



LESNER HEARING CENTER

Newsletter Summer 2019

INTRODUCING DR. AMY BERNSTEIN

Lesner Hearing Center is pleased to announce that Dr. Amy Bernstein joined our practice the first week of May. Dr. Bernstein is a native of Atlanta, Georgia. She moved to Maryland to obtain her Bachelor's Degree in Hearing and Speech Sciences from the University of Maryland. She then obtained her Doctorate of Audiology from the University of Memphis in Tennessee.



She returned to this area for her externship and then worked at a private practice in Maryland for two years before joining our practice. Dr. Bernstein has experience fitting and verifying hearing aids from all the major manufacturers including the extended-wear aid, Lyric. Her style of counseling and fitting hearing aids accounts for the individual's hearing loss, environment, lifestyle and personal preferences.

She takes pride in ensuring her patients' satisfaction through individualized, patient-centered care.

She brings her energetic, friendly personality and her big smile to our clinic. Dr. Amy Bernstein looks forward to meeting and working with the clients of Lesner Hearing Center!

MAY IS BETTER HEARING MONTH

Hearing loss takes
some of the joy out
of life...

CELEBRATE THE **SOUNDS** OF YOUR LIFE



Call Lesner Hearing
Center to schedule
a free hearing test.

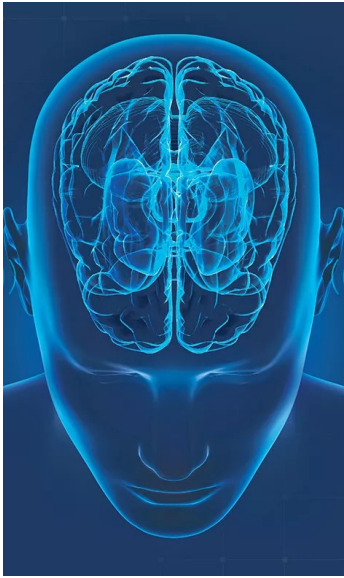
*Get back all the joy
in life!*

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SPECIAL POINTS OF INTEREST

- Your brain makes sense of what your ears are hearing
- New hearing aids are both rechargeable and compatible with most Bluetooth cellphones



WHERE DOES HEARING HAPPEN?

Most people think that hearing happens in their ears. But that's not the case. Hearing happens between your ears, in the hearing part of your brain (the auditory cortex). That's where sound becomes meaningful information.

When you listen to a conversation, your ears and your brain work together as a system, and it's your brain that does the heavy lifting. With normal hearing, four tasks—**orient**, **recognize**, **focus**, and **separate**—are at work inside your brain.

1. Your brain uses the information from your two ears to **orient** you by determining the direction from which sound is coming.
2. In your brain, sound waves become sounds that you **recognize**.
3. While you're listening, your brain helps you **focus** in on a conversation, and
4. Your brain helps you **separate** speech from unwanted noise.

When your hearing is not perfect, these tasks are made more difficult. Properly fit hearing aids help support this delicate array of tasks needed for effortless communication.

Why Does it Matter?

Even when your ears are receiving all of the necessary information through properly fit hearing aids, your brain may still have difficulty understanding speech. This is especially true when you are in a difficult listening environment, such as background noise.

Wearing hearing aids is a process. Your ears must adjust to the physical fit of the hearing aids and your brain must learn how to process sounds that you were missing. Even when your hearing aid is reprogrammed or you purchase a new pair of hearing aids, your brain must adjust and change once again. This ability for your brain to change is called neuroplasticity or brain plasticity. Neuroplasticity can occur at any age and is essential in the process of wearing hearing aids.

HANDS-FREE BLUETOOTH HEARING AIDS

You asked for it and the manufacturers listened! There are several hearing aid brands that offer the ability to stream phone calls and music to both ears when using a mobile phone or tablet. These hearing aids are offered in custom and behind-the-ear styles as well as with rechargeable and non-rechargeable batteries. Currently, only the behind-the-ear style has a rechargeable option. If your hearing test indicates that you are a hearing aid candidate for one or both ears, we will discuss with you which brands, styles, and features fit your needs best.

\$200 OFF

A PAIR OF PREMIUM LEVEL HEARING AIDS

OR

FREE ACCESSORY WITH THE PURCHASE OF A PAIR OF PHONAK HEARING AIDS!

Expires August 31, 2019

TESTIMONIALS

"I've received audiology services from Leslie Lesner for about 25 years. She is an outstanding professional. My Federal career included managing disability and rehabilitation policy, services and research. Over my career I worked with many projects, issues and professionals related to hearing loss. I've also served as an advocate for Deaf and H-O-H people. I've been very pleased that I can always count on Leslie to be informed and skilled with the newest technology and advances. I strongly recommend her services." R.M. 2019

"I have had hearing devices since a child; I've had experience with many audiologists. This clinic is hands down, the best clinic I've been to. Quality care, Quality products, and works well to ensure a proper fit and price range. Highly recommend." J.V. 2018

Best Wishes Dr. Jolley!



We are very happy for Dr. Meghan Jolley because she is now a full-time mom! Since Dr. Jolley joined our practice in 2017, she provided our patients with excellent care, combining her clinical skills with warmth and kindness that our patients enjoyed. We're sad that Dr. Jolley has left our practice, but we wish her all the best in her bright future!



COMMUNICATION STRATEGIES

At Lesner Hearing Center, we love the Ten Commandments...of Effective Communication! Teaching you and your significant others how to effectively communicate while using hearing aids is important to us. We often refer to a list of communication strategies, called the *Ten Commandments of Speaking with a Person with Hearing Loss or Hearing Aids*. Examples include: **remove visual obstructions while speaking, such as your hand in front of your mouth** and **rephrase or choose another word if the listener didn't get it the second time**.

If you don't understand what a person said, don't fake it. We want you to have appropriate responses and understand all of the important information that others are telling you. If you only ask, "what?" in response to a sentence that you misheard or misunderstood, people tend to repeat their sentence in the exact same manner, and you may miss the exact same information. We recommended repeating back anything that you understood and asking for the speaker to fill in the missing information.

Stop by our office to pick up your copy of the Ten Commandments of Effective Communication to share with all of your communication partners today!

Dr. Leslie J. Lesner
Doctor of Audiology



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5232 Dawes Avenue
Alexandria, VA 22311
(703) 820-3800
LesnerHearingCenter.com

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Doctor of Audiology

