

## 2018 Fall Newsletter

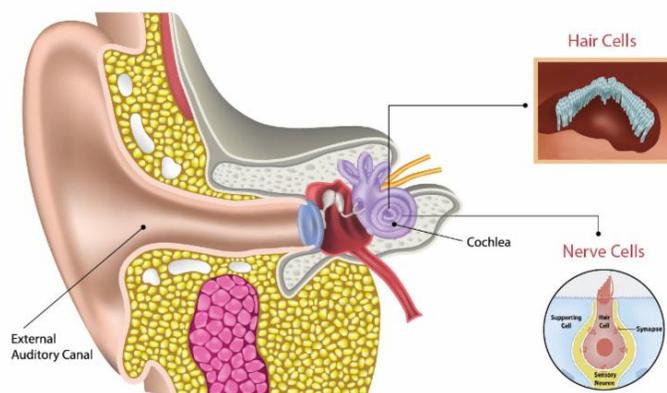
### *Hearing loss study at USC, Harvard shows hope for millions...*

**Scientists develop method to repair damaged structures deep inside the ear.**

"Researchers have developed a new approach to repair cells deep inside the ear — a potential remedy that could restore hearing for millions of elderly people and others who suffer hearing loss.

### Sound Solution

Hearing loss afflicts nearly one in five U.S. adults and about two-thirds of the elderly. Researchers at USC and Harvard found a way to pair two agents to repair ear cells. The technique shows promise in the lab, though more tests will be needed to prove it works in people. Here's how:



1. Noise and aging damages sensory cells and nerves deep inside the ear.
2. Researchers innovated a way to piggyback drugs to a bone-binding agent to affect this hard-to-reach place.
3. Results show treatment spurs regrowth of neural processes and reconnection of nerve and hair cells, which are essential to hearing.

Source: USC Dornsife College of Letters, Arts and Science and Harvard Medical School

The lab study, conducted by scientists at USC and Harvard University, demonstrates a novel way for a drug to zero in on damaged nerves and cells inside the ear. It's a potential remedy for a problem that afflicts two-thirds of people over 70 years and 17 percent of all adults in the United States."

"What's new here is we figured out how to deliver a drug into the inner ear so it actually stays put and does what it's supposed to do, and that's novel," said Charles E. McKenna, a corresponding author for the study and chemistry professor at the USC Dornsife College of Letters, Arts and Sciences. "Inside this part of the ear, there's fluid constantly flowing that would sweep dissolved drugs away, but our new approach addresses that problem. This is a first for hearing loss and the ear. It's also important because it may be adaptable for other drugs that need to be applied within the inner ear."

"The paper was published April 4 in the journal *Bioconjugate Chemistry*. McKenna co-authored it with David Jung of Harvard Medical School, among others. It is the latest achievement in USC's priority program to advance biomedicine, including the recent launching of the USC Michelson Center for Convergent Bioscience. The Michelson Center unites USC experts across disciplines to solve some of the most intractable

research challenges related to health at the molecular level. The facility will house the new USC Center of Excellence in Drug Discovery, with McKenna as its director."

To read the entire article, including caveats and hidden hearing loss, click on the link below, or complete an Internet Search under the above title.

Source: [USC \(University of Southern California\) News; By Gary Polakovic April 4, 2018](#)

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## Anyone have a Hearing Aid Finder?

Who is NOT your pet?



By Nancy Cramer 1/28/18

To those people, young and old, who wear hearing aids, how many have you lost or misplaced the little devices in the years? Come on, 'fess up. It happens to me all the time. But I have a brilliant idea. Each little hearing aid should be equipped with a device that will signal for hours where it is. It could be a beep (if your hearing loss isn't too severe) or a flashing light for those with severe loss. Kind of like a radar sensor or one of those new IT thing-a-majigs that are invented every day and just make our life more confused by having to learn how to use it.

Great idea, you say? Just think of the millions of dollars the engineer would rake in who comes up with this device. He could retire to the Bahamas and live with the hurricanes. And us wearers of these little mischievous devices, could live a less frustrated and happier life, now that we don't have to spend our last hours on the hunt.

No more worrying if the cat is going to play with it and secrete it in her safe deposit lair along with rings and earrings she has purloined from your dresser. No more fear of dropping the hearing aids into the glass of water that was supposed to hold your dentures. (Those are true stories.)

No more sorting through piles of papers on the kitchen table or emptying pockets in clothes, hoping to find the little friend there. And, last, no more carrying around the little box my audiologist gave me for when I remove them during the day. At night, of course, they have their special place, but even that has been known to be unreliable. The last one I "misplaced," I found days later on the floor at the foot of the bed. It must have leaped out of my ear.

I think I've made my case. Now, if adult engineers are too busy designing weapons or solar cars or other useful things we can't live without, I have an alternative source. That would be some bright young person in the local high school STEM program. That stands for Science, Technology, Engineering and Mathematics. ( Notice there is no history, literature or psych courses included. But if "Invention" is the 21<sup>st</sup> century word, who needs history?) Assign the students the project of inventing the Lost Hearing Aid Detector. The one student or team also would make millions. Think of how relieved the parents would be to know their kid wasn't so weird after all, with all his years of trying to invent something.

Everyone wins! The teacher who guided them, the company that won the contract to make them. But best of all, would be the owners of the Pesky Hearing Aids That Often Wander Off.

What do you think?

**Note:** Nancy Cramer is the Author of WWI books that are available in our clinic, as well as on Amazon. Example - **"Unheard Voices, Untold Stories"** "A soldier who was a name only in WWI now comes alive as his voice from 100 years ago is finally heard."

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## Facebook Page

If you have not yet "Liked" our facebook page, check it out! Share it with your family and friends, too! Click below:

[Jackson County Audiology Facebook Page](#)



## Missouri Assistive Technology Show Me Loans "Fresh Start" Program

"**Show Me Loans** offers low-interest loans to Missourians with a disability. The general loan enables Missourians an option to buy assistive technology equipment and devices, home access improvements or vehicle access modifications for persons with disabilities in Missouri.

They now have a **new "Fresh Start"** Program. This program will help individuals transition from no or poor credit to good credit so that they can qualify for a Show Me Loan. The Fresh Start Program is seeking participants! The ideal participant is someone who may:

- Have medical bills in collections.
- Have inaccurate data on their credit history.
- Be behind on monthly payments.
- Have items in collections that don't look familiar.
- Need to control their monthly budget.
- Not have a credit footprint.

Participants must commit to:

- Bi-weekly phone calls with our certified Financial Counselor.
- Complete credit improvement tasks over a 9 month period.
- Save a manageable monthly amount toward their Show Me Loan.
- Wanting to improve their credit footprint.
- Intending to finance assistive technology at the end of the 6 month period.

Fresh Start is free! Meetings are private and are custom designed to fix credit issues. Outcomes will include the development of a monthly budget, establishing regular savings to be applied to a future Show Me Loan. This is an empowering option for folks with disabilities that need to purchase assistive technology.

It is possible to improve your credit with guidance. If you need to purchase assistive technology and you are faced with the need to clean up credit or debit, contact our office to speak with Eileen at 816-655-6702 about joining the Fresh Start Program."

Click on the Source Link below for additional information, or complete an Internet Search for "Show Me Loans Fresh Start Program". Alternately, you may call:

Eileen Belton, M.A., CEAS II  
Program Coordinator  
**Missouri Assistive Technology**  
1501 NW Jefferson St.  
Blue Springs, MO 64015

Show Me Loans Fresh Start Program



## Holiday Events

These are just a few of the upcoming Holiday Events. For Fall & Winter Holiday Events in Independence, [Visit Independence Events](#). For more Holiday events in Kansas City, [Visit KC](#)



**Farrand Farms Holiday Market**  
Sat, Dec 8, 10:00am  
Farrand Farms, Kansas City, MO  
Free

- Come visit Santa
- Children Craft
- Arts and Craft Vendors
- Food Truck
- Gourmet Artisanal Vendors and more...



**A Dickens of a Christmas Tour**  
Sat, Dec 1, 5:30pm  
Vaile Mansion, Independence, MO  
Starts at \$15.00

Independence



**KANSAS CITY SOUTHERN HOLIDAY EXPRESS TRAIN**  
Dec 14, 2018 - Dec 18, 2018  
Reservations Open  
Union Station, Spirit Festival Plaza, 30 W. Pershing St., Kansas City, MO 64108



**NIGHT BEFORE CHRISTMAS AT THE MUSEUM**  
Dec 8, 2018  
National Frontier State Museum



**DOWNTOWN DAZZLE URBAN HOMES TOUR**  
Dec 8, 2018  
Visit KC, 1271 Baltimore, Kansas City, MO, 64105  
Urban Homes Tour  
DazzleKC.com



**A CHRISTMAS CELEBRATION**  
Dec 8, 2018  
Missouri State 900, 920 E. Park Hill, Law's Summit, MO 64104



**DOWNTOWN DAZZLE POP-UP: FIRST FRIDAYS**  
Dec 8, 2018  
Crownards Arts District

Kansas City



Tweets by [@better\\_hearing](#)



**Better Hearing Inst.**  
[@better\\_hearing](#)

London's [@NationalTheatre](#) is testing "smart glasses" featuring augmented reality lenses with a live caption scroll: [cnn.it/2RnMNjC](http://cnn.it/2RnMNjC)



**Smart glasses for the hard of hearing ...**  
The Royal National Theatre in London is o...  
[cnn.com](http://cnn.com)

## News from the [Better Hearing Institute](#)

# Favorite Holiday Recipe

## Cider-Braised Chicken, Brussels Sprouts and Apples; Recipe by "[Midwest Living](#)"



- Makes: 4 servings
- Hands On 15 mins
- Total Time 55 mins

This fantastic one-pan dinner is ideal for a Sunday supper or casual fall get-together with friends; the sauce is delicious, so serve with bread or mashed potatoes to soak up every delicious bite.

### ingredients

- 4 slices bacon, chopped
- 8 bone-in, skin-on chicken thighs (about 3 1/2 pounds total)
- 2 medium tart red apples, cored and cut into wedges
- 1 12 - ounce bottle hard cider
- 2 tablespoons chopped fresh thyme
- 2 tablespoons whole grain mustard
- 1 teaspoon kosher salt
- 12 ounces fresh Brussels sprouts, trimmed and halved if large (2 cups)

### directions

1. In a very large skillet cook bacon over medium heat until crisp; remove from pan, reserving drippings in skillet. Add chicken, skin side down, and cook 10 minutes or until browned, turning once; remove from skillet. Add apples to the skillet and cook 4 minutes or until browned on both sides; remove from skillet. Drain and discard drippings from skillet.
2. Add cider, thyme, mustard, and salt to skillet, scraping up any browned bits. Bring to boiling; reduce heat. Return chicken to skillet. Cover and simmer 10 minutes. Add Brussels sprouts. Cover and cook 5 minutes. Add apples and cook, uncovered, 3 to 5 minutes more or until chicken is done (at least 175 degrees F).
3. To serve, divide chicken thighs, Brussels sprouts, and apples among shallow bowls or plates. Spoon cider mixture over top. Sprinkle each serving with bacon.

### nutrition facts (Cider-Braised Chicken, Brussels Sprouts and Apples)

Servings Per Recipe 4, sodium (mg) 840, Cobalamin (Vit. B12) (µg) 1, cal. (kcal) 860, Folate (µg) 35, pro. (g) 52, Pyridoxine (Vit. B6) (mg) 1, Potassium (mg) 804, iron (mg) 3, Monounsaturated fat (g) 25, vit. A (IU) 614, carb. (g) 23, calcium (mg) 49, sat. fat (g) 17, chol. (mg) 295, sugar (g) 13, Niacin (mg) 12, fiber (g) 4, Riboflavin (mg) 0, Trans fatty acid (g) 0, Thiamin (mg) 0, Polyunsaturated fat (g) 12, vit. C (mg) 44, Fat, total (g) 59

