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A little "hearing" humor.....

Three retirees, each with hearing loss, were playing golf one fine March day. One remarked to the other, "windy, isn't it?"

"No," the second man replied, "it's Thursday."

And the third man chimed in, "So am I. Let's have a drink"



Winter 2011 Newsletter



**Congress passes bill to quiet LOUD commercials!
(The Calm Act)**

The bill's House sponsor, Rep. Anna Eshoo, D-Palo Alto, said it was her own "earsplitting experiences" that got her involved, recalling how the ads "**blew us out of the house**" when she watched television, already set at a high volume, with her parents. "TV programs use a variety of sound levels to build dramatic effect. But advertisements have been neither subtle nor nuanced," Eshoo said after the House passed the bill on a voice vote. When the law goes into effect, she said, "consumers will no longer have to experience being blasted at." (Source: AP)



WE have enjoyed participating in the Alzheimer's fundraising events throughout 2010 (We sure loved wearing those purple shirts). In 2011 we are honored to support cancer research and education



UPCOMING EVENTS



TINNITUS SUPPORT GROUP
(6pm to 7pm)

- ◆ 2nd **TUESDAY** (every month)
MARTINSBURG
1316 Rock Cliff Drive-264-8884
- ◆ 2nd **THURSDAY** (every **other** month)
CHARLES TOWN
31 Willow Spring Drive-728-6763

R.S.V.P. NOW!

Schedule your support group and/or health series now and we'll give you a courtesy reminder later!

COMMUNITY HEALTH SERIES
(5pm to 8pm)

We've added our Charles Town Location on **EVEN** months

- ◆ **JANUARY/FEBRUARY** ≈ Tinnitus and (MB) (CT) Dizziness:
- ◆ **MARCH/APRIL** ≈ Wellness Care and Screenings
- ◆ **MAY/JUNE** ≈ Special Health Care in Seniors
- ◆ **JULY/AUGUST** ≈ Challenges for Care Givers
- ◆ **SEP./OCT** ≈ Challenges of Care
- ◆ **NOV/DEC** ≈ Grief and Depression in Seniors



MEET OUR STAFF



TOP

Lee Ann (Audiologist), **Lori** (Front Desk, MB), **Cindy** (Front Desk, MB), **Amy** (Audiologist, CT), **Laura** (Marketing), **Donna** (Advertising)

CENTER

Mary Lynn (Founder/Owner), **Darren** (Loop Specialist, (not pictured)

BOTTOM

Melissa (Front Desk, CT), **Cheryl** (Coordinator), **Martha** (Patient Care), **Shannon** (Patient Recall), **Jamie** (Audiologist)

AUTUMN TEA

(Recipe makes 3 quarts)

- ◆ 5 individual tea bags
- ◆ 5 cups of boiling water
- ◆ 5 cups of unsweetened apple juice
- ◆ 2 cups cranberry juice
- ◆ 1/2 cup sugar
- ◆ 1/3 cup lemon juice
- ◆ 1/8 tsp. cinnamon
- ◆ 1/8 tsp. ginger
- ◆ 1/8 tsp. nutmeg

1. Bring water to a boil; add teabags; cover and steep 8 minutes; **discard bags.**
2. Add remaining ingredients to tea, stir until sugar is dissolved.. (Serve iced or warm)

DID YOU KNOW.....MOST OF OUR UPDATED SERVICES ARE NOW PROVIDED AT BOTH LOCATIONS

MARTINSBURG

CHARLES TOWN

304-264-8884 304-728-6763



SKINNY EARS

Did you know that losing as little as 5 pounds can cause your hearing aid to fit looser and whistle or feed back? Most people lose weight in their face (ears) first. Another common cause of feedback is a build-up of wax in your ear. Call to set up an appointment if you are experiencing feedback with your hearing aids.

Bring a FRIEND or FAMILY MEMBER with you to your appointment.....

2 sets of HEARS are better than 1

1. **PATIENTS** - As we get older we are often focused on being on time for our appointments and then sometimes forget to ask the question we wanted to ask. **An Office Visit Companion** would be able to remind you as well as to ask questions of their own.
2. **OFFICE VISIT COMPANIONS** - If your loved one has some hearing loss, and we fit them with hearing aids, **YOU** will want to have a front row seat when they hear **YOUR** familiar voice more clearly, possibly for the first time in years!



Be an Office Visit Companion

"I can hear in restaurants now! I now participate in social settings and conversation again. I am thrilled".—Martha Havron

Your Audiology Team

Our Vision

Patients will consistently feel care and compassion through every contact starting from when you walk through our doors. Patients will perceive unsurpassed value throughout their lifetime of care and service. AHCS staff will feel that their lives have been enriched by their involvement in the business and that they have helped to "make a difference".



Lee Ann Horvat
Clinical Audiologist

Amy Wix Johnston
Doctor of Audiology

Mary Lynn Graham
Doctor of Audiology
(Founder/ Owner)

Jamie D. Ingle
Clinical Audiologist

Thank You for Your Referrals!

Your recommendation of our practice is the highest compliment we could receive. Please know that our appointment book is always open to you, your friends and your families, should they need our specialized care.

If you refer someone to us and they purchase hearing aids, **YOU** will receive a Thank You Gift and your referral will receive a discount!



Hearing Testing

Tinnitus Clinic

Balance and Dizziness Testing

Hearing Aids

Babies to Seniors

Loop Systems

Custom Hearing Protection

Earwax Removal

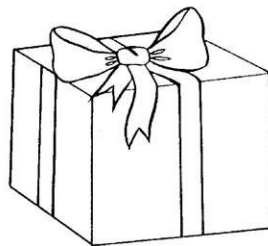
Swim Molds

Hear it BEFORE you buy it

and much, much more.....

15 Year Anniversary 15 Year Anniversary

In celebration of our anniversary, our staff here at Audiology Hearing Care Services would like to welcome you and a friend to stop in the week of **FEBRUARY** receive your **FREE** **21st** through the **25th** to **GIFT** as our way of saying



THANK YOU!
THANK YOU!

"I am glad that you helped my husband with his hearing. Now, the TV volume is lower. Thank You".—Ruth Stitely

AUDIOLOGY HEARING CARE SERVICES

1316 Rock Cliff Drive
Martinsburg, WV. 25401
304-264-8884

31 Willow Spring Drive
Charles Town, WV. 25414
304-728-6763



"Sound Advice and Caring Service
Since 1996"

Presorted
Standard
US Postage PAID
Martinsburg, WV
Permit #71

"My new hearing aids are the best I have used. They are power aids, just what I need. No more whistling". Thanks for suggesting them.—Jonathon Brown

DEAR DIARY



I've been wearing my hearing aids for several days now, and I'm starting to get used to them. So, I'm sure that they're not the problem. However, I've noticed lately that Hilda has been yelling at me instead of talking in a normal tone of voice like she used to. She's also been keeping the TV volume up "way too loud". We both have inexplicably developed a habit of slamming doors and drawers instead of closing them gently as we used to do. And it's not just us. The dishwasher, refrigerator, clothes washer and dryer are all failing simultaneously. I can't imagine a coincidence like that, but I also can't think of any other reason for them to make such strange and loud noises the way they've been doing lately.

Well, maybe it's not such a coincidence; we bought three of the four at about the same time. Oh, yeah, I gotta get a plumber out here. The water faucets and toilets are running under far too much pressure; they sound like fire hoses! And, we may have to have the carpets replaced. When I walk on them, I hear a sound like a stiff-bristled brush scrubbing them. And another thing, the tires on the car are howling whenever we go anywhere, so I'm probably going to have to replace them. There's a lot of other stuff going wrong, indoors and out.

Hmmm....my Audiologist did make me promise to wear the hearing aids all day, every day for two weeks before I asked for any adjustments. So, maybe I outta wait a couple weeks before I start telling Hilda to speak more quietly and start replacing appliances and other stuff.

(Notes are from the diary of one of our hearing aid patients. We found it amusing, true and reflective of how life can be changed so positively. Oh yeah, the patient's wife's name is not Hilda)