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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...

Maureen, a long-time patient, was accompanied by her frail but feisty 84-year-old mother Helen when she came in for a check-up appointment.

While cleaning Maureen's hearing aids, I overheard Maureen asking Helen, "What would you like to do for your 85th birthday coming up next month, Mom?"

Hearing how Helen had really answered Maureen's question, I held back a chuckle when Maureen responded, "Mom, you should be happy you've lived so long!"

"I am happy," Helen exclaimed.

"So why do you want to grieve for your birthday?" Maureen asked.

"Not grieve, honey! I said I want to read for my birthday!"

Maureen scoffed, "Oh, Mom. Don't be ridiculous. You don't want to just stay home and read on such a milestone occasion."

Again, knowing what Helen's real answer was, I laughed right out loud when Helen fired back this fiery retort, "Don't you ever tell me again that I can't hear thunder, Maureen. For the third time, I want to BREATHE on my 85th birthday!"

May is Better Hearing Month. For Mother's Day, for that special Veteran in your life, or for a loved one's birthday... if you know someone who needs to hear better, Better Hearing Month is a great time to schedule an appointment. Call us TODAY!



Springtime...Everything is So Bright & Clear!

Wouldn't it be nice if the weather could be like a nice, sunny Spring day all the time? Everything is so crisp and clean and clear! During some of the recent winter months, I was in Cleveland. The month before, I was in Minneapolis. There were no sunny Springtime days

during my visits. All were cold and windy, accompanied by rain or snow!

Nature brings different seasonal elements into our lives. We recognize the need to compensate for those changes. In the harshness of winter,

Cont. pg 3

"And Theeey'rre Off!!"...

On Saturday, May 4th, this shout will be heard thundered once again by Larry Collmus, the Voice of the Kentucky Derby.

As the starting gate releases the prepped and eager three-year-old Thoroughbreds from their stalls to run the first race of the 2019 Triple Crown series, The Derby—known as "The Run for the Roses®" and "the most exciting two minutes

in sports"—celebrates its 145th anniversary run this year.

The Kentucky Derby had its first run of 1.5 miles before an enthusiastic crowd of ten thousand spectators. The first winning horse, Aristides, and his jockey, Oliver Lewis, won a purse of \$2,850 (equal to nearly \$66 thousand in 2018). The winning time was 2:37.75 minutes.

In 1896, the race distance was reduced to its present 1.25 miles as a safer distance for the young horses. To this day, Secretariat, the famed winning horse of 1973, still holds the Derby record finish at 1:59 2/5 minutes.

Founded by Meriwether Lewis Clark, Jr., grandson of the legendary exploration duo Lewis and Clark, Meriwether became obsessed with thorough-

Cont. pg 2 1

Now 'Ear This from the Expert

KEEP IT SIMPLE

There are many things in life that would be much easier if we simply stuck to the basics!

One example that comes to mind is golf. As many players know, if you keep your left arm straight in the back swing and keep your head down until you swing through the ball, you'll probably hit the ball well.

Going through school we know that attending classes, taking notes, reading the material, and reviewing before a test will produce good—if not excellent—grades! Just simple fundamentals.

But what usually happens? We often take short cuts. We don't keep our heads down in golf when we swing at the ball, but we hope for a hole-in-one. Some students cut classes and don't read all the material, yet still want to get good grades. We know what's going to happen for most of us when we cut corners: an errant shot or a bad grade.

Wearing hearing aids also requires some basic steps to assure *their* best performance and to ensure *your* better hearing. Here are a few fundamentals that will keep your hearing aids working and you hearing the best you can:

- Wear your hearing aids all day long, every day. Yes; even if you are home alone.
- Keep your hearing aids clean! Change the wax guards at least once a month!
- Before you leave your provider's office, set a future appointment for a regular follow-up.

You know there is more to hearing better than just buying quality hearing aids—just like there is more to a golf swing or making good grades. But, for better hearing, if you consistently do the three things I've listed here, you'll be on the right track!

MAY DAY! MAY DAY!

Answers on pg. 3

Fill in the Missing Consonants for these People, Places and Things Related to the Month of May

(" / " indicates word separation)

1. ___ E ___ U ___ / ___ E ___
Annual Horse Race
2. ___ E ___ O ___ I A ___ / ___ A ___
Remembering Our Fallen Military
3. I ___ I A ___ A ___ O ___ I ___ / ___
Annual Car Race
4. E ___ E ___ A ___ May's Birthstone
5. ___ O ___ E ___ / ___ A ___
Celebrating Moms
6. ___ A ___ O ___ E / ___ A ___ E
Lively May Day Event
7. ___ M ___ I ___ A ___ / ___ E ___ / ___ O ___
Nurse Clara Barton's Disaster Relief
(FOUNDED MAY 21, 1881)
8. ___ I ___ / O ___ / ___ E / ___ A ___ E ___
May's Flower (4 words)
9. ___ A ___ E ___ / ___ I ___ E ___
First Solo Flight Over the Atlantic
10. ___ I ___ O / ___ E / ___ A ___ O
Mexican Celebration

“And Theeey’rrre Off!!”...

Cont. From pg. 1

bred racing while honeymooning in Europe in 1872. Taking in the Epsom Derby in London and keeping company with members of the French Jockey Club, which had developed the popular Grand Prix de Paris Longchamps, Meriwether was determined to create a similar championship racing spectacular in the States.

Returning to his home in Kentucky, Clark formally organized a group of local racing fans and the Louisville Jockey Club was birthed. The Club campaigned for funds to build a permanent local racetrack. With land donated by his uncles, John and Henry Churchill, Meriwether’s dream was realized. Within two years of Meriwether’s return from abroad, the Louisville Racing Track—later named Churchill Downs in honor of his uncles—held its first race.

The Derby is replete with traditions: draping the winning horse with the Derby’s official Red Rose Garland; singing Stephen Foster’s *My Old Kentucky Home*; wearing extreme and fanciful headgear for the Event and enjoying Mint Julep cocktails made of Kentucky Bourbon, mint, sugar and water served in a silver or pewter cup.

In the 19th century, horseracing was considered seedy business centered around drinking and gambling. Clark invited people of society to come to the racetrack, setting the dress code as “full morning dress” to give the sport an air of respectability. This accounts for the hats.

Today, The Derby is a true icon of Americana. It boasts annual live crowds of 150,000 for the racing Thoroughbreds.



This year’s race anticipates 20 million TV viewers and multi-millions more watching via internet streaming. The 2019 winning purse is the largest ever, with a guaranteed \$3 million to be awarded the winner of America’s greatest horse race.

You don’t have to be from Kentucky to say, “Talk derby to me.”

Buddy’s Bio — Susie Did It!



Recently I’ve learned this is a common ailment with the Shih Tzu breed—unfortunately for Buddy.

In trying to resolve Buddy’s suffering, we have taken advice from our patients (thank you, Susan Hall, and many others!) and have tried their suggestions for one ailment or another.

It’s no secret that Buddy has a strong fortitude for getting into mischief. But he also has a strong resistance to any remedy we use to try to cure him, whether it be an ear infection, eye infection, skin rash, sore foot, or any combination of the above.

Even Mariela chimed in and tried to assist. (I must say her suggestions were a little more permanent.)

Bear with me while I sidestep Buddy’s story for a moment to give you some background that will tie in with Buddy. My son Luke’s Junipera Serra High School Varsity ice hockey team recently won their D-1 league championship, beating out their rival, Santa Margarita High, with a 2-0 shutout. They also went on to beat them in the state championships, with an incredibly exciting overtime win of 6-5. That sent them

to the National Tournament in Cleveland

All that to say, we needed a sitter for Buddy while we went to Ohio. Our very own Susie, who you see at the front desk, volunteered. Poor Buddy was infected and itching horribly while we were gone. Susie took him to her vet, got the necessary meds, and now Buddy is neither scratching nor infected!

Thank you, Susie! We should have known that you—being the avid dog lover that you are—would have the right vet for the right solution.

— LOONEY LAW —

In Wisconsin, you can face up to six months in jail for selling your homemade cookies.

— POTPOURRI —

Forget Me Not: Mother’s Day is Sunday, May 12th.

Children everywhere thank their mothers for what they learned as a child. Here’s a humorous look at just some of the things moms teach the world over, written by an anonymous child, somewhere.

“My Mother Taught Me...”

- ...to APPRECIATE A JOB WELL DONE: “If you’re going to kill each other, do it outside. I just finished cleaning in here.”
- ..RELIGION: “You’d better *pray* that will come out of the carpet.”
- ...LOGIC: “Because *I said so*, that’s why!”
- ...MORE LOGIC: “If you fall out of that swing and break your neck, you’re not going to the store with me!”
- ...IRONY: “Keep crying and I’ll give you something to cry about!”
- ...about CONTORTIONISM: “Will you just look at the dirt on the back of your neck?”

There must be a school somewhere that expectant moms attend to learn the myriad of things they teach their children...the same list in every language of the world...

— FUN FACTS —

The term “the whole 9 yards” came from WWII fighter pilots in the Pacific. The .50 caliber machine gun ammo belts measured exactly 27 feet, before being loaded into the fuselage. If the pilots fired all their ammo at a target, it got “the whole 9 yards.”

Springtime...Everything is So Bright & Clear!

it’s necessary to wear warmer clothes and outerwear, and not stay outside for long periods of time. During the summer, we protect our skin from the hot sun and hydrate ourselves more often. We know it’s important to adapt for both our (physical) safety and comfort.

Our hearing can have different seasons, as well. We can go through seasons of hearing nice and easy—just like a bright and sunny Springtime day. Or, we can really struggle with hearing and understanding conversations, business presentations, or our favorite TV programs, feeling more like we’re battling our way through a rainstorm or laboriously trudging through mud, slush and snow. It would be great if we could always hear just as clearly as we can see, when Spring’s sunshine and breezes make the skies bright and clear!

It’s important to note that our hearing environments change much more frequently than the seasons and we need to adapt to those changes just as readily as we do for changes in the weather. For most of us, our listening environments can change radically from one moment to the next. These instantaneous changes can cause us to struggle with understanding conversations that we *want* to hear clearly. For those of us who wear hearing aids, it’s just as imperative that we adapt to changing ambient sounds



as it is for us to adapt to weather conditions—for the same reasons: (hearing) safety and comfort.

If you wear hearing aids, learning to use the different features of your specific hearing system is essential! Understanding how to manage those features, and when to use them can be confusing. We can help clear away the clouds with one-on-one instruction and practice. Small changes can make a big difference when a storm of noise impedes your ability to hear what you *want* to hear.

Audibel’s brilliant new Artificial Intelligence hearing aid, “**Via AI**”, is taking the world by storm. May is Better Hearing Month—what better time to experience Audibel’s **award-winning “Via AI”** instruments? Call us today to schedule a demonstration of this new hearing technology. Get ready to hear bright and clear again!

Solution to “May Day! May Day!”

From pg. 4

- | | |
|---------------------|-----------------------|
| 1. KENTUCKY DERBY | 6. MAYPOLE DANCE |
| 2. MEMORIAL DAY | 7. AMERICAN RED CROSS |
| 3. INDIANAPOLIS 500 | 8. LILY OF THE VALLEY |
| 4. EMERALD | 9. CHARLES LINDBERGH |
| 5. MOTHER’S DAY | 10. CINCO DE MAYO |