



Autumn 2014

The HOLIDAYS: Just around the corner...

You know that special feeling that only comes once a year: the feeling of comfort and warmth in sharing the holidays with friends, family, and loved ones who care about you. Make sure you remain as involved as possible, and create those irreplaceable, precious memories by making sure—especially this time of year—that you are hearing your best. To help make sure you're getting the most out of this year's holiday gatherings, we would like to offer some tips for hearing your best at the dinner table:

- **Position yourself in the best place to engage.** Choose a spot where your back is facing the noisiest part of the room. Today's hearing aids are designed to block the noise from behind and pick up what you want to hear in front of you.
- **Spend time with family members one-on-one.** Instead of speaking across the table, focus on the family members nearest you, and talk to others individually later. That way you'll all get more out of the conversation.
- **Bring your accessory kit.** For anyone who's experienced it, batteries fading out in the middle of your gathering can prevent you from fully enjoying the special occasion. Be sure to bring your accessories bag, which should include plenty of extra batteries and cleaning materials to take care of any dirt or oil buildup.

Come in for a tune-up! Before it gets too late, having your devices cleaned and checked will make sure you're hearing all you can this holiday season. Just stop by and take advantage of our walk-in cleaning or repair service Tuesday through Friday, 8:30am to 4pm.

Search for Alber Hearing Services at www.healthyhearing.com and read our reviews (or write one)!

Guard Your Happiness, Treat Hearing Loss

(from The Better Hearing Institute – www.betterhearing.org)

There's a lot more to hearing loss than just sound. Getting a hearing test and using professionally fitted hearing aids is an important way for people with hearing loss to safeguard their mental health and quality of life. Here's why:

- (1) Ignoring hearing loss hurts quality of life. Research shows that when left unaddressed, hearing loss is frequently associated with other physical, mental, and emotional health issues that diminish quality of life. Depression, withdrawal from social situations, and a lessened ability to cope are just some of the conditions associated with unaddressed hearing loss.
- (2) Addressing hearing loss boosts mood. People with untreated hearing loss often feel angry, frustrated, anxious, isolated, and depressed. But research shows that when they use hearing aids, their mental health often rallies.
- (3) Using hearing aids can help bolster self-confidence. Research shows that when people with hearing loss use hearing aids, many feel more in control of their lives and less self-critical.
- (4) Good communication enriches relationships and social support. Healthy relationships rest largely on good communication. In one study, nearly 7 out of 10 participants reported improvements in their ability to communicate effectively in most situations because of their hearing aid use. More than half said using hearing aids improved their relationships at home, their social lives, and their ability to join in groups. Many even saw improvements in their romance.
- (5) Today's hearing aids are better than ever and virtually invisible. Dramatic new technological advances have revolutionized hearing aids in recent years. Many are virtually invisible, sitting discreetly and comfortably inside the ear canal. Some are even waterproof or rechargeable. Best of all, they're wireless. That means they're able to stream sound from smartphones, home entertainment systems, and other electronics directly into your hearing aid(s) at volumes just right for you.



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Lisa C. Alber, Au.D.
Audiologist

Your hearing is such a vital part of how you communicate with others, yet it's all too easy to underestimate the importance of checking at least annually to make sure your hearing and hearing aids are in their best working order and that you're hearing as well as you can. Please don't hesitate to call our office if you've notice any changes in how you're hearing. Feel free to stop by at your convenience Tuesday through Friday between 9 and 4:30 and have us check and/or clean your hearing aids. We can also check to see when you're due for your annual reassessment and schedule an appointment.