

949-484-4310

Stu's News

FUNNY BONE

"A cheerful heart is good medicine ..."

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

My friend, Jerry, has been having trouble hearing but he wouldn't admit it. For the past year or so his family and our circle of friends have been trying to get him to have his hearing tested, to no avail. So, imagine my surprise when he stopped by the office last week for a hearing test!

I asked Jerry what finally made him decide to come in and he said, "Sarah told me my mother had called and wanted us to come over to discuss my dad's upcoming birthday party.

When Sarah said, 'Mom's plans include things that I'm guessing will cost you an arm and a leg,' I told her, 'I'm not going to do that.'

"Sarah asked me, 'Why **wouldn't** you do that? It's your dad's 90th birthday!' Jerry hesitated.

"And...?" I prompted.

Embarrassed, Jerry sheepishly confessed, "I told her I didn't care if it was his **100th** birthday, I'm not dressing in a costume of ham and eggs for anybody!"

If your hearing is causing you to be a party pooper, we're here to help. We won't ask you to dress in a costume and hearing aids don't have to cost you an arm and a leg. Call us today!



Friends Don't Let Friends (Not Hear)

How do you tell someone they need hearing help?

Recently Joe, a seasoned patient, was in my office for his scheduled consultation. When his appointment was complete, Joe looked at me, hesitated, and then asked, "How do you tell someone they need hearing aids?"

He explained that he has a friend in his business group who really struggles

with hearing simple conversations. Apparently, Joe's friend also complains of not being able to hear guest speakers and actually cups his hand behind his ear to listen.

The answer to Joe's question is: start with empathy. Don't attack with a comment like, "You need hearing aids. You can't hear anything we're saying!" Taking a more sensitive approach makes the topic easier for anyone, whether it's

Cont. pg 3

Iceland's Elf Whisperer



Ragnhildur (Ragga) Jónsdóttir
 Iceland's Elf Whisperer

Back in the 60s, Wilbur and his talking horse Mr. Ed was a TV comedy, laughable and nonsensical. When the idea of a Horse Whisperer was first introduced via the 1998 hit movie by the same name, the idea seemed a bit crazy. But, followed up by a 2011 television documentary, the practice of communicating with horses

was deemed plausible. In 2004, TV introduced us to the Dog Whisperer. So, should we be skeptical that Iceland has its very own Elf Whisperer?

Ragnhildur Jónsdóttir, known as Ragga, claims she's had a special lifelong and intimate relationship with elves since she was about two. That's when she first revealed her

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Iceland's Elf Whisperer

Cont. From pg. 1



Iceland elves houses. They are meant for the Huldafólk.

playmate “Pulta” to her mother. Ragga is the official guardian of Iceland’s Elf Garden, located about an hour south of the capital city of Reykjavik.

A culture replete with folklore, multiple surveys of Icelanders reveal that 54-72% of the population believe in elves and other faerie-type folk — to the extent that mountains have been moved, construction of roadways and bridges have been delayed for

government intervention to protect what is said to be territory for the homes of elves, and (what appear to most observers to be simply) rocks have been preserved and designated as holy places of worship for the little people.

Amidst the unpredictably wild weather conditions, earthquakes, volcanoes and harsh landscape of Iceland, the Nordic island is equally known for its turbulent Viking history. Yet fantastic stories of elves, huldafólk (hidden people) and trolls abound and have been an integral part of the Icelandic culture since Irish monks first inhabited—and quickly abandoned—the island in the late 800’s AD. By 874, Norseman sailors had arrived and by 930 AD Iceland was fully settled.

The long, brutal winters left the Scandinavian settlers with little to

do but pass down legends, tales, yarns and stories of little folk, both kindly helpers and mischievous imps. While Britain’s and Ireland’s pixies and leprechauns tend to be rascally, devilish tricksters, Iceland’s elves are said to be more helpful, often working together with farmers to help with sick cattle or failing crops. Humans, in turn, help the elves with food or protection.

Ragga believes she’s been given a gift to communicate with the hidden people and has voluntarily been evaluated twice by professionals to see if she is crazy. According to the professionals, she is not. The elves agree. As the Elf Whisperer, Ragga speaks on behalf of the little gnomes, having been personally requested by the little people to be their spokesperson, since she believes. Do you?

Buddy’s Bio — Back to “Old School”



weekend with. I don’t know why, but he seems content to staying closer to home. He *has* brought one thing home with him from his excursions, though.

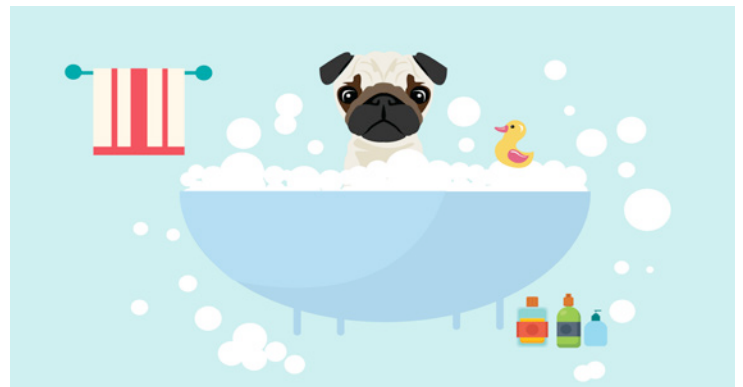
Buddy is back to having his skin allergies. His poor tummy is bright red. We can tell he is uncomfortable because he is scratching all the time.

The essential oil worked for a long time. Now it seems to have run its course and it doesn’t knock out the redness like it did before. I tried some other ointments and haven’t seen any amazing results.

Before calling the vet, I wanted to try everything I could to find an answer. I thought perhaps I should just go to an “old school” approach and soak Buddy in an Epsom Salt bath. I filled up a tub in the shower, put a bunch of the salt in it and sat in the shower with

Buddy, just holding him and petting him so he would stay in the tub.

I hope the old school remedy works. It seems like all the vet wants to do is give Buddy prednisone. I’ll let you know.



— LOONEY LAW —

The province of Milan, Italy requires every citizen to smile when they are out in public. Exceptions are made for funeral attendees or those visiting someone in the hospital.

— POTPOURRI —

Each year, Washington D.C. welcomes the return of spring with its National Cherry Blossom Festival. This year the celebration runs from March 21– April 14 and, like every year, will showcase the splendiferous display of vibrant pink and white blossoms of 3000 cherry trees surrounding the Jefferson Memorial.

The trees were a gift from Tokyo to our nation’s capital in 1912, in honor of the long-lasting friendship between Japan and the U.S. The annual celebration is in recognition of the continued close relationship of our two countries.

The festival was temporarily suspended after the Japanese attack on Pearl Harbor in 1941, resuming at full-tilt again by 1947 with 450,000 attendees. For anyone visiting D.C. in springtime, the glory and beauty of the Cherry Blossoms in full bloom is a “must see” treat.

Interestingly, Major League Baseball’s 2019 season begins on March 20th-21st at the Tokyo Dome in Tokyo. This is the fifth time the League has played in Japan. The first game is scheduled with the (California) Oakland Athletics hosting the Seattle (Washington) Mariners. MLB’s Traditional Opening Day, featuring all 30 Major League Clubs, will take place on Thursday, March 28th. This season is the League’s 150th year, which began in Cincinnati, Ohio in 1869.

— FUN FACTS —

The average lifespan of a Major League baseball is seven pitches.

Friends Don’t Let Friends (Not Hear)



family members, co-workers, business associates or friends.

Speak to what you’ve observed as you’ve noticed them struggling to hear and empathize with them. Acknowledge your own hearing loss and use of hearing aids; let them know that you recognize the signs that they are having trouble because you did the same things yourself before you wore hearing aids. For example:

- “Hey, Marcy; I notice you don’t participate in our conversations like you used to. I used to do that before I realized I needed hearing aids. Can I help?”
- “Mom says you’re not talking to the kids when they call. Are you not interested in their activities anymore, or are you having a hard time understanding what they’re saying?”

- “Dad, I’m a little concerned about you driving and not being able to hear like you used to. Let’s just have your ears checked. You may not need anything other than having your ears cleaned out. I’ll feel a whole lot better knowing you’re safe on the road.”

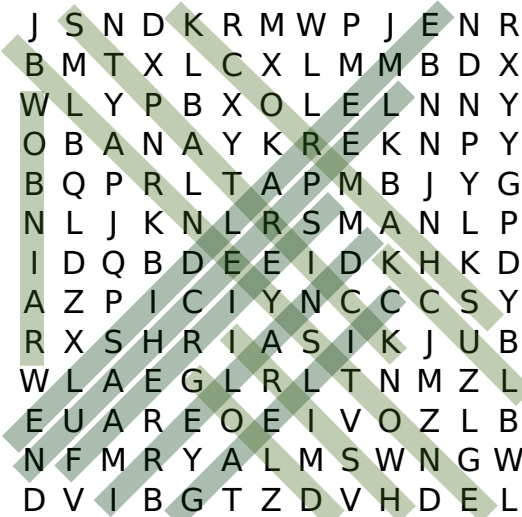
Other tips that may help:

- Show them how small and sophisticated hearing devices are today.
- Remind them everyone is wearing **something** in their ears these days!
- Offer to go with them when they have their hearing tested.
- Explain how their hearing loss affects the whole family, not just them.
- Share a copy of this newsletter with them. Reading about other people having experiences similar to theirs will help them become more comfortable with their own hearing loss.

If you have a friend or family member that needs help but doesn’t know it, we have more information we can give you, or can send to them. Like you, they’ll be so much happier when they’re hearing better! Call us today.

Answers to “Impish Irish Word Find Puzzle”

From pg. 4



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Now 'Ear This from the Expert

IF YOU CAN'T SEE, YOU CAN'T HEAR

Looking in your own ears isn't easy!

Sometimes patients come in asking if we will check their ear canals to see if they have a buildup of cerumen (ear wax) or to check if a bug, the end of a Q-tip swab, or part of their hearing aid that has gone missing is stuck in their canal. One thing is for sure: looking in your own ears isn't easy!

Many people go years without anyone looking into their ear canals. Maybe the nurse takes a quick look during a doctor's appointment, but they really don't take the time to look closely unless a problem exists.

When a portion or all of the ear canal is filled with a hearing aid, wax tends to stay in the canal. Even if you wear an ear bud or a custom earmold attached to a Receiver-In-Canal or Behind-The-Ear style aid, it blocks the wax from leaving the ear canal naturally.

When patients complain that their hearing aid is not working, 95% of the time ear wax has blocked the opening of the hearing aid. This reduces the amount of amplification the aid can give to boost your hearing – essentially turning your wonderful hearing aid into an ear plug! Have you ever heard better when you take your hearing aid *out* of your ear? That's often why.

When patients are leaving our office, we always encourage them to make an appointment three to four months in advance to make sure we regularly check their ear canals. With our videotoscope, you can see for yourself all the debris that accumulates in a very short time. Some patients need to return every month!

It's important to keep your ears clear for good ear hygiene and to maximize your hearing clarity. If you don't have an appointment already scheduled, call us today!

IMPISH IRISH WORD FIND PUZZLE

Answers on pg. 3

Impish Irish leprechauns have hidden pots of gold at the end of the rainbow for centuries. Now the little scamps have hidden 12 words in this puzzle just to test your hunting skills. If they find you're skillful, they may decide to move their pots of gold.

J	S	N	D	K	R	M	W	P	J	E	N	R
B	M	T	X	L	C	X	L	M	M	B	D	X
W	L	Y	P	B	X	O	L	E	L	N	N	Y
O	B	A	N	A	Y	K	R	E	K	N	P	Y
B	Q	P	R	L	T	A	P	M	B	J	Y	G
N	L	J	K	N	L	R	S	M	A	N	L	P
I	D	Q	B	D	E	E	I	D	K	H	K	D
A	Z	P	I	C	I	Y	N	C	C	C	S	Y
R	X	S	H	R	I	A	S	I	K	J	U	B
W	L	A	E	G	L	R	L	T	N	M	Z	L
E	U	A	R	E	O	E	I	V	O	Z	L	B
N	F	M	R	Y	A	L	M	S	W	N	G	W
D	V	I	B	G	T	Z	D	V	H	D	E	L

BLARNEYSTONE	GOLD	LUCK
EMERALDISLE	IRELAND	RAINBOW
FAERIES	IRISH	STPATRICK
GAELIC	LEPRECHAUN	SHAMROCK