

EYE HEAR

BETTER
HEARING
AUSTRALIA 
(Victoria) Inc.

MARCH 2010

It's March ALREADY

I can't believe it's March already. Not only has Better Hearing Australia been keeping me busy but in my personal life, I've also been on the go.

We are really excited to launch three things in March. First there is our first **Event Series**. This has replaced our Round Table Discussions with our first guest speaker from Widex to talk about the **Latest Hearing Aid Technology** on **Wednesday 24th March** starting at **2pm**.

On the same day, we will also launch **Barry - our Better Hearing Bear**. So straight after our Event Series on **Wednesday 24th March**, we will be launch our gorgeous fundraising bear - at about 3pm. I bought a Barry for my 3 year old daughter and now Barry is one of the family which needs to sleep with my youngest every single night.

We are also very excited to launch, at the same time as we launch Barry, the **Better Hearing Australia Footy Tipping Competition**. Hellen Broadbent, a mad Blues supporter (I personally barrack for Richmond) will be the Footy Tipping master this year. Come along on the 24th—it will be a fantastic afternoon.

As well as being involved in Footy and Bears, we're also going to be involved in **Easter**. On **Thursday 1st April**, we'll be having our very first **Easter Egg Hunt**. Bring the children and grandchildren, or simply come on your own and enjoy a lovely morning tea. The hunt starts at 10.30am - hope to see you all there.

I've also been busy recruiting a new member at Better Hearing Victoria. A Member and Volunteer Coordinator will start soon to look after membership and volunteering / group activities. I'll be able to update you on this new part-time role in the next newsletter.

From the President - Ted Drowley

Enclosed with the newsletter, we are pleased to have the registration form and information for the Better Hearing Australia National conference in October. We hope you can all come to the 64th National Conference held at the fantastic Rydges Bell City in Preston. This new facility is amazing and we've already got presenters and key note speakers lined up who are leaders in their field speaking on the conference topic:

Better Hearing - Technology and Techniques.

In this Edition:

- Warning against Tinnitus 'cure' website
- BHA Groups - The Future
- National Relay Service Feedback Request
- Betty's Holiday - the next installment for Betty Hearing Aid
- Footy Tipping Fever
- Introducing Barry our Better Hearing Bear

We're on the web!

www.betterhearing.org.au



Better Hearing Australia is now on facebook (group):

<http://www.facebook.com/pages/Better-Hearing-Australia-Inc/126530779035>

Also don't forget to give us your email. As part of your membership, you receive four Eye Hear newsletters with the journal every quarter in the mail. Plus if you have an email and would like extra newsletters free (mid Jan, mid April, mid July and mid Oct) we can email these to you. So please send me your email address and we'll update our database.

On a personal note, I have been busy training for the Run for the Kids 14.9km run, as part of the Good Friday Appeal on 14th March. I'll let you know how I go as I haven't done a fun run for many many years. Wish me good luck.

It's a busy time. Looking forward to catching up with everyone on the **24th March** at our first Event Series and Teddy / Footy Tipping Launch.

Until then... Susan 😊

Susan Fiori, Executive Officer
Susan@betterhearing.org.au



BETTER HEARING
TECHNOLOGY
& TECHNIQUES

Conference & Expo – 7 to 10 October 2010

As well as providing a tour desk, there will be a welcome reception, BHA Victoria Branch Visit Cocktail Function (including Bus transfers), Gala Dinner and Come and Try Displays. As well as

the conference and activities, we're also having a trade expo, in which the planning and bookings are well underway. This conference is open to everyone—so we recommend you book as soon as you can to avoid disappointment.

★TED★

RNID warns against tinnitus 'cure' websites

The Royal National Institute for Deaf people is the highly respected, peak body representing people with hearing loss in the UK. They have recently put a warning on their website which we should all be aware of. It says in part;

In recent weeks there has been national media coverage of websites which claim to 'cure' tinnitus.

The websites, which claim to provide a 'cure' for tinnitus for a fee, have little or no scientific evidence backing their claims. Often there is little mention of preventing noise induced tinnitus by wearing earplugs or taking sensible precautions when listening to live music or an MP3 player.

Tinnitus is a medical term to describe a noise that people can hear in one ear, both ears or in the head – such as ringing, buzzing or whistling. The sounds heard can vary from person to person and be very distressing, but the common link is that they do not have an external source.

Although there is currently no single cure for tinnitus, there are treatments which can help people manage the condition successfully, reducing its impact on their life.

Crystal Rolfe, RNID Audiology Specialist said, "There are many websites which claim to have a 'cure' for tinnitus when in fact there is little scientific proof that the therapies or services they are selling have any benefit at all. We would like to urge people to exercise caution when researching tinnitus therapies and to consult their GP or call the RNID Helpline for information".

Likewise, Better Hearing Australia (Vic) recommends caution when finding this type of information on web sites. There have been many advances in the management of Tinnitus in recent years, but there is no magic pill or "cure". Hearing Advisors at BHA (Vic) recently found one web site which not only "guaranteed" a cure, but suggested that the only reason their cure would NOT work was if you had a tumour! This is appalling and not only gives people false hope but also frightens them unnecessarily.

If you have problems with Tinnitus, contact:

BHA (Vic) Hearing Advisor (03) 95101577 or

The Tinnitus Association of Victoria, (03) 9770 6075.

Tinnitus Association of Victoria: www.tinnitusvic.asn.au

British Tinnitus Association: www.tinnitus.org.uk

Request for Feedback

Liz Evans from the BHA Sunshine Coast Branch is currently serving on the NRSCC (National Relay Service Customer Consultative Committee), nominated by Deafness Forum Australia Ltd.

According to the TOR (Terms of reference) with this committee, as a consumer representative, part of Liz's role is to gather feedback from NRS customers relating to their experience of using the relay service. Feedback can include any negative experiences, suggestions or ideas for improvement or general comments of using the Relay Service.

Other members of the Committee include Govt observers from ACMA, the DBCDE plus 2 other consumer representatives and some staff from the NRS and ACE.

Comments can be sent to Liz via email : lizevans4@bigpond.com by COB 12 March, which she will then forward to be tabled into the Agenda for the next meeting due in April 2010. The NRS will reply to consumers feedback comments afterwards.



The last week of February was Organ Donation Awareness week.

Australia has one of the lowest donation rates in the developed world.

This wish to help others becomes a reality if Australians learn about organ and tissue donation and make the decision to become a donor. Families also need to know the wishes of the potential donor. This means discussing, understanding and accepting each family member's decision. If families are unaware of their deceased loved one's decision about organ and tissue donation, they are less likely to give consent for donation.

Families also need to know individuals' wishes about tissue donation. For more information, see web site:

<http://www.donatelife.gov.au/>

Our BHA Groups - The Future?

In February, 5 BHA Victoria groups commenced their sessions for the year – at Box Hill, Eltham, Lilydale, Bendigo and Colac. Some of these groups meet with a tutor twice a month, others monthly or even less frequently. There are also some country groups conducted by BHA Geelong. At these group sessions the tutors assist the members to manage their hearing loss through information, discussion and learning. The life-span of these groups is dependent on both the tutor and the members wanting to continue.

Ten years ago there were 30 groups in Victoria. Why are there so few groups left? A number of reasons have been put forward over the years, some people suggesting that these groups are no longer needed. It has been stated that people no longer need groups to provide long-term support and assistance with their hearing loss; they are usually satisfied with the short-term assistance that is provided by the hearing advisers. Another reason is that we have lost most of our tutors, and no new ones have been trained to take their place.

Of course, with the advances in technology over the years, people usually get good results from hearing aids, cochlear implants, or other devices, so perhaps they feel that they no longer need conversational and lipreading practice and other group activities to improve their communication skills.

For two years now we have advertised on our website (under 'Support Groups') that we are willing to start new Support Groups, in the suburbs or country regions, if people express an interest in them. These groups do not teach lipreading, but provide discussions, information, and social contact. The original idea was that a group member would take on the 'convenor' role, but in those groups running last year, participants instead felt the need for a trained leader to take on this role.

What do you think about the need for support groups? The Members' Forum would like to know what you, our members, need, as we are planning to –

- recruit and train new group leaders
- continue our offer to start new support groups.

Some of our newer BHA members, or even long-term members, may not have attended a Better Hearing group. Would you be interested in attending a monthly group (for a year or two) for learning, support and social contact with other hearing impaired people, or are you managing your hearing loss well and find all your needs are met through the services of a hearing advisor? Or is there another type of group activity or program that you would be interested in? Let us know by writing to Susan Fiori, EO, BHA Victoria, 5 High Street, Prahran 3181, or email Susan@betterhearing.org.au

Carole McCarthy, Chair, Members' Forum



Captioned Movie Afternoons: Friday 26 March

Everyone Welcome - Last Friday of each month - Free

1pm Start at BHA Prahran, 5 High Street Prahran

News Flash!

*We have been advised by the Management of the Nova Cinema Complex, Carlton that following recent maintenance **ALL** cinemas now have fully functioning Induction loops.*

Seating details are available at the Box Office.

For information regarding other facilities contact www.cinemanova.com.au/information or call the complex on 9347 5331.

BHA VIC Art Gallery

At the moment we are showing Jo Parkinson's latest painting collection

We are now scheduling our 2010 Art Exhibitions. If you, or anyone you know loves to draw, paint or create (even for just enjoyment), we would love to display your work. Do you / they have artwork but no place for people to appreciate it. Well - we've got the space at our Prahran office / Art Gallery space.

We'd love to hear from you - give us a call to discuss.

Betty's Holiday

(The fairytale of Betty Hearing Aid continues)

Betty hearing aid has been living with Bob for some time now. They have had a number of adventures together but they are about to embark on the biggest adventure of all....

Bob is taking Betty on a holiday.

They are going to far North Queensland and, most exciting of all, they are going with Bob's handsome young nephew, Robert. Betty loves to be around Robert who always seems to have exciting things to do and knows just how to look after her.

Two days before they were due to set off on holiday Robert came around to see Bob and Betty.

"Have you packed your bags yet, Uncle?" said Robert.

"Plenty of time for that" said Bob.

"What about your other preparations?"

"What *other* preparations?" asked Bob. "You said you'd booked everything. All I have to do is enjoy myself."

"Well, that's true" said Robert, "but I'm thinking about things like making sure you have plenty of batteries for your hearing aid and checking out the address of the nearest hearing aid place in case you need it while we're away."

Betty started to worry. What could go wrong while they were away?

She didn't want to miss anything on their holiday. What if Bob forgot to get batteries and she was powerless for most of their time away. That would ruin her holiday.

"Perhaps you should call in at the hearing aid place tomorrow, Uncle" said Robert. "We'll be in hot humid conditions up north, and it would be a good idea to get Betty checked over, and find out about keeping the moisture from affecting her circuitry. We should also find out if she'll be affected by the metal detector at the airport."

Betty had a sleepless night. She hadn't realised that going on holiday was so fraught with danger.

The next day Bob and Betty went to see the hearing aid practitioner. Betty had a thorough check up and was given a clean bill of health. She was much relieved but still a bit concerned about the impending journey. Bob seemed pleased that Betty was in good health but didn't seem to be concerned about humidity, metal detectors or any other horrific sounding hazards mentioned by Robert the day before. Betty wasn't sure what a metal detector was, but Bob had been watching a television program about medieval torture, some weeks earlier, and Betty was sure there could be a connection.

"So, you're going up north!" said the hearing aid practitioner.

"Yes" said Bob "I'm really looking forward to relaxing in the sun."

"Well, take care, you don't want to burn yourself; **or** your hearing aid."

Oh no, thought Betty, another thing to worry about.

Robert, Bob and Betty set off for the airport. Betty was still worried about the potential for a holiday disaster.

"Are you sure you've got everything" asked Robert.

"All present and correct" said Bob. "By the way, I got some good advice from the hearing aid practitioner, while they were giving the old girl her overhaul."

Betty's microphone pricked up.

"I got some extra batteries, and also a special container with some silica in it. It's useful in humid conditions. If I place Betty in the container each night it will help to take any moisture from her. They also gave me the details of their outlet in Cairns... just in case."

"Sounds like you've covered all bases" said Robert.

"Yes, and I've got a special little device for blowing any condensation out of the earmould tubing. It's amazing how many things there are to think about. They also reminded me to look for those 'ear' signs that indicate where there is an induction loop. They're in all sorts of places, like train stations and museums and attractions. Did you know there's even a TTY telephone at Melbourne airport...not that I think I'll need it."

Bob chatted excitedly. Betty could tell he was looking forward to their holiday and she was starting to feel more relaxed too. It seemed that Bob had got lots of information while she was having her check up.

They arrived at the airport and checked in the luggage. As they walked away from the counter Robert started taking all his belonging from his pockets. They began queuing and Betty wondered what was happening.

"We've just got to get through security" said Robert. "Make sure you take any coins out of your pocket before we get to the metal detector."

METAL DETECTOR! Oh no, thought Betty. She had forgotten about this torturous device.

Would she survive?

Bob pointed to Betty and told the security person he was wearing a hearing aid.

"I've been told that I don't need to remove my aid" he said.

"That's right" said the guard "it won't be harmed by the metal detector or the xray machine. Walk straight through."

Betty was so relieved she let out a little whistle of delight.

Cairns was wonderful. Bob was very careful and wore a wide brimmed hat that shaded Betty from the hot sun. Betty was having such a wonderful time she forgot all about the worries she'd had before the journey. Relaxing by the pool was wonderful.

"Come and have a dip, Uncle" shouted Robert.

"Why not!" said Bob. He shot out of his chair, almost ran the 4 steps to the pool and jump straight in.

"Heeeeelp" whistled Betty, as they sank below the surface!

Is this the last that we hear from Betty... stay tuned for the next episode in the next Newsletter.....

Read what happens to Betty in the next Eye Hear Newsletter to be emailed out in Mid April 2010. If you have an email address, please register by emailing bhavic@betterhearing.org.au

Captioned Movie Afternoons

Hi, it's great to have the DVD Captioned Movie Afternoons back. The group decided they wanted an early start to the year. January 29th we arrived at Noon with our byo lunch with the DVD starting at 1pm. This month—March we are showing "Sleepless in Seattle" starring Tom Hanks and Meg Ryan. It's a movie that's funny, touching and a magical movie experience that you will treasure forever.



The April DVD will be Cool Runnings, the outrageously funny comedy hit inspired by the true story of the Jamaican's first Olympic bobsled team. All DVD's are subtitled for Hearing Impaired.

The last Friday of each month starting at 1pm—we welcome any suggestions / ideas on what to watch.

Regards. **Hellen Broadbent**

Being a Cochlear Implant Research Volunteer *by Kaye Gooch*

Many of us in BHA have found a wonderful new lease of life through a cochlear implant. This technology has enabled many profoundly deaf people to enjoy the world of sound and communication - a whole new sense of freedom. But for this technology to improve further, audiology technicians constantly need to devise new listening programs for speech processors - for existing processor models, and developing new processor models. The only way these new programs and prototype new processors can be reliably assessed, is by trialling them on actual cochlear implant users.

You can help in this vital research by becoming a **cochlear implant research volunteer**. Both Cochlear and the Bionic Ear Institute (BEI) do this research. Volunteers take part in a wide range of research projects - some involving listening programs in a laboratory, others are "take-home" programs, where your own processor may be fitted with a prototype program under research, for volunteers to assess as to whether they find that program helpful or not.

Hundreds of new processor programs are trialled each year by volunteers. If a high number of volunteers like a certain program, it is then refined for further research, then released for public use.

But if very few (say, 20%) of participating volunteers don't like that program, it is scrapped and not used again.

Sometimes you may be asked to use another processor - the SPEAR research program processor, or a new prototype processor being developed. New programs are also being researched to make music more easily appreciated with a cochlear implant.

You'll find being a research volunteer very interesting and rewarding - finding out more about the technology behind cochlear implants, and knowing you are helping yourself and others to better quality hearing in the future.

Cochlear is situated in Victoria Parade, a short walk from the Eye and Ear Hospital, while Bionic Ear Institute is nearby in Albert Street, East Melbourne. Both organisations reimburse travel expenses to attend research sessions. At the end of the year, BEI have a "thank you" Research Volunteers' Christmas party, usually at Dallas Brooks Hall in East Melbourne - a happy annual highlight!

I've enjoyed being a Research Volunteer for some years now. If you are interested, contact the Cochlear Implant Clinic at the Eye and Ear Hospital on 9929 8624 - they'll contact you with further information.

If you decide to become a research volunteer, you'll find it rewarding, and meet interesting new people in the audiology field - so, go for it!

Better Hearing Adelaide Trip

We are now finalising our Better Hearing Adelaide Trip for **7th to 9th May 2010**

If you haven't already expressed your interest, please **email us (bhavic@betterhearing.org.au)** or **phone us (03) 9510 1577**. Further details will be posted to you. A full agenda is planned for this weekend and will include:

Friday 7th May
Sat 8th May

2pm Visit to Hearing Dogs Association, Hahndorf
McLaren Vale Wine Tour, Lunch at Woodstock Winery Coterie
Dinner with Adelaide Better Hearing Australia

Chocolate Crackles

Makes 24

Ingredients

- 4 cups of rice bubbles
- 1 1/2 cups of icing sugar
- 1 cup of desiccated coconut
- 250g copha chopped
- 3 tbsp cocoa
- 24 Paper Patty Cases



Method

In a large bowl, mix the rice bubbles, icing sugar, cocoa and coconut

Slowly melt the copha in a saucepan over a low heat. Allow to cool slightly.

Add melted copha to dry ingredients (mixed rice bubbles, icing sugar, cocoa and coconut). Stir until well combined.

Spoon mixture into paper patty cases.

Refrigerate until firm.

Note: This is a good treat for those who suffer allergies as it is nut, wheat and dairy free.

Office of Hearing Services

The Office of Hearing Services manages the issuing of vouchers for eligible clients to access hearing assessments and devices from hearing service providers of their choice. It also administers the provision of hearing services for eligible clients with special needs

It is responsible for:

- assessment of client applications for hearing services and provision of vouchers to eligible clients;
- accreditation of hearing services providers (companies, partnerships, or individuals);
- development and monitoring of standards for clinical services;
- providing support to clients, practitioners and providers;
- coordination of quality assurance measures; and providing advice on policy and strategic directions for provision of hearing services.

For more information, see <http://www.health.gov.au/internet/main/publishing.nsf/Content/health-hear->

Deafness Forum

Established in early 1993 at the instigation of the Federal government, the Deafness Forum is the peak body for deafness in Australia. We now represent all interests and viewpoints of the Deaf and hearing impaired communities of Australia (including those people who have a chronic disorder of the ear and those who are DeafBlind).

Confused about digital TV and captions?

The Deafness Forum has produced a free fact sheet on Digital TV including the switchover to digital TV, available at <http://www.deafnessforum.org.au/index.php?q=switchover-digital-tv>

YouTube introduces automatic captions for deaf viewers

YouTube's parent company Google has announced on its blog that automatic captions are to begin to roll out across the site. The machine-generated captions will initially be generated in English. See <http://news.bbc.co.uk/2/hi/technology/8369941.stm>

Honey Joys

Makes 24

Ingredients

- 90g butter or margarine
- 1/3 cup sugar
- 1 tablespoon honey
- 4 cups corn flakes
- 24 Paper Patty Cases



Method

Preheat oven to 150 degrees celsius

Line 24 hole patty pan with paper cases

Melt butter, sugar and honey together in a saucepan until dissolved / frothy

Add cord flakes and mix well

Working quickly, spoon mixture into patty cases

Bake for 10 minutes

Footy Fever is Here

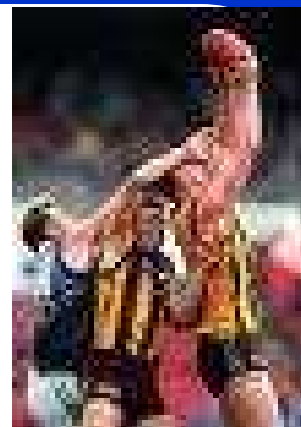
BHA are running a footy tipping competition over 22 rounds for 2010. We are having an afternoon launch with Barry our Hearing Bear on **Wednesday 24th March 2010 at 3pm**

Come in your favourite footy colours if you want - be part of the BHA Footy Tipping Team. Last year Ian Boucher won by one point from Dudley Gay. Who will win this year? .

So for only \$1 per round, you can win great prizes which will be announced shortly.

If you're interested, come to the Launch or email Hellen Broadbent on:

hellenb63@y7mail.com



Mag Wrap

We would like to thank Ian Boucher who has just retired from our Mag Wrap team. Thank you Ian for all your hard work and help over the years. We will miss you but look forward to you being part of our Footy Tipping competition. The Mag Wrap Team meet every quarter to assist in mailing out the National Journal and Eye Hear newsletter to members. Lunch is provided. If you can spare a few hours each quarter, we would love for you to come along to help us, have a chat to other members, plus enjoy lunch.

Next Mag Wrap will be **Thursday 3rd June at 11am.**

We now have on-line secure payment!



ourcommunity.com.au

Building Stronger Communities through Stronger Community Organisations

If you are interested in paying your subscription or donating via secure credit card, we now have an account via Our Community:

<http://www.givenow.com.au/betterhearingaustraliavic>

"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience."

Eleanor Roosevelt

The New Inventors - Access And Ability

8:00pm Wednesday, 10 March on ABC1

Hosted by James O'Loughlin, **The New Inventors** presents the **Access and Ability Special**. Featuring inventions by and for people with a disability, they will

look at some of the ingenious ways inventors are helping to ensure everyone has equal access to life, work and fun. To celebrate these important innovations, they will be joined by a special panel of experts living with a disability: paralympian Kurt Fearnley, filmmaker and presenter Sofya Gollan, and Federal Discrimination Commissioner Graham Innes. The show will also include an Auslan sign language interpreter for Deaf viewers.

BHA Event Series: March: Latest Hearing Aid Technology

Wednesday 24 March at 2pm

BHA Prahran—5 High Street Prahran

RSVP: (03) 9510 1577 / bhavic@betterhearing.org.au



Welcome Barry Our Hearing Bear

We are so proud to introduce our Hearing Bear Barry. Barry is 100% washable and so adorable and cuddly. For only \$7 (yes only \$7) plus \$3 postage a Barry the Hearing Bear can be delivered to your door. Refer to separate flyer or contact us on bhavic@betterhearing.org.au / (03) 9510 1577 to order your very own Barry. A gorgeous bear for any girl or boy (or adult / friend). **Order your Barry Today.**



Imogen Fiori with her new best friend.

Come to our Barry Launch on

**Wednesday 24th
March at 3pm.**

Afternoon tea provided and come and have a cuddle of Barry yourself.

He is so gorgeous.



MARCH:

4: Mag Wrap - all welcome (11am)

5: Bendigo Group

8: Labour Day Public Holiday (office closed)

9: Finance Sub-Committee

16: Committee of Management meeting



24: **Event Series**

Latest Hearing Aid Technology (2pm)

24: **Footy Tipping Launch** (3pm)



24: **Barry the Hearing Aid Bear Launch** (3pm)

26: 2010 Conference Sub-Committee

26: Captioned Movie Afternoon



APRIL:

1: **Easter Egg Hunt - Children / Grandchildren**
(10.30am) - Everyone Welcome

2 to 5: Easter (office closed)

9: Member's Forum

13: Finance Sub-Committee

20: Committee of Management meeting

23 to 24: National Deafness Summit (Sydney)

27: Policy Sub-Committee

30: 2010 Conference Sub-Committee

30: Captioned Movie Afternoon

MAY:



7 - 9: **Adelaide Branch Visit**

11: Finance Sub Committee

14: Loud Shirt Day

18: Committee of Management meeting

JUNE:

3: Mag Wrap (11am)

THE DIARY

Be part of our next newsletter: Seen or heard something of interest? Have an idea or article you would like to submit - then we want to hear from you. You, our members, are our strength. The next newsletter is Mid-April 2009. Please send your contribution or idea to Susan (susan@betterhearing.org.au) or phone / post (to Prahran office - details below) by 10 April..

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