

The Tolland Buzz



Can You Hear That?

Problems with hearing can make it hard to communicate. Communication problems impact people's work, relationships and mental health well-being. Take steps to protect your ears from harmful noises.

One of the major reasons for hearing loss is loud noise. "An estimated 26 million Americans between the ages of 20 and 69 already have irreversible hearing loss caused by loud sounds. And up to 16% of teens have hearing loss that may have been caused by loud noise". ([National Institutes of Health, NIH](#))

Hearing loss from noise can start at any age and is most often cumulative. Yet, "Hearing loss caused by noise is completely preventable." ([NIH](#))

Earphones are a common source of noise exposure but other sources can be too: power tools, lawn mowers, snow blowers, farm machinery, and/or construction.

Noise-related hearing loss can arise from extremely loud bursts of sound, the hearing loss can be immediate and permanent. However, these single hearing loss events are not as common as the accumulated hearing loss from ongoing loud noise.

Loud noises can injure the deli-

cate sensory cells—known as hair cells—in the inner ear. When hair cells are damaged and then destroyed by too much noise, they don't grow back. So hearing is permanently harmed.

Sometimes loud noises can cause tinnitus—ringing in the ears that lasts anywhere from a brief period to a lifetime. Hearing may return and tinnitus may go away but the research suggests that there is still some permanent damage.

Sound is measured in units called decibels (dB). According to the NIH, it is not likely that sounds less than 75 dB do harm to hearing. Normal conversation, for instance, measures about 60 dB.

Long or repeated exposure to sounds at or above 85 dB can cause problems. The louder the sound, the quicker the damage. A siren may be 120 dB, a rock concert 110 dB, a motorcycle 95 dB, and a lawn mower 90 dB. All these can add up to hearing loss.

You can reduce your exposure to loud sounds by wearing foam insert earplugs or protective earmuffs.

If you are noticing problems with your hearing you should consult a medical professional and have your hearing tested.

For people with permanent hearing loss, hearing aides may be recommended.

Recently the FDA allowed for the purchase of over-the-counter hearing aides making hearing aides more affordable. Starting October 2022 OTC hearing aides will be available in stores and online.

Need Your Hearing Tested?

If you answer yes to several of these questions, you may want to get a hearing test:

- **Is it hard to hear or understand others?**
- **Do you get frustrated trying to hear things?**
- **Do people need you to repeat what they say to you?**
- **Do you turn up the TV or radio louder than those around you would like?**
- **Do you have trouble hearing what people are saying in crowded venues?**
- **Is your social life, school, or job limited by your problem with hearing?**

Source: [National Institutes of Health, News in Health](#)

HAPPENINGS AROUND TOWN

Celebrate Tolland, Sept 10, 12-4pm at the Tolland Middle School, 1 Falcon Way. Join the Tolland Community for a full day of fun with good food, entertainment, kid games, information booths by local groups, contests and much more!! FUN FOR THE WHOLE FAMILY!

Celebrate Mansfield Festival, September 24 2-8pm Get ready to celebrate! Join the Mansfield Downtown Partnership for a day full of music, food, and fun for all ages! Enjoy hands-on fun at the Activity Booths. Support local artists & makers at the craft booths. Fuel up at the Food Booths, Show off your creative skills in the **NEW** Scarecrow Decorating Contest.

Scotland Connecticut Highland Games, October 9, am-5pm at Historic Waldo House, 96 Waldo Road, Scotland, CT 06264. Come to the festival on Waldo Road, Scotland, Ct. They offer bagpipe bands, Harp, Dance, *Highland Games* and vendors selling foods & wares of Scotland.

Veterans Day Patriot Race, November 5th, 10AM 172 Lake St. Coventry CT,
The CT Veterans Day Race features a 4 mile run, 3 mile walk or a 3 mile Ruck. Participants can register for the live events or virtual option. All proceeds support veteran service organizations.

Be Well Tolland

Upcoming BeWell event: Sign-up for Strength Training Sept 7th in the Council Chambers Room. **Last day** to sign-up is Sept 2nd.. Email Be_well@ehhd.org

Questions or concerns? Please contact us at Be_Well@EHHD.org.



Lemon-Walnut Green Beans

INGREDIENTS ♦ 8 cups small green beans ♦ cooking spray ♦ 2 cups sliced green onions ♦ 1/3 cup chopped walnuts ♦ 1½ Tbsps chopped fresh or 3/4 Tbsp crushed dried rosemary ♦ 5 Tbsps fresh lemon juice ♦ 1½ Tbsps grated lemon rind

DIRECTIONS Arrange green beans in a steamer basket over boiling water. Cover and steam 8 to 12 minutes or until crisp-tender. Plunge beans into cold water to stop the cooking process; drain. Spray a sauté pan with cooking spray. Over medium-high heat, add green onions, and sauté until tender. Add green beans, walnuts, rosemary, and lemon juice; cook, stirring constantly, until thoroughly heated. Sprinkle with lemon rind. ENJOY!



Heartburn

Heartburn, also called reflux, is the term used for the occasional burning pain in your chest, just behind your breastbone. It often occurs after eating. Many people have the occasional bout of reflux but if you are having reflux often you may need to see a medical professional to evaluate you for **Gastroesophageal Reflux Disease (GERD)**.

People can manage reflux by avoiding foods that don't agree with you—things that are fatty, spicy or acidic—or by eating smaller meals. Reflux that occurs less than once a week, you can be ok by making lifestyle

changes and/or using over-the-counter medications.

GERD usually isn't dangerous. But it can cause discomfort, pain, and fear of eating. Severe GERD can damage the lining of the esophagus, which can raise the risk of esophageal cancer.

People diagnosed with GERD, and for whom medication and lifestyle changes don't help, may be offered surgery to strengthen the opening between the stomach and the esophagus.

Managing reflux appropriately can improve your wellbeing and limit complications.

Tips to Reduce Reflux

- * Eat smaller meals
- * Don't smoke
- * Maintain a healthy weight
- * Reduce your alcohol intake
- * Don't eat close to bedtime
- * Avoid trigger foods
- * Raise the head of your bed
- * If you have reflux 2x or more a week seek medical care.

Source: [National Institutes of Health](https://www.nationalinstitutesofhealth.gov)

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from your employer. The goal of the program is to make the healthy choice the easy choice.

