



# the VILLAGECRIER

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AUGUST 2016 Newsletter

## WE'RE ALL EARS

**H**earing is one of the five senses. It is a complex process of picking up sound and attaching meaning to it. The ability to hear is critical to understanding the world around us.



**So, how do we hear?** The ear can be divided into three parts leading up to the brain – the outer ear, the middle ear and the inner ear. The brain then interprets these electrical signals as sound. Over time, we can develop hearing loss from a breakdown anywhere in our auditory system from ear wax to nerve loss.

**How common is hearing loss?** Hearing loss has become very prevalent today with more than 30% of people over age 65 have some type of hearing loss. According to the American Speech and Hearing Association, adults should have their hearing screened every three years beginning at age 50.

### **If I don't pass my hearing screening, what's next?**

The first step is to get a complete hearing test to gain an understanding of how you are hearing. If hearing loss is determined, there are many treatment options typically involving hearing aids. Hearing aids are very different from the hearing aids your grandparents wore. The focus is on comfort and cosmetics without sacrificing quality of sound.

**Why do I have hearing loss?** Noise-induced hearing loss is usually gradual and painless but, unfortunately, permanent. Once damaged, the hearing nerve and the sensory nerve cells do not repair. Genetics also play a significant role with our hearing. If a parent, grandparent, or a sibling suffers from hearing loss, it increases your risk of developing hearing loss (ASHA.org).

**What's my first step?** Schedule a hearing screening or hearing test with a hearing care professional to start your journey to better hearing health.

## HEARING LOSS CLINIC

Hearing loss affects 1 in 3 people over the age of 60 and can greatly affect people's enjoyment of life and their ability to communicate with friends and family.

**CONNECT HEARING** is offering a FREE Hearing Loss Clinic at the Village Center (located at 2450 East Quincy Avenue) on Wednesday, September 14th from 9:00 a.m. to 12:00 p.m.

The clinic is on a first come, first served basis and does not require an appointment, but there may be a short wait depending on how many people attend the clinic. The actual test will only take 10 to 15 minutes.

*For more information regarding Connect Hearing, you can visit their website at [connecthearing.com](http://connecthearing.com) or call (303) 722-0886.*



## Flu Shot Clinic SAVE THE DATE

**F**ront Range Flu Shots will be holding a flu shot clinic on Monday, October 10th from 10:30 a.m. to 12:00 p.m. at the Village Center (2450 East Quincy Avenue). This is a walk-in clinic so there is no need to make an appointment. For any questions regarding the flu shots, you can contact Front Range Flu Shots at (303) 797-3397.