



HEALTH & WELLNESS NEWS

Massage at Health & Wellness

Hi, my name is Shawna Ray. I have been a licensed massage therapist in the Yamhill and Polk county area for eight years. I will be at the Health & Wellness Center on Mondays providing massage therapy as an on-site contractor and I am contracted with Shasta.

Contact 971-241-4323 by text or voice message to schedule appointments. Co-pay still may apply. I'm looking forward to working with those in the community to deliver a holistic approach to pain management, relaxation and overall wellness. ■

Skookum help?

Do you have questions about your Skookum Health Assistance Program or do you need to send in information to the team in Grand Ronde? We have you covered! Send an email to skookum@grandronde.org and one of our helpful team members will be happy to assist you. ■

Better hearing & speech



May is Better Hearing and Speech Month. It is a time to raise awareness about communication disorders and available treatment options that can improve the quality of life for those who experience problems speaking or hearing.

Did you know the average person is born with about 16,000 hair cells within their inner ear? These cells allow your brain to detect sounds. By the time hearing loss is noticeable, many of those hair cells have already been damaged or destroyed. You can lose anywhere from 30-50% of those hair cells before changes in your hearing can be measured with a hearing test. Those inner ear cells do not grow back.

Hearing protection

While there is no treatment to restore normal hearing, you can prevent hearing loss from loud sounds. If you're already having hearing loss or are experiencing pain, discomfort or ringing in the ears, take steps to keep it from getting worse and have your hearing checked.

The steps you can take to protect your hearing include:

- Protection when shooting a firearm: Those using firearms for recreational purpose would benefit from learning about their safe use which includes the use of hearing protection.
- Determine if the noise level is too loud: If you need to shout to make yourself heard, then you need hearing protection such as earplugs or noise-cancelling earmuffs.
- Do not listen to headphones for a long time: Turn the volume down and take periodic breaks from the noise.

Facts and statistics

- Noise is now being acknowledged as an important public health issue and a top environmental risk faced by the world today.
- More than 50% of people ages 12 to 35 listen to music via personal audio devices at volumes that pose a risk to their hearing.
- A rule of thumb for staying safe is to keep the volume below 60%.
- If you frequently use personal audio devices around loud sounds, instead of turning the volume up consider using noise cancelling earphones or headphones.
- Listening through personal audio devices should not exceed 80 decibels for adults (noise level of a vacuum cleaner) or 75 decibels for children or those with sensitive ears (noise level of a phone ringing) for more than 40 hours per week.
- Listeners who regularly use portable audio devices can expose themselves to the same level of sound in 16 minutes of music at 100 decibels that an industrial worker would receive in an eight-hour day at 85 decibels.

Signs you may need a hearing test:

- You have a ringing sensation in the ears.
- People complain that you talk too loudly.
- You have to ask people to repeat what they say.
- You find it hard to hear conversations, especially if there is background noise.
- Others complain that you watch TV with volume turned too high.

Older Americans Month

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The theme this year is "Powered by Connection," which recognizes the huge impact that meaningful relationships and social connections have on our health and well-being.

Connections and health?

People are by nature social creatures. Social connections are important and necessary for our survival. Our relationships with family, friends, coworkers and community members can have a major impact on our health and well-being. When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices as well as have better mental and physical health outcomes. They are also better able to cope with hard times, stress, anxiety and depression.



Health Benefits of social connectedness:

People with strong social bonds have a 50% increased likelihood of survival than those who have fewer social connections. Social connection can help prevent serious illness and outcomes like:

- Heart disease
- Stroke
- Dementia
- Depression and anxiety

Social connection with others can help:

- Improve your ability to recover from stress, anxiety and depression
- Promote healthy eating, physical activity and weight
- Improve sleep, well-being and quality of life
- Reduce your risk of violent and suicidal behaviors
- Prevent death from chronic disease

Elders and social isolation:

Social isolation and loneliness are public health issues that affect more than one-third of adults, with seniors most at risk for depression, substance abuse and suicide triggered by feelings of isolation. Health risks associated with loneliness and social isolation are comparable to the dangers of smoking and obesity, increasing mortality risk by up to 30%.

Improve social connections:

- Spend more quality time with family and friends
- Join a group, club or class related to an interest or hobby
- Spend time with others in nature
- Express gratitude to others
- Volunteer with an organization
- Get involved in the community
- Expand and diversify your social network by making a new acquaintance or friend
- Provide social support to others, such as listening to a friend
- Get to know your neighbors
- Visit with adult foster care/residential living facility residents

ELDERS LIVING WITH
LONELINESS
IN ADULT FOSTER CARE

WHEN ELDERS MOVE INTO ADULT FOSTER CARE, WE ASSUME THAT THEY WILL CONTINUE TO HAVE THE SOCIAL LIFE THEY HAD WHEN THEY WERE LIVING INDEPENDENTLY. THAT THEY WILL CONTINUE TO SEE THEIR FAMILY & FRIENDS, PARTICIPATE IN EVENTS, VISIT.....

NEARLY 40% OF ELDERS LIVING IN ADULT FOSTER CARE SUFFER FROM DEPRESSION AND LONELINESS.

THERE IS NO REPLACEMENT FOR FAMILY & FRIENDS!