



"TEST DRIVE"

New Technology Available in the Flatirons Audiology Office!

AUGUST 2, 2016

Dr. Julie continues to offer her program, once a quarter, in which patients can come in for a special office visit and "TEST DRIVE" the new and exciting hearing products. This event is open to new and existing patients and their friends and family.

Just schedule a time to come in, try a set of the new hearing aids and take them out for a spin for an entire week, at **NO COST OR OBLIGATION**. No need to wonder if newer technology will help your hearing needs! With our special offer, find out before taking the plunge and making the financial investment!

Please call soon - 303-664-9111 to schedule your appointment as space will be limited!

Flatirons Mission Statement, Guiding Principles and Core Values

Recently, Flatirons Audiology brought in a business coach to keep our business plans on target to learn new ways to better serve our patients. As a result, here is our updated Mission Statement, Guiding Principles and Core Values.

MISSION STATEMENT

We are in business to change people's lives, by restoring the quality of their hearing, in order for them to experience enhanced communications with their loved ones. The measure of our success will be found in the trust we build in the hearts of those we help.

GUIDING PRINCIPLES

- We have an unending passionate pursuit of our mission.
- We always choose to do the right thing, regardless of the circumstances.
- We acknowledge the intrinsic value of the individual, and pledge ourselves to behave toward each patient, practitioner, and employee in a manner which honors and promotes his or her dignity and value as a person.
- We will not discriminate in our treatment of any person or group of persons, on the basis of race, gender, national origin, or religious affiliation.
- We have an unwavering commitment to honesty, integrity, and ethics in all we do.

CORE VALUES

Integrity & Honesty - Our patients, and the significant others in their lives, deserve fair, honest, sincere and competent care that seeks to educate and provide them with all information related to their hearing healthcare. We are committed to candid, kind and effective communication in every area of our business.

Passion & Commitment - Flatirons Audiology is committed to exceptional, professional and consistent service that is flexible enough to accommodate our client's unique needs.

Respect - Every individual connected with this practice deserves to be treated with respect (patients and their families, staff members and their families, referring physicians and vendors).

Knowledge, Skills & Experience - We are committed to the ongoing professional development of our staff through continuing education and training. Exceptional care requires us to remain on the cutting edge of new technologies, programs and services in the field of hearing healthcare. It is possible and desirable to grow our practice while maintaining an unwavering commitment to quality.





VANISHING OATMEAL COOKIES - PATIENT B. BERRY

INGREDIENTS:

1/2 lb or 2 sticks margarine or butter, softened
 1 cup firmly packed brown sugar
 2 eggs
 1 tsp, vanilla
 1 1/2 cups all purpose flour
 1 tsp. baking soda
 1 tsp. cinnamon
 1/2 tsp. salt (optional)
 3 cups oats (quick or old-fashioned, uncooked)
 1 cup raisins

PREPARATION:

Heat over to 350° F

Beat together margarine/butter and sugar until creamy.

Add eggs and vanilla, beat well.

Add combined flour, cinnamon, salt, baking soda; mix well.

Stir in oats and raisins; mix well.

Drop by rounded tablespoons on to ungreased cookie sheet

Bake 10-12 minutes on cookie sheet; remove to wire rack.

Makes about 4 dozen cookies.

Bar Cookies - Bake 30-35 minutes in ungreased 13" x 9" metal baking pan.

If you have a favorite cookie you'd like to share, please e-mail Dr. Julie the recipe: drjulie@flatironsaudiology.com

Tinnitus Management Apps Recommended by Dr. Julie

It might sound counterintuitive, but an effective method for managing tinnitus actually involves adding sounds to the sound you already hear. Sound can be used in a therapeutic way to shift your attention away from your tinnitus. Check out these apps recommended by Dr. Julie that will enrich your listening environment to reduce the overall awareness and disturbance from tinnitus, and also help with increasing your loudness tolerance.



RESOUND RELIEF APP RESOUND - FREE
 The ReSound Relief™ app uses a combination of sounds and relaxing exercises that aim to distract

your brain from focusing on tinnitus. This app allows you to manage your personal library of sound therapy files and create your own soundscapes from environmental sounds and small pieces of music. It will also track your usage, so you can see which sounds work best for you, and it contains some secondary stimuli like colors and exercises to help keep your mind occupied. If you wear ReSound® wireless hearing aids, you can stream directly through them; the sound you stream will be adjusted to compensate for your hearing loss. The app is a tool for anyone who has tinnitus. It should be used in combination with a tinnitus management program or plan set up by a professional Audiologist.



BRAINWAVE - \$3.99
 Different states of mind are associated with specific brainwave frequencies that would

be inaudible if played directly. These frequencies can be induced indirectly by playing two different audible binaural tones into each ear, which after being processed by the brain, are perceived as an inaudible low frequency beat matching the target brainwave frequency. As you listen your brainwaves fall into step with this inaudible binaural beat, and after a few minutes synchronize with the target brainwave frequency. Brain Wave's 32 included programs layer these tones and binaural beat sequences into multi-stage experiences. The Brainwave App helps with sleep, focus, anxiety, memory, energy, positive mood, confidence, stress relief, relaxation, meditation and much more. Use the 'Included Playlist Creator' to create an iTunes Playlist for each Program or use with apps like Spotify, TuneIn, Podcasts, or Audio Book Readers. Universal iOS app with UIs included for iPad, iPhone/iPod Touch, iPhone 5/6/6+/6s so you get it across all your devices!



RELAX MELODIES - FREE

Sleep zen sounds & white noise for meditation, yoga and baby relaxation
 Select your own

personal sounds and melodies that you like and combine them to create a mix. Lay back, listen, and enjoy falling asleep. It's that simple and it works. Use timers and alarms if needed. Perfect during some of your favorites activities such as relaxing at the spa, exercising in your yoga or relaxation classes, massaging sessions, or even when taking a nap. For parents, a great way to help your baby fall asleep.

The Benefits of Exercise in Reversing Hearing Loss

Studies have shown an increasing tie between exercise and hearing loss. Below are some benefits when it comes to exercising and reversing hearing problems.

It has been proven that exercise improves blood flow to the brain, which in turn improves your cognitive abilities, such as hearing better. Aerobic exercises are therefore key to achieving the desired effect on your blood flow and offer you the greatest hearing benefits.

Some variants of yoga are perfectly suited to helping victims recover their hearing. For instance, a yoga exercise called yawning, which combines a mantra with breathing exercise, can improve your hearing with just 2 to 3 minutes of workout a day. Some yoga exercises can



even be used to deal with acute pain often accompanied by hearing loss.

It has been shown that obesity is linked to hearing loss, especially among women. Activities that slowly get down your weight to healthy levels is another way to improve your hearing

Hearing loss has been strongly linked to depression, and so therefore any workout that will boost you from a negative state will most likely help with your hearing problems too.

It goes without saying it is best to consult with a professional before beginning any exercise program. Specific workouts that help improve hearing requires a specialist's knowledge. Working with a personal trainer is best so that exercises are done right and accomplish the desired physical changes that will benefit your hearing.

WORD SEARCH

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

AUDIOLOGIST
 COCHLEA
 DEAFNESS
 EARDRUM
 EARPLUGS

EARWAX
 HEARING
 HEARINGAID
 HEARINGIMPAIRED
 LIPREADING

LISTEN
 MIDDLEEAR
 NOISY
 TINNITUS
 VOLUME

CHANGING WAX GUARDS ON YOUR HEARING AIDS

Troubleshooting Your Hearing Aids - If your hearing aids are not functioning properly try this:

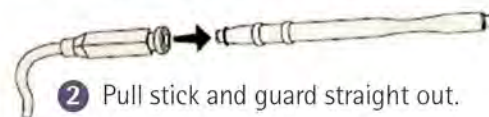
- Replace Batteries
- Follow the steps below to change wax guards
- Change the dome if applicable
- If aid still does not produce sound or seems weak, call us at 303-664-9111.



Remove tip to get to wax guard. Remember to replace when you are finished.



1 Screw empty end into wax guard.



2 Pull stick and guard straight out.



3 Flip stick over 180°



4 Insert new guard.



5 Dispose of old wax guard.



Write a Review of Your Experience at Flatirons Audiology, Inc. on any of our Social Media Sites and we'll give you a package of HEARING AID BATTERIES, OR ICE CREAM FROM SWEET COW!

FIND US AT:

- www.facebook.com/FlatironsAudiology
- twitter.com/TinnitusDrJulie
- flatironsaudiologyandtinnitus.wordpress.com
- plus.google.com/116601242852546694748
- www.yelp.com/biz/flatirons-audiology-lafayette

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FLATIRONS AUDIOLOGY SUMMER HOURS

During the summer months of June, July and August, Flatirons Audiology, Inc, will be open:

MONDAY ~ 9:00 AM - 5:00 PM

TUESDAY ~ 9:00 AM - 5:00 PM

WEDNESDAY ~ 9:00 AM - 5:00 PM

THURSDAY ~ 9:00 AM - 5:00 PM

FRIDAY ~ OFFICE CLOSED



A big shout out to our Office Manager Wendi Gonzales' daughter, Lexi, who graduated from Centaurus High School on Saturday, May 21st and is heading to Colorado State University in the fall!

We extend our congratulations, you are an amazing young woman and we cannot wait to see what your future holds!

