

**Lions Hearing Conservation
Society RECYCLES
Old/Used Hearing Aids.**

All Styles & Models wanted,
no matter the condition of
the Hearing Aid.

You may drop off your
old hearing aids in any Lions
Eyeglass Collection Box,
Loan Out Center
or contact any Lions Club.
Thank You for Recycling

The **Lions Hearing Conservation Society** has 10 Loan Out Centers where you can borrow a variety of amplification & alerting devices for the deaf and hard of hearing. This enables you to try devices and find the one that best accommodates your hearing loss, free of charge. Also, if you need financial assistance in purchasing devices, your local Lions Club may help you.

To find a Lions Club near
you go to the website:
20y2lions.org

Lions Loan Out Centers

ALBANY

Madison Hearing Center
14 Columbia Circle Drive, Suite 202 - Albany, NY 12203
Voice: (518) 690-2060

AMSTERDAM

Resource Center for Independent Living
347 W. Main Street - Amsterdam, NY 12010
Voice: (518) 842-3561 TTY: (518) 842-3593

CASTLETON

Madison & Saratoga Hearing Center
81 Miller Road, Suite 700 - Castleton, NY 12033
Voice: (518) 689-0792

GLENS FALLS

Center for Better Hearing
318 Ridge Street - Glens Falls, NY 12801
Voice: (518) 798-4800

GREEN ISLAND

Advanced Audiology Services
27 Lower Hudson Avenue - Green Island, NY 12183
Voice: (518) 270-5802

HERKIMER

Resource Center for Independent Living
401 East German Street - Herkimer, NY 13350
Voice: (315) 866-7245 TTY: (315) 866-7246

HUDSON

Audiologic Solutions
361 Fairview Avenue, Suite 350 - Hudson, NY 12534
Voice: (518) 631-2564

SARATOGA SPRINGS

Saratoga Hearing Center - Saratoga Medical Arts Building
414 Maple Ave. - Saratoga Springs, NY 12866
Voice/TTY: (518) 584-0578

SCHOHARIE

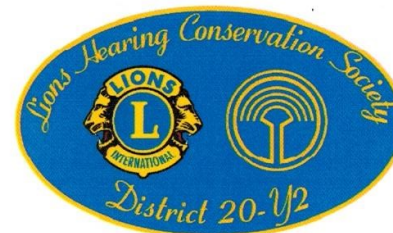
Schoharie County Office for the Aging
113 Park Place, Suite 3 - Schoharie, NY 12157
Voice: (518) 295-2001

UTICA

Resource Center for Independent Living
409 Columbia Street - Utica, NY 13503
Voice: (315) 797-4642 Ext. 2928 TTY: (315) 797-5837

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***Lions Hearing
Conservation Society
of District 20-Y2***



Ordinary People Doing Amazing Things

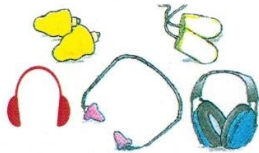
**The mission of the
Lions Hearing Conservation Society
is to provide programs and assistance
for people who have a hearing loss.**



Lions Hearing Conservation Society was created in 1975 with the community interest in mind. Our goal is to prevent deafness by early detection of hearing problems, correction of existing hearing losses and to educate the public on what causes hearing loss and how/when to protect yourself from damaging noise.

How to Protect Your Hearing

- Wear hearing protectors, such as earplugs or earmuffs.
- Move away from the noise.
- Lower the volume.



Protection for Children

For noise protection, smaller earmuffs are the more appropriate size for children. Earplugs can become a choking hazard if they fall out or are pulled out by the child. It is also difficult to insert plugs into the tiny ear canals without hurting the child, while still insuring that the airtight seal is achieved. Without an airtight seal the plugs will not provide the rated noise protection.

HEARING DAMAGE

Noise-induced hearing loss affects both quantity and quality of sound. Understanding human speech becomes difficult because words become indistinct. Excessive sound exposure damages hearing by overstimulating the tiny hair cells within the inner ear. When these hair cells are damaged, they no longer transmit sound to the brain. *Sounds are muffled.*

The damage caused by excessive noise, the most common cause of hearing loss, is often painless and gradual. The amount of hearing loss depends on how loud the noise is and how long it lasts.

For more information on noise visit:
www.noisyplanet.nidcd.nih.gov
or call: 1-800-241-1044

Levels of Noise

In decibels (dB)

PAINFUL AND DANGEROUS

Use hearing protection or avoid

140 dB

- Fireworks
- Gun Shots
- Custom car stereos (at full volume)

Use hearing protection or avoid

130 dB

- Jackhammers
- Ambulance



120 dB

UNCOMFORTABLE

Dangerous over 30 seconds

- Jet Planes (during take off)

VERY LOUD

Dangerous over 30 minutes

110 dB

- Concerts (any genre of music)
- Car horns
- Sporting events

Dangerous over 30 minutes

100 dB

- Snowmobiles
- MP3 players (at full volume)

Dangerous over 30 minutes

90 dB

- Lawnmowers
- Power Tools
- Blenders

Over 85 dB for extended periods can cause permanent loss.

LOUD

- Alarm clocks 80 dB
- Traffic 70 dB
- Vacuums 70 dB

MODERATE

- Normal conversation 60 dB
- Dishwashers 60 dB
- Moderate rainfall 50 dB

SOFT

- Quiet library 40 dB
- Whisper 30 dB

FAINT

- Leaves rustling 20 dB

Why Protect Your Hearing?

Noise-induced hearing loss:

- Can build over time.
- Is permanent.
- Is preventable.

Is Your Hearing at Risk?

WARNING SIGNS: After exposure to loud music or noise you may experience one or more of the following:

- Ringing or buzzing in the ears.
- Slight muffling of sounds.
- Difficulty in understanding speech. You can hear all the words, but you can't understand them.
- Difficulty in hearing conversation in groups of people when there is background noise, or in rooms with poor acoustics.

