

## DID YOU KNOW

- Some degree of cognitive decline (slight changes in reasoning and memory abilities) is normal as we age. Hearing loss is related to cognition and in some studies is associated with cognitive decline and poor health. The connection often goes unrecognized and unaddressed. In part it may be connected through the isolating effects of hearing loss.
- Communication and social connectedness are critical to brain health; hearing well matters. It is important to maximize hearing status and remain active and engaged
- The economic costs of not addressing hearing loss are very high to society in terms of health and social care
- Hearing aids when prescribed correctly and used on a regular basis have been shown to both reduce social isolation, feelings of loneliness and depression; at a time when other cognitive functions are being challenged—it's important to address hearing loss as early and as quickly as possible
- Closed captioning, which has long been required on television, is also available at the AMC and Regal theaters. As discussed in the previous newsletter, AMC theatres offers CaptiView, a goose-neck device that fits into your seat's cup holder and displays all of the movie's dialogue in text. The Regal Cinema provides Sony Entertainment Access glasses, which resemble 3-D glasses. Captions are projected onto the glasses, and appear to float about 10 feet in front of the user. Try these, you may like them!!



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## YOUR SAFETY MATTERS TO US

- The Air Carrier Access Act (1986), prohibits discrimination on the basis of disability in air travel, applies to all flights of U.S. airlines, and to flights to or from the United States by foreign airlines. When you fly it is permissible to say:
  - “I have a hearing loss and will not hear announcements, and I’m always permitted to pre-board.” Once you enter the plane, you can say to the flight attendants that “I have a hearing loss so please make sure to alert me if there is an emergency.”

**Interested In Speaking With Other People Who Have Hearing Loss And May Or May Not Be Using Hearing Aids? Join Mayo Connect Online Forum To Share Experiences And Connect With Others. Note That The Site Is Continuously Monitored By Mayo Clinic Staff Or Trained Volunteers**

### How to Join

1. Go to <https://connect.mayoclinic.org/group/hearing-loss/>
2. Click on “Join” button at the top
3. Create a username. You can use a nickname or your first name and initial (for example: @Tigress or @JaneT).
4. Enter your email.
5. Create a password.
6. Click **AGREE & CONTINUE** to accept the Terms of Use
7. Find a discussion group and connect with others.
8. On the Groups page, scroll down and click on the box that says Hearing Loss.
9. You will then see a list of discussions, or you can start one.

### You Can Also Follow the Hearing Loss Group

1. <https://connect.mayoclinic.org/group/hearing-loss/>
2. Click **+FOLLOW**
3. Choose to receive an email every time a message is posted, or a summary only once a day in a Daily Digest
4. Close the pop-up

### You Can Post a Message and Start Talking

1. Introduce yourself here: Hearing Loss: Come introduce yourself and connect with others
2. Once you have introduced yourself, you can reply to any existing discussions or start a new discussion on <https://connect.mayoclinic.org/group/hearing-loss/>
3. Visit Get Started on Connect for step-by-step instructions to help you get the most out of Connect.