

Publication of the
Canadian Hard of
Hearing Association
(CHHA)

**NORTH SHORE
BRANCH**

ISSUE 23
MAR 1999



MOUNTAIN EAR, is a publication of the Canadian Hard of Hearing Association - North Shore Branch. It is Published 5 times a year on the 15th of March, May, August, October and December.

Your submissions are always welcome. Please contact the Editor:

Hugh Hetherington:

Telephone 604-926-8049

FAX 604-925-2286

President's Message



Erica Barrett

It is with sadness that we heard our hearing member, Jean Taylor, who worked many, many volunteer hours for CHHA - North Shore Branch, passed away in January 1999. Jean battled her illness since last spring. She was always cheerful when contacted even though it must have been difficult for her because of her health. We will

miss her vast experience and dedication to those with a hearing loss.

We have been advertising our meetings in the local community newspaper and have found this to be worthwhile. It helps to increase awareness of our organization and we have gained some new members. We have also been able to offer some helpful advice to those who have called in response to the ad. Our ad also informs that we are wheelchair accessible, which we feel is important.

On February 15, at our members' meeting, Rola Priatel, a pharmacist from U.B.C. gave an excellent presentation on Calcium and Osteoporosis. She also answered questions on medications and how they can affect your hearing loss. We were sorry that we could not give more time for the numerous questions you had for our dynamic speaker. We just ran out of time. I hope we can get Rola back for another health presentation at a future meeting. It is important that we get a good turnout of members at our meetings. The speakers are reluctant to come unless we can get 30 to 40 people attending.

On February 19, a presentation was given by Hugh Hetherington and myself to the "Keep Well" Kiwanis Seniors' Group in the District of North Vancouver. 40 people attended this presentation.

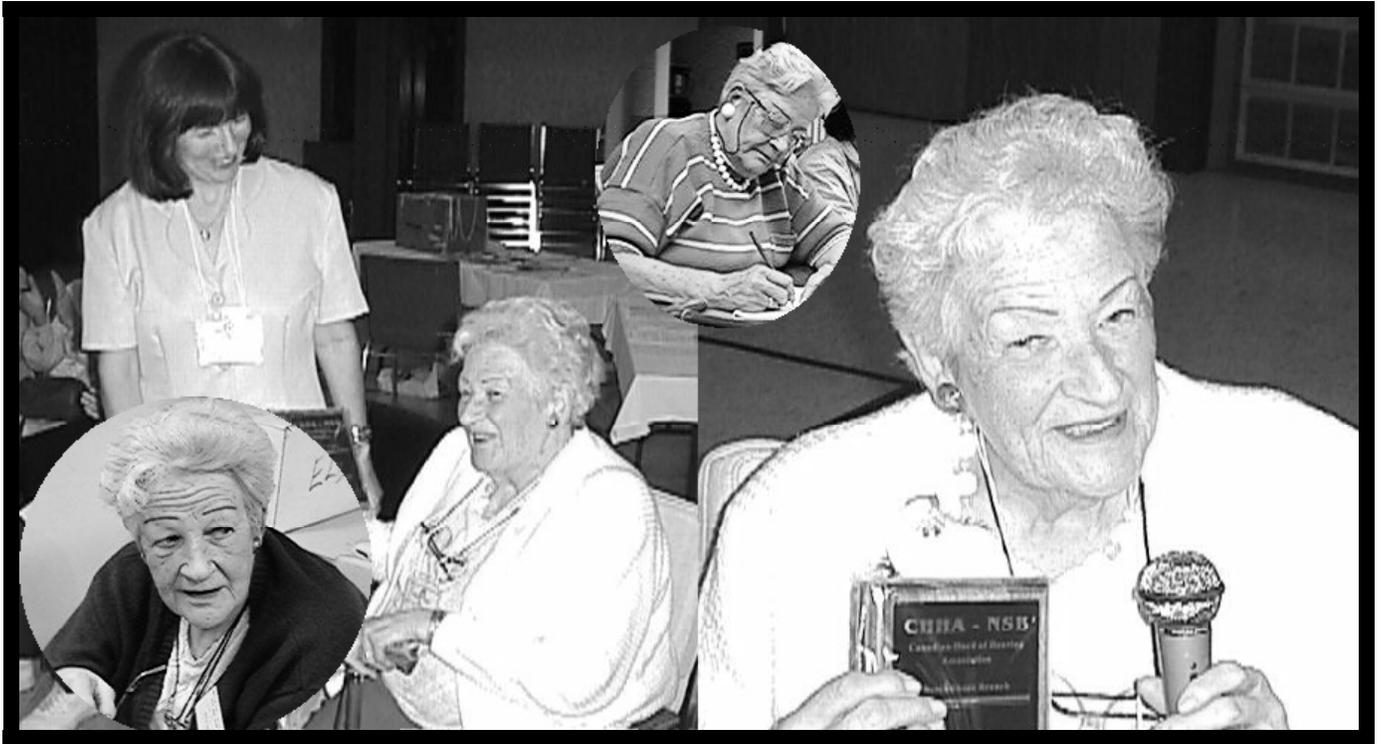
CHHA - North Shore Branch now has a permanent address and phone number on the North Shore. We have arranged to have office space in the **Capilano Community Services Society at 600 W. Queens Road, North Vancouver, B.C., V7N 2L3**. Our phone number is 988-7115 and this will be answered by volunteers who will be able to take messages. We shall be amending our brochures with this new information, as well as, updating them.

We are still looking for volunteers for our Board and various committees. Please let us know if you are interested and give us information on your experience.

The next date to mark on your calendar is April 19, 1999. We will be having a presentation called "Travel and You". I am sure we will all be able to learn something from this. The meeting starts at 7:00

Managing Your Hearing Loss

CHHA - North Shore Branch sponsored its second annual fall course in *Managing Your Hearing Loss*. It was taught by our hearing member, Joan Bennett, a Hearing Resource Teacher for the North Vancouver and Sunshine Coast Districts. The course took place over 10 weeks from September to November at Capilano Community Services. The class was small and friendly with tea and cookies. The focus for the class was on developing speechreading skills, although a variety of topics were discussed including



In Memoriam

The Board of Directors and members of the North Shore Branch were deeply saddened to hear that our member and dear friend Jean Taylor passed away on Wednesday, January 27, 1999. Jean, although not hard of hearing herself, had spent a large part of her life working with hard of hearing children and adults both in Europe and in Canada. Jean joined the North Shore Branch of CHHA in 1994 and spent many volunteer hours as Recording Secretary for the Board and networking for us in the community. It was Jean's knowledge and expertise that paved the way for the Branch to become incorporated as a B.C. Society in April 1997. Jean also took the teacher training for the "*Managing Your Hearing Loss*" course and taught the course on the North Shore.

In 1996, Jean Taylor received the CHHA National Certificate of Recognition which was presented to Jean by Lloyd Dahl, president of CHHA - B.C. This certificate of recognition is presented to a hearing individual who has shown outstanding support to a Branch or Chapter. At our Annual General Meeting in September 1998, although not well at the time, Jean was brought to the meeting by her daughter Pam, where she was presented with a North Shore Branch Recognition award.

Jean will be sadly missed by the Branch and our heartfelt sympathy goes out to Jean's three children and their families, Pamela in West Vancouver, Marga in New Zealand and Colin in England.

If you would like to make a donation in memory of Jean, it will be gratefully accepted by any of the following organizations.

Canadian Cancer Society
B.C. Yukon Division
5654 West 10th Avenue
Vancouver, B.C. V5Z 4J4
Telephone: (604) 877-1100

Canadian Hard of Hearing Association
North Shore Branch
1127 Lilloet Road
North Vancouver, B.C. V7J 3H7
Telephone: (604) 985-2822

The Seniors' Hub
c/o Capilano Community Services
600 West Queens Road
North Vancouver, B.C. V7N 2L3
Telephone: (604) 988-7115

Continued from Page 1.

how to cope in noisy environments. Guest speakers were also invited to present the latest hearing aid and assistive listening device technology. Upon completion of the course, the six participants were granted a free one year membership in CHHA and the North Shore Branch.

Article submitted by Joan Bennett.

Members' Meeting

February 15, 1999: In the series of Coping with Hearing Loss:

Presentation on Calcium Supplementation and Osteoporosis by Rola Priatel. Attended by 21 members and 10 visitors.

ROLA PRIATEL is a licensed pharmacist, graduated from the UBC Faculty of Pharmaceutical Sciences specializing in Asthma Therapy. She lectures at UBC and is a coordinator of the "Senior Medication Services" and conducts outreach workshops. This program is sponsored in part by the BC Seniors Medication Information Line, known as BC SMILE. Any individual can phone BC SMILE at 822-1330 in Greater Vancouver and obtain information on prescriptions and herbal treatments, covering side effects, interactions, misuse of medications and potential effect on people with a hearing loss. At BC SMILE there are 4 licensed pharmacists on staff all the time to answer any question daily between 10a.m. and 4p.m..

The membership interest in this important subject was evidenced by the attendance and the questions raised at the conclusion of the presentation.

Rola explained the importance of taking Calcium supplementation up to a dose of 1500 mg per day (when not taking hormones, 1000 mg otherwise) to help overcome loss of bone mass. The daily dosage should be calculated according to the amount of calcium contained in various foods and liquids: for instance, a glass of milk or a carton of yogourt each contain approximately 300 mg of elemental calcium, the highest amount found in liquid intake. Cheese, vegetables, salmon and sardines with bones and fruits

have a calcium content which, together with a supplement in the form of a tablet, should reach approximately 1500 mg per day.

She further explained that calcium carbonate has the highest percentage of elemental calcium. There is absolutely no need to pay a high price for such calcium. A standard calcium carbonate works just as well. For example, the economical calcium carbonate refined by Stanley Drug was recommended in a 100 tablet pouch. The Tums acidity tablet also has a high calcium content.

These tablets must be taken with a meal, not on an empty stomach as the stomach acid is necessary for the absorption of calcium in this form. If a person uses Losec, Ranitidine, Cimetidine or other acidity blockers, or blood thinning medication for a heart condition, calcium citrate can be used on an empty stomach. There are side effects and interaction if Maalox, caffeine or some antibiotics are taken at the same time. But always check with both the prescribing physician and the dispensing pharmacist or BC SMILE before taking any medication or herbs of any kind.



Rola Priatel

Vitamin D was suggested for Osteoporosis together with some exposure to sunlight. For multivitamin dosage, calcium caltrate was suggested and also cod liver oil. But the regular calcium carbonate is the best all around supplement of necessity and no other is needed or necessary. For example magnesium supplementation is not needed or necessary.

One of the most important recommendation given by Rola concerns a regimen of exercises for arthritis and osteoporosis. It has become increasingly essential to do some weight-bearing exercises and some resistance training in order to get the best overall benefits from the daily dosage of calcium carbonate. The message is simply that it is not enough just to take some calcium tablets. Rola said that brisk walking for weight bearing exercise is ideal. Lifting weights, for example, will strengthen bones and work with the calcium supplementation from foods and in tablets.

Continued from Page 3.

Rola expanded on some areas to watch: because of the proliferation of non medical herbs, found in health food stores and pharmacies, great care should be exercised before deciding to use any herbs because some may have side effects and many have not been completely medically tested, consequently very few herb products are approved by Health and Welfare Canada. The producers of the herbs represent an unregulated industry virtually as large as the drug manufacturers.

She also mentioned that coffee intake should be limited to 2 cups maximum per day, including tea and cola because of the caffeine content. The same applies to wine: 2 glasses maximum per day.

Finally, she stated that there is medical proof that acetaminophen such as tylenol, and asa such as aspirin promotes deafness and tinnitus. People with a hearing loss who are currently taking this type of medication should carefully consider other alternatives.

The presentation was an eye opener for every person in attendance. There were so many questions but not enough time to address them all.

Hearing Accessibility for Members' Meetings

The North Shore Branch has now added an FM assistive listening system to our arsenal of listening devices.



For those with hearing aids equipped with Telecoils (T-Switch) we have the loop system which is set up at every meeting. For those without T-Switches you can try out our FM listening units with earphones to improve your ability to hear our speakers. We also have a number of loop receivers which can be used to pick up

from the loop system. If you have previously had trouble hearing at our meetings come along and try out the new system.

Presentation at North Shore Keep Well Society

On February 15, Erica Barrett and Hugh Hetherington put on a presentation for the *Keep Well Society*. The *Reach for Health* group of North Shore Neighbourhood House were also invited to attend. The presentation took place at Kiwanis Lynn Manor. Erica and Hugh spoke to the group, who have in February been concentrating on overcoming barriers in communication, about hearing aids, assistive listening devices, and noise pollution. A video *Stop that Noise*, produced by the League for the Hard of



Hearing, New York was also shown. This video demonstrates how noise, which is becoming far to prevalent in our society, can damage hearing and create other health problems. The group was very responsive, and during the 30 minute question and answer period a wide range of questions was addressed. The presentation was so well received that Erica and Hugh have been asked by Elise Shepherd, Program Director North Shore *Keep Well*, to put on another presentation for the West Van Seniors' Centre on Wednesday, April 28, 1999 from 1:30 to 2:30 P.M.

The North Shore Branch have also been asked to do a presentation to the West Vancouver Kiwanis on March 22, 1999. This presentation will be given by Alfred Kobbeltvedt and Hugh Hetherington.

Affordable and Adaptable Housing

The meetings of the Corporation of the City of North Vancouver's Affordable and Adaptable Housing have been ongoing since 1995. Our hearing member, Jean Taylor, who recently passed away, sat on this committee until the end of 1997. The meetings which were formerly held once a month, are now held twice



monthly to finish up Level 2 and Level 3. The committee were thrilled, when recently Level 1 was passed by the

Corporation of the City of North Vancouver. Level 1 deals mainly with mobility, ie. floor area, counter levels, height of towel bars, etc. We are now working on Level 2 and 3. If hearing accessibility needs are to be met, they will probably be in Level 3. We all know hearing aids and listening devices are costly and for people on low incomes they are sometimes out of reach. Unfortunately, Level 1 does not cover hearing loss needs.

Needs for the hard of hearing have to be defined so that they can be incorporated into the National Building Code which may be five years down the road. Some of the things discussed include flashing lights (strobe lights) for fire and smoke alarms, security at the entrance door with video screens. Some feel that wiring in the common room is necessary so that listening devices can be used. A good suggestion that we are working on is an automatic water shut off, since hearing, as well as, hard of hearing people can leave the water running and the damage can be costly. With the aging population and hearing loss on the rise, it is important to have our needs addressed, otherwise it may be ten years down the road before any changes could be made.

What would your concerns be and what do you feel is necessary for you as a hard of hearing person in a rental or owned suite? It is important to have your feedback. Please write them down and send them to me, Erica Barrett at 845 Montroyal Blvd., North Vancouver, B.C., V7R 2G8. Telephone: 980-6671 or Fax: 980-6695.

Report submitted by Erica Barrett.

International Noise Awareness Day

Wednesday, April 21, 1999, will mark the fourth annual *International Noise Awareness Day*. The goal of this campaign, internationally sponsored by the League for the Hard of Hearing, New York in conjunction with professional organizations and community activists world wide, is to educate the public about the hazardous effects of noise on hearing and health.

Our environment needs our constant care and respect. Noise pollutes. *International Noise Awareness Day* reminds us of the hazards of noise pollution and leads us into May Hearing Awareness Month, which brings attention to the need for hearing accessibility in the workplace and in the community.

There is a vital need to draw attention to the growing problem of Noise induced hearing loss or NIHL in our Society. Sounds of sufficient intensity and duration will damage the ear and result in temporary or permanent hearing loss. The hearing loss may range from mild to profound and may also result in tinnitus, a ringing noise in the ear. The effect of repeated sound over stimulation is cumulative over a lifetime and is not currently treatable. Hearing impairment has a major impact on one's communication ability, and even mild impairment may adversely affect the quality of life. Unfortunately, although NIHL is preventable, our increasingly noisy environment places nearly everyone at risk.

As part of the campaign, CHHA North Shore Branch will be joining *International Noise Awareness Day* participants in the "Quiet Diet" of 60 seconds of Silence from 2:15 to 2:16 P.M., Wednesday, April 21 regardless of location. This one minute period will highlight the impact of noise on hearing and health while giving participants a reprieve from the noises around them. Wherever you are, and whatever you are doing, please take the minute and involve those around you in enjoying the minute of quiet.

Join the "Quiet Diet"
Observe one minute of silence from
2:15 to 2:16 P.M.
Wednesday, April 21, 1999

Concerning your 1998 Tax Return

Did you know?

That the **CHARTERED ACCOUNTANTS of British Columbia** are available at the following three locations:

North Shore Neighbourhood House
225 East 2nd Street
North Vancouver, B.C. V7L 1C4
Telephone: 987-8138

Kiwanis Lynn Manor
2555 Whitely Court
North Vancouver, B.C. V7J 3G9
Telephone: 984-9166

West Vancouver Seniors Centre
695 21st Street
West Vancouver, B.C. V7V 4A7
Telephone: 925-7280

for free 1998 income tax preparation and help for those 65 years or over and a yearly income of \$15,000 or less during the month of March only. You must phone ahead and book an appointment.

and

that **REVENUE CANADA TAXATION** has a volunteer free pre-tax service and help for the 1998 income tax preparation for North Shore senior residents with incomes of \$15,000 or less at the following locations. You must phone ahead and make an appointment. This program is known as the 1999 Community Tax Help Centres:

North Shore Community Services
1060 Roosevelt Crescent
North Vancouver, B.C. V7P 1M3
Telephone: 985-7138
Contact: Joan Cregan

North Shore Neighbourhood House
225 East 2nd Street
North Vancouver, B.C. V7L 1C4
Telephone: 987-8138
Contact: Anyone who answers

Silver Harbour Centre
144 22nd Street East
North Vancouver, B.C. V7L 4L5
Telephone: 980-2472
Contact: Isabelle Thon

Next Members' Meeting Monday, April 19th, 1999 7:00 P.M.

Our next members' meeting on the theme *Coping With Your Hearing Loss* will feature an informational presentation on *'Travel and You'*. The presentation will cover some issues of concern to the deaf and hard of hearing.

The meeting will be held at St. John's Anglican Church hall, 220 West 8th Street, North Vancouver.

You are invited to bring along your friends and family members. Don't forget that our meetings are now more hearing accessible. (See item on page 4) The hall is also wheelchair accessible.

Refreshments will be served during the social time and there will be a 50/50 draw.

Mark Your Calendar

April 23-24, 1999

in Vancouver

Second Annual IHEAR Conference

Interdisciplinary Views of Hearing

Accessibility for Older Adults:

The Sum of the Parts

co-sponsored by

UBC Institute for Hearing Accessibility Research

and the

Vancouver/Richmond Health Board Audiology
Centre

distinguished invited presenters include:

Ellen Ryan

Office of Gerontology, McMaster University

and

Dafydd Stephens

Welsh Hearing Institute, Cardiff