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Stuart Spencer, BC-HIS
Board Certified
Hearing Instrument
Sciences

FREE BATTERIES

Get a package of batteries when you schedule an appointment for:

- Updated hearing screening
- Lifestyle assesment
- Measurement of how well your hearing aids are functioning

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Stu's News

FUNNY BONE

"A cheerful heart is good medicine ..."

A funny thing happened on the way to better hearing...

My patient, Brian, had resisted upgrading his hearing aids until his youngest son, Paul, secretly recorded him during the family's Thanksgiving get-together. After Brian saw the replay of Paul's phone video, he conceded to giving the family *his* Christmas present of new hearing aids. Here are some other examples:

Son, Greg (realtor): "I had just closed the sale on that horse property I've been working on since July, when the next-door rancher threw a monkey wrench into the deal."

Brian: "A donkey ranch...? Just like that, a neighboring rancher offered a donkey ranch to your client buying the horse property?"

Daughter, Cynthia: "I finally got that part for the theater that I've wanted for so long."

Brian: "What part did you need for your heater? Maybe I had something in the garage."

Son-in-law, Mark: "I'm having so much trouble working on this latest lawsuit; I can't seem to get my footing on it. Just preparing the writ has worn me out and last night I fell off to sleep again, exhausted."

Brian: "Wow! Who are you suing because you fell off a cliff *again*? And when did you fall off a cliff *before*?"

If Santa didn't bring you hearing aids for Christmas, show your loved one you're all heart for Valentine's Day and schedule an appointment with us now. Call us today!



Are My Hearing Aids Really Helping?

Last month we addressed the commonly asked question: "How do I know if the hearing aids I'm wearing are the best ones for me?" This month we'll address a similar question: *How do I know if my hearing aids are working well for me?*

Patients sometimes tell me they don't know if their hearing aids are really helping them to hear better or not. That's a common question for those who are hard of hearing. When someone has hearing loss, they actually lose their

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Now 'Ear This from the Expert

IT'S "SQUEEZY" TO SEE IF YOUR HEARING AID IS WORKING!

Sometimes it's hard to be sure if a hearing aid is working or not. How do you know if the aid is *not* working, or if it simply needs a new battery (or recharging)?

One easy way to make sure that a battery is in the hearing aid(s) or is fully charged, is to put the aid in the palm of your hand and gently **squeeze** your hand into a fist. If you hear a squealing whistle, the hearing aid is generally working fine.

Sometimes one aid is working, and the other is not. Is it simply in need of a new battery or a recharge, or does it need more attention? The fastest way to get that answer—and to avoid wasting several batteries, thinking they're all "dead"—is to remove the battery from the hearing aid that **is** working and insert it in the

hearing aid that is not. Then squeeze it. If the "dead" hearing aid comes "alive", a new battery is the answer. If the hearing aid remains "dead" with the "live" battery in it, try cleaning it, or bring it to us to check it out.

This method isn't scientific, to say the least. It's not fail proof, but it gives you a fairly fast and "squeezy" way to quickly test the aid. You can also hold the hearing aid up to your ear and push the setting buttons (if available) on the instrument. If you hear any beeps, tones or words coming from the hearing aid speaker, it's good to go.

Anytime you need assistance with checking a weak hearing aid or one that doesn't seem to be working at all, give us call! We're experts at "getting you back on the air".

NAME THAT STAR

Answers on pg. 3

With the Oscar statuette due to make its next appearance on February 24th at the 91st Academy Awards Ceremony, this seems like a good time to remember some of our past favorites from the Silver Screen. How many of these talented stars can you match to their given names?

- | | |
|-----------------------|---|
| 1. Edward G. Robinson | a. ___ Eleanor Geisman |
| 2. Mickey Rooney | b. ___ Shirley Schrift |
| 3. Jennifer Jones | c. ___ Margaret Mary Emily Anne Hyra |
| 4. Tony Randall | d. ___ Issur Danielovitch Demsky |
| 5. Richard Burton | e. ___ Anna Marie Louisa Italiano |
| 6. June Allyson | f. ___ Emanuel Goldenberg |
| 7. Kirk Douglas | g. ___ Ruby Catherine Stevens |
| 8. Meg Ryan | h. ___ Walter Bruce Willis |
| 9. Anne Bancroft | i. ___ Phyllis Lee Isley |
| 10. Bruce Willis | j. ___ Aryeh (Arthur) Leonard Rosenberg |
| 11. Barbara Stanwyck | k. ___ Richard Walter Jenkins Jr. |
| 12. Shelley Winters | l. ___ Joseph Yule, Jr. |

100 Years of Distinguished Service

Most of us go about our daily activities and put our children to sleep at night without giving much thought to all the men and women around the world who daily put their own lives on the line for us.

We owe a debt of gratitude to each and every member of our military for their unselfish service. Some have demonstrated extraordinarily

selfless and heroic acts above and beyond the normal sacrifices of military duty. It is on this distinguished group that we are putting the spotlight for February.

This month, the Navy Distinguished Service Medal turns one hundred years old. This prestigious medal of recognition was created on February 4, 1919 "to recognize distinguished



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100 Years of Distinguished Service

Cont. From pg. 1

and exceptionally meritorious service to the United States while serving in a duty or position of great responsibility.” ‘Great responsibility’ interprets as senior military responsibility, and the Distinguished Service Medal is normally only bestowed upon senior Navy flag officers, senior enlisted positions, and Marine Corps general officers.

As World War I began, the only decoration authorized by Congress for the U.S. Navy and its counterpart, the Marine Corps, to recognize exceptional heroism was the coveted Medal of Honor. Some heroic acts deserved recognition but were not of the supreme criteria level required to receive the Medal of Honor, so both the USN Distinguished Service Medal and the Navy Cross were created to fill that void.

Recipients of this Distinguished Service Medal “must notably demonstrate exceptional performance above normal expectations of duties”, and “significantly contribute to the success of a major command or project”. This decoration is the Navy and Marine Corps equivalent to the Distinguished Service Medals of the Air Force, Army and Coast Guard.

The first decoration was presented posthumously to Brigadier General Charles A. Doyen, USMC, on March 13, 1919. Other notable recipients are Thomas Edison, President Dwight D. Eisenhower, General Douglas MacArthur and Rear Admiral Alan Shepard, Jr., astronaut.

The Distinguished Service Medal was originally superior to the Navy Cross but the precedence of the two decorations was reversed by



Assistant Secretary of Defense for Reserve Affairs, Thomas F. Hall, pins the Distinguished Service Medal on Rear Admiral John P. Debbout —August 12, 2005

Congress in August 1942. It is currently worn after the Defense Distinguished Service Medal and before the Silver Star Medal.

Thank you and congratulations to any person who has received this prestigious recognition.

Buddys Bio—Watering The Christ-mas Tree



A h h h . . . C h r i s t - m a s Memories

The Spencer household had a fantastic Christ-mas and New Year’s celebrations. I had mentioned last month that one of our traditions is to get the family together early in December and spend the day baking. While

we are creating our delightful indulgences, we listen to Christmas carols.

Adults, adult kids and grandchildren all enjoy the day and leave with a wide variety of butter cookies, sugar cookies, fudge, chocolate/peanut butter treats, lemon bars and more!

Flour is flying and there are plenty of spills. Some recipes don’t quite come out right because we forgot an ingredient or two. No one cares about the error; we just keep moving forward.

While we were busy with all of the baking, Buddy was busy watering the Christmas tree! Mariela caught him red-handed (or more accurately, with his leg up) watering our tree. That was the last time we saw Buddy all day! He was relegated to the back yard. With all of Buddy’s mischief over the years, he’s never done that before. I guess we were so wrapped up with creating our

masterpieces, we missed Buddy’s signals that he needed to go out. But more likely he was just tee’d-off that he wasn’t the center of attention!



— LOONEY LAW —

State legislation in Massachusetts forbids dueling with water pistols.

— POTPOURRI —

TIDBITS ON WASHINGTON, LINCOLN & SUPER BOWL SUNDAY

Abraham Lincoln: Our 16th president was 6’4” tall, matched only by President Lyndon Johnson.

George Washington: Our first president had to borrow money to attend his own first inauguration.

AFL-NFL Super Bowl: The National Football and American Football Leagues merged in 1966.

The first competitive Big Game was played between 1967 season champions—the Green Bay Packers and the Kansas City Chiefs—under the lackluster name of “The AFL-NFL World Championship Game”.

Lamar Hunt, founder of the American Football League, is credited with tagging the Game with its catchier title, Super Bowl. The term was officially adopted in 1970.

From its beginning in 1967, Super Bowl was played on the last Sunday of January. America’s mourning of the September 11, 2001 tragedy rescheduled the game, to be played the first Sunday in February 2002. This year’s Super Bowl is scheduled for Sunday, February 3rd.

— FUN FACTS —

Dr. Samuel A. Mudd was the physician who set the broken leg of Lincoln’s assassin, John Wilkes Booth. This act, ill-received by the public, spawned the derisive expression, “His name is Mudd.”

Are My Hearing Aids Really Helping?

ability to know what “normal” hearing really sounds like, so we understand why patients ask questions like the one above.

Here are a few more very common questions:

- **Am I hearing as well as I *should* be hearing?**
- **Do other patients say they still struggle to hear clearly in certain situations?**
- **Is my hearing going to get worse?**
- **Am I going to lose all of my hearing?**
- **Are the hearing aids causing me to lose my hearing faster?**

These are all very real and serious concerns for people with hearing loss, particularly if wearing hearing aids is a relatively new experience. It’s easy to lose perspective on what is “normal”, so let me put your mind at ease.

Most of our patients get used to hearing better (more clearly and accurately) while wearing their aids. That sound level becomes the new “normal”. When you remove your hearing aids, you experience what *seems* to be a drop in hearing acuity. Actually, this is your normal “hearing loss” level of hearing, without amplification. That is one easy way to realize that your hearing aids *are* helping you—all day, every day!

Another easy way to tell if your hearing aids are working well for you is to go



without them for a day (or at least a few hours). You will quickly notice a significant difference in hearing. You’ll increase the TV or car radio volume. You will start to look at people’s lips, instead of their eyes, when they’re talking to you. Your own voice will sound softer or more distant (even though you are probably speaking louder than you do while wearing your aids). You’ll ask people to repeat themselves more often. It won’t take long to discover how much your hearing aids help.

If you would like to have further verification that you are hearing as best as possible with your hearing aids, make an appointment for speech recognition testing. With scientific measurement, and the assistance of a friend or family member, we can show you that you are hearing the best you can!

Call us today so you can be assured you’re doing everything *you* can to keep your hearing in top shape.

Answers to “Name that Star”

- | | |
|-------------------------|------------------------|
| 1. Edward G. Robinson—f | 7. Kirk Douglas—d |
| 2. Mickey Rooney—l | 8. Meg Ryan—c |
| 3. Jennifer Jones—i | 9. Anne Bancroft —e |
| 4. Tony Randall —j | 10. Bruce Willis—h |
| 5. Richard Burton—k | 11. Barbara Stanwyck—g |
| 6. June Allyson—a | 12. Shelly Winters—b |

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