



CORNERSTONE™

A SOLID FOUNDATION IN HEALTHCARE

CORNERSTONE RESIDENCE - PREMIER ASSISTED LIVING COMMUNITIES - JULY 2021

Cornerstone Residence of Bagley's beautician, Marilyn, knows how to make our Residents feel fabulous!
Straight hair or curly hair, she has it covered!

Sending a huge thank you to ALL the beauticians that serve in our facilities!

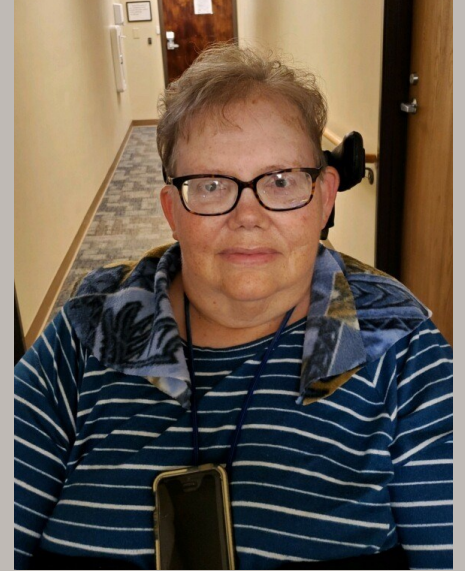
***We Appreciate
Each of You!***



BE YOUR OWN KIND OF

Beautiful!

All Gussied Up!

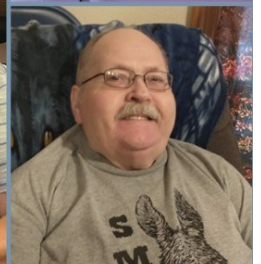
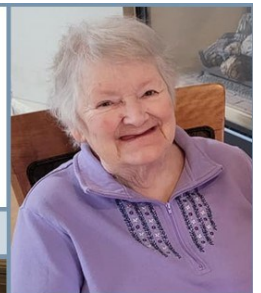


Thank You Lenore! Good hair days are always the best days!



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Assisted Living • Skilled Nursing • Rehabilitation Center • Memory Care



Cornerstone offers Assisted Living at it's finest in Bagley, Fosston & Kelliher. Two of our Assisted Living Communities offer comfortable, safe & secure Memory Care. In addition Cornerstone has a skilled Nursing & Rehabilitation Center.

Contact Gloria at 218-694-2701 to discuss apartment availability per location.
TOGETHER WE CAN FIND YOU OR YOUR LOVED ONE THE BEST FIT!

visit www.cornerstoneshc.com for more details



How Hearing Loss, Loneliness & Declining Health Are All Related

By Karley Neeland, Registered Nurse

Hearing loss plagues 1 in 3 people ages 65 to 74. Of those age 75 or older half have difficulty hearing, according to National Institute on Aging. In this article I will talk about the causes of hearing loss, the ways it can affect quality of living and health, and ways you live life to its fullest even if you are one of the many with hearing impairment.

Hearing loss can be caused by several things. Johns Hopkins Institute says it can be the result of aging, exposure to loud noise, injury, disease, certain drugs, or it can be an inherited condition. Though we cannot stop the aging process, who we get our genes from or dodge every disease we can protect our ears from damaging loud noises. This is as simple as turning down our radios or wearing noise canceling earmuffs when we will be exposed to other loud sounds such as gun shots or heavy machinery to name a few. The extra precautions may seem tedious in the moment, but I hope by the of this article you will feel it is worth the effort.

If you find yourself in the trenches battling hearing loss, it is important to know that left untreated it has been linked to declining health and an increased risk of falling. Johns Hopkins expert, Frank Lin, M.D., Ph.D., headed the 2017 study, Hearing Loss and Falls Among Older Adults in the United States, finding that even a mild degree of hearing loss tripled the risk of an accidental fall. Even more surprising is that fall risks increase by 140 percent for every additional 10 decibels of hearing loss!

Researchers believe there are a few reasons for this staggering increase of falls amongst hearing impaired individuals. Being less environmentally aware of other people, pets or the things happening around them, as well as their own spatial awareness, or how they are positioned within this ever-moving environment, may both play a role. Many researchers also credit cognitive overload as a hindrance to balance. Accepting that our mental resources are not a bottomless pit, those with hearing loss may have less to dedicate to balance since they are using more of their mental

resources to hear and interpret speech and other sounds. "Gait and balance are things most people take for granted, but they are actually very cognitively demanding," Dr. Frank Lin says. "If hearing loss imposes a cognitive load, there may be fewer cognitive resources to help with maintaining balance and gait."

Cognitive overload in hearing impaired individuals may be to blame for their increased risk of developing dementia as well. In a 2011 study that tracked 639 adults for nearly 12 years, Dr. Lin and his colleagues found that mild hearing loss doubled dementia risk. Moderate loss tripled risk, and people with a severe hearing impairment were five times more likely to develop dementia.¹The investigators suggest that a common pathology may underlie both or that the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia. They also speculate that social isolation brought on due to lack of ability to communicate properly could also play a part.²

Falls and dementia are just the tip of the iceberg when discussing the possible health affects that hearing loss plays into. Many sufferers feel too frustrated or embarrassed to admit their hearing loss has made it difficult for them to understand what is being said in a conversation. The results are often depression, loneliness, and the inability to properly understand doctor's advice which can have devastating consequences and lead to a further decline in health. The National Institute on Aging's online article, Hearing Loss: A Common Problem for Older Adults, has more value information if you would like to learn more.³

Like is true with many things, the first step in getting help is admitting you may have a problem with your hearing. Your medical doctor can help you navigate your way to a proper diagnosis. They can also help you decide what can be done to help alleviate the burdens of hearing loss and live a more fulfilled life.

Sound amplifiers and hearing aids are now utilizing sound blocking technology that can eliminate most background noises so the wearer can better hear during conversations than in the past. The drawback, these devices can be very expensive making them unattainable for some. However, there are many other devices can be used that are much cheaper. For instance, many cell phones can have a "speech to text" app installed that will dictate a conversation in real time and may also

have customizable hearing setting. The iPhone for example has accessibility hearing settings like; linking your phone to your hearing aids or earbuds, having your phone set to "LED Flash" for new notifications or alerts, you can choose to reduce ambient noise on phone calls when holding the receiver to your ear, you can select common sounds that your phone can alert you to when it detects them. For instance, a baby crying, a dog barking, a knock at the door, and much more.

The bottom line is hearing loss needs to be addressed to live happily and healthfully. If you are struggling with the loss of your hearing, you are not alone. This article barely scratched the surface of what is available to assist the hearing impaired. Enlist a team of health professionals and loved ones to help you decide what options will suite your needs and never be ashamed to ask people to speech up, face you while talking and repeat what they have said when you need it.

The staff at all 5 of the Cornerstone locations strive to help our residents manage their hearing loss. We understand the absolute necessity of being able to communicate and the huge role our hearing plays!

References:

1. As written at <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-hidden-risks-of-hearing-loss>
2. https://www.hopkinsmedicine.org/news/media/releases/hearing_loss_and_dementia_linked_in_study
3. <https://www.nia.nih.gov/health/hearing-loss-common-problem-older-adults>



Dean Larson enjoying the finer things in life... Cinnamon Rolls & Coffee!

Cornerstone Residence
30 Sunset Avenue
Bagley, MN. 56621

Congratulations Kayla!

Cornerstone Residence of Bagley proudly presents their newest Scholarship recipient--Kayla Gill!

Kayla has received a Certified Nursing Assistant scholarship for up to \$1530! This scholarship goes towards the costs of CNA classes, books, testing, mileage and more!

Kayla has been with CRB since October of 2020 and is also a 2021 Bagley High School graduate. She plans to start college courses towards pursuing her LPN degree this August with plans to become an RN one day as well.

Kayla has shown to be a fast learner and is very good with the residents, we are excited to help her expand her career in healthcare!

When asked what she likes about working for Cornerstone she said, "I like that everyone is super friendly and just nice to one another. Also, I love the residents!"

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