



**Wishing you good times, good cheer
and a memorable new year.**

All of us at Audiology with a Heart want to thank you for your business, loyalty, and support this past year. We hope to see you again in the new year!



Reflections and the Future

As we (finally) put 2020 behind us, I have been reflecting on what a weird year it was and how we have all had to adjust our thinking on many things. I have also been thinking about how I came to be living in Florida and how small things can influence us in large ways.

When I was young, I always had a book with me. I loved the library and my parents had hundreds, if not a thousand books in our house. When I was quite young I read the life stories of Helen Keller and Laura Bridgman. Laura was also deaf and blind and lived 50 years before Helen Keller but never reached the level of fame Helen did. After reading those biographies, I started learning Sign Language which resulted in an interest in Deaf Culture. As I grew older and was starting to think about college and professions, I was

leaning towards something in the medical field but wanted to avoid blood and other gross things. I was leaning towards Psychology when we took an aptitude test my junior year of high school. This test evaluated your personality and suggested compatible professions. To no one's surprise, the first on my list was Librarian but the second was Audiologist. I had never heard of Audiology before but as I learned more about it, the more interested I became. It looked to be a combination of science, psychology and technology. Thirty years later and here I am! I wouldn't have been able to do this without the support of my family and without you - our clients! I have known some of you for almost 20 years and I thank you for staying with me as I have grown into the person I am today.

Let's go into 2021 with hope and optimism: this terrible virus will be controlled and we can finally be with our loved ones again. If you lost someone this past year, please accept our condolences and our wish for healing.

**“Blindness separates people from things;
deafness separates people from people.”**

— Helen Keller

New Year's Resolutions

Such a cliché, right? We resolve to eat better, sleep more, or exercise more but most of us never get past the first few days. We never really think about exercising our brains but now I want you to think about it. This is going to be a topic of many future newsletters as the research is indicating, hearing loss and cognitive decline are closely linked and we cannot continue to talk about one without talking about the other.



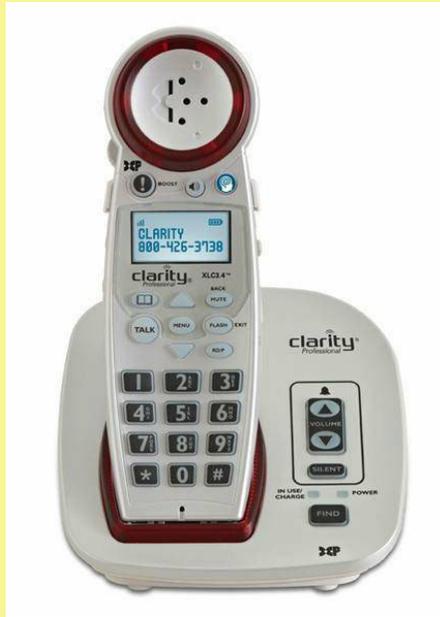
Recent research clearly shows that the biggest fear across all age groups is developing dementia or Alzheimer's.

Unfortunately by the time those diseases are diagnosed, it's often too late to intervene. Over the past year, I have been looking at expanding our services to include dementia screening tests (MOCA Test). I am certified to administer the MOCA but as I learn more about it, I realized there are some issues with inherent biases and test-retest reliability. If there is a significant hearing loss, the test may not as sensitive as we would want it to be. For this reason, we are now offering an FDA-approved cognitive screening test that is not affected by hearing loss or other inherent biases. This tool can indicate whether or not a consultation with a neurologist is warranted or if other intervention including hearing aids is most appropriate.

This is going to be the beginning of an on-going conversation about brain health. I look forward to sharing this information with you and one way to accomplish this is to offer cognitive screening tests in the office. There is a

\$25.00 fee for the test and you will leave with a comprehensive report of the results and a treatment plan appropriate to the results. Please note, this screening tool is recommended for all adults as early intervention is the key to any treatment.

Please call us at 561-366-7219 for more information and to make an appointment.



We are still providing amplified phones! Virus or no virus, we can still help you with your phones! Any Florida resident with a hearing loss is eligible for an amplified at no cost through the FTRI program. Click on the link for more information: [Florida Telecommunications Relay Inc](#)

Please call us 561-366-7219 for an appointment either at the office or (once a month) in the Delray Beach area.



We have the best patients in the world - thank you for wearing your masks when you come to the office. We want to protect you and ourselves and slow the spread of the virus. Until the vaccine is universally available, we will continue to require masks when you come to the office.

Thank you!!!

Insurance and Hearing Aids

Beginning in 2021, we will be able to provide hearing aid benefits to members of **Anthem**, **Amerigroup** and **Prominence**. Please call us 561-366-7219 so we can verify your benefits.
