

Flatirons

AUDIO SCOOP

Winter 2014

THE GIFT OF HEARING

Holiday giving seems to get harder every year. Does Dad really need another new shirt? Will Mom even wear that sweater you saw at the mall? Why not give a gift that will be enjoyed every day of the year? Wireless hearing aid accessories make wonderful gifts for any occasion and they are sure to be used and appreciated.

We carry a variety of wireless accessories at Flatiron's Audiology Inc. that can improve everyday life for you, or for the people you love. Dr. Julie will help you choose the right accessory for your specific hearing aids and listening needs. Give us a call, (303) 664-9111, or make an appointment and let us know how we can your hearing!



DR. JULIE & PEGGY'S MISSION TRIP TO BELIZE – AN EXPERIENCE OF A LIFETIME!

What made you choose Belize City as the location for your mission trip?

We chose to go on the Belize Mission Project on the recommendation and invitation of local friends and colleagues at Hearing Solutions in Louisville, CO. This year the Belize Mission Project went for two sessions and had 2 physicians, several dentists, hygienists, dental assistants providing dental care, and fluoride treatments to more than 4000 children each week. Of the four on our audiology team alone, were able to test 131 people, fit 85 hearing aids and clean wax out of a large number of individuals during the second week!



Peggy Jensen, our Patient Care Coordinator, spent a lot of time counseling people on the care and use of their new hearing aids. This man looks pretty good for being 90 years old.

What was the most important thing you learned from your mission trip to Belize?

Everyday we learned the importance of organization and how much more productive we could be when we were. It was imperative to have all the necessary equipment for testing and fitting and programming hearing aids as well as proper tools for wax removal, making new earmolds, and hearing aid repairs. Thank goodness Peggy Jensen, our Patient Care Coordinator, was there to organize, re-organize and organize some more! We could not have functioned without her! The staff from Belize handled all the paperwork while we were there and will make sure it is accessible for the next mission. We couldn't have asked for better help!

Tell the story of the most memorable patient you saw while on your missing trip, and how did you treat him/her?

Our most memorable patient was our friend Romeo, a beautiful 5-year-old boy who came to our clinic on the first day in the Narcie School for Special Education in Belize City. His mother was concerned since Romeo

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Expertise, Experience and Success in the Evaluation, Diagnosis and Treatment of Tinnitus and Hearing Disorders since 2007.

TIPS FOR HOLIDAY TRAVEL WITH HEARING LOSS

- **Buying tickets:** When traveling with a layover, choose flights with longer stop-over times to be sure to give yourself plenty of time to reach your next gate.
- **Picking seats:** Pick a seat near the cabin stewards so they are easily accessible for any of your needs, or in case of an emergency.
- **At the airport:** Be honest in telling ticket agents, security agents, and gate workers that you have a hearing loss so airline staff can help make your trip more comfortable.
- **Before you board:** Ask for pre-boarding privileges to ensure you will be able to easily find your seat and communicate with the crew before other passengers arrive on the plane.
- **On the plane:** Inform your seat partner(s) of your hearing loss and that you may need help relaying messages to the cabin crew.

The Packing List

- Extra hearing aid batteries and wax traps.
- Vibrating alarm clock for waking up on time.
- Assistive listening device, and extra batteries.
- A cell phone to send and receive emergency text alerts about weather or flight changes.
- A laptop or portable tablet device for accessing information about your hearing aids.
- The name and telephone number of the hearing clinic closest to where you are traveling – in case you need help.



HELPING CHILDREN UNDERSTAND FAMILY HEARING LOSS DURING THE HOLIDAYS

- Explain why it's important to make eye contact with family members with hearing loss, and be sure to always speak slowly and clearly.
- If you need to have an important conversation, consider going to a quiet room to talk.
- Minimize distractions by turning off the television, music or noisy toys to help reduce background noise.
- When children ask what you're wearing in your ears, explain hearing aids help your ears hear, much like eyeglasses help eyes see.
- Explain to children that hearing aids are not toys, nor to be played with.
- Keep hearing aids in their protective case and stored away so inquisitive hands can't find them.
- Consider technology, such as text messaging, email and other hearing assistance apps to help communicate with family members.
- If you have to play chauffeur, ask your passengers to wait until the car is stopped to talk to you.



Take the steps necessary to ensure your hearing loss will not get in the way of valuable family time during the holidays.

RECIPE:
GRASSHOPPER
PIE

Dr. Julie's homemade Grasshopper Pie, a long running family tradition!

Spray pie plate. For Crust 1 and 1/2 Cups Crushed "Famous Chocolate Wafer Cookies" and 1/3 Cup melted butter. Press into pie plate and chill.

Pie Filling:

- 2/3 Cup Scalded mild (almost boiling)
- 24 large marshmallows
- 1 Cup Whipping Cream
- 2 oz green creme de menthe
- 1 oz creme de cocoa

Add marshmallows to scalded mild and melt slowly, stirring often. Cool to room temperature. Whip cream and fold into mixture. Add liquor and pour into crust. Freeze overnight and sprinkle top with crushed cookie crumbs.

DR. JULIE & PEGGY'S MISSION TRIP TO BELIZE – AN EXPERIENCE OF A LIFETIME!

CONTINUED...

has no speech and language. Upon testing we found that Romeo is profoundly deaf in both ears. When I explained the results to his mother, she looked at me with such relief and said "Thank you so much for telling me the truth. It is so nice to finally know what's the matter with him."



We were able to connect Romeo and his mother with the local special education program for the deaf and hard of hearing children. Now Romeo will have access to the services he needs.

had a little frog to give him from shopping on my day off. I shared my email address with them, and hope to continue to foster this relationship and follow his progress.

The best thing we were able to provide Romeo wasn't the hearing aid. It was the ability to connect him to the services necessary to have communication and learning – the keys for success!

What was your favorite memory from your time abroad?

Belize is an incredibly beautiful country with amazing people. To see the sunrise everyday over the ocean was incredible. The color of the water didn't even seem real! We spent our day off snorkeling at the Hol Chan Marine Reserve and at Shark Ray Alley. We saw sea turtles, eels, nurse sharks and stingrays. Oh and did we mention the food... How about a lobster burrito and a glass of watermelon juice?! Delicious!!

The first day, Romeo tried hearing aids and we shared some candy and some peanut butter and cheese crackers while he was waiting (I had to give him treats, of course). He left with a new, very powerful hearing aid and a huge smile on his face! After that day, his Mother came to tell us that for the first time, Romeo heard a truck going down the road. He stopped dead in his tracks and smiled for a full two minutes! Romeo also made a picture for me at school and I



We hope to stay in touch with Romeo and his Mother and follow their progress.



Watching the sunrise over the ocean every day in Belize was unforgettable.



Dr. Julie taking some time away from clinic to snorkel with a nurse shark.

What is the "takeaway" from this trip and how will it affect your patients and practice at Flatiron's Audiology, Inc.?

This trip was an amazing experience. It taught us how lucky we are to have access to modern medicine, and advanced technology. We have many stories to share with our patients and they'll really know their hearing aid donations went to a good home and incredible people who really appreciate them. It just makes you want to be a better person and stop and think about all the things we have to be grateful for in our own lives and that we can do some good in the world and make a real difference! We heard this quote the first day in Belize and it speaks volumes to us...

"We know only too well that what we are doing is nothing more than a drop in the ocean. But if the drop were not there, the ocean would be missing something."

~Mother Teresa

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COMMUNICATION TIPS FOR RINGING IN THE HOLIDAYS

Family gatherings are often part of the holiday fun and festivities, and you don't want to miss out on the sounds of the season – especially if you have a hearing loss. Here are a few tips to help make this holiday more enjoyable for everyone!

1. Remind those around you of your hearing loss.
2. Background music during the holidays can be a joy, but it can create a lot of background noise, so make sure to keep the music/TV down whenever possible.
3. Since it's easier to talk with people one-on-one in a quiet environment, try to move the conversation into a quiet area of the room.
4. Large social groups are one of the most difficult environments for a person with a hearing loss. When you are sitting down to dinner, make sure you choose the seat that is best for you.

5. Take breaks and give yourself a rest when a lively atmosphere begins to take a physical toll.

6. Have your hearing aids/assistive listening devices cleaned and checked so they will not go out in the middle of a family function.

7. *Most importantly*, always be kind to yourself and focus on the positive things that you can do, not on the negatives of what you may find difficult or challenging!

