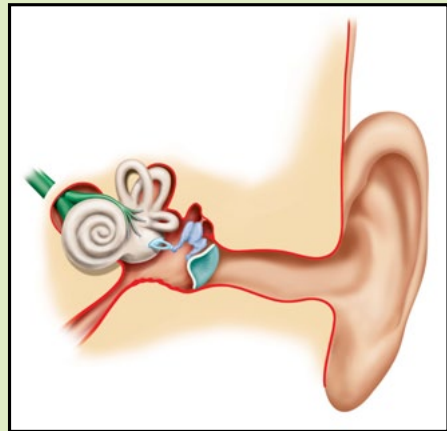


What Causes Hearing Loss?

It is estimated that a person with hearing loss waits anywhere from seven to ten years before taking action. Yet unlike vision loss, which most people readily accept, part of the delay for treating hearing loss is due to a lack of understanding or denial for the underlying causes. In this blog we will explore the causes of hearing loss and options for seeking treatment.



There are actually a few different causes of hearing loss with the most common being

sensorineural hearing loss. Sensorineural hearing loss generally occurs when inner ear nerves are damaged and do not properly transmit sound signals to the brain. Your inner ear contains tiny hair cells. Prolonged exposure to loud noises can cause these hair cells to wither and die off. This type of hearing loss can also occur as a result of aging, injuries, illnesses or medications side-effects.

Other individuals may experience hearing loss as a result of disorders with the inner and outer ear. This type of hearing loss is called conductive hearing loss and can result from ear infections, impacted earwax, malformation of the ear structures or other issues. These factors can occur at birth or as a temporary dysfunction.

Lastly, both types of hearing loss can be combined for what is called mixed hearing loss. Individuals with mixed hearing loss not only have inner or outer ear problems but also reduced hearing due to aging and noise exposure. It is recommended to treat each factor separately to get the best treatment options.

Regardless of what types of hearing loss you, or a loved one may have and the related causes, it is important to seek hearing care to avoid communication and listening difficulties. We recommend having your hearing checked by one of our qualified specialists. If hearing aids are recommended for your type of hearing loss, don't delay in getting fit. Hearing loss is not something you should just "put up with." In fact, research shows early treatment can make a difference.

Top 10 Summer Vacation Destinations for Seniors to Enjoy Rest & Relaxation

10. Las Vegas
9. San Francisco
8. Maui
7. West Palm Beach
6. Blue Ridge Parkway

5. **Panama City Beach, Florida** - Seniors will enjoy summer vacation destinations in sunny Panama City, Florida. Stay at the Wingate hotel for \$45 a night and enjoy the breath of fresh air of Florida. This hotel offers comfortable beds and a breakfast bar, indoor pool that can be enjoyed anytime of day or night.

4. **Lake Tahoe** - If perfect summer vacation destinations for seniors don't include beaches check out Lake Tahoe for the perfect hot spot for seniors. June through August is the best times for backpacking, hiking, biking and many other fun activities. Enjoy your stay at a local hotel for as little as \$65 a night or camp at a local campground for \$45 a night.

3. **Tennessee** - Summer vacation destinations for seniors don't get any better than Tennessee. There is plenty to do in Tennessee starting with Dollywood, The Great Smokey Mountains, Nashville and more. Seniors can enjoy over night stays in great hotels for \$65 a night. The best times to vacation Tennessee are June through October.

2. **Grand Canyon** - What better way for seniors to enjoy a summer vacation destination than the Grand Canyon. Take a look at the Grand Canyon Vacation Packages to see for yourself what you will experience and that the prices are not so bad either.

1. **Disney World** - Last but not least and at the top of the list for the top 10 best summer vacation destinations for seniors is Disney World. Seniors can take their grandchildren on a vacation they will never forget. Check out Vacation Packages for Disney World and save some extra money to buy souvenirs. Stay at local hotels for under \$65 a night.

Source: Yahoo Voices

Moisture & Hearing Aids

Moisture can affect the performance of your hearing aids. Audibel's Hydrashield® technology already helps to protect against that, but it is still a good idea to dehumidify your hearing aids from time to time. This will help prolong the life of your hearing aids and make sure they are performing at optimum level.



Only \$9.95



Come in to Audibel today and get your very own hearing aid Dehumidifier!

Service Centers & Home Health

If you can't make it to one of our local offices, we also provide service at the following service centers:

Taylorville Office:

Montgomery County Senior Center - Every Friday	1pm - 2pm
Shelbyville Farm Bureau - Every Thursday	10am - 12pm
Shelby County Senior Center - 1st Thursday	By Appointment

Effingham Office:

Brookstone Estates - VAN - 2nd Thursday	10am - 11am
Effingham Senior Center - 1st Tuesday	10am - 11am
Jasper County Service Center - 1st Wednesday	1:30pm - 2:30pm
Brookstone - EFF - 4th Wednesday	2pm - 3pm
Holly Brook - EFF - 4th Wednesday	3pm - 4pm

For more information about our service centers, call us toll free at 888-891-7966.

We currently provide home health services in the Decatur and Springfield areas. If you are interested in this, please call (888) 891-7966 today, and we will put you in touch with one of our Home Health Specialists!

Free Batteries!

Did you know you could get free batteries for 6 months just by referring someone to us?



WORD FIND

B	P	N	P	Q	R	H	U	P	Y	A	M	J	R	C
Y	I	Z	N	R	E	Q	P	S	K	R	G	V	E	M
M	H	H	B	O	E	N	D	T	P	I	N	Y	J	C
S	Y	W	I	I	D	U	A	N	K	Q	I	A	X	U
P	G	W	N	Y	K	E	T	E	Q	N	R	B	Z	F
F	F	O	D	O	B	B	E	I	R	A	A	V	Q	G
Q	A	J	D	G	I	X	D	T	Z	G	E	D	O	L
W	E	I	T	T	Z	D	H	A	U	U	H	L	C	F
Z	W	F	R	I	O	P	E	P	E	A	S	G	J	R
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R	Z	K	M	A	F	Q	E	L	D	I	Y	B	L	B
E	N	I	H	S	N	U	S	E	D	L	P	V	G	I
A	P	C	R	H	F	Y	T	W	Q	N	N	F	F	M
M	S	Y	U	Z	V	F	I	R	E	W	O	R	K	S
A	M	L	E	X	A	K	D	W	I	T	G	O	N	S

1. Earwax
2. Fairs
3. Fireworks
4. Hearing
5. Hot Dogs
6. Ice Cream
7. Summer
8. Sunshine
9. Updated Hearing Test
10. We Love Our Patients



What's Inside

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- A2 Tinnitus
- 5 Packs of FREE Batteries!
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- Word Find, Joke & Riddle
- Service Center Information

Riddle Time

Why don't mountains catch colds?

Answer: They have snow caps.

Joke Time

A retired man who volunteers to entertain patients in nursing homes and hospitals went to one local hospital in Brooklyn and took his portable keyboard along. He told some jokes and sang some funny songs at patients' bedsides. When he finished he said, in farewell, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

5 Packs of Premium Audibel Batteries



FREE!

*Must enter by July 31, 2014

To enter, tell us at least one thing we can do to improve our products or services, then either mail this to us or bring it into the office.

1.

2.



While there may be no cure for the constant ringing, buzzing or humming you hear, with the A2 Tinnitus, you can find some relief.

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 800 N. Keller Drive, Effingham, IL 62401
 Montgomery County Senior Center, 8353 IL Route 127
 Taylor Springs, IL 62089
 Shelbyville Farm Bureau, Route 128, Shelbyville, IL 62565
 Brookstone Estates, 1607 West Filmore Street, Vandalia, IL 62471
 Jasper County Service Center, 904 W. Jourdan Street
 Newton, IL 62448

Call us toll free: (888) 891-7966

HEARING NEWS

Call us toll free: (888) 891-7966

July - August 2014

Meet Audibel Patient and Silver Star Father, John Hensley



You won't meet a nicer man than John Hensley. His soft, loving personality will charm you, if not totally take you by surprise. In today's world, it is really refreshing to meet people with great hearts and caring personalities, and John is one of those people.

Audibel owner, Doug Haws, has known John for nearly 20 years. John became a hearing aid wearer at an early age, due to hearing damage he incurred during his work in construction in his forties. Now 85, he is still enjoying life with his Audibel Hearing Aids.

John was nice enough to let me into his home and interview him about his experience with Audibel, about our free Veteran's Club, and talk about his two sons who served in the U.S. Military during the Vietnam era.

His son, Jim, was sent to Vietnam on December 13, 1968 as a member of the 101st Airborne. Jim was soon transferred into the 1st Air Cavalry Division because the Airborne had been sent home. Jim was one of an elite group (only 12) of helicopter rescue units and did 37 jumps before he was killed in action on September 22, 1969.

Jim's mother, Annette described him as a "happy-go-lucky guy who loved life." She said she had heard on the radio that he had won the Silver Star. Upon writing him to inquire about it, she said Jim didn't know what she was talking about. Annette said he could care less about medals.



Jim Hensley
1st Air Cavalry Division, U.S. Army

Jim's older brother, John, was also set to go to Vietnam but his orders were changed to remain in the country and serve as a drill instructor. John later moved back to Decatur where he still lives, and is retired from Jones Blythe Construction Company in Springfield.

During my time with John, he also spoke about the Audibel Veteran's Club, which he is very passionate about. Although he is not a Veteran himself, he truly cares about them and is always happy to see good things being done for them. He spoke about how we can't always depend on our government to take care of our Veterans. He joked, saying, "only the government can take a 4-foot blanket, cut a foot off the top, sew it to the bottom and then say that they added a foot to the blanket."

John has been very happy with his Audibel hearing aids and said that without them he really couldn't hear anything at all. The damage done to his ears during his younger years was just too much to handle. So let that be a lesson to our children and grandchildren - Take Care of Your Ears!

You can watch all of John's interview and hear more about his story by going to our YouTube page at this address:

www.youtube.com/audibelhc

Story by Jim Wilkerson

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Would you like to receive this newsletter via email? Would you like to receive special offers? If so, sign up by sending an email with your full name to: info@audibel.us