



April 2021 Volume 22, Issue 4

When: April 15th at 11:30am until 1pm

How: Via Zoom

Featured: A Pre-Recorded Interview with Oklahoma City Mayor Holt
If there is time, we can all discuss the interview.

Copy this link into your browser to find the meeting:

<https://us02web.zoom.us/j/82968027392>

Meeting ID: 829 6802 7392

We meet on the 3rd Thursday of each month from 12-1:00pm Central Time (11:30-12:00 meet and greet).

Feel free to share this invite with your audiologist, as well as anyone you know. The meeting will have live captions and friends who understand life with hearing loss

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!



Keeping Up the Good Work

The work of mutual support, the mission of advocating for hearing accessibility in our communities, and the continuing efforts to provide information about hearing loss and the hearing assistive technologies available - these are some of the reasons to continue your membership in the Central Oklahoma Chapter of the Hearing Loss Association of America.

At the beginning of every calendar year we look forward to your participation in the HLAA for the new year. Please make your yearly donation of dues, so we can all continue to share information, and support one another and our communities.

Just so you'll know where your membership dues/donation is going, our treasurer, Ron Hendricks, has provided a list of expenses:

- The captions at the monthly Zoom meetings: \$100 for each meeting
- Newsletter: \$44 per issue
- Scholarships: \$1,500 each
- We also need your support for on-going projects of the group. Attend the monthly Zoom meetings and make your own suggestions!

Membership amounts: individual: \$10, family: \$15.

Thank you, and

Keep Up the Good Work!



<https://hearinghealthmatters.org/hearingnewswatch/2021/hearing-loss-vision-loss-dementia-risk/>

Study: Having Both Hearing Loss and Vision Loss May Double Dementia Risk

April 9, 2021 HHTM

MINNEAPOLIS, MINNESOTA – Losing some hearing or eyesight is often a part of getting older, but a new study says losing function in both senses may put you at greater risk of dementia and cognitive decline years later.

The research is published in the April 7, 2021, online issue of *Neurology*®, the medical journal of the American Academy of Neurology.

The study did not find such a link between losing just one of those senses. The study looked at 6,520 people between the ages of 58 and 101. Visual and hearing impairment was determined

by questionnaire asking about using glasses or hearing aids.

Dementia was more than twice as common in the group with both impairments at the beginning of the study. In that group, 201 people out of 2,631, or 8%, had dementia at the start of the study, compared to 2.4% with one sensory impairment and 2.3% with no sensory impairment.

During the six-year follow-up period, after adjusting for factors like sex, education and income, researchers found that the group with both hearing and seeing impairment were twice as likely to develop dementia than the group with normal sensory function. People with just one impairment were no more likely to develop dementia than those with normal sensory function.

In addition, the decline on thinking test scores was steeper among people with both hearing and vision impairment.

Editor's Note: The article above is depressingly bad news for those of us in our senior years. But there's hope! Please read the following article to learn about how we can help ourselves to live better!

<https://sciworthy.com/diet-and-exercise-can-shape-how-your-mind-ages/>

HLA Newsletter Editor's Note: The following article is not directly related to hearing loss, but studies other than the ones described in this article suggest the aging process and lifestyle affect everything - from heart health to hearing health, therefore making this information relevant for all of us.

DIET AND EXERCISE CAN SHAPE HOW YOUR MIND AGES

In a matter of weeks, changes in diet, physical activity, and mental engagement improved dementia symptoms.

January 21, 2021 By Juliana DiGiacomo

Dementia is a condition that many of us are all too familiar with, within friends and family. Dementia itself is a blanket term that describes several conditions, including a decline in thinking skills, memory loss, and altered behavior, feelings and relationships. Alzheimer's disease is the most common cause of dementia and occurs in 10% of people over the age of 65.

What makes this even more troubling is the proverbial "Silver Tsunami" which lays on the horizon. The "Silver Tsunami" refers to the ever-growing swell of adults over 55 in many developed countries as a result of improved life expectancy. Riding with this wave are the 82 million people worldwide which are expected to be diagnosed with dementia by 2030 and 152 million by 2050.

With the wave of dementia cases at hand, research on preventative measures is now more important than ever.

This holds especially true for preventative measures for individuals beginning to experience Subjective Cognitive Decline or SCD. SCD is the self-reported experience of worsening or more frequent confusion or memory loss. A report by The Lancet International Commission on Dementia Prevention and Care suggested that between one-third and one-half of all cases of Alzheimer's disease are directly correlated to an individual's lifestyle earlier in life.

This spurred a recent 2020 study at the Centre for Research on Ageing, Health and Wellbeing (CRAHW) in Canberra, Australia which aimed to investigate how lifestyle changes of those in the early stages of dementia could curb the trajectory of the condition. The study consisted of an 8-week lifestyle modification program which attempted to reduce dementia risk for people experiencing cognitive decline. Participants were from Canberra, Australia, older than 65 and diagnosed with or reported SCD.

Over the 8-weeks, all study participants completed several online educational modules about dementia prevention. The educational modules taught participants about the known mental benefits of cognitive engagement, the Mediterranean diet, and physical activity.

Cognitive engagement includes a wide range of activities from "reminiscing with a person about the good ol' days" to playing the piano, and has long been acknowledged by doctors to combat advancing dementia. The idea of 'use it or lose it' has become very popular in the study of retaining brain function with age.

The claim is that to maintain your cognitive ability, you must use your cognitive abilities.

Why the Mediterranean diet? They modeled their experiment after several previous studies. One of those studies had positive results from the diet in cardiovascular disease and another had positive results in patients with cognitive decline. If you haven't heard of the Mediterranean diet, Mayo clinic describes it as mostly plant based foods with the inclusion of fish, poultry, beans and eggs, but little red meat. Physical activity was included in this study because they found in their background reading that it had not been studied enough in patients with cognitive decline.

One group of participants was used as a baseline where they engaged in nothing else except for the online program. The other group, the intervention group, completed the same online educational modules and took part in activities including meeting with a dietitian and exercise physiologist and completing brain training. These practical

components were designed to assist the participants in actually implementing changes into their lifestyles.

After the 8-weeks of intervention, the scientists continued 6 months of follow-ups in which they conducted several tests of cognition including decision making, logic, and speech. Over these 6 months, the scientists found even though the members of this study were already experiencing the beginnings of cognitive decline, the short period of intervention significantly improved overall cognition scores. The baseline group showed improvement, but to a much lesser extent.

The crux of this study is the importance of professional support in helping individuals to fight dementia. Education alone did not significantly help the control group avoid decline.

When this control group was presented with ways to curb cognitive decline on a silver platter, we don't see the striking improvements in cognitive performance that we do in the intervention group. The difference is the inclusion of professionals in the prevention process.

Dementia is not a battle to be fought alone. Although cognitive decline is not clearly preventable in all cases, taking advantage of professional support through dietitians, exercise physiologists, or structured brain training led to drastic change. Importantly, even patients already experiencing symptoms have the potential to improve. While the "Silver Tsunami" still appears daunting, tangible lifestyle changes may itself be the necessary life preserver for an aging population.





Bringing back the Grapevine News!

Please feel free to share any personal news with us, your friends in the HLAA-Central Oklahoma Chapter.

Do you have, or are expecting, a new grandchild?

Are you planning, or have you been on a trip lately?

Do you want to share the accomplishments of a family member? Do you have any other items to mention?

My news: Thanks to myself and my sisters receiving the vaccine, I was able to visit with them in person in Missouri, at long last! Do you have good news to share? Please send it to me at: elains@cox.net.

Thank you!

Elaine, editor of this newsletter

BIRTHDAYS IN APRIL

Linda Bryant

Shelley Gladden

Tony Howard

Barbara Lorus

Dr. Marcia Moore

HAPPY BIRTHDAY!



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 vmegade1@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, quatror@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 HLAA Central Oklahoma Chapter. See the list of board members above 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 board 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.oklahomahearingloss.org to view schedules for our local chapter meetings and special events. 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 HLAA 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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GN Resound Hearing Aids, OG&E Energy Corp, Oklahoma ABLE Tech

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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!