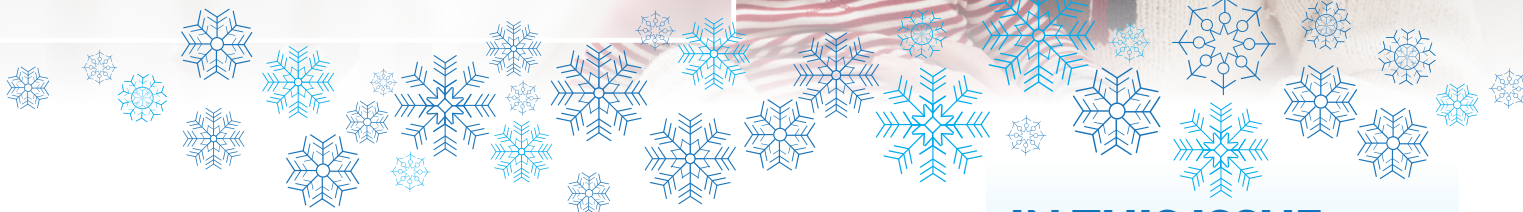




## Markham Hearing Centre

Boxgrove Medical Arts Centre  
110 Copper Creek Drive, Suite 105  
905-471-4479

[www.markhamhearing.ca](http://www.markhamhearing.ca) | [info@markhamhearing.ca](mailto:info@markhamhearing.ca)



## The Relationship Between Hearing Aids and Dementia

Studies show that wearing a hearing aid can slow down the progress of dementia by up to 75%. Scientists believe that keeping older people engaged and active by wearing hearing aids can significantly reduce age related cognitive decline. These studies underline just how important it is to overcome the barriers of wearing an aid (like stigma, and denial) so that people do not isolate themselves, which has been linked to dementia.

It is Markham Hearing Centre's conviction that improved hearing can improve the quality of life. Research is starting to note that hearing loss is not the inability to hear (a sensory failure) but the inability to assign accurate and correct meaning to sound (which is a cognitive process). We believe that hearing aids can improve mood and increase social interactions, quality of life, daily function and so much more. Thus, if you have a loved one that you are concerned about, please do not hesitate to make an appointment with one of our experienced audiologist for a free consultation. (See Journal of American Geriatrics Society, Vol. 65, Issue 9, 2017)



### Stephanie Conners - A New Face at the Front Desk

My name is Stephanie Conners. I am really excited to be taking over as the new administrative assistant for the Markham Hearing Centre. As a graduate of the Medical Office Administrative program at Niagara College, I have four years of experience working as a coordinator within the hearing healthcare industry. I enjoy working directly with client's to help expedite their hearing healthcare needs and requests to our hearing experts. You are always making a sound decision with Markham Hearing Centre!



ISSUE #3 - WINTER 2019

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Markham Hearing Centre





## Keeping up with Technology

The pace of technology development in hearing aids has reached a stage where we as Audiologists must stay versed in relevant wireless strategies. Nowadays, hearing aids are far more than simple amplifiers. They are very small, high-performance computers that operate intuitively. Modern hearing systems have little in common with the bulky sound amplifiers of the past. Contemporary hearing devices are small yet robust; high-performance yet discreet; digital yet easy to operate.

In particular, hearing aids have the ability to include Bluetooth in their computer chip.

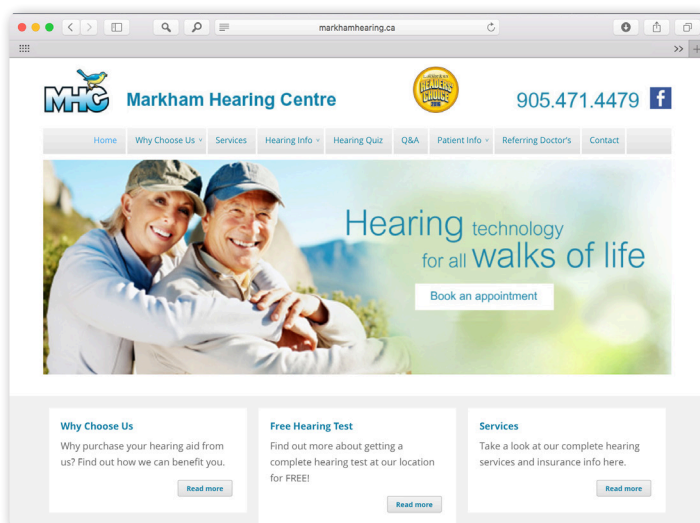
Bluetooth allows hearing aids to receive audio from smart devices, computers, and entertainment equipment, like televisions, via a streaming device. There are also hearing aids that are made for iPhone and Android phones that do not require any streaming device. Lastly, there are free APPs that one can receive free from Google Play or the App Store to manage volume; can help with your tinnitus; can change programs; and some APPs even allow your hearing care professional to adjust settings from a distance and send the new settings back to you.

Mention the promo code  
**"Winter Newsletter"**  
and receive **\$200 off\***  
any hearing aid purchase.

\*Expires April 30, 2019

Today, there are hundreds of hearing aids on the market. Which hearing aid is right for you? We can help you choose hearing aids that match your needs. We will fit, adjust and program your hearing aids for the best hearing possible. The right hearing aids can transform your life.

If you are interested in a free evaluation to discuss the latest technology the first step is to make an appointment at Markham Hearing Centre.



## New Information on our Website and Extended Hours

We are revamping our website in early 2019 to include even more helpful information. We are adding videos to help show you how to properly clean your hearing aid, how to correctly insert your aids, change a battery, etc. In addition, you will find all our previous newsletters plus some important stuff like hours of operation and directions. There is also a section where you can ask our audiologists any questions that you have about hearing and hearing aids. By the way, we now have extended hours on **Wednesday evenings to 6:30pm** and **Saturday from 9:00am to 3:00pm**.

Please visit us at  
**[www.markhamhearing.ca](http://www.markhamhearing.ca)**

Don't forget to "Like" Markham Hearing on Facebook so you can see all our relevant news and posts.



## Frequently Asked Questions

### What can I do to help my hearing aid last longer?

Hearing aids are very delicate electronics and therefore, we have to make sure that we take good care of them. Daily cleaning of the hearing aids as instructed by our clinic staff is recommended. This includes wiping hearing aids with a dry cloth and changing filters as required. Keeping hearing aids away from moisture is quite important since moisture may damage hearing aids. If you exercise and perspire, you can purchase hearing aid dryers to absorb the moisture from your hearing aids. You can review or download our Hearing Aid Care and Maintenance brochure found on our website **[www.markhamhearing.ca](http://www.markhamhearing.ca)** for additional information on this topic.

### How does the government grant (ADP) work and when am I eligible again?

Every Ontario resident is eligible for the Assistive Devices Program (ADP) grant. This grant is offered by the government of Ontario every five years. So, if you purchase a hearing aid and use ADP, the next time you may access the grant towards the purchase of hearing aids would be five years later. Generally, the amount covered is 75% of the cost of each hearing aid up to a maximum amount of \$500 per aid.





## Frequently Asked Questions (continued)

### What is the best way to keep my ears clean of ear wax?

The best way to keep your ears clean is to wipe your outer ear with a towel after bathing or showering. Never use Q-tips to clean your ears since those can cause serious infection in your ear canal and you may also rupture your ear drum. Further Q-tips can cause ear wax to actually be pushed further in. If you suspect that you have wax in your ear, the safest way is to ask your family physician or an ear, nose and throat (ENT) specialist to remove the wax for you.



## Refer a Friend/ Family Member

At Markham Hearing Centre we strive to be the best hearing clinic by providing exceptional service and value. If you've been happy with our service, why not recommend us to your family and friends so they can experience better hearing also. **Give them the promotional code "Winter Newsletter" and they will get \$200 off\* the cost of any hearing aid, should they need one.**

\*Expires April 30, 2019

## Staff's Favourite Recipe - Chinese Coleslaw

Of all the things I make my family this is one of their favourites. I generally make this Chinese Coleslaw when I'm having a lot of people over for a barbeque, as it makes a lot. Hope you enjoy it as much as my family does.

Submitted by Lisa Werger

#### INGREDIENTS:

- 1 Green Cabbage shredded
- 1 Bunch of Chives, finely chopped
- 1 1/2 Cups of Slivered Almonds toasted
- 1 Cup of Sesame Seeds toasted
- 2 Packages of Dry Noodles (soup packages). Break noodles into small pieces (do not cook).

Combining the above ingredients together in a large bowl.

#### DRESSING:

- 1 Cup Oil (Vegetable Oil)
- 4 Tbsp White Vinegar
- 2 Tbsp White Sugar
- 1 Tsp Salt
- 1 Tsp Pepper
- 2 Packages of Soup Mix from Noodles

Combine the dressing ingredients and then pour over coleslaw in bowl. Best if you let it marinate over night.



## Hard to Believe But True - Gaye Scriven Has Retired

Over the years I've been fortunate to have met some amazing people with hearing loss, young and old. I've thoroughly enjoyed my job and know I'm leaving you all in very capable hands with clinic staff that really care about your hearing. I have learned several things in regards to hearing loss since I have been working at Markham Hearing Centre and would like to share the top five items with you. They are the following:

1. Hearing aids actually slow down the progression of hearing loss.
2. There is a link between hearing loss and dementia.
3. Hearing loss can be quite isolating because it inhibits your ability to hear and communicate efficiently with family and friends.
4. Using hearing aids when your hearing first starts to deteriorate is better than waiting until you are older and not able to understand/discriminate properly. It is also more difficult to use your fingers properly to put the batteries inside the compartment or to insert or remove the aids.
5. Never Use Q-tips. They actually can cause more damage than good. It actually states on the q-tip box to not use them in your ears. You will accumulate more wax when wearing hearing aids so best way to clean your ears is by asking your family physician to do it for you.



Wishing you all the best, Gaye



## Hearing Statistics:

Hearing loss is the fastest growing chronic condition facing Canadians today. Age related (presbycusis) and noise-induced hearing loss (NIHL) are two of the most common causes of hearing loss. Here is some other facts to consider:



According to Statistics Canada over one million adults reported having a hearing related disability, which is 50% greater than the number of people reporting problems with their eyesight.



Hearing loss is two times as common in adults with diabetes as in those without diabetes.



Research has revealed that there is a greater risk of falling with hearing loss, and the risk of falling increases with the severity of the hearing loss.



More than 40% of people over 50 years old have hearing loss.



Approximately, 90% of hearing losses can be treated with the use of hearing aids.



## More Staff Means Better Service - Meet Brad Morse

Brad graduated with Honours as a Hearing Instrument Specialist from George Brown College in 2012. With over five years of experience working in audiology, Brad brings an extensive knowledge and proficiency of hearing aid technology and clinical support to his practice. Brad constantly strives to make each patient's experience authentic and informative. He is dedicated to providing comprehensive care and supporting the individual needs of his patients to help provide better hearing in their daily lives. Brad is certified in cerumen management and is currently an AHIP member in good standing. Give Brad a call or send him an email ([brad@markhamhearing.ca](mailto:brad@markhamhearing.ca)) if you'd like to schedule a hearing aid check up or have a question.

*Celebrating Hearing Better*  
The Markham Hearing Centre Staff



**Free Parking**



## Markham Hearing Centre

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110 Copper Creek Drive, Suite 105  
Markham, Ontario L6B 0P9

**Web:** [www.markhamhearing.ca](http://www.markhamhearing.ca)

**Email:** [info@markhamhearing.ca](mailto:info@markhamhearing.ca)

**Phone:** 905.471.4479

## Hours of Operation

Monday	8:30am-5:00pm
Tuesday	8:30am-5:00pm
Wednesday	8:30am-6:30pm
Thursday	8:30am-5:00pm
Friday	8:30am-1:00pm
Saturday	9:00am-3:00pm
Sunday	Closed