

# The Villages Health®

AUDIOLOGY PATIENT NEWSLETTER  
May 2023



## Better Hearing & Speech Live Life Well

When wellness is frequently referenced in broad terms, specific guiding principles can lead to healthier lives. With physical wellness, we think of exercise, counting steps, reps, or trips to the gym. With mental wellness, we ponder degrees of happiness, self-esteem and the power of positive attitudes. While physical and mental wellness are intuitively vital, we often count on dedicated experts who motivate devotees to improve quality of life. From professional trainers, to physical therapists or psychiatrists to meditation and yoga instructors, **wellness pathways** are deeply personal.

*“The biggest problem in communication is  
the illusion that it has taken place.”*

—George Bernard Shaw

While physical and mental wellness discussions prevail, talking more about *Communication Wellness* makes sense.

During May’s **Better Hearing & Speech Month**, let’s celebrate a collective sense of purpose. Precious sounds matter and we are committed to helping you **joyfully rediscover** them.

At home, work and play, **life’s soundtrack** surrounds us every day. From the morning news and daily commute to workplace dialogue or Zoom calls and challenging conversations in noisy places, auditory acuties are essential. As your healthy mindset Springs Forward, aspire to delight in chirping birds, graduations, nature hikes, summer travel and family gatherings. Why suffer in silence when you can *Live Life Well*?



Just like annual check ups for teeth and eyes, **annual audiological tests** are wise. Akin to identifying whether vision is 20/20, your hearing status deserves skillful evaluation. This is expressly true when presbycusis, or age-related hearing loss, affects 10s of millions of North Americans. Societal awareness must be raised about:

- Whole person care, with hearing loss related to common medical conditions such as diabetes, heart disease, kidney disease and ototoxicity
- Hearing loss being the single most important modifiable risk factor which may decrease risk, delay onset or reduce severity of dementia
- Ways which better hearing may reduce harmful impacts of tinnitus or the risk of falls
- Why, starting at young ages, noise-induced hearing loss prevention is imperative
- How communicating well encourages gratifying socialization, instead of depressing isolation

You and your loved ones deserve to hear your best. Just as with smart phones, computers or HD TVs, feature-rich technology solutions are accessible. We are avid listeners, dedicated to **caring conversations** which guide developing personalized treatment plans which serve you well, for life. While compassionately at your service, experience teaches us that ...

# The Family's Role is an Important Goal

Hearing loss is a family matter, of which we should be aware. from the youngest to the oldest, it is important to truly care.

It's not just about the person who can't hear the best, it's learning how to communicate where and how experts suggest.

Better places to converse are quiet and serene, avoiding noisy environments which are challenging scenes.

By sitting closer or across from each other, what you say is less likely to sound muttered.

Be patient, while speaking clearly and slow. so positive attitudes and kindness let your love show.

Talk one at a time and get the listener's attention, making the source of sound worthy of mention.

Getting the listener's focus when your eyes meet, reminds us that mutual understanding is a 2-way street.

Do not cover your mouth or face with hands or food, since blocking lip-reading abilities can appear rude.

Pause between phrases and do not speak loudly, so the listener has time to process and respond proudly.

As necessary, politely request listeners repeat back what they heard, to make sure there were no missing words.

When caring family and friends happily provide moral support, they take pride in practicing better communication as a team sport.

Knowing that empathetically applying helpful hints is from the heart ...

*As Frank Tyger said,*

"Hearing is one of the body's five senses, but listening is an art."

*www.franktyger.info*

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*While we take your hearing care seriously, a little laughter goes a long way.*

## Good Humor, Healthy Hearing

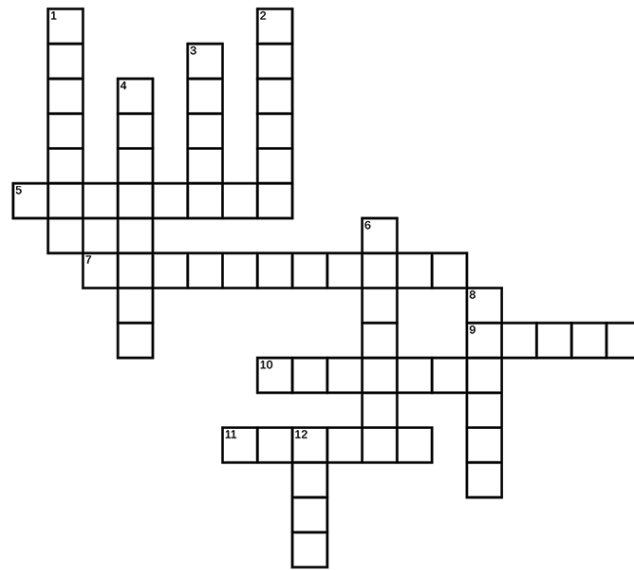


*“I should have caught your attention first.”*

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**Crossword Fun!**

## Better Hearing & Speech



### Across

- 5 How sound is measured.
- 7 Hearing and speech are how most of us \_\_\_\_\_.
- 9 The outer part of the ear that collects sounds.
- 10 Sounds waves make the eardrum do this.
- 11 What you need to turn up when you can't hear.

### Down

- 1 The snail-shaped part of the inner ear.
- 2 Ears collect, \_\_\_\_\_ connect.
- 3 This makes it harder to hear.
- 4 This nerve sends impulses to the brain.
- 6 Also called the Tympanic membrane.
- 8 How we communicate best.
- 12 Do you suffer from hearing \_\_\_\_?

[Download and print](#)

[Play online](#)

During Better Hearing and Speech Month, now's an ideal time to schedule an appointment with us for yourself or a loved one currently struggling with activities of daily living. Doing so soon is a crucial step forwards towards *Communication Wellness* and being *Happy to Hear!*

**VISIT OUR WEBSITE**

**LEARN MORE**

Schedule an appointment for you or your loved ones.  
**(352) 674-1799**



# The Villages Health®

## Audiology Department

*The information contained herein is provided for general educational purposes.  
Regarding specific questions, please talk to your Doctor.*

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