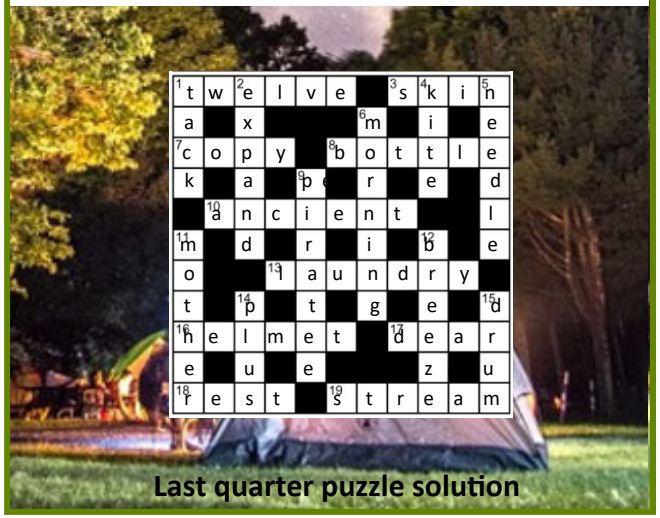
# Let's Go Camping

Enjoy our quarterly puzzles!

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

BACKPACK
BUG SPRAY
CAMPFIRE
COMPASS
FIRE
FISHING POLE
FLASHLIGHT
FOREST
HIKE
ICE CHEST
KNIFE
LAKE
LANTERN
MAP
MOSQUITOES
NAPKINS
RACCOON
RANGER
SLEEPING BAG
SMORES
STREAM
SUNBLOCK
SWIMSUIT
TENT
TRAIL

**See solution in next newsletter**




**Last quarter puzzle solution**

PreSrt Std
US Postage
PAID
Permit # 66
Great Falls, MT

THE HEARING PLACE

Latest Technology - Old Fashioned Care

1301 11th Ave So Great Falls, MT 59405
2646 Winne Ave Helena, MT 59601

THE HEARING PLACE

Latest Technology - Old Fashioned Care

## SERVICE CENTERS IN YOUR AREA

### July 2018

July 4...Closed for 4th of July .....Closed
July 10..Havre Northern Mt. Hospital.....10-noon
July 11..Conrad Pondera Medical.....10-noon
July 16..Great Falls Eagles Manor.....10-noon
July 17..Lewistown Community Center.....10-noon
July 18..Cut Bank Northern Hospital.....10-noon
July 19..Deer Lodge Medical Center.....10-noon
July 24..Havre Northern Mt. Hospital.....10-noon
July 31..Chinook Senior Center .....10-noon

### August 2018

Aug 1...Conrad Pondera Medical.....10-noon
Aug 8...Cut Bank Northern Hospital.....10-noon
Aug 9...Townsend Dr. Campbell's Office.....10-noon
Aug 14..Havre Northern Mt. Hospital.....10-noon
Aug 15..Chester Sweet Grass Lodge.....10-noon
Aug 20..Great Falls Eagles Manor.....10-noon
Aug 21..Lewistown Community Center.....10-noon
Aug 23..Deer Lodge Medical Center.....10-noon
Aug 28..Havre Northern Mt. Hospital.....10-noon

### September 2018

Sept 3...Closed for Labor Day .....Closed
Sept 11..Havre Northern Mt. Hospital.....10-noon
Sept 12..Conrad Pondera Medical.....10-noon
Sept 13..Chinook Senior Center .....10-noon
Sept 17..Great Falls Eagles Manor.....10-noon
Sept 18..Lewistown Community Center.....10-noon
Sept 19..Cut Bank Northern Hospital.....10-noon
Sept 20..Deer Lodge Medical Center.....10-noon
Sept 25..Havre Northern Mt. Hospital.....10-noon

**Two Locations to Serve You**

**1301 11th Ave. So.**
**Great Falls, MT**
**406-452-2437**

**2646 Winne Ave.**
**Helena MT**
**406-502-2021**

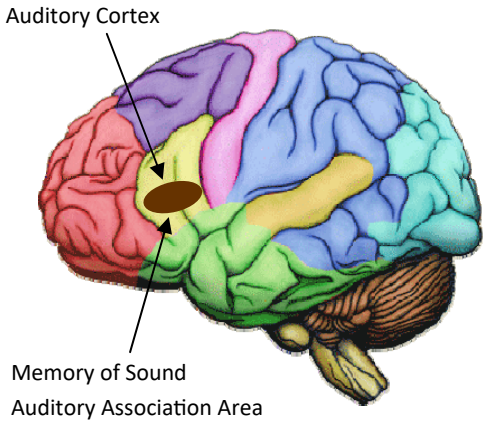
**www.hearingplacemt.com**

# Aural Rehabilitation - *Learning to Hear Again*

By Walt Hopkins BC-HIS

If you have a moderate to severe hearing impairment, the auditory processing centers of the brain have been *deprived* of information. This is called *sensory deprivation*!

As a hearing health care professional with more than 30 years of experience, I have seen a tremendous difference in how well patients hear and understand after being fitted with hearing instruments. Those who have had an uncorrected hearing impairment of long duration do not gain as much improvement as those who correct their hearing loss earlier. Why is this so?



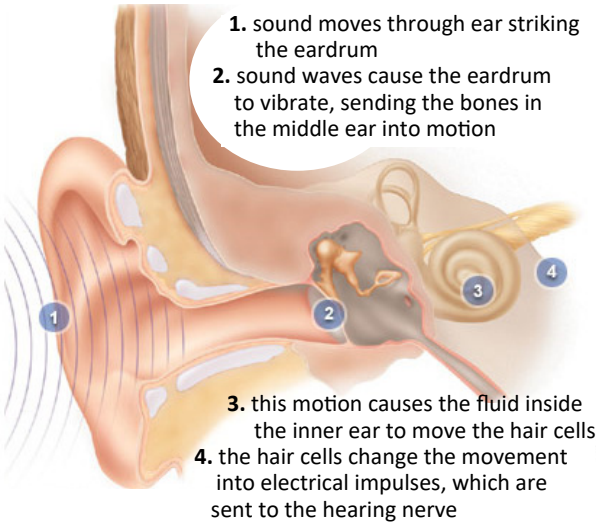

If a part of the brain is deprived of sensory input, then that information is restored, i.e. through correction of hearing loss with hearing aids. That portion of the brain that controls your processing and listening skills has to be <u>*retrained*</u>. The longer the duration of sensory deprivation, the more important that is. In fact, there is now <u>*evidence*</u> that a loss of hearing in the ear literally produces <u>*physical changes*</u> in the brain.

Simply having your hearing corrected with hearing aids can and does *force* the auditory portion of your brain to "go back to work." However, you will do <u>*much*</u> better with some rehabilitation therapy. At The Hearing Place, we understand this, and include counseling with our patients on how to do some simple effective retraining exercises as part of our fitting process. If you have recently been fitted with new hearing aids, you might want to give one of the following methods a shot and see what happens.

1. Obtain two copies of a book and for 5 minutes a day, in the morning, have your spouse read <u>*aloud*</u> as you read along in your copy silently. This causes you to both hear the words and see the words. After one week, start introducing a small amount of background noise. Just 30 days of this will <u>*improve*</u> and <u>*accelerate*</u> your listening skills. Studies have shown that your listening skills will have improved as much in 30 days as they would in two years of wearing the hearing aids alone.
2. Another way of doing this is to get an audio book and a copy of the written version. Listen to the narrator and follow along reading the book. This will accomplish the same thing as having your loved one read as you follow along. Remember to introduce some background noise after one week.
3. This type of retraining can also be accomplished with your television. While watching TV, enable your closed captioning option. Again, you will be seeing the words and hearing them at the same time.

Due to the plasticity of the brain, the same phenomenon that causes a physical change in the brain when there is a hearing loss will create <u>positive</u> <u>changes</u>, with hearing impairment correction and retraining using the methods as listed in the previous column.

Remember your measured hearing impairment itself does not change. This is due to physical damage to the ear. Hearing aids cannot prevent or change hearing <u>*loss*</u>. However, your listening and processing skills can improve to near normal with




The figure above illustrates exactly how the ear works. However, there is more to what the brain does than just receiving the nerve impulses. There is a portion of your brain that holds your "hearing memory".
Just like most everything else, hearing can be forgotten.