$100-\$249

Bronze Level: \$50-\$99

New Membership or Renewal: Bring to a chapter meeting or mail to:

**Hearing Loss Association of America Central Oklahoma Chapter
PO Box 42801, Oklahoma City, OK 73123**

Please Print Clearly:

Name _____ **Date** _____

Address _____

City _____ **State** _____ **Zip** _____

Birthday Month _____ **Phone** _____

E-mail address _____

New to Hearing Loss Association – Central Oklahoma Chapter

Preference for your newsletter delivery:

email Postal Mail

Are you a member of HLAA – National? Yes No

Annual chapter dues: \$10.00 per individual or \$15.00 per family.

Contributions are tax deductible. Amount of donation \$ _____

Membership is based on the calendar year: January through December.

JOIN TODAY!