

# Listen Up!

Summer/Fall 2011

IMPROVING COMMUNICATION THROUGH BETTER HEARING HEALTHCARE

**HEARING AND BALANCE CENTERS OF WEST TENNESSEE**  
6242 Poplar Avenue, Memphis, TN 38119 • (901) 842-4327

**THE JACKSON HEARING CENTER**  
172-D University Parkway, Jackson, TN 38305 • (731) 660-5511

**Respected by doctors,  
trusted by patients!**  
[www.hearingmemphis.com](http://www.hearingmemphis.com)

## Our Hours

### MEMPHIS

Mon-Fri: 8 am-5 pm  
Walk-In Clinic: Daily,  
11 am-12 pm  
Closed: Noon-1 pm

### JACKSON

Mon-Fri: 8 am-4:30 pm  
Walk-In Clinic:  
Tue & Wed,  
11 am-11:45 am  
Closed: Noon-1 pm

### WALK-IN CLINIC

*In addition to our Memphis office, the Jackson office now offers walk-in services on Tuesday and Wednesday from 11:00 to 11:45 am. We welcome you to the WALK-IN CLINIC for cleaning and minor repairs. If your hearing aid is in need of an adjustment or programming, please call our office to schedule an appointment.*

*When you call to schedule an appointment, please be assured you will be scheduled for the first available appointment. While we do everything we can to schedule you in a timely manner, it is rarely feasible for us to see you the same day. We want to make sure we have the appropriate amount of time to spend with you!*

## One Model Fits All!

**D**eveloped by Widex USA and designed for minimal to severe/profound hearing losses, FUSION is a wireless device that communicates with your cell phone, music player and television. It takes a 312 battery, which is easy to handle and provides an extremely long battery life. One unique feature you will enjoy is Phone+, a technology that processes and transmits phone signals from one hearing aid to the other without delay. This means that you can hear mobile and landline phone calls in both hearing aids without the use of extra devices. FUSION also controls wind noise. To try FUSION, call either of our offices.

# FUSION



**RECEIVE 1 CARD OF BATTERIES FOR 2 CANS OF FOOD DONATED**  
**(maximum of 2 cards per person)**

**As part of our ongoing efforts with the Mid-South Food Bank, we are holding another drive this month to support those in need. We will take donations at our offices through September.**





## Keep Those Recipes Coming!

Thanks for all the recipes! Keep the recipes coming, and remember you can still send them in even if you previously sent one or more.

### SUPER CHUNKY COOKIES FROM TASTE OF HOME

Turned in by Sister Mary Della Quinn

- ½ cup butter flavored shortening
- ½ cup butter, softened
- 1 cup packed brown sugar
- ¾ cup white sugar
- 2 eggs
- 2 tsp. vanilla extract
- 2 ½ cups all-purpose flour
- 1 tsp. baking soda
- ½ tsp. salt
- 1 cup miniature semisweet chocolate chips
- 1 cup milk chocolate chips

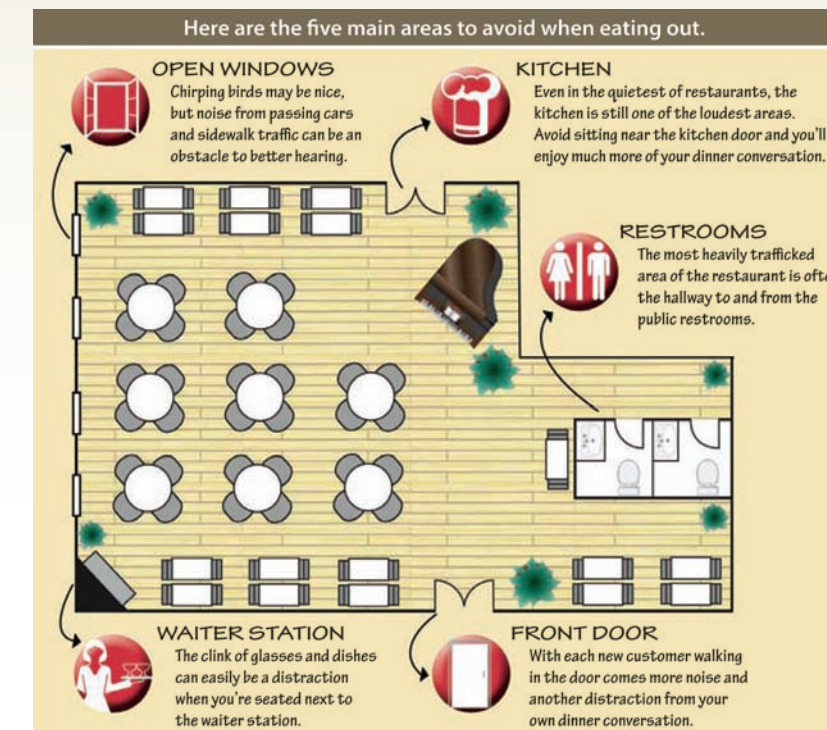
- 1 cup vanilla chocolate chips
- 4 squares (1 oz. ea) bittersweet chocolate, coarsely chopped
- ¾ cup English toffee bits or almond brickle chips
- ½ cup chopped pecans

In a mixing bowl, cream shortening, butter and sugars. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine flour, baking soda and salt; gradually add to the creamed mixture. Stir in the six remaining ingredients (chips, bits, and nuts). Drop by tablespoons 3 inches apart onto ungreased cookie sheets. Bake at 350 for 10–12 minutes or until lightly browned. Cool 2–3 minutes before transferring to wire racks to cool completely. Yield: 8 dozen

## “I’ll Have the Scallops and Hold the Loud Noise!”

Maximize your listening experience while dining in a restaurant.

When you dine out with friends or family you don’t expect to find yourself in the middle of an echo chamber. But that’s often what happens to those with hearing difficulties, especially in restaurants with sleek hardwood floors, high ceilings, wall-to-wall windows, and, of course, the loud music playing in the background better suited for a rock concert than a dining experience.



So, where should you sit?

Public places present a challenge for the hearing device user. Here are some tips to help you hear your best so you can enjoy dinner out with friends and family.

- Don’t be shy. Tell the host, waiter and your dining companions you have a hearing loss, and request they slow down their speech, speak a little louder and face you directly while talking—you’ll be glad you did.
- If your hearing devices are set to “directional”, remember to sit with your back to the main source of noise.
- Remember, noisy environments affect everyone’s hearing, even those without hearing difficulties.
- Find carpeted restaurants with rolling chairs, plants and sound-absorbent materials on the tables and walls.
- Choose less busy days and times to dine out.
- Dine with a smaller number of people.
- Request that the staff turn down background music.

## Office Staff News This summer...

**Dr. Kay Tackett** enjoyed spending time with her family and friends. She is looking forward to cooler weather and a visit from her nephew this fall. **Elizabeth Hopkins** was busy with work and weekend visits to the lake. She just recently spent some time with her aunt who was visiting from Georgia. Elizabeth and her husband are planning a fall trip to either the beach or the Ozarks. **Dr. Courtney Pitner** enjoyed fixing up her new apartment that is within walking distance of the pool. She is planning a beach trip with friends this fall. **Dr. Daniel Orchik** and his wife Andrea escaped the heat by vacationing with their grandchildren at the summer cottage of their daughter and son-in-law on Lake Michigan. **Lori Frederick** and her husband Rob spent a week at the beach building sandcastles and boogie boarding with their kids, Jackson and Maci, in the Gulf at Destin, Florida. They also got in two really fun weekends: one to Fayetteville, Arkansas to visit family and tour the Razorback’s football and baseball stadiums and the other to St. Louis to see the city museum and take in a Cardinals-Cubs baseball game. During that game, Albert Pujols got his 2,000th hit. Jackson starts third grade and Maci kindergarten this year. **Penny Odom** beat the heat by swimming in the lake where she lives. She enjoyed several weekends away attending concerts with her husband. **Shawn Eley** and his wife put the finishing touches to the nursery for their new little bundle of joy. Shawn also prepared for the upcoming Kiwanis golf tournament. **Hayley Lewis** and her children, Ashton and Savannah, took a trip to Orange Beach, Alabama to swim in the ocean for the first time. Now that school has started, Ashton enters the second grade and Savannah has one more year of pre-school. **Kaitlyn Roberts** is taking a family vacation to Key West, Florida, before starting graduate school this fall in Hattiesburg, Mississippi. She wants all of our patients to know that she enjoyed getting to know each and every one of you. **Betty Genkinger** and son, Scott, drove to Lexington, Kentucky to attend her grandson Jason’s wedding. The weather cooperated for the ceremony, which was held outside. Guests moved inside for the reception. Betty’s other son Jeff, who is the father of the groom, also lives in Lexington so they enjoyed a little family visit while attending the wedding.

## Improve Your Balance

Decrease your risk of falling through balance exercises

As we age, our loss of balance can develop from changes in posture or walking. Medical conditions such as dementia, stroke, poor eyesight or hearing loss also affect our balance system. If you don’t maintain your balance you will begin losing it. The best way to maintain a strong sense of balance is by exercising, especially when you are in your 50s. Physical activities such as T’ai Chi, gait-training, physical therapy and dancing have proven to help sustain balance and decrease the risk of falling if it is repeated up to three times a week over four months. These exercises help individuals balance their bodies by increasing body awareness. Balance activities let individuals become more perceptive to where their arms and legs are located in relation to the rest of their body. Physical activity also lowers blood pressure, aids in rheumatoid arthritis, increases breathing efficiency, and reduces stress hormones. The body uses visual cues with the eyes to gain information about the environment and prepare for potential dangers and obstacles, which can prevent falls. The body also uses the inner ear for balance because the fluid-filled semicircular canal gives the brain important information on the position of our head and its movement in space in relation to gravity. To gain better balance and reduce your risk of falling, try activities such as yoga, Pilates, swimming, dancing or lifting weights a few times a week. And have your hearing checked regularly by your audiologist!

**Exercise is the BEST way to maintain balance. Try the following: yoga, Pilates, swimming, dancing or lifting weights.**



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CENTERS OF WEST TENNESSEE

6242 Poplar Avenue, Memphis, TN 38119

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STANDARD  
U.S. POSTAGE  
PAID  
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L to R: Elizabeth Hopkins, B.S.; Lori S. Frederick, M.A.;  
Katherine Turpen, Au.D.; Courtney Pitner, Au.D.

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## De-humidify Yourself!

Summer humidity is tough on your hearing aids. At our office alone, factory repairs triple during the summer months. That's on account of increased activity, showering, perspiration from heat and higher humidity, all of which add significant amounts of moisture to hearing aids. This increased moisture affects the tiny components of the hearing aid, resulting in loss of sound clarity, distortion, and sometimes outright failure. We recommend to our patients the Dry & Store™ conditioning system, which removes moisture while sanitizing and deodorizing the hearing aids, and most importantly, prevents repairs.

Dry & Store is an electrical appliance for nightly use at home to store and care for all types of hearing devices including hearing aids, cochlear implant hardware, noise or tinnitus maskers, and ear monitors. It combines the three essential elements needed for effective drying: heat, circulating air, and a desiccant that drives the relative humidity really low, then captures the moisture that is released. A germicidal lamp sanitizes the hearing instruments after which conditioning continues for eight hours. The unit then automatically shuts off, continuing to store the instruments safely until they are needed.

For more information on dehumidifying and protecting your hearing aids, contact our offices.

