

UNDERSTANDING HEARING LOSS

Don't Miss a Moment

About one third of older adults experience hearing loss, and the risk increases with age. Because it often develops gradually and affects both ears equally, many people don't realize their hearing has changed. You may first notice difficulty following conversations, understanding your doctor's instructions, hearing doorbells, alarms or warning signals. Other signs may include:

- Frequently asking family members to repeat themselves
- Difficulty hearing in places with background noise
- Others telling you the TV volume is too loud
- Voices of grandchildren are hard to hear
- Trouble understanding in large gatherings
- Feeling tired after listening for long periods of time
- Noises such as ringing or buzzing in the ears



Health conditions such as diabetes or high blood pressure can also contribute to hearing loss. Ear infections caused by viruses and bacteria, a heart condition, stroke, brain injury or a tumor may also affect your hearing. Hearing loss affects more than just your ears, it can impact your overall health. Research shows that older adults with hearing loss have a higher risk of developing dementia. Memory and concentration may decline more quickly in those with untreated hearing problems. Difficulty hearing can also lead to frustration, embarrassment, depression and social withdrawal, increasing the risk of isolation and loneliness. Even mild hearing loss has been linked to a greater risk of falls. It can also affect personal and public safety, including the ability to drive safely when warning sounds are harder to detect.

If you're concerned about your hearing, start by speaking with your primary care provider. They may refer you to an audiologist for a comprehensive evaluation. The Audiologists at Sarah Bush Lincoln provide testing, communication strategies, hearing aid recommendations, device fitting and follow-up care to help you stay connected and safe. Sarah Bush Lincoln offers Audiology Services in Effingham and Mattoon.

SBL Audiology Services

Effingham

Jaclyn Jansen, Au.D.
217-347-7077

Mattoon

Kaley Graves, Au.D. and Katherine Chestnut, Au.D., CCC-A
217-258-2409

AGING & SLEEP

*How sleep changes
as we age*



Sleep patterns tend to change as you age. Most people find that aging causes them to have a harder time falling asleep. They wake up more often during the night and earlier in the morning.

Total sleep time stays the same or is slightly decreased to about seven hours per night. It may be harder to fall asleep and you may spend more total time in bed. The transition between sleep and waking up is often abrupt, which makes older people feel like they are a lighter sleeper than when they were younger.

Older people wake up an average of three or four times each night. They are also more aware of being awake.

Frequent nighttime awakenings may be linked to the need to urinate, anxiety, chronic pain or other health conditions. Although total sleep time may not change much, interrupted sleep can leave you feeling tired or unrested.

Ongoing sleep problems aren't just frustrating, they can affect mood, memory and safety. Chronic insomnia is linked to depression and even an increased risk of falls or accidents. If sleep troubles persist, talk with your healthcare provider. Sleep issues can sometimes signal depression or other medical concerns.

Good sleep habits can help:

- Keep a regular sleep schedule
- Avoid caffeine late in the day
- Limit naps
- Turn off screens before bedtime
- Go to bed and wake at the same time

If you can't fall asleep, get up and do something relaxing until you feel drowsy. Small changes can make a big difference in restful sleep.

The SBL Sleep Disorders Center offers sleep studies to help diagnose sleep issues such as sleep apnea.

Call 217-238-4908 for more information.

JOINT PAIN RELIEF WITHOUT SURGERY



Daniel Fishel, DO, has joined SBL Orthopedics, Sports Medicine and Podiatry in Mattoon. Dr. Fishel is a sports medicine specialist, who offers a variety of non-surgical options to anyone, athlete or non-athlete, with joint pain. This includes the use of ultrasound to pinpoint the source of pain and for guided injections. The ultrasound allows for greater precision

of the affected area without the use of radiation. Dr. Fishel works in closely with orthopedic surgeons to determine when or if surgery is needed.

For more information or to schedule an appointment with Dr. Fishel, call **217-238-3435**.

OPHTHALMOLOGY SERVICES EXPAND

Sarah Bush Lincoln welcomed Effingham Ophthalmology Associates to the organization on March 1. The practice includes Ophthalmologists John Kay, MD, and Joseph Spraul, MD, both of whom perform procedures at the Sarah Bush Lincoln Effingham Surgery Center. The practice continues operating at its current at 903 Medical Park Drive. The practice also offers comprehensive eye care in one location, including optometry services from Christy Hohenbary, OD, and care from an independent visiting retina specialist. For more information call **217-347-2933**.



NUTRITION ADVICE:

Understanding the 2025-2030 Food Guide Pyramid

In 2025, the USDA once again updated the Dietary Guidelines for Americans, bringing back the Food Guide Pyramid, this time flipped upside down. The change has sparked confusion, especially after years of using MyPlate as a simple visual for balanced eating.

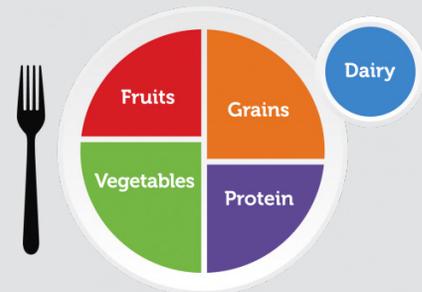
Sarah Bush Lincoln Registered Dietitian Michelle Schultz says updates occur every five years based on evolving nutrition research. “The new pyramid emphasizes protein, dairy, healthy fats, fruits and vegetables at the top, with grains, particularly whole grains, now shown at the bottom tip,” says Michelle.

While the graphic aims to simplify healthy eating, Michelle cautions that images alone can be misleading. She encourages people to use MyPlate alongside the pyramid as a practical tool. Seeing how food fits on an actual plate can make healthy eating easier to understand and apply.

Though higher-fat foods like steak and cheese appear prominently, the written guidelines still recommend limiting saturated fat to no more than 10% of daily calories. Whole grains, despite their lower placement, remain important sources of fiber and B vitamins.

Michelle stresses that no single graphic works for everyone. Individuals with chronic conditions, such as heart disease, diabetes and high blood pressure should consult healthcare professional for personalized guidance.

Her advice for the average person is simple: focus on real, minimally processed foods, increase awareness of what you’re eating and make small, sustainable improvements. Ultimately, lasting health comes from balance, moderation and consistency. For more information visit www.myplate.gov.



PEACE MEAL SENIOR NUTRITION

Leave the cooking to us

Peace Meal Senior Nutrition Program provides congregate and home-delivered meals to older adults in a seven-county region and welcomes all people age 60 and older, and their spouses regardless of their age. Counties served include Clark, Coles, Cumberland, Douglas, Edgar, Moultrie and Shelby. A donation of \$4 per meal is requested, however no one will be refused meals or services due to an inability to donate.

Call 1-800-543-1770 for more information or visit www.sarahbush.org/peacemeal



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217-253-4764

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Saturday and Sunday

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