

Newsletter December 2008

Improving Your Understanding of Speech

Even with the most advanced digital technology in hearing aids, there are still situations where speech understanding will be difficult. Here are some strategies you can use to help facilitate better understanding when you are in difficult listening situations.

RESTAURANTS

Even for individuals who have completely normal hearing, restaurants can be a very difficult environment to understand conversation. Try using the following strategies:

1. **Go to a "quiet" restaurant.** Look for restaurants that have good acoustics. Restaurants that have carpet, acoustic-ceiling tiles, a dining area with divided sections, draperies on the windows, padded booths and an enclosed kitchen all help to reduce the reverberation of sounds within the building.
2. **Go to a well lit restaurant.** Restaurants that have dimmed lighting reduce your ability to see your dining companion's face. A well lit restaurant lets you see the waiter/waitresses face when they are mentioning the evening specials or taking your order.
3. **Request a booth.** Not only do padded booths help absorb sound, they also help to enclose your conversation to a more defined area and keep other noise out.

4. **Request to be seated away from the kitchen, bar and bathrooms.**

These are high-traffic areas that are noisy and also visually distracting. If your hearing aids have a "noise" program, try using this setting. Remember to set both hearing aids to the same program.

5. **Ask the person that seats you if it is possible to turn down the volume of the music overhead.**

Begin your dining experience with less "noise" and you may find the entire experience more relaxing.

6. **Go when the restaurant is not crowded.**

Although this is not always feasible going before or after the busy "meal" time will often allow for a quieter environment, less time waiting for a table, and maybe even an "early-bird" special! By using the above strategies we hope that your next dining out experience is more enjoyable. Remember that there may still be situations that you struggle to hear in but some of these situations are also difficult for those of us with good hearing.

New Web Site

Check out our website at
www.peelaud.com

Holiday Office Hours

We will be closed for the holiday season from Wednesday December 24 – Friday January 2 inclusive.

PEEL AUDIOLOGY AND HEARING AID SERVICES

CHRISTMAS COUPON

BUY 5 PACKAGES OF BATTERIES AND GET 2 FREE

Not valid in conjunction with any other offers

Offer expires December 1, 2009
(One coupon per person, not transferable)