

Listen Up!

Winter 2012

IMPROVING COMMUNICATION THROUGH BETTER HEARING HEALTHCARE

HEARING AND BALANCE CENTERS OF WEST TENNESSEE

6242 Poplar Avenue, Memphis, TN 38119 • (901) 842-4327

THE JACKSON HEARING CENTER

172-D University Parkway, Jackson, TN 38305 • (731) 660-5511

**Respected by doctors,
trusted by patients!**

www.hearingmemphis.com

Our Hours

MEMPHIS

Mon-Fri: 8 am-5 pm
Walk-In Clinic: Daily,
11 am-12 pm
Closed: Noon-1 pm

JACKSON

Mon-Fri: 8 am-4:30 pm
Walk-In Clinic:
Tue & Wed,
11 am-11:45 am
Closed: Noon-1 pm

WALK-IN CLINIC

**In addition to our
Memphis office,
the Jackson office
now offers walk-in
services on Tuesday
and Wednesday from
11:00 to 11:45 am.**

*We welcome you to
the WALK-IN CLINIC
for cleaning and minor
repairs. If your hearing
aid is in need of an
adjustment or program-
ming, please call our
office to schedule an
appointment.*

*When you call to
schedule an appoint-
ment, please be
assured you will be
scheduled for the first
available appointment.
While we do everything
we can to schedule you
in a timely manner, it is
rarely feasible for us to
see you the same day.
We want to make sure
we have the appropriate
amount of time to spend
with you!*

GETTING THE MOST OUT OF YOUR EVERY DAY HEARING

In the last issue of *ListenUp*, we described how easy it was to go wireless. We were overwhelmed by the interest in the wireless technology; however, we also know that many of you were disappointed to hear that the FM Dex that was featured also required another accessory. We wanted to make it clear that this was not the only device that is Bluetooth® compatible.

The TV-Dex streams the television directly into your hearing aids, allowing others to keep the volume comfortable for them.

The M-Dex streams the telephone signal directly into your hearing aids. This allows you to have a conversation hands-free and hear more clearly by receiving the telephone signal in both ears.

The RC-Dex allows you to have multiple programs for your hearing aids to maximize your hearing in different listening situations. Furthermore, you can control the overall volume of your hearing aids.

In addition, there are other assistive listening devices that may make it easier for you to hear for the holidays that are not Bluetooth. These devices include:

- Infra-red or FM system for television
- Amplified telephones
- Alarm Clocks that amplify and vibrate
- Amplified Timers for cooking



HOLIDAY HOURS!

Our offices will be closed Monday, December 24th, Tuesday, December 25th, and Wednesday, December 26th in observance of the Christmas holidays. Holiday hours for Thursday, December 27th, Friday, December 28th, and Monday, December 31st will be 8:00 a.m. - 12:00 p.m. We will be closed January 1st, 2013.



Tips for Better Holiday Hearing

After every holiday, our office sees a number of patients who come in saying, “I felt left out of the conversation” and “I could not participate in the fun.” As we get closer to the holidays we know that you’ll want to hear every word, every sound, and participate in all of the festivities.

We encourage you to make an appointment before the holidays, so we can ensure that your hearing aids are performing at their highest level. In addition to a hearing aid check, we also offer these Holiday Hearing Tips to help you get the most out of your experiences.

Don’t Be Shy. Remind your friends and family that you have a hearing difficulty. They’ll be reminded to slow down, speak up, and be more attentive to your needs.

Strategic Seating. If gathering for a meal, ask to be seated at an end of the table so you won’t have multiple conversations on either side of you.

Pack Your Accessories. Be sure to pack a better hearing travel kit that includes extra batteries, cleaning supplies, dryer, and, if possible, an extra set of hearing aids.

Smaller Groups. Is your party dining at multiple tables? If possible, request to sit with a smaller group to make it easier to focus on conversations.

Turn Down the Volume. Is there music playing or a television on during your meal? Ask your host to turn down the volume so you can enjoy everyone’s company better.

New hearing aids can help! Stop in and try some of the new technology before your next holiday!

Relevant items of interest

How we eat influences how we hear Our diet affects so many different systems in the body including our hearing. Amino acids in proteins, fat intake, carbohydrates, and cholesterol have shown to affect auditory function. Studies have found that the number of calories consumed can influence vulnerability to age-related hearing loss. For example, studies have found that higher sugar and carbohydrate intake were associated with increased hearing loss while dietary fiber was associated with reduced risk of hearing loss. Multi-vitamins and minerals have a positive effect. There is evidence that vitamin C combined with other antioxidants protects human hearing. Studies in the late 1970s

demonstrated that vitamin D deficiency negatively influenced auditory function. We want our patients to stay healthy and that’s why we urge them to keep their hearing aids performing at the highest level. We are happy to help in the hearing part of our patients’ healthy living.

Use FSA dollars for hearing aids Hearing aids are an eligible FSA (Flexible Spending Account) purchase. Now is the time to use those FSA dollars, especially if you need new hearing aids this year. One thing to keep in mind: If you don’t use the funds by the end of the year, you cannot roll them over into next year. Call us to learn more.

Office Staff News This winter...

Dr. Kay Tackett enjoyed spending time with her family in Stuttgart, Arkansas over the Thanksgiving holidays. She attended the 77th Annual Wings Over the Prairie Festival celebrated the weekend after Thanksgiving, which included the World Championship Duck Calling Contest, Duck Gumbo Contest, and Sportsman’s Party. She is also looking forward to having her family at her home in Oakland for the Christmas holidays. **Elizabeth Hopkins** and her husband Mike spent most of this fall working on his recuperation from knee surgery. They are looking forward to spending time with family for the holidays and getting back to the lake fishing. They will spend Christmas in Atlanta visiting her brother’s family once again this year. **Dr. Courtney House** (formerly Dr. Pitner) will be spending the holidays with family this year. She is looking forward to celebrating Christmas with her new husband Charlie and their boxer, Sebastian. **Lori Frederick** and her husband Rob are pleased to announce that they are expecting their third child in May. Lori, Rob and their children, Jackson and Maci are extra excited to celebrate Christmas this year because they are anticipating the news on Christmas day “is the baby a boy or girl”. Lori plans to have the doctor write down the gender without telling her, a week before Christmas and place it in a box. The children will open the box on Christmas morning. **Penny Odom** and her husband, Buff, enjoyed a wonderful week in Gatlinburg in November. Penny is also anxiously awaiting the birth of her second grandchild who will make his appearance around Thanksgiving. **Shawn Eley** and his wife Stephanie are happy to be welcoming a new baby in the spring. Shawn is still enjoying tennis league and kickboxing. He is looking forward to spending time with family for the holidays. **Norma Roberts** enjoyed a visit to Conway, Arkansas with her daughter, Tasha, and grandson, Cole in November. Her grandson played football this year for the first time and played the position of center. His team won their league and went to the playoffs, however the outcome was not so good and there’s always next year. **Brenda Stover** and her husband flew to Seattle for Thanksgiving to visit their two daughters and two grandchildren. They had a grand time with family and so enjoyed the beauty of Seattle! They have so much to be grateful for and are now inspired to get ready for a “family” Christmas.

Keep those recipes coming! • Amaretto Bread Pudding

This recipe is from The Wild Plum Tea Room in Gatlinburg, Tennessee. Submitted by Ruth Johnson.

Pudding

1 loaf stale French bread
1 quart light cream
3 large eggs
1 ½ cups sugar
2 Tbsp. almond extract
¾ cup golden raisins
¾ cup sliced blanched almonds
Whipped cream and nutmeg

Amaretto Sauce

8 Tbsp. butter • 1 c. powdered sugar • 1 large egg, beaten • 4 Tbsp. amaretto. Melt butter in a small saucepan and stir in the sugar until it is dissolved and very hot. Remove the mixture from the heat and stir in the egg. Cool to room temperature and add the amaretto.



Cut the bread into one inch cubes and place in a large mixing bowl. Pour the cream over the bread cubes and let stand for one hour. In another bowl, beat the eggs, sugar and almond extract, and then stir into the bread mixture. Fold in the almonds and raisins. Pour into a greased 13 x 9 inch pan and bake in a preheated oven at 325 degrees for 50 minutes. To serve, top the bread pudding with amaretto sauce and garnish with whipped cream and nutmeg.

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CENTERS OF WEST TENNESSEE

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L to R: Elizabeth Hopkins, B.S.; Lori S. Frederick, M.A.;
Katherine Tackett, Au.D.; Courtney House, Au.D.

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Holiday FOOD DRIVE!



Donate 2 Cans of Food

Get One Card of Batteries, Free! Limit 2 cards per person. Come by either office to participate.

EXPIRES DECEMBER 31ST, 2012

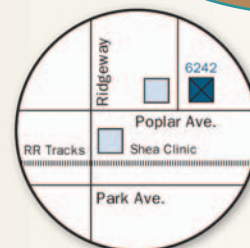
THROUGHOUT DECEMBER!



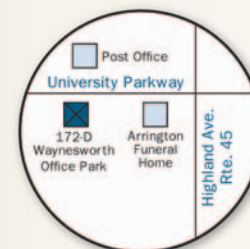
Battery Sale
All batteries
HALF PRICE!
Throughout
December!



We are holding our annual food drive to support Mid-South Food Bank and to help those in need for the holiday. We will take donations at our offices throughout December.



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