# CICADA CHORUS

SHARE ~ LISTEN ~ CONNECT

# **Audiologists** ~ Is there a difference?

Meet our new patron, Dr Tegan Keogh

# **Hearing and Brain Connections**

Kymm Smith

#### Life after Deaf

Doug Peterson

## **COVID-19 Good news story**

Sandi Kennedy

#### Rehabilitation

Rebecca Claridge

#### **Technology Review**

Kanso 2 - Dot Fraser



#### PRESIDENTS DESK:

## "LISTENING"



Over the last twelve months the world as we know it has changed, a global pandemic has forced things we could have never expected. Through all this it is a huge credit to us all that CICADA Queensland has remained strong and intact. While we have undergone major changes we also have embraced change that I hope and truly believe is for our growth, strength, and a greater support to each other which is exactly why we exist.

Personally, I want to thank every member for being patient as these changes take place, your committee believe we are doing what is necessary to position ourselves for growth, more support from the manufacturers, Medical Professionals and government grants all to equip every CICADA member with the tools to reach new levels in your own hearing journey but also to be able to support others in theirs.

I am told by the manufacturers that the increase in CI recipients across Queensland and Australia is rapidly growing, so we too should be growing.

Recently you will have noticed a change in the appearance of our name, most importantly the addition of keywords, "SHARE ~ LISTEN ~ CONNECT". Hearing is the gift that this amazing medical science of cochlear implantation gives us, however, to hear means we also have the ability to LISTEN. The centre of all we do as a support group should be to listen to each other. For us to be effective we must listen as those around us SHARE their story and journey. New members, or people with a hearing loss considering a cochlear implant as a solution need to be able to share their story, and as they do we use our gift of hearing to listen.

So as people SHARE their story CICADA Queensland is listening. As we LISTEN, and with our growing relationship with all the manufacturers and Medical Professionals, we will be better equipped to CONNECT. Connecting people to support groups, rehabilitation tools, professionals, NDIS assistance and more.

While some people are taught and offered various resources, it is shocking how many users do not know of the existence or basics of rehabilitation or are ever encouraged to use the tools available to them. CICADA Queensland will always thrive on its small face to face social gatherings, hanging out with like-minded people. Our MeetUps need to grow and multiply, it's the foundation of who we are.

Planned for 2022 we will be touring with a series of workshops, relevant to every member.

These events with a fresh focus on rehabilitation awareness and education, have me very excited and encouraged that we are moving in a positive direction, equipping all members young and old with new tools for better results. We are never too old to learn, and as our technology will continue to improve and update, so must we.

John Ross
President

#### **OUR PARTNERS**









#### AUDIOLOGISTS ~ IS THERE A DIFFERENCE?

WHEN YOU NEED TO FIND AN AUDIOLOGIST, FIND AN INDEPENDENT

It is about service....not just devices What is an independent audiologist?

An audiologist is a qualified healthcare professional who can assess, explain, and treat all types of hearing and balance disorders, for all ages. Some audiologists are employed by medical doctors, hearing aid companies, implant companies or hearing aid distributors who operate large multinational chains....but an INDEPENDENT AUDIOLOGIST is one who operates their own practice, provides audiology services that include a range of treatment options – including counselling, communication training, adapting to living with hearing loss – and this usually involves some form of device fitting as well. Independent Audiologists stand out in many ways;

- 1. They offer individualized services to suit you specifically, as they are not part of a large chain. No cookie-cutter approaches!!!!
- 2. They survive on word-of-mouth referrals and relationships with GPs and ENTs, as they do not have large marketing budgets to spend on advertising. For this reason, they form solid and effective relationships with the GPs and ENTs in their area.
- 3. They don't promote or encourage commission-based sales of devices.
- 4. They can have degrees of flexibility in their pricing, and can negotiate to get solid prices for you.
- 5. They usually have a diverse skill set from children to adults, and from hearing aids to cochlear implants.
- 6. They are locally owned and operated, and employ local people. They get involved in their community and give back to locals. They are actually heavily invested in their local area, and for this reason, they are unlikely to move anywhere- you may even find your "Audiologist for life".
- 7. They are agile and flexible. In order to compete, Independent practices are usually early adopters of new technology and are able to adjust quickly to new, challenging and changing environments.

Where can I find an independent audiologist? Continue reading this article on our website <a href="https://www.cicadaqld.org/featured-articles">www.cicadaqld.org/featured-articles</a>

CICADA Queensland are delighted to introduce our new patron, President of Independent Audiologists Australia Inc, Dr Tegan Keogh, PhD, a specialist clinical audiologist, who has practiced Audiology on the Sunshine Coast & Brisbane since 1999.

# HEARING AND BRAIN CONNECTIONS

'HEARING CARE IS BRAIN CARE'

KYMM SMITH

This idea was discussed by Gerard O'Donoghue, Professor of Otology & Neurotology, Consultant Neurotologist at Nottingham Trent University Hospitals NHS Trust, UK, during a recent online seminar hosted by Hearing Implants Australia, titled "The Relationship Between Hearing Loss and Depression, Cognition and Dementia", as part of the Cochlear Implant global forum series. This concept suggests that addressing hearing loss may reduce the risk of cognitive decline. In fact, there is evidence now to support this theory and which highlights that untreated hearing loss can lead to cognitive decline and even dementia in older adults (WHO, 2021).

Earlier this year the World Health Organisation released the World Report on Hearing. The first report of its kind, it is a consolidation of research by many different global bodies, and it aims to present evidence-based guidance for managing hearing loss – experienced by some 1.5 billion people around the world. The impact of untreated hearing loss is described in detail throughout the report, including the negative effects on physical and mental health across the lifespan. Continue Reading on <a href="www.cicadaqld.org/featured-articles">www.cicadaqld.org/featured-articles</a>.



# Because every speech detail counts

If you have a Neuro 2 cochlear implant, or are considering getting one, you may be able to support your hearing by combining your Neuro 2 with an Oticon hearing aid on the other ear – known as a bimodal solution. This gives you access to sound details on both sides, so it is easier to understand speech and localize sound.

Oticon Medical and Oticon devices are all designed to provide clean speech with minimal distortion using the principles of BrainHearing™. This recognises that when it comes to listening, your brain is just as important as your ears and that your hearing devices need to support the brain to make sense of sound.

Bimodal solutions for Neuro 2 include
Oticon Xceed – the world's most
powerful hearing aid – and the wellestablished Oticon Dynamo. Whichever
Oticon hearing aid you decide on, there
are solutions available so you can
wirelessly stream sound to both ears
from your electronic devices.



For more information, please contact Oticon Medical at <a href="mailto:info@oticonmedical.com.au">info@oticonmedical.com.au</a>

Read more at: oticonmedical.com/au/bimodal





#### FRASER COAST



Our Fraser Coast members were overjoyed to once again attend our regular monthly meet ups in February this year. It was with great pleasure that I welcomed back regular attendees and 4 new attendees.

At the June meet up Karen Lovelock, Clinical Account Manager at Cochlear was our Special Guest once again. Karen was thrilled to know our meeting room now has an audio loop system and large smart screen for presentations. Karen's talk and demonstration of the Kanso 2 was very interesting and informative. As a result a regular member decided to upgrade and is very happy with her Kanso 2. Another member also decided on a Kanso 2 for his first implant. However, after many tests he was disappointed to learn that the Kanso 2 was not suitable for him. The reason being his skin, where the Kanso 2 and under skin magnet met, was too thick to hold it in place. We learn new things all the time!!! He is yet to decide on which Brand.

At our July meet up we welcomed our new CICADA President John Ross and his wife Donna and new CICADA Secretary Penny Phillips. John's talk on the future plans and visions for CICADA QLD was met with enthusiasm and approval. I know this from feedback I have received.

I am always grateful and impressed how all members are willing to share their CI experiences and helpful advice with new attendees. The overriding message is the benefits to be gained from attending our monthly meet ups.

Judith Raxworthy, Fraser Coast Rep

#### **SOUTHSIDE SNIPPET**

On 17 August the Southside Brisbane group held a meetup at the new venue of Upper Mount Gravatt Library meeting rooms. We welcomed new attendee Jennie Bevan, who was kept busy with answering questions about the benefits of CapTel.

A lot of discussion was around Cochlear's new Kanso 2 and the two Cochlear representatives who attended had 'their work cut out' answering questions about the new processor. It has been described as a nifty, impressive little device in that the device automatically turns on when placed on the head and automatically off when removed. Being Bluetooth as well means that it is easier to use with the phone, doing away with the need for the phone clip. Another bonus is no cord or MIC covers to be concerned about. It was agreed to hold a pre - Christmas meetup at the Pacific Golf Club on November 17th.

Shirley Edwards, Brisbane Southside Rep



#### A COCHLEAR CAPER

		A	COCHLEAR CAPER
	C		Is for Cochlear
	C		And the Challenge it brings
	0		Is for the Opportunity
	С		For us to spread our wings  Is for the $\mathbf{C}_{ommunication}$
	_		That we gain in every way
	H		Is for the ${f H}$ earing That gets better every day
	L		Is for the Learning
	E		of very different sounds $_{ m Is}$ for the ${f E}_{ m xcitement}$
	70		That to us knows no bounds Is for the $f A$ udiologists
	A		We cannot go without
	R		Is for the Rapture we Receive
			Beyond $R_{ ext{easonable}}$ doubt!

Written by Shirley Edwards and originally published in The Brisbane Connection, 1992, volume number 5.

Used with permission - Thanks Shirley!



#### Hearing technology has come a long way since you were implanted – and so have you.

Cochlear's latest sound processors - the Nucleus 7 behind-the-ear and Nucleus Kanso 2 off-the-ear Sound Processors - draw on the latest hearing technology and are designed with one goal in mind: to make hearing easier for you.

BENEFITS	Nucleus 7 Sound Processor	Nucleus Kanso 2 Sound Processor
Enjoy the style most suited to your personal preferences and needs	Behind-the-ear	Off-the-ear
Hear your best in any environment with SmartSound™ iQ with SCAN technologies and dual microphones	<b>/</b>	<b>/</b>
Focus on the conversation by reducing noise coming from behind with ForwardFocus	$\checkmark$	<b>/</b>
World's first direct streaming for calls and entertainment from a compatible Apple or Android™ device*	$\checkmark$	<b>/</b>
Take control of your hearing with the Nucleus Smart App	$\checkmark$	<b>/</b>
Bring sound closer in challenging situations with Cochlear True Wireless™ Devices – no strings attached	$\checkmark$	<b>/</b>
Our latest Nucleus sound processors are splash-proof, dust-proof, and water resistant. And when used with the Aqua+ accessory they become waterproof, so you can enjoy your favourite water activities.	IP57	IP68

# To learn which option is best for you, visit cochlear.com/au/upgrade and speak to your healthcare professional today.



<sup>\*</sup> The Cochlear Nucleus 7 and Kanso 2 Sound Processors are compatible with Apple and Android devices. The Cochlear Nucleus Smart App is available on App Store and Google Play. For compatibility information visit www. cochlear.com/compatibility.

^ The Cochlear Nucleus 7 Sound Processor is dust and water resistant to level IP57 of the International Standard IEC60529. The Cochlear Nucleus 7 Sound Processors with Aqua+ and Aqua+ Coil are dust and water resistant to

Please seek advice from your health professional about treatments for hearing loss. Outcomes may vary, and your health professional will advise you about the factors which could affect your outcome. Always read the instructions for use. Not all products are available in all countries. Please contact your local Cochlear representative for product information. Cochlear<sup>IM</sup> Nucleus<sup>®</sup> implant systems are intended for the treatment of moderately severe to profound hearing loss. ForwardFocus is enabled by your clinician and user-controlled via the Nucleus Smart App. Apple is a trademark of Apple Inc., registered in the U.S. and other countries. Android is a trademark of Google LLC.

<sup>^</sup> The Cochlear Nucleus 7 Sound Processor is dust and water resistant to level IP57 of the International Standard IEC60529. The Cochlear Nucleus 7 Sound Processors with Aqua+ and Aqua+ Coil are dust and water resistant to level IP68 of the International Standard IEC60529 when you use a Cochlear Standard Rechargeable Battery Module or Cochlear Compact Rechargeable Battery Module. Refer to the relevant User Guide for more information. The Cochlear Nucleus Kanso 2 Sound Processor with Aqua+ is dust and water resistant to level of IP68 of the International Standard IEC60529 and can be continuously submerged under water to a depth of up to 3 metres for up to 2 hours. Refer to the relevant User Guide for more information.

## DARLING DOWNS

The CICADA group on the Darling Downs have had a great year. There have been many familiar faces and we've been lucky to have some new faces coming along to the group too. It is always great to meet new people and hear their stories.

We've welcomed some visitors to our group who have shared their knowledge and tips with us. In February we had a visit from Vicky from Advanced Bionics who discussed AB's online rehabilitation resources and showed us some AB technology. In March we had an opportunity to have a great Q & A session with Karen from Cochlear. It is wonderful to have an expert on hand at our meet-ups to answer all our questions. In August we had a visit from Clarissa from Hearing Australia – conveniently located right next door to Next Sense where we hold our meetings in Toowoomba.

If you're in Toowoomba, we'd love to see you at one of our meet-ups. We're looking forward to holding more meetings throughout the year in 2021.

Louisa Handyside, Darling Downs Rep

#### GOLD COAST

The Gold Coast group continue to meet every second Thursday at the Able Meeting Rooms in Southport.

Led by Rep Kevin Hobbs.

## VIRTUAL MEETUPS

Regular Virtual MeetUps are now being held using the online platform Google Meet. Anyone anywhere can attend. One of the advantages of using this platform is that the Virtual MeetUps have Captions so you can follow along with what is being said. You can find out more or register online at <a href="https://www.cicadaqld.org">www.cicadaqld.org</a>

Find us on Facebook ~

#### SUNSHINE COAST

This year has been a momentous year with so much happening within CICADA Queensland and our Sunny Coast Meet Ups. In the last few months we have



had a couple of presentations, one took place at the beautiful Maroochy Golf Club and we were delighted to welcome Rebecca Claridge from MED-EL who gave a fantastic presentation on the benefits of Rehabilitation. The next was at Venue 114 with a Cochlear talk on the same subject Rehabilitation including their 'Bring back the Beat 'app which is now available. We are now in the process of confirming a permanent venue for our 2022 Meet Ups, the Sunshine Castle has been lovely for so many years, but with a different format to Meet Ups we require a room to hold different presentations as well as our wonderful Cuppa and Chat sessions. I will let you know each month what is happening or you can check the website for details on our MeetUps Calendar.

Penny Phillips, Sunshine Coast Rep CICADA Queensland Secretary

#### NORTHSIDE

The Brisbane Northside group continues to meet at the Dragonfly Cafe, located within the Eden Garden World nursery in Carseldine. Rep Gail Anderson says "It is a place in the gardens of the nursery with bird life. There are even water dragons crawling around the tables." Some members of the Sunshine Coast group came down for the recent meetup and had a lovely morning chatting with the Northside group.





# What Does a Cochlear Implant Sound Like?

Tinny? Robotic? Unnatural? Cochlear implants that follow natural hearing shouldn't sound like this. At MED-EL, we believe you deserve to hear sounds as they're meant to be heard. That's why we've developed a unique approach to cochlear implant technology that mimics how natural hearing works. The result? The closest to natural hearing of any cochlear implant system.



Find out more here: go.medel.com/NaturalHearing-p









# REHABILITATION WORKSHOPS WITH REBECCA CLARIDGE

At CICADA Queensland we have been using the term Rehabilitation a lot recently. But what does it mean and why is it important? The Sunshine Coast branch of CICADA were lucky enough recently to enjoy a very informative presentation on the subject of adult cochlear implant rehabilitation by Rebecca Claridge, who is the Regional Rehabilitation Manager at MED-EL, for Australia, New Zealand and Japan.



#### Rebecca explains:

"Making the most of your cochlear implants requires a combination of managing your technology and a commitment to rehabilitation. Rehabilitation is the process of training your brain to recognise and understand speech and developing communication skills that contribute to successful conversation. For every cochlear implant user this process is different but there is growing evidence to support the benefits of structured rehabilitation to help you reach your potential. Talk to your audiologist about rehabilitation options suitable for your situation and ask a friend or family member to help you with your listening practice. MED-EL has a variety of rehabilitation resources that are free for all to use, along with a regular blog with rehab tips and tricks."

Learn about and download the Adult Rehabilitation Kits here MED-EL Adult Rehabilitation Kits:

https://blog.medel.com/how-to-use-our-adult-rehabilitation-kits-at-home/

Find Rehab Tips and Tricks and other free rehab resources here, MED-EL Tips and Tricks:

https://blog.medel.com/tips-and-tricks/

Subscribe to receive the blog automatically Subscribe MED-EL blog:

https://blog.medel.com/subscribe/

New resources are regularly added anyone can subscribe.

#### TIPS N TRICKS

iPhone users - When you are finding it difficult to converse with someone who is wearing a mask, use the Speechto-Text feature on your phone! Simply open up your Notes app, click on the microphone image, and your phone will convert what the person is saying to text that you can read along in real-time!

There are also other apps available for Apple and Android users that use this Speech-to-Text function, such as Otter and Live Transcribe. Just head to your App Store and download from there!

Thanks to Sarah Hanrahan, a CICADA Queensland member who is based in Melbourne for this useful tip!

If you have a genius tip or trick to share with other cochlear implant users, send your submissions to connect@cicadaqld.org



#### **COVID** ~ 19

#### A GOOD NEWS STORY ~ SANDI KENNEDY

There are a lot of negativities or, at best, commiserations due to COVID-19. Because I am a cochlear and hearing-aid wearer, I am challenged at times. I call such times 'the dreads'. I dread masks especially when they become tangled with my hearing aid. I also dread having to interpret words from other masked speakers such as during shopping at the chemists or butchers. So needless to say I dreaded the visit to the APPLE STORE, Carindale, Brisbane, to pair my phone with my new Kanso 2 cochlear processor. Once inside, I dreaded seeing the salesperson appear wearing the mandatory mask. With an exasperated sigh, I stated the usual 'I won't be able to hear you", and with that he left. Shortly later, to my surprise, he came back wearing a transparent mask. Oh! The relief seeing his spoken words is indescribable. It was a magic time as we walked together, pairing my sound processor to my

I continue describing the amazing service I received from APPLE, who acknowledged and considered my disability, to all willing to listen! And in this case – read.



Thanks to CICADA Queensland Committee Member Sandi for sharing her positive experience! You can also read Sandi's story on the blog section of our website *"Your Stories" page.* 

Do you have a good news story to share? Send your submissions to: <a href="mailto:connect@cicadaqld.org">connect@cicadaqld.org</a>
You can also submit them on our "Your Stories"
BLOG on our website <a href="mailto:www.cicadaqld.org">www.cicadaqld.org</a>

## TECHNOLOGY REVIEW

KANSO 2 ~ DOT FRASER

Earlier this year, Cochlear released the Nucleus Kanso 2, their newest off-the-ear sound processor. Since then we have had a few enquiries from CICADA Queensland members who are thinking about getting 'switched on' with this processor after their cochlear implant surgery, or for an upgrade of their existing sound processor.

So what are the features of the Kanso 2? Small, light, rechargeable and sits off-the-ear. Built-in technology offering direct streaming, control and connectivity with a compatible Apple or Android device

Compatible with the Nucleus Smart App.
Built-in rechargeable battery for all-day use.
Charge, store and dry at the same time with the
Cochlear Home Charger or use the Portable Charger
which allows charging on-the-go.

Simple to use with no buttons to push - tap the processor to switch on and off or use the automatic on/off function as you place it on/remove it from your head.

Improved dust and water resistance.

Can be used with the Aqua+ accessory for prolonged water activities including being continuously submerged to a depth of 3 metres for up to 2 hours. Dual microphones to help filter background noise. Features such as SCAN and Forward Focus to help improve the listening experience in different environments.

#### But what do our members think?

"I started to lose my hearing about 50 years ago. About 11 years ago I decided to get a cochlear implant, having never worn hearing aids as they did not give me any assistance. I have over the years progressed from a Freedom to Kanso 2 recently. On or about the 28th December, 2020 I got a serious skin infection and consequently the Doctor had to remove my implant and 1 week later implanted my right ear. Then in June this year I was fitted with a Kanso 2. I personally love the K2 - it is free from the ear and there is no rubbing or irritation behind my ears, no soreness. The K2 is easy to operate with a finger touch on and off, takes very little time to charge up the batteries (about 1 -1/2 hours) bearing in mind I do not use any accessories."

~ Dot Fraser

#### LIFE AFTER DEAF

#### **DOUG PETERSON**



#### In the beginning

Doug was born in 1924. As a young lad in the 1930s Doug can remember wondering at his grandmother, Alvina Wesley, not being able to hear. A strong character, she used a type of tubing for difficult conversations. People were able to speak into a small trumpet at one end which carried the spoken word along a length of tubing to an ear plug in her ear. Mostly it was not used and people wishing to attract her attention had to touch her to let her know they wanted her attention. This would be accompanied by shouting or lots of gestures to communicate. As she had had a good education it was possible to write messages to her to communicate with her.

Doug and his sister, both cochlear implant recipients At the mealtime table she could not follow any conversation but was able to assert her authority if she considered the table sitters were becoming unruly: she would just straighten her ramrod back, and look. Everybody fell silent as Grandma ruled the roost.

#### In later years

Some years later Doug became aware of the fact that his mother, Dorrie Peterson, was having trouble with participating in conversations. She consulted hearing aid operators and bought the latest up-to-date hearing aid. It consisted of a huge torch battery strapped to her thigh with leads going up to her cumbersome hearing aid in her ear replete with a turn on/turn off switch with relatively no control over volume once it was switched on. Basically, it was amplified sound. By the time she died there was little improvement to the technology.

Deafness comes home to roost. ~ Read Doug's full story on our "Your Story" blog

# Meet our AB Mentors from the AB Community

"It really is worthwhile to speak to someone who has been implanted. So if you feel that you've got questions and want to know more about it, contact Advanced Bionics and they can put you in touch with me or other mentors who can help you with those answers."

Steve Dawson

Advanced Bionics Cochlear Implant Recipient and AB Mentor



AB mentors volunteer to provide you and your loved ones with information, education, and support for choosing, getting and living with cochlear implants.

Contact Advanced Bionics to connect with one of our AB mentors.

Email: ABCommunity.AU@AdvancedBionics.com

Phone: (02) 8858 1600







#### **CONTACTS**

Brisbane Southside ~ Shirley Edwards Email: shirley@hotchipz.com.au SMS: 0499213561

Brisbane Northside ~ Gail Anderson Email: gail046@hotmail.com SMS: 0429704448

Sunshine Coast ~ Penny Phillips Email: secretary@cicadaqld.com.au SMS: 0421328909

Gold Coast ~ Kevin Hobbs Email: obbsie@gmail.com

Fraser Coast ~ Judith Raxworthy Email: judyrax48@gmail.com SMS: 0409188903

Darling Downs ~ Louisa Handyside Email: louisahandyside@gmail.com

New South Wales ~ Judy Cassell Email: *jcassell6@bigpond.com* 

Western Australia ~ Jane Humby Email: legend.26@bigpond.com Phone: 08 9733 2447

WHO WE ARE

CICADA Queensland is a completely independent, not-for-profit organisation staffed by volunteers. We support people from all walks of life who have been affected by hearing loss, including current and prospective cochlear implant recipients and hearing aid users.

Whether you identify as Deaf or Hard of Hearing, use Auslan or spoken language as your primary method of communication, or simply need some support for yourself, family or friends, CICADA Queensland is here to help you navigate this journey!

#### OUR MISSION STATEMENT

To provide advice, support and accurate information about cochlear implants to enquirers, members and their families and friends, and to assist cochlear implant candidates and recipients in their journey back to the world of sound. We also provide support with rehabilitation where it is needed.

SHARE ~ LISTEN ~ CONNECT

# CHRISTMAS PART

27th November 2021 ~ 11.30am to 5.00pm

Guest speaker ~ Clinical audiologist

#### Dr Tegan Keogh PhD

President of Independent Audiologists Australia and Patron of CICADA Queensland.

2 course Menu ~ Entertainment ~ Door Prizes ~ Bumper Raffle ~ Live Captioning Maroochy RSL Events Centre, Maroochydore

For more information and to RSVP by 1st November to secretary@cicadaqld.com.au













**CONTACT US** 

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