Summer Breeze Senior Living | Newsletter | Aug 2017

Hearing Aids at the Mall? Congress Could Make It Happen

A few years hence, when you've finally tired of turning up the TV volume and making dinner reservations at 5:30 p.m. because any later and the place gets too loud, you may go shopping.

Perhaps you'll head to a local boutique called The Hear Better Store, or maybe Didja Ear That? Maybe you'll opt for a big-box retailer or a kiosk at your local pharmacy.

If legislation now making its way through Congress succeeds, these places will all offer hearing aids. You'll try out various models — they'll all meet newly established federal requirements — to see what seems to work and feel best. Your choices might include products from big consumer electronics specialists like Apple, Samsung and Bose.

If you want assistance, you might pay an audiologist to provide customized services, like adjusting frequencies or amplification levels. But you won't need to go through an audiologist-gatekeeper, as you do now, to buy hearing aids.

The best part of this over-the-counter scenario: Instead of spending an average of $1,500 to $2,000 per device (and nearly everyone needs two), you'll find that the price has plummeted. You might pay $300 per ear, maybe even less.

So many people will be using these new over-the-counter hearing aids — along with the hordes wearing earbuds for other reasons — that you won't feel self-conscious. You'll blend right in.

That, at least, represents the future envisioned by supporters of the Over-the-Counter Hearing Aid Act of 2017, which would give the Food and Drug Administration three years to create a regulatory category for such devices and to establish standards for safety, effectiveness and labeling.

The approach seems to appeal to both conservatives (by deregulating an industry that currently restricts hearing aid sales to audiology practices) and to liberals (by extending an aspect of health care to many more people).

Just look at the odd-bedfellow sponsors: Senator Elizabeth Warren, Democrat of Massachusetts, and Senator Charles Grassley, Republican of Iowa. In the House, Representative Joseph Kennedy, Democrat of Massachusetts, and Representative Marsha Blackburn, Republican of Tennessee.

They've attached the hearing aid provision to a bill reauthorizing the F.D.A. to collect fees from drug and device manufacturers, which Congress must pass before its August recess to keep the agency functioning.

The bill won approval from the Senate Health, Education, Labor and Pensions committee last month and sailed through the House Energy and Commerce Committee on Wednesday.

"I don't think we could have had this conversation 20 years ago, or even 10, because the technology wasn't there," said Barbara Kelley, executive director of the Hearing Loss Association of America.

In the last two years, though, both the President's Council of Advisors on Science and Technology and a National Academy of Sciences report called for the F.D.A. to establish an over-the-counter category.

Decades back, when professionals had to manually adjust analogue hearing aids for each wearer, a process requiring repeated visits, it made sense to restrict sales to licensed audiologists, said Dr. Frank Lin, an otolaryngologist and epidemiologist at Johns Hopkins University.

Now, users can program digital devices themselves. If the legislation passes, consumers will find more choices over the counter, instead of being limited to products from the six manufacturers who produce nearly all hearing aids sold in the United States. And new players (including start-ups) will enter a market they've been excluded from.

"For any established consumer electronics company experienced with sound, this doesn't have to be a substantial research and development effort," Dr. Lin said.

Just in time. Mild to moderate hearing loss becomes nearly ubiquitous at older ages, affecting more than 60 percent of those in their 70s and nearly 80 percent of those over age 80. Yet only one older person in five currently wears hearing aids.

With Medicare coverage of hearing aids prohibited by law, cost represents a major reason. "The number one complaint we get in phone calls every day is, 'I need help, I can't afford hearing aids,'" Ms. Kelley said.

More is at stake here than the ability to mingle at social events and parties. Older adults with hearing loss report more falls, and more hospitalizations and periods of poor mental and physical health. Some experience an accelerated rate of cognitive decline.

Happy Birthday to all of our August Birthdays!

Margaret Murray..... August 17th

Julia Kennedy..... August 23rd

Emily Harber..... August 26th

Eddie Adkins..... August 27th

Jolene Daughtry..... August 30th

Please join us on:
Wednesday, August 30th at 11:30 a.m.
as we recognize our August Birthdays during lunch.

SAVE THE DATE (Events of This Month)

National Girlfriend's Day Party
Tuesday, August 1st – 3:00 p.m.

Summer Breeze/Summer Freeze Jenny's Ice Cream Truck will visit
Monday, August 14th – 3:00 p.m.

Out and About
Wednesday, August 23rd – 1:30 p.m.
Isle of Hope/Wormsloe Famous Gate

Poker Party
Tuesday, August 22nd – 4:00 p.m.

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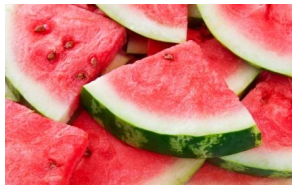
A SENIOR LIVING COMMUNITY

SUMMER BREEZE Activity Calendar August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Continental Breakfast 7:30 a.m. *Breakfast served at 8:00 a.m.* *AL – Lunch served at 11:30 a.m.* *IL – Lunch served at 12:30 p.m.* *Dinner served at 5:30 p.m.*	 *National Girlfriend's Month*	1 9:30 Sip & Chat 10:30 Bingo Blast 1:30 Board Games 3:00 ***National Girlfriend's Day*** ***(It's a Girl's Party) Invite your favorite friend for all the fun.....***	2. 9:30 Sip & Chat 10:30 Bingo Blast 11:30 ***Lunch Bunch*** ***(Paula Deans – Creek House)*** 4:00 Wine Wednesday 6:30 Evening Activity	3. 9:30 Sip & Chat 10:30 Bingo Blast 1:30 Resident Council 2:00 Facials with Liana 3:00 ***National Watermelon Day*** ***Sliced Cold Watermelon*** 4:00 Thirsty Thursday	4. 9:30 Sip & Chat 10:00 Barbara & Jim 10:30 Bingo Blast 1:30 Board Games 3:00 Travel with Us.....Spain 4:00 Happy Hour - Sangria	5. 10:00 Sip & Chat 10:30 Exercise Club 1:30 Bingo Blast 3:30 Saturday Movie Matinee: The Carol Burnett Show
6. **Friends & Family Visit** 10:00 Sip & Chat 10:30 Bingo Blast! 11:00 Finish the Lyrics 1:30 Afternoon Fitness 4:00 L.I.F.E. Ministries	7. 9:30 Sip & Chat 10:00 Bible Study 10:30 Bingo Blast! 2:00 Primp & Polish with Manicures 3:00 ***Summer Breeze/Summer Freeze (Ice Cream) Jenny's Ice Cream Truck*** 4:00 Move Your Feet	8. 9:30 Sip & Chat 10:30 Bingo Blast! 11:00 ***Move Groove w/ Lisa*** 1:30 Board Games 3:00 Infuse Your Thirst 4:00 Sing a Long 	9. 9:30 Sip & Chat 10:30 Bingo Blast! 11:00 Chaplin Lee w/Devotion 1:30 Board Games 2:30 Name That Tune 3:00 Hands Up – hand massages 4:00 Wine Wednesday	10. 9:30 Sip & Chat 10:30 Bingo Blast! 1:30 Laughter Lounge 2:00 Brain Games – Remember Them? 3:00 When in Spain (traditions and history) 4:30 Thirsty Thursday – Social Hour	11. 9:30 Sip & Chat 10:00 Barbara & Jim 10:30 Bingo Blast! 1:30-3:30 ***Dip your toes in the ocean – Trip to Tybee*** 4:00 Happy Hour-Daiquiris 	12. 10:00 Sip & Chat 10:30 Exercise Club 1:30 Bingo Blast! 2:00 ***Thea Pianist Extraordinaire (On our Baby Grand Piano)***
13. **Friends & Family Visit** 10:00 Sip & Chat 10:30 Bingo Blast! 11:00 Finish the Lyrics 1:30 Afternoon Fitness 	14. 9:30 Sip & Chat 10:00 Bible Study 10:30 Bingo Blast! 1:30 Pennies In 3:00 ***Summer Breeze/Summer Freeze (Ice Cream) Jenny's Ice Cream Truck*** 4:00 Move Your Feet	15. 9:30 Sip & Chat 10:30 Bingo Blast! 1:30 Board Games 3:00 Infuse Your Thirst 4:00 His Love Ministries 	16. 9:30 Sip & Chat 10:30 Bingo Blast! 1:30 Board Games 2:30 ***Stretch it Out – Neck & Shoulders*** 3:30 Spot the Difference 4:00 Wine Wednesday 5:30 ***Steak Dinner Night***	17. 9:30 Sip & Chat 10:30 Bingo Blast! 1:30 Laughter Lounge 2:00 Facials w/ Liana 3:30 Music w/ Desi 4:30 Thirsty Thursday-Social Hour	18. 9:30 Sip & Chat 10:00 Barbara & Jim 10:30 Bingo Blast! 1:30 Round Table Uno 3:00 ***Taste of Spain*** 4:00 Happy Hour-Spanish Red Wine	19. 10:00 Sip & Chat 10:30 Exercise Club 1:30 Bingo Blast! 2:00 ***Thea Pianist Extraordinaire (On Our Baby Grand Piano)***
20. **Friends Visit & Family** 10:00 Sip & Chat 10:30 Bingo Blast! 11:00 Finish the Lyrics 1:30 Afternoon Fitness 4:00 L.I.F.E. Ministries	21. 9:30 Sip & Chat 10:00 Bible Study 10:30 Bingo Blast 2:00 ***Music With Debi Scott*** 4:00 Move Your Feet	22. 9:30 Sip & Chat 10:30 Bingo Blast! 2:00 Wheelchair/Walker Wash 3:00 Infuse Your Thirst 4:00 ***Poker Party*** 	23. 9:30 Sip & Chat 10:30 Bingo Blast! 11:00 Chaplin Lee w/Devotion 1:30 ***Out and About – Tour of Isle of Hope/Wormsloe Famous Gate*** 3:00 Hands Up – hand massages 4:00 Wine Wednesday	24. 9:30 Sip & Chat 10:30 Bingo Blast! 1:30 Laughter Lounge 2:00 Brain Games-Finish the Phrase 3:00 Word Find-Spain Games 4:30 Thirsty Thursday-Social Hour	25. 9:30 Sip & Chat 10:00 Barbara & Jim 10:30 Bingo Blast! 2:00 Balloon Pop 3:00 Cool Down With Cool Pops 4:00 Happy Hour-Cold Brews	26. 10:00 Sip & Chat 10:30 Exercise Club 1:30 Bingo Blast! 2:00 Saturday Movie Matinee : The Sound of Music
27. **Friends & Family Visit** 10:00 Sip & Chat 10:30 Bingo Blast! 11:00 Finish the Lyrics 1:30 Afternoon Fitness 4:00 His Love Ministries 	28. 9:30 Sip & Chat 10:30 Bingo Blast! 1:30 Primp & Polish with Manicures 3:00 Heads Up 4:00 Move Your Feet 	29. 9:30 Sip & Chat 10:30 Bingo Blast! 11:00 ***Move and Groove with Lisa*** 1:30 Board Games 3:00 Infuse Your Thirst 4:00 Sing a Long 	30. 9:30 Sip & Chat 10:30 Bingo Blast! 11:30 ***Resident Birthday Recognition*** 1:30 Balloon Pop 2:00 Brain Games-Who Said What? ***3:00 Stretch it Out –Arms*** 4:00 Wine Wednesday 6:30 Evening Activity	31. 9:30 Sip & Chat 10:30 Bingo Blast! 1:30 Laughter Lounge 2:00 Brain Games-Remember When? 3:30 Music with Roy 4:30 Thirsty Thursday- Social Hour	 *Travel Club this month - Spain*	

Poor Sleep Tied to Increased Alzheimer's Risk

Poor sleep may be an indication of increased risk for Alzheimer's disease, a new study of older people suggests.

Researchers studied 101 cognitively normal people, average age 63, who completed well-validated sleep questionnaires. They analyzed their spinal fluid for the presence of indicators of the plaques and tangles that are characteristic of Alzheimer's. The study is in Neurology.

After controlling for age, a family history of Alzheimer's, the ApoE gene that increases Alzheimer's risk and other factors, they found that poor sleep quality, sleep problems and daytime sleepiness were associated with increased spinal fluid indicators of Alzheimer's disease.

The reason for the association is unclear, but at least one animal study found that during sleep the brain's capacity to clear toxins like beta amyloid, the toxic protein that forms plaques in the brains of those with Alzheimer's, improves. It may be that poor sleep interferes with this process in people, too.

"Not everyone with sleep problems is destined to develop Alzheimer's disease," said the senior author, Barbara B. Bendlin, an associate professor of medicine at the University of Wisconsin School of Medicine and Public Health. "We're looking at groups of people, and over the whole group we find the association of poor sleep with the markers of Alzheimer's. But when you look at individuals, not everyone shows that pattern."

SUMMER BREEZE
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