



TEA FOR TWO: With help from tea girl Morgan McPhail (centre) Joan Waldie-Jenkins selected her favourite brew as she shared a proper English tea with husband, Emrys Jenkins on Saturday during the annual tea and sale at Churchill Community Church. - Frances Niblock photo

BRANCH No. 197 **LEGION NEWS** By James Hayes P.R.O.

On Friday December 10 we will be having an Initiation Night; this is your opportunity to welcome our new members.

Saturday, December 11 is the annual Christmas Turkey Roll. Come down early and join in the fun.

The New Year's Eve party tickets are \$25 each and available at the bar, remember, bus transport home will be provided.

President's Levy on New Year's day will see the Early Bird draw, and Christene Saunders and Steve Hogg will entertain us from 1:30pm-5:30pm.

It is our intention to

have a Burns Night on January 22, 2005. Your support for this evening will enable us to make this an annual event.

Tickets \$2 each available at the bar until January 11.

District curling will take place Dec 4/04 at the Acton Curling Club; registration at 9am.

Zone B7, 5-pin bowling, hosted by Branch 197, will be played in Georgetown Cribbage will be played in Cooksville; sign-up sheets are on the Sports Board.

Yours in Comradeship.

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CONSEQUENCES OF HEARING LOSS

Special Thanks to Hear-it AISBL

Untreated hearing loss may lead to numerous social and psychological problems. Some hearing-impaired people also experience physical problems because of their hearing loss.

Reactions differ from person to person, but most hearing-impaired people suffer some social, psychological and physical problems as a result of their hearing loss.

Surveys indicate that hearing-impaired people benefit socially and psychologically and improve their quality of life when their hearing loss is treated with proper hearing aids. One of the surveys was carried out by the National Council of Ageing, (NCOA), in the USA.

PSYCHOLOGICAL CONSEQUENCES

It is commonly known that untreated hearing loss may have serious negative psychological effects. Some are more common than others - here are some of them:

- Shame, guilt and anger
- Embarrassment
- Problems concentrating
- Insecurity
- Sadness or depression
- Worry and frustration
- Anxiety and suspiciousness
- Self-criticism and low self-esteem/self-confidence

Untreated hearing loss can also make the person irritable and less tolerant towards other people. Some people even become paranoid.

SOCIAL CONSEQUENCES

People who suffer from untreated hearing loss often find it extremely difficult to participate in social activities, even within their own family. Some common social problems for people with untreated hearing loss include:

- Isolation and withdrawal
- Distraction/Lack of concentration
- Problems at work - may have to give up working/retire
- Problems participating in social life and reduced social activity
- Problems communicating with wife/husband, friends and relatives
- Problems communicating with children and grandchildren
- Inattentiveness
- Bluffing
- Sexual problems
- Loss of intimacy

The Royal National Institute for Deaf People, RNID's, survey 'Breaking the sound barrier' from 1999 found that 71% of deaf and hard of hearing people felt isolated because of their hearing loss. RNID also found that 39% avoided meeting new people and that 91% had difficulties coping in public places.

PHYSICAL CONSEQUENCES

Untreated hearing loss often results in certain physical problems. In general, hearing-impaired people who suffer from untreated hearing loss express less physical well-being than people with normal hearing and hard-of-hearing people who use hearing aids. Some of the consequences include:

- Tiredness or exhaustion
- Tense muscles
- Eating and/or sleeping problems
- Stomach problems
- Stress
- Vertigo
- Sexual problems
- Problems with sports
- Increased blood pressure
- Headache

When a Doctor wants to know what blood type you have, the lab needs to do a test and send your doctor the hearing report. It works the same way with your hearing, we need a measurement of your hearing to help you to determine what levels you are at. Please come spend an hour with us so we can listen to your hearing concerns and find out some answers. A copy of your test will be sent to your family doctor for your records.

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VALID FROM JANUARY 1/05 - MARCH 30/ 05