

Love Your Skin in your 50's, 60's, 70's & Beyond

No matter your age, the inevitable changes to your skin with each passing decade can take you by surprise. In your 50s, you may notice more fine lines and wrinkles; in your 60s, you may experience sagging skin and more rough patches; and after 70, you may be facing more age spots. The good news? With proper care, you can keep your skin healthy and looking decades younger than your years. Here's how.

In Your 60's

Step 1: Cleanse

Choose a cleanser that removes the dirt without stripping your skin of moisture. Products containing natural exfoliators, such as alpha hydroxy acids, help slough away dead skin, clear up menopausal acne and stimulate collagen production, says Melissa Piliang, a dermatologist at the Cleveland Clinic Foundation. Just be sure to choose a mild formulation.

Step 2: Protect

It's important to continue using a product with broad-spectrum sunscreen (SPF 30 or higher) daily, but you may need to change to a heavy cream to help retain moisture, says Piliang. Pimples that don't heal and bumps that bleed easily are signs you should see your dermatologist, who can freeze the area with liquid nitrogen or prescribe creams to wipe out precancerous spots.

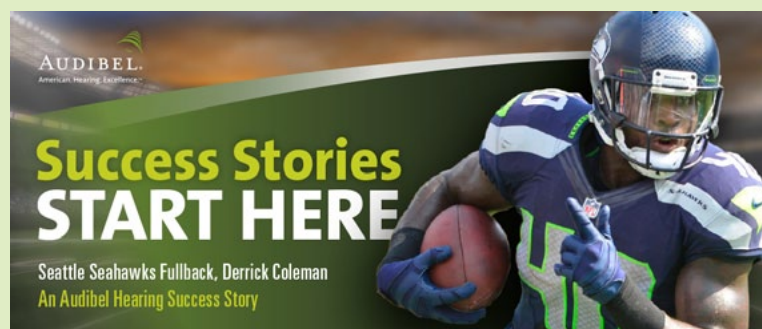


Step 3: Smooth

"Look for a barrier cream to help prevent moisture loss," says Fusco. "Continue using antioxidant products, including retinoids, but mix them with moisturizer to make them less irritating." Facing dark spots? Consider hydroquinone. Daily spot treatment with this high-powered cream can help diminish dark patches in six to eight weeks.

To read more about your 50's, 70's as well as find out recommended products, visit our blog at:

<http://audibel.weebly.com>



Audibel®, a division of Starkey Hearing, is proud to partner with Seattle Seahawks Fullback, Derrick Coleman, as our Better Hearing Ambassador.

A longtime user of our technology, Coleman currently wears our latest Made for iPhone® Hearing Aids.

Derrick Coleman played college football for the University of California, Los Angeles (UCLA) and was signed in 2012 as an undrafted free agent by the Minnesota Vikings. In December 2012, he was signed by the Seattle Seahawks and made the 2013 season cut being added to the 53-man roster after the fourth preseason game. Coleman is the first deaf offensive player in the NFL. He became deaf when he was 3 years old and has been a hearing aid wearer ever since. From the 3rd grade until he graduated high school, Coleman worked with an audiologist to help him with his hearing impairment.

In January 2014, Coleman was featured in a commercial about his life's journey to the NFL. The commercial so inspired sisters Riley and Erin Kovalcik, who also wear hearing aids, that they wrote him a letter of support. After exchanging letters, Coleman invited the entire Kovalcik family to the Super Bowl game on February 2, 2014. The day before becoming the first deaf Super Bowl Champion, Coleman helped Starkey Hearing Technologies and the Starkey Hearing Foundation fit more than 100 New Yorkers with free hearing aids.

Find out more here: <http://www.starkey.com/derrick-coleman>

FREE Hearing Aid?

You heard us right. We will be giving away a FREE, Digital Aries hearing aid in September. No purchase necessary to win - even current patients can enter to win.

Enter by going to www.audibel.us or fill out an entry form in one of our offices. Just ask the front desk for an entry form.

Must enter by September 30th. Winner will be notified by phone by October 3, 2014



RINGING IN YOUR EARS?

YOU ARE NOT ALONE. 50 MILLION ADULTS SUFFER FROM WHAT'S KNOWN AS TINNITUS.

INTRODUCING AUDIBEL A2 TINNITUS

Forever changing the way people deal with tinnitus.

Audibel, a leader in hearing technology, has engineered a new Tinnitus Treatment Solution designed to forever change the way people deal with ringing in the ears. Audibel A2 Tinnitus is a small and comfortable device designed to deliver *all day relief*.



AUDIBEL A2 Tinnitus

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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!

Congratulations!

Congratulations to Mary Lanter who won the 5 packs of free batteries for filling out our survey in the last newsletter. We appreciate all of your feedback on how we can improve our products and services. Thank you for taking the time to help us out!

WORD FIND

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

1. Audibel
2. Autumn
3. Campfires
4. Costumes
5. Halloween
6. Hot Chocolate
7. Leaves
8. Ringing in the ears
9. Smores



What's Inside

- FREE Hearing Aid???
- 2014 Starkey Awards Gala
- New Litchfield Office!
- New Arizona Office!
- Love Your Skin in Your 50's, 60's, 70's & Beyond
- Ringing in the Ears / A2 Tinnitus
- Derrick Coleman - Hearing Ambassador
- Trade-In Special
- Battery Special
- Word Find, Joke & Riddle- Service Center Information

Riddle Time

If I drink, I die. If I eat, I am fine. What am I?

Answer: A Fire!

Joke Time

Mildred asked Mary how she was able to remember passwords on the computer so well. Mary said, "Mildred, actually I have no memory. It was gone a long, long time ago. I simply just made sure to change my password to "incorrect" for everything. That way when I log in with the wrong password, it will tell me.... "Your password is incorrect."

TAKE \$500 OFF
Any Premium Set
of Digital Hearing Aids!
Trade in your
old hearing aids
and **SAVE EVEN MORE!**

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

Buy 1 Pack of Batteries
and receive
ONE PACK FREE!

*Limited to two per customer

Expires September 19, 2014



We will be opening an office in Litchfield this September! So if you live close by or know someone who does, send them to 703 W. Union Ave. in Litchfield! Thank you!

Our Offices

2605 N. Water Street, Suite 101, Decatur, IL 62526
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

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

Call us toll free: (888) 891-7966

HEARING NEWS

Call us toll free: (888) 891-7966

Sept - Oct 2014

Audibel Staff Attends the 2014 Starkey Awards Gala



This past July, many of our Audibel staff travelled to the Starkey corporate offices and attended the 2014 "So the World May Hear, Awards Gala."

You may or may not know this, but our company takes a portion of every hearing aid we fit, and we give that back to the Starkey Hearing Foundation. This foundation provides hearing care to children around the world who are in need. To date, over 1 Million children have been given the gift of better hearing.

The Starkey Hearing Foundation's Mission is:

Our mission, "So the World May Hear," is about bringing understanding between people through caring and sharing. We believe caring develops trust and by sharing we find our humanity. We believe by growing engagement in this cause that we can increase tolerance and respect for life. Our goal is to pursue our mission with commitment so that future generations can live in a world with more caring and peace.

We were able to hear first-hand stories of how the foundation is impacting lives around the world. Needless to say, this event has made us very proud to be a part of this network and we hope that our patients can

also appreciate the fact that they are a part of it too, just by being an Audibel patient.

We were also able to "rub shoulders" with some famous people. At the gala there were numerous entertainers, speakers, and leaders. To name a few:

- Hillary Clinton
- Forest Whitaker (actor)
- Rob Thomas (musician)
- Sammy Hagar (musician)
- Derrick Coleman (NFL - Seattle Seahawks)
- Adrian Peterson (NFL - Minnesota Vikings)
- John Legend (musician)
- Archbishop Desmond Tutu
- Prince Seeiso of Lesotho
- Quinton Aaron (from the movie, "The Blind Side")



If you would like to find out more about the foundation you can visit: www.starkeyhearingfoundation.org

We will be opening an office in the Scottsdale, Arizona area, near Paradise Valley in October of this year. So if you're one of those "Arizona" snowbirds, please be sure to come see us! More information will be available in the weeks ahead!

SIGN UP - IT'S FREE

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