American Heart Month: Heart and hearing healthy recipes

by Brande Plotnick, MS, MBA, managing editor, Healthy Hearing

The heart plays a vital role in the function of our bodies. Good heart health means good hearing health. Practice eating heart healthy meals as often as you can. A healthful diet can be delicious, too!

Hearing health is connected to heart health

The goal of heart healthy recipes is to maintain proper levels of cholesterol and fatty molecules called lipids. This is done by reducing bad types of cholesterol, mainly low-density lipoproteins (LDL), which can be harmful to the heart.

What does high LDL have to do with hearing loss? One study in the Ear Nose & Throat Journal showed that hearing loss, tinnitus and dizziness were caused by elevated blood lipids. The fix? Lowering those LDLs improved the symptoms in 83% of the patients within five months of treatment. Subsequent studies have supported these results.

To eat a heart-healthy diet, eat mindfully and enjoy the great variety of foods. A Google search will give you thousands of articles on the best foods. There’s salmon, blueberries, coffee, dark leafy greens, avocado, dark chocolate, red wine, tomatoes, nuts and so much more.

Improving your diet can seem overwhelming at first, so take it one day at a time. To get you started, we’ve created a sample menu for just one day. With a little planning and focus, you can improve both your heart health and your hearing health.

Breakfast

• Steel cut oatmeal with blueberries and hemp seeds
• Coffee

Make oatmeal per directions, add ½ cup blueberries and sprinkle with hemp seeds. For an extra heart-healthy punch, try swirling some almond butter into your oatmeal to make an even more substantial meal.

Instant oatmeal has a higher glycemic index than traditional oats, and unless it’s plain, it can be loaded with added sugar. If you’re pressed for time in the morning, make a large batch of steel cut oats and reheat it in portions all week long.

Blueberries provide a good dose of antioxidants and super-food hemp seeds contain an ideal ratio of healthy fats and some compounds thought to lower blood pressure, according to Dr. Weil.

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2. www.healthyhearing.com/help/hearing-loss
3. www.healthyhearing.com/help/tinnitus
18 Mar meeting  9:30 am - noon; details on back page

BAHA Implants

Oticon Medical, Cochlear Americas and Medtronics representatives will show us what a BAHA implant is, who is eligible, and why it might help some for whom hearing aids aren’t the best solution. A BAHA implant is NOT a cochlear implant. Come learn more about this option even if you aren’t a candidate yourself.

April: Self Advocacy

We will be doing some exercises to learn how to advocate for ourselves with our hearing loss. This will be a moderated and interactive program. It should be fun, but the goal is to give us each more confidence to speak up and learn what to say when we experience challenges with hearing during our daily lives without coming across as someone with a chip on our shoulder.

May: Home Grown Tech Fair – in honor of Better Speech and Hearing Month

We invite everyone to share their favorite assistive listening device. Don’t worry if you don’t have one—come and see what others have used for various real-world situations. Board members will bring their favorites and display them for hands-on demo. We’ll share everything from cellphone apps to FM systems and one we can all relate to: a setup that allows us to hear in the car when there are more than two people.

June: Dr. Bradley Pickett MD

What does a neuro-otologist have to tell us? How should we self-identify our hearing loss in a medical setting? What kind of medical scenarios are most critical when we have a hearing loss? This promises to be give us a point of view from the other side of the medical relationship with a hearing loss. Don’t miss our last meeting of the year before our July/Aug break!

Give us your feedback:

Suggestions for future topics or speakers can be shared with Mary Clark or any other board member.

Because of Easter, we meet April 22nd, not the 15th.
Lunch
• BLAT salad
• Water

Avocado, leafy greens and tomatoes are good for heart health. The BLAT (bacon, lettuce, avocado and tomato) salad is a great lunch choice, especially if you use naturally lower fat and lower sodium turkey bacon. Dark greens like leaf lettuce, spinach and baby kale contain more vitamins, antioxidants and flavor than bland iceberg lettuce. Try a dressing made with extra-virgin olive oil, another healthy fat, to reduce your LDL intake.

Simply layer all salad ingredients in a large bowl, drizzle on the dressing and enjoy.

Water is a healthy way to wash down your meals and snacks. Keeping properly hydrated improves your overall health. Have a giant glass at lunch, and refill it throughout the afternoon. Squeeze in fresh lemon and a dose of vitamin C.

Snack
• Homemade trail mix

Trail mix can easily be made with ingredients in your kitchen pantry. Gather your favorite nuts, like almonds, cashews or peanuts, some dried fruit like raisins, dried blueberries or cranberries, homemade popcorn, and maybe some dark chocolate chips. Toss them together for a hearing and heart-friendly snack that's sure to please the whole family.

Dinner
• Salmon steaks in spicy tomato sauce
• Red wine

Fresh wild salmon has several health advantages over farmed salmon, says Prevention Magazine. You might enjoy salmon prepared according to this Bon Appetit magazine recipe featuring a zesty lycopene-rich tomato sauce.

The antioxidants in red wine have long been connected to heart health in the popular media, although its benefits haven't proven out as well in human studies as in animal studies.

Dessert
• Dark chocolate
• Pistachios

Some wonderful chocolates include brands like Dandelion Chocolate, Alter Eco, Akinosie and Theo. The health benefits and artisan quality of these delicious bars come at a higher price than a typical Hershey’s Bar, but they are worth it.

Pistachios have also been linked to heart health, so consider a handful of pistachios to end your meal. Or make a truly decadent dessert by melting some dark chocolate in a double boiler and coating your pistachios.

Heart healthy = hearing healthy

Remember, every step you take to improve the health of your heart will positively impact your hearing health, too. In honor of American Heart Month, try our sample menu.

The right foods can help maintain good hearing, but if you already have hearing loss, even the healthiest diet won't be able to reverse it. If you or someone you love needs help, find a hearing care professional near you for a complete hearing examination. It’s easy, painless and it could improve all areas of your life.

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6 www.prevention.com/content/which-healthier-wild-salmon-vs-farmed-salmon
7 www.bonappetit.com/recipe/salmon-steaks-with-spicy-tomato-sauce
8 https://www.dandelionchocolate.com/
9 www.alterecofoods.com/product-category/chocolate/
10 https://www.askinosie.com/
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12 www.mensjournal.com/health-fitness/nutrition/the-cardio-nut-20130409
13 www.healthyhearing.com/hearing-aids
The Lowly Neckloop

Steve Frazier, LoopNM@gmail.com, 401-4195, www.LoopNM.com

They work anyplace there are sounds you want or need to hear if your hearing aids are equipped with telecoils

Hearing loop technology isn't just in churches and TV rooms; it's about using your hearing aids as part of a personal assistive listening system, and neckloops can be a major part of that system. A neckloop can perform all the function of a headset, earphones or earbuds. Wherever you use one of those, you can use a neckloop. A neckloop transmits audio signals to the telecoils found in most hearing aids via electromagnetic waves and the hearing aids turn that back into sound.

Neckloops can be plugged into your MP3 player, your cell phone, your desk phone, your TV or any other sound-producing device and give you high-fidelity sound adjusted to match the hearing loss pattern shown in your personal audiogram—something headsets etc. do not do. If you go to a movie theater that lends out receivers and headsets, your personal neckloop will probably work with the receiver in place of the loaner headset. Same with the receivers at a church or other venue that has neither a hearing loop nor loaner neckloops but does have an assistive listening system.

Need to make (or receive) a call when you're out and in a noisy environment? If you have a cell phone and a neck loop, it will be easier than trying to hear the phone over all the noise (and with one hand over the other ear). With a neckloop plugged into the phone and your hearing aids set to telecoil, your hearing aid microphones are turned off, reducing background noise, and you can use the phone hands-free. You'll hear the caller through both ears, improving intelligibility.

A personal sound amplifier like the Williams Pocket Talker coupled with a neckloop can help you hear better in one-on-one situations or with a small group, thanks to the directional mic on the amplifier and its close proximity to the person speaking to you.

Coupled with a personal FM system like the Motiva Personal FM System, you won't need a long cord going from the device used by the person talking to your neckloop. If the amplifier is equipped with a small conference mic, you'll be able to hear the voices of others at a moderately sized dinner table and some other settings.

When you fly, a personal neckloop can be plugged into the sound system on most airplanes, allowing you to listen to music or the sound track of a movie without removing your hearing aids. You won't need the poor sound quality earbuds issued by the airline.

There are several types of neckloops available. A basic model like the Listen Technologies LA 166 neckloop retails for around $55. It functions like a headset—transmitting sound to your ears via the telecoils in your hearing aids.

At similar cost, the ClearSounds Cla7, V2 amplified neckloop has a built-in amplifier and a microphone so you can receive and send sound when plugged into a cellular or landline phone. It still functions as a 'headset' with a volume control for other applications.

Adding more versatility, the ClearSounds Quattro 4.0 Lite Bluetooth Listening System receives audio from cell phones, tablets or other devices via Bluetooth®, then amplifies and refines the sound before transmitting it to hearing aids with t-coils like other neckloops do.

Many think that if you don't go to places with hearing loops, you have don't have any use for telecoils. With neckloops, nearly everyone has a use for them. They work with the telephone with or without a neckloop. They work with any sound-producing device that has a speaker or headset jack and when coupled with devices like a personal
sound amplifier or FM system. That raises two questions: Were you told about telecoils before buying your hearing aids? If so, do you have telecoils in your hearing aids?

Where can you get neckloops and other devices that work with them? The Hearing and Vision Center right here in Albuquerque is one source. Online you can pick from a huge variety of such devices at Harriscomm.com or Teltex.com. If you’re a national HLAA member, the latter two will give you a discount that can offset the shipping charges.

### Happenings in the world of Hearing Loss

*Mary Clark, VP Programs HLAAAbq*

*Member, HLAA Board of Trustees*

#### National:

HLAA is in full court press now for the upcoming convention in Salt Lake City Utah. The workshops have been published, a special performance by the Mormon Tabernacle Choir with a loop is scheduled, special workshops on searching family history using the world’s largest genealogy library at the Mormon Library are planned, and activities outside the convention, and a keynote speaker who is a war hero who will share his story of hearing loss after losing it during his service. Even a talent show is planned, so even if you only want to come for one day, check out the details at [www.hearingloss.org](http://www.hearingloss.org).

#### State:

Special “to-go” kits were introduced at a Conference on Disabilities last week. These kits are for emergency evacuations and include essentials that we might not remember to bring with us (like hearing aid batteries) if we are being evacuated in a hurry. A Working Group under the Governor’s Commission on Disability has been working on these and produced the first batch for show and tell last week.

#### Local:

See the flyer enclosed in this newsletter for the details of the Town Hall event on April 5th. Free pizza and door prizes make it easy to see this is a great opportunity. Our input is needed for identifying local businesses that are hard to work with due to our hearing, so Hamilton Relay can help them help us. The deaf-friendly apartment building is nearing groundbreaking, and again, it is an exciting opportunity for anyone who might be interested, and even those who are not. I will be sharing my experiences when I visited a similar building in Mesa AZ last summer, with my impressions for how it would work for those who are hard of hearing but not deaf.

Your HLAA Albuquerque Chapter board is planning exciting programs for you and is looking for ideas for next year. When we return in September 2017 we hope to include programs that YOU have chosen for our meetings. We’ll be distributing questionnaires to get some of your ideas.
Tips

Traveling with Hearing loss: tips and tricks to make the experience less stressful

Flying with Hearing Loss:

Have you ever had the experience of missing an announcement about a gate change at the airport and nearly missed or actually missed your flight? Did you know that airlines are required to accommodate passengers with disabilities? They normally think of wheelchairs and physical limitations, but those of us with hearing loss are also eligible for accommodations. Have you asked to pre-board? Have you told the flight attendant that you cannot hear the announcements and to keep you informed of anything important? Maybe not the tour guide type of announcements—you know: “on the left side of the plane is the Grand Canyon”—but if they are telling you they will be landing early or late, or if they are announcing the gates for connecting flights. Often when you book your flight online there is an option to identify yourself as “handicapped”. Handicapped, me? No I can walk just fine, I just can’t hear very well. Well, guess what? We are entitled to accommodations too, so ask for them! We won’t be able to sit in an exit row, but in exchange for the peace of mind that you can pre-board and can understand what is going on, that’s a small price to pay. Next time you take a trip on a plane, try it!

Dealing with law enforcement if stopped while driving:

Last month we learned about a visor card we can use to show law enforcement that hopefully explains our communication needs. The visor card is one that can be printed from the internet, and there are multiple ones available. But the important thing is to print one! We have read stories about deaf individuals who were handcuffed and therefore all communication was stolen from them, leading law enforcement to incarcerate the deaf individual leading to very unnecessary stress. If we want to avoid such an experience due to misunderstanding, the visor card would be a great way to communicate in the way that works best for us.

Traveling in the car:

A road trip can be a great adventure or a curse if we can’t hear well enough to communicate with the others in the car. When traveling with one person, there are some proprietary devices that work with certain hearing aids that use a personal microphone for one other person. We can use these and take the stress out of communication. Another way to listen to another person is to use a pocket talker with a microphone on the other person and a neckloop on you. What happens when there is someone in the back seat? ARGH! Most of us know what a challenge this is, and most of us have resigned ourselves to not being included in any conversation or banter among the rest of the people in the car. Using a pocket talker or the receiver of an FM system, we can overcome that challenge and feel like an equal participant in the group in the car. Come to the May meeting for a hands-on experience using a neckloop with a T-coil.

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Smith's Community Rewards

Shop at Smith’s with their Rewards card, and Smith’s will make a donation to HLAA Albuquerque chapter. You get your usual rewards points.

Call 1-866-4141 to sign up or re-enroll.

The HLAAAbq NPO number for Smith’s is 14881.

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In February, we learned about Home Safety. We heard about the best way to find and choose devices that will help us with our unique needs for help when we can’t hear. One takeaway was that most smoke alarms will not wake us up if we are asleep, so a secondary alerting device can give us peace of mind. Check out the variety of devices available from our presenter at: http://hearingandvisioncenter.com/
Thanks to those listed below for their generous donations: They help make this newsletter possible.

Special
Smith’s Community Rewards
Amazon Smiles

Platinum $400+
Albuquerque Hearing & Balance

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Don Arenfeld
Robert Bolton

Silver $100 - $199
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Jimmy Taft
Susan Turner
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Support the Hearing Loss Association of America (HLAA). Become a member TODAY!

The Hearing Loss Association of America is a volunteer association of Hard of Hearing people, their relatives and friends. It is a non-profit, non-sectarian educational organization devoted to the welfare and interest of those who cannot hear well. Membership in the national organization is by annual dues, which are separate from the annual Chapter fee paid to you local chapter. National membership includes a subscription to the bimonthly publication Hearing Loss Magazine.

National dues are: $35 Individual, $20 Student, $50 Library/Nonprofit, $60 Professional, $300 Corporate.

To join, please send your name, full mailing address, email address and a check or money order in the appropriate amount to:

Albuquerque Chapter Membership

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☐ Renew

Name: .......................................................... Date: ......................

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Mail to: HLAAAbq Treasurer, P. O. Box36792, Albuquerque, NM 87176

Payment: Membership amount: $............. Donation: $............. Total: $.............
Dues: $15 individual or $20 couple per calendar year (Includes newsletter subscription)
HLAA Albuquerque Chapter Meetings are held at Los Altos Christian Church, 11900 Haines Ave NE, on the 3rd Saturday of the month, Jan-Jun. Socializing starts at 9:30 am; presentation at 10:00. The public is cordially invited to attend. Because of Easter, we meet April 22nd, not the 15th.