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## RINGING... IN THE NEW YEAR?



If you experience ringing in your ears we can help !

"An estimated 10-15% of the population has tinnitus, but most cases go untreated. This is due to a lack of information and the fact that most people are unaware of who will understand their condition or assist them. While some cases are minor, some require more specific treatment to overcome possible long-term effects. "

The audiologists at Accent on Hearing have treatments to help you with your tinnitus.

Call us today at **303-663-2235** to setup an appointment to discuss your options today.

# HEAR FOR THE HOLIDAYS WINNER

This year's winner of our Hear for the Holidays program is Nadine Alexander. She just moved to Colorado to live with her daughter after some difficult times. Here at Accent on Hearing we are happy to be able to help Nadine live her life to the fullest by giving her hearing aids to help her connect with those around her.

It brought us great joy to spend time with Nadine and her daughter in our office and to be able to give her this gift just in time for the holidays. We hope that she enjoys them for many years to come and that she visits our office frequently to help maintain them and also to let us know how they are impacting her life.

We wish Nadine, her family and yours a very Merry Christmas and a Happy New Year !



# A COCKTAIL TO RING IN THE NEW YEAR



For this holiday season we have chosen to share a refreshing recipe for a Pomegranate Frost cocktail is perfect for this holiday with its festive crimson colors.

Prep Time: 2 minutes Servings: 6

## Ingredients

Ice cubes as needed  
1 1/2 cups pomegranate juice  
1 1/2 cups cranberry juice  
1/2 cup fresh Meyer lemon juice  
1/2 cup fresh lime juice  
1 bottle (24 fl. oz.) sparkling water  
8 fresh mint leaves, freshly shredded

## Directions:

Fill a pitcher half full with ice. Add the pomegranate juice, cranberry juice, lemon juice, lime juice, 1 1/2 cups of the sparkling water and the mint and stir till well mixed.

adapted from Williams-Sonoma Holiday Entertaining by Georgeanne Brenna (Oxmoor House, 2007)

# OVER THE COUNTER HEARING AIDS AT ACCENT ON HEARING



The company Jabra has "a unique solution to a specific problem" your not completely ready for hearing aids but you know you aren't hearing like you used to. So here at Accent on Hearing we are partnered with Jabra to bring you an affordable over the counter option that will allow you to get more comfortable with hearing aids and still have access to our audiology services that other over the counter sellers are unable to provide.

"Across the world, millions of people are struggling with their hearing in certain situations, like ordering a coffee in a busy café or catching up with friends over dinner in a noisy restaurant. To many, traditional hearing aids can feel like a big step – so" Jabra has "engineered Enhance Plus.

This ground-breaking technology is the first of its kind, and it's been specifically engineered to help bridge the average 6-year gap between first noticing some hearing loss, and actually seeking help.






Because life doesn't slow down, so why should you?"

*"Enhance the Sound. Not the Noise." Jabra, <https://www.jabra.com/hearing>.*

## DO YOU HAVE A HEARING AID INSURANCE BENEFIT?

It's the New Year! Do you have a new insurance policy? New hearing aid benefits? Here at Accent on Hearing we take most insurances and can help you find out what you hearing aid benefits are today. Just give us a call at 303-663-2235 or stop by our office at 1189 S. Perry St, Ste 120, Castle Rock CO 80104.



1 Get it Get it Get it Get it	2 Jack	3 Somewhere 	4 DOOR
5 <u>READ</u>	6 Blood Water	7 Beeeee	8 CANCELED
9 once 	10 Egg Egg HAM	11 Try Stand 2	12 TOWN
13 N bump GHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14
17 ice <sup>3</sup>	18 R O G N C  I K	19 Think 	20 GROUND feet feet feet feet feet feet
21 1 KNOWS	22 Big Big ignore ignore	23 RAKEN	24 KNEE light light

# BRAIN TRAINING

"Research suggests that hearing loss isn't all in the ears where we typically think of hearing taking place." In fact research has show that there is a "cognitive component to hearing that not only describes how sound gets processed by the brain, but which may account for some hearing problems as well." So to help with your cognitive abilities and possibly your hearing too hear at Accent on Hearing we recommend brain training games like the ones they have at [www.lumosity.com](http://www.lumosity.com).

Lumosity. "Hear Ye, Hear Ye? How Cognition Impacts Hearing and Its Loss." Lumosity, Lumos Labs (Lumosity), 1 July 2021, <https://www.lumosity.com/en/blog/how-cognition-impacts-hearing-and-its-loss>.

Answers  
1. forget it 2. Jack in the box 3. somewhere over the rainbow 4. back door  
5. read between the lines 6. blood is thicker than water 7. belong 8. cancelled check  
9. once upon a time 10. green eggs and ham 11. try to understand 12. downtown  
13. bump in the night 14. first aid 15. one in a million 16. apple pie 17. ice cube  
18. rocking around the Christmas tree 19. think outside the box 20. six feet underground  
21. won by a nose 22. too big to ignore 23. half baked 24. neon lights

"Best of the Best"  
8 Years in a Row

