

The Lions' Tales

WHEATON LIONS
MONTHLY
NEWSLETTER

Serving the Sight and Hearing Impaired.



Wheaton LIONS Club Den
Established October 23, 1923

Luncheon Meeting Tuesdays at Noon in the Masonic Building, 120 W. Wesley, Wheaton, IL 60187 • September, 2008

"My Lions" Video on WCTV Channel 17: Noon, 4pm, 8pm Tuesdays

www.wheatonlions.org Vol. 10, No. 09

Seeing Our Way

By Dorothy Troyer,
DEICKE EYE CENTER FOR VISUAL REHABILITATION

WHAT WOULD YOU DO?

If you woke up one morning, picked up the newspaper and found that although you could see the words, you couldn't read them, what would you do? It happens. One in four people over the age of 65 are discovering that they no longer have clear central vision. They cannot read small print, drive a car or see faces clearly. Of course the first thing a Wheaton Lion would do is book an appointment at the Deicke Center for Visual Rehabilitation and learn how to maximize their impaired vision. Then what?

When it is no longer possible to jump in the car and go wherever and whenever you choose, older adults tend to withdraw from the activities that once interested them. You may never find yourself in that situation, but someone you love may already be there. It will help if you have some idea of ways to cope with impaired vision.

A Deicke patient once taught me this lesson. When going to the theater, sit as close as possible. Those are the expensive seats, but my patient advised buying the seat you can afford. When arriving at the theater, speak to an usher, explain that you are visually impaired and ask if you would be allowed to move closer to the stage if there are unsold seats in that area. You may be asked to wait until after the first act, but my patient said she had never been refused.

"There's no use going to a ball game if you can't see what is happening." Right? Wrong. Go with the crowd, take a radio with an ear plug so you can follow the action. Cheer and boo at the appropriate times. Eat hot dogs and stand up to sing "Take Me Out to the Ballgame" at the 7th inning stretch. It's

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Golf Outing & Steak-Fry at Cantigny Golf Club Great Success

The Wheaton Lions Charities has been serving the Wheaton Community for 85 years by providing services and equipment for the visually and hearing impaired. Funding for these services is provided by such activities as our annual August Golf Outing and our October Candy Day. Your support for these fund raising activities is vital to our continued commitment to the visually and hearing impaired. We thank you for your support by attending our Golf Outing this year.



Lions Mike Nass, Bob Clavel, Tony Ladd and Dr. Terry Lightbody register the golfers at our 2008 outing.

Please support our 2008 Underwriters

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Please support our 2008 Hole Sponsors

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Upcoming Events...

NEW: View "My Lions" Video on WCTV Channel 17: Noon, 4pm and 8pm Tuesdays.

September 02—No Meeting:

Labor Day week

September 13— Autumn Fest

Hearing Bus

October 07— No Meeting:

Candy Days

October 10-11— Candy Days

November 25— No Meeting:

Thanksgiving

December 16— Christmas Auction

Birthdays:

September 02 ----- Ed Green
September 11 ----- Steve Maney
September 13 ----- Finny Rajchel
September 16 ----- Harold Gaede
September 18 ----- John Orr
September 19 ----- Greg McBeth
September 30 ----- Ed Lambke
October 01 ----- Shairoz Fazal
October 02 ---- Christopher Barton
October 15 ----- Pat McEvoy
October 17 ----- Chuck DiVito
October 18 ----- Linda Wallace
October 22 ----- Neil Pollock
October 22 ----- Joe Skvara
October 29 ----- Jim Herrmann

Thought for the Day . . .

"Everybody's got to believe in something. I believe I'll have another beer."

- W. C. Fields

Membership Directory

To obtain a copy, please contact Lion Jim Ellingson at 630-665-9471

Please send news for the October issue by September 28, to Bud Roeser
Fax: 630-668-4599 • Tel: 630-668-3885
email: broeser@hayesadv.com

Speakers Calendar

September 2 No meeting Labor Day

September 09

Sponsor: Lion Bill Guild

September 16

Sponsor: Lion Bob Heager

September 23

Sponsor: Lion Ron Austin

September 30

Sponsor: Lion TBA

October 07 No Meeting Candy Days

November 25 No Meeting, Thanksgiving

December 09

Sponsor: Lion Linda Wallace

Speaker: High Schools Students

Topic: Christmas Music

December 16— Christmas Auction

December 23— No Meeting,

Christmas week

December 30— No Meeting

New Year's Eve

What . . . Continued from page 2

much better than sitting alone in front of the TV and your friends will think you are terrific!

You may not be able to drive to Wisconsin to see the fall colors, but you can get a lift to the Morton Arboretum to celebrate Fall. Level sidewalks around Meadow Lake will provide safe walking, frequent benches and lovely Fall smells and sights, including an intriguing collection of scarecrows. The Acorn Express Tram runs daily (weather permitting). For a small fee you get a narrated, open air ride through areas of trees dressed in gorgeous autumn hues. The Acorn Express stops frequently to point out certain trees, flowers, animals or interesting Arboretum activities.

In other words, get out of your chair and get out of the house. A visual impairment does not mean the end to life as you know it. Make a phone call or send an email to your favorite places and ask what programs are available for a person who is visually impaired. You'll be surprised at the lengths some places have gone to for your comfort and enjoyment.

Hear Here

By Dr. Terri Lightbody, Au.D
HEARING SPECIALISTS OF DUPAGE
www.thehearingspecialists.com

Cerumen: What is it?

Cerumen. Everyone has it. For most people it is unobtrusive. For others it can interfere with daily living by causing pain, itching, fullness, ringing or buzzing in the ears, and even hearing loss. So what is cerumen anyway? Cerumen is a substance (also known as ear wax) that is secreted by glands in the external ear canal. It can either have a yellow or brown appearance and can be soft and moist or dry and flaky.

Where does it come from?

Cerumen forms in the outer ear canal. The ear canal is a tube that runs from the side of the head inward towards the eardrum. The skin that lines the ear canal has several sets of glands, including the sebaceous glands that secrete an oily, fatty substance- a major product of which is cerumen.

Why do we have it?

Cerumen has many anti-bacterial and antifungal agents that protect the ear canal from infection. Additionally, cerumen also provides lubrication so the ear canal does not become dry and itchy. The combination of hair follicles and wax within the ear canal also works to block sand and dust particles from entering the ear.

Problems that can occur:

Earwax moves out of the ear canal naturally by movement of the jaw during chewing and speaking. When this does not occur, an accumulation of wax can start to build up in the ear canal. Factors that can lead to impaction include:

- Individuals who obsessively try to clean their ears to remove the wax
- A twisted, narrow, or torturous ear canal
- Ears that overproduce cerumen
- Age (elderly are more prone)

Hearing Loss

A build up of cerumen that blocks the ear canal (impacted wax) can cause

hearing loss. Individuals who attempt to clean out their ear canals by using cotton swabs often push cerumen deeper into the ear canal, which can injure the ear canal or even damage the ear drum. Cerumen impaction can also result from placing a hearing aid in the ear canal. The obstruction of acoustic sound entering the ear canal to the eardrum, caused by total blockage of the ear canal, can result in hearing loss. Impacted cerumen is the simplest and easiest treatable form of hearing loss. Hearing is restored to normal when the cerumen is removed by a trained professional- either an Audiologist or ENT doctor.

How is cerumen impaction diagnosed?

Your doctor will ask about your symptoms and medical history. Your doctor will also look into your ear with a special flashlight called an otoscope to look for impacted earwax.

Treatment

Treatment involves removal of the earwax from the ear canal. Treatment options include removal of cerumen using either a curette (a small instrument shaped like a scoop) or a suction. Other techniques involve squirting water into the ear canal to flush out the earwax or by using a liquid-like solution (a ceruminolytic agent) which is dropped into the ear to soften the earwax and help ease removal. Your hearing healthcare provider can determine which method is best for you.

You may need to have your ears cleaned out on a regular basis if you overproduce cerumen. You can set up a schedule with your hearing healthcare provider as to when you should get the wax removed- typically this is every 6 to 12 months.

To avoid cerumen impaction:

- Do not clean your ears with anything other than a soapy washcloth on the outer rim of your ear.
- Do not use cotton-tipped swabs or Bobby pins to clean inside your ear
- If you are concerned about earwax, see your doctor. Do not attempt to remove the earwax by yourself.

Officers

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