I have the privilege of attending most noon Masses on Fridays at St. Peter Church in Jefferson City. Since there are fewer people at this Mass than at weekend Masses, it is a more intimate setting. *It is so intimate that I can hear the trickle of the water and wine as it is poured and intermingles in the chalice. It is so intimate that I can hear the gentle snap of the bread as His body is broken for us.* Unfortunately, according to Dr. Josey Strong, a local audiologist with the Veterans Administration healthcare system, not everyone is able to hear the sounds around them as about 48 million people in the US and 477 million worldwide live with hearing loss.

I take my ability to hear for granted. My yearly checks include having a physical, dental and eye exam, but never a hearing check. According to Dr. Strong, “hearing loss is often gradual and the signs can be subtle, but hearing loss impacts the quality of all of our human interactions.” As your Wellness Coordinator, I’ve witnessed how hearing loss can affect those of you who find themselves unable to carry-on a phone conversation, listen to their favorite ball team on the radio, or hear a doorbell ring.

Visit (or click here) [webmd.com/healthy-aging/hearing-loss-signs#1](http://webmd.com/healthy-aging/hearing-loss-signs#1) for a more in-depth explanation of these signs.

**IF YOU HAVE DIFFICULTY HEARING, SEE AN AUDIOLOGIST.** Dr. Strong shared that an audiologist is a professional who has received a doctorate degree in audiology or a master’s or doctoral degree from an accredited university audiology graduate program. An audiologist can diagnose, treat and manage hearing and balance problems. After evaluating your hearing, an audiologist will determine whether or not your condition is medically treatable. If it is, then a referral will be made to the appropriate professional. If it is not treatable, recommendations can be made for audiologic treatments like hearing aids.

So, in order to help avoid being asked the TV commercial jingle “Can you hear me now?” [click here](http://webmd.com/healthy-aging/hearing-loss-signs#1) for ways to protect your hearing, or visit [johnshopkinsmedicine.org](http://johnshopkinsmedicine.org) and search “protect your hearing.”

A big **SHOUT OUT** of thanks to Dr. Josey Strong for all her contributions to this newsletter. A big **SHOUT OUT** of congratulations to the newest “kid on the block,” Fr. Derek Hooper. And a big **SHOUT OUT** of congratulations to all who are celebrating June ordination anniversaries!

Please pray and continue to support one another as moves are made to new parishes and/or assignments, and for those who may be dealing with health issues.

Peace,

*Kimie*

Your Priest Wellness Nurse