



# SPRING 2016 HEAR NOW

WILD ROSE AUDILOGY  
CLINIC LTD.

**Wild Rose Audiology Clinic is an independent, family-owned hearing clinic since 1994.**

Our clinic has 6 highly experienced audiologists who will be very happy to answer your questions about your hearing and appropriate amplification options.

## OUR SERVICES INCLUDE:

- Complete hearing assessments for adults and children
- Hearing aid fittings for all ages
- Fitting custom hearing protection (ear defenders, musician plugs etc.)
- Providing information of funding options for hearing aids and third party applications



**BOOK AN APPOINTMENT TODAY!**

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## COMMUNICATION TIPS FOR THE WHOLE FAMILY

Family, friends and colleagues can do a lot to help you hear better. That is why it is important to let them know about your hearing instruments and to tell them what they need to do to make communicating easier for you.

### Here are some of the things family can do to help:

- Move closer and sit or stand where your face is well lit to make your facial expressions and lips easy to read.
- Try not to talk while chewing or smoking
- Never hide behind a newspaper or lean your cheek or chin on your hand while talking
- Try not to talk too fast
- If your partner has difficulty understanding you, try rephrasing the sentence rather than just repeating yourself
- Avoid noisy doorways and windows; if you cannot close them, find somewhere quieter to talk
- Having a conversation in an echoing room is difficult. Try to find a place where your conversation is not distorted.



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### Streamer Users DID YOU KNOW?

The new ConnectLine App turns your smartphone or tablet into a smart remote control via the Streamer Pro.

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## WHAT CONSTITUTES LOUD NOISE?

The intensity of sound is measured in decibel sound pressure level (dB SPL). A soft whisper might be no higher than 30 dB SPL, while a firecracker might be as loud as 150 dB SPL.

Sounds are considered harmful when they exceed 85 dB SPL, which is about the loudness of heavy traffic. But at nightclubs and rock concerts, sound levels soar to more than 100 dB SPL. Over time this can lead to hearing loss and Tinnitus (a permanent ringing or buzzing in the ears). Noise can be harmful virtually anywhere. The blast of a gun or fireworks can cause instant impairment, whereas the steady drone of heavy machinery can do damage in the long run. In most cases this happens gradually, so you still have time to care about your hearing and learn to protect it!

## THE SOUNDS OF SPRING

Hearing protection must be worn by law in the workplace for sounds that exceed 80 dB. That level of sound may be lower than you think. Do you know that vacuum cleaners are capable of producing 80 dB of sound? It's true! With all the wonderful outdoor activities we do during the summer, it may help you to consider protecting your hearing if you are exposed to any of these damaging sounds:



80 dB Ringing Phone | 90 dB Lawn Mower | 120 dB Plane Taking Off | 150 dB Firecracker

## SOME SIMPLE, PROTECTIVE STEPS:

### Move away

- Stay as far away from the source of noise as possible
- Walk away when sounds get too loud

### Turn things down

- At home, turn down the volume on the television, radio, stereo and personal music player
- Reduce the number of noisy appliances running at the same time.
- Buy quieter products (compare dB ratings – the smaller the better)

### Cover your ears

- Use ear protection wherever possible
- When you are exposed to sudden loud noises (e.g. a jackhammer), cup your hands over your ears or put a fingertip into each ear canal



## Hearing health tips:

- Use personal listening devices for less than 60 minutes a day.
- Use cushioned earphones rather than earbuds. Earbuds sit directly in the ears, which can cause more damage.

## NO BAKE BERRY CHEESECAKE

### INGREDIENTS

#### Crust

- 1½ cups graham cracker crumbs
- ¼ cup white sugar
- 7 tbsp butter, melted

#### Filling

- 2 packages cream cheese (regular or light), softened to room temperature
- ¾ cup white sugar
- 4 cups mixed fresh berries, washed and stems removed, divided
- 2 cups whipped cream (regular or light)

### DIRECTIONS

#### Crust

Preheat your oven to 350 degrees.

Mix together the graham cracker crumbs, sugar, and melted butter in a small bowl. Press into the bottom of a spring form pan using the bottom of a glass. Bake for 8-10 minutes, until the edges just start to darken.

#### Filling

Beat together the cream cheese and sugar until light and fluffy.

Take 2 cups of the berry mixture and use a fork to slightly crush the berries. The berries should be softened, and broken up into pieces, with some juice escaping, but not completely macerated.

Add the crushed berries to the cheese mixture and mix until evenly blended.

Gently fold in the cool-whip. Pour the mixture onto the cooked crust, using a spatula to even out the filling. Chill for at least 8 hours, or overnight.

Top with remaining whole berries.

*Enjoy!*

