



Personalized Hearing Care, Inc.

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Audiology and Hearing Aids

Smartphone Hearing Aids offer Amazing Benefits

Wearable technology is entering our everyday lives, like fitness bracelets and smart watches. Now we can add smartphone hearing aids to that list.

Major hearing aid manufacturers have worked with Apple and Android smartphone makers to build technology that allows your hearing aids to connect wirelessly with your phone.

New smartphone hearing aid technology opens up a world of possibilities for hearing aid wearers. Here are a few things you can look forward to doing with this new technology.

Stream Audio Directly to Your Ears

Smartphone hearing aids are convenient because they stream audio directly from your iPhone to your hearing aids—like phone calls, music, and driving directions. (Of note, if you have an Android smartphone, you'll have to use a phone clip accessory to stream audio to your aids with most manufacturers.)

Control Settings from Your Phone

When you get smartphone hearing aids, they'll connect wirelessly with a free app on your phone which will allow you to make adjustments easily and discreetly. To everyone else, making adjustments to your hearing aids looks like you're texting or checking



Facebook. The days are gone when you have to reach behind your ear to toggle the buttons. Besides making your hearing aids more discreet, the phone app also gives you more control to customize your hearing experience. The app allows you to control volume, programs, bass, treble, and more. You don't have to buy other expensive accessories, your smartphone does the work.

Easily Find Misplaced Hearing Aids

With GPS tracking technology in smartphone hearing aids, the free app tracks the location of your hearing aids, so you always know where they are. This saves time looking for your hearing aids.

Ask us which smartphone hearing aid is right for you!



A bit of Hearing Aid History:

The first electric hearing aid, called the Akouphone, was created by Miller Reese Hutchison in 1898. It used a carbon transmitter, so that the hearing aid could be portable. The carbon transmitter was used to amplify sound by taking a weak signal and using electric current to make it a strong signal.



CONGRATULATIONS, CHELSEA!

This past May, Chelsea Bear, one of our Office Administrators who has been with Personalized Hearing Care, Inc. since 2008, earned her Masters of Science Degree in Humane Studies with a Certification in Non-Profit Leadership from Madonna University. She also has a Bachelor of Science Degree in Criminal Justice with a Certification in Homeland Security and Animal Cruelty Investigations. We are so proud of her and all of her accomplishments! Chelsea has lived in Garden City all her life. In her free time, Chelsea enjoys spending time with her family and two dogs, working out, and traveling to new places. Way to go, Chelsea!!



NOW HEAR THIS...



Happy Summer Everyone! As always, I hope this newsletter finds you healthy, happy and enjoying your summer with friends and family. **This warm weather has been amazing!** I was reading an article the other day and it referenced a 2012 Study in New Zealand which looked at behaviors that enhanced enjoyment of an event: talking to another person about how good you feel, thinking about how lucky you are, thinking about recapping the experience for others, laughing, telling yourself how proud you are, and focusing on the present. These really generated with me. Enjoying the present with others is truly meaningful. Hearing and engaging with others is essential to our overall well-being. If you have been putting off getting your hearing evaluated, don't wait! Life is too short...don't miss the laughter, the stories, the experiences because of your hearing. The stigma of hearing aids is truly a 'thing of the past.' Today's technology is incredible and I am certain we can help you improve your life today!

To a life where you enjoy each moment.....Dr. Karissa Jagacki

Silver-Zinc vs. Lithium Ion Batteries

Hearing aids are among the few premium portable electronic devices that until recently completely relied on disposable batteries. The true challenge has been to develop a rechargeable battery that is small enough so it can fit even in the smallest hearing aids. Being small isn't the only requirement though, a tiny battery has to power a hearing aid with increasing battery-hungry features, such as audio streaming, for a full day. It took a while, but the hearing aid manufacturers finally have rechargeable battery technology that's up for the job. In fact, there are *two* different types of batteries to choose from. The following is a brief comparison between lithium-ion and silver-zinc rechargeable batteries.



LITHIUM ION BATTERIES

Lithium-ion batteries are common because they charge fast, last long and have a high power density for battery life.

Pros: No more batteries (battery will last 3-5 years), more durability, and battery charge lasts 24 hours.

Cons: You can't use traditional batteries and you can't change the battery yourself.

SILVER-ZINC BATTERIES

A company called ZPower has created a system that allows to retrofit a rechargeable battery on hearing aids that were designed to work with traditional, disposable batteries.

Pros: You can still use regular batteries, and you can retrofit to existing hearing aids.

Cons: You have to buy a new battery every year, and the battery charge only lasts 14-16 hours.

Fun Facts about Michigan



Standing anywhere in the state a person is within 85 miles of one of the Great Lakes.---Michigan has more than 11,000 inland lakes and more than 36,000 miles of streams.---The Upper Michigan Copper



Country is the largest commercial deposit of native copper in the world.---Although Michigan is often called the "Wolverine State" there are no longer any wolverines in Michigan.---Michigan ranks first in state boat registrations. Cool, huh? Your pal, Ziggy

Ask the Audiologist:

Q: How can I have hearing loss when I can still hear you?

A: Many people feel that hearing loss is like turning the volume of the world down so that sounds around them are totally inaudible. Therefore, if they still hear soft sounds, then they don't feel as if they have hearing loss.

Unfortunately, this isn't true. For most people's hearing loss - especially when it's due to noise, aging or genetics - it is only affecting certain pitches or frequencies more than others.

As a result, many people can have good or normal hearing through some of the hearing pitches; however, they typically have hearing loss at other areas. These areas are usually related to certain speech sounds - 'S,' 'TH' or 'F' - and when we strip away some of these sounds of speech but not others, people experience a reduction in clarity, not a reduction in volume.

This is exactly why people with hearing loss feel that other people mumble or that they confuse certain words like 'mouse' and 'house' or 'bike' and 'hike'. In conclusion, certain hearing losses require volume or loudness to hear, while others require clarity of speech and some require both.

The good news is that hearing aids can help when they are fit and programmed properly by qualified Audiologists.

Come see us today!

THE LAST PLASTIC STRAW

The Last Plastic Straw is a project of Plastic Pollution Coalition. Did you know? Over 500,000,000 plastic straws are used each day in the United States. In only the past twenty years, people have come to expect plastic straws in every drink, in an example of extreme waste being generated for minimal convenience. These short-lived tools are usually dropped into a garbage can with no further thought, instantly becoming a source of plastic pollution.



The Last Plastic Straw and **Plastic Pollution Coalition** are building momentum around a worldwide movement, so plastic straws become a relic of the past. They work with others to encourage eateries to no longer automatically give plastic straws; and educate individuals to refuse plastic straws and spread the “straw free” message. They also work to change local regulation to stop this unnecessary plastic pollution. from the auditory stimulation.

Take Action: Make a personal commitment to say "no" to plastic straws. Whenever ordering a drink, politely request “no straw, please.” Encourage your friends and family to take the pledge, too! You've got more power than you think. Want to take your impact even further? Use your own paper, glass, bamboo, or stainless steel straw instead, and start a conversation. Also, encourage local restaurants to only serve straws upon request. Let's help this world 'one straw at a time.'

“It is not happiness that makes us grateful.
It's gratefulness that makes us happy.”

RECIPE CORNER:

Sweet-and-Spicy Pickled Watermelon Rinds



Trim the green skin off 1/4 small watermelon. Remove all but 1/4 inch red fruit from the rind; cut the rind into 1/2 inch pieces. Pack into a 1-quart jar. Combine 3/4 cup each apple cider vinegar and water, 1/2 cup sugar, 2 tablespoons kosher salt, 2 teaspoons coriander seeds, 1/2 teaspoon black peppercorns and 1/4 teaspoon red pepper flakes in a saucepan and bring to a boil, stirring to dissolve the sugar. Pour over the **rind**; let cool. Cover and refrigerate at least 4 hours and up to 1 week.

Did you know that...

...there will be more elderly people than children in the US by 2035? That will be the first time people over age 65 outnumber those under the age 18. Also, the percentage of non-Hispanic people will drop to less than 50% of the US population by 2045.

...the world's happiest country is Finland? It is followed by Norway, Denmark, and Iceland. Those countries rank high on income, life expectancy, freedom, social support, trust and generosity. Other countries with high rankings: Switzerland, the Netherlands, Canada, New Zealand and Sweden. The US ranked 18th on the list.

...that eating bananas lessens aches and pains from exercise? A recent study reported that bicyclists had reduced inflammation during recovery if they ate bananas during rides instead of consuming sports drinks or water. They had less evidence of an enzyme that caused pain and inflammation.

...In 1879 Detroit telephone customers were the first in the nation to be assigned phone numbers to facilitate handling calls.





Personalized Hearing Care, Inc.

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MULTI-YEAR BEST AUDIOLOGISTS WINNER VOTED BY THE OBSERVER & ECCENTRIC!!

Check out our website at : www.PersonalizedHearingCare.com



Confidence is Important when Handling Your Hearing Aids

Recent studies reveal that **CONFIDENCE** is the key to successful hearing aid use. If you know how to take care of your hearing aids, you're more likely to wear them. But if you're unsure, out of practice or shaky on some of those all-important tasks, you might quit and lose all the ways that hearing aids can enrich your life. **How do you keep your confidence up?...WITH US!!**

There is so much information to absorb when you first get hearing aids like how to clean them, battery insertion, opening the battery door at night, changing the filters (if applicable), etc....So, to make sure you're properly caring for your hearing aids, you might need to have your skills evaluated – or reevaluated -- by us. Call us today for a quick refresher!! We want you to be successful!!



We are 'HEAR' for You!!

We know that hearing aids often need a quick clean and check, tube change or wax filter change. Yes! We offer the following hours:

Westland: Monday through Thursday 12p-1pm

South Lyon: Monday & Wednesday 12p-1pm

During these hours, simply drop by for a quick repair/cleaning (calling before you come is helpful, too) Please note that you may or may not see an Audiologist during this time. If you need to speak with your Audiologist or need adjustments such as reprogramming of your hearing aids, we ask that you please make an appointment.



Office Hours

For your convenience we are open: Monday thru Thursday
9am to 5pm

Fridays by appointment

WESTLAND OFFICE

We are located in the Westland Professional Building across from the Westland Mall (on the corner of Yale & Warren Roads)

SOUTH LYON OFFICE

We are located in the Beacon Plaza, one block northeast of the corner of Lafayette and Lake at the center of South Lyon.

Dr. Karissa Jagacki,
Audiologist/President

Kim Carnicom, M.A., Audiologist
Darlene Ramey, Practice Manager
Chelsea Bear, Office Administrator
Deanne Sabin, Office Administrator
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