

# Hear from the Experts



Whisper Hearing Centers

*Hear from the experts.*

[www.whisperhearingcenters.com](http://www.whisperhearingcenters.com)

Whisper Hearing Centers Newsletter for Patients and Families

Winter 2021 Edition

## December Battery Sale Card!

See inside

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## What a year it has been...

While not quite to the extreme of 2020, 2021 has again been anything but normal. Yet, there have been so many great things that have happened along the way. We are reminded yet again this year of what and who is important to us. We have seen some pretty incredible medical breakthroughs and innovation that have been at the forefront of so many industries.

At Whisper Hearing Centers, we have made some changes that we will likely keep into the future such as telehealth hearing device appointments and increased cleaning protocols. It has been such a pleasure to care for all of our patients this year, and everyone at Whisper Hearing Centers wishes you a wonderful holiday season and an amazing and prosperous new year!

## Welcome the new faces of Whisper Hearing Center

We're delighted to welcome three new audiologists to our team!



Olivia Patterson



Betsy Russo



Carly Yoder



## Southwestern Chicken Pot Pie

By: Kroger

Prep time: 10 min. | Cook time: 40 min.

Total Time: 50 min. | Servings: 6

### INSTRUCTIONS

1. Preheat oven to 425°F
2. In large frying pan over medium heat, add oil, onion, bell pepper, jalapeño, salt and pepper. Sauté 5 minutes. Add garlic and cook 1 minute. Sprinkle flour over top of filling mixture and stir to coat; stir in corn, black beans, chicken, cumin, chili powder, oregano, sour cream and water. Cook 3 minutes until mixture thickens.
3. Press 1 pie crust into pie pan, add filling mixture, then top with second pie crust. Press together pie crust edges to form a seal. Make ½" slice in center of the top crust for venting. Brush with butter and bake 30 minutes.
4. Allow pie to cool before serving with cilantro and sour cream, if desired. Refrigerate any leftovers.

### INGREDIENTS:

- 2 tbsp. olive oil
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 1 jalapeño, deseeded and chopped
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cloves garlic, minced
- 1 ½ tbsp. flour
- 1 can (15.25 oz.) corn, drained
- 1 can (15.25 oz.) black beans, drained and rinsed
- 2 cups pulled rotisserie chicken
- 1 tbsp. cumin
- 1 tbsp. chili powder
- 1 tbsp. oregano
- ¾ cup sour cream
- ¾ cup water
- 2 premade 9" pie crusts, divided
- 1 tbsp. melted butter
- ½ cup chopped cilantro (optional)
- Sour cream, for topping (optional)

## PATIENT TESTIMONIAL

*"Getting hearing aids is the best gift I could ever give myself! I can now hear things that I had not heard for such a long time. It is also a gift to those that I converse with. I no longer have to read lips or constantly say "what?" or ask people to repeat something. I now hear common everyday things that I had not experienced for years. I truly did not know how much I missed out on. And a big bonus is that the awful tinnitus I had is gone!! I can enjoy silence when I want to and enjoy the birds chirping when I want to. My hearing loss was so gradual that I didn't notice it until it became really significant. I urge anyone who has even a tiny bit of possible hearing loss (noticed by yourself or others) to get a hearing assessment. If needed, hearing aids can open up many doors and sounds!"*

- Reba K.

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.

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# Five Ways Your Hearing Impacts Your Overall Health

Good hearing positively influences our lives socially, mentally, and physically, yet despite being one of our most essential senses, we often don't appreciate our hearing health until it's diminished. Here are five ways hearing health impacts quality of life:

## 1. Better Mental Health

Clinical depression, dementia, and Alzheimer's have all been linked to hearing loss according to John Hopkins' researchers. The good news is that proactively addressing hearing impairment has proven to reverse and/or prevent these issues from developing.

## 2. Improved Cognitive Function

Recent research from the University of Maryland (UMD) Department of Hearing and Speech Sciences (HESP) shows that the use of hearing aids not only restores the capacity to hear, but can improve brain function and working memory.

## 3. Improved Balance & Reduce Risk of Falling

Although hearing loss has long been associated with an increased risk of falls in older adults, researchers at The Washington University School of Medicine found that, people with hearing loss performed better on balance tests and were less likely to fall when they wore hearing aids. Having better balance with hearing aids means a reduced chance of major injuries and a lower risk of expensive hospitalizations.

## 4. Lower Risk of Heart Disease

In a 10-year study of nearly 4,000 British men age 63 to 85 who were living in the community, researchers found that men with untreated hearing loss were more than a third more likely to have a stroke or heart attack and to die of a cardiovascular event than men without hearing issues, but wearing a hearing aid lowered their risk.

## 5. Better Relationships with Loved Ones

Many people with untreated hearing loss often avoid social interactions because they have trouble keeping up with conversations. Some couples start speaking to each other less and less. After people start wearing hearing aids, they're often pleased with the fact that they can now join the conversation again.

Better hearing is part of a healthy lifestyle. If you've been on the fence about treating your hearing loss, consider all the positive benefits. Do they outweigh the negative perceptions you have of hearing aids? Speak to your local Whisper Hearing Centers' audiologist to find out more about to find out more about how hearing aids can improve your quality of life.

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 December 1, 2021 through January 15, 2022**

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

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

Battery Size (Circle One): 10 312 13 675

# of Packs \_\_\_\_\_ Total Payment: \$ \_\_\_\_\_

Call or Mail to:  
1070 E. 86<sup>th</sup> 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**

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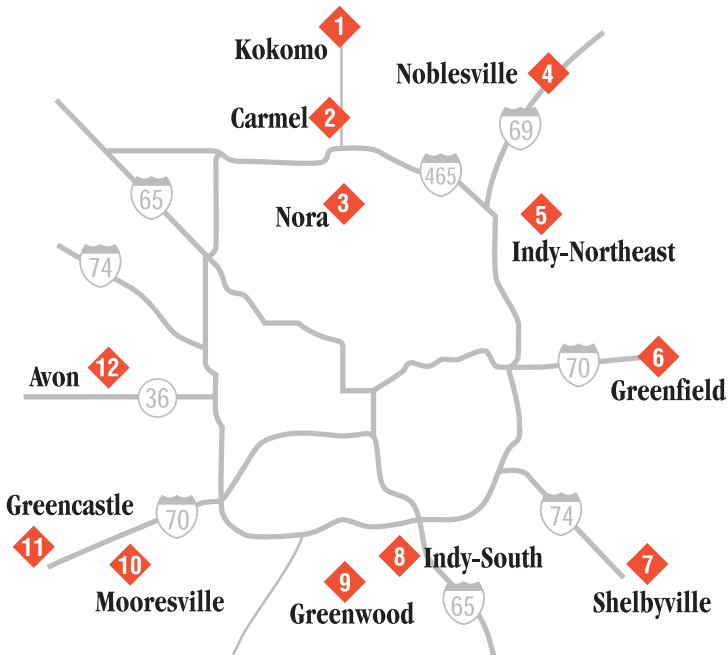


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