



THE SCIENCE

Research suggests that hearing loss may increase our risk for dementia. One study even suggested that if we eliminated all hearing loss, we could reduce worldwide dementia rates up to 9%.

NOW DO IT!

The good news is that experts suggest there are things we can do to improve our hearing including aerobic activity, hearing aids, and building better attentional skills.

Practice focused listening to increase attentional skills. Actively listen and identify sounds played by your class trainer or that you hear around you at this time.

Ramp it up by actively listening and recalling the short stories that are read aloud by your trainer or from the links below of professional audio recordings. After listening, test yourself by writing down facts you learned from the short stories on your worksheet.

SHORT STORY PROMPT LINKS

- *[This American Life](#) provides a variety of short stories to choose from in their radio show archives.*
- *[Storycorps](#) offers many wonderful short stories or conversations you can use for this activity.*



- *Allan Ganz and Rosalyn Ganz Allan tells the story of his family's ice cream truck business.*
- *Percy White Percy tells the story of his parents, sharecroppers who migrated north for better opportunities for themselves and their children.*

TBH TAKEAWAY

Good hearing health is critical to staying sharp, good memory and our cognitive well-being. While it can be harder to hear as we age, there are things we can do to keep our hearing healthy and be more effective listeners including focused listening.