

Good Communication Tips for the Holidays

The sense of hearing is a vital link to your world.

With the holidays approaching, family gatherings, festive parties, and special events can create a difficult environment for those with hearing loss. How can family members, friends and co-workers help a person with hearing loss hear better during the holiday activities?



There are a number of ways to make communication easier:

- *Talk face to face. Don't try to converse from a different room or with your back turned.*
- *Speak at a natural pace (not too fast), try not to interrupt, pronounce words clearly.*
- *Don't talk while chewing.*
- *Rephrase your sentences rather than just repeating.*
- *Don't cover your mouth when talking. This makes speech-reading difficult for others.*
- *Try to eliminate as much background noise as possible.*

Source: Oticon - Better Communication Habits, A Guide for Family and Friends

Gift Ideas:

Assistive Listening and Alerting Devices

If you're getting a gift for someone with hearing loss, consider one of the many devices that can improve their listening enjoyment for telephones, MP3 players, and TV's. Even people with normal hearing can benefit from some of these. Most are readily available in stores and online.

Infrared TV headsets cost around \$100 and are used without hearing aids. People wearing wireless digital hearing aids can get accessories that pair their hearing aids to the TV, iPod, or cell phone. For someone who cannot hear the alarm clock, loud buzzer alarms are available and some include bed shakers.



Gifts such as these not only help the recipient, they could also make your life easier! Give us a call if you'd like more information about the various products.

Season Of Giving Donate an Unwrapped Toy

Wake Audiology is proud to participate again this year in the US Marine Corps Reserve Toys for Tots program. If you would like to help, simply stop by our office **November 13th thru December 13th** and drop off an unwrapped toy in our donation box. The primary goal of Toys for Tots is to deliver a new toy at Christmas and a message of hope to less fortunate children.



Visit www.toysfortots.org for more information about this wonderful program.

Source: www.toysfortots.org

Holiday Punch Recipe

For an easy and delicious holiday punch, simply pour your favorite brand of eggnog over your favorite vanilla ice cream in a punch bowl. Add some nutmeg and/or a little brandy or bourbon if you'd like. Enjoy!



Have a Safe and Happy Holiday Season!

Thank you for another wonderful year! We are pleased that you have chosen Wake Audiology as your hearing care provider. We wish you a very blessed holiday season!



Dr. Catherine Marquis, Carol and Sandy

Hearing Focus Tip:

A baseline hearing evaluation will let you know if you're beginning to lose some hearing, and if there is anything you can do to keep it from getting worse.

Visit our website @
www.WakeAudiology.com

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