



Celebrating 40 years!

Evergreen Speech & Hearing Clinic was founded in 1979 and welcome 2019 for our 40th year as a clinic.

We couldn't have done it without our patients, so stay tuned for details about a celebratory gathering to express our sincere thanks.

Evergreen Speech & Hearing Clinic



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Winter Communication Workshops!
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ESHC Internship Program

ESHC holds a strong commitment to further education and the enhancement of the Speech-Language Pathology and Audiology professions. Every year, we host 3rd and 4th year students from various Universities throughout the country in our internship program.

Through hands on experience, real life situations, and guidance from our professional staff, our interns are given the opportunity to hone the skills they learned in school by using them in application.

Pictured here: 4th year audiology intern **Ricky Nielson** performing a Balance Test with our new vHIT technology.



WINTER 2019



Evergreen Speech and Hearing Clinic

Managing your hearing, speech and balance needs since 1979



NEWSLETTER

Tips for Managing Tinnitus at Home

How to Control The Ringing in Your Ears

Tinnitus is a multi-faceted system. People with tinnitus experience a perception of ringing, roaring, hissing, or clicking sounds. Over 50 million Americans (1 in 5 people) are affected by tinnitus.

Tinnitus can't be cured, but there are treatments that make it less of a distraction. The approach taken depends on the underlying condition responsible for the ringing in your ears. Here are some tips for managing your tinnitus:

Determine what worsens your tinnitus. For some people, drinking alcohol or caffeinated beverages, eating salty or spicy foods, or taking various drugs like Aspirin may contribute to tinnitus symptoms. One way to figure out what causes your tinnitus is to keep a log of your activities, tracking when you experience symptoms and how severe they are.

Stop smoking. Smoking affects blood flow to the sensitive nerve cells in your inner ear and acts as a stimulant in your body, which leads to tinnitus for many.

Play relaxing or distracting sounds. While white noise machines can help distract from tinnitus, you don't need to purchase

an electronic device created solely for this purpose. Many people are able to find relief by playing music or using a fan, air conditioner or humidifier. If you do choose to use a noise generator, we suggest the selected sound is relaxing and played at a soft volume.

Get a good night's sleep. Fatigue worsens tinnitus for many people. This problem can become cyclical if your tinnitus worsens to the point where it prevents you from falling asleep at night. Establish a regular nighttime routine and try to go to bed at the same time; this helps "train" your body into relaxing.

Find relaxation or stress reduction techniques that work for you. Stress and anxiety can cause tinnitus as well as worsen existing tinnitus. Even 15 minutes a day of relaxation can help.

We encourage you to seek help if you are experiencing symptoms of tinnitus. Our audiologists can perform a diagnostic evaluation of both physiologic and behavioral assessments to help determine the cause of your tinnitus and provide helpful solutions that are catered to your specific needs.

IN THIS ISSUE

Tips for Managing
Tinnitus at Home
pg 1

Speech Sound
Development
pg 2

Hearing Beyond the
Technology
pg 3

Celebrating our
40th year
pg 4

ESHC Internship
Program
Pg 4

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Speech Sound Development

Once your child first starts to talk, you may wonder if the sounds they are producing are correct. We put together this “cheat sheet” for when your child should correctly produce consonants. Every child develops differently, so please contact us should you have any concerns about your child.

2 years

‘p’ “pop” ‘h’ “hi” ‘m’ “mama”
 ‘n’ “no” ‘b’ “bye” ‘d’ “dada”

3 years

‘t’ “top” ‘g’ “go” ‘ng’ “king”
 ‘k’ “cow” ‘w’ “wow”

4 years

‘f’ “feet” ‘kw’ “queen”

5 years

‘l’ “low” ‘y’ “you” ‘sh’ “show”
 ‘s’ “sit” ‘ch’ “chew”

6 years

‘r’ “row” ‘fr’ “frog” ‘pl’ “play”
 ‘v’ “very” ‘gl’ “glass” ‘st’ “stop”
 ‘br’ “broom” ‘gr’ “green” ‘tr’ “tree”
 ‘dr’ “draw” ‘kl’ “clown”
 ‘f’ “fly” ‘kr’ “crown”

7 years

‘z’ “zoo” ‘sp’ “spoon” ‘th’ “this”
 ‘sl’ “sleep” ‘sw’ “swing”

ESHC Happenings



We shot our 40th anniversary video and can't wait to release it!



We had a great time at our company holiday party. We made pizzas!



We celebrated the retirement of our friend Dr. Pinczower in our Bellevue clinic!

Stay updated online with exciting things happening at ESHC!

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Hearing Beyond the Technology

Hearing Devices Aren't Enough without Good Communication Habits

If you've taken the first step toward better hearing by investing in hearing devices, you deserve to be congratulated. You now have an opportunity to develop good communication habits designed to maximize the benefits you receive from wearing hearing devices.

To understand and communicate effectively, you must learn to be a good listener and to control your environment to help compensate for your hearing loss...even while wearing your devices. To maximize the benefit you receive from your hearing devices:

- **Commit to wearing them.** You have to become accustomed to hearing sounds you may not have heard for a long time. Certain sounds may initially be irritating but in time your brain will adjust and they'll become normal. Do not stop wearing your hearing devices during this adjustment period. Be patient and focus on the commitment you have made to your hearing health.
- **Show them off!** Inform others you are wearing hearing devices and give them guidance to allow you to communicate effectively. Face the listener when you talk, tell him or her to speak louder or move the conversation to another room if the environment is too noisy.
- **Control your environment.** If you know you are going to be in a situation where background noise

will interfere with your ability to communicate effectively, formulate a plan. For example, if you plan on dining with friends, look at a restaurant's menu online beforehand and decide what you want, eliminating your need to ask the server to repeat menu choices. Arrive early to find seating away from sources of background noise.

- **Make eye contact.** You will discover communication improves when you can evaluate and interpret body language and facial expressions.
- **Practice your listening skills.** Listen to the radio or audio books. There is even auditory rehabilitative software you can buy for your computer to practice listening with background noise.
- **Be patient.** Over time, listening with hearing devices will become second nature and you will be rewarded with the joy of hearing all the sounds of life.

Jessica Lasser CCC-SLP, one of our Speech-Language Pathologists, leads in-person and virtual communication workshops to help you manage your hearing loss.

Our Winter schedule for communication workshops in our clinic is below. Ask your audiologist or the front desk staff if you are interested in participating in either in-person or group sessions and they would be happy to sign you up.

WINTER 2019 COMMUNICATION WORKSHOPS

FEB

TUESDAY, Feb. 12 @ 12:30 p.m. Kirkland
 THURSDAY, Feb. 14 @ 10:40 p.m. Redmond

MARCH

TUESDAY, Mar. 12 @ 12:30 p.m. Kirkland
 THURSDAY, Mar. 14 @ 10:40 a.m. Redmond