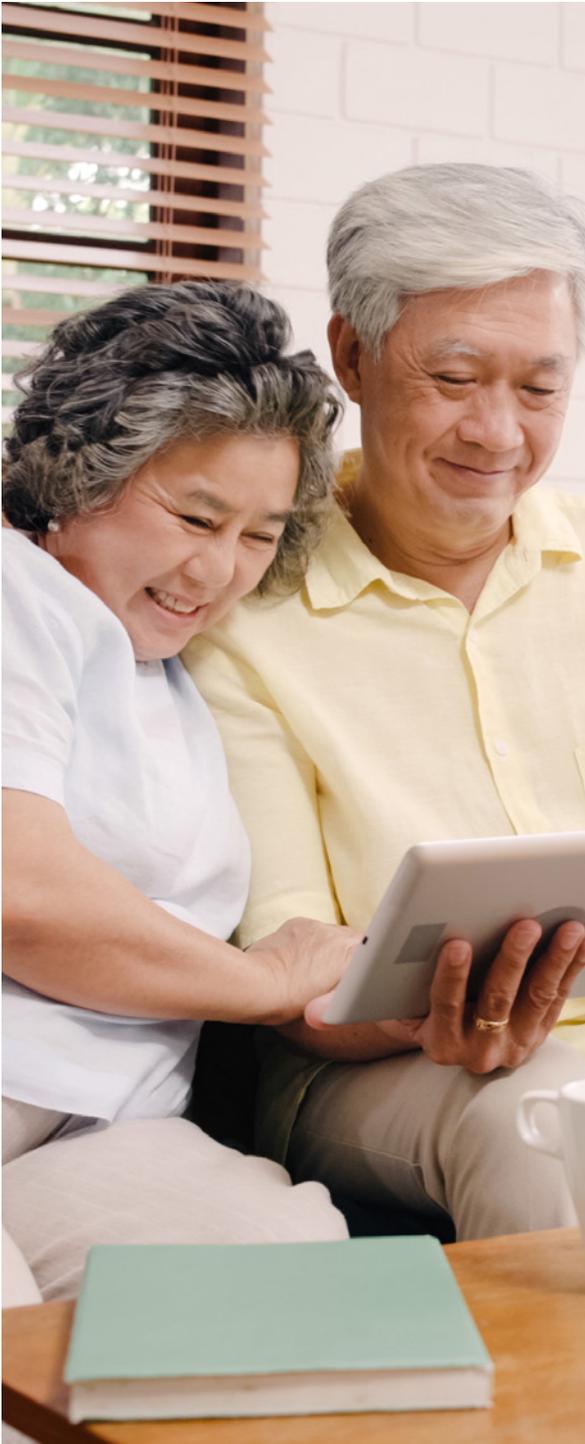


Summer Newsletter



Tips for staying positive while at home

It's a challenging time for everyone, but staying positive will help make it easier.

1) Prioritize your mental health

Prioritizing your mental health is extremely important always- but it is especially important as we all do our part to #StayHome. For many of us, we might be trying to even accomplish more than we would in a normal day, in order to feel "normal".

Do not put too much pressure on yourself while you are staying home. Just do what you want, go with the flow and do what your mind tells you. Try reading a book and learning new things to protect your energy and mind. We're surrounded by so much negativity and if we don't try our best to make ourselves happy then we'll get worked up in all of it.

2) Talk about the good news happening in the world

There is a lot of negative news that we hear all day, but it is important to read the positive news too! People around the world are coming together to support one another, and that news will bring a

smile to anyone's face. We get so excited every day just reading the news stories about how people are coming together and connecting.

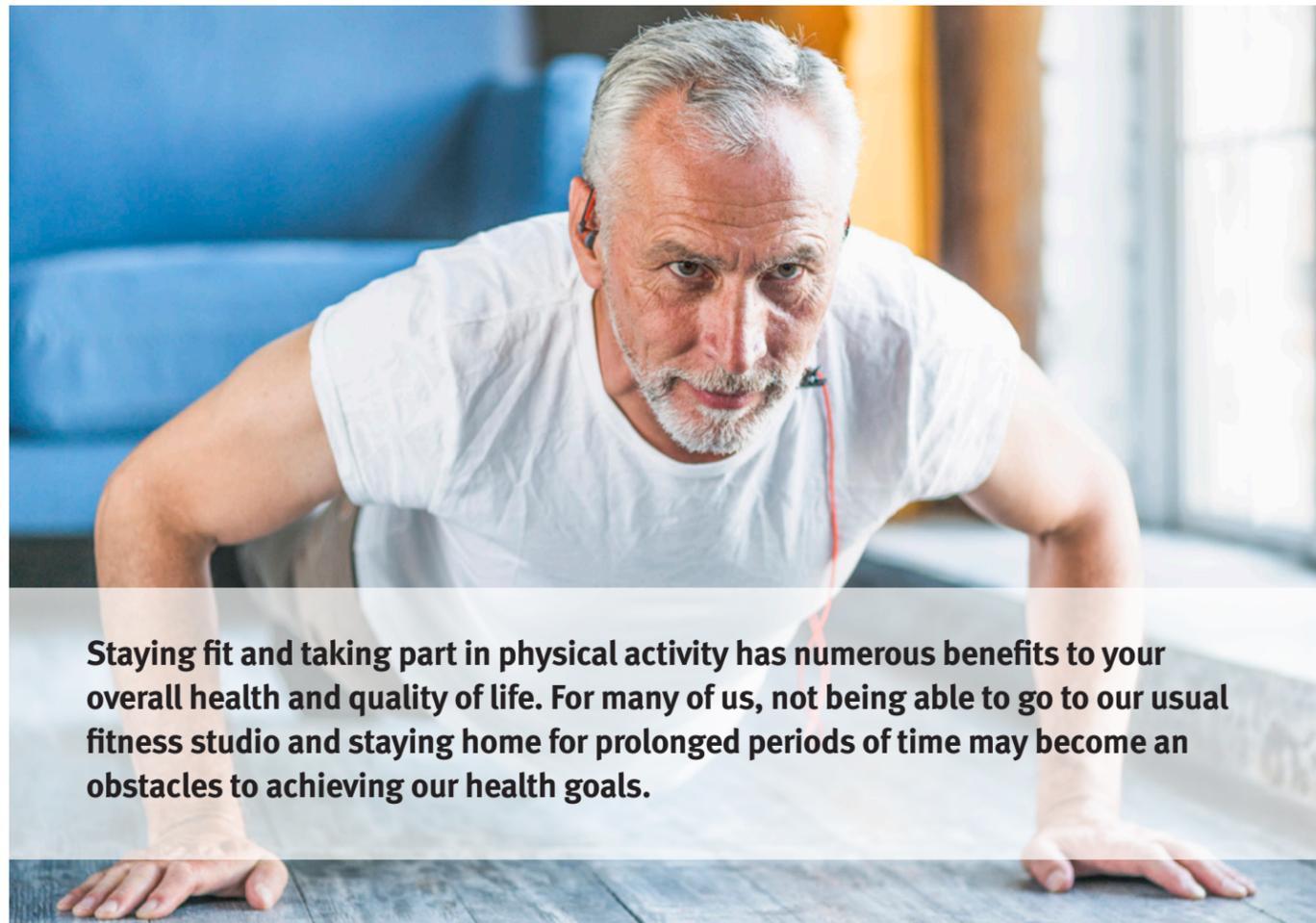
Also try to focus on the small good news stories in your own life! For example, maybe you have mastered a new recipe, or conquered a 500 piece puzzle. Share that news with friends and family, through social media, voice calls or even text messages!

3) Write down activities to look forward to

As a way to keep spirits up, try finding a jar and every time you have an idea of something you want to do once the social distancing is over, write it down and put it in the jar. This will give you something to look forward to and will give you plenty of activities to do when the world goes back to normal.

In the meantime, try reading blogs, or watching YouTube videos that are related to all of the activities you plan to do, or place you want to go!

Staying physically active at home



Staying fit and taking part in physical activity has numerous benefits to your overall health and quality of life. For many of us, not being able to go to our usual fitness studio and staying home for prolonged periods of time may become an obstacles to achieving our health goals.

Physical activity and relaxation techniques can be valuable tools to help you remain calm and continue to protect your health during this time. The World Health Organization recommends that adults spend 75-150 minutes of physical activity per week, which can easily be achieved at home, even without special equipment. Here are their suggestions:

1) Take short active breaks during the day.

Short does not mean insignificant! Try taking short movement breaks throughout the day to meet the suggested weekly exercise recommendations. There are lots of ways to move in your home, such as dancing to your favorite song, gardening, domestic chores and even playing with a pet or children!

2) Follow an online exercise class.

Take advantage of the many fitness classes that you can find on YouTube. They are free and many of them involve no prior experience. Make sure to practice good judgment, caution and be aware of your limitations when exercising.

3) Walk.

Regardless of the size of your space, walking around your home or yard helps you stay active. Try walking around your home next time you are on a phone call. If you do decide to walk outside, remember to practice social distancing!

4) Stand up!

It can be easy to get lost in time while sitting, whether its working at a desk, watching TV or doing a puzzle. Try making an effort to stand up once at least ever 30 minutes to reduce sedentary. If you are working from home, consider creating a standing desk by piling books underneath of your laptop!

How hearing aids bring us closer in times of isolation

Whether you live alone or with others, your social contact has been massively reduced. Particularly for those people living alone, staying connected with other people is of utmost importance.

The World Health Organization's biggest recommendation for people in isolation is to stay connected to others to avoid feelings of isolation. Increasing evidence from the Nature Neuroscience Journal demonstrates that having supportive social ties is associated with better health outcomes, including better mental health.

Hearing aids and streaming

The world is changing, and conversation is bringing us closer than ever. There are a variety of ways to connect with your loved ones, and many hearing aids will serve to enhance these virtual experiences. For phone calls and video-chatting, newer hearing aids such as Unitron™ Discover™ are able to stream directly from devices, including iOS and Android smartphones, or other Bluetooth enabled phones. Streaming means that the audio is sent wirelessly, directly to your hearing aids so that interfering background noise is not a problem.

Forgotten how to use the streaming functionality? Reach out to our clinic and we will gladly provide you some easy to follow instructions on "How-To" connect to your hearing aids!

TV Connector

Listening to television can also be a challenge, particularly when there is background noise in the room. This is where accessories are really helpful. Unitron's TV Connector was developed so you can enjoy high-quality stereo sound, wirelessly through your hearing instruments - and it works on laptops, tablets and stereos, too!

Remote support

Are you getting the most out of your hearing aid? The latest Unitron hearing instruments can be set up with an application called Remote Plus, which is essentially a hearing aid coach - in your pocket!

Want to learn more? Do you forget how to use your accessories or apps, or perhaps you think you could be benefitting more from their use? Contact our clinic - we're here to help!

Blueberry Lemon Scones

As we all do our part in staying home, we are able to focus on some fun activities we maybe did not have time for before. What is one of our favorite activities? Baking! It's fun, delicious, and you can even bake with a loved one over a video call! When you're done, share a picture on our Facebook page!

Ingredients

- 3 cups all-purpose flour
- 1/2 cup white sugar
- 5 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup butter
- 1 egg, beaten
- 1 cup milk
- 1 1/2 cup blueberries
- Zest of 1 lemon

1. Preheat oven to 400 degrees F (200 degrees C).
2. Combine flour, sugar, baking powder, and salt in a large bowl. Add in butter cut in cubes. Whisk the egg and milk in a small bowl, and combined into flour mixture until moistened.
3. Gently mix in the blueberries and lemon zest.
4. Put dough out onto a lightly floured surface, and knead for one minute. Roll dough out into a 1/2 inch thick circle. Cut into 8 wedges, and place on a lightly greased baking sheet.
5. Bake for 15 minutes in the preheated oven, or until golden brown.



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