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Fine tune your holiday hearing

By Rosemarie Kelly



Following along with lively conversations at the holiday dinner table can be challenging, even stressful, for people who live with hearing loss. One national survey reports that at least half of all large family meals will include someone with hearing difficulties.

With a little planning and a strategy for success, you can ensure you won't miss out on all the talk at this year's gatherings.

Prep your device

"The first step to hearing better at holiday meals is to make sure you're getting the most out of your hearing devices," said Christa Smith, Director of Audiology at Whisper Hearing Centers. "Many hearing aids have features that can help improve your hearing in noisy situations."

Make an appointment to have your devices cleaned and serviced before a big event. Annual hearing tests also monitor any changes so that appropriate adjustments can be made.

Hearing aid accessories can also help provide better speech understanding when hearing devices are not providing enough benefit. "Accessories can be worn to transmit voices by Bluetooth directly into the hearing aids," she noted. This helps to eliminate the distance between the speaker and the listener.

What you need

Another ticket to good holiday hearing is to be assertive and ask for what you need. If a gathering is being hosted at a restaurant, for example, you could request a booth or

table away from noisier areas like the kitchen or entrance. When visiting someone at home, ask to sit where the acoustics enable better hearing.

"Maybe it will be better to sit at the end of the table, where you have less interference," Smith said. "Avoid the center of the table, and don't sit next to the kitchen, because that is going to be the noisiest place at holiday time."

People with hearing difficulties should always attempt to engage in face-to-face conversation so that sounds can be directed at them. "Move closer to the person speaking to improve sound clarity", Smith said.

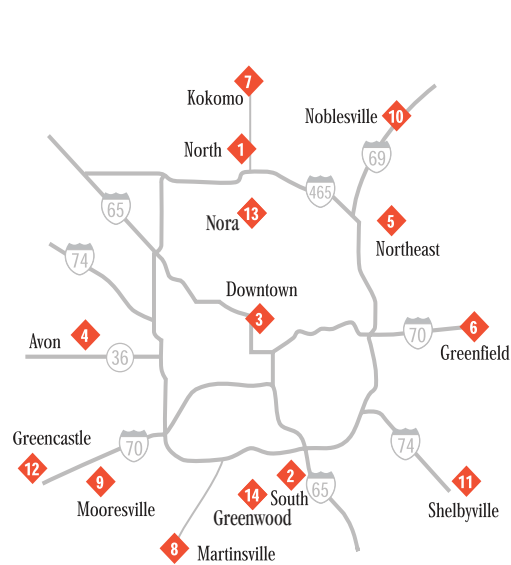
Hosting for better hearing

Hosts play an important role in helping hard of hearing guests enjoy themselves. It's party protocol to play music, broadcast a parade or watch a game during a gathering. Amid much activity, good hosts should mute the TV and turn on closed captioning during football games to help guests enjoy the action. Mute music during meals, and keep the volume low in general.

It may sound unusual, but brighter lighting and clear sightlines help improve hearing. "In enhanced lighting, people can speech read better", Smith said. Plus, the better lighting makes facial expressions easier to identify, another strong component in good communication.

Clear the dining table of obstacles to help improve hearing. Remove the centerpiece during the meal to give everyone a clear view, and place candles at side tables to increase lighting and add warm ambiance.

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December Battery Sale Card!

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Whisper Hearing's FALL RECIPE



Slow Cooker Pork Loin with Vegetables

Family Features

- 2 pounds pork loin
- salt
- pepper
- 1 large red onion
- 1 1/2 pounds baby potatoes
- 1 pound baby carrots
- 4 garlic cloves, minced
- 1 cup Musselman's Apple Butter
- 1/3 cup Dijon mustard
- 1/3 cup soy sauce
- 1 cup beef broth

Place large nonstick skillet over medium-high heat. (If using regular skillet, add 1 tablespoon oil.) Season pork loin with salt and pepper, and place in skillet.

Sear pork loin on all sides to seal in juices, about 8-10 minutes.

Peel onion and cut into large chunks. Cover bottom of large, 6-quart slow cooker with half the chopped onion, potatoes and carrots.

Lay seared pork loin over top and surround with remaining vegetables.

In small bowl, whisk together minced garlic, apple butter, mustard, soy sauce and broth. Pour mixture over pork and vegetables.

Cover slow cooker and cook on low 8-10 hours or high 4-6 hours.

Once potatoes are tender, cut tenderloin into thin slices and place on platter, surrounded by vegetables.

Taste gravy, and season with salt and pepper, as needed, then pour gravy over pork and serve.

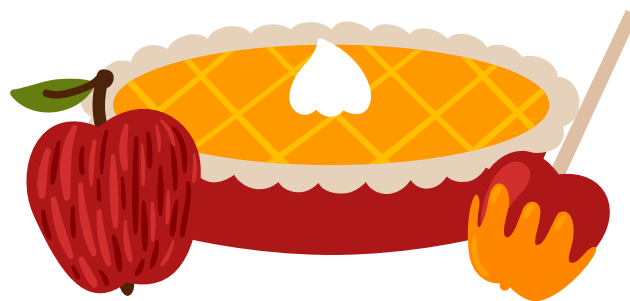
Feel-good foods for Fall

Family Features

Crisp mornings, cozy sweaters and a craving for comfort foods are all sure signs that autumn is in the air.

No fall menu is complete without hearty, homestyle dishes that evoke feelings of well-being and warmth, and there's no better way to capture the flavors of fall than with the season's signature ingredient – apples.

Serving up fall's best feel-good foods doesn't have to be hard. One clever solution: apple butter. Made from apples slow-simmered in kettles of sugar, apple cider and spices, apple butter is more than just a spread. It's also a versatile ingredient



that can enhance your favorite sweet and savory recipes. Made with American-grown apples in the classic Pennsylvania Dutch style, Musselman's Apple Butter lends a unique taste to main dishes and desserts alike.

Whisper Hearing's Fall recipe not only saves time on busy fall evenings, it also boasts a rich, tangy sauce that gets a special twist from the spice of apple butter.

Whisper Hearing welcomes skilled audiologists

By Julie Young

Whisper Hearing Centers is staffed by top-notch professionals who are ready to assess your hearing and fit you with the ideal solution for your needs. Recently two new audiologists, Mallory Studebaker, Au.D., CCC-A, and Barbara Luikart, MA, CCC-A, joined the team and are eager to meet new patients.

The hometown girl



Studebaker

Dr. Studebaker, a Carmel native, earned an undergraduate degree from Indiana University and a Doctorate of Audiology from Ball State University. She recently completed an externship in Ohio. Along with seeing patients at our Greenfield office location, Dr. Studebaker also completes testing

at our Balance Point.

"I'm just starting in the field, but after eight years of school I feel as if I've been doing this forever already," Studebaker said.

During grad school, she had the opportunity to complete a rotation with Whisper Hearing Centers. At that time, she fell in love with the patient population and professional environment. "The staff reflects passion and dedication," she said, and she's excited to be part of it now.

"As a hearing aid user myself, I can relate to a lot of the struggles and challenges patients experience in daily life related to hearing loss and tinnitus," she said. Studebaker is eager to do whatever she

can to help patients achieve optimal function in such a crucial area of communication.

A compassionate care provider

Luikart is from the Kansas City area, where she earned a master's degree in audiology. She has worked in various aspects of the audiology profession for twenty years. She is excited to join the Whisper Hearing Centers team, where she's helping patients discover options to improve hearing and overcome communication barriers.



Luikart

"I truly love being an audiologist and have a passion for helping people," Luikart said. "I listen intently to understand my patients' needs and provide them information to make decisions," she said.

Beyond working in audiology, Luikart is a wife and mother of three. She loves watching sports and has served as the "team mom" for her children's leagues. She knows the importance of crowds cheering for players but also being able to hear the score as it's announced and following along with conversations in the stands. That's one reason she works to provide patients excellent hearing care in a professional yet comfortable atmosphere.

"We want our patients to know that there are a variety of options available for their hearing needs," she said. "They can be assured I will provide them the best possible care."

Get the most from your hearing devices

By Rosemarie Kelly

Advancing technology means hearing aids are now better and more effective than ever before. Yet one timeless constant helps to guarantee that wearers get the most from their hearing devices – taking good care of them.

"A typical hearing aid will last four to six years," said Christa Smith, Director of Audiology at Whisper Hearing Centers. Proper care of the hearing devices, will help prevent future problems.

Keep it clean

"The first step is carefully cleaning the device every day, Smith said. Use a soft, dry cloth, and avoid applying alcohol or solvents, which can cause damage."

Taking care of wax buildup is another important tip. "Ear wax is a main cause of hearing aid problems", Smith said. Most hearing aids are built with filters to help prevent wax from getting inside them. Inspect the wax filter several times a week and change it when debris is noticeable. Follow any additional instructions that come with the device.

"A patient who cleans the hearing device and who is compliant with the care instructions will get the most out of their devices."

Avoid excess heat, moisture

High heat and moisture can damage your hearing aids.

"You aren't supposed to get a hearing aid wet or expose it to excess moisture," Smith said. "Don't wear a hearing aid when you take a shower, bathe or swim."

A hearing aid dehumidifier can help keep moisture from building up inside the device. Because moisture can build inside the hearing aids during the day, you should leave the battery door open at night. This allows air to circulate and the internal components to dry. Opening the battery door also ensures that the battery is not being drained and promotes more economical use of the devices.

Hearing aids should be kept away from heat sources like stoves, registers, hair dryers and open flames. By the same token, they shouldn't be stored in a vehicle's glove compartment during the day or be left in direct sunlight.

Remove hearing aids before using hairspray, perfume, shaving lotion, insect repellants or powders. These compounds can clog and damage the components of hearing devices.

New technology available for the holidays

By Julie Young

The holidays are quickly approaching. If you're ready to experience the sounds of the season in a whole new way, consult your audiologist at Whisper Hearing Centers. They offer the most advanced hearing aid technology available. An independent audiology practice representing numerous manufacturers, Whisper Hearing Centers helps clients find the most appropriate products for their individual needs.

Best of everything

Christa Smith, Director of Audiology for Whisper Hearing Centers, is particularly excited about two new product lines that offer convenience, connectivity and improved sound quality. These new devices can stream phone calls, music and more, directly from your iPhone to your hearing aids.

The Oticon Opn and Starkey Halo2 offer comprehensive and versatile features and accessories that help people engage more completely with life. Wearers can wirelessly connect to iPhones and others devices, essentially turning hearing aids into a stereo headset for enjoying music or into a TV adapter for streaming shows and movies.

"These products are truly the next generation of assistive devices. The user will experience improved listening while staying connected. We are excited to offer them to our clients," Smith said.

Get charged up

Another new product now available from Whisper Hearing Centers, is the fully rechargeable Audeo B-R by Phonak. The first hearing aid to feature a built-in lithium-ion rechargeable battery, it provides 24 hours of hearing in one charge.

The devices are ideal for clients who want a solution that keeps pace with their lifestyle. Of paramount importance is having freedom to go and do as they please, without being slowed by hearing loss. With easy-to-use smart charging options, wearers can charge their devices wherever they go, with no concerns that they'll run out of power.

"Finally you can free yourself from disposable batteries and be ready to go in one simple charge," Smith said. "With these new products, Whisper Hearing Centers is ready to put you in control. What are you waiting for?"

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