



Hear For Life

Hearing Health Newsletter

Summer 2020

Hearing Through the Pandemic

pg. 5

Hearing Accessories

Get the most out of the sounds of the season

Hearing Care in The COVID Era

Adjusting to the "Normal"

Starkey

Is changing how we use hearing aids

Family reunions.....I miss them.

I can remember growing up attending many family reunions. They all seemed to center around the holidays. We looked forward to seeing cousins, aunts, and uncles and they would be days full of amazing food and fun. Each cook would always try to bring something new to try, this probably spurred my love of food. Easter was at Cousin Kim's with not only a kid Easter egg hunt but also an adult one. Nothing was more entertaining to watch than my dad and Great Aunt Barbara fighting over the big golden egg. Fourth of July was at Aunt Peggy and Uncle Ted's and always included a large outdoor grass volleyball game ages 5-85, where we saw some truly interesting volleyball moves. (I currently coach volleyball in my hometown and believe this may have started my interest in the sport.) Thanksgiving was at Aunt Betty and Uncle Dales. Christmas at Grandma and Grandpa Darts. We would also go to Aunt Peggy's and Uncle Ted's for the ever famous "White Elephant" joke gift exchange. Dad was always very outspoken and involved in the joke gifts with his amazing sense of humor.

The driving force behind the family reunions was the generation hosting had much larger families than we do now and therefore, there were a lot more relatives for the reunions. Now, many of the key adults who hosted these amazing events have since passed away. Many younger relatives have moved out of state. Our big family reunions are now down to once a year if that. The kids have grown up and come from smaller families, our focus sadly has shifted to our immediate family, friends, and coworkers.

Helping You and Your Neighbors Hear Better in Salem



I miss all the family reunions, but owning a family business, I am lucky enough to see my brother and parents if not daily, then at least once a week, and we are all very close and supportive of each other. Although Dad and Mom have sold Scot and I the business, we still meet and go to lunch weekly.

Today, we get together on a smaller scale on holidays and we have been able to carry on the White Elephant tradition with our staff at the Salem Audiology Clinic Annual Staff Christmas Bump Gift party, which of course Dad is still the most outspoken humorous participant.

We hope that after we return to what I am sure will be a NEW normal, we can organize once again, a great family reunion and see some of the family that we have been missing and worrying about.

We hope you are able to do the same. Family is everything.

Lesli Hiller, CFO, Co-Owner
Salem Audiology Clinic

CONTENTS

Published by Salem Audiology Clinic
April - May 2020

1 Letter From the Owners

We're here to help the community thrive through better hearing and education

3 Boost Performance

An accessory guide to getting the most out of your hearing aids.



3

5 Hearing in The COVID Era

Adjusting to the new "Normal"

7 Center Stage

Find out about Starkey's newest innovation and how it has changed the hearing aid world.



5

9 Staff Recipes

Get some of the tastiest recipes from our very own employees



9

11 Employee Spotlight

Learn about Joni Buyes and what makes her tick.

More ways to connect with us



Facebook: [Facebook.com/SalemAudiologyClinic](https://www.facebook.com/SalemAudiologyClinic)



Instagram:
[@Salem_Audiology_Clinic](https://www.instagram.com/Salem_Audiology_Clinic)

Salem Audiology Clinic North

3857 Wolverine St, NE
Suite C-16
Salem, OR 97305
503-588-1039

Salem Audiology Clinic South

2521 Boone Road Se
Suite #120
Salem, OR 97306
971-701-6322

Woodburn Hearing Center

1301 Evergreen Rd
Suite E
Woodburn, OR 97071
503-981-8575



Get A Boost In Performance

Get the most out of your hearing aids and stay connected in any environment

Baseball Games, a night out with friends, or even coffee at your favorite cafe. All of these experiences require a different type of environment adjustment to your hearing aids and depending on the environment you're in, and what's going on around you, it can make hearing very difficult. Luckily, due to the increase in technological advances, features such as directional microphones for better speech amplification, background noise reduction, and automatic program adjustments are just a few of the newest features to help your hearing aids provide quality listening. However, even with these advanced technologies, hearing aids alone sometimes may not be enough.

Many of the hearing companies understand that even the most powerful hearing instruments can use a boost in certain situations. Hearing accessories work with your hearing aids to amplify the sounds you want to hear, adjust the quality of sound, and reduce the volume of unwanted noise to enhance your overall hearing experience.

Remote Controls

There are several kinds of accessories available for hearing aid users. One of the most common accessories is a remote control unit. Remote controls help users to adjust the settings on their hearing aids. Similar to a television remote control, simply press the buttons on this device to adjust the volume or change programs. Most remote controls are smaller than the average cellphone, and some can be even as small as a battery.

Streamers

Streamers are another type of accessory. Using Bluetooth connectivity, these devices can send the sound from mp3 players, television, and cellphones directly to your hearing aids. This way, you may listen to music, hear the television more clearly, or discreetly answer calls by hearing phone notifications when listening would otherwise be difficult. In addition to telephone assistance, most manufacturers have also developed streaming accessories specifically for enjoying television.

Widex TV-PLAY

Streamer

WIDEX TV PLAY™ is a new accessory that lets you enjoy TV sound like never before. TV PLAY features outstanding sound performance, discreet design, and easy set up.



Phonak Roger Select

Remote Mic

The Roger Select is a versatile transmitter that offers the latest in wireless microphone technology to ensure excellent speech understanding in the noisiest environments.



Oticon Remote 3.0

Remote

Perfect for those who want more control over their listening experience, Remote control 2 lets them discreetly and easily adjust volume and switch programs.



Microphone Systems

Another kind of hearing accessories are microphone systems. Just like with a stage microphone, these devices are held by or placed near an individual and direct their voice to an amplifier. In this case, the voice of the speaker is sent directly to both hearing instruments, either directly or through the use of receiver. Some microphones can be clipped to a shirt lapel, others can be worn around the neck (similar to a lanyard) and others can simply be set on the table.

Fm Systems are a common type of microphone system that can be used by hearing aid wearers. This two-part system involves a microphone and receiver device that sends the sound to your hearing instruments. These accessories can be extremely helpful in environments with background noise or competitive conversations like classrooms, conference rooms or business meetings, and restaurants.

Smart Phone Applications as Accessories

With Bluetooth connectivity, many hearing technology manufacturers have developed smartphone applications that can be paired with hearing aids. Some apps can be used in place of a remote. Making subtle adjustments to the volume or switch between programs is possible with the use of your cellphone. “Geo-tagging” is a smartphone feature that was introduced by Starkey in 2015. This feature uses the GPS on your cellphone to save sound settings for specific locations to the app. When you enter your favorite cafe, for instance, your hearing aids will automatically adjust to provide you with your preferred settings when you enter the building.

Some applications have also been developed to assist hearing aid users who have tinnitus. These applications will play soft sounds that can be adjusted to match and cancel the sounds of ringing or buzzing that you may hear which is associated with tinnitus (for more information on tinnitus therapy, visit www.Salemaudiologyclinic.com).

Accessories Classes at Salem Audiology Clinic

Salem Audiology Clinic hosts manufacturer-specific accessories classes to introduce what devices are available for your hearing aids, their benefits and how to get the most out of them in various listening situations. For more information on accessories or to inquire about classes, call (971) 701-6322 today!



Hearing Care in The COVID Era

Adjusting to the new “Normal”

By Devon Grogans

Above: Ali W. (Tech) Heading out to assist a drive up client.

Opposite Top: Ali W (Tech) Helps a patient with their curbside clean and check.

How many times have you heard the following “In times like these... During these difficult times... With so much uncertainty... Followed by “We are here for you.” Yet another attempt for a company to capitalize on an existential crisis to seem like they really care about the best interest of their customer.

At Salem Audiology Clinic, the truth is we have always been here, and we will continue to be here during your times of need, joy, and any other occasion.

We continue to serve you with the highest quality care and best practices. And although the COVID pandemic has required us to make some changes. The fact remains, we have never left.

We made adjustments immediately following the stay-home order, offering curbside clean-and-check service. We are doing our best to make sure that there is ample time between appointments to clean our offices and allow the next patient to walk right in without having to wait in the lobby. To help you as much as possible during this quarantine.



If there is one thing this pandemic has shown us, it's now, more than ever, the importance of communication.

Most of us are “doing our part” by staying home and making only the “necessary trips.” Most of us are also wearing masks. This can make these tasks increasingly difficult for those with hearing loss. Many times, even if hearing aids are in use, being able to read someone’s lips can be the difference between being able to fully understand someone and having difficulties.

Aside from that, many of the events we once did in person have now become virtual. Having a conversation with a friend or loved one over the phone or computer rather than in person. And the times we can speak to someone in person, it’s recommended to keep a six-foot distance, making communication much more difficult.

That’s why it is crucial to make sure that your hearing and your hearing devices are in proper working order.

If you find yourself having a hard time understanding someone when they speak because they have a mask on. It might be a good indication to get your hearing checked. If you wear hearing aids already, now would be a great time to come in and make sure that they are correctly adjusted to your specific needs, which can change over time.

Returning to “normalcy” is going to take some time, so it’s important to make sure that while we are in this transitional period, you are not missing out on life. Using tech with your hearing aids such as a remote mic to bring someone’s voice directly into your hearing aids via Bluetooth is one way to better hear.

Regardless the situation, make sure you are doing everything to take control of your hearing and schedule an appointment at any of our three locations today!



“Named one of TIME Magazine’s 100 Best inventions of 2019”

As the world’s first multi-purpose Healthable hearing aid, there’s a lot of exciting advanced technology at work behind the scenes to make sure people wearing our latest hearing aids hear better and live better.

The Product

The first and most important job of any hearing aid is to help people with hearing loss hear speech, music and sounds as crisply, clearly and naturally as possible. While other premium hearing aids are getting better at that, none compare to the sound quality of Livio AI.

Paired with our all-new Thrive Hearing app, Livio AI hearing aids track your physical activity (similar to a FitBit) and measure actions that are good for your brain health, like daily usage of your hearing aids, social engagement, and time spent listening actively. Each day, the Thrive app combines your body and brain activity to give you a Thrive Wellness Score, which helps you know if you’re meeting your physical and cognitive health goals.

- **Body Tracking:** Tracks your daily steps, measures movement, and monitors more vigorous physical activity.
- **Superior Sound Quality:** Advanced technologies work together to provide exceptional sound quality in any environment
- **Auto Experience Manager:** Automatically adjusts hearing aid loudness over time to help you transition to new hearing aids.
- **Rechargeable:** Providing up to 24-hour, round the clock wear.
- **Auto ON/OFF:** Take them off, set them on a flat, stable surface, and they will go into a low-power mode after 15 minutes.

“Just as the iPhone forever changed what we could do with a phone... Livio AI will forever change how we think of and use hearing aids.”

Achin Bhowmik, Ph.D.
Chief Technology Officer, Starkey

Sources: <https://www.starkey.com/hearing-aids/hearing-activity-tracking/receiver-in-canal>

The World's First Healthable Hearing Aid That Tracks **Brain and Body Health**



Brain and Body Health Tracking

With Livio AI, the integrated sensor is unique in that it keeps a patient from being tethered to their phone. A person can be wearing their Livio AI devices and go for a walk or a jog, or just be walking around in their house. They don't have to have their phone on them. We are using the sensors and the intelligence built directly into the hearing aid to track activity.



BODY TRACKING

Livio® AI hearing aids not only provide superior sound quality, they also let you track your physical activity.



BODY TRACKING

Livio® AI hearing aids along with the Thrive™ app measure the brain benefits of wearing hearing aids.



FALL DETECTION + ALERTS

The world's first hearing aid that can detect when a hearing aid wearer falls and send alert messages to selected contacts.

Interested in Starkey Livio AI Hearing aids?
Call (971) 701-6322 today to learn more or to schedule a
consultation with your hearing care provider.

Staff Recipes

Your Salem Audiology Clinic professionals are quite the chefs!
Here are two recipes from Andrew Frink and Sarah Kellogg that will satisfy your appetite

Marinated Pork Chops

By: Andrew Frink

Ingredients:

- 5 Pork chops
- 1 Tbs Butter

Marinade

- 1/4 Cup white wine
- 1/4 Cup A1
- 3 Cloves crushed Garlic
- 1 Tsp Rosemary
- 1 Tsp Chinese 5 spice

(cinnamon, star anise, fennel, whole cloves, peppercorn)

- 1 Tsp Thyme
- 1 Tsp Cayenne pepper
- pinch salt & pepper

Instructions:

Add all ingredients into a plastic bag, marinate for at least 8 hours.

Pre-Heat oven to 375°

Lightly oil castiron frying pan and add butter.

Pan-fry over med-high heat for 3-4 min. each side.

Place whole cast iron pan into oven and roast for 6-8 mins or until 145° F

Cover with tin foil and let rest for 6-10mins.

Enjoy

Baked Apple & Yam Casserole

By: Sarah Kellogg

Ingredients:

- 2 small/medium yams
- 4 medium apples
- 1 teaspoon vanilla
- Heavy sprinkling of cinnamon
- Casserole dish
- Non-stick spray

Instructions:

Cube apples and yams, make the yams a little smaller than the apples.

Combine apples, yams, vanilla and cinnamon.

Place into a casserole dish sprayed with non-stick spray and cover.

Bake for approximately 60 minutes, or until very soft at 375 degrees.

Do you like to cook? Post your favorite recipes to [ww.Facebook.com/SalemAudiologyClinic](https://www.facebook.com/SalemAudiologyClinic)

Joni Buyes

In every Hear For Life newsletter, we like to take the time to introduce you to a member of our staff. All of the employees at Salem Audiology Clinic are valued and cherished and we love to share with you these people who brighten our day and help make our office great!



Joni with her Husband of 10 years Anthony

Introducing Joni!

Tell us a little about your self

I was born and raised in Silverton, Oregon and have been with my wonderful husband, Anthony, for 10 years now. We are a blended family and together we have 4 amazing children, Arika(14), Gabe(12), Jordan(10), and Addie (7).

What do you do at Salem Audiology Clinic

I am a patient care coordinator. I schedule, pull insurance eligibility, and help coordinate VA and Voc Rehab authorizations.

How did you come about working at Salem Audiology Clinic?

I knew Scot and his wife, Lynise, from my church. We have been friends for a few years and I had previously worked alongside Lynise on our church staff. I heard of an opening at their office in North Salem which, coincidentally is only about 5 minutes from my house so it was a perfect fit!

What is your favorite thing about working here?

I love the people I work with. It really feels like a second family that truly cares about you and I love our patients. We have some of the best patients around!

What do you like to do outside of work?

I love photography and traveling. It's one of my biggest passions other than spending time with my family. We love doing family movie nights and baking together. I have been writing since I was in the first grade I am hoping to publish a novel I've been working on one day.

Why do you think someone should choose Salem Audiology Clinic?

We truly care about the well being of our patients and we are here to help them in every way.

The evolution of a hearing revolution

DISCOVER

livio[®] AI

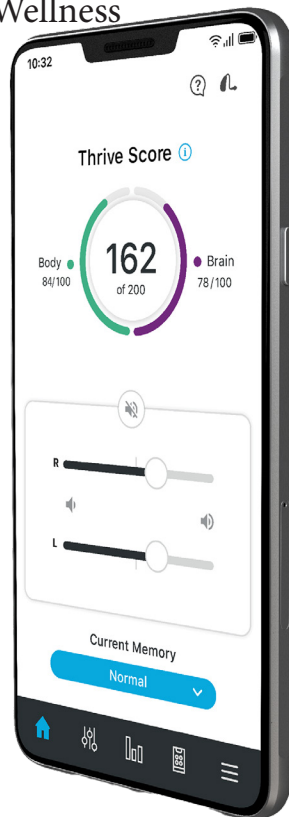


As the world's first multi-purpose Healthable hearing aid, there's a lot of exciting advanced technology at work behind the scenes to make sure people wearing our latest hearing aids hear better and live better.

The first and most important job of any hearing aid is to help people with hearing loss hear speech, music and sounds as crisply, clearly and naturally as possible. While other premium hearing aids are getting better at that, none compare to the sound quality of Livio AI.

Paired with our all-new Thrive Hearing app, Livio AI hearing aids track your physical activity (similar to a FitBit) and measure actions that are good for your brain health, like daily usage of your hearing aids, social engagement, and time spent listening actively. Each day, the Thrive app combines your body and brain activity to give you a Thrive Wellness Score, which helps you know if you're meeting your physical and cognitive health goals.

With Livio AI, the integrated sensor is unique in that it keeps a patient from being tethered to their phone. A person can be wearing their Livio AI devices and go for a walk or a jog, or just be walking around in their house. They don't have to have their phone on them. We are using the sensors and the intelligence built directly into the hearing aid to track activity.



The World's First Healthable Hearing Aid That Tracks Brain and Body Health

Some of Livio's Features include:

- **Body Tracking:** Tracks your daily steps, measures movement, and monitors more vigorous physical activity.
- **Superior Sound Quality:** Advanced technologies work together to provide exceptional sound quality in any environment
- **Auto Experience Manager:** Automatically adjusts hearing aid loudness over time to help you transition to new hearing aids.
- **Rechargeable:** Providing up to 24-hour, round the clock wear.
- **Auto ON/OFF:** Take them off, set them on a flat, stable surface, and they will go into a low-power mode after 15 minutes.

If you are Interested in learning more about the Starkey Livio AI Hearing aids. Call us at [\(971\) 701-6322](tel:9717016322) today and schedule a consultation with one of our hearing care providers.



Salem Audiology Clinic

"Where You Can Trust What You Hear"

2125 Boone RD. SE Suite 120

Salem, OR 97306

(Return Service Request)

Upcoming Classes at Salem Audiology Clinic

All of our Hear for Life Classes will be hosted at our South Salem location, Located at 2521 Boone RD, SE Suite 120. To register or to learn more about these free educational classes, please call (971) 701-6322 today!

Weekend Academy

May 9th at 10am - 3am (Catered lunch included)

Are you a new hearing aid user? This class covers a variety of topics, including hearing loss and hearing aids. communication strategies, speech reading, hearing aid maintenance, and consumer rights. Learn everything you need to know about hearing aids and hearing health in this four-part Saturday class.

Tinnitus

May 16th 10am - 11:30am

Tinnitus is the common condition of ringing, buzzing, or chirping in the ears. Patients with tinnitus are often told that tinnitus has no cure; that they should simply learn to live with it. They are not, however, told how to live with it. This class reviews the causes behind tinnitus and how to manage it through various coping methods.