

# 2016 Resolutions



Snowbird Solutions  
 & Recipe

P1



Small Changes &  
 Winter Care

P2



# Sound Bytes

INFORMATION FOR YOUR EARS

## Walnut-Cranberry Turkey Salad

Courtesy of [www.delish.com](http://www.delish.com)

### Ingredients:

- 1 c. Chopped Walnuts
- ¾ c. Low-Fat Plain Greek Yogurt
- ¼ c. Low-Fat Mayonnaise
- ¼ c. Flat-Leaf Parsley
- ¼ c. Snipped Chives
- 1 tbsp. Chopped Tarragon
- Salt
- Freshly Ground Pepper
- 1¼ lb. Roast Turkey
- ¾ c. Dried Cranberries
- 8 oz. Mixed Greens
- 2 tbsp. Extra-Virgin Olive Oil
- 1 tbsp. Freshly Squeezed Lemon Juice



**Directions:** In a large bowl, whisk the yogurt with the mayonnaise, parsley, chives, and tarragon and season with salt and pepper. Fold in the turkey, cranberries, and walnuts.

In another bowl, toss the mixed greens with the oil and lemon juice; season with salt and pepper. Mound the salad on a platter and top with the turkey salad. Serve right away.

## Snowbird Solutions



Many of our patients escape the cold winters for warmer destinations. Call our office at 262-549-5150, if you find yourself needing supplies, repairs, or adjustments while you are away. We will locate a local audiologist, in a medical setting, who is familiar with your device and forward your documents once a medical release of information is signed.



### Training for Your Ears

Even with hearing aids, our brain must get used to interpreting speech through a damaged hearing system. There are computer programs that can help train our ears to hear better in difficult situations. Angel Sound is one program that the Professional Hearing Services audiologists have tried. The exercises display four words on the computer screen and present sentences of degraded speech. You must then choose which of the words was spoken within the sentence. Each time you are right, the scenario gets more difficult. These are CHALLENGING assignments, but you may find that your brain interprets speech better in the real world because you are training it with exercises. Download for PCs can be found at: [angelsound.tigerspeech.com](http://angelsound.tigerspeech.com). There is also an i-Angel app available in the Apple Store.



Blindness separates people from things; deafness separates people from people.

— Helen Keller —



### Can the Cold Temperatures Affect Your Hearing Aids?

Now that the weather has turned colder, it is important to remember that the transition from being outside in the cold weather to coming inside can cause condensation in your hearing aids. Moisture from condensation or perspiration can cause hearing aids to become intermittent, stop working completely, or cause static in the hearing aids. While summer months are known for moisture, it is important to keep hearing aids dry in the winter too. If you notice problems with your hearing aids, a hearing aid saver or dryer is recommended to store the hearing aids in at night in order to keep them dry and to help remove moisture.

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If you are living with hearing loss, conversations with others can be challenging. Small lifestyle changes can be helpful for better communication:

**Ask for a heads up-** Have your loved one say your name and get your attention before they start talking.

**SMALL  
CHANGES  
CAN MAKE  
A BIG  
DIFFERENCE**

**Face others when they are speaking-** Make sure you can see a person's face and lips when they talk. Their expressions and body language will put what they are saying in context.

**Turn off the noise-** When you want to have a conversation, switch off other sounds that can drown it out, like a TV or radio, or move away from them. When you are dining out, ask for a table away from the kitchen or large parties. If your hearing aid has directional microphones, sit with the majority of the noise behind you.

**Know your limits-** If you are sick or tired, your hearing or how well you understand others may be worse than usual. Hearing aids do not restore hearing to normal. You will still have trouble hearing in noise when compared to listening in quiet. Having appropriate expectations can limit frustration and increase active listening by you.

**Tell others what you need-** You can ask them to look at you when they speak, and not eat, chew gum or smoke at the same time so you can see their mouth. Individuals often are unsure what they can do to help when communicating with someone with hearing loss; direct instructions will be helpful.