



## Have You Lost Your Social Connections?

Mental Well-Being is tightly linked to Hearing Health per Heather Lindsey of The Hearing Journal (March 2016, Vol 69, Num 3). She states that "Audiological issues can limit or sever social connections, and human beings are social by nature. When patients lose their social connections, they lose the mirror [or] feedback that helps them calibrate and stay in line with the world. Social pain and rejection can trigger the same neural pathways as physical pain, but social pain is much more easily triggered and can be relived more vividly than physical pain."

At Jackson County Audiology, we offer comprehensive audiology care and personalized hearing aid devices and services. Your hearing health is important to us, and we provide optimal hearing and unbeatable service.

Call Us Today!

## 5 Surprising Things...

### ... Treating Hearing Loss Says About You

- 1) You're a go-getter - you are more likely to tackle problems actively!
- 2) You value your relationships - healthy relationships rest largely on good communication!
- 3) You like to be active - you're not going to let untreated hearing loss stop you!
- 4) You love living life - people with hearing loss who use hearing aids are more likely to be optimistic and feel engaged in life!
- 5) You're tech savvy and make the most



of what modern life has to offer - you're up-to-date on the tremendous advances in hearing aid technology, which enriches your life!



## Hearing Aids are Medical Devices

Are you aware that hearing aids are FDA regulated class 1 medical devices that should be customized for you after medical concerns have been ruled out? They are not retail commodities. Your Audiologist is a trained professional. At Jackson County Audiology we invite you to make an appointment today for your best hearing!

[Learn More](#)

## Benefits And Limitations of Hearing Aids?



Studies and experience tell us that people who wear hearing aids:

- obtain a better relationship with their family
- feel better about themselves
- get better mental health
- improve their physical well being
- concentrate better
- feel more independent and secure
- feel less tired or exhausted
- are more able to participate in social gatherings
- are able to increase your social contacts
- are able to do better in your job



Hearing aids do NOT restore normal hearing. In contrast, eyeglasses can restore 20/20 vision.

Hearing aids amplify all sounds, including background noise that you do not wish to hear. However, new technology greatly limits background noise!

Hearing aids require an adjustment period that may take several months. Follow-up visits with the licensed hearing aid

Other benefits include the ability to:

- hear sounds that you have not heard previously
- hear speech over the telephone more clearly
- communicate (and comprehend) more easily with family and friends.
- communicate easier in noisy listening situations (e.g. a restaurant or in a large group of people)
- have enhanced directional perception
- target specific voices or sounds you are trying to hear
- look stylish in a variety of styles and configurations

Changes in sound processing, directionality and noise reduction, when appropriately applied, make the goal of optimal speech understanding in the widest variety of listening environments readily attainable.

Recent research goals have been focused on clarity, flexibility, comfort and cosmetics. As a result, optimal benefit is easier to attain, and instruments are comfortable and easy to wear, even at work.

dispenser are necessary to take full advantage of the hearing aids. We offer free adjustments and care for the life of the hearing aid, when purchased in our clinic.

When you begin to use hearing aids, many sounds, including your own voice, might seem too loud.

You will need to learn how to adjust the settings for hearing aids with more complicated technology. Yet we are here to help you through the process.

Hearing aids can be expensive, so putting them in your long-term budget is important. Some would argue that the cost is a nominal price to pay when you consider how much you can improve your quality of life by having your hearing restored to comfortable levels.

Hearing aids should be properly fitted by a licensed audiologist so that the amplification matches your hearing loss. If not fitted properly, too much amplification may cause additional hearing loss.

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## Favorite Recipes

### Slow-Cooker Red Wine Braised Short-Ribs

Prep time 15 mins

Cook time 8 hours

Total time 8 hours 15 mins

Serves: 3-4

Ingredients

- 2 tablespoons ghee
- 2-3 pounds beef short ribs
- salt, to taste



- garlic powder, to taste
- 2 garlic cloves, minced
- 1 yellow onion, chopped
- 2 carrots, chopped
- 2 stalks of celery, chopped
- 2 cups red wine (just get a bottle you like)
- 2 cups beef broth
- 1 (6 ounce jar) tomato paste
- 2 bay leaves
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh rosemary
- pinch of red pepper flakes
- 2 cups button mushrooms
- fresh parsley, to garnish
- flake salt, to garnish

#### Instructions

1. Place a large cast iron skillet over medium heat. Once hot, add ghee. Sprinkle salt and garlic powder on all sides of each short rib then place the the pan and sear on all sides, about 2-3 minutes per side, until a nice crust appears on the short ribs.
2. In a crockpot, place garlic cloves, onion, carrots, and celery in the bottom. Add the seared short ribs on top. In a bowl, whisk together red wine, broth, and tomato paste. Pour mixture on top of short ribs then add bay leaves, thyme, rosemary, and red pepper flakes to crockpot. Lastly, add mushrooms to the top. Cover and cook on low for 8 hours.
3. When cooked fully and falling off the bone, garnish with fresh parsley and flaked salt.

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