

Reasons to Get a Dog When You're Over 50

If Your Nest is Empty - by circumstance or by choice — think about getting a dog. Known for their devotion and happy dances, dogs can take a big bite out of isolation. Just hanging out with a furry friend, studies show, has a revitalizing effect. Here, 10 benefits of later-life dog ownership.

Dogs Are Social Mediums. A natural-born icebreaker, your dog will introduce you to everyone from next-door neighbors to perfect strangers. It's impossible to pass a dog without making a "pat stop," so head for the park — Bowser will take it from there.

They Organize Your Day. MRI scanners showed that the canine brain reacts to voices and sounds, such



as crying or laughter, in the same way the human brain does. Dogs are also the only nonhuman animals who scan the left side of a face — the process whereby people, too, "read" emotions.

Dogs Get You. MRI scanners showed that the canine brain reacts to voices and sounds, such as crying or laughter, in the same way the human brain does. Dogs are also the only nonhuman animals who scan the left side of a face — the process whereby people, too, "read" emotions.

They Boost Quality of Life. For many older Americans, a dog means the difference between a life lived and a life merely endured. Dogs help you stay safe and independent: They provide ears for the deaf, eyes for the blind and an early warning system at the approach of dangers (both real and imagined, of course!).

They Can Be an Old Friend. No need for housebreaking and training when you adopt an older pooch. Studies show you can teach an old dog new tricks — or simply take it for long, calm walks. For tips on bringing a "senior dog" into your home, check out susieniorsenior-dogs.com.

They Help You Volunteer. When is a dog like a grandchild? When you can play with it during the day and then head home! Shelters and rescue organizations are desperate for volunteer help. And you'll get a boost from that tail-wagging mood elevator.

They Let You Be a Hero. The Humane Society estimates that 6 to 8 million dogs and cats wind up in animal shelters every year. The majority would make loyal and loving companions, yet at least half of that number are euthanized annually. Visit a local shelter; maybe some buddy needs you.

Dogs Keep You Fit. Adopt a dog and ditch that pricey personal trainer. A study in The Journal of Physical Activity and Health found that dog owners walk approximately one hour longer per day than those without a fetching friend in their lives.

Dogs Make You a Better Person. Consider this: Ozzy Osbourne, the bat-chomping rocker not known as an SPCA poster child, once wrestled a coyote to the ground to pull his pet Pomeranian, Pipi, from its jaws. As the "bumper snicker" exhorts us, "Be the person your dog thinks you are."

They Make You Healthier. Studies show that dog-owning seniors have lower blood pressure and lower cholesterol than their petless peers. Having a dog also reduces the risk of heart attack — and boosts your chances of long-term survival if you have one.

Source: www.aarp.com

Congratulations, Ronald Beechler!



Ronald was the winner of the free Aries Hearing Aid that we gave away in October. Ronald and his wife were two happy campers! Congrats, and thank you to all who entered our free drawing!

Now that new iPhone 6 has been released, this is a great time to upgrade your hearing aids to the new Audibel A3i, which allows you to control your hearing aids right from your phone!

INTRODUCING AUDIBEL A3i™

The Made for iPhone® Hearing Aid.

A3i and TruLink are compatible with iPhone 5s, iPhone 5c, iPhone 5, iPhone 4s, iPad Air, iPad (4th generation), iPad mini with Retina display, iPad mini, and iPod touch (5th generation). "Made for iPod," "Made for iPhone," and "Made for iPad" mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance. Apple, the Apple logo, iPhone, iPad and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

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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

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

1. Arizona Office
2. Children
3. Christmas
4. Decorations
5. Family
6. Giving
7. Joy
8. Presents
9. Thanksgiving
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What's Inside

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Santa Jokes

Dear Santa, for this year I'm requesting a Fat bank account, and a Small body. Please do not mix these up like you did last year. Thank you!

There are three stages of man: He believes in Santa Claus. He doesn't believe in Santa Claus. He is Santa Claus.

Riddle Time

What word becomes shorter when you add two letters to it?

Answer: Short

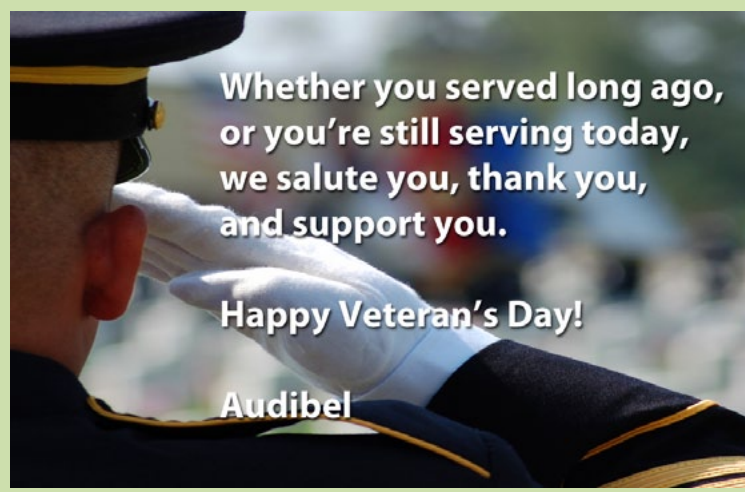
TAKE \$500 OFF
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old hearing aids
and **SAVE EVEN MORE!**

*Depends on the condition and value of your current hearing aids. Offer Expires November 30, 2014

Buy 1 Pack of Batteries
and receive
ONE PACK FREE!

*Limited to two per customer

Expires November 30, 2014



Our Offices

2605 N. Water Street, Suite 101, Decatur, IL 62526
2890 South Mt. Zion Rd., Suite A, Decatur, IL 62521
2347 W. Monroe Street, Springfield, IL 62704
900 Springfield Road, Suite 2, Taylorville, IL 62568
800 N. Keller Drive, Effingham, IL 62401
703 W. Union Ave., Suite 1, Litchfield, IL 62056
Village Square II, 4657 E. Cactus Rd., Phoenix, AZ 85032

We also have service centers in Hillsboro, Shelbyville, Vandalia, and Newton.

Call us toll free: (888) 891-7966



HEARING NEWS

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Nov - Dec 2014

Audibel Expands in Illinois as well as Arizona.



Owners, Doug & Devona Haws

Owners Doug and Devona Haws have expanded their horizons to the beautiful sunsets and warmer weather of Arizona. On October 13th, their first location opened in the Scottsdale/Phoenix area.

They are very excited about this new opportunity to help meet the needs of people in the Scottsdale area while still providing the same great products and services that Central Illinois has been able to enjoy for over 20 years.

They have also opened a new office in Litchfield, IL. This will allow them to provide a more convenient and comprehensive service to patients living in the area. Their other offices include Decatur, Springfield, Taylorville, Effingham, as well as service centers in Shelbyville, Hillsboro, Vandalia and Newton.



Arizona Office

A Note from the President:

I would like to take a moment to personally thank you for being an Audibel patient. We know you have a choice for your hearing needs and we are honored you have chosen us to be your hearing health provider. I truly have found great joy in seeing people's lives changed with the gift of hearing. We look forward to serving you in Illinois and also seeing what is in store for us in Arizona.



Litchfield Office

If you are ever in the Phoenix area, please stop in and say hello, get a free cleaning, or just chat!

We wish you and yours a very Merry Christmas and a Happy New Year!

Doug and Devona Haws

Christmas Memories!

Christmas is just around the corner, and wow how fast does time fly these days! By the time this newsletter hits your mailbox (early November), the Christmas supplies and decorations will already be displayed in the malls and other stores.

When I look back to the 80's, I remember loving when the whole family would come over. I enjoyed seeing the presents just pile up in front of the Christmas tree - presents from Grandma and Grandpa, and my sisters and other family. To be honest though, I just loved having everyone there.

I also remember the large amounts of snow we used to get, and playing outside with friends, having snowball fights, and building snow forts. What Christmas memories do you have? Send me an email and maybe we'll feature it on our blog, or a future newsletter! Send to: jim@audibel.us

Thank you, and Merry Christmas!
Jim Wilkerson, Audibel