



CAPE FEAR VALLEY
PASSPORT TO HEALTH

PASSPORT *to* HEALTH

SUMMER 2014

News For and About Passport to Health Members!





CAPE FEAR VALLEY PASSPORT TO HEALTH

Passport To Health is a program for members ages 50 and better.

OFFICE

Passport To Health
3522 Village Drive
Phone: (910) 615-4600
Fax: (910) 615-5385

Office hours vary.
Please call before stopping by.

MAILING ADDRESS

Cape Fear Valley Health
Attn: Passport To Health
P.O. Box 2000
Fayetteville, NC 28302-2000

EDUCATIONAL TOPIC LINE

For the topic of the month to be presented at Passport To Health's monthly educational meeting and other upcoming events, please call (910) 615-4468.

This newsletter is published by the Marketing and Outreach Department of Cape Fear Valley Health System for Passport To Health members, physicians, senior centers and community agencies.

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This educational information is provided to supplement the care provided by your physician. It is not intended to be substituted for professional medical advice. Always consult your physician with any questions you may have regarding a medical condition.



umoja *festival* & health fair

Saturday, Aug. 23

11 a.m. - 3 p.m.

Smith Recreation Center at Seabrook Park

1520 Slater Avenue, Fayetteville

Free Parking across the street at Fayetteville State University
with Shuttle Bus to the door – *Bring the whole family!*



CAPE FEAR VALLEY HEALTH



Dear Friends,

An exciting and wonderful life-changing experience has happened within the Ackerman family. I'm proud to announce that on May 29, I became a grandmother.

My oldest son and his wife gave birth to a healthy baby boy. Cameron Dale Ackerman weighed in at 8 pounds, 6 ounces.

Words cannot fully express the way I feel about this little bundle of joy. Having a grandchild has been such a wonderful experience for both my husband and me. Family and friends have commented that we are downright silly over him. But that's ok; I've learned in this short time that grandparents can be silly and not worry any longer if we are embarrassing our kids.

When I look at my grandson's tiny fingers and cute little nose, he often gives me strange looks, as if to say, "Who are you?" Those long-forgotten memories come back to remind me of my own little babies. It is such a wonderful feeling – a feeling that only a grandparent knows.

I'm looking forward to a "grand life" with my new grandson, and I'm especially looking forward to the day when he will look at me with those sweet little eyes and that boyish grin and say, "I love you, too, Nana." What a gift to experience.

ANNA ACKERMAN, PASSPORT TO HEALTH MANAGER

We love to see our Passport To Health members!
However, it is difficult to find uninterrupted time to plan workshops and programs for you, our members. After careful consideration, we have decided to close the office to walk-in traffic on Thursdays beginning July 31. Thank you for being understanding.

Hearing Aids

Is There An Inexpensive Alternative?





Harold knows that his hearing is bad. Watching a movie, even on TV, he misses at least half of the dialogue. And when he is home by himself, he never hears the doorbell or the phone.

The obvious solution is a hearing aid, and he would not be embarrassed to wear one, as some seniors are. But hearing aids are not covered by Medicare or other health insurance, and he simply does not want to shell out the three or four thousand dollars that a hearing aid would cost.

Harold's problem is a common one. Two of every three Americans ages 70 and older have some degree of hearing loss; yet fewer than 20 percent of these individuals now wears a hearing aid. One major reason is cost.

Last week, Harold noticed a TV ad offering to solve his hearing problem for a fraction of the cost of a hearing aid. Should he give that product a try?

The official answer is probably no. According to the Food and Drug Administration, these alternatives are not hearing aids but personal sound amplifying products (PSAPs). Compared to a hearing aid, which the FDA defines as "intended to compensate for impaired hearing," a PSAP is a wearable electronic product intended to amplify sound. According to the FDA, they are for people who are not hearing impaired but who wish to amplify sound for some other reason – such as to hear a baby crying in a room upstairs.

As a result, the FDA does not regulate PSAPs, which leaves you on your own when it comes to evaluating quality.

Loudness Is Not the Issue

As most seniors who suffer from it know all too well, hearing loss is not a simple matter of volume. "I hear, but I don't always understand," Harold said. "I don't need people to yell at me; I need them to speak more clearly."

Many seniors have hearing loss mostly in the high frequencies, which is why they don't hear the doorbell or the phone. A female or child's voice may be harder to pick up than a male voice, and high-pitched consonant sounds such as "s" and "f" are harder to distinguish than lower-pitched vowel sounds. Did you say mat, bat, vat or sat? To a person with high frequency hearing loss, they all sound the same.

Hearing aids are expensive because they require a comprehensive hearing evaluation by a professional to determine the exact nature of the impairment. And then a hearing aid must be programmed to try to compensate for the impairment. Even the best programming, of course, cannot give you back the hearing you once had.

Thanks to digital technology, hearing aids are improving all the time, and so are personal amplification products. PSAPs are now widely available at different price points. Some are better than others, and none offers the same quality as a hearing aid. But the quality has improved to the point that some of these products may be worth considering, particularly for persons with mild to moderate difficulty hearing who are not yet convinced they need a hearing aid.

LOW END: At the lowest price point – \$20 to \$40 – you get what you pay for. These are sometimes compared to the inexpensive reading glasses you can pick up at the drug store. But hearing loss is much more complex than the age-related need for reading glasses.



These inexpensive devices simply amplify sound, and some online reviewers claim that the sound quality is poor. If you are having trouble with background noise, it will be amplified as well, making hearing even more difficult.

Pocket Talkers

For \$100 to \$150, you can buy a portable device about the size of a pack of cards that you can clip on to a shirt pocket or belt. The name PockeTalker belongs to products made by Williams Sound, a company that also makes assistive listening devices for the hearing impaired, such as phone flashers, amplified ringers and amplified telephones. Portable devices sold by other companies are usually listed as pocket talkers.

The microphone picks up sound and sends it to an amplifier with volume control and finally to your ears through earbuds, an earclip or headphones. The device can also be plugged into a TV set.

Compared to a behind the ear hearing aid, a pocket talker or PockeTalker is a bit cumbersome and lacks the sophisticated programming. The sound quality, though, can be quite good, and these portable devices are handy for short-term use, such as in rehabilitation facilities or short-term nursing homes.

A senior living alone at home may have little use for a permanent hearing aid but, for a fraction of the cost, can get hearing assistance through a pocket talker for one-on-one conversation when family and friends come over for visits.

More Sophisticated PSAPs

Very recently, some companies have been developing and offering more sophisticated PSAPs selling for \$300 and up. Some of these have incorporated technology similar to that used for

hearing aids – multiple channels for different environments, directional microphones, the ability to dampen noise and adjust audio signals.

Started by an electrical engineer in the hearing aid industry, one company makes devices that are adjustable through a Bluetooth connection to a smart phone.

An app gives the user a hearing test and then sets the device to compensate for the hearing loss. The user can also make manual adjustments. For more clarity with consonants and high frequency, you can increase the trebles. If you're listening to music, you may want to raise the bass.

This kind of device requires a smart phone and some technical savvy. And the result cannot be expected to be as good as that produced by a hearing aid.

But by eliminating the need for a hearing test, programming and professional consultations, the price can be significantly lower.

There are several companies producing similar high-end PSAPs. Quality varies considerably so it's important to get as much information as you can before deciding on a purchase. Don't buy a product without a warranty and customer support.

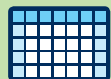
The ideal approach, if you can afford it, is to have a hearing evaluation first with an audiologist to determine exactly what your deficits are and to find out what kind of alternative device might be most useful for your type of hearing impairment.

Top 8 Signs You May Need a Hearing Aid

Hearing impairment is often gradual and more noticeable to friends and family than to the person with the impairment. Some signs that you should consider a hearing evaluation:

1. Family members say you speak too loudly.
2. You are constantly asking others to repeat what they have said.
3. When you walk into a room where others are watching TV, you tell them that the volume is too low.
4. When the nurse asks you, "How is your hearing?" you answer: "What did you say?"
5. You have a hard time hearing at parties or in restaurants where the background noise is high.
6. You can hear better out of one ear.
7. You can't hear a dripping faucet or a beep telling you the refrigerator door is ajar.
8. You have to strain to hear at movies, even on TV when the sound is turned up.

If you have several of these symptoms, you should talk to your doctor or go to a professional hearing clinic to have your hearing evaluated.



UPCOMING *events*

Monthly Luncheon & Dinner Programs

All luncheon and dinner programs are held in the Cape Fear Valley Rehabilitation Center Auditorium, located behind Cape Fear Valley Medical Center. Free parking is available in the Employee Parking Lot, located at the corner of Melrose and Walter Reed roads, with shuttle service provided to the door.

To allow our catering staff to get ready, doors will open at 11 a.m. for the luncheons and 5 p.m. for the dinners. We regret we cannot allow early entry.

AUGUST

Hurricane and Severe Weather Preparedness

Monday, August 11 • 11:30 a.m.
Registration deadline is August 4.

Tuesday, August 26 • 5:30 p.m.
Registration deadline is August 19.

Speaker: James Bullard, NRP EM
Emergency Management Coordinator
EMS of Cape Fear Valley

SEPTEMBER

Preparing for Medicare Open Enrollment

Monday, September 8 • 11:30 a.m.
Registration deadline is September 1.

Monday, September 29 • 5:30 p.m.
Registration deadline is September 22.

Speaker: Sam Hutchinson, LCSW
Senior Health Services
Cape Fear Valley Health

AUGUST EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

_____ **Luncheon Session: August 11**
Registration Deadline is Aug. 4, 2014.

_____ **Dinner Session: August 26**
Registration Deadline is Aug. 19, 2014.

SEPTEMBER EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

_____ **Luncheon Session: September 8**
Registration Deadline is Sept. 1, 2014.

_____ **Dinner Session: September 29**
Registration Deadline is Sept. 22, 2014.

NOTICE: The Passport To Health office will close daily for lunch from 12:30 to 1:30 p.m.

Make checks payable to Passport To Health. Mail your registration form and payment to:

Passport To Health
Cape Fear Valley Health System
P.O. Box 2000, Fayetteville, NC 28302-2000

To receive a refund, cancellations must be made by the reservation deadlines.

OCTOBER

Keeping You Safe In The Hospital

Monday, October 6 • 5:30 p.m.
Registration deadline is September 29.

Wednesday, Oct. 8 • 11:30 a.m.
Registration deadline is October 1.

Speaker: Jan Mathews, RN, MPHA, CPHQ,
NEA-BC, BB
Corporate Executive Director of Quality and
Patient Safety
Cape Fear Valley Health

NOVEMBER

Eating for Better Blood Pressure and Cholesterol

Monday, November 3 • 11:30 a.m.
Registration deadline is October 27.

Tuesday, November 4 • 5:30 p.m.
Registration deadline is October 28.

Speaker: Jaime Evans, RD, LDN
Dietitian
Cape Fear Valley Health

OCTOBER EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

_____ **Dinner Session: October 6**
Registration Deadline is Sept. 29, 2014.

_____ **Luncheon Session: October 8**
Registration Deadline is Oct. 1, 2014.

NOVEMBER EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

_____ **Luncheon Session: November 3**
Registration Deadline is Oct. 27, 2014.

_____ **Dinner Session: November 4**
Registration Deadline is Oct. 28, 2014.



UPCOMING *events*

Seminars & Workshops

AARP Smart Driver Safety Class

Wednesday, July 16 • 9 a.m. – 2 p.m.

Medical Arts Center, Room 102

101 Robeson Street

AARP Members \$15, Non-Members \$20

This four-hour classroom course provides a driving refresher for mature drivers ages 55 and older.

You must stop by the Passport To Health office and pick up a registration form. Registration forms and payment must be turned in to the Passport office prior to class.

Cape Fear Valley will provide a light lunch.

Please make checks payable to AARP. Include your AARP number on the memo line of the check if you are a member.

Nutrition and Aging

Wednesday, August 20 • 9 a.m.

Medical Arts Center, Room 102

101 Robeson Street

Presenter: Jaime Evans, RD, LDN,

Dietitian, Cape Fear Valley Health

FREE! To register, please call 615-4600.

Healthy Body Mechanics

Tuesday, August 26 • 9:30 a.m.

Cape Fear Valley Rehabilitation Center Auditorium B

FREE! Please call 615-4600 to register.



Ice Cream Social

Friday, Sept. 5 • 2 p.m.

Cape Fear Valley Rehabilitation Center Auditorium

Entertainment provided by a Barbershop Quartet from Golf Capital Chorus

Pinehurst, North Carolina

Cost: \$2 per person

Make checks payable to Passport To Health. Due to the low cost of this event, we are unable to give refunds.

ICE CREAM SOCIAL REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$2 per person

Make checks payable to Passport To Health.

Mail registration form and payment to:

Passport To Health

Cape Fear Valley Health System

P.O. Box 2000

Fayetteville, NC 28302-2000



Senior Day

at the

Fair



Thursday, September 11

1 – 4 p.m.

Crown Coliseum

301 E. Mountain Drive

*Come for Senior Day,
Stay for the Fair!*

Food • Entertainment • Door Prizes • Exhibits • Free Admission

Ask a Pharmacist (*bring a list of medications*)

Transportation provided from parking lot to main door

Don't forget to visit the Passport To Health booth for giveaways and information.

FREE fair admission for seniors from 4 to 5 p.m.



CAPE FEAR VALLEY
HEALTH SYSTEMSM

P.O. Box 2000
Fayetteville, NC 28302-2000

Non-Profit Org.
U.S. Postage
PAID
Fayetteville, N.C.
Permit No. 253

HEALTHY EATING

Southern Banana Pudding

NUTRITION FACTS

Serving size	3/4 cup
Calories	140
Total fat	2 g
Saturated fat	0.5 g
Sodium	170 mg
Fiber	1 g
Protein	4 g
Carbohydrates	14 g



INGREDIENTS

- 3-3/4 cups fat-free milk
- 2 4-oz. packages instant vanilla pudding and pie-filling mix (fat-free, sugar free)
- 32 reduced-fat vanilla wafers
- 2 medium bananas, sliced
- 2 cups fat-free frozen whipped topping, thawed

DIRECTIONS

1. Mix 3-1/2 cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes until it is well blended. Let stand for 5 minutes.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 Tbsp. of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
4. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding.
5. Refrigerate for at least 3 hours before serving.

Makes 10 servings.