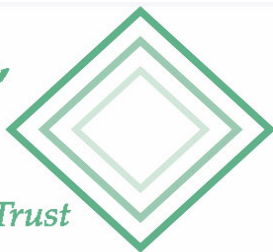


Dr. Peggy L. Sheets,
Audiologists, Inc.



Doctoral Hearing Care You Can Trust

The Hearing Well Newsletter

www.peggysheets.com

Fall - Winter 2006

Reminder

**Make Sure
We Have
Your Name!**

For each person
you referred to
our practice
between
September 2005
thru
September 2006
who purchased
hearing aids, you
will receive a
\$25.00 gift card
at this year's PA
Day! If you are
unable to attend
PA Day, you will
need to pick up
your gift card at
the office.

If you have any
questions, please
feel free to call!



A Note From Dr. Sheets

When I see a patient for the first time, I ask them what prompted them to make their appointment. Most patients tell me family member(s) or friend(s) *encouraged* them. It is no secret that a person with hearing loss is usually the last one to know and that someone else usually creates the awareness around the communication difficulty. But, the involvement of those we love and share time with does not stop at the first appointment. In fact, family and friends can help make the benefit one receives from hearing aids even greater by following a few easy "Rules for Better Communication". Pass this information along to those who are special to you so that conversations can be easier for everyone involved.

#1) Speak Slowly. Hearing loss typically causes processing ability to slow down so faster speech becomes unintelligible. The speaker does not have to say one-word-at-a-time but instead at an even pace that allows for good enunciation, and allows slightly more time for the listener with hearing loss to process the speech.

#2) Get the Listener's Attention Before the Speaker Starts the Conversation. Sometimes one does not "hear" what is said because one was not listening. Often times, we are focused on whatever it is we are doing, and when someone says something, we are "distracted" and so, we do not "hear" what was said. Taking a moment to call the listener's name and getting their attention will reduce what is missed significantly.

#3) Have the Speaker and the Listener Face Each Other Whenever Possible. Face-to-face conversation is important for understanding speech. Part of "hearing" involves visual cues. Hard-of-hearing individuals typically lip read even though they may not realize it.

#4) Provide Contextual Cues. If the speaker is asked to repeat, don't repeat the same exact phrase. Use different words to convey the same message. Some speech sounds are easier to make out than others, so by changing the words, the listener may be better able to put the pieces of the puzzle together and get the meaning.

#5) Close Communication. Have the speaker and the listener move to within ten feet of each other. Even over short distances, speech loses its clarity. The closer you are, the clearer the speech. It may not always be convenient to be close, but it will likely be less frustrating for everyone involved.

Holiday Office Closings

November 23 & 24, 2006

December 25, 2006
through
January 1, 2007

4th Annual Patient Appreciation Day

This year we will have our first "Patient Referral Program" **GRAND PRIZE** drawing!

Also, \$25.00 gift cards will be presented to those patients with qualified referrals!

If you have any questions about our referral program, please feel free to call!

Please join us on:

Friday—November 3, 2006 * 12:00PM—2:00PM

At the Crowne Plaza, Nashua —Hunt Room

Food, Beverages & Raffles

Please RSVP by 10/25/06 as space is limited! 603-880-0090

(patients are welcome to invite one guest)