

DID YOU  
KNOW?

- Exercising three or more times a week reduces the risk of macular degeneration by as much as 70 percent.
- Exercise increases brain function, memory retention and other key areas of cognition up to 20 percent.
- Our brains can get better with age. Check out the new book [The Mature Mind: The Positive Power of the Aging Brain](#) by Gene Cohen, MD, PhD

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# Hear Ye Here

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## From Me to You

Thanksgiving is right around the corner and another year will be behind us before you know it. This has been a year of change and growth for us here at Audiology Associates of Georgia. You met Charisma and Crystal in our last newsletter. This time you will meet Jason Feld and Dr. Joan Rodriguez, two audiologists that have joined us this year. In the next issue you'll meet Vince Dalton. If that last name sounds familiar there's a good reason—he's Marsha's son. We are training him to be a dispenser. Also, you may not be aware that Michelle Kennell in the Lilburn office has her dispensing license as well.

Thanks to the efforts of Charisma we are getting out and about in the community more doing talks and screenings. If you have a

group that would like to learn more about hearing loss, strategies for communicating, and new technology let me know.



Laura Dennison, MA, CCC-A

I think you'll enjoy the article Birds, Etc. It was written by Roberta Bedard of Canada last year and I thought it was beautiful, I hope you do too.

We have been having tremendous success this year with the new

open fitting hearing aids. Both the Oticon Delta and the Sonic Innovations Ion 200 are getting rave reviews from our patients. We are finding that they are appropriate for many more people than we originally thought. Because the ear is left so much more open the background noise is much less bothersome, people aren't having the issues adjusting to their own voice, and things sound much more natural to them. So if you haven't already tried them out and are curious set up a time to come in and take them for a "test drive".

Finally, we are thankful to all of you who have trusted us with your hearing. We are committed to do everything we can to keep you hearing as well as possible through the years.

## Birds, Etc.

By Roberta Bedard

"Picture this", as Sophia, Golden Girl, is fond of saying. I am sitting at my computer desk, cleaning my sweet little hearing aids before inserting them. The morning is peaceful and quiet; the leaves outside my window are quivering gently in the breeze. I put in the hearing aids. I hear birds! The morning,

though peaceful enough is not as quiet as I thought. I take my hearing aids out, just for fun. Silence. Put them back in. Birds. Twittering. Here I am, in my late sixties, playing with sound.

Later, as I enter text, I realize that my mouse is not as high-tech as I

thought. I was under the impression that my mouse was silent. Not so. It clicks. I can hear it. I could do without this particular revelation, but it does illustrate how much I was missing. We can't know what we are not hearing, can we?

I remember driving home, the day

## New Faces

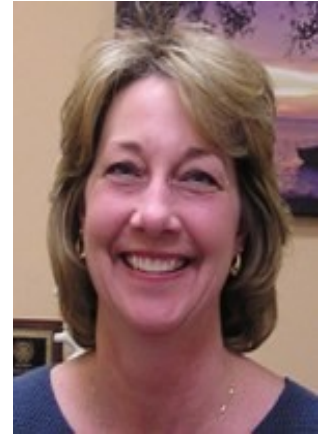


Jason Feld, MCD, CCC-A

Jason Feld joined us in July in the Norcross office. He came to us from ENT of Georgia. Prior to that he was in New Orleans and worked with Hearing Health Care of Louisiana for several years until Hurricane Katrina came along. He got his bachelor's degree from Central Connecticut State University and his master's degree from Louisiana State University Medical Center. And he is preparing to start his Doctor of Audiology at Arizona School of Health Sciences. Jason is married and has two young

boys that keep him very busy.

Joan Rodriguez joined us in August on Fridays. She started and managed the audiology department at Kaiser Permanente for 17 years. She now works with Dr. Goode and specializes in pediatric audiological assessments. Joan got her Doctor of Audiology from Arizona School of Health Sciences in 2003. She received her master's from Pennsylvania State and her bachelor's from the University of Maryland. Joan is widowed and has two kids in college.



Dr. Joan Rodriguez

“Last year the orphanage grew from 18 to 43 kids. We desperately need more room.”

## Raising the Roof

As many of you know I have been volunteering at an orphanage in the Dominican Republic since 1996. One of the first major projects I did there was raise money to replace the old tin roof that was over the living, dining, and kitchen area with a cement roof because the rats were getting in through the old tin one and getting to the food.

Last year the orphanage sud-

denly went from 18 to 43 kids when we brought in the children from another orphanage that closed. We desperately need more room. So the original roof is now the floor of the new second story. The walls are up but now we need another roof. We are trying to raise \$75,000 for the roof and windows and to finish off the second floor. If you would like to find out more about this project and how to

make a donation call me and I'll email you the link.

Or you can send me your checks written to Orphanage Outreach with roof project in the subject line and mail to 4145 Lawrenceville Hwy. Ste. 10A, Lilburn, GA 30047. Orphanage Outreach is a 501-c-3 organization and any donations are tax-deductible.

Let's raise the roof!

## And The Winner Is...

We have been very fortunate over the last nineteen years to have many patients refer their friends and family members to us as well.

For several years we have said thank you for that with a \$50 gift check. I announced in

our last newsletter that we were going to step it up a bit and in addition to the \$50 we would give after a referral's purchase we would have periodic drawings for \$500. We compiled the names of all the people who referred people to us this year, threw their names in a hat, and drew.

And the winner is, drum roll please, Marion Murray of Lawrenceville.. Mr. Murray has been a patient of ours for several years and has honored us by referring several of his friends to us for help. So tell your friends about us and you might be the next big winner.

Marion Murray receives his \$500 for winning the patient referral drawing.



## Birds, Etc., (continued)

I got these puppies. I kept hearing this skritch sound, which I had never heard before. “What’s wrong with the car? What is that noise?” Then I realized it was the background rhythm of the music from the radio. I’ve always loved music, all kinds except rap. Even when I was only hearing part of it. When I got home, I spent the afternoon listening to my favorite CDs. Hearing subtleties I hadn’t heard before. Life now had another level of enrichment.

One more thing. I can hear my doorbell now, even with my head in the back of the upstairs cupboard. Who knows what interesting sales calls I missed? What opportunities could have been mine? How many chocolate covered almonds I could have bought? Seriously, it’s nice not to have my son call me on his cell phone saying, “Mom, I’m at the door!”

“Is it my imagination?” I asked the audiologist, “or do I really have more energy now that I hear better?” He told me it wasn’t my imagination, that we hearing impaired can use up to 30% of our available energy just trying to figure out what people are saying. Unconsciously lip-reading. Asking our brain to fill in the blanks from context. Sometimes getting it wrong, and not understanding the puzzled looks.

Then I had another learning experience. My cat, during the night, played hockey with one of my hearing aids, ending up with it heaven knows where, and I wasn’t able to find it. I looked for two weeks, then gave up

and bought another one. Because I learned during those two weeks that two aids are indeed better than one. Many people I know have only one aid, and that one sits in the drawer most of the time. Now I know why they don’t wear it. It’s just not the same with only one ear conducting sound clearly. I, who had been wearing my hearing aids 15 hours a day, wasn’t bothering to wear the one I had left. The improvement wasn’t worth the trouble. I found myself being frustrated and leaving my one lonely aid in the drawer. Then my new one was fitted. Now I had two again, and I was back to wearing them all day every day. It’s true. We do need two.

I’ve heard from many sources that there is a perceived stigma to using hearing aids. That it is a sign of aging. Well—I am aging. My knees aren’t what they used to be, I need glasses, my skin now needs lots of care to regain some of its youthful glow, my ‘silver’ hair is less abundant, but I live with it. Impaired hearing is just part of this natural process.

I’d rather admit that I am aging, wear hearing aids, recapture sounds I had forgotten, than try to pretend I’m younger than I am and appearing a little dim. I like hearing what those around me are saying. I really like indulging my predilection for eavesdropping. Especially when people have forgotten that I can hear, now.

Also, my neighbors like me better, especially in the summer. Why? It

became clear to me as they joked that, when they say on their deck, they could watch TV through their patio door, without bothering with the sound, because they could hear mine from my upstairs window. Which worked well when our TV choices were the same. They are very good, very kind young people and hadn’t figured out how to tell me without hurting my feelings. They say their summer evenings are better now.

I am one of the few who didn’t have to be dragged kicking and screaming to have my hearing checked. When I realized I couldn’t eavesdrop on what those on the other side of the table were telling each other, that I was saying “I beg your pardon?” too often, when I had to keep telling my granddaughter to stop mumbling, I knew I had to do something. Before others got after me. It was a good decision.

Is there a downside? The cost. I agonized over the cost. I do wish hearing aids were less expensive. Maybe a word in the ear of our government?(pun intended). Having said that, the overall improvement in my life has been worth it. If I had to, I could live without them. I did before. I’m glad I don’t have to.

Oh, and my granddaughter really does mumble. I just hear the mumble louder now. I guess translating teenage-speak isn’t one of the benefits. Oh well.

Now, if the batteries only lasted a little longer...

“I’d rather admit that I am aging, wear hearing aids, than try to pretend I’m younger than I am and appearing a little dim.”

**Do you want to hear better for Christmas? Have you been putting off getting new aids because they were too expensive?** If you answered yes to either of those questions we have another alternative for you. Through Care Credit and Sound Choice we now offer 12 months no interest and 48 months low interest plans to allow you to afford the technology today. Call us today to find out more.



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The technology of TOMORROW  
With the caring service of YESTERDAY  
For the best in hearing health care TODAY.

Audiology Associates was founded in 1988 by Laura Dennison, MA, CCC-A. A second office was added in Gainesville in 1991 and the third office, in Norcross, opened in 2007.

We are proud to offer our patients caring, competent service for their hearing healthcare needs. We offer a wide variety of hearing aids from the best manufacturers and will work to provide you with the best hearing aids at a price that fits your budget.

We also offer a wide variety of specialty earplugs for swimming, musicians, stethoscopes, cell phones, and police radios

