



In This Issue

Special Offers Inside!

- Hearing Aids and Your Active Lifestyle
- Interacting in Group Settings with Hearing Loss
- Sound Care's Animal Connection
- Experience ReSound LiNX™
- From Our Kitchen to Yours



From Our Kitchen to Yours Mom's Taco Salad

The easiest and most requested taco salad. Taco salad is assembled in layers. A deep pan similar to a lasagna pan is best.

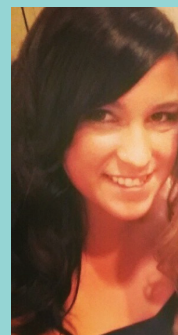
The Layers:

1. Bag of crushed Tostitos
2. Favorite taco seasoned ground beef
3. Diced fresh tomatoes
4. Shredded cheddar cheese
5. Shredded or chopped lettuce
6. Enough sour cream to frost the top of the salad
7. Choose from the following to decorate the top (or add your favorites):
 - a. Sliced black olives
 - b. Sliced jalapenos
 - c. Crushed red pepper flakes
 - d. Extra shredded cheese



Annual hearing tests and regular hearing aid check-ups every 3-6 months are recommended.

What's New



Please welcome Kelly Foley to Sound Care Hearing Group! Kelly will be filling in for Donna on an as needed basis. Please be patient as she is learning the ropes!

Hearing Aids and Your Active Lifestyle

Negative stigma of hearing aids makes a lot of people who are uninformed believe that the devices are only for the elderly, but burgeoning technology makes it possible for even the most active individuals to find their benefits. If you are coping with hearing loss and don't want to give up your passion for being healthy and active, you have several options for comfort and protection no matter the activity.

Wind issues

Runners, walkers or cyclists may find themselves always struggling with wind in their hearing aids causing uncomfortable noise. Some hearing aids now have wind-noise management that reduces the effect of the breeze on the device's microphone. At the same time, some aids will have a feature that enables the device to log data that helps it "learn" things like volume control based on your environment. This is ideal for someone who spends a lot of time outside where conditions are not controlled.

Problems with moisture

Another worry for athletic individuals who wear hearing aids is that the device will get damaged by sweat or unexpected

Continued on page 2

Interacting in Group Settings with Hearing Loss

If you have a friend or family member with hearing loss, you've probably found ways to adjust for improved one-on-one communication. Your tactics for good communication might differ depending on whether the individual is open about and/or aware of his or her hearing loss, or if you've just recognized it yourself.

But group settings, such as at dinner or at a holiday party, can be a little trickier for that person because he or she has to navigate multiple people speaking, sometimes at the same time, and conversation can move pretty quickly.

Here are some tips for interacting with individuals with hearing loss in group settings:

- **Make sure not to talk over other people.** This tends to happen when people get excited and, for the most part, it's not too much of a problem for people with regular hearing. But for people with hearing loss, whether they wear hearing aids or not, hearing often takes some level of focus. So background noise, including multiple conversations or voices, can make hearing difficult.
- If your friend or family member is comfortable talking about his or her hearing loss, **make sure to ask that person** what you can do to make things easier.
- **Speak clearly and naturally.** Don't cover your mouth with your hands

and don't eat while speaking - this can interfere with lipreading.

- **Make sure to first gain the individual's attention** by saying his or her name. Maintain eye contact while speaking.
- If you're having a group conversation, stand by your friend and **give him or her a heads up about the topic of conversation.** Fill your friend in if he or she looks confused about something that was said or asked, but never answer for that person.
- **Be patient.** Since hearing takes a bit of extra effort for people with hearing loss, and can in fact be tiring sometimes, be comfortable with the silence so your friend or family member has a turn to speak.
- If it's OK with your friend or family member, **let others in the group know** in advance about some ways that they can make hearing and communication easier for the individual using some of the above tips and tactics.

If you suspect your friend or loved one is suffering from hearing loss, consider helping them find and set up an appointment with a local hearing health-care professional.

Additionally, some people feel comforted by having a loved one accompany them to their appointment.

Copyright 2013. Reprinted with permission from Healthy Hearing - www.healthyhearing.com - Visit the site for more information.

Hearing Aids and Your Active Lifestyle

Cont...

rain. The special coating on hearing aids can protect against the elements as well as skin oils, ear wax and salt. This microscopic layer applied to hearing aids is 1/1000 the thickness of human hair and covers the entire device. The polymer layer forms itself around all nooks and crannies so that you have full protection of the exterior and interior of your hearing aids.

However, if you already have hearing aids you may want to consider something like the hearing aid sweat band to protect against moisture. It fits snugly over behind-the-ear hearing aids to absorb moisture from sweat or the elements.

Technology continues to improve for people with hearing loss who love to swim. Although many devices are considered to be water resistant, waterproof hearing aids are slightly more difficult to come across, so it's best to take your hearing aid out and store it in a safe, dry place.

Other accessories

You don't need a waterproof device to enjoy the great outdoors, as there are several different kinds of accessories for hearing aids that can make your active life easier. If you don't need to have the device in at all times, waterproof armbands are ideal because you will still have it close at hand if you need it. If you do need to keep your hearing aids on at all times, ear gear that covers the device and protects it against sweat can be a great option.

Copyright2013. Reprinted with permission from Healthy Hearing – www.healthyhearing.com – Visit the site for more information.

Sound Care's Animal Connection



My cats names are Pounce and Bandit. My family and I adopted them in 2002 and they have been part of the family ever since! Bandit is a black and white domestic short hair who loves to eat and sleep. Pounce is a dark gray striped tabby who loves to cuddle and be pet. My family and I couldn't have picked better kitties to adopt!

- Kelly Foley



Experience ReSound LiNX™, the revolutionary hearing aid from ReSound.

ReSound LiNX represents the next step forward in hearing aid technology. Designed to connect directly with your iPhone®, iPad® or iPod touch®, ReSound LiNX provides 360-degree hearing in a package that's smarter, smaller and more connected. In addition to connecting to your phone calls, music and media, flexible settings and the fully-customizable companion app, ReSound Smart™ app makes ReSound LiNX the perfect option for nearly all levels of hearing loss, and all lifestyles. ReSound LiNX also features Surround Sound by ReSound™ providing the hearing experience that is right for you. ReSound LiNX is a revolutionary hearing aid, and so much more—built to help you hear life to the fullest.



©2014 The GN ReSound Group, all rights reserved. Apple, the Apple logo, iPad, iPhone and iPod touch are trademarks of Apple Inc, registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

About Sound Care Hearing Group

Have you had a good experience with the Doctors at Sound Care Hearing Group? Yelp all about it, and receive a free package of batteries!

<http://www.yelp.com/biz/sound-care-hearing-group-oak-park>

Visit us on Facebook and Twitter!

www.facebook.com/SoundCareHearing

<http://twitter.com/soundcarehear>

Like us on Facebook and receive a Complimentary Package of Batteries!

Take Advantage of these Special Offers!

Friends & Family Program

Due to new Medicare restrictions, we have adjusted our Friends and Family Program to the following:

Friends & Family Program.

Refer a friend or family member to Sound Care Hearing Group for a complimentary hearing screening, complimentary hearing aid clean and check or hearing aid consultation, and **receive one complimentary office visit (\$45.00 value).**

If your friend or family member purchases hearing aids, **they will receive a friends and family discount of \$100.00, and you will receive one year of complimentary service (\$150.00 value).**

It's a win-win! Did Sound Care Hearing Group improve the quality of your life? Why wait to share your experience with others you care about?

Special Offers!

\$400 off
any pair of LiNX 7 or 9
Hearing Aids!



- 3 Year Warranty
- 3 Year Loss/Damage (deductible applies)
- 3 Years of Service
- 1 Year of Free Batteries

Don't miss this special offer!
Hurry!! Offer expires 6/1/14.



Dr. Rebecca L. Anderson
Owner/Audiologist

Hours:

Monday-Tuesday: 9:00 - 6:00

Thursday: 9:00 - 6:00

Friday: 9:00 - 4:00

Wednesday: Clinic is closed.

Dr. Anderson is out in the community providing home visits.