



WWURA NEWS



March 2012

www.wvu.edu/~wwura

Serving Retired Faculty and Staff

President's Letter

WWURA members,

I've pretty much to say again as I said in the previous letter to you. As always, our organization continues to function well because of the time and energy contributed by those involved in the various committees and groups. We thank those individuals and hope that others will step forwards to continue our success as an organization.

Again, I urge the current members to invite other retired faculty and staff to our events and encourage their membership in WWURA. We need new faces and new ideas to keep us vibrant and interesting. Let them know what it is that prompts you to join year after year-- whatever that may be.

Save the date April 20 for the Spring Luncheon and May 16 for the Retirement Dinner, the latter to feature, once again,, the Prawns and Johnny Barnes.

Finally, Evelyn Ames has purchased a portable microphone system for WWURA at a cost of \$500. This should enhance our travelogue presentations and other events.

See you at the luncheon.

- Howard Evans

WWURA Travelogue

Traveling Along the Southern Coast of England

Presented by Barbara & Mel Davidson and Gail & Marty Haines

Wednesday, March 21, 2012

Squalicum Yacht Club

6:30 for socializing,

7:15 presentation



Gail at Doc Martin's "Surgery"

The Davidsons and Haines will tell us about their trip along the historic southern coast of England. Cornwall is an area which has played an important part of English and American history and is still very appealing in the 21st century. We visited the ports from which the Pilgrims, Vancouver and others sailed for America and where England launched most of her sea battles as well as the Normandy Invasion. You will follow our adventures from Southampton and the New Forest though many attractive villages in the South West of England, including Port Issac, the filming location for the popular BBC Doc Martin series on PBS television.

If your name begins with **A though L**, please bring a dessert to share. WWURA provides coffee and tea; some members bring wine. Please contact one of the board members if you need a ride.

Can You Hear Me? Hearing Loss

“About one-third of Americans between the ages of 65 and 74 have hearing problems. About half the People who are 85 and older have hearing loss. Whether a hearing loss is small (missing certain sounds) or large (being profoundly deaf), it is a serious concern. If left untreated, problems can get worse”

<http://www.nidcd.nih.gov/health/hearing/pages/noise.aspx> National Institute on Deafness and other Communications Disorders). Hearing loss affects a person’s life in many ways, such as missing out on conversations or telephone calls with friends, family, or health care providers’ information. Hearing problems make people feel embarrassed, upset, and lonely. It can cause a person to withdraw from conversation at dinner tables or social settings

Questions to help determine if one’s hearing needs to be evaluated by a hearing professional:

Problem hearing over the telephone?	Yes ___ No ___
Trouble following conversation when two are talking at the same time?	Yes ___ No ___
People complain that you turn the TV volume up too high?	Yes ___ No ___
Do you have to strain to understand conversation?	Yes ___ No ___
Have trouble hearing in a noisy background?	Yes ___ No ___
Do you find yourself asking people to repeat themselves?	Yes ___ No ___
Do many people you talk to seem to mumble (or not speak clearly)?	Yes ___ No ___
Misunderstand what others are saying and respond inappropriately?	Yes ___ No ___
Trouble understanding the speech of women and children?	Yes ___ No ___
People get annoyed because you misunderstand what they say?	Yes ___ No ___

If “yes” is answered to three or more of above questions, it is recommended one see an [otolaryngologist](#), M.D (an ear, nose, and throat specialist) or a doctor of [audiology](#) (Ph.D.) for a [hearing](#) evaluation.

Different Types of Hearing Loss. “**Presbycusis** (prez-bee-KYOO-sis) is age-related hearing loss. It becomes more common in people as they get older. People with this kind of hearing loss may have a hard time hearing what others are saying or may be unable to stand loud sounds. The decline is slow. Just as hair turns gray at different rates, presbycusis can develop at different rates. It can be caused by **sensorineural** (sen-soh-ree-NOO-ruhl) hearing loss. This type of hearing loss results from damage to parts of the inner ear, the auditory nerve, or hearing pathways in the brain. Presbycusis may be caused by aging, loud noise, heredity, head injury, infection, illness, certain prescription drugs, and circulation problems such as high blood pressure. The degree of hearing loss varies from person to person. Also, a person can have a different amount of hearing loss in each ear. For more information, check:

<http://www.medicinenet.com/script/main/art.asp?articlekey=20432>. First to be affected are high tones (includes most common sounds in spoken English – p, s, f, t, d, sh, ch, h. For example, “Can you understand this sentence without the high tones?” (Can you understand this sentence without the high tones?) Typically next are mid tones -- tongue and base of throat (ka, la, rr).

What Causes Hearing Loss? Hearing loss can have many different causes, including the aging process, ear wax buildup, exposure to very loud noises over a long period of time, viral or bacterial infections, heart conditions or stroke, head injuries, tumors, certain medicines, and heredity

How You Can Help a Person with Hearing Loss. Consider using the following tips:

- Face the person and talk clearly.
- Speak at a reasonable speed; do not hide your mouth, eat, or chew gum.
- Stand in good lighting and reduce background noises.
- Use facial expressions or gestures to give useful clues.
- Repeat yourself if necessary, using different words.

- Include the hearing-impaired person when talking. Talk with the person, not about the person, when you are with others. This helps keep the hearing-impaired person from feeling alone and excluded.
- Be patient; stay positive and relaxed. Ask how you can help

When is noise too loud? You have to raise your voice to be understood by someone standing nearby. Your ears hurt from the noise. A buzzing or ringing sound occurs in your ears, even temporarily. It takes several hours away from the noise to hear as well as you do normally. Block noise (wear earplugs, ear muffs, ear protective devices), avoid the noise (walk away), or turn down the sound.

Intensity of Common Sound

<i>Source of noise</i>	<i>Sound level in dB</i>	<i>Source of sound</i>	<i>Sound level in dB</i>
Firearms	140 to 170	Jet engines	140
Rock concerts	90 to 130	Amplified car stereos	140 at full volume
Portable stereos	115 at full volume	Powers mowers	105
Jackhammers	100	Subway trains	100
Video arcades	100	Freeway driving in conv.	95
Power saws	95	Motorcycles at 25 ft.	90
Food blender	88	Electric razors	85
Garbage disposal	80	Clothes washer	78
Dishwasher	75		

Sites that compare sound levels: <http://www.noisyplanet.nidcd.nih.gov>
http://www.nidcd.nih.gov/health/education/teachers/Pages/common_sounds.aspx
<http://www.noisehelp.com/noise-level-chart.html> <http://www.soundbytes.com/page/SB/CTGY/decibel-levels>
<http://www.nidcd.nih.gov/health/hearing/pages/sound-ruler.aspx> (sound video).

How does a cochlear implant work? “A cochlear implant is very different from a hearing aid. Hearing aids amplify sounds so they may be detected by damaged ears. Cochlear implants bypass damaged portions of the ear and directly stimulate the auditory nerve. Signals generated by the implant are sent by way of the auditory nerve to the brain, which recognizes the signals as sound. Hearing through a cochlear implant is different from

normal hearing and takes time to learn or relearn. However, it allows many people to recognize warning signals,

understand other sounds in the environment, and enjoy a conversation in person or by telephone.

<http://www.nidcd.nih.gov/health/hearing/pages/coch.aspx>. To see a diagram of the cochlear implant go to <http://www.science.org.au/nova/029/029box01.htm>

Information about treatments including hearing aids, assistive and adaptive devices, and cochlear implants is found at <http://www.medicinenet.com/script/main/art.asp?articlekey=20432&page=>

Be a wise consumer and question “too good to be true” advertisements for hearing aids that cure your hearing loss! Check the credentials of the hearing provider.

WWURA TRAVEL NEWS

RHINE REUNION AT NANETTE'S AND BURL'S

On March 8 WWURA members and friends who went on the Amsterdam to Zurich holiday markets cruise met to reminisce about their wonderful December 2011 cruise. Burl's bratwurst and sauerkraut were delicious as were the other dishes.

We toasted a great Ama Waterways trip with a sip of gluhwein, looked at photo albums, and enjoyed getting together again. Many thanks to Nanette Davis and Burl Harmon for hosting the Rhine reunion.

DANUBE RIVER 50TH ANNIVERSARY TRIP

December 2 - 12, 2012 are the dates for this special holiday markets cruise. We will fly to historical Prague to begin, then continue to charming Nuremberg to board Ama Waterways' Ama Lyra. Locations along the Danube include medieval Regensburg, the magnificent Melk Abbey, splendid Salzburg (optional), vibrant Vienna, and beautiful Budapest. Besides the holiday markets, there will be opportunities for museums, music and more. Complete itinerary and cost details are on the WWURA website. Scroll down to Kathy's Christmas (time) cruise. Call Kathy Whitmer (734-7211) or Joyce D. Wilson (733-4703) for a brochure.



A ger (yurt) in Mongolia

MONGOLIA AND THE GOBI DESERT

August of 2013

We will fly to Beijing and from there to Ulaanbaatar where we will visit the Gandan Monastery. We then head across the steppes to a 16,000 acre preserve that is the habitat of the ibex, wolves, hawks, etc. Our lodgings will be Mongolian gers for three days. We will also explore Kharkhorin, the ancient capital of the Mongol Empire, which was established by Genghis Khan at the crossroads of the Silk Road. We then have three days at picturesque Khovsgol Lake which will give us the opportunity to meet families who herd reindeer and yaks. We finish the trip with three days at the Three Camel Lodge in the Gobi desert. This is an Overseas Adventure Travel trip which means our group is limited to 10-16 participants. Please let Donna Rochon know if you are interested in the trip.

(360-647-2301, djrochon1@comcast.net).

This trip is an opportunity to experience something quite different from our usual trips. It will be fascinating to see a different part of the world. You can view a detail itinerary at the OAT web site.

<www.oattravel.com> Cost: \$6195 from Seattle; Land Tour only: \$4895

Difficulty level: You must have good health and mobility and be able to walk 3 miles unassisted each day.

AN ACADEMY FOR LIFELONG LEARNING WINE TRIP

A wine trip to Eastern Washington is scheduled for April 16-19. This trip is open to WWURA members. For information visit the website (www.wvu.edu/all) or contact any A.L.L. members or Marty Haines.

WWURA INTEREST GROUPS

WWURA'S Interest Groups are open to everyone. If you would like to join a group, please call the contact person. **March Interest Groups are listed below.**

Book Group - Donna Rochon, 647-2301

Meets at Barbara Davidson's, 806 17th St., 2:30 p.m. Tuesday, March 20th

The book for March is *In Cod We Trust* by Eric Dregni.

Bridge Group - Nicholas Bullat, 676-1156

The bridge group will meet on Tuesday, March 27th, place to be announced.

Informal Dining - The hosts for March are Bergs, Julie Fleetwood, Fowlers. and Wolls. Call Jan Berg, 733-4654 or Barb Evans, 650-9724 if you would like to be added to the list.

Opera Group - Evelyn Ames, 734-3184

The Metropolitan Opera Live in HD is shown at the Lincoln Theater in Mt. Vernon and at Bellis Fair Regal Cinemas (see Sept.'s Newsletter for contact information).

Encore : Bellis Fair: Verdi's *Ernani*, March 14, Pickford: Puccini's *La Boheme*, Sunday March 25

Downhill Skiing - Charlie Way, 7734-0649. Call Charlie if you are interested.

Writer's Group - call Evelyn Wright for information, 676-0227.

Book and Film Corner

Lynne Masland

British novelist Edward Rutherfurd's novels chronicle the history of settlements through their development up to modern day, mixing fictional characters and families with real people and events. In *The New Forest*, he weaves the stories of the ancient people of England's New Forest, located in the south of England between Southampton and Christchurch, from the early days of William the Conqueror through the First World War. The New Forest is a mystical place peopled with huntsmen, cottagers, smugglers, monks and witches; deer and wild ponies roam the oak and beech woods. As with his other books, he creates families and follows descendants through centuries of history, much as James Michener did. *The New Forest* is a companion piece to *Sarum*, his first book, chronicling two thousand years of Stonehenge and Salisbury history.

Despite their length – running 800 to 1,000 pages – Rutherfurd's novels are engrossing reads with memorable characters, especially for those with an interest in British history.

Save The Dates

April 20, Spring Luncheon

May 16, Retirement Dinner

WWURA Calendar 2012

March

21 Travelogue

April

3 Board Meeting

20 Spring Luncheon

May

1 Board Meeting

16 Retirement Dinner

October

1 China/Tibet/Yangtze trip

December

2 Holiday Markets trip

**Western Washington University
Retirement Association (WWURA)
526 High Street
Bellingham, WA 98225-9020**