

Findlay Hearing CENTER

930 Plaza Street Findlay, Ohio
419-422-5242
www.findlayhearing.com

Spring 2024
April/May

**May is Better Hearing
and Speech Month!**



Spring into Something NEW!

Trade in and Trade Up!

June 11th and 12th!

Ready for an upgrade? For these two days ONLY, trade in your current hearing aids for a **brand new pair!** Call **TODAY** to reserve your appointment spot where you will get a hearing test and meet with one of our providers.

**those with third party insurance do not qualify*

Appointment times WILL go quickly! Call 419-422-5242 today!

Did you know?

You continue hearing even in your sleep, your brain just chooses to ignore the sounds!



It might be time to upgrade...

Jot it Down with Jodi

I am so thrilled with how the year has started off and hopeful for how the rest of 2024 is going to go. Our team is rocking it and I am loving all of the positive reviews and comments that we have gotten from our patients that we care about so much. Keep spreading the good word about hearing health! I have been getting out into the community more, educating people, listening to them, and problem solving to keep elevating our area even more. I was recently a featured author in the new Healthy Me Magazine of Northwest Ohio so be on the lookout for that. I truly think that we need to take care of our community and continue to foster a sense of support for one another. The Findlay Hearing Center team continues to come up with ideas so make sure that you are following along so that you don't miss something spectacular. We are truly grateful for the support of all of our patients, whether you have been seeing us for years or if you just had your first appointment-so THANK YOU!



Giveaway Update!

Thank you to everyone who entered our Holiday Giveaway in November. You lifted our holiday spirits by coming into the office! Congratulations goes to Cynthia for being our Giveaway winner! Stay tuned for any upcoming sales and events. Follow our Facebook and Instagram pages so you don't miss a thing.

Our Upcoming Events

Mark your calendars!



Trade In and Trade Up Event: **June 11th and 12th**

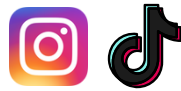
Patient Surveys Due: **June 6th**

Feeling Waxy?

While ear wax is totally normal and healthy, if you feel as though it is impacting your hearing we can help you remove it or refer you to a specialist to get it removed if it is too deep!



Follow us on Instagram and Tik Tok!



We post helpful hints for your hearing health as well as share the newest information from our office!



Courtney's Corner

I hope you all had a great New Year! We are super excited for 2024 here at the Findlay Hearing Center! We have such an awesome team and are starting to implement some of our ideas this year for education and outreach. This newsletter was a big one for us and is a great way to keep in touch with you all.

Some of the hearing aid manufacturers we work with have some big launches this Spring/Summer so please follow us on our socials to stay up-to-date with that info. Jodi and I are both passionate about providing our patients with the best technology available in hearing aids.

If you have a Medicare Advantage (Part C) plan for this year, be sure to reach out to us about looking into your hearing benefit. It's possible your insurance could have some coverage for new technology!

Look forward to seeing you soon!!



Do You Hear That?

What is Tinnitus?

Ringling in the ears, or **Tinnitus**, can be a sign of hearing loss. Your brain actually makes up sounds that aren't there to compensate for the sounds it is not hearing.

Hearing aids can help! Call our office to see what we can do!

Check out our website for more information!



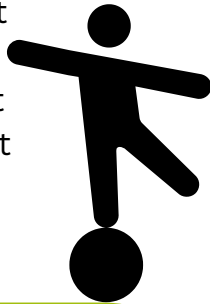
Scan to go to our website!



Feeling Off Balance?

Ears are *essential* for balance. The fluid in your inner ear is what helps you keep your balance. If you ever have had an ear infection and you've felt off balance, that would be why!

The same goes with hearing loss. Hearing aids can help maintain your balance if you have hearing loss to prevent falls. If you do fall, some hearing aids even have alert systems in place that will get you the help that you need!



Tip of the Season:

As the weather starts warming up, make sure you are doing your best to keep your hearing aids as dry as possible!

Kicking it with Kristen

Hey everyone, I have some exciting news for you all! I will be having another baby in mid-April, which means I will be out of the office for a couple months.

Currently, I have an almost 2-year-old son who keeps me on my toes and will be having a baby girl this time around. Please pray for my sanity.

Thank you to all of the patients who have already sent good thoughts and well wishes as they have seen my belly grow. My family and I are thrilled to start this next chapter.

With all this exciting news being said, Makenna will be covering my position. Please just be patient as this will be a new adjustment for her. She will do a wonderful job at taking care of you all with your insurance questions. I look forward to seeing you all when I return in the summer.



Did you know?

The recommended age to start getting annual hearing tests is 50 years old. You don't have to wait until you have hearing loss. Share this with a friend!

What is Cognitive Health and Why is it Important to our Overall Health?

Cognitive Health is how well you think, learn, and remember. Basically, your brain health. It is vital to everyday activities to be as cognitively healthy as possible. When we begin to lose our hearing, our cognitive health begins to decline. Our brain is unable to make as many neurological connections to sound as it once was. Hearing aids are a way to save what is left of your hearing and therefore help your cognitive abilities as well. We have a way to test your cognitive ability in our office with a machine called Cognivue. Call us today for an appointment if you want to try it out!



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Give Your Brain a Workout!

It's important to keep your brain active and working to continue strengthening the connections in your brain. Try out this Sudoku puzzle for a little brain workout today!

1		8			6	4		
		6		9		8		7
5								
2	6	9	5				8	
			4		9			
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3

Makenna's Memo

I am so ready for spring time! To me, spring is a fresh, renewed energy, which is exactly what I am continuing to bring into the office with our marketing. You will be seeing my face a lot more as Kristen is on maternity leave and I appreciate your patience as I try to help you as best as I can.

Continue sharing the education that we are spreading on our social media pages. Tell your friends and loved ones how hearing aids have helped improve your quality of life. Let them know that Findlay Hearing Center is the place to go for your hearing needs.

I continue to be thankful for the fantastic people here at the office and for the patients who make me smile every single day.



Looking for a new healthy breakfast? Try these Strawberry Overnight Oats

Ingredients

- 1 cup fresh sliced strawberries
- 1/2 teaspoon of sugar
- 3/4 cup old fashioned oats
- 2 tablespoons of peanut butter
- 1-1/2 teaspoons of chia seeds
- 1 cup of milk of your choice

Directions:

- 1) In a small bowl, combine the strawberries and sugar. Let sit for an hour and mash if desired
- 2) In a pint jar, layer 1/4 cup of oats, 1 tablespoon of peanut butter, 1/2 teaspoon of chia seeds, and 1/3 of the strawberry mixture
- 3) Continue to layer until all ingredients have been used
- 4) Pour the milk overtop
- 5) Seal jar and put in refrigerator overnight
- 6) Enjoy!

