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PROTECTING YOUR HEARING OVER THE FIREWORKS

BY MICHELE MICHAELS, THE ARIZONA COMMISSION FOR THE DEAF AND THE HARD OF HEARING

When you think of the 4th of July, what do you think of? Family, BBQ's, apple pie, fireworks... and hearing loss?

For many people fireworks are the highlight of the holiday weekend, yet many people do not realize that fireworks also have their risks and one danger cannot be seen: hearing loss.

Most fireworks produce sounds that are over 125 dB, (decibels are a measure of the degree of loudness of a sound), well above the safe limits of 85 dBs. To put it in perspective, 125 dBs is louder than an air-raid siren - and loud enough to cause hearing damage in less than four minutes if people don't wear the proper hearing protection.

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WE WANT TO HEAR FROM YOU!

LET US KNOW HOW WE ARE DOING BY TAKING THIS SHORT SURVEY.



Upcoming Events

Let Freedom Sing
July 4, 9 a.m. – 3 p.m.
Centennial Hall -
The University of Arizona
1020 E. University Blvd
Tucson, AZ 85724

AzTAP's 16th Annual Assistive Technology Summer Institute
July 20 - 22, 8 a.m. - 4 p.m.
Arizona Grand Resort
8000 S. Arizona Grand Pkwy
Phoenix, AZ 85044

41st Annual Arizona Rural Health Conference
August 7, 7 a.m. – 3 p.m.
August 8, 7 a.m. – 3 p.m.
Wigwam Resort
300 E. Wigwam Blvd.
Litchfield Park, AZ 85340

SIENA's Take Charge! Native American Youth Leadership Conference
September 23 - 26, 8 a.m. – 4 p.m.
Westin La Paloma
3800 E. Sunrise Drive
Tucson, AZ 85718

See complete list on page 4

PROTECTING YOUR HEARING OVER THE FIREWORKS

CONTINUED FROM COVER

HOW CAN YOU ENJOY THE FIREWORKS AND STILL PROTECT YOUR HEARING?

- * Earplugs or over-the ear headphones are very effective for preventing hearing damage. Be sure to put them in before the show and keep them in for the entire show.
- * Sit at least 500 feet from the fireworks.
- * Leave the fireworks to the professionals. If you set the fireworks off yourself, you will experience the noise up-close and loud. So sit back, and enjoy the show!
- * Watch the fireworks from inside a home or car. You will be far enough away from the loud noise, and close enough to still enjoy the beautiful display.

HOW DO I KNOW IF I MAY BE DAMAGING MY HEARING?

It is not just exposure to one-time activities like fireworks but everyday noises may also be damaging your hearing. If you experience any of the following it might be time to evaluate the situations that are causing you harm:

- * Ringing or buzzing in the ears.
- * Slight muffling of sounds. Difficulty in understanding speech. You can hear all the words, but you can't understand them.
- * Difficulty in hearing conversation in groups of people when there is background noise.

If you experience any of these early warnings signs, your hearing may have been damaged. Have your hearing checked by a hearing health professional, or have your ears examined by an ear, nose and throat doctor.

So to ensure a safe and healthy holiday this 4th of July, be sure to take precautions and protect your hearing. Enjoy the show!

For more information visit www.acdhh.org or www.azrelay.org.



RELAY FRIENDLY BUSINESSES

At Arizona Relay Service we support organizations that are certified "Relay Friendly" and understand how relay works — and more importantly, how to use relay. Please welcome the newest relay-friendly businesses to our group:

PPEP MICRO-BUSINESS & HOUSING DEVELOPMENT CORPORATION

806 East 46th Street

Tucson, AZ. 85713

Phone: 520-806-4694

Fax: 520-662-1480

Website: www.pmhdc.net

SCAN HEALTH PLAN

1313 E Osborn

Phoenix, AZ 85014

Phone: 888-540-7226

Email: marisa.park@mesacc.edu

Website: www.scanhealthplan.com

FARM BUREAU FINANCIAL SERVICES

18301 North 79th Avenue, # D146 Glendale,

Arizona 85308

Phone: 623-201-4799

Fax: 623-201-4699

Email: Pat.Bell@fbfs.com

Website: www.AgentPatBell.com

AVALON SOUTHEAST HEALTH AND REHABILITATION

2900 E. Milber Street

Tucson, AZ 85714

Phone: 520-294-0005

Website: www.avalonhci.com

LA FRONTERA ARIZONA, INC.

504 W. 29th St.

Tucson, AZ 85713

Phone: 520-884-9920 (front desk)

Website: www.lafronteraaz.org

THE RELAY FRIENDLY PARTNERS PROGRAM IS A FREE PROGRAM THAT:

- * Offers FREE training to assist your business with receiving and placing AZRS calls
- * Reduces or eliminates hang-ups on relay users
- * Allows customers to know you are certified as a AZRS Relay Friendly Partner
- * Offers you a free listing on the AZRS website
- * Provides a Relay Friendly Partner logo to post on your business' website
- * Provides a AZRS Relay Friendly Partner decal for your door or window

To view the entire list of relay friendly businesses or for additional information on becoming a relay friendly business please visit our website at http://www.azrelay.org/home/relay_friendly_business

BACK TO SCHOOL STARTS WITH HEALTHY HABITS

BY THE ARIZONA COMMISSION FOR THE DEAF AND THE HARD OF HEARING AND ARIZONA RELAY SERVICE

Your kids are ready to go back to school, have you:

- * Purchased the proper school supplies –
- * Purchased back to school clothing –
- * Completed the yearly sports physical-
- * Had your kids hearing -

Now is the perfect time to supplement your tots', tweens' and teens' education by teaching them some habits that will help them stay healthier not only this year but for the rest of their lives.

For starters, learn how to take care of their hearing health.

Most parents recognize the importance of getting your child's vision tested and taking them to the doctor for an annual physical.

But what about your child's hearing?

While often overlooked, hearing checks are crucial to your child's education in terms of speech, language, communication skills and learning. If not detected it may result in serious effects on the child's development.

Make it a habit to have your child's hearing tested each year.

Here are some important signs to observe for any potential hearing loss in your child. Does your child:

- * Turn up the volume of the TV excessively high?
- * Respond inappropriately to questions?
- * Not reply when you call him/her?
- * Watch others to imitate what they are doing?
- * Have articulation problems or speech/language delays?
- * Have problems academically?
- * Complain of earaches, ear pain or head noises?
- * Have difficulty understanding what people are saying?
- * Seem to speak differently from other children his or her age?

While these signs don't necessarily mean that your child has a hearing problem, they could be indicators of one. If you answered "yes" to any of the above questions, or if you suspect your child may have difficulty hearing, contact your doctor to schedule an evaluation with an audiologist.

UPCOMING EVENTS

JULY

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AUGUST

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SEPTEMBER

SIENA's Take Charge! Native American Youth Leadership Conference

September 23 - 26
8 a.m. – 4 p.m.
Westin La Paloma
3800 E. Sunrise Drive
Tucson, AZ 85718

OCTOBER

IHD-EB 2014 Conference

October 2, 8 a.m. – 4 p.m.
October 3, 8 a.m. – 4 p.m.
High Country Conference Center
201 W. Butler Avenue
Flagstaff, AZ 86001

PRESENTATIONS

Mesa Active Adult Center

July 16, 9:30 a.m. – 10:30 a.m.
Mesa Active Adult Center
247 N. Macdonald
Mesa, AZ 85201

EVAR Vial Signs at Encore

October 16, 10 a.m. - 11 a.m.
Encore Senior Village
26 W. First Avenue
Mesa, AZ 85210

For more information on a specific topic or presentation please contact us at connie.short@att.com or lee.sams@att.com.