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Sound Care's Animal Connection

Well, as many of you know, I am a true animal lover! I have a very large yellow Labrador Retriever, two Cavalier King Charles Spaniels, three parakeets, a guinea pig, a hamster, and a gold fish. New this edition, I thought it would be fun to start sharing pictures and stories of our beloved furry friends. Please send us a story or a description of your favorite family pet.



This is my 10 year old lab California Sunshine. We have nicknamed her "Cali the Moose." She is so tall that anything on the kitchen counter is fair game. She is a great walking buddy, loves the kids, and keeps the house safe at night.



Dr. Rebecca Anderson

Summer Humidity Warning

Moisture is one of the most common causes of hearing aid breakdown. Moisture is more of a problem in summer because of high humidity, perspiration and air conditioning.

You can minimize moisture problems by using a de-humidifier (dri-aid) every night. These kits are inexpensive, easy-to-use and last indefinitely.

Audiologist's Choice® Dry Spot Dehumidifier



- Beautiful container
- Patented desiccant – microwaveable, cobalt free
- Large enough for two hearing aids
- Easy opening lid with wide opening

Available for **\$15.00 plus tax.**

We also have electric drying units that circulate heated air around your hearing aids overnight.

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SOUND News

Summer Issue 2010

Preventing Noise-Induced Hearing Loss



Here are some other daily sounds that can harm your hearing:

- Hair Dryers
- Power Tools
- Factory Machinery
- City Traffic
- Rock Concerts
- Fireworks
- Stadium Sporting Events
- Target Shooting

Noise is one of the most common causes of hearing loss in adults. About 11 million Americans are exposed to toxic levels of noise at work, while more than 20 million are exposed to damaging noise levels in the community, at home, and in recreation. About 10 million Americans have hearing loss due to noise exposure.

Minimizing the effects of noise on hearing starts with what you might call "Sound Education." How loud is "loud?" What constitutes "noise?"

Any sound produced at or above 85 decibels can potentially cause damage to your hearing. Most telephones ring at 80 decibels, but many everyday sounds can reach a much higher level. For example, a lawn mower registers at 90 decibels, and your car's horn is about 110 decibels!

Here are some simple things you can do to protect your hearing:

- Wear ear plugs or other ear protection when exposed to loud noise either recreationally or on the job.
- Turn down the volume on radios, televisions and stereos.
- Plug your ears with your fingers when you encounter unexpected loud sounds.
- Give your ears a rest by alternating a noisy activity with a quiet one.
- Have your hearing tested regularly.

By paying attention to the sounds in your environment, you can protect your hearing and perhaps even help others with your newly acquired "Sound Education."

Slow Cooker Corner

This Edition: BBQ Pulled Pork Sandwiches

Sweet and tangy describe this mild, family-style BBQ pork. Start with a boneless shoulder roast or substitute a boneless loin roast for a lower fat BBQ. Makes 10 servings. Prep Time — 10 minutes.



Ingredients

- 3 pounds boneless pork shoulder roast, well trimmed (cut off the fat)
- 1 package McCormick® Slow Cookers BBQ Pulled Pork Seasoning
- 1/2 cup ketchup
- 1/2 cup firmly packed brown sugar
- 1/3 cup cider vinegar

Directions

1. Place pork in slow cooker. Mix seasoning, ketchup, brown sugar and vinegar until blended. Pour over pork. Cover.
2. Cook 8 hours on LOW or 4 hours on HIGH. Remove pork from slow cooker.
3. Shred pork, using 2 forks. Return pork to slow cooker. Mix and heat with sauce before serving. Serve on sandwich rolls, if desired.
4. Enjoy!

Tip of the Day

For best results, do not remove cover during cooking.

Nutrition Information (per serving)

- Calories: 335
- Fat: 19 g
- Carbohydrates: 17 g
- Cholesterol: 88 mg
- Sodium: 632 mg
- Fiber: 0 g
- Protein: 24 g



Summer *Continued...*

Dry & Store® Zephyr



- *The Dry & Store products Zephyr operates on an 8 hour cycle. It uses warm, moving air and a desiccant proven technology for maximum drying effectiveness. The Zephyr weighs 1 pound 4 ounces and measures 5.9" x 3.6" x 2.8".*

Available for **\$75.00 plus tax**

Swim Molds and Ear Protection

Summer also means lots of swimming. But for people with middle ear ventilation tubes (used to treat middle ear infections), or "swimmer's ears," swimming can be a problem.

One popular solution is the use of custom swim molds to prevent water from entering the ear canal.



Custom molds can be worn by anyone when swimming or showering to prevent moisture from entering the ear canal. These molds also can be used as a sound attenuator.

Custom molds are available in a variety of colors and color combinations and have a Noise Reduction Rating of 27 dB.

Summer Special, **\$99.00 plus tax.**

Support Groups



Hearing loss and Tinnitus Support Group meetings are offered the first Saturday of each month from 1:00-2:00 p.m. in the Rush Oak Park Hospital in Conference Room A, behind the gift shop.

Snacks and refreshments will be offered. Call us today to tell us that you are interested, and would like to attend!



Dr. Rebecca L. Anderson
Owner/Audiologist

Hours:

Monday: 9:00 - 7:00
Tuesday - Friday: 9:00 - 5:00
Saturday: By Appointment

Late Evening Hours Available!

Take Advantage of these Special Offers!

Please accept these offers exclusive for our newsletter readers, and take a look at our New & Improved Battery Club!

Refer A Friend Program

Refer a friend to come and see us and you will receive a complimentary hearing aid service visit! (\$35.00 value)

If your friend purchases a set of hearing aids, receive one full year of hearing aid service visits! (\$150.00 value)

Frequent Buyers Program

Purchase 5 packages of hearing aid batteries (8 cells) at the regular price, \$6.99 plus tax, and receive one package free. No need for a punch card, we will track your purchases for you!

No Worry Plan

Deposit \$50.00 into your battery account, and we will send you batteries when you call us to let us know that you are running low. We will mail your batteries to your home at no extra charge (\$6.99 plus tax with no shipping fee). Your account must be pre-paid with a check or credit card.