



*One of Austin's Top Gala Events Celebrates 21 Years
of Saving and Improving Lives*

The Heart Ball of Austin is a party with a purpose, continuing and extending the life-saving work that the American Heart Association has been doing since 1924. The 21st Annual Heart Ball

Bill Stapleton considers himself lucky to be alive today. The former Olympic swimmer from UT, avid cyclist, and longtime leader in Austin's entertainment and hospitality arena found himself wrestling with uncomfortable and unusual symptoms in the summer of 2016. At 50, the fit and active Bill found himself inexplicably tired, enough so that his wife Ana Stapleton noticed



a progressive difference over the summer. With only the nagging feeling that “something was really wrong,” Bill went to the emergency room, just in time. His aorta, the main artery leading from the heart, had more than doubled in size and was on the verge of an aneurysm. Emergency heart surgery was needed to save

"Our mission is building healthier lives, free of cardiovascular diseases and stroke," says Joel Rice, executive director of the American Heart Association Austin division. "But we can't do it alone. Our supporters and volunteers make stories like Bill's possible."

PHOTO BY ED SPARKS PHOTOGRAPHY

Guests enjoying last year's Heart Ball.



Heart Ball

twenty-first annual

HEART BALL *of austin*

Saturday, May 12
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Tickets at: AustinHeartBall.heart.org

Does Hearing Care Slow the Onset of Dementia?

By Soriya Estes, AuD

In our audiology practice, we see how hearing care promotes an individual's happiness, activity level, and connections to their friends and family. A growing body of recent research indicates a strong link between hearing loss and the onset of dementia. Even when people are enjoying life with full hearing, there are many other factors contributing to dementia in seniors such as high blood pressure and diabetes. Researchers are now exploring if earlier hearing care and its cognitive benefits may slow the onset of dementia. Let's talk about this exciting possibility, with the hope that you or a loved one decide to seek earlier hearing care.

If You Think You Can't Hear

A widely accepted notion is hearing loss is inevitable as we age. Age-related hearing loss starts slowly. Adults in their 40s and 50s often dismiss the early signs, especially when family members help them cope with their hearing loss symptoms. As many as two-thirds of seniors in their 70s have some degree of hearing loss.¹

While someone may notice they are developing a hearing problem, data shows on average they refrain from seeking treatment anywhere from 7 to 10 years. Perhaps they saw their parents' experience with older hearing aid technology and assume hearing aids won't work for them. Maybe vanity says wearing hearing aids somehow makes one look older or weaker. Cost is sometimes perceived as an obstacle. This delay often continues until hearing loss can no longer be ignored.

If you think you can't hear, the reality is you probably have some hearing loss, and it's been going on for years. The stakes may be higher than just being able to hear fully. If you could slow the progression of cognitive decline due to hearing loss, would it be worth the effort?

A Guessing Game

Hearing loss is frequently misunderstood as strictly a volume problem, when in fact the bigger issue is comprehension of words. Volume levels do tend to roll off at higher frequencies in age-related hearing loss. This makes it more difficult to distinguish sounds, especially consonants and sibilants such as 'sh'.

Our brains are amazing. Normally, people can fill in gaps in hearing based on correctly capturing some words and adding context. For example, if it's 9 a.m. on a Sunday morning, and your spouse asks what you would like for breakfast, you might have trouble with the word "breakfast" but can still guess the answer should be "French toast." Take away more sounds, lip-reading, and context, and guessing becomes harder.

AUDIOLOGISTS SAY: Over 90% of age-related hearing loss is treatable with properly selected, fitted, and programmed digital hearing aids. If treated early, volume loss can be addressed with smaller, more discreet hearing aids, and the time to restore comprehension is lessened.

Increasing Stress

Now, add noise in the background. A home environment is usually peaceful, with only a few voices or perhaps a TV or radio to focus on. Out in the world, noise is common everywhere; at work, in restaurants, in stores, and elsewhere, it can be very hard to pick out voices from the clutter. Have you noticed someone with untreated hearing loss often seems fatigued? It's because for them, listening is a stressful activity. They are actively trying to tune into conversations, working hard to guess the words they are missing. Asking people to repeat their words, or becoming frustrated with missing big parts of conversations adds to the stress.

RESEARCHERS SAY: Cognitive overload from garbled messages forces the brain to work harder to hear. Drawing more brain resources away to hear may affect other areas such as short-term memory. People with untreated hearing loss are 24% more likely to experience cognitive decline within 6 years than those with normal hearing.²

Risk of Slipping Away

Untreated hearing loss contributes to worsening cognition. The result is often social withdrawal. People with hearing loss avoid that noisy restaurant because it is so stressful for them. They'll prefer to stay home instead of being out with friends and family. Daily interaction is essential to happiness and feelings of self-worth; isolation increases the risk of experiencing depression, and ultimately dementia.

Once social withdrawal starts, the danger becomes enormous for seniors. Family members can feel shut out when their loved ones withdraw, making it more difficult to help. Hearing comprehension continues to decline, and pathways in the brain that used to recognize voices become untrained. In this vicious cycle, any treatment becomes harder.

RESEARCHERS SAY: Compared to those with normal hearing, seniors with moderate hearing loss have triple the risk of developing dementia. Exactly why the risk increases so dramatically is still unknown. Researchers believe that a form of brain atrophy sets in as hearing paths are under-exercised.

Intervening with Hearing Care

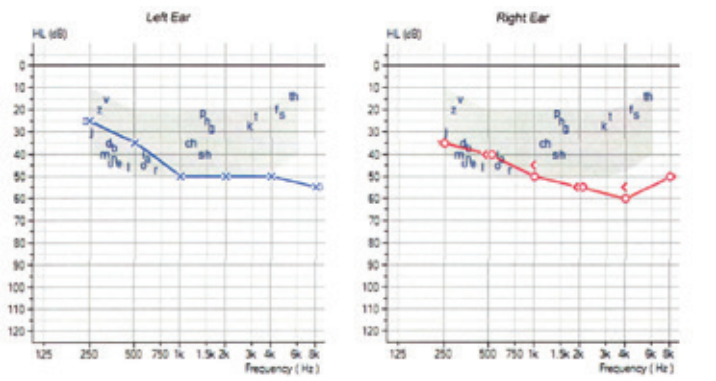
At Estes Audiology, we firmly believe treating hearing loss sooner increases quality of life. If hearing treatment is proven to stall the onset of dementia, that would be welcome news. Another recent hearing loss research study agrees with the issues we've discussed surrounding cognition, social isolation, and the risk for dementia. Then, it makes a bold suggestion: "Interventions delaying the onset of dementia by even one year would decrease the worldwide prevalence of dementia by 10%.³" We're encouraging people to have their hearing evaluated earlier, as soon as everyday difficulty is noticed. This is especially



important if you are related to someone with hearing loss. A cure for age-related hearing loss doesn't exist yet – however, hearing aid therapy usually has positive results.

Modern digital hearing aids reduce the level of effort needed to hear and understand speech. With built-in ability to adapt to different environments, these hearing aids produce more speech clarity, even in noisy situations. Many advanced hearing aids also enhance directionality, important for finding and engaging in conversation.

If you worry that your physical hearing loss will worsen over time, digital hearing aids can easily compensate for that with reprogramming. Ongoing hearing evaluations every few years with hearing aid tune-ups can keep your hearing at full capability. Hearing care is worth the effort. After we've evaluated your



hearing, we can match you with the appropriate hearing aids from leading manufacturers. Since many of these hearing aids work with smartphones and TVs, you can enjoy those devices more. We work with various insurance plans and offer financing options to find you an affordable solution. Also, we'll help you and your family understand your hearing loss and treatment, so you can Hear Life Again.

Soriya Estes is a founder and owner of Estes Audiology, the leading independent hearing care provider in central Texas with 5 offices in Austin, Boerne, Marble Falls, New Braunfels, and Seguin. She and her teams specialize in hearing evaluation, hearing protection, and state-of-the-art hearing aid solutions.



1 "Hearing Loss Linked to Dementia", Katherine Griffin and Katherine Bouton, AARP, July 2013, <https://www.aarp.org/healthy/brain-health/info-07-2013/hearing-loss-linked-to-dementia.html>
2 "Vision and Hearing Loss are Tied to Cognitive Decline", Jane E. Brody, New York Times, September 25, 2017, <https://www.nytimes.com/2017/09/25/well/vision-and-hearing-loss-are-tied-to-cognitive-decline.html>
3 "Hearing loss as a risk factor for dementia: A systematic review", Thomson et al, Laryngoscope Investigative Otolaryngology, March 16, 2017, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5527366/>

Alzheimer's Texas Offers Dementia Caregiver Education Series

Join Alzheimer's Texas for four part series, providing hands-on techniques for daily care of a person with dementia. Stephen Catoe, Certified Positive Approach to Care Trainer and Certified Validation Worker will present methods pioneered by Teepa Snow and Naomi Feil. "Dementia does not rob a person of their dignity," says Snow. "Our response does." These classes empower caregivers with tools, techniques, and knowledge to provide expert care for a person with dementia. The classes will be held on consecutive Tuesdays starting April 24th from 2 – 4 pm at the JCC Community Hall, 150-D (7300 Hart Lane, Austin, TX 78731). As with all of our services, there is no charge to attend.



behaviors to needs. Participants will learn to enhance communication using an empathetic attitude and a holistic view of individuals that help reduce stress, enhance dignity, and increase happiness. To register, please visit www.txalz.org, contact vcardenas@txalz.org, or call 512-241-0420.

The educational opportunity is one of many services offered by Alzheimer's Texas. Alzheimer's Texas works to eliminate Alzheimer's disease and related disorders through the advancement of research and to enhance care and support for individuals, their families, and caregivers. Alzheimer's Texas is the only Alzheimer's and dementia specific Texas-based non-profit in continuous operation since 1982. Formerly known as Alzheimer's Association Capital of Texas Chapter, Alzheimer's Texas separated from the national office in Chicago, IL in order to keep 100% of funds raised local and retain critical flexibility in program delivery.

Each year Alzheimer's Texas hosts several walk events to generate funds to advance its mission in Central Texas and raise awareness about the disease and related disorders. The walks are a fun way to build community with families, friends, and providers dealing with Alzheimer's and related disorders. As a 100% privately funded organization, Alzheimer's Texas relies on the generosity of our walkers and their donors to sustain our services and programs. The 27th Annual Travis Co. Walk is at Camp Mabry on October 6. Register today at www.TXAlz.org/Walk. Join us for this fun event and 100% of all funds will stay in Central Texas to help your family, friends, and neighbors.



Coughy, Sneezy, Itchy, Wheezy?

We got you covered!

As most central Texans know, allergic reactions to allergist can provide important insight into what causes your particular allergy symptoms and guide you in deciding what your options are for relief. All our providers are well trained in both adults and pediatric allergy, and asthma testing and treatments. Allergen immunotherapy, also known as allergy shots, is a long-term treatment for allergy symptoms. We offer traditional allergy immunotherapy as well as rapid desensitization, also known as "cluster" therapy. Cluster therapy is a type of immunotherapy that requires fewer visits to reach maintenance dose, which results in faster relief of allergy symptoms. Our providers also specialize in asthma diagnosis including both exercise and allergy induced asthma. We perform on site pulmonary function testing and test for airborne, food, insect, and environmental allergens through skin prick testing, intradermal testing, patch testing, and blood work. Skin prick test are noninvasive and tend to produce quick results. Usually within 15 minutes your provider can assess what allergens you react to and provide a plan of action to relieve your symptoms.

Tarrytown Allergy is in network with most major insurance companies. Blue Cross Blue Shield, Aetna, Humana, United Healthcare, Cigna, Medicare and most PPO insurances.

To learn more call 1-833-3POLLEN (1-833-376-5536) to schedule your consult with our provider or visit us at TarrytownPharmacy.com today.

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Your Well-Being Is Our Passion.

Imagine living in a safe and convenient community, with everything you need just steps outside your door. A place to relax, a place to explore, a place for all ages. The Village at The Triangle luxury senior living community is the new centerpiece to the long successful, highly-awarded mixed-use project in north central Austin, where three major roads meet to form The Triangle. This pedestrian-friendly area consists of over 30 acres, 750 upscale apartment homes, 130,000 square feet of retail, commercial and restaurants uses, Central Texas Rehabilitation Hospital, and two City parks with playgrounds, community gardens and fountains. You will enjoy shopping the boutiques, concerts in the park and public art. Stay connected to the energy of the performing arts, continued learning and rich and varied social scene that only Austin can deliver.

The Village at The Triangle offers programs that keep you engaged with always something new to learn or do. It is a great place to meet new found friends with like-minded interests who are just as eager as you to continue to broaden their horizons. Take off as a group on one of our many adventurous outings and leave the driving to us. Wake up to a dip in the heated salt-water pool or try integrating a new innovative exercise program into your daily routine in our state-of-the-art fitness center. No matter what exercise you choose, your health and wellness is our primary focus.

Our community areas are designed with you in mind. Relax in the outdoor oasis with lounge seating, fireplace, flower boxes and view of the pond featured fountain. Prepare your pallet for an exquisite dining experience as you retreat for lunch or dinner in our beautiful dining room. If you are on the go with no time for formal dining, grab a quick snack or sandwich in the Bistro. Enjoy BBQ's with friends and family prepared by our Executive Chef in our outdoor kitchen on the dining terrace



or unwind from a busy day of adventure with a glass of wine in the Sky Lounge with magnificent views of downtown Austin.

Once you settle in to your new home at The Village at The Triangle, the sounds of the city and hustle of the world seem to fade away. We invite you to come explore Austin's best kept secret. If you would like to learn more about how The Village at The Triangle can be your new home, call Tanner Easley at 512-323-0933. Reserve today and become a Charter Club Member.

Hurry! Apartment homes are going fast.



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