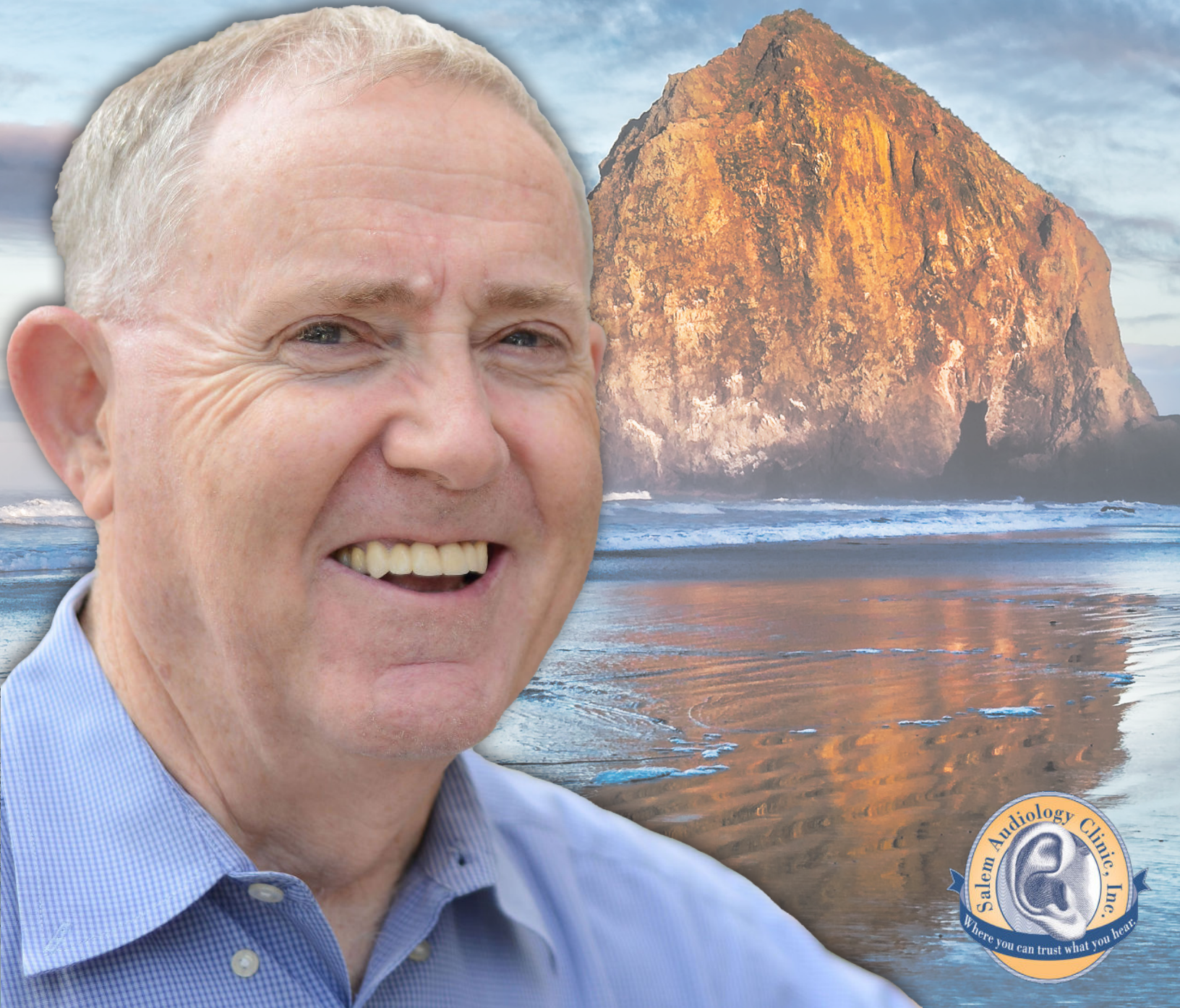


# HEAR FOR LIFE

Hearing Health Newsletter

Fall/Winter 21'

## REMEMBERING NORM FRINK





**While not a nationally well-known audiologist, our father was a pioneer when it came to private practice. And to me, a giant among us. Norman D. Frink passed away, at the way of 80, on July 24, 2021 after a long struggle with Parkinson's disease.**

***See the Full article on page 5.***

### ***More ways to connect with us***



Follow us on YouTube for reviews, hearing aid tips, advice and more.



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

# "HEARS" WHAT'S INSIDE



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**Hear for Life Classes are Back! More information on the back Cover**



# Holiday Gift Guide

*These 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 this holiday season*

## 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.

## Microphone Systems

Another kind of hearing accessory is the 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 a 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.

**50%**  
**OFF all**  
**In-stock**  
**Accessories**  
Now through Jan 7th



## Batteries

Zinc-air batteries (non-rechargeable) disposable batteries, also known as “button batteries.” Zinc-air batteries remain stable for up to three years when stored in a room temperature, dry environment. These are great stocking stuffers for anyone with standard (non-rechargeable) hearing aids.



**All batteries are**

Now through Jan 7th



## T.V Transmitter

Enjoy TV sound like never before. TV PLAY features outstanding sound performance, discreet design, and easy set up.



## Drying & Cleaning

UV light kit for all types of hearing systems and ear-molds protects your hearing aids against moisture, one of the main reasons for expensive repairs. It also Reduces the accumulation of germs and the risk of skin infections in and around the ear.



## Remote Mic

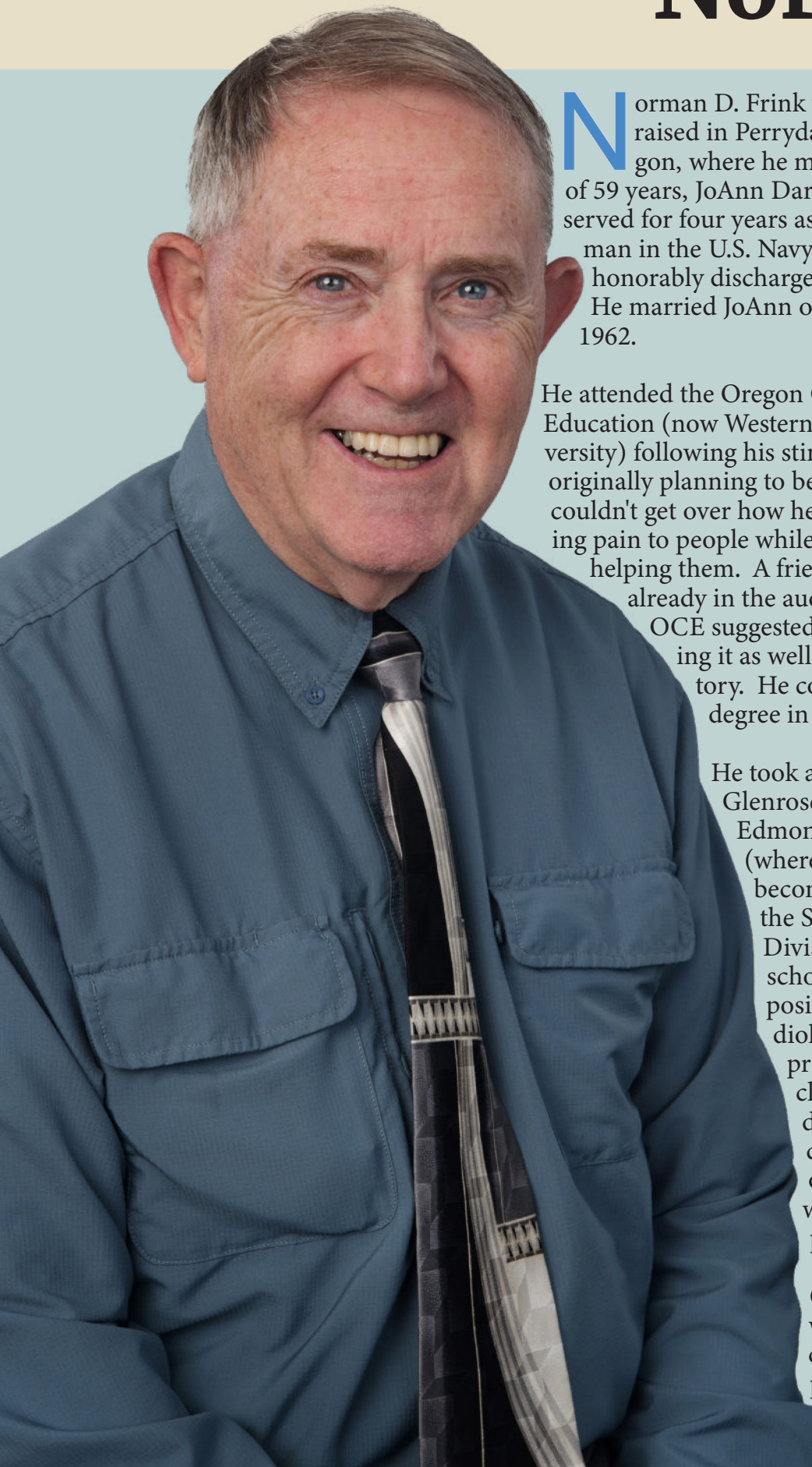
Hear conversations easily -close up and in detail, even in noisy environments. The Remote Mic is the answer to difficult one-to-one conversations at dinner parties, in the car or when you are on adventure trips.



## Remote

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

# REMEMBERING Norm Frink



**N**orman D. Frink was raised in Perrydale, Oregon, where he met his wife of 59 years, JoAnn Dart. Norman served for four years as a radar man in the U.S. Navy and was honorably discharged in 1962. He married JoAnn on August 11, 1962.

He attended the Oregon College of Education (now Western Oregon University) following his stint in the Navy, originally planning to be a dentist. But couldn't get over how he would be causing pain to people while at the same time helping them. A friend of his who was already in the audiology program at OCE suggested he consider entering it as well, and the rest is history. He completed his masters degree in audiology in 1968.

He took an initial position at Glenrose Children's Hospital in Edmonton, Alberta, Canada (where Scot was born), before becoming the audiologist for the State of Oregon Health Division, testing children in schools. In 1982, he left that position to found Salem Audiology Clinic, one of the first private practice audiology clinics in Oregon. Salem Audiology Clinic, now run by his children, has grown to become one of the largest in the state, with three locations and 23 employees.

Over the next three decades, he was very active in the audiology community, helping to grow his practice and to help found the Oregon Academy of Audiology. His focus on audiology was to help his



community to hear better. Norman retired from Salem Audiology Clinic in 2006, and spent much of his free time travelling throughout the United States and Europe with his wife, JoAnn. Norman was known for his love of books, and was frequently seen browsing in various new and used book stores along the Oregon coast, where he spent a lot of his free time at a second home in Pacific City, with his seven grandchildren. He became very active in the Salem Kiwanis club, heading up their children's book distribution program, which by 2013 had helped to distribute more than 42,800 books to about 8,573 kids at 95 local schools and head start programs.

In 2015, Norman was diagnosed with Parkinson's disease. He remained active, however, until his passing on July 24, 2021. Everything Norman did in his life he did in the spirit of service – for his family, his country, and his community.

Norman was preceded in death by his father, Milton Frink; mother, Luzelle Frink; and son, David Frink. Nor-

man is survived by his wife, JoAnn, daughter Lesli Hiller (Steve), son Scot Frink (Lynise); seven grandchildren (Catherine Frink, Christopher Frink, Allyson Hiller-Waite (Dereck), Joe Hiller (Shelby), Andrew Frink, Cassandra Frink, Michael Hiller). One great grandson, Clark Hiller.

As the holidays approach we will especially be missing dad, the he had with his grandkids, his great smile, card playing and of course his famous polar bear joke.

We are glad for all the times we had and the memories that accompioned them.



## The **Reinvented** Hearing Instrument Dryer



Did you know, it only takes half a microliter of water to reduce the amplification of your hearing aids by 30Db. That's 1/100th of a drop of water! With consistent moisture, it can cause corrosion of the internal parts within your hearing aids.

So what should you do if your hearing aids accumulate moisture? Skip the jar of rice, and bring them straight to us. Salem Audiology Clinic uses a professional drying system by Redux that is designed to completely dry out your hearing aids in less than 15 minutes.

### **Here is how it works:**

Inside the unit is the drying chamber that is vacuum sealed. We initiate a "drying session" from a computer connected to the unit. Once initiated, a hearing aid (or pair of hearing aids) is placed inside the chamber.

When the drying process begins, the Redux pulls air out of the chamber, creating a vacuum, which actually reduces the boiling point of water from 212 degrees (F), down to 98 degrees (F). In short, it is safely heating up the air inside the chamber to create evaporation, and then replaces the air in the chamber with dry fresh air, all while measuring the humidity levels in the extracted air to determine when drying is complete. It will even let us know how much water (in microliters) is removed from your hearing aids.

Don't let moisture keep you from hearing your best this year. Protect your investment and make sure you are keeping up on your regular clean and check appointments (which include dehydrating your aids). And we all know accidents happen but, before you stick your hearing aids in a jar of rice. Bring them to us and let us use proven technology to remove the moisture and get you going in a shorter period of time.

Sources: [YouTube.com/DoctorCliff,AuD](https://www.youtube.com/DoctorCliff,AuD), [redux.com/drying-technology/](https://redux.com/drying-technology/)

## BENEFITS OF THE REDUX DRYING SYSTEM

Until now, there has been no way to quickly remove moisture from hearing aids and other small electronic devices. Furthermore, there has been no way to measurably ensure that all moisture has been removed by the end of these time-consuming processes. If moisture remains in the circuitry of a small electrical device like a hearing aid, turning the device on can potentially destroy it.

### **FASTER:**

Redux is proven to dry hearing instruments in about 8 minutes with the push of a button.

### **SMARTER:**

Redux combines vacuum drying with humidity level measurement to vaporize liquid at a low temperature that is safe for the device.

### **DRYER:**

Redux applies endpoint drying technology to maximize moisture removal from treated devices.

### **VERIFIED:**

Redux provides real-time measure of moisture removed during the drying process and reports the total amount upon completion.





## 4 Tips to enjoy the holidays with hearing loss

*The loss of hearing can impact the emotional well-being of a person during any point of the year, but during the holiday season, these feelings only get worse and often make them feel left out. We're going to explore how to improve holiday festivities if you are experiencing hearing loss, or how you can help loved ones with hearing loss during this time of year.*

**Find other ways to call home:** It's nice to call and catch up with friends and family who we haven't seen in a while. Phone calls can be difficult for those who are hard of hearing. We recommend video chatting which gives people the ability to lip read and see expressions.

**Be Honest:** When having a conversation with loved ones during a holiday gathering, it may be tempting to go along with everything they're saying- even if you can't hear them properly. Being honest about your hearing will make these events more enjoyable. Letting others know you can't hear them well so that you can be a part of the conversation and not feel left out.

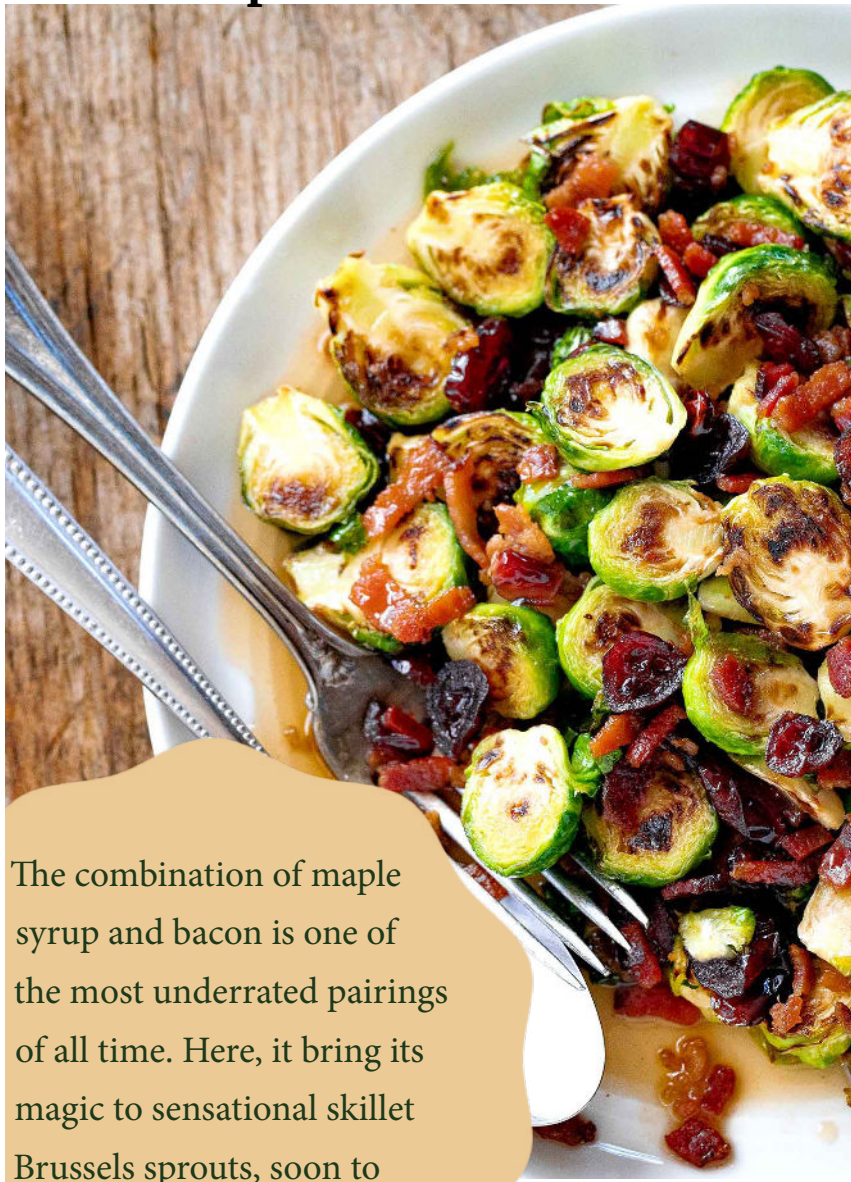
**Choose your position:** If you're attending a party or event where the noise levels are high, here are a few tips to help you with your evening.

- 1) Find a quiet area away from the music so you can converse easier.
- 2) Try to find areas with less people passing, so you can easily lip read.
- 3) Go to places with good lighting so you can lip read and see expressions.
- 4) Sit closest to the people you wish to talk the most with.

**Take a break:** Don't be scared to take a break from the party. Your ears and mind will need a rest after a lot of conversation, so head to a quiet area or room and take a moment. Taking a break will help to recharge and give you the energy needed for more socializing so you can enjoy every moment.

Everybody deserves to enjoy the festive season and have fun with their friends and family and hearing loss shouldn't stop you from enjoying yourself.

Source: <https://www.thehearingssolution.com/hearing-blog/4-tips-to-help-enjoy-the-holidays-with-hearing-loss>



The combination of maple syrup and bacon is one of the most underrated pairings of all time. Here, it brings its magic to sensational skillet Brussels sprouts, soon to be your new favorite side dish.



## Maple Bacon Brussels Sprouts

By: Devon Grogans

### INGREDIENTS:

- 8 Slices Thick-cut bacon, chopped
- 2 lb. Brussels sprouts
- 1 tsp. Kosher salt
- 1/8 tsp. ground cayenne pepper, plus more to taste
- 1/2 cup. Dried, unsweetened cranberries
- 1/4 cup. Apple juice
- 1/4 cup. Maple syrup

### DIRECTIONS:

- 1.) In a large cast-iron skillet, cook the bacon oven medium-high for 6-8 minutes or until crispy. Using a slotted spoon, remove the bacon from the skillet and drain on a paper towel lined plate..
- 2.) Add the Brussels sprouts to the skillet, stirring well to coat with the bacon grease. Reduce heat to medium and cook without stirring for 6 minutes or until the sprouts start to brown/caramelize. Stir in the salt and red pepper and continue to cook an additional 6 - 8 minutes or until Brussels sprouts are just tender.
- 3.) Stir in the cranberries, apple juice, and maple syrup. Cook 3 minutes, stirring to coat the Brussels sprouts. Add the cooked bacon and stir to combine. Serve immediately.

## Employee Spotlight

*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, cherished and we love to share with you these people who brighten our day and help make our office great!*

### Introducing Megan!

#### Tell us a little about yourself

I grew up in a small village in Michigan called Remus on 80 acres that has been in my family for over 100 years. I didn't talk until age 5 due to middle ear infections that went untreated. This caused me to have a speech delay and having multiple hearing test done growing up. It's because of my personal experience with audiologist and speech language pathologist that I picked it as my major in college. I graduated in 2008 from Western Michigan University with a Bachelor of Science in Speech Pathology and Audiology. In 2009 I got my Certificate of Achievement in American Sign Language from Kalamazoo Valley Community College, although I need to practice it more because I have lost a lot of it from not using it over the years. I graduated with my Doctorate in Audiology in 2013 from A.T. Still University in Mesa Arizona. In 2014 I finished the certification for Tinnitus Retraining Therapy for Management of Tinnitus and Hyperacusis. I am also American Board of Audiology Certified.

#### What do you do at Salem Audiology Clinic

I am the pediatric audiologist but also see adults.

#### How did you come about working at Salem Audiology Clinic?

My family was looking at moving after some medical issues with our youngest child when she was a week old and my husband was tired of the snow. I lived in Enterprise Oregon for a bit as a child when my dad worked for the U.S Geological Survey so we looked at moving to Oregon to get a fresh start.

#### What you enjoy most about working here?

I love getting to work with the kids that we see.



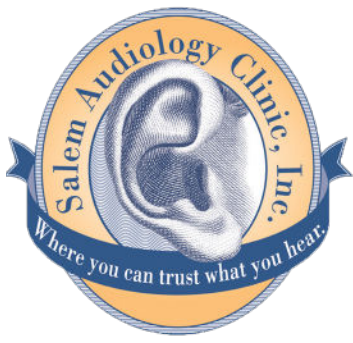
# Megan Larson

#### What do you like to do outside of work?

My family likes to go camping and hiking.

#### Why do you think someone should choose Salem Audiology Clinic?

I have worked in a few different settings over my career and Salem Audiology Clinic does more testing and best practices compared to some of the other places I have worked.



## **Salem Audiology Clinic**

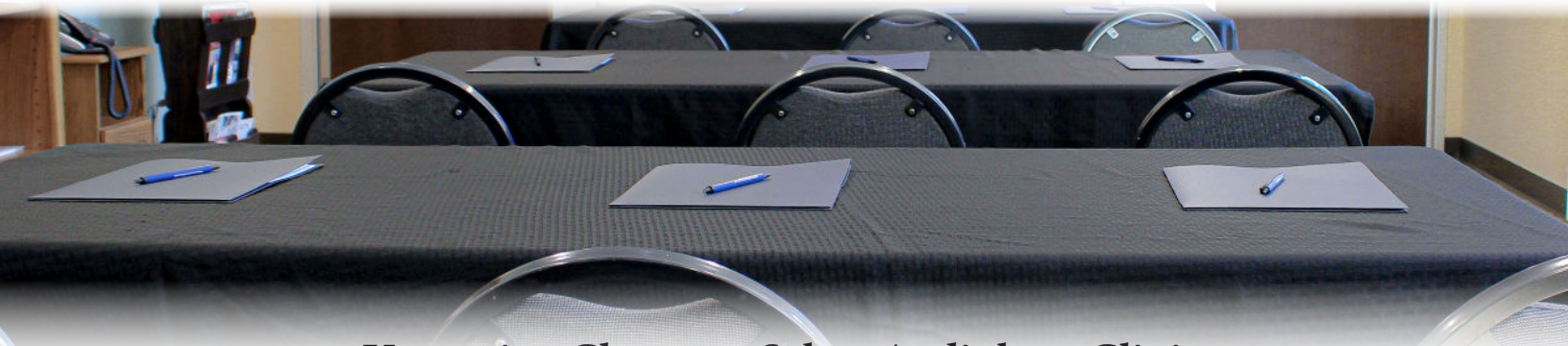
*"Where You Can Trust What You Hear"*

2521 Boone RD. SE Suite 120

Salem, OR 97306

(971)701-6322

(Return Service Request)



## **Upcoming Classes at Salem Audiology Clinic**

All Hear for Life Classes will be hosted by our office in South Salem. To register or to learn more about these free educational classes, please call (971) 701-6322.

### **Weekend Academy**

*December 4th & 11th, 10am-12pm*

Class 1: Hearing loss and Hearing Aids

Class 2: Communication Strategies, Hearing Aid Maintenance, and Advocacy

### **Weekend Academy**

*January 5th & 12th, 10am-12pm*

Class 1: Hearing loss and Hearing Aids

Class 2: Communication Strategies, Hearing Aid Maintenance, and Advocacy

### **Coping with Tinnitus**

*February 14th, 10am-11am*

Class 1: Hearing loss and Hearing Aids

Class 2: Communication Strategies, Hearing Aid Maintenance, and Advocacy

\* Registration is required to attend, as seating is limited.