



Soundnews

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Stimulate your mind
with our hearing-focused puzzles inside!
Looking for the answers? Visit our website,
or AGXHearing.com!

www.westvalleyhearingcenter.com

E-mail us at janerosner@westvalleyhearingcenter.com
to subscribe to our e-newsletter.

We would LOVE to be part of your event

Do you belong to a local social club, community organization, or neighborhood association? We want you to know that our providers are available for educational speaking engagements detailing the importance of protecting, preserving, and promoting the benefits of better hearing. There is no cost for the appearance. We consider it part of our duties as the area's only AudigyCertified™ hearing care practice.

Though we've been serving the better-hearing needs of our community for years, our goal this year is to spend even more time with our friends and neighbors. The voices of our loved ones, our favorite songs, and countless other sounds are central to our experience. For most of us, hearing is a sense we all share. And we'd like to be part of helping you create a lifetime of those special moments through better hearing.

Learn how:

- Hearing works
- Hearing loss occurs
- To prevent hearing loss and maintain better hearing
- Hearing technology can improve your relationships

TAKE ADVANTAGE OF OUR Patient Appreciation Offers



Battery Special
Buy one pack, get one free.
Offer expires 4/30/13.



Free Clean & Check
of your current hearing devices.
Please call for an appointment. Offer expires 4/30/13.

Chicken with Couscous and Orange

INGREDIENTS

- 1 cup couscous
- 1 cup shredded rotisserie chicken
- ½ cup pistachios, toasted and coarsely chopped (optional)
- 1 navel orange, peeled and coarsely chopped
- 2 tablespoons chopped fresh mint leaves
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons red-wine vinegar
- Coarse salt and ground pepper to taste



DIRECTIONS

- 1 Pour 1 cup boiling water over couscous in a medium bowl. Cover for 5 minutes, or until tender. Fluff with a fork.
- 2 In a separate bowl, combine chicken, pistachios, orange, mint, oil, and vinegar. Season with salt and pepper. Toss couscous into chicken mixture. Enjoy.

CALL TODAY
If this sounds like something your local social club, community organization, or neighborhood association would benefit from, we'd love to talk to you. Please call our practice today so we can coordinate the best time to meet your group. We look forward to speaking with you and thank you for helping us share the gift of better hearing.

818.456.0955

Train your brain

The Importance of Mental Stimulation

Hearing—the act of turning sound into information—is a process that takes place largely in our brains, not solely in our ears. Though the brain is not a muscle, it needs to be exercised like one. This is why hearing solutions often include activities like speech retraining therapy. A hearing difficulty limits certain types of brain functions (like the interpretation of speech sounds) and needs to be reconditioned. Studies show that games like crossword puzzles, word searches, word jumbles, and number puzzles like sudoku are also great for keeping the mind sharp.



UNSCRAMBLE

the following hearing and hearing-technology related words

ruilnbaa _____

lodrame _____

eicebld _____

tntfigi _____

oiygauodl _____

anhoehedsp _____
