



Hearing Aid
Systems, Inc

MAY 2016

SoundBites

FUNNY BONE

"A cheerful heart is good medicine ..."

A funny thing happened on the way to better hearing...

RIDE YOUR BIKE TO WORK?

Mike, a colleague, a vibrant go-getter who is both a health and fitness guru and an avid environmentalist, was talking about his participation in last year's "National Bike to Work Day" (May 20th this year).

Mike was enthusiastically going on about both the health and social benefits of riding or walking to work, as opposed to driving.

Another colleague, Thom, had joined the conversation just in time to hear Mike's summation of the reasons why "National Bike to Work Day" is so important to him.

Thom, the exact opposite of Mike had soda in hand, his shirt working its way out of his oversized waistband, chimed in, "Well, I only work to make a living, I don't live to work."

Confused, Mike queried, "What's that got to do with riding a bike to work?"

Finishing a big gulp of soda, Thom snorted, "Oh! I thought you were talking about 'National Like to Work Day'!"

Time to have your ears checked, Thom! At least for wax! How 'bout **you**? Is it time to have **your** ears tested?

CALL US TODAY! IT MAY BE JUST WAX.



It's a Family Affair

When hearing loss affects one family member, in actuality it affects everyone.

How many times do we hear about the frustration of hearing, but not clearly understanding the words? We actually hear the same complaint from both sides: the individual with the hearing

loss *and* the person(s) speaking to them. That makes hearing loss "a family affair".

It can be as simple as trying to have a phone conversation with your son or daughter. If you are not hearing them clearly, the conversation can quickly become aggravating for both sides.

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Better Hearing Month For a Whole Better Life

Cont. pg 2



In recognition of Better Hearing Month, this is the true story of Christine, who, in 2006 at age 49, gradually started to lose her hearing. In essence,

she lost her life for eight years – until 2014, when hearing aids gave it back to her.

In Christine's own words:

"I'd been a professional all my life. Besides modeling, I also worked as a flight attendant on a private corporate jet, served in a fine hotel, sold real estate and was in the finance division of a major perfume company. Life was good.

Better Hearing Month For a Whole Better Life

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Then, about eight years ago, I noticed I was having trouble hearing.

At first I was diagnosed with 'surfer's ear' and was told it would clear up. It didn't.

Damage to my hearing is now permanent, 80% in one ear; 90% in the other.

I simply cannot even hear people talking. Throughout the time my

hearing was deteriorating, I trusted the wrong people with my money, lost my job, lost my home. I stayed with one friend or relative after another. As my hearing continued to deteriorate, I could not find any work at all. I soon ran through all that I had left. I ran out of options and finally had to live in my car. I was desperate.

As for hearing aids? I had no money to buy them. My self-esteem hit bottom."

Fortunately for Christine, she was directed to a transitional program for homeless women. Through the organization and the kind assistance of a local hearing aid dispenser who donated his time and professional care, Christine received the hearing aids she so desperately needed to start her life over.

Here are a few of Christine's comments following her hearing aid fitting:

"I couldn't believe what was happening to me. When he fitted the hearing aids and turned them on, I started crying. I could hear the doctor's voice! I could understand him! It was almost like winning the lottery!

The next day was so wonderful. I took a walk along the ocean, listening to the wind and seagulls for the first time in years. I am so happy for what these generous people did for me!"

We understand Christine did find work and was able to get an apartment. Once again, Christine says, "Life is good."

Please keep in mind, donation of your old hearing aids helps makes stories like Christine's possible. Ask us how YOU can help change a life. Here's to Better Hearing (Month)!

Hey Mom! Happy Mother's Day!

Universally, every child believes that every mother, everywhere, has attended the same "Mother's School".

It must be true. There can be no other explanation for the "Mother-isms" that every child has heard since time began. These pearls of wisdom have been passed down through the generations, across all continents and cultures. Regardless of what language you first heard them in, I'm sure you all will recognize these:

Top Eight All-Time Mother's Favorites'

1. "Would you jump off a cliff just because

everybody else does?"

2. "It's all fun and games until someone pokes an eye out."
3. "You'd forget your head if it wasn't attached."
4. "Do you think I was born yesterday?"
5. "Clean up your room! It looks like a tornado came through here!"
6. "Close the door. You weren't born in a barn!"
7. "Don't run in the house!"
8. "Don't talk with your mouth full."

And Boy! Are These Familiar!

- "Chew with your mouth closed."
- "Have you brushed your teeth yet today?"
- "Don't make me come in there!"
- "Don't forget your jacket!"
- "Take your elbows off the table."
- "Don't run with scissors in your hand!"
- "What. You think we have a money tree in the backyard?"
- "There are starving children in China who would love to have this meal!"

Long before you wore hearing aids, your mother wondered if you could hear her. Just like you wondered if your kids could hear you! So, to every mother – and beloved grandmother – we say "thank you!" for repeating, and repeating again, all the phrases that come with mothering, and which have taken us all from childhood to adulthood for generations.



— LOONEY LAW —

In Richmond, VA, it is illegal to toss a coin in any eating establishment to see who will pay for a cup of coffee.

— POTPOURRI —

LOL Stories from Moms:

My 4-year-old son was cuddling his new puppy and exclaimed, "If I squeezed him as hard as I love him, he'd explode!"

Lisa, my 4-year-old daughter, observed, "Is that make-up so you won't look old? 'Cause you don't look old; your face is still straight."

My 3-year-old son and I were talking on the phone but I couldn't make out all that he was saying. I kept asking, "What?" until finally, exasperated, he said, "Mommy, you're not listening loud enough!"

— FUN FACTS —

In the U.S., Frisbees outsell footballs, baseballs and basketballs combined.



We come, not to mourn our dead soldiers, but to praise them.

~ Francis A. Walker

It's a Family Affair

Cont. From pg. 1



When patients come in for their initial hearing evaluation, they often mention that they struggle with conversations on the phone. At times, this has developed into such a difficult situation that their children just don't call them anymore. Instead, to avoid frustrating repeats or misunderstanding of information, the kids choose to use text messaging or email to communicate. That's all fine and good for practical purposes, but we all know that's not a replacement for a regular or spontaneous conversation with a friend or family member.

The phone is one situation, but the more obvious issue is day-to-day conversations at home. Simple conversations such as, "What time do you want to leave for our appointment?" or, "What do you want for lunch?" may sound like easy things to hear and understand, but often they're not. The person *with* the hearing loss is only half the answer to the problem. The person *without* the loss often believes the common fallacy: if a person is wearing hearing aids, they should be able to hear perfectly!

Don't we all wish that were true! There are still times when the human ear just

won't pick up the words clearly—even with hearing aids. And while hearing technology is constantly improving, there is still no perfection in hearing aids.

Until that happens, here are some tips to improve communication:

- Get the attention of the hearing impaired person before you speak to them.
- Don't talk with your mouth covered by your hand, newspaper, coffee cup, etc.
- Turn down the TV, radio, or other background sounds before speaking.
- Gentlemen: trim or shave your moustache to help the hearing-impaired person in your life read your lips.
- Try not to talk with your head in a closet, or from another room or with your back turned to the person who's hearing-impaired.

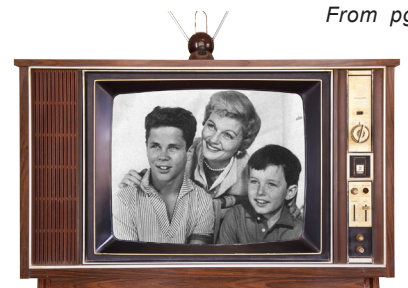
I know it's not always possible or easy to remember to follow these procedures. *However, if and when you **can** do these things*, it will help to avoid the necessity and exasperation of having to repeat—or asking the speaker to repeat—what's being said.

For more helpful tips to keep your family ties tight, call us today for a complete list.

Favorite TV Moms of the Past Answers

- | | |
|-----------------|------------------|
| 1. G — Morticia | 7. F — Carol |
| 2. I — Elyse | 8. E — Marge |
| 3. J — June | 9. C — Lucy |
| 4. A — Marion | 10. B — Samantha |
| 5. H — Marie | |
| 6. D — Peggy | |

From pg. 4





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Now 'Ear This from the Expert

WE WANT IT ALL!

Many patients come in to the office asking for everything. Small hearing aids that no one can see. Completely automatic hearing aids that help in every situation. Hearing aids that don't need batteries and many other requests.

The fantastic truth is, with the technologies that are available to us today, we can handle almost everything that patients ask for from all of the top hearing aid manufacturers.

Another truth is, after we do all the fitting and programming of the aids, you have to actually wear them to receive the benefits they offer. Every week we have patients who come to the office and when we check the "data log", we find that, on average, they're only wearing their hearing aids a few hours a day. This can drive spouses crazy! "Why did you get them if you're not going to use them?" they ask.

Here are some tips to maximize the power of better hearing.

- Wear the hearing aids from the time you get up until the time you go to bed.
- Learn and understand how to use the different settings to help in different situations
- Always keep fresh batteries in your hearing aids. Keep extras in your purse or pocket.
- Change the wax guard (usually a white tip covering the part that goes into the ear canal) often.
- If you're not hearing clearly, tell us! We can't help you if we don't know you're struggling.
- Keep your scheduled check-up appointments.

Following these simple suggestions will give you years of benefits to hear better. Call us today if you have stopped using your hearing aids, or if you are not wearing them every day, all day long. We can help!

FAVORITE TV MOMS OF THE PAST

Answers on pg. 3

Match These TV Spouses

- | | |
|---|-------------|
| 1. Gomez Addams
<i>Addams Family</i> | A. Marion |
| 2. Steve Keaton
<i>Family Ties</i> | B. Samantha |
| 3. Ward Cleaver
<i>Leave it to Beaver</i> | C. Lucy |
| 4. Howard Cunningham
<i>Happy Days</i> | D. Peggy |
| 5. Frank Barone
<i>Everybody Loves Raymond</i> | E. Marge |
| 6. Al Bundy
<i>Married with Children</i> | F. Carol |
| 7. Mike Brady
<i>Brady Bunch</i> | G. Morticia |
| 8. Homer Simpson
<i>The Simpsons</i> | H. Marie |
| 9. Ricky Ricardo
<i>The Lucy Show</i> | I. Elyse |
| 10. Darrin Stevens
<i>Bewitched</i> | J. June |