



## Hearing Aids Can Help You Hear the Sounds of the World

May is Better Hearing Month...what better time to treat yourself to the rich sound tapestry in our world.

From hearing someone say “I love you,” to enjoying the spring chorus of song birds, the sense of hearing helps us to connect with others and to our world.

Hearing loss(1) is the third most common health problem in the United States. And hearing difficulties occur across the life span. Some infants(2) are born with reduced hearing ability, young people(3) may develop hearing difficulty due to multiple factors, including disease or exposure to loud sounds, and older adults(4) may experience a decrease in hearing sensitivity with age.

Untreated hearing loss is associated with decreased quality of life. As hearing difficulty makes it more challenging to communicate, people become less involved in social activities, which may lead to isolation and an increased risk of depression(5). Untreated hearing loss can also cause fatigue. Struggling to hear and understand(6) is exhausting and depletes energy that could be used for processing information or other activities. By making hearing less effortful, appropriately fit amplification devices can reduce the energy needed to hear and understand speech—thus, freeing more energy for enjoying life and engaging with family and friends.

There are many options for treating hearing loss(7), and the best individual option will depend on the type and degree of hearing loss. An audiologist not only completes testing to characterize your hearing abilities, but uses that information along with an assessment of your communication, listening, and lifestyle needs to provide a custom program to improve communication(8). Appropriate device selection is part of this process.

Current hearing devices have many advanced features and options. Your audiologist can help select those that are most appropriate for you, and can also ensure the features and options are adjusted correctly for your specific needs. Some hearing devices will link directly to your cell phone(9) to improve your ability to stay in touch with family and friends and to enhance your listening experiences.

Although important, hearing instruments are just part of the solution. To have your hearing evaluated and discuss the best plan to address hearing and communication difficulties you may be experiencing, see an audiologist(10) to reconnect and start enjoying the rich sound tapestry of our world again.

Get Your Hearing and Balance Checked!

By Angela Shoup -  
For references visit [www.audiology.org](http://www.audiology.org)

### News & Events

**•Happy National Nurses Week!**  
May 6 - May 12 - Join us in celebrating the hard work and dedication of our wonderful nurses! We have a little something for all our active nurses. Please watch for our upcoming communication to let you know when you may swing by your branch for a special gift. For those coming to our upcoming in-services, we will have your Nurse's Week gift prepared for you at that time. For a great list of discounts and freebies to celebrate the hard work and dedication of nurses and other healthcare workers visit <https://parade.com/1205619/michelleparkerton/nurses-week-freebies-discounts/>

**•May is Better Hearing and Speech Month**  
Speaking Up for Communication, ASHA's popular social media campaign/contest, will run the entire month of May. Help us to educate a large segment of the public about communication disorders and the invaluable work of ASHA members. For more information visit [www2.asha.org/bhsm/](http://www2.asha.org/bhsm/).

**•Happy Mother's Day**  
From our family to yours - VIVA Pediatrics wishes all of our amazing moms for everything that they do!

**•Memorial Day**  
May 31 is Memorial Day. Please join us in honoring our fallen veterans.

**•Spring In-services**  
We are currently scheduling our Spring In-Services. These will be held in person beginning on May 10th. Please watch for our communication to select your in-service session. Please contact your branch or HR with questions.

## Resources

### • **VIVA Pediatrics Resources**

In an effort to help our families, we constantly strive to provide them with relevant and helpful resources and information. Visit our resources page online at: [www.vivaped.com/resources](http://www.vivaped.com/resources)

For current events visit us on Facebook. [www.facebook.com/VIVAPeds](http://www.facebook.com/VIVAPeds)

### • **Care Starter App**

The Connections App is a complete resource guide for families of kids, teens and adults with special needs. Their goal is to help you find providers, organizations and other resources in your community to help you along your path of care. Download the CareStarter App now! [www.carestarter.co/connectionsapp](http://www.carestarter.co/connectionsapp)



### • **The Parker Lee Project**

The Parker Lee Project is a non-profit organization dedicated to helping families of children with medical needs obtain the necessary supplies & equipment, education, and support they need. While most supplies are covered by insurance, some are not, or not enough supplies are provided. If you have a need for medical supplies or have supplies to donate, please visit their website at [www.theparkerleeproject.org](http://www.theparkerleeproject.org)

### • **Texas Star Kids**

The Texas' Star Kids mandate threatens the lives of our weakest and most vulnerable little citizens. Join us in standing up for those who have no voice. Click this link to sign up: [www.facebook.com/ProtectTXFragileKids](http://www.facebook.com/ProtectTXFragileKids)  
For more info visit: [www.protecttxfragilekids.org](http://www.protecttxfragilekids.org)

### • **Thrive Magazine**

Need Resources for your child with special needs? Thrive Magazine shares resources and stories of other families in the DFW area who are living and thriving with special needs. [www.dfwchild.com/thrive/directory](http://www.dfwchild.com/thrive/directory)

### • **Recognize a VIVA Star**

Viva Pediatrics has an Employee Rewards and Recognition Program to thank and recognize employees that go "above and beyond". Both employees and patient families are welcome to recognize a VIVA employee! Call one of our offices and let us know if a VIVA employee has gone above and beyond!



## Get Healthy with Giggles

### It's Not Over

As we have been dealing with a pandemic for more than 14 months, it is difficult to remember what life was like before. Additionally, although more and more Americans are getting vaccinated, experts now believe that we may never get to a point of herd immunity as previously projected was possible due to waning vaccinations and mutations of the virus. As businesses attempt to recoup and more and more people come in contact with each other, we must remain vigilant in our efforts to reduce the spread. As time goes on, we may become apathetic in our efforts to reduce the spread. Getting back to basics to ensure we are frequently washing our hands, disinfecting, utilizing masks, as well as monitoring ourselves for symptoms are key as we try to return to the new normal that we hope to enter in the very near future. Vaccinations are expected to soon be authorized by the FDA for children as young as 12 years old, which is anticipated to have a significantly positive impact, particularly for the upcoming school year. Yet, as we move forward, we see that this pandemic continues to be a scourge to the entire world, and we must not forget to do the simple things that we can do every day to slow the spread and get us to a healthier tomorrow.

- Kristine Dodge

## Food for Thought



### Vanilla Crepes

#### Ingredients

- 1 ½ cups milk
- 3 egg yolks
- 2 tablespoons vanilla extract
- 1 ½ cups all-purpose flour
- 2 tablespoons sugar
- ½ teaspoon salt
- 5 tablespoons melted butter

#### Directions

- In a large bowl, mix together the milk, egg yolks and vanilla. Stir in the flour, sugar, salt and melted butter until well blended.
- Heat a crepe pan over medium heat until hot. Coat with vegetable oil or cooking spray. Pour about 1/4 cup of batter into the pan and tip to spread the batter to the edges. When bubbles form on the top and the edges are dry, flip over and cook until lightly browned on the other side and edges are golden. Repeat with remaining batter.
- Fill crepes with your favorite fruit, cream, caramel or even ice cream or cheese to serve.

*Enjoy!*

\*[www.allrecipes.com](http://www.allrecipes.com)

What kind of award did the dentist receive?



A little plaque.

Just for Giggles!

