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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...

Even though my sister-in-law, Pat, gets frustrated that her own mother and stepdad blare the TV, and need everything repeated—at least twice—Pat lives in denial of how serious her own loss is. "I can get by. My hearing loss isn't *that* bad" she tells us when we suggest she needs hearing aids. We even remind her that she sounds like Mom, to no avail.

We got together recently and here are a couple of conversation examples with Pat:

Me: "I think I misspelled Vickie's name on the card but I didn't bother correcting it."

Pat heard: "I think I dispelled Dickie's game in the yard but I didn't bother collecting it."

Pat asked, "WHAT?"

Pat's husband, John, said: "Let's go to another place to eat. It's really dumpy in here."

Pat heard: "Let's go to mother's place to eat. I'm really jumpy in here."

Pat asked, "Why are you jumpy?"

July boasts picnics and barbecues, outdoor concerts, Fourth of July and maybe a wedding or retirement party—all very good reasons to say, "I'd really like to hear better!" Call us today for an appointment to avoid sparking conversation fireworks.



Claiming Your Independence Day

Should I stay, or should I go?

There is a time in most everyone's life when one has to ask, "Is this the time for me to consider moving into a retirement facility?" It's a hard question and a harder decision, but it's one that needs to be met head-on when the moment confronts you and your family.

Some of you made this decision years ago. For others, it may be a long time before you will consider making a move. But for some, maybe it's much closer than you can comfortably admit. When we live in our homes and neighborhoods for years, we get comfortable with everything being the same. Many people find peace from the familiarity.

Cont. pg 3

We Salute You, Vets, on July 4th!



America celebrates its 243rd Independence Day this July 4th. We cannot celebrate July 4th without thinking of the countless multitudes who serve

and have served our country to keep us free. One organization that generously remembers is **Honor Flight Network**, a volunteer group that gives a three-day, all-expenses-paid trip to Washington, D.C. to War Veterans across the nation.

One World War II veteran, Don Donohue, recently shared his **Honor Flight**

experience of this past May. Highly impressed with the efficiency and generosity of the **Honor Flight** team, Don hopes other veterans will take advantage of this poignant experience. (See related info in Potpourri, page 3.)

Don was born in Cincinnati, Ohio on February 6, 1930. He is one of the few remaining

Cont. pg 2 1

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Now 'Ear This from the Expert

THE INTRICATE SCIENCE OF HEARING

The intricate science of hearing and matching *your* hearing with sound as *you* need to hear it is neither magic nor mystery. It is expertise.

The ear is an extraordinarily complex labyrinth that takes sounds and converts them into words, or melodies or soothing sounds that calms. The ear's anatomy is minutely detailed. How it works is nothing less than a miracle.

Artificial Intelligence (AI) is used to stimulate the delicate damaged ear itself for even *more* effective results. AI research has generated electronic circuits that "learn".

These AI circuits, together with miniscule electronic computer processors in the hearing aids, create the best possible stimulus for each individual's ear. These "intelligent" hearing aids measure the immediate sound environment *thousands of times per second*, screening for background sounds.

Filtering out unwanted noise, the AI circuit amplifies the nerve centers in conjunction with *your* individual hearing loss to produce crystal clear sound. That may be technical for some of you, but I wanted to touch

on technology and explain where we, as your hearing professionals fit in with those technologies to address your individual, unique hearing situation.

As amazing as Artificial Intelligence technology is, it can bring satisfaction only if the hearing aids are programmed specifically for you.

Don't be fooled by hollow promises and miracle cures!

Better hearing requires experienced hearing healthcare professionals to achieve results. Our goal is to help *you* attain *your* best hearing. Our team of professionals is what makes the difference in you being able to hear as well as possible.

If you have purchased hearing aids via mail order or the Internet that don't help you understand conversation, schedule an appointment with us. Bring the hearing aids and someone whose voice you are familiar with. We will evaluate your hearing and the capabilities of the hearing aids to determine how well they can perform for your hearing loss. There is no charge for this evaluation.

SUMMER AT THE MOVIES

Answers on pg. 3

Below are partial titles of movies with "Summer" in the title from the 1950s up to current day. See how many titles you can complete.

1. **A SUMMER _____**
Drama; Sandra Dee, Troy Donahue —1959
2. **THE LONG _____ SUMMER**
Paul Newman, Joanne Woodward —1958
3. **THE _____ SUMMER**
Surfer Movie —1966
4. **SUMMER OF _(YEAR)_____**
Drama, Coming of age story —1971
5. **A MIDSUMMER _____**
Shakespeare Comedy —1935 &1999
6. **SUMMER OF _(NAME)_____**
True Story Crime Thriller —1999
7. **SUMMER _____**
Mark Harmon teacher —1987
8. **SUMMER _____, WINTER DREAMS**
Drama, Joanne Woodward —1973
9. **SUDDENLY _____ SUMMER**
Drama/Mystery, Elizabeth Taylor & Montgomery Clift —1959

We Salute You, Vets, on July 4th!

Cont. From pg. 1



U.S. veterans who served in World War II, the Korean and the Vietnam Wars. Don was one of eighty veterans who participated in last May's **Honor Flight**, each accompanied by a "guardian", whether a family member or volunteer. Don's second son was his "guardian" for the trip. Each of the guardians paid \$750 which covered, in part, their plane fare to D.C., all meals, the hotel room, motorcycle

escorts, and visiting seven historical locations including, among others, the World War II Memorial, the U.S. Navy Museum, the Vietnam War Memorial, and changing of the guard at Arlington Cemetery. **Honor Flight** revealed later that the organization considers the \$750 fee a tax-deductible "donation" towards the total cost of the trip—a mere \$250,000.

Donohue, a retired pilot of the U.S. Air Force, began his military career in 1950. Recognized as "the most dual qualified Maintenance Specialist and Combat-ready pilot in the Air Force", Don trained German pilots in the GAF, was Chief of Maintenance for crews in Japan and around the U.S., and was assigned to a highly classified project with the CIA before retiring in 1973. Don, his wife Joanie of 68 years, and their four boys moved twenty-three

times in his twenty-three years of service—quite the sacrifice!

Don knows efficiency when he sees it. That's why he was so impressed by the precision given to every detail of the **Honor Flight** trip. He was profoundly moved when they were greeted in Baltimore by fire trucks spewing forth a Water Salute, a ceremonial tribute of honor and gratitude. When they returned to San Diego, an estimated crowd of 3000 greeted the veterans with music, bands, signs and more.

But nothing touched him more deeply than the reenactment of a "mail call". When Don's name was called to receive hundreds of letters written by school children, widows, families and others, his heart swelled and his eyes filled with tears, a perfect ending to a perfect gift from strangers who care.

Happy 4th of July to all!

Buddy's Bio—Buddy and the Bougainvillea



Buddy loves flowers. Well, maybe not anymore.

The amount of rain we have experienced this year is quite different than any in recent history. Some say it has ended our drought. Others say it will cause more fires later this summer. One thing is for certain. The flowers have covered

the hills and our yards with beautiful flowers! Everywhere you look is prettier because of the multitude of colors and different shapes of flowers.

This was not lost on Buddy. He loves running through the fields in back of our house. Mariela and Daniel joined Buddy and me for a hike along the trails, all of which were covered with tall growth—almost so overgrown I was wondering whether it was a good idea to continue. There was very little visibility.

I was leading the way. I did spot a snake off to my left about 10 feet in front

of me. My initial reaction was to hold my up my hand for everyone to freeze. Moments later I could tell it was a gardener snake and just chased it away.

Buddy loved the flowers. He was running on and off the path, then up and down the hills. We heard him whining from up in front of us. Not a painful sound but we could tell he was frustrated or lost. When we walked around the corner it was obvious why he was whining! He was stuck in a

bougainvillea bush! His collar was caught on one of the branches.

It was easy to get him out and we had a nice hike with no further events. But I still chuckle over Buddy and the bougainvillea. Quite a sight.



— LOONEY LAW —

If traveling to Capri, Italy this summer, be aware that flip-flop sandals—or any footwear that squeaks, claps, bangs or is otherwise considered to be "noisy footwear"—has been banned by the mayor to protect public security.

— POTPOURRI —

Honor Flight Network is a non-profit organization dedicated to bringing senior veterans to Washington, D.C. to visit the memorials which recognize their service and sacrifices.

Honor Flight is currently seeking veterans for their next excursion. For more information, go to <https://www.honorflight.org/>

Land of the free is more than just an expression. Here are just three freedoms Americans take for granted:

- You have the right to name your new baby anything you want...Apple, Chastity, Blue Ivy, Gravity, Rocket, to name a few. In countries like Germany, Japan, Sweden, Norway, and Iceland, your baby's name must be chosen from a government-approved list.
- In the U.S., we're guaranteed the right to a fair trial—or at least a presentation of our case before 12 vetted jurors and an assumed impartial judge. In countries like South Africa, there is no jury to decide your fate, just a judge.
- The Constitution of the United States guarantees us the freedom to practice our choice of religion as we see fit as long as we're not harming anyone else. The same can't be said for citizens of countless other countries.

— FUN FACTS —

Two of America's greatest national symbols were not "made in America." The Liberty Bell was made in England (twice—the first was damaged with its first stroke) and the Statue of Liberty was crafted in France.

Claiming Your Independence Day



There are signs that start to point in that direction, beginning with small things you notice, same as hearing loss. In the early stages of hearing loss, it's easy to ignore until conversations become so muddled or confusing you finally break down and agree with family and friends: *I have a hearing loss and I need help.*

The same slow process begins with signs that maybe it's time to move out of your bigger home into a retirement facility. Questions come up like: *How long can I physically or financially manage to keep up with all the maintenance on this home?* The garden, lawn and house upkeep take a considerable amount of time, energy and physical stamina. When the chore of simply maintaining everything outweighs the joy, the house just feels too big, and the constant upkeep now simply leaves you tired. Maybe it's time to declare your independence.

I have seen many families go through this process, and often, when the decision is made to make a change, there are many positive outcomes. Seniors discover they are delighted to find time and energy for new friends, hobbies or interests. Many of our patients find a fresh start with interacting in groups. Activities long forgotten become renewed fun. Bridge games, outings to local landmarks and entertainment events become commonplace.

By design, many patients have become more social, no longer isolated at home. There is a *need* to hear the best they can to enjoy their new friends and lifestyle.

Whether you choose to stay at home or move on to a senior living facility, there are "hearable" devices today that allow you to maintain a high level of independence.

Let July mark your personal Independence Day! Ask us about the exciting and life-supporting technologies of today's hearing aids at your next visit.

Answers to Summer at the Movies

From pg. 4

1. A Summer Place
2. The Long Hot Summer
3. The Endless Summer
4. Summer of '42
5. A Midsummer Night's Dream
6. Summer of Sam
7. Summer School
8. Summer Wishes, Winter Dreams
9. Suddenly Last Summer