

Living Well with Hearing Loss Newsletter Spring 2016



UA SCIENCE

Speech, Language
& Hearing Sciences

2015 Living Well with Hearing Loss In Review



Whitney Mast, Audiology Graduate Student Clinician, leading a LWHL group discussion

During 2015, our Living Well with Hearing Loss Program held seven on-campus groups, two outreach groups at St. Luke's Home, and one Spanish-speaking outreach group at El Pueblo Senior Center. We trained ten graduate student facilitators and engaged with over fifty participants.

In addition to our Living Well with Hearing Loss groups, the Audiologic Rehabilitation program at the University of Arizona provided hearing screenings at St. Luke's Home, El Pueblo Senior Center, and the Saddlebrooke Community. Looking to 2016, we will hold another Living Well with Hearing Loss Community Lecture on April 2nd as well continue with our on-campus groups and outreach projects. Thank you for a great year!

Upcoming Events

February 23,
March 1, March 8:
Living Well with
Hearing Loss Group

April 2: Spring
Community Lecture
10-11 am

April 5, 12, 19:
Living Well with
Hearing Loss Group

**Summer LWHL
Groups TBA**

**Visit our calendar
online:**

lwhl.arizona.edu

LWHL Program Members

Dr. Nicole Marrone, PhD, CCC-A, James S. and Dyan Pignatelli/Unisource Clinical Chair in Audiologic Rehabilitation for Adults

Dr. Stephanie Adamovich, PhD, CCC-A, Program Coordinator for Adult Audiologic Rehabilitation

Chloe Robbins, B.S., Program Assistant for Adult Audiologic Rehabilitation

Visit our website: www.lwhl.arizona.edu

Like us on Facebook: <https://www.facebook.com/lwhl.arizona.edu>



A Special THANK YOU to the Pignatelli Family and Unisource for their continued support of the Audiologic Rehabilitation Program



***OYENDO* BIEN**

2015 was a busy year for Oyendo Bien (Spanish for “hearing well”) as our team began the implementation and research phases of the project. Our team is composed of academic members from the University of Arizona Speech, Language and Hearing Sciences Department, the Mel and Enid Zuckerman College of Public Health, the Department of Spanish and Portuguese, and community health workers from the Mariposa Community Health Center in Nogales, AZ.

As a part of the implementation phase, our team developed the content for educational and support groups for individuals with hearing loss in Nogales, Arizona. The Oyendo Bien team members took our project on the road and presented lectures and posters at several conferences and annual meetings.

Cognition, Aging, and Hearing Loss Lecture

Our Living Well with Hearing Loss Community Lecture for Fall 2015, “Cognition, Aging, and Hearing Loss”, was presented on November 7, 2015 by Dr. Abraham Jacob, Dr. Nicole Marrone, and Dr. Elizabeth Glisky.

Dr. Jacob discussed different types of hearing loss and cochlear implant candidacy, while Dr. Marrone presented the current evidence on the potential link between hearing loss and cognitive decline. Dr. Glisky shared additional information about cognition as we age and informed us about her current research in the Aging and Cognition Laboratory in the Department of Psychology here at the University of Arizona.

If you are an adult age 65 years or older with hearing loss (with or without hearing aids) and you would like to participate in a collaborative study between the Psychology Department and the SLHS Department on Hearing, Cognition, and Everyday

Functioning, please contact us at:

520-621-5721



Many thanks to the 2015 graduate student facilitators, research assistants and Special Project Coordinators!!!!

Page Buekelman,
Nicole Denny,
Lauren Hopwood, Chloe Robbins,
Sunny Burdick,
Janette McGuire,
Barrett St. George,
Whitney Mast,
Anna Tinnemore,
Jinna Borgstrom,
Daisey Sanchez,
Adriana Sanchez,
Danielle Beebe,
Dr. Julie Peterson, AuD,
and Stephanie Adamovich, PhD

Nicole Marrone



The Aging and Cognition
Laboratory



THE UNIVERSITY OF ARIZONA
COLLEGE OF SCIENCE
Psychology

Protect Your Ears Program



In 2015, the Protect Your Ears Program (PYEP) partnered with KIDCO to visit seven after school programs and had the opportunity to visit two of the locations a second time. We had the privilege of interacting with approximately 280 children, ages 5 - 11 years, and were able to teach them how we hear, what sounds are too loud, and how to protect their hearing. We have continued to develop our presentation by including interactive videos, games, and activities that engage the children and elicit questions and group discussions. We had our first Spring Semester PYEP on February 10th and are looking forward to getting more students involved this coming semester!

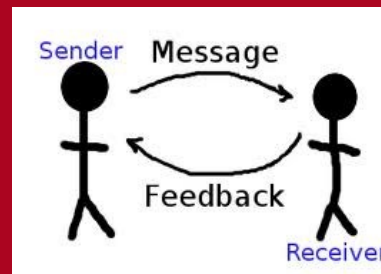


Participant Comments

"This was an excellent class! It has given me renewed hope for our future of living with hearing loss. Not only did we learn techniques on how to cope, we also found comfort in knowing that we're not alone. The last class on assistive devices gave us many ideas for options to add to our hearing aids as our loss progresses."

-Fall 2015 participant

Communication Reminders



For the person with hearing loss:

1. Tell your partner about your hearing loss
2. Repeat what was heard
3. Ask for key words
4. Ask partner to rephrase

For communication partners:

1. Get your partner's attention before speaking
2. Slow down
3. Break down message into shorter phrases
4. Rephrase

Reminders for everyone:

Walk before you Talk!

University of Arizona Hearing Clinics

1131 E. 2nd St.
Tucson, Arizona

The University of Arizona Hearing Clinic is a full-service hearing clinic offering diagnostic evaluations, hearing aids, assistive technology, cochlear implant mapping, Living Well with Hearing Loss classes, consultations



For appointments contact:

(520) 621-7070

For local and national resources, consult our website:

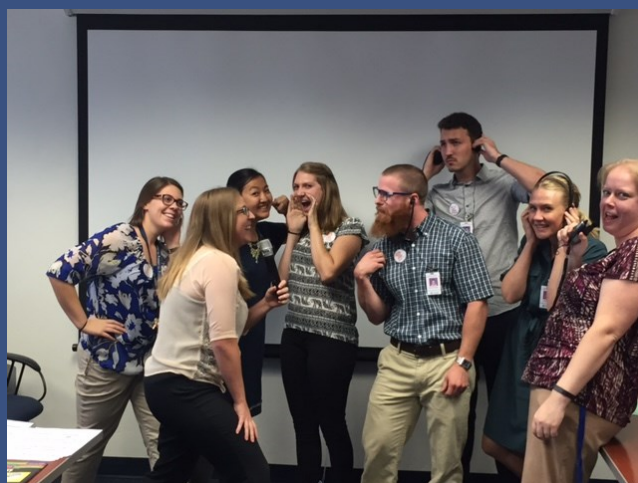
<http://lwhl.arizona.edu/>

Email us with suggestions or contributions for the newsletter or to be added to the email list:

hearing@email.arizona.edu

We would love to hear from you!

If you would be willing to contribute to our blog on the Living Well with Hearing Loss website by writing about your experiences in the class or how the class has influenced your life, please send us an email with your post at hearing@email.arizona.edu. There is no length requirement for the post and it can be anonymous if you choose.



Yes! I am proud to support the *Living with Hearing Loss program* in the Department of Speech, Language, and Hearing Sciences (SLHS) at the University of Arizona. Your contribution will support graduate student assistants or provide scholarships for those who are unable to pay for the group programs. You may designate how you would like your contribution to be distributed. (Clip and return). Contact us at hearing@email.arizona.edu

Contributions are tax deductible!

Make your check payable to: **The University of Arizona. Please send to Department of Speech, Language, and Hearing Sciences, 1131 E. 2nd St. Tucson, AZ 85721. Designate *Living Well with Hearing Loss* in the memo line.**

Name: _____

Address: _____