

PSRST STD  
US POSTAGE  
PAID  
PERMIT NO 9783  
INDIANAPOLIS, IN

## Are you ready for the newest rechargeable hearing aids available?

By Julie Young: For Custom Publications



For all of life's little surprises, there are a few things you can count on: The smoke detector always beeps in the middle of the night. The phone always rings when you are in the tub or shower and one's hearing aid batteries will falter at the moment you need them the most!

Hearing aid manufacturers understand this and they have been hard at work to create state-of-the-art devices that give wearers a full 24-hours of audio clarity on a single charge. You'll never miss a moment of the action with these cutting-edge products and Whisper Hearing Centers is committed to helping patients find the best option for their needs.

give you outstanding hearing benefits because they support the way your brain naturally makes sense of sound and ensure you have plenty of power since you have 2 battery options.

"Several of these companies offer a portable charger that can be taken with you on short trips so that you can charge your hearing aids while you are away from home," Austin said. "You can get up to three charges with this accessory, which is a really nice feature."

### A solution for everyone

Austin said that no matter what kind of hearing aid

### Plug-in products

Whisper Hearing Centers' audiologist Shannon Austin, Au.D., CCC-A says most hearing aid companies now offer rechargeable hearing aids. Phonak and Starkey have hearing aids powered by a lithium ion battery that is fully encased within the product so it's not susceptible to water and it never needs to be changed. Starkey and Oticon have a Z power rechargeable battery that can still be removed but holds a charge all day.

"All you have to do is place the hearing aids in the charger at night," she said. "For those with dexterity issues, that is a huge bonus. In fact, it only takes a few hours to charge them fully and they last for an entire day."

The Phonak Belong instruments come in nine colors to blend in with the user's skin tone and hair color and includes the Binaural VoiceStream Technology. This enables wearers to benefit from excellent speech understanding and reduced background noise, especially in those challenging situations.

Not to be outdone, Starkey released the Muse iQ-R in February, which delivers hearing that is more subtle and immersive than ever before. Muse iQ-R offers speech that is clearer, music that sounds richer, authentic everyday life sounds and the ability to better detect where those sounds are coming from.

The Oticon OPN products allow you to use either a rechargeable or a standard battery. These devices can



May  
Battery  
Sale Card!  
See inside

Visit us at:  
[whisperhearingcenters.com](http://whisperhearingcenters.com)

Like us on Facebook  
Whisper Hearing Centers

### In This Issue:

Are you ready for the newest rechargeable hearing aids available?.....page 1

Audiologist Profile: Amber Myers, serving our Kokomo offices.....page 2

Spring Recipe .....page 2

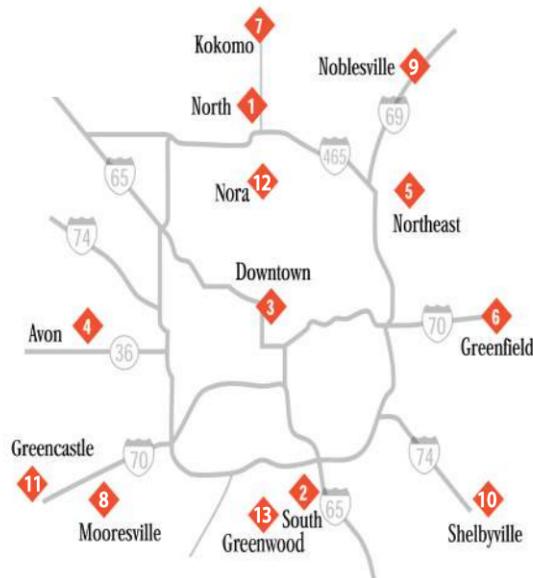
Get Active for a Healthy Heart.....page 3

Patient Testimonial...page 3

Battery sale coupon..page 3

Locations .....page 4

Whisper Hearing Centers  
5255 E. Stop 11 Rd., Suite 405  
Indianapolis, IN 46237



1 11725 Illinois Street  
Suite 447  
Carmel, IN 46032  
317-819-4545

2 5255 East Stop 11 Road  
Suite 405  
Indianapolis, IN 46237  
317-865-2337

3 1801 North Senate Boulevard  
Suite 548  
Indianapolis, IN 46202  
317-962-5690

4 1115 N. Ronald Reagan Pkwy.  
Suite 255  
Avon, IN 46123  
317-217-2266

5 8040 Clearvista Parkway  
Suite 350  
Indianapolis, IN 46256  
317-621-2282

6 One Memorial Square  
Suite 230  
Greenfield, IN 46140  
317-462-0580

7 2350B South Dixon Road  
Suite 415  
Kokomo, IN 46902  
765-455-3857

8 1001 Hadley Road  
Lower Level  
Mooreville, IN 46158  
317-865-2337

9 18051 River Avenue  
Suite 104  
Noblesville, IN 46062  
317-674-0183

10 2451 Intelliplex Drive,  
Suite 250  
Shelbyville, IN 46176  
317-421-1868, Ext. 4284

  
Whisper Hearing Centers  
Hear from the experts.  
[www.whisperhearingcenters.com](http://www.whisperhearingcenters.com)

11 1542 S. Bloomington Street  
Lower Level  
Greencastle, IN 46135  
765-658-2713

12 1070 E. 86th Street  
Suite 72C  
Indianapolis, IN 46240  
317-819-4546

13 2020 S. SR 135 Suite 333  
Greenwood, IN 46143  
317-807-0727



## Audiologist Profile: Amber Myers, serving our Kokomo office

By Julie Young: For Custom Publications

**A**mber Myers MA, CCC-A says she first looked into audiology as a career when she was still a student in high school. "I wrote a paper about cochlear implants, which help people with severe hearing losses when a hearing aid is no longer beneficial to them. I liked the balance of helping people and being able to use science and the latest technology available," she said.

As an audiologist at Whisper Hearing Centers, Myers has spent the past 16 years helping patients understand the nature of their hearing loss and helping them take their next steps. She said she is proud to work with a wonderful staff of professionals who truly care about their patients and work to provide the best outcomes for them.

"We work with the top hearing aid companies in the world that offer a variety of options for our patients," she said. "We believe in continued follow-up service to monitor and maintain successful hearing aid use. We also have an expansive group of otolaryngologists that can evaluate and treat the medical aspects of hearing concerns."

### Best practices

In addition to working alongside our otolaryngologists, Myers also completes hearing evaluations on patients of all ages in order to determine if they have a hearing problem and if so, what type and to what extent. Once a diagnosis has been reached, she walks them through their options in order to help them communicate better.



Amber Myers  
Audiologist

She says sometimes a hearing aid is the appropriate solution and that she works with patients to find the style and model that best fits their needs. She not only acquaints the client with their new device, but also conducts annual assessments where she confirms their hearing is still the same, cleans and checks the patient's hearing aids to make sure they are working properly and encourages folks to contact her with any questions or concerns that may arise throughout the year.

"An audiologist has been trained to look at hearing concerns through a medical prospective," she said. "They will ask about one's health history as well as their history specific to the ears and hearing. They will also look in the ears, complete a comprehensive audiogram and then explain the results. Then personalized recommendations will be made."

### Keeping up the times

Myers said one of the most exciting aspects of her work is the way in which technology has allowed devices to become smaller, easier to use and with greater advanced options. There has also been an expansion in the accessories clients can use to conduct everyday activities. She says technology will continue to change in order to improve one's quality of life, provided they take that first step.

"A hearing test should be part of everyone's overall health screening," she said. "It is a baseline that shows a picture of how someone is hearing in that moment. Hearing changes can occur gradually over time and the person doesn't realize that it's changed. Hearing assessments allows us to communicate information that would be helpful in protecting their hearing or enhancing the way they communicate on a daily basis. It should be an important part of your overall health plan."

## SPRING RECIPE

### Fluffy Blueberry Cream Pie with Toasted Coconut

Family Features



- 1 package (8 ounces) cream cheese, softened
- 1/3 cup sugar
- 1 tablespoon milk
- 2 cups frozen whipped topping, thawed
- 1 can (21 ounces) Lucky Leaf Premium or Organic Blueberry Fruit Filling or Topping
- 1/2 cup toasted coconut flakes, plus additional for topping, if desired
- 1 graham cracker crust (9 inches)

In large bowl, beat together cream cheese, sugar and milk until creamy, about 1-2 minutes. Add whipped topping, pie filling and coconut; carefully fold together until no streaks remain.

Spoon filling mixture into graham cracker crust. Sprinkle top with additional coconut flakes, if desired. Cover and chill 2 hours, or until firm.



## Get Active for a Healthy Heart

By Family Features: For Custom Publications

**W**hile heart health and how to prevent heart disease are important topics, many people in the United States remain at risk.

However, you can lower your risk for heart disease in a variety of ways, and one of the most important is by becoming physically active. National guidelines recommend at least 2 hours, 30 minutes of moderate-intensity physical activity per week for adults, like brisk



walking where your blood gets pumping and you are a little breathless. If you find yourself short of time, you can incorporate physical activity in small chunks, such as three 10-minute intervals per day, and still achieve some heart health benefits.

### How Moving More Helps

When done regularly, physical activity can give your entire body - not just your heart - a boost. Getting your heart rate up and breaking a sweat can:

- Strengthen heart muscles
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Help control weight

### Ways to Become More Active Every Day

In addition to working toward at least 150 minutes of physical activity each week, it's important to avoid being sedentary, when possible. You can do that by making choices that build activity in your day. Some examples include:

- Taking the stairs
- Printing to the printer farthest away from your desk at work
- Parking in the farthest space from the door
- Walking around while you are on the phone
- Being active with your children or grandchildren, including playing outdoors
- Planning a vacation that includes physical activities
- Putting on some music and dancing
- Take a walk instead of watching TV

### Check with Your Doctor

Certain physical activities are safe for most people. However, if you have a chronic health condition such as heart disease, arthritis or diabetes, talk with your doctor about the type and amount of activity that is right for your health.

Incorporating regular physical activity into your life can help your health in many ways, but it can be especially helpful for your heart. Find more heart-healthy facts and tips from the National Heart, Lung, and Blood Institute at [nhlbi.nih.gov](http://nhlbi.nih.gov).

### Patient Testimonial

*"I would highly recommend Whisper Hearing Center. My audiologist was very patient, professional while being friendly. I appreciated the trial periods to help me select the hearing aid that was best suited for me. I am very pleased."*

Linda

Please mail in this card for order. Allow 3 weeks for mailing

## Battery Sale

### Less Cost. Less Hassle.

Have your hearing aid batteries mailed to your home for a limited time. Batteries are only \$4/pack. (6 per package) Expires 5/31/18.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Battery Size (circle one): 10 312 13 675

# of packs \_\_\_\_ Total Payment \$ \_\_\_\_\_

Call or Mail to:  
1070 E. 86th St., Suite 72C  
Indianapolis, IN 46240

317-819-4545



**Whisper Hearing Centers**  
*Hear from the experts.*