

HEALTH SERVICES PROTECTION PLAN

May 2019

It's Important to Prepare for What You Can Expect from Your New Hearing Aids and The Period of Adjustment.

You've made the decision to treat your hearing loss, you have seen a hearing professional, and you are now the owner of brand new hearing aids customized and programmed just for you. Congratulations! Now, you need to prepare for what to expect from your new hearing aids and the period of adjustment.

Some people are able to adapt to their hearing aids right away, but most people should expect a natural adjustment period of up to four months to get used to their hearing aids. While it's exciting to be able to hear sounds again that you might not have heard for some time, it can also be jarring for your brain to sort through all the new sounds and re-learn which ones to prioritize and which ones to move to the background. It can also take time to get used to the sound of your own voice, which may seem different or louder when amplified by hearing aids.

A common strategy during the hearing aid adjustment period is to start by wearing the hearing aids for just an hour at a time. You can try this for several times a day in different listening situations.

Be sure to take regular breaks to give yourself processing time. In the early days of wearing your hearing aids outside your home, begin by going to quieter public places, like a bank or library, and wait to join noisier, more crowded environments until you feel more comfortable.

The most important thing to keep in mind while adjusting to your hearing aids is that your expectations should be realistic. Remember that hearing aids amplify sound, but cannot restore lost hearing to normal, and do not provide perfect hearing in all situations. Do not forget that in noisy environments, like restaurants or parties, even those without hearing loss cannot always hear everything that is said. You may still need to learn and use additional listening and conversation strategies in order to be able to communicate effectively. However, what you can and should expect from your hearing aids is a demonstrable improvement in understanding speech and sounds in listening situations that are important to you. If you are not experiencing this after a reasonable adjustment period, talk to your hearing care professional.

<https://www.miracle-ear.com/blog/what-to-expect-from-your-hearing-aids-the-adjustment-period> (Last Accessed 4/17/2019)

Consultant of the Month Haillee Fuqua



Haillee is our hearing Instrument Specialist for the Roseburg, Oregon location. She was working as the PCC, when the opportunity arose to become a Hearing Instrument Specialist. She acted without hesitation. Haillee fell in love with the patients and the ability to provide a better quality of life. "I love being able to help my patients keep their independence, confidence, and communication between friends and family. My life has been enriched immensely through the relationships that have been built with my patients. Some of my patients have written books, created inventions and changed history." When Haillee is not at the office, she is busy spending time with her husband and two beautiful daughters. They enjoy baking, hiking, fishing, camping and hula hooping. "If there is one thing my patients have taught me... We only get one life and it is for living. Make the most of each day because you can never get yesterday back."

PCC of the Month Anjuli O'Neill



Anjuli is our Patient Care Coordinator for our Roseburg, Oregon location. She was naturally drawn to the hearing industry due to having her daughter become extremely ill at a young age. That experience spearheaded the change in career for Anjuli, which led her to caregiving for those in need. The last two years leading up to Miracle-Ear, her scope was in memory care. She worked with over 60 residents on a daily basis and witnessed first hand the struggles, effects, and repercussions of hearing loss. These repercussions did not only affect the patient, but the family members as well. "I loved providing the best quality of life, building relationships, and sharing in their memories. The transition to Miracle-Ear was a very natural progression for me. The opportunity of nurturing relationships, getting to know our patients on a personal level and providing them with genuine care by increasing their quality of life — this opportunity is priceless!"

Lemon Bars

Prep Time: 20 mins Cook Time: 20-40 mins Chill and Cool Time: 3 hours

Ingredients:

- 2/3 cup butter, softened
- 1/2 cup packed brown sugar
- 2 1/2 cups all purpose flour, divided
- 4 teaspoons finely shredded lemon peel, divided
- 6 eggs
- 2 1/4 cups granulated sugar
- 1/2 cup lemon juice
- 3/4 teaspoon baking powder
- 1/8 teaspoon ground nutmeg
- 1 teaspoon finely shredded lime peel
- 2 tablespoons sifted powdered sugar

Directions:

1. Preheat oven to 350 degrees F. Line a 13x9x2 inch baking pan with parchment paper; set aside.
2. For the crust, in a large mixing bowl beat butter on medium to high for 30 seconds. Add brown sugar; beat until combined. Beat in 2 cups of the flour until crumbly. Stir in 2 teaspoons of the lemon peel. Evenly press on bottom of prepared pan. Bake for 20 minutes.



3. Meanwhile, for the filling, in medium bowl combine eggs, granulated sugar, remaining 1/2 cup flour, lemon juice, baking powder, and nutmeg. Beat on medium for 2 minutes. Stir in remaining lemon peel and the lime peel. Pour over hot crust. Bake 20 minutes more or until edges are browned and center appears set. Remove to rack; cool 1 hour. Refrigerate, covered, 2 hours.
4. To Serve, sprinkle evenly with powdered sugar. Lift from pan using parchment paper; cut into bars. Store, covered, in refrigerator up to 3 days.

<https://www.bhg.com/recipe/bars/lemon-lime-bars/> (Lasted Accessed 4/17/2019)

Protection Plan Testimonial

When I lost my hearing aid I felt so much anxiety. Much of my life depends on being able to hear well. I am thankful that it was replaced at no cost. The Protection Plan saved me a lot of money. The local people I have been working with on my hearing aids are friendly, capable, qualified and always above reproach."

Norman Miller— Roseburg

Riddle of the Month

What do you get when you put a radio in the fridge?

Answer: _____

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

Answer to April's Riddle: A Cloud

