



Arizona Relay Service 7-1-1

SUNSETTER

ARIZONA RELAY SERVICE NEWSLETTER — ALLERGIES AND HEARING LOSS



ADULT-ONSET ALLERGIES

JUST WHEN YOU THOUGHT YOU WERE IN THE CLEAR

BY KEN ARCIA, outreach manager for Arizona Relay Service



Ken Arcia

March is a time most of us associate with pleasant thoughts—longer days, warmer weather, more sunshine, spring training baseball. But for some, this month signifies the beginning of the dreaded allergy season. Most adults who have yet to experience the sniffing, sneezing and watery affects from allergies believe that they have dodged a bullet. However, developing allergies after your children have graduated from college or while you are enjoying your retirement has become an increasingly prevalent issue.

According to *WebMD*, nearly 18 million adults in the United States have either hay fever or allergic rhinitis, which are caused by allergens such as pollens, weeds, grasses and molds. The number is much larger when talking about allergies associated with things like dust mites, dogs and cats. These numbers are at an all-time high and continue to rise. Although medical experts have yet to nail down a finite reason as to why more and more adults are being affected by allergies, they have begun to theorize.

Continued on Page 2

WE WANT TO HEAR FROM YOU!

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

IN THIS ISSUE:

- Adult-Onset Allergies
- ALDA Angel Award Honors Ken Arcia
- Upcoming events/presentations
- Relay Friendly business

UPCOMING EVENTS

MARCH

ACDHH Day at the Capitol

March 7, 10 a.m. – 2 p.m.
Arizona State Capitol
1700 W. Washington
Phoenix, AZ 85007

Senior & Caregivers Conference & Expo

March 17, 10 a.m. – 3 p.m.
Liberty Traditional School
3300 N. Lake Valley Rd.
Prescott Valley, AZ 86314

American Indian Disability Summit

March 23, 8 a.m. – 5 p.m.
Desert Willow Conference Center
4340 E. Cotton Center Blvd.
Phoenix, AZ 85040

APRIL

Ultimate Women's Expo

April 22-23, 8 a.m. – 5 p.m.
Phoenix Convention Center
100 N. 3rd St.
Phoenix, AZ 85004

29th Annual Mayors Disability Awards Celebration

April 25, 3 – 5:30 p.m.
Scottsdale Center for the Performing Arts
7380 E. 2nd St.
Scottsdale, AZ 85251

8th Annual Ability360 Center Health & Wellness Fair

April 28-29, 8 a.m. – 5 p.m.
Ability360 Center
5025 E. Washington St.
Phoenix, AZ 85034

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ADULT-ONSET ALLERGIES (CONTINUED)

According to Everyday Health, most theories attribute the rise of adult-onset allergies to higher concentrations of airborne pollutants, rising dust mite populations, poor ventilation in homes and offices, dietary factors and sedentary lifestyles. Another theory is one that we are all too familiar with—the hygiene hypothesis. This theory states that the more sanitary the environment, the less exposure to bacteria which therefore increases susceptibility to allergies.

Allergies develop when your immune system fails to identify an allergen. Allergens then trigger the immune system cells to release specific chemicals, like histamine, which is the chemical responsible for hustling whatever that “bad” is out of your body. This in turn causes those irritating allergy symptoms.

The percentage of adults affected by allergies for the first time is quite surprising. According to the American College of Allergy, Asthma and Immunology, 30% of people experience adult-onset allergies. In addition to this, the CDC has also reported that allergies are the sixth-leading cause of chronic illness in the United States.



How Allergies Affect Hearing

In addition to this, allergies have also been proven to impact your hearing, causing what is called conductive hearing loss. This condition results from blockage, either fluid or wax, in the ear preventing sound waves from traveling through the outer ear. Symptoms can include itching, swelling, vertigo and a feeling of “fullness” in the ear.

Audiology and Hearing Health indicates that the three parts of your ear that are affected by allergy symptoms are the outer ear, the middle ear and the inner ear.

- **Outer ear – Skin reactions can cause swelling and/or itching of the outer ear and ear canal.**
- **Middle ear – This is where the fluid buildup happens, commonly resulting in earaches or ear pressure. Swelling from the outer ear stops the middle ear from draining, causing the ear to feel full. This may cause some balance issues.**
- **Inner ear – Hearing can be temporarily impaired in individuals with inner-ear disorders, like Meniere’s disease.**

Allergies can also cause discomfort if you wear hearing aids. Allergens commonly clog the microphone ports in your hearing aids, affecting how they function. Regularly replacing and cleaning the ports is a great way to keep ahead of this issue.

On the bright side, most cases of hearing loss due to allergies are only temporary. Normal hearing usually returns after symptoms disappear. If it does not or if you are experiencing pain and discomfort, make an appointment to see your doctor or audiologist to make sure your condition does not worsen.

As for some general tips to help stave off allergy season symptoms, keep your house cool and dry, make healthy food choices, stay active and remember that hot liquids, steam and nasal rinses are your friends.

FOR MORE INFORMATION

Arizona Commission for the Deaf and the Hard of Hearing, visit www.acdhh.org. or Arizona Relay Service, visit www.azrelay.org.

ALDA ANGEL AWARD HONORS KEN ARCIA

ASSOCIATION OF LATE-DEAFENED ADULTS HONORS KEN ARCIA WITH THE ROBERT R. DAVILA ALDA ANGEL AWARD

The Association of Late-Deafened Adults (ALDA) has awarded Ken Arcia, account manager for Arizona Relay Service (AZRS), with the *Robert R. Davila ALDA Angel Award* at its recent ALDAcon conference in Milwaukee. ALDA is an association that works to empower and unify individuals with hearing loss, regardless of age of onset. They strive to provide a stress-free environment where their members can communicate and support one another by sharing their unique experiences, challenges and coping strategies.

Each year at ALDA's annual international conference, this award is presented to an individual who is actively involved within the late-deafened, the D/deaf and the hard of hearing communities. According to the leadership of the organization, Arcia has gone above and beyond these requirements.



"Apart from Ken's 25 years as an active member within the relay service community, he has served as a past president, committee chair and member of the technology committee for ALDA," said Sharaine Rawlinson Roberts, president of the Association for Late-Deafened Adults and the individual who nominated Arcia. "He actively teaches others about relay services so that they can receive the full benefits from them. Most importantly, Ken is a friend to many and lives his life to the maximum, setting a great example for all of us."

Arcia became deaf at the age of 21 due to Neurofibromatosis, Type 2 (NF-2). This hereditary illness led him to get involved with various deaf and hard of hearing organizations such as ALDA, the Hearing Loss Association of America (HLAA) and DeafHope, a non-profit agency that provides services to Deaf women and their children who have experienced domestic and/or sexual violence.



"I look forward to the ALDAcon every year – I even plan my vacations around them. To have received this award is an incredible honor," said Arcia. "I owe much of my success to ALDA and AZRS. Organizations like these provide me, and countless others, with a sense of community, opening doors to forms of communication that were once impossible."

As account manager for AZRS, Arcia is responsible for providing education and training to the public about the services AZRS provides. He works to raise awareness for the deaf, hard or hearing, deaf-blind and speech-disabled communities throughout the state.

KEN ARCIA

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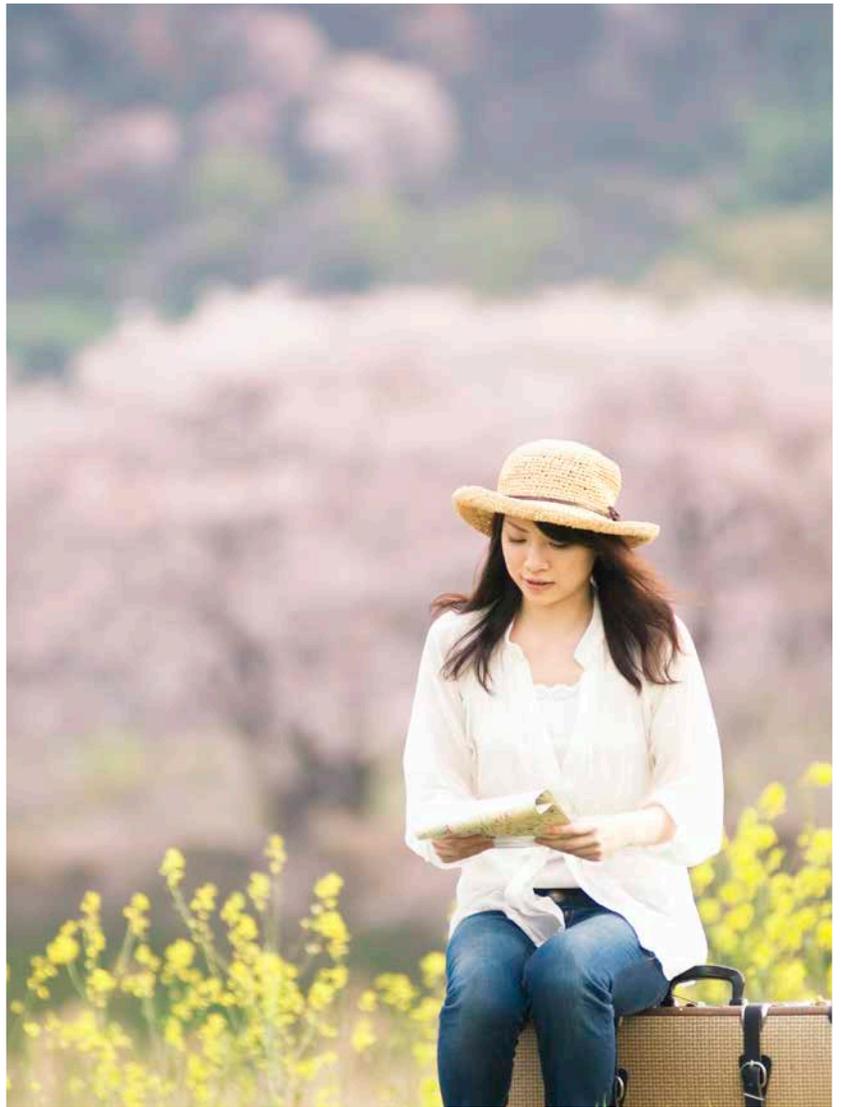
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Accessible, reliable and convenient
telephone communication.



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Arizona Relay Service (AZRS) is a public service provided by the State of Arizona and administered by the Arizona Commission for the Deaf and the Hard of Hearing (ACDHH). AZRS makes communication by telephone easy, accessible, reliable and convenient for people who are deaf, hard of hearing, deaf-blind or have difficulty speaking.

For more information, visit our website at www.azrelay.org.

PHOTO RECAP

Executive Director
Sherri Collins
explaining how
the looping
system works ▶



▶ Ken Arcia gives a presentation at the Adult Loss of Hearing Association (ALOHA) in Tucson, Ariz.



▶ Arizona State Legislators cutting the red ribbon with ACDHH's Executive Director and Staff in the background

◀ Rep. Lela Alston and Sherri Collins



▶ Representative Lela Alston experiences the new Looping system for the first time



RELAY FRIENDLY BUSINESSES

The following “Relay Friendly” businesses and organizations have been certified “Relay Friendly” by Arizona Relay Service and understand how relay works — and more importantly, how to use relay.

ABBOTT HEARING CENTER

1300 S. Milton Rd., #205
Flagstaff, AZ 86001
(928) 214-7114
Website: abbottflagstaff.com

BLUEWATER ACCOUNTING & TAX SERVICE

2182 McCulloch Blvd. N #1B
Lake Havasu City, AZ 86403
(928) 680-4050

H&R BLOCK

3950 N. Oracle Rd.
Tucson, AZ 85705
(520) 887-9350
Website: hrblock.com

PERSONAL TOUCH TAX SERVICE

Office/Fax: (602) 588-2818
Website: personaltouchtaxservice.com

ZIEGLER WEALTH MANAGEMENT GROUP

8501 N. Scottsdale Rd., Suite #250
Scottsdale, AZ 85253
(480) 483-5989
Website: ziegler.com

CITY OF PHOENIX – CITY AUDITOR

Historic City Hall
17 S. Second Ave.,
Suite #200
Phoenix, AZ 85003
(602) 262-6641

CITY OF PHOENIX – CITY CLERK

Phoenix City Hall
200 W. Washington St.,
15th floor
Phoenix, AZ 85003-1611
(602) 262-6811

CITY OF PHOENIX – CITY MANAGER’S OFFICE

Phoenix City Hall
200 W. Washington St.,
12th floor
Phoenix, AZ 85003
(602) 262-6941

CITY OF PHOENIX – FINANCE

Calvin C. Goode Building
251 W. Washington St.
3rd, 5th, 8th and 9th floors
Phoenix, AZ 85003
(602) 262-7166

RELAY FRIENDLY PARTNERS PROGRAM

- Offers FREE training to assist your business with receiving and placing Arizona Relay Service calls
- Reduces or eliminates hang-ups on relay users
- Allows customers to know you are certified as a Arizona Relay Service Relay Friendly Partner
- Offers you a free listing on the Arizona Relay Service website
- Provides a Relay Friendly Partner logo to post on your business’ website
- Provides a Arizona Relay Service 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 www.azrelay.org/relay-friendly-business.