

Hear from the Experts



Whisper Hearing Centers
Hear from the experts.
www.whisperhearingcenters.com

Whisper Hearing Centers Newsletter for Patients and Families

Spring 2021 Edition

**May
Battery
Sale Card!**
See inside

Visit us at:

whisperhearingcenters.com

Like us on Facebook:

Whisper Hearing Centers

In this Issue:

Celebrating Better Hearing & Speech Month
Page 1

Whisper Hearing Centers' Spring Recipe
Page 2

Patient Testimonial
Page 2

The Link Between Hearing Loss & Cognitive Decline
Page 3

Battery Sale
Page 3

Locations
Page 4

Celebrating Better Hearing & Speech Month

In 1927, the American Speech-Language-Hearing Association (ASHA) created Better Hearing and Speech month to help raise awareness and promote understanding of hearing health and communication disorders. The ultimate hope is to encourage hearing loss screenings, promote hearing loss prevention, and motivate people to seek treatment for hearing- and speech-related issues.

Better Hearing & Speech Month



2021 • BUILDING CONNECTIONS

According to the Center for Hearing and Communication (CHC), hearing loss affects 48 million Americans. If you suffer from hearing loss, it's important to get help now, before it leads to further complications. When left untreated, hearing loss can influence both your mental well-being and your physical health. All of the following health problems are related to untreated hearing loss:

Social isolation
Loneliness
Depression

Cognitive decline
Dementia
Fatigue

Heart disease
Diabetes
Balance issues

Despite evidence that hearing devices can offer dramatic improvement for most people, some individuals wait an average of 7 years before seeking help for hearing loss, oftentimes in fear that wearing a hearing aid will make them look older or weak, and sometimes because they're unsure of what to expect during the evaluation process.

Please join us to celebrate and shine a light on hearing health! We encourage you to rethink how you view hearing loss and seek out a supportive environment of people who will applaud you for seeking help. Wear your hearing aids with confidence! If you have any questions about hearing problems or hearing solutions, don't hesitate to reach out to us at 317-819-4545 for answers.

We are open!

Our Whisper Hearing Centers' offices are open for appointments! Please call our office to schedule your appointment at any of our 12 locations. We continue to keep our patients, staff and our community's health and well-being of utmost importance. We have adapted our office guidelines to follow the CDC and Indiana recommendations. Any updates to our COVID-19 policy are available on our website at www.whisperhearingcenters.com.

Patients with symptoms concerning for COVID-19 cannot be seen in our office regardless of whether or not they are wearing a mask.



Easy Tomato and Spinach Pasta

By: Centsless Meals

Prep time: 15 minutes | Cook time: 20 minutes | Total Time: 35 minutes

Servings: 6

INGREDIENTS:

- 1 lb penne (or your preferred pasta variety)
- 1/2 cup olive oil
- 1/4 teaspoon crushed red pepper flakes (optional)
- 2 pints grape tomatoes
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 6 cloves garlic, thinly sliced
- 1 cup white wine or chicken broth
- 2 cups fresh spinach
- Parmesan cheese, for serving (optional)

INSTRUCTIONS

1. Bring a large pot of salted water to a boil over medium-high heat.
2. Add oil to a large, wide pot and bring to a simmer over medium heat. Add in the crushed red pepper flakes, tomatoes, salt, and pepper, and cook until the tomatoes begin to burst and give off their juices, about 9 to 10 minutes. Use a wooden spoon to gently press the tomatoes if they're not bursting on their own.
3. Add in the garlic and cook for 1 minute, or until fragrant. Stir in the wine and bring to a boil, then reduce the heat to a simmer and cook for 5 minutes. Finally, stir in the spinach and cook until slightly wilted.
4. In the meantime, add the penne into the boiling water and cook for 9 to 10 minutes, or until al dente.
5. Drain the pasta, reserving a 1/2 cup of the pasta water.
6. Toss the pasta immediately into the pot with the sauce and stir well to combine. Add in some of the reserved cooking water, if needed. Taste and add additional salt and pepper, if needed.
7. Remove from heat and divide among serving bowls. Top with cheese and serve at once!

PATIENT TESTIMONIAL

"Shelby Zimmerman provided excellent customer service to me during the selection of my hearing aids. She was persistent as we worked to pair my hearing aids to the app on my phone. Shelby answered all of my questions, concerns, and made sure I was comfortable. Shelby is kind and professional. I highly recommend her!"

-Debbie L.

With **CaptionCall** you can understand every word of every phone call. It's large, easy-to-read screen quickly displays written captions of what your callers say.

**Call us today at
(317) 865-2337
to learn more about
this FREE phone!**

Difficulty hearing on the phone?

We can help! Contact our office to schedule a simple hearing evaluation and learn more about these NO-COST* solutions.



Bluetooth®
is now on CaptionCall®

The Link between Hearing Loss and Cognitive Decline

Researchers have discovered a connection between hearing loss and the risk of cognitive decline and dementia. Studies have proven a concrete link between the two conditions, but additional research is needed in order to find a solution. However, doctors and hearing healthcare professionals have discovered several theories as to why hearing loss is often an early symptom or even a contributing cause of dementia. Here, we'll look at a few of these ideas.

1. Cognitive Load

When a person slowly loses their ability to hear, they naturally strain more to comprehend the sounds around them. Doing so puts constant stress, or an increased cognitive load, on the part of the brain related to hearing. By doing this the brain lacks the resources required for other functions, such as turning information into memory. Over time, the brain's ability to recover may be permanently damaged and essential functions will be affected. Accordingly, it's important to seek treatment for hearing loss as soon as possible, as hearing aids can reduce this cognitive load and support healthy brain function.

2. Social Isolation

People with hearing loss often avoid social situations where they are not able to participate fully because they can't hear what others are saying. Actively avoiding people and social settings is a common risk factor for dementia and other forms of cognitive decline. Engaging with others is critical to maintaining proper cognitive function, and hearing aids often make it easier to confidently join in conversations. As an added benefit, greater interaction and stronger relationships may also reduce anxiety, depression, and other emotional and mental health concerns.

3. Gray Matter

Just like the muscles in your body, parts of the brain require regular use to maintain their function. This may be especially relevant for hearing and memory. Scientists believe as hearing loss increases, the related brain cells receive less stimulation due to sound. The cells shrink due to a lack of stimulation, reducing the ability to hear and limiting the potential for future stimulation. With time, reduced gray matter can lead to dementia and other forms of cognitive decline. Hearing aids can help increase the sound stimulation needed to receive and process audio signals and potentially maintain cognitive abilities.

Don't Wait to Address Hearing Loss

If you or a loved one notice the signs of hearing loss or symptoms of dementia, don't wait to seek help. Make an appointment as soon as possible to schedule a hearing assessment and learn more about hearing aids. Receiving proper treatment can help slow or prevent cognitive decline and allow you to continue enjoying the things you love for the years to come.



Please mail in the card with payment to order. If you have any questions, please call 317-819-4546. Allow minimum 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 \$4/pack. (6 batteries per package)

Offer valid May 1, 2021 through May 31, 2021

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
317-819-4546

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



Whisper Hearing Centers

Hear from the experts.



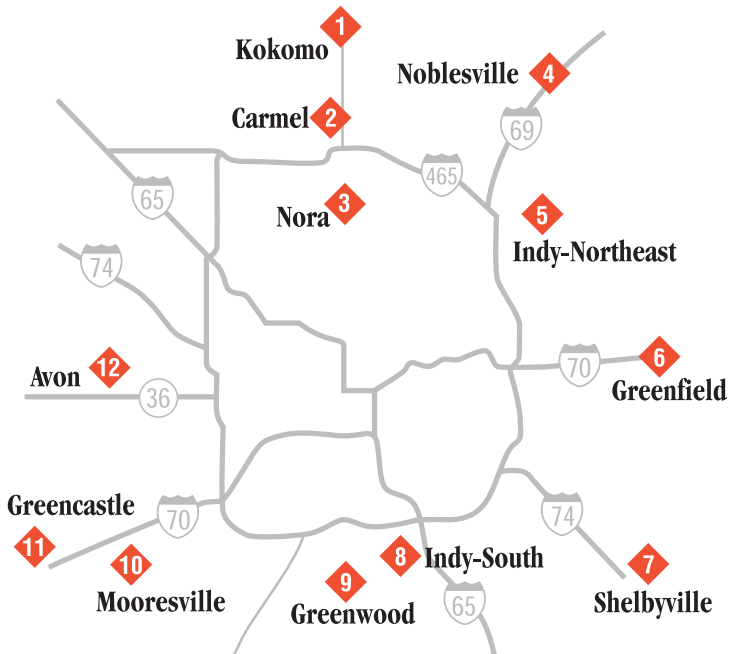
Whisper Hearing Centers

5255 E. Stop 11 Road, Suite 405
Indianapolis, IN 46237

PRESORTED
FIRST CLASS
U.S. POSTAGE
PAID
INDIANAPOLIS, IN
PERMIT NO. 5739



Whisper Hearing Centers



- 1** 2350B South Dixon Road
Suite 415
Kokomo, IN 46902
765-455-3857
- 2** 11725 Illinois Street
Suite 447
Carmel, IN 46032
317-819-4545
- 3** 1070 E. 86th Street
Suite 72C
Indianapolis, IN 46240
317-819-4546
- 4** 18051 River Avenue
Suite 104
Noblesville, IN 46062
317-674-0183
- 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** 2451 Intelliplex Drive
Suite 250
Shelbyville, IN 46176
317-421-1868 Ext. 4284
- 8** 5255 East Stop 11 Road
Suite 405
Indianapolis, IN 46237
317-865-2337
- 9** 2020 S. SR 135
Suite 200
Greenwood, IN 46143
317-807-0727
- 10** 1001 Hadley Road
Lower Level Suite 140
Mooresville, IN 46158
317-865-2337
- 11** 1542 S Bloomington Street
Greencastle, IN 46135
765-301-7419
- 12** 1115 N Ronald Reagan Pkwy.
Suite 255
Avon, IN 46123
317-217-2266