

# HEALTH SERVICES PROTECTION PLAN

April 2019



Congratulations on taking the step to better hearing. Good communication affects everything. The National Council on Aging reports that hearing loss negatively impacts quality of life, personal relationships, communication ability, and it can cause depression. Although no hearing aid can restore your hearing to 100% normal, they have evolved over the years and are quite amazing tiny devices. The following tips will help you get the most out of your new hearing aids.

**1. Wear your hearing aids!** Hearing aids cannot help you if they are in your sock drawer. You need to wear them consistently. Hearing aids are made to be worn 12-16 hours a day. Getting used to your new hearing is a process. If your brain is getting an inconsistent signal because you are not wearing the aids on a regular basis, the process of getting used to your hearing aids will be longer and more difficult. It is also important to wear them in all listening situations. Even if you are home alone, and there is no one to talk to, wear your hearing aids! You cannot expect to do well in a challenging noisy situation if your brain is not used to hearing in an easy quiet situation. The exception to this is that you do not want to wear your hearing aids around dangerous noise levels (lawnmower, leaf blower, or snow blower). You cannot reverse hearing loss, but you can prevent further damage from noise exposure. When you are using power equipment, take your hearing aids out and use hearing protection.

**2. Things will sound different when you are wearing your hearing aids.** This is completely normal, especially in the beginning! Remember that those sounds have always been there, you just haven't heard them the way you are now. The brain needs time to make sense of what you are hearing. You actually need to retrain your brain to hear with your hearing aids. One of the first things you will notice when you are wearing your hearing aids is that your own voice will sound different. It may sound a bit hollow or louder than what you remember. If you are wearing your hearing aids consistently, your own voice will be one of the first things you adapt to.

**3. Don't expect to hear everything.** Even people with normal hearing need things repeated or may misinterpret what is said from time to time. Hearing aids cannot give you better hearing than people with normal hearing, so have reasonable expectations. It is helpful if you share information about your hearing loss with family and friends. Sometimes loved ones assume that once you have hearing aids you should hear perfectly... even when you are in the basement and they are talking to you from the third floor!

**4. Hearing aids need maintenance.** Just like a car, hearing aids need check-ups to be sure they are in good working order and to maintain the best quality of sound. Hearing aids should be checked and cleaned every 3-4 months for best performance. An audiological re-evaluation should be done every year to be sure your hearing has not changed. If it has, the hearing aids may need to be adjusted or fine tuned to compensate for the change in your hearing.

<https://www.allamericanhearing.com/retrain-your-brain/>  
(Last accessed 3/7/2019)

## Consultant of the Month Petur Gudmundsson



Petur services the Miracle-Ear in Everett, WA. He was drawn to the hearing industry from a personal experience of a loved one that struggled with a hearing loss. "My mother suffered from a hearing loss for a long time before she got hearing aids. She was always a very gregarious person. By the time my sisters finally got her fitted with hearing aids, she had been (mis) diagnosed with Alzheimer's. With hearing aids, she quickly joined the conversation again and doctors even took her off the Alzheimer's medication. I couldn't believe the change in her at the time. I'm now a true believer in the power of hearing well."

## PCC of the Month Cynthia Mulvihill



Cynthia is the Patient Care Coordinator for Miracle-Ear in Everett, WA. She has been part of the Miracle-Ear team since August of 2016. "I love assisting people with their hearing needs and brightening their day. Coming to work is always exciting, every day is different and I look forward to seeing our patients. It is not just a job, it's an adventure." Originally from Los Angeles with roots from Filipina, Washington has been her home for the last 11 years. Cynthia is fluent in Tagalog and Spanish. She has been married for 25 years and has been blessed with 2 amazing children.

# Beet Salad with Lemon Dressing

Prep Time: 10 mins    Cook Time: 1 hour 20 mins

Total Time: 1 hour 30 mins    Makes 6 Servings

## Ingredients:

- 3 medium fresh beets (1 pound)
- 1 cup finely chopped English cucumber
- 6 green onions, thinly sliced
- 1/2 cup shredded carrot
- 1/2 cup chopped sweet yellow or red pepper
- 1/4 cup finely chopped red onion
- 1/4 cup finely chopped radish
- 3/4 cup minced fresh parsley

## Dressing:

- 3 tablespoons olive oil
- 2 teaspoons grated lemon zest
- 3 tablespoons lemon juice
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



## Directions:

1. Preheat Oven to 400 degrees. Scrub beets and trim tops. Wrap beets in foil; place on a baking sheet. Bake until tender, 1-1/4 to 1-1/2 hours. Cool slightly. Peel beets and cut into cubes.
2. Place remaining vegetables and parsley in a large bowl. Whisk together dressing ingredients: toss with cucumber mixture. Gently stir in beets.

<https://www.tasteofhome.com/recipes/beet-salad-with-lemon-dressing/>  
(Last accessed 3/6/2019)

## Protection Plan Testimonial

"I felt isolated and alone when I lost my hearing aids. Thank goodness the staff at my Miracle-Ear office convinced me that purchasing the Protection Plan was a worthwhile endeavor. I received a new pair at no cost, an unbelievable deal. Petur and Cynthia provide superior customer support. "

Robert Brown - Everett

## Riddle of the Month

I can fly, but have no wings. I can cry, but I have no eyes. Wherever I go, darkness follows me. What am I?

Answer: \_\_\_\_\_

STAY TUNED! Answer will be in our May's Newsletter

Answer to March's Riddle: The Match

