



hear THIS

Follow the beat of better hearing and healthy living

What? I Didn't Know That!

Stay connected and hear better

Remarkable technology can enrich your hearing experience by wirelessly connecting your hearing aids to your everyday electronic devices.

If you've ever wished that you could hear your cell phone conversations, MP3 music, TV or tablet better, your wish has come true. There are special hearing aid accessories that can receive the audio signal from virtually any Bluetooth-enabled device and transmit it wirelessly to your hearing aids. The result is clear, high-quality stereo sound without background distractions.

These accessories truly provide better hearing, and they do it in a convenient way. For example, **uStream** from Unitron, is a tiny, clip-on device that's easy to control yet small and discreet enough to stay out of your way. And uStream can also act as a remote control – letting you adapt your hearing aids to different listening situations. To learn more about staying connected using this convenient technology, contact us today.



specialreport



Better hearing and lifelong learning

As if better hearing wasn't a big enough benefit to getting hearing aids, there's more great news. Research shows that those who treat their hearing loss are more likely to participate in social activities.

In fact, 8 out of 10 hearing aid users report that they're satisfied with the changes in their lives specifically due to their hearing aids, according to the Better Hearing Institute. Among the changes are improvements in their relationships, work lives and social interactions. In addition, better hearing can improve your sense of humor, self-confidence and communication.

Continued on page 3

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A “gourd” you can eat

Whether you’re heading out to the local farm, supermarket or your own garden, there’s one vegetable that should definitely be in your basket this fall: the acorn squash. Because of its shape, the acorn squash is often mistaken for a gourd, but of course it’s not. Shaped much like an acorn, it does make a nice fall decoration.

But don’t let it sit too long. Unlike true gourds, the acorn squash is delicious to eat and packs a nutritious punch as well. In fact, it’s more nutrient-dense than all types of summer squash. It’s rich in vitamins, minerals, dietary fiber and antioxidant compounds, including vitamin A, niacin, vitamin C, vitamin B-6, potassium, magnesium and more. Essentially, it has many of the important nutrients that may decrease the risk of several serious medical conditions.

To get the greatest health benefits out of the acorn squash, choose a low-fat cooking method. Roasting or baking are good choices. In addition, it works well as pasta, bread and soup. Whichever way you cook it, don’t forget to enjoy the seeds! Check out this issue’s recipe for Spicy Honey-roasted Squash Seeds to make a great snack.

Introducing a hearing aid fit for you

New hearing aid delivers the perfect combination of style and functionality.

Hearing aids are continuously improving to bring you better sound and more features to meet your lifestyle needs. This is exactly the case with the Moxi line of products from Unitron. The **all-new Moxi™ Fit** hearing aid delivers design excellence with a fluid new look and additional usability features.



An onboard push button allows wearers to seamlessly change settings on the go. This added flexibility means no more carrying around a remote control. In addition, the Moxi Fit comes with a telecoil which can help make conversations clearer and lets users easily take advantage of looped facilities.

What makes Moxi Fit even more exciting is the revolutionary new platform it’s built upon. There are new features in these hearing aids that are designed to help patients understand conversations in noise better than ever before. In fact, the revolutionary technology classifies seven different environments (including noise, music, and different conversations) and automatically adjusts so you can hear your best in each one. Sound like a good fit for you?

[Contact us for more information today.](#)

RECIPE

Spicy Honey-Roasted Squash Seeds



Ingredients:

3/4 cup acorn squash seeds 1/4 to 1/2 tsp paprika
1 tsp salt 1/4 tsp (or less) cayenne
1 1/2 Tbsp honey

1. Remove and clean the squash seeds. Place in a colander and rinse well.
2. Preheat oven to 325°. Pour seeds into a small pot and cover with water and about 1 tsp salt. Bring to a boil and simmer for about 10 minutes. Drain and pat dry with a towel.
3. Pour seeds into a small bowl. Warm honey in microwave (5-10 seconds) and pour over seeds. Sprinkle with paprika, cayenne, and a pinch of salt. Stir to coat evenly.
4. Spread into a single layer on a baking sheet. Roast for 10 minutes, stir, and return to the oven for another 8-10 minutes.
5. Remove from oven and let cool until crispy.

Better hearing and lifelong learning

continued from page 1

This is all very beneficial when it comes to continuing a path of lifelong learning.

Why continue learning?

Lifelong learning is about keeping your body and mind active and stimulated. Research in the 1990s showed that a stimulated mind promotes a healthy brain and helps retain mental alertness as we age. In essence, staying socially engaged and mentally active is just as important as physical health. Lifelong learners experience new things, make new friends, contribute to society, keep up on what's happening in the world and more. It creates years of excitement and fulfillment.



Travel

There are a variety of ways to continue learning in your later years. Simply reading a book or doing a crossword puzzle is a form of learning. For the more adventurous, imagine trekking through another



country, exploring new islands and tasting unique cuisine. The options are endless! A simple Internet search can put you in touch with travel companies that specialize in educational excursions just for older adults.

Learning in your community

If you want to stay closer to home, no problem. Most communities offer a large variety of opportunities to get out and explore. A nature walk, local yoga class, meditation in the park or even water aerobics at the local gym are all great learning activities that keep you moving.

To stimulate your mind, be sure to check out your local community center, continuing education or library programs. Over the years, the class opportunities have multiplied. Adults can learn a variety of new skills, including computer programs, cooking techniques, gardening, painting, dancing, jewelry design, pottery and more.

In today's high-tech, mobile world, there's really no limit to what you can explore on your journey to becoming a lifelong learner. The doors are open, walk through and begin your learning.

If you're ready to see how hearing aids can help you on your path to lifelong learning, call our office today.

So much to do. Where to start?



For many, fall is a busy time of year. Perhaps a class is starting, a job is getting more demanding or meetings are multiplying. With so much happening, it's easy to get overwhelmed and forget what needs to be done. One way to make it more manageable is to create a to-do list.

There are several ways to create a to do list. Whether it's on paper or digital, pick your preferred method to start. Then decide on a duration. Do you need to plan daily or weekly? Whatever you choose, here are a few tips for success.

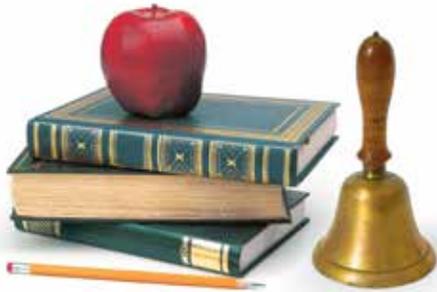
- Make your list simple and attainable
- Prioritize by putting the most important tasks at the top
- Organize your list in a logical way
- Give each task a due date
- Put your list where it's easy to see

Keeping a list of what you need to accomplish will help you feel organized and in control. In addition, being able to see the items crossed off will give you a sense of accomplishment, leaving you feeling good about yourself.

Have a friend or relative who has signs of a hearing loss?

Have them call for an appointment today!

Can you hear the school bells ringing?



LOGO



It's hard to believe summer is already over and kids everywhere are heading back to school. Whether you love it or not, fall is here in all of its splendor and busyness. So, why not jump in at full speed?

There's plenty of options to get involved in any community. From sporting events, to theater shows, to festivals, classes and more, find what interests you and enjoy. If you've never taken a continuing education class, perhaps now is

the time. Be sure to check out this issue's article to learn more about the importance of lifelong learning.

If you didn't know, September is National Self Improvement Month. So, as you're picking out ways to stay busy, do something that makes you feel good. But don't forget to relax and take time for yourself – you deserve that too.

And, remember if better hearing is on your self-improvement list, we're here to help.

Call today for free hearing consultations, hearing aid clean & checks or to talk about upgrading your current hearing aids.

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