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Hear from the Experts



Whisper Hearing Centers Newsletter for Patients and Families

Spring 2017 Edition

Whisper Hearing Centers offers the latest technology for crystal clear sound

By Julie Young: For Custom Publications

If you are one of the 48 million Americans suffering with some degree of hearing loss, then every day can seem like a winter of discontent. However, with the latest advancements in assistive technology, Whisper Hearing Centers is ready to help put a spring back into your step and give you a new lease on life!

For more than 35 years, the audiologists at Whisper Hearing Centers have provided quality, hearing healthcare to patients in central Indiana. They offer the latest innovations in hearing devices that are discreet, comfortable, and offer you sound that is customized for your individual hearing loss.

free option for listening and by streaming the audio through the programming of their hearing aids, they also significantly improve their speech understanding."

Austin said patients are plugged in and well versed in the latest gadgetry. They are on the lookout for products that are compatible with the technology they currently own.

Of course Android users do not have to worry that they are being left out in the cold. There are a number of products designed for them as well. There are devices to help patients connect to a wide range of communication

and entertainment applications while transforming their hearing aids into a personal wireless headset. These accessories function as a remote control and allows you to manage your hearing aids in a fairly streamlined operation. Owners can also improve their communication experience through the mini microphone, which is worn by their conversation partner and connects wirelessly to the hearing aids.



May Battery Sale Card!
See inside

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Whisper Hearing's SPRING RECIPE



Blueberry Key Lime Cheesecake Bars

Family Features

Prep time: 25 minutes Cook time: 45 minutes

Servings: 24

- Nonstick cooking spray
- 30 vanilla cream-filled cookies
- 1/4 cup butter, melted
- 3 packages (8 ounces each) cream cheese, softened
- 3/4 cup sugar
- 3/4 cup sour cream
- 1/3 cup key lime juice
- 1 tablespoon key lime zest
- 1/4 cup flour
- 3 eggs
- green gel food coloring (optional)
- 1 can (21 ounces) Lucky Leaf Blueberry Pie Filling, divided
- 1 container (8 ounces) whipped topping, thawed
- key lime slices (optional)

1. Place baking sheet on bottom rack of oven. Fill halfway with water. Heat oven to 325° F. Line 9-by-13-inch pan with foil and spray with nonstick spray.

2. Using food processor, pulse cookies until crumbly. Stir together crumbs and butter. Press evenly into bottom of prepared pan.

3. Beat cream cheese until creamy. Add sugar and sour cream, and beat again until smooth. Add key lime juice, zest and flour, and beat until mixed thoroughly. Add eggs, one at a time, and beat gently after each. Add green food coloring to cheesecake mixture, if desired.

4. Spread cheesecake batter evenly over crust in pan. Add 1 cup of blueberry pie filling over top of cheesecake. Use butter knife to gently swirl pie filling into cheesecake. Do not let knife go through to crust.

5. Place pan on oven rack above tray of water. Bake 45-48 minutes. Remove immediately and place on wire rack for 1 hour then place in refrigerator until completely chilled.

6. Cut into 24 squares and serve with whipped topping, remaining pie filling and key lime wedges.

Living out loud

By Rosemarie Kelly: For Custom Publications

Jill Ridge, 74, may be the happiest Whisper Hearing Centers client on the planet. A self-professed Type A personality, Ridge is eager to be in the know and on the go. After years of missing out on dinner conversations with her visiting grandchildren, she decided in 2011 to seek help from specialists.

That's when Colleen Watson, an audiologist with Whisper Hearing Centers, stepped in to make sure Ridge never missed another note.

Just like family

"She treated me like I was her mother," Ridge said. "She made it her mission to go through as many hearing aids as necessary until I found the right one. It was important to her that I hear my husband and grand kids at big family dinners."

"She went out of the box for me," Ridge said. "She ordered a newly released product, and one of the company's representatives came to the office and spent an hour with me. Any time I had a problem, Colleen got on the phone and worked with the company."

The new devices enabled Ridge to hear very well, but they didn't fit just right. She reluctantly told Watson she needed to try a different style of devices. Fortunately, Ridge's ally at Whisper Hearing Centers handled the situation with ease.

"Colleen's response was, 'Let's go on to the next one and get you hearing well,'" Ridge said. "She was so flexible and never lost patience with me."

Tapping into technology

Whisper Hearing Centers helps clients understand and embrace advanced technology, which enables them to hear better and more comfortably.

In Ridge's case, that meant learning about Bluetooth technology and rechargeable batteries.

"I love how they introduce technology to folks who would never even think about it," Ridge said. "I was telling Colleen that I have a pack of batteries everywhere — in my car, in my purse, in my drawer. She told me the latest device has a battery that is rechargeable, so I've packed my batteries and given them to other people."

Ridge also enjoys using her hearing devices' Bluetooth feature, thanks to helpful instructions from Watson. When she's watching TV, her hearing aids wirelessly pick up the audio. In yoga class, she gives her instructor a small microphone which transmits to her devices.



Great features, great service

Ridge points out that the latest hearing aids have other great features. Behind-the-ear devices, for example, are manufactured to match the wearer's hair color.

"Whisper Hearing Centers knows we women want to look good. Colleen will match your hair color. You don't want big, black, clunky things behind your ears if you have white hair," she said.

Ridge enthusiastically endorses Whisper Hearing Centers, too.

"I always boast about where I go and who helps me," she said. "I am very happy."



Success in spring gardening

By Rosemarie Kelly: For Custom Publications



Spring is a ripe time to start gardening, but even experienced gardeners might have questions. Where should I start? How do I know what to do when?

Try these expert tips for success, courtesy of Purdue University's consumer horticulture program.

April

- Plant seeds for peas, lettuce, spinach, carrots, beets, turnips, parsnips and Swiss chard in your garden when the soil is dry enough to be worked. When squeezed, the soil should crumble rather than form a ball.
- Plant transplants of broccoli, cauliflower, cabbage, Brussels sprouts, kohlrabi and onions.
- Plant seeds or transplant asparagus and rhubarb crowns. To firmly establish the plants, plan not to harvest them for the first three years.
- Plant sections of certified disease-free potato "seed" tubers.
- Allow foliage of spring-flowering bulbs to remain after the blooms fade. Leaves manufacture the food reserves, which the bulb stores for next year.
- Plant hardy perennials like daylilies and delphiniums.
- Start tuberous begonias and caladiums indoors to later transplant outside.
- Remove winter mulch from strawberries, but keep it handy for late frosts and to help control weeds.
- Plant or transplant strawberries, raspberries and other small fruit.
- Prune grapevines to remove dead or weakened limbs; repair support trellises as needed.
- For your yard, fertilize woody plants before new growth begins. Two pounds of actual nitrogen per 1,000 square feet typically is sufficient.
- Complete pruning chores, removing dead and injured branches first.
- Apply a pre-bloom, multipurpose orchard spray to fruit trees.
- Remove winter coverings from roses, but keep mulch nearby for protection from late freezes. Prune and fertilize as needed.

May

- Apply pre-emergent herbicide to control crabgrass in early to mid-May.
- Plant frost-tender plants — tomatoes, peppers, eggplant and vine crops — after cold weather has fully passed. Plant annual flowers and tender perennials like cannas, gladiolus, dahlias, tuberous begonias and caladiums.
- Pinch chrysanthemums and annual flower plants to keep them compact and well-branched.
- Thin out seedlings of early crops, including carrots, lettuce, spinach and beets, to achieve proper spacing.
- Harvest early plantings of radishes, spinach and lettuce.
- Prune spring-flowering trees and shrubs.
- Plant and water balled and burlapped or container nursery stock.
- Destroy overwintering bagworms from trees and shrubs.
- Follow a spray schedule to keep pests away from orchard crops.
- Thin fruits from apple trees, if needed, about three weeks after the petals fall. Apples should be about 8 inches apart.
- Apply fungicides to roses to control diseases.



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 5/31/17.

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Battery Size (circle one): 10 312 13 675

of packs ____ Total Payment \$ _____

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317-819-4545

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



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Hear from the experts.