

FLATIRONS AUDIOLOGY, INC. WELCOMES NEW AUDIOLOGIST, CANEY DEMARS, AU.D. DOCTOR OF AUDIOLOGY



Dr. Caney Demars received her Doctorate in Audiology at the University of Northern Colorado and her Bachelor of Science at the University of Vermont. She specializes in the diagnosis and treatment of hearing loss along with fitting and verification of amplification. She is passionate about gold standard patient care and is dedicated to finding a solution that works best for her patients' needs.

She is a member of the American Academy of Audiology and holds certification through the American Speech Language and Hearing

Association. She also holds certification in Animal Audiology through the University of Northern Colorado.

Dr. Demars recently relocated back to Colorado after spending some time in the South and the Pacific Northwest. She's happy to be back in the Rocky Mountains! Outside the office, Caney loves hiking with her fiancé and their dog, crocheting, and searching for the perfect latte.



THREE LITTLE KNOWN FACTS ABOUT DR. DEMARS:

1. *She's from Vermont.*
2. *She loves to crochet.*
3. *She also has the best pup named Pepperoni.*

At our office, we are taking precautionary measures to ensure the health and safety of everyone. Our new patient paperwork can be completed online at home prior to your appointment, and walk-in visits have been converted to parking lot pick ups. We are staggering appointments for arrivals and departures to avoid cross-traffic and limit exposure. Properly worn masks, covering your mouth and nose, are required while in our office. When you arrive for your appointment, we kindly ask you to call from your car before coming upstairs to answer the COVID screening questions. Upon arrival your temperature will be taken and we will do our best to get you into your appointment as fast as possible to limit time in common areas. All rooms and surfaces are disinfected between every patient, and touchless pay options are available. Invoices can be paid online, and telehealth/teleaudiology appointments are available for consultations, some hearing aid adjustments, and follow up visits.

For our patients with severe to profound hearing loss who rely on speech reading, we also have various masks, like this one Dr.



COMMITTED TO KEEPING YOU HEALTHY!

Julie is wearing called "the communicator," as well as another called "ClearMask" to improve speech understanding. These are also for sale should you need one. If you or someone you know needs help hearing better, call our office and schedule a visit to experience the superior care that one of our Doctors of Audiology can provide!



RACHEL'S HOLIDAY PEPPERNUTS

- 2 cups light syrup
- 3 cups sugar
- 1 cup shortening
- 1 cup milk
- 7 cups flour
- 2 tsp baking powder
- 4 drops anise oil
- 1/4 tsp nutmeg
- 1/4 tsp allspice
- 1/2 tsp cloves
- 1 tsp cinnamon
- 1 tsp salt
- 1 tsp vanilla

Scald milk and sugar on the stove, then add syrup and shortening. Stir. Add the spices, vanilla, anise oil and stir. Let cool. Add flour, baking powder, and stir. Cool over night in refrigerator.

When ready, flour your surface, roll the dough into a thin strand, then cut into small nuggets. Bake at 350° until light brown, about 8-12 minutes. You can make them any size you like. (You can freeze the dough for later use and if properly stored can keep for up to 1 year).

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

HEARING & COGNITION TESTING NOW AT FLATIRONS AUDIOLOGY



Hearing ↔ Cognition

Impact hearing loss has on cognition

Long-term hearing deprivation can impact cognitive performance

Hearing loss places one at a greater risk for cognitive impairment

Increasing evidence has linked age-related hearing loss to more rapid progression of cognitive decline and incidental dementia



Cognition's impact on hearing

Limited cognitive skills from aging or head injury may reduce the cognitive resources available for understanding speech, especially in background noise, increasing the effects of hearing loss

ARHL is associated with increased cognitive load due to the increased challenge of interpreting a degraded peripheral signal (speech)

Cognitive impairment and dementia are a growing concern. Hearing issues are an important risk factor for cognitive impairment and as more patients and families seek help to understand and manage cognitive aging, we would like to collaborate from an audiology perspective.

Increasing evidence has linked age-related hearing loss with more rapid progression of cognitive decline and incidental dementia. Recent studies show (references available upon request) that individuals with hearing loss had a 55% greater risk of developing dementia compared to those with normal hearing, and it increased linearly with the severity of hearing loss. Long-term hearing deprivation of auditory inputs can impact cognitive performance by decreasing the quality of communication leading to social isolation and depression and facilitate dementia. On the other hand, limited cognitive skills may reduce the cognitive

resources available for auditory perception, increasing the effects of hearing loss.

Optimal hearing testing for aging patients is closely related to appropriate functional communication and engagement. That is why we go beyond testing hearing sensitivity (i.e., traditional audiogram) and assess cognitive processes that are key to understanding speech as well. This way we provide a more comprehensive management strategy for age-related hearing loss. For the cognitive evaluation, we are using Cognivue Thrive, which is the only computerized cognitive assessment based on the same FDA-cleared technology used by neurologists and other physicians for cognitive evaluation.

If you would like to discuss cognitive function and testing please do not hesitate to call our office, (303) 664-9111.



THE HOLIDAYS ARE MORE FUN WHEN SURROUNDED BY FRIENDS.



WILL YOU BE SOCIALIZING WITH OTHERS THIS HOLIDAY SEASON? CONSIDER THESE HELPFUL COMMUNICATION STRATEGIES!

- 1 Use speaker clues: You can say something like, "I think you said something about eating dessert, is that correct?"
- 2 Rephrase instead of repeat, they can change a sentence from "I really like all of your decorations" to "Those lights that you hung in the living room look very nice."
- 3 Ask the speaker to slow down their rate of speech.
- 4 Good communication skills also allows us to stay 6 feet away but also enjoy one's company!
- 5 Having a hard time hearing from 6 feet away? I think I know someone who can help you with that!

HEARING THE CALL — COLORADO, LAUNCHED BY FLATIRONS AUDIOLOGY

Colorado Hearing the Call



Hearing the Call – Colorado is designed to provide access to quality and affordable hearing health care for qualified individuals in the Centennial State.



The coronavirus pandemic has made access to hearing care more critical than ever: “Especially in this time, where we are wearing masks and there is less socializing, people are isolated, and when they don’t hear well, they feel even more isolated. This event is opening the door for people whose insurance may not cover hearing loss needs, or for patients who may not have the financial resources to pay for both hearing aids. We wanted to fill that gap.”

Flatirons Audiology, Inc. and Dr. Julie have partnered with Hearing the Call. to create Hearing the Call - Colorado, a local 501c3 non-profit, in conjunction with 5 other audiology practice partners - Animas Valley Audiology Associates, Columbine Hearing Care, Longmont Tinnitus and Hearing Center, McArthur Audiology and New Leaf Hearing Clinic. Hearing the Call employs a Hand Up — Not a Handout approach. What does that mean? Simply put, every beneficiary of the program must donate 10 hours of volunteer time to organizations within their community. That’s the beauty of the program: those with hearing loss get the help they need and in turn, provide help and support to others, too.

What does Hearing the Call Provide? At our first event in October, we were able to help 14 individuals with hearing loss have their hearing tested and fitted with hearing aids at little to no cost (based on income). The benefits don’t end there, all of the patients we helped at the event will continue to receive a year of aftercare, and low cost visits thereafter.

Our next event is scheduled for January 23, 2020 in Lafayette and we are so excited. We are planning to fit 25 individuals with brand-new hearing aids!

Whether you suffer from hearing loss or not, **you can participate by donating to the cause!** You can make a tax-deductible donation to help provide equipment, state-of-the-art hearing devices, supplies, services, and support for training and education to those in your own community that qualify. Every penny helps, and your donation goes towards creating a world where everyone can live their best, most fulfilled life. You can even get a tax deduction from donating your old hearing aids!

To donate, please visit
www.HearingTheCall.org/Colorado.



Rachel Bauer
joined our team as
our Practice Office
Administrative
Coordinator in
October 2020.



She has an extensive background with patient and customer service for over 13+ years. As well as 8 years of office management and personal assistant experience. Rachel enjoys helping people and giving them an amazing experience during their visit. She is Native to Nebraska but decided to plant her roots here in Colorado in 2016. Her interests outside of work include spending time at home with her dogs, playing games and binge watching Netflix with her partner Vince.

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**PLEASE WRITE A REVIEW
OF YOUR EXPERIENCE AT
FLATIRONS AUDIOLOGY, INC.**

Share Your Experience at
Flatirons Audiology, Inc. on any of our
social media sites, and we'll send you a
gift card to a local coffee shop!

FIND US AT:

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



**ALL OF US AT FLATIRONS AUDIOLOGY WOULD LIKE TO
WISH YOU A VERY HAPPY HOLIDAY SEASON AND A NEW
YEAR FILLED WITH JOY, PEACE AND HEALTH.**



HOLIDAY HOURS:

*On Christmas Eve we will be
closing at Noon and be closed on
Christmas Day. On New Year's Eve
we will be closing at Noon and be
closed on New Year's Day.*

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HEARING WITH MASKS:

Have you ever heard of Ava?

It is an app that you can download on your
smartphone. This app is designed to translate
spoken words into text, just like closed
captioning does for your television! Just simply
set your phone out in view and read what the
person is saying, it's fast and essential for
understanding those who are wearing a mask!

