



Good hearing and communication are important at all stages of life!

Hearing loss (and related ear diseases) can be addressed when it is identified in a timely manner and appropriate care sought.

People at risk of hearing loss should check their hearing regularly.

People having hearing loss (or related ear diseases) should seek care from a health care provider.

Please call to schedule your curbside or in-office appointment.

(703) 820-3800

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SPECIAL POINTS OF INTEREST

- Curbside or in-office appointments are available
- Asking people to repeat themselves isn't just frustrating for you—it's equally frustrating for the people you ask
- Captioning apps can put speech into text, especially useful when masks are worn



LESNER HEARING CENTER

Newsletter Spring 2021

OUR OFFICE IS OPEN

We are **open** for both in-office and curbside visits. All visits are **by appointment only**. Walk-in hour has been suspended until further notice.

All patients and staff are required to pass screening questions, wear a facemask, use hand sanitizer and have temperatures at or below 98.6 degrees Fahrenheit to enter the office.

COVID-19 AND HEARING LOSS

Masks are making it very difficult to communicate! We know that this is a very difficult time for everyone and even more difficult for people who rely on visual cues to understand speech.



Masks that sit around the back of the head (not the ears), anti-fog lens wipes for glasses, masks with clear-view windows, and speech-to-text applications can help. **Mask clips are now available at Lesner Hearing Center for only \$3 each.** See the Communication Strategies section inside this issue for more information on speech-to-text applications.

How to communicate effectively when wearing a mask:



- Speak slowly and in a strong, clear voice.
- Do not shout or yell.
- Make sure hearing aid users have them on.
- Rephrase remarks when not understood.
- Keep background noise in the room to a minimum.
- Take turns when speaking.
- Face each other (at a safe distance).

When removing your mask, **check to make sure hearing aids are still in place** after removing a mask as they may come off with mask removal.

Concerned about losing your hearing aids? Ask us to check your insurance coverage for loss. If your hearing aids are not covered, you can often insure them. Please call for details.

NOT YOUR PARENTS' HEARING AIDS

You may remember your parents or grandparents owning hearing aids with a body-worn battery pack or ones that seemed to constantly squeal. If you are among the many people with those memories, please forget what you know about hearing aids. Modern hearing aids are small, discreet, highly capable mini-computers that are worn in or on the ear. Even hearing aids from seven or eight years ago work significantly differently from today's hearing aids (although some may still look similar on the outside).



Signal clarity is improved. The parts are more comfortable. Rechargeable hearing aid batteries are more reliable. It's common to have Bluetooth connectivity to multiple devices (e.g., iPhones, iPads, Android cellphones, non-smart phones with Bluetooth, tablets, laptops, smart TVs, etc.).

Hearing aids now have the option to be used as tech devices in addition to their core function of improving hearing. You can directly stream your music or phone calls. Stigmas are being broken. Hearing aids are not just "for old people." They are for anyone with hearing loss who wants to be a part of the world around them, connect to their communication partners, and stay active.

Hearing loss is an Age-Old problem, NOT just an Old-Age problem...

NEW!

EMAIL ADDRESS

We have updated our primary email address

Old:
lesnerhearing@yahoo.com

New:
info@lesnerhearingcenter.com

You can email us for:

- General information
- Scheduling Appointments if hearing over the phone is too difficult
- Questions

JOIN DR. BERNSTEIN ON ZOOM!

Our own Dr. Amy Bernstein will be giving a talk about Bluetooth technology and how it relates to hearing loss at the April meeting of the Hearing Loss Association of America (HLAA) District of Columbia Chapter 2 pm—4 pm on Sunday, April 11, 2021!

The meeting will be held on Zoom and is free for all to join. Real time captions will be provided for this program.

Please email Russell Misheloff at hladcchapter@gmail.com to let him know you are interested in joining and want to receive information on how to access this program on Zoom.

You can also read Dr. Bernstein's article on Bluetooth technology titled "One Fish, Two Fish, Red Tooth, [Bluetooth](#)" in the November/December 2020 issue of *Hearing Life* magazine. If you would like a digital copy of the article, please email Dr. Bernstein at amy@lesnerhearingcenter.com.

You can read more by Dr. Bernstein in the September/October 2020 issue of *Hearing Life* magazine. She wrote about the history of hearing aids from their start to current, modern hearing aids in her article titled "From Cow to Now: A Brief History of Hearing Aids." The full September/October 2020 issue is available online for free at:

www.hearingloss.org

Hover over "NEWS & MEDIA" then select "Issues." Locate the 2020 Sept/Oct issue and select "VIEW ISSUE." On the next page, select "VIEW DIGITAL VERSION" to open the magazine. Dr. Bernstein's article can be found on page 20.

\$200 OFF

A PAIR OF PREMIUM-LEVEL HEARING AIDS

Expires May 31, 2021

TESTIMONIALS

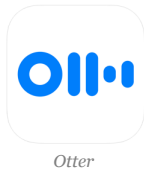
"I have been going to Lesner Hearing Center for a number of years and have always been happy with the quality of their service and professionalism. I have just been fitted with new Widex hearing aides by Dr. Amy Bernstein. I told her it is a miracle! I now have a Bluetooth connection to my hearing aides and can hear my cell phone callers directly through my hearing aides. Also, I love to listen to books and now can listen to them directly through my hearing aides. Better than Air Pods! **Even with the pandemic PPE attire, Dr. Bernstein comes through with warmth, thoroughness and technical expertise.** I would highly recommend Lesner Hearing Center."

A.S. 08/2020

"Dr. Bernstein, Thank you again for the very thorough hearing exam and your advice regarding the hearing aids. I am certain it will improve the quality of my life. Your professionalism and competence were far and above what I was expecting. I am so appreciative."

R.P. 08/2020

COMMUNICATION STRATEGIES



Otter

Smartphone applications, or apps, that convert speech to text in real time can be very helpful to understand people who are wearing facemasks. *Otter* is recommended for people with iPhones or Android phones and *Live Transcribe* is recommended for people with Android phones. The apps use the cell phone's microphone (located near the bottom of the phone) to listen to speech. When using the app, the phone's microphone should face the person who is talking.



Live Transcribe

For speech-to-text on a desktop computer, www.webcaptioner.com is an excellent resource.

For all three applications, the text is computer-generated, meaning that no human listens to the speech. Rather, they use a computer to analyze the speech and convert it to text. Unfortunately, none of them are perfect, but they can still be useful to fill in the gaps.



WebCaptioner.com

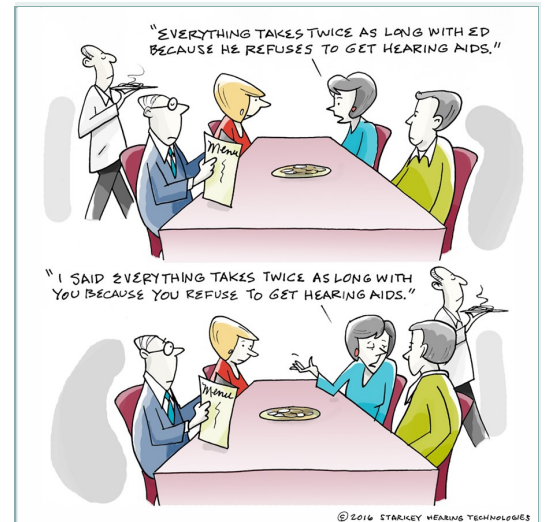
Dr. Leslie J. Lesner
Doctor of Audiology



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Does this cartoon give you déjà vu? Asking people to repeat themselves isn't just frustrating for you—it's equally frustrating for the people you ask. Treating your hearing loss can put an end to that frustration. See for yourself!

Call Lesner Hearing Center to schedule a free hearing test.

(703) 820-3800