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Open House

Thank you all for visiting us at our Open House in the new Charles Town location. We had the pleasure of reconnecting with old friends and meeting new friends. Everyone especially loved that we are on the first floor and no longer have to take the over sized elevator!

PURPLE SHIRTS!

On the first Thursday of each month, our staff may choose to make a donation to the Alzheimer's Association and have the privilege of "dressing down" plus wearing an official Alzheimer's purple shirt.



SENIOR HEALTH SERIES

The majority of our patients are seniors (over the age of 65). Those of you who are not "seniors", very likely have family who do fit into that demographic. We are, therefore, sponsoring a bimonthly health series focusing on the special needs of this population. Thus far we have hosted two such evenings: Tinnitus and Dizziness (January 26, 2010) and Legal and Financial Needs (March 23, 2010).

Future topics and dates include: Special Health Issues in Seniors (May 18th), Challenges for Care Givers (July 20th), Challenges of Care (September 28th), and Grief and Depressions in Seniors (November 30th). Sessions are informal, and time is scheduled for questions and answers. The sessions start at 5:30 and are held in a community room at 321 Lutz Avenue (Dr. Garrison Morin's office). Please contact our office if you are interested, and we will be happy to reserve a spot for you. **Dr. Mary Lynn Graham**

Yearly Visit Requirement

Maintaining your hearing health is our main goal at Audiology Hearing Care Services. Just as your doctor requires yearly visits before renewing prescriptions we will now be requiring that patients are physically seen within one year prior to picking up batteries.

We feel this is extremely important in ensuring that your hearing aids are working optimally for you and to avoid unnecessary repairs. Our Patient Care Coordinator (Martha) works diligently to ensure reminder cards are sent every 6 months.

Jamie Ingle, Audiologist

{Remember there is never a charge for these visits if you have Complete Hearing Health Care.}

Hearing Loss and Income

If your discomfort at not hearing well in restaurants and at parties doesn't motivate you to get hearing aids, perhaps the threat of lost income will.

A study by the Better Hearing Institute, says that hearing loss negatively affects average household income by up to \$12,000 a year, depending on the degree of loss. For those who don't use hearing instruments, the aggregate in lost income is estimated to be at least \$100 billion annually. The report also estimates that the cost to society in lost income taxes is in excess of \$18 billion. Contrary to popular belief, only 37 percent of Americans with some degree of hearing loss are retired; most are working or school-age, the report says. **Dr. Amy Johnston**

Testimonials In Your Words

"In every aspect I am completely satisfied".
J.S.

"I wore hearing aids from another source before this time but could never really hear nor did the audiologist see to my care. I gave up until I tried my new audiologist at AHCS. It's like a miracle. What a difference a 'person' makes".
E.S.

"The staff was always warm, courteous and very professional. I will highly recommend them".
R.B.

"Thank you for your great understanding and loving customer care. You ladies are the greatest." **K.S.**

"I was treated very good and it was even enjoyable to be there. I am happy with my hearing aids and did not feel the least bit rushed or pressured. Thank you so much." **B.W.**

ABOUT OUR STAFF

Mary Lynn and her husband, Jim, traveled in February to Cancun, Mexico. They had a wonderful time, but were NOT happy to return to the cold and snow. Since Jim is the official business "snow remover", he is VERY MUCH looking forward to spring.

Jamie, Mark and Jackson just returned from Disney World where they had a wonderful time "chasing" Disney characters and getting their autographs.

Amy is helping her sister Emily plan a summer wedding in Myrtle Beach. Amy jokes that her little sister has turned into Bridezilla!

Betsy was elected Treasurer for the Eastern Panhandle Office Managers Association. "Due to the bad weather Bob, Andrew and myself have been staying in and playing monopoly, which Andrew usually wins".

Cheryl loves her babies from heaven!! Cheryl is going to be blessed with two new granddaughters this spring and summer. The joys of being a Grammy are definitely worth the wait!!! Trips to Virginia Beach, North Carolina, and Pennsylvania to visit all the family is a definite plan!!

Martha and her high school sweetheart, Roy, will celebrate their 47th wedding anniversary in April. She thanks God every day for blessing her with this "prince of a man".

Donna has been a busy girl traveling the last few months to New York, Florida, Boston and Hawaii, and is happy to be back!

Laura is planning a vegetable garden, attending the Apple Blossom Festival with her family and friends and learning to sail with her best friend.

Darren is getting his fishing gear ready and posting his sign: **Gone Fishin'.**

Melissa is getting ready to be a mommy! Michael Curtis Collins Jr. is due May 1 and, is looking forward to a whole new life with my first little bundle of joy!

Stacey is looking forward to spring with her family – Outdoor soccer begins in March and her 5 year old son can't wait to play on a "team" and wear a uniform. Her husband, Justin and daughter Kayla are all embracing the role of cheerleader for Jace. We're planning picnics and playing at the park. .

Lee Ann and her husband Jeremy are looking forward to spring and summer in their new house. They hope to put in a new patio and plant some trees and flowers. They also hope to plan a trip to the beach. .

Q & A from AARP

Q: What is the most common remark made by 60-plus year olds when they enter antique stores?

A: "Gosh, I remember these!"

Q: Where can men over the age of 60 find younger, sexy women who are interested in them?

A: Try a bookstore, under fiction.

Q: Seriously! What can I do for these Crow's feet and all those wrinkles on my face?

A: Go braless. It will usually pull them out.

CHINESE CHICKEN SALAD

2 1/2 cups cooked chicken (chopped)
1 Package Ramen noodles (crumbled) (chicken flavored)
2 Tbsp. sesame seeds
4 oz. slivered almonds
1 small bunch of green onions (chopped)
Bag of shredded cabbage

Dressing:

1 package seasoning from the noodles
1 Tbsp. sugar
1/2 cup vegetable oil
1/2 tsp Accent
1/2 tsp salt
1/2 tsp pepper

Mix dressing in a jar and shake well. Mix all salad ingredients with the dressing and refrigerate overnight.. If you like it crunchier you can have it sit 4-6 hours

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!



Amy Wix Johnston
Doctor of Audiology

Mary Lynn Graham
Doctor of Audiology
Jamie D. Ingle
Clinical Audiologist

Lee Ann Horvat
Clinical Audiologist

Our Mission Statement

To provide lifetime improvement in the quality of life for all individuals in the Martinsburg, Charles Town and surrounding areas challenged by hearing loss, tinnitus or balance disorders—to make a difference much broader than just the improvement in symptoms.

May is Better Hearing and Speech Month

We will be accepting written essays up until April 23rd. Nominate someone you know we might be able to help!

Christmas in July Picnic

JULY 15, 2010

Second Hand Smoke

As a courtesy to our patients and our staff, we kindly ask you refrain from smoking in our parking lot. We have many patients who have serious health issues and babies and small children who do not need to breath second and third hand smoke. All of us a AHCS appreciate your understanding and cooperation.

Word Scramble

- | | |
|---------------|---------------|
| 1. WARRANTY | 5. AUDIOLOGY |
| 2. TINNITUS | 6. CARECREDIT |
| 3. DIZZINESS | 7. BATTERIES |
| 4. SCREENINGS | 8. INSURANCE |

TRIVIA ANSWERS

1. Your breath
2. Charcoal
3. Smiles (there is a mile between the 2 S's)
4. The outside

Care Credit and you

What is care credit? Care credit is a convenient, monthly payment program for yourself and your family specifically designed to pay for health care expenses not covered by your insurance.

Will it cause problems with my other insurance? NO. Care credit is a revolving line of credit (with none to low interest payments depending on the monthly plan you choose) designed for health care expenses not covered by insurances.

AUDIOLOGY HEARING CARE SERVICES

1316 Rock Cliff Drive
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Return Service Requested



Sound Advice and Caring Services
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Bluetooth now available in hearing aids

Even the most advanced hearing aid technology can be limited in extremely difficult situations. Bluetooth, the wireless technology now used in cell phones and other electronic devices, is now available in hearing aids. This technology allows sound to be transmitted directly through the hearing aids allowing a higher quality sound. These devices are easy to use and are appropriate for the busy working adult as well as our retirees. **Call today to schedule a demonstration.**

Word Scramble

1. NTARYWRA _____
2. NITNIUST _____
3. ZDZESNIIS _____
4. CNGIRSSNEE _____
5. LOOAYDGIU _____
6. CEDRADTIER _____
7. BASTEEIRT _____
8. NNCAIRSUE _____

TRIVIA

1. What can you hold without ever using your hand or arms?
2. What is black when you buy it, red when you use it and gray when you throw it away?
3. What is the longest word in the dictionary?
4. Which side of the cow has the most hair?

A conclusion is just the place where you got tired of thinking.....